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# May is for Mom

**T**he responsibilities of being a Mom these days are more complicated than ever. With a preponderance of urban Moms working outside the home, whether having vital careers or seeking that necessary paycheck, it's more intrinsic than ever to be A Super Mom.



Kids seldom go off to their neighborhood school, or rather it's not always the norm. Many schedules have to be worked out, meals have to be established and drop off and pick up arranged. Every one of these women deserves a standing ovation. I know because I have been one of them. This issue presents a number of really good articles, with a few of them celebrating mothers.

Of course it's definitely the time of year when you should be making the summer camp or program decisions for your kids. It's time to decide what they will be doing and where they will be doing it. Lots of good ideas in this issue, from our advertisers to the advice of our columns and articles.

Springtime in New York. Who doesn't love this time of year? The trees are in bloom with blossoms and all the bulbs are up everywhere you look. It's so refreshing to take off the heavy coats and boots and lighten up. The kids are loving it too! I see them in the parks and in the playgrounds and one gets the full sense of new found freedom from watching their play.

I wish every mother a Happy Mothers' Day, whether she's the mother of another mother and now a grandmother or pregnant with her first child and waiting for the birth day. It's an amazing thing to be someone's mother, and for sure has been the most illustrious part of my life. I'm certain that every mother could echo that sentiment.

Have a great month and thanks for reading.

Susan Weiss-Voskidis,  
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# Mom

## *A role to be cherished*

BY GAYLA GRACE

**A**t 38 weeks pregnant, Jenn eagerly awaited the birth of her first child. Her pregnancy had gone well and she looked forward to what lay ahead as she arrived for her routine doctor exam. With little warning, and a racing heart, she was ushered to a nearby hospital for a more extensive ultrasound. The doctor said the baby appeared to have quit growing and needed to be examined further. After several tests, Jenn learned the baby girl she had carried for nine months would arrive with heart complications that would affect her for the rest of her life.

Upon admittance to the hospital for delivery to begin, Jenn was understandably beyond anxious, but she wasn't prepared for the emotions she experienced when the baby arrived. Regardless of the challenges she knew were ahead, she felt an unconditional love that far surpassed any of her expectations. Within the next few years, Jenn and her husband welcomed two more children. And all were — not surprisingly — embraced with an immense love.

Parents so often take the privilege of parenthood for granted, instead of a role to be cherished. (Yes, no one can possibly cherish every moment. Certainly there are many non-magical moments during parenthood.) It's easy to overlook the important role we play, but the influence we have as parents can't be denied. We teach, we nurture, we counsel, we discipline, we taxi, we solve problems, we ease

drama, we nurse wounds, and more. While the preschool years have days that never end, the teenage years have days that take flight. Before we're ready, our babies begin to drive, graduate from high school, start college, and venture out on their own.

Time runs out for those positive parenting moments we intended to have. The daily influences we take for granted to mold our children change to parenting snapshots via text messaging, late-night conversations, and crisis intervention.

Parenthood provides meaning to life we wouldn't otherwise experience. Although

not easy, life without children wouldn't be the same. The lessons we learn while raising children aren't taught in school: how to make it through a long day after enduring a colicky baby all night, how to rid your child of lice without setting her hair on fire, how to stay calm when the school administrator reports your teenager has skipped school, or how to alleviate the intense fear of your new driver getting in an accident. As our kids grow older, we learn how to let go when our 18-year-old leaves for college and how to move on when our young adult announces wedding plans.

Parents offer unending selflessness with little guarantee of what lies ahead. We endure heartache and disappointment; we celebrate victories and accomplishments. We refuse to give up when our child goes astray, or turn our back when our child rebels.

Parenthood never truly ends. Whether your parent lives next door or out-of-state, she's always a phone call away. When my job ended in my young adult years, my mom was the first to know. When my children were born, she celebrated with me. When I endured a difficult divorce, she walked with me. When I struggled as a single parent, she encouraged me. When I celebrated marriage again with a new family, she congratulated me.

Now, as my parents approach their sunset years, I seek to be there for them. Our roles have reversed as I watch the effects of Alzheimer's grip my mother's failing mind, and I take over the driver's seat to help my dad with errands. The caretaker role goes full circle: sacrificial love and devotion without end.

My friend, Jenn, cherishes the joy of raising three babies. All of her children are loved immeasurably and she genuinely has an unending appreciation for a role she'll never take for granted. Plan for the future, while simultaneously living in the moment as you celebrate your extraordinary role. Affirm your value and commit to be a positive influence as you guide and nurture your children. No one else can play the role only you have been granted.

*Gayla Grace is a freelance writer, a wife, and a mom to five children. She considers it a privilege to be called mom.*



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# The bond of motherhood

This Mother's Day, celebrating the connection we share

**BY CAROLYN WATERBURY-TIEMAN**

**A**s the youngest of four, and considerably younger than her sisters and brother, my mother's early life on the family farm consisted primarily of staying out from under foot. She found refuge in the home of a neighbor lady who had seven children. Apparently with seven of her own, one more hardly made a difference, especially when all this little one wanted to do was help with the babies. My mother learned to cook, sew, clean, churn butter, make soap, plant, harvest, and preserve food from her mother, but she learned patience, tenderness, and affection from a woman named Maude.

Witnessing the pleasure Maude derived from her children had a profound

impact on my mother. She found a model for the kind of mother she longed to have and longed to be. Becoming a mother herself became paramount. She married my father days after graduating from high school and one month shy of her 18th birthday. They were introduced and courted primarily through letters while he was in the Navy with her brother during the Korean War. One year and three months after their wedding, she gave birth to her first child. Her dream of becoming a mother had been realized.

Surprisingly, having children was not the first priority my mother had for her three daughters. We were expected to get "an education." I complied and became a dedicated student. When it came time for college, I didn't realize there was a choice about whether or not to go, only

where to go. Going to school became such a familiar, comfortable way of life that I kept on going. I met my future husband while working on a master's degree and married him while we were both pursuing doctorates.

While I spent years in post-secondary education studying child development and family relationships in preparation for becoming a marriage and family therapist, becoming a mother had never been more than a fleeting notion. There simply wasn't time. But that changed when a little girl named Mallory entered our lives.

Her father was a fellow doctoral student. He needed help transporting some new furniture to his apartment. We had a truck, so we volunteered. We knew he was married, but we didn't realize

they had a baby. She was not quite two months old, with big blue eyes, and curly, strawberry blond hair. The first time I held her, there was something special between us. My husband and I spent the next two years falling in love with this child. For the first time, we found ourselves longing for one of our own.

Nearly three years later, after graduate student health insurance finally offered coverage for pregnancy (coded as a “planned illness,” but that is a whole other article), childbirth, and postnatal care, we discovered we were expecting. Ours was to be the first grandchild on both sides of the family, so to say this news was met with excitement would be a vast understatement.

The morning I went into labor, we called my parents on the way to the hospital. About seven hours later, within minutes of our son being born, while still in the delivery room, my parents arrived. They drove from Beattyville, Ky. to Athens, Ga. in record time. Having raised three children and helped countless others raise theirs, my mother was, once again, in her element. She would be the first to say that the only thing better than being a mother was becoming a grandmother. After 29 years in a parent-child relationship, we shared the bond of

We must support and encourage one another in our efforts to become the best mother we can be — the mother our children need.

motherhood.

With Mother’s Day approaching, my thoughts turn to these early days of motherhood and I’m reminded how important it is to:

- Recount our personal “becoming a mother” story.
- Discover models or mentors for becoming the mother we want to be.
- Become a parenting partner with our spouse.
- Learn as much as we can about child development and parenting, not just from parenting books. Some of the greatest lessons I’ve learned have come from mothers I admire in literature.
- Remember to parent by the child, not by the book, because no matter how much we know or how much experience

we have, every child is unique. Our parenting must be adjusted accordingly.

• Celebrate the bond of motherhood. There are as many ways to be an excellent mother as there are mothers. We must support and encourage one another in our efforts to become the best mother we can be — the mother our children need.

One of the most meaningful examples of this last item occurred a few years ago when working at my son’s school. I discovered an envelope in my mailbox containing this hand-written message:

“Dear Carolyn, I want to thank you for being such a great mom. You probably barely know who I am, but I have seen you with your boys at various school events and your dedication has at times been inspiring to me. I’m sure you’ll get lots of appreciation from your own family, but know that your love for them spreads beyond ... Happy Mother’s Day! An Anonymous Parent.”

Such is the nature of all love.

*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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# Too old for camp?

## How to get your teen involved in a service project

BY SARA MARCHESSAULT

**I**t's finally happened. The kids are no longer excited about summer camp. They may be complaining that camp is for little kids or that none of their friends are going. We parents may agree, but still want our kids to have a summer with some structure.

Thankfully, there are alternatives. One in particular can be incredibly beneficial to adolescents — that is the summer of service.

You may have heard of “service learning.” It's a current buzzword in education. The idea is that students will engage in a service project as part of the regular curriculum and reflect on what they learn as it relates to a class or classes. More and more service learning is popping up in classrooms around the country, particularly at the high school and college level.

Instead of sending your older teen to summer camp, a service project can give her summer structure and engage the mind in an experience that might be different from how she learns during the regular school year.

In addition, your son or daughter starts to develop marketable skills. Even volunteer roles that seem simple — such as selling concessions, emptying trash cans at a local music festival, or sorting donated goods at a food bank — require elements of working on a team, following directions, and using math skills in the real world. Volunteer work can be added to a resume and discussed as examples of experience during job interviews.

Depending on the service project, your child may have the added benefit of moving in new circles and meeting people from different walks of life. You just never know when an experience will lead your child to a career choice he had never thought of, a network connection that someday might result in a great internship or job, or even simply a chance to shine on his own.

So, how can you get started?

### Decide

This seems simple, but sometimes talking to teens feels complicated, right? What if instead of arguing about whether or not he or she heads to camp, you



were able to ask: What would you like to do instead? Engage in a conversation where you each lay several options on the table.

If your teen wants to relax and hang out with friends, you can negotiate how he or she will manage time over the summer as you select a service experience. The first step is initiating the conversation and putting it on the table as an alternative to summer camp.

### Selecting a project

Next comes the exciting part: selecting a project. You can choose an organization that already offers work to volunteers, such as a residential home for the elderly, homeless shelter, or library. Residential communities for the elderly may have volunteers come in to read, help residents use the computer, or share other skill sets. Homeless shelters take volunteers to help sort donations, serve food, or again, help with computer skills. Your public library may be a great place to volunteer. Shelving books, reading to kids, helping patrons locate specific media, or even tutoring for family literacy programs are all possibilities.

Another resource is the United Way ([www.unitedway.org](http://www.unitedway.org)). It can help connect you with projects going on in the summer

in your community.

For students looking for something right before college or during summer breaks, AmeriCorps ([www.nationalservice.gov/programs/ameri-corps](http://www.nationalservice.gov/programs/ameri-corps)) is an option. This organization is similar to the Peace Corps. Volunteers have an age limit and make a commitment to serve, but instead of international travel, all of the service projects are here in the U.S.

Check out what's going on in your community. Research local online calendars for festivals or concerts that will need volunteers, then visit their websites for more details. Remember that even though an event may be scheduled for just one day, sometimes volunteers are needed weeks in advance.

Finally, one more possibility is to create your own service project. Does your son or daughter have a cause he or she feels passionate about? Encourage research on the presence of a group in your community that supports a cause your child expresses interest in. Then talk about ways to get involved. How can he or she use a current skill set to support a cause? What new skills can be learned?

### Document the service

Once the service work has started, it's important to document the experience.

This can be a written journal, or even an audio or video log. When it's time to refer to these service experiences in an interview or on a college entrance essay, the details will have already been captured. Encourage your teen to record what she does, how she does it, and what she is learning. This will help her recall the service experience in greater detail in the future.

Keeping notes on the service experience can also turn a simple volunteer post into a high-level service learning activity. When we take the time to reflect through writing, we can start to make connections between the experience and our prior knowledge. When a young person has a moment of "Ohhh, this is why it's important to know how to use fractions" something incredible happens, and he just may get excited about learning. And in that case, bravo parents, for encouraging a summer well spent.

*Sara Marchessault is the former owner of a summer camp for middle-school girls and author of "Beyond Pen and Paper: 33 Experiments in Journaling." She has spent many hours getting to know young people, listening to their dreams and their fears, and encouraging them that their parents are on their side. When she isn't playing with her own kids, Marchessault is a writer, publisher, and teacher.*

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# Four things to look for in a summer day camp

BY KATHLEEN DUFFY

**W**ith an overwhelming landscape of summer day camp opportunities for kids in New York City, it can feel impossible to select the right one for your child. As a camp director for more than seven years, I have learned what components are key to an engaging, safe, and fun experience. Here are some tips on what to look for when choosing a summer day camp:

## Leadership

You want to be sure the environment is right for your child, and much of that comes down to who is in charge. Ask leaders if the camp has been accredited by the American Camp Association — those with accreditation must meet rigorous guidelines regarding program quality and the health and safety of campers.

Find out counselors' experience level and training procedures, and if their goals for the summer align with your own. Research shows that kids with positive adult role models develop better self-esteem, so strong leadership is of the utmost importance.

## Location, location, location!

It's important to consider where your child will spend his time. Think about the commute, and ask if camp buses are available. Visit the campus and assess safety and privacy measures as you walk around. It's a bonus if your camper has the opportunity to meet new friends right in his own neighborhood.

## Developmental opportunities

Strong social-emotional skills have benefits both in the classroom and in life, and

a national study from The American Camp Association demonstrates that camp is a unique setting for this type of development. Camp is a great opportunity for your child to build skills like self-awareness and responsible decision-making, especially if it offers the right mix of activities. Which leads us to...

## Selection of activities

Team sports, dance, cultural activities, creative writing, and gardening offer opportunities for growth and provide children with the chance to shine outside of a formal classroom setting. Group activities also provide kids with a common purpose and a sense of belonging, which helps kids develop resilience — another critical life skill.

*Kathleen Duffy has been director at Asphalt Green for seven years. Asphalt Green offers summer day camps for kids at its Upper East Side and Battery Park City campuses.*



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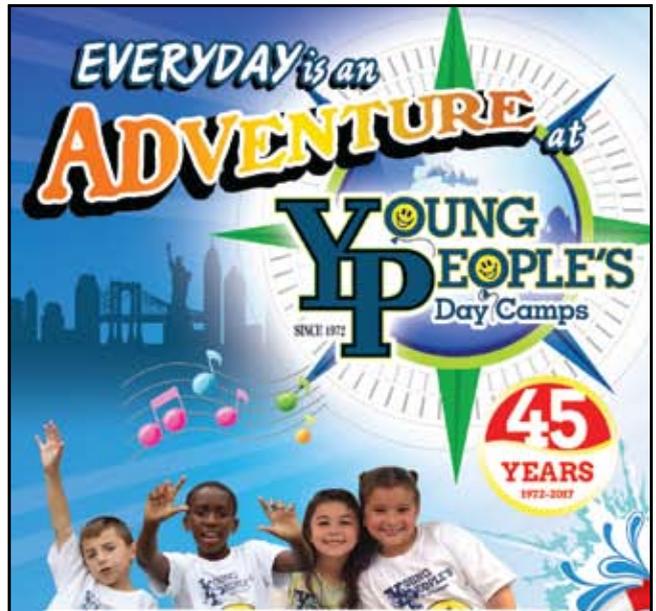


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# 15 books to help kids understand LGBTQ issues

BY CINDY HUDSON

Someone I know once said, “The beautiful thing about books is that you can find all of humanity in their pages.” And yet, until recently, there hasn’t been much emphasis on books that have diverse characters, particularly when it comes to lesbian, gay, bisexual, transgender, or queer issues.

Why is it important for kids to read books that have characters representing a wide range of humanity? Donna Gephart, author of “Lily and Dunkin,” which tells the story of a transgender girl, says, “Reading about LGBTQ characters allows young readers to walk in someone else’s shoes and gain empathy, which naturally leads to understanding, compassion, and kindness — something so needed in today’s world.”

It’s also important for anyone questioning his identity to see characters strug-

gling with issues similar to his. Gephart says a transgender woman once told her that having positive role models could have saved her a lot of suffering when she was younger.

“We all need and deserve mirrors in the books we read to affirm and validate our existence, to let us know we’re not alone in this world, and to provide role models, so we can envision a bright future,” said Gephart.

Here are 15 titles, ranging in appropriateness from toddlers to teens, where readers can find a variety of lesbian, gay, bisexual, transgender, or queer characters.

## Picture books

Introduce the concept of diversity to children ages 4 to 8 with these titles:

“**My Dad is a Clown**” by José Carlos Andrés and Natalia Hernandez. This bilingual (English and Spanish) story is told

by a boy who has two dads, one of whom works to make people laugh in his job as a clown.

“**Morris Micklewhite and the Tangerine Dress**” by Christine Baldacchino and Isabelle Malenfant. Other kids make fun of Morris for donning a tangerine dress. But with support from his mom and an active imagination, he helps them see that outward appearances aren’t as important as what’s inside.

“**The Great Big Book of Families**” by Mary Hoffman and Ros Asquith. Families come in a variety of types and sizes, and this book celebrates that diversity.

“**It’s Okay to Be Different**” by Todd Parr. Bright colors and funny drawings highlight differences of all kinds, including skin color, family makeup, disability, and more, while getting the message across that these differences are all just fine.

“**And Tango Makes Three**” by Justin Richardson, Pete Parnell, and Henry Cole. This tale about two male penguins given the chance to hatch an egg is based on the real-life story of Roy, Silo, and baby Tango, who live at the penguin house in the Central Park Zoo.

## Middle grade

Ages 9 to 13 is a time for kids to begin exploring their individuality and how it fits into the big picture. Try these reads:

“**Lily and Dunkin**” by Donna Gephart. Timothy knows that deep inside he’s really Lily, but how does he show his true self to the rest of the world without getting hurt?



**“Will Grayson, Will Grayson” by John Green and David Levithan.** A random meeting between two high school boys with the same name, one gay, one straight, changes both their worlds in unexpected ways.

**“The You I’ve Never Known” by Ellen Hopkins.** Ariel isn’t sure if she’s more attracted to boys or other girls, and she’s afraid to share her conflicted feelings with her dad, who claims Ariel’s mom left him for another woman.

**“Ask the Passengers” by A. S. King.** A story that explores the issue of sexual identity and what defining it means not only to the teen, but to the people surrounding her as well.

**“If I Was Your Girl” by Meredith Russo.** Amanda wants to start a new life in a new town by moving in with her estranged dad. But as a transgender female, she finds the issues of having friendships and dating difficult to navigate.

**“Symptoms of Being Human” by Jeff Garvin.** It’s hard enough being a teen who’s gender fluid, but when your dad is running for Congress, it means everything about your life will eventually end up in the spotlight.

*Cindy Hudson writes about books, reading, and family literacy at MotherDaughterBookClub.com.*

**“The Best Man” by Richard Peck.** Archer learns a lot from all of the male role models in his life, including his grandpa, his dad, his uncle — who happens to be gay — and his substitute teacher, Mr. McLeod, who dates Uncle Paul.

**“George” by Alex Gino.** A tender story about someone who sees herself as a girl even though the world sees her as a boy. With the help of a friend, and inspiration from “Charlotte’s Web,” she finds a way to express who she really is.

**“Drama” by Raina Telgemeier.** A graphic novel that highlights the “drama”

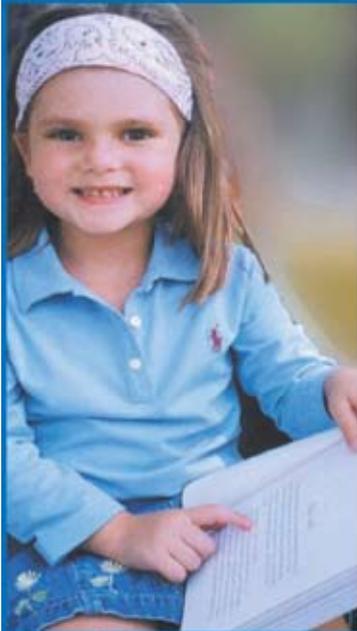
that can occur in middle school, when kids are learning how to navigate budding interest in romance and relationships.

**“Lumber Janes” by Noelle Stevenson and Shannon Watters.** This graphic novel series is about the adventures of five female friends who attend summer camp and end up battling monsters and solving a mystery.

#### Young adult

Teens ages 14 and older are ready for edgy content that addresses issues directly:

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# 12 quick tips to teach toddlers to share

BY DENISE YEARIAN

**W**hen toddlers have play dates, territorial battles are bound to ensue. To foster sharing skills in young children, consider these 12 tips:

**1. Start early.** Children can't cognitively grasp the concept of sharing until they reach the developmental age of 3 or 4, but parents should set the expectation and foster learning opportunities early on.

**2. Show and tell.** Children often imitate what they see others doing. When you have opportunities to share food, a toy, or another activity with your child, talk about how you are sharing, so he begins to associate the word with the action.

**3. Pretend play.** Imaginative play can provide powerful lessons in sharing. Place a puppet in each hand and have them discuss and act out sharing scenes. Then invite your child to join in. Tea parties and play kitchens are good platforms, too.

**4. Read books.** Read children's stories about sharing, then talk about past ex-

periences: "Do you remember when you shared your toy with Eli yesterday? That's what the children are doing in the book."

**5. Talk it up.** Before play dates, remind your child how much fun it is to play with his friends and tell him he will need to share his toys.

**6. Stash special items.** Have a designated basket to place special toys that don't come out during play dates. For some children, it will be helpful to be part of the process; other kids won't understand.

**7. Have duplicates on hand.** Having more than one of a given toy will allow children to play alongside of and imitate one another. It may also avoid an altercation.

**8. Build in cooperative activities.** Group activities such as drawing, finger painting, Play-Doh, or blowing bubbles can be used to teach sharing skills. As the children participate in these activities, talk about sharing and how well they are playing together.

**9. Include adult interaction.** From time to time, it may be helpful if you participate in your child's group play so you

can support him in being kind and sharing. It may even stop a squabble.

**10. Promote with praise.** When you see your child sharing, bring it to his attention. Kids want to please their parents, so be sure to offer plenty of praise.

**11. Set up sharing situations.** Create opportunities for your child to develop empathy and sharing skills. Have him help you make a batch of cookies, and then hand them out to his friends. Or, encourage him to draw a picture or make a card for a friend.

**12. Address major misdemeanors.** If your child grabs a toy while playing with a friend, tell him he must give it back and wait for his turn to play with it. Offer an alternative toy as a distraction. If it turns into a tantrum, remove your child from the situation and sit next to him until he calms down. If one child hurts another over a toy, remove it from the play area.

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

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# Saving for college

**S**tudy hard, get good grades, go to college. My parents said this to me, and their parents said it to them. Historically, a college education has been the path to upward mobility and a better life. This still remains true, but with the cost of college increasing so rapidly, many worry that the dream may drift out of reach. Think about it: According to The College Board, tuition, room and board, and fees for one academic year at a four-year public college have grown from \$8,439 in 2000–2001 to more than \$20,000 this year. For private institutions, that total has nearly doubled to \$46,000 per year.

I have seen families go to extremes to send their children to college. Some have taken out loans so large that it will be years before they are repaid. Others have borrowed from their retirement savings. While at first it appears easy to borrow against one's 401(K), it is important to remember that these funds must be paid back, and not doing so can have serious consequences for your own retirement plans. Some families hope to rely on loans taken out by the child, but this can saddle a young college graduate with an immense debt burden when he is just starting out on his own. Astonishingly, the New York Federal Reserve reported student loan balances were \$1.31 trillion as of Dec. 31, 2016 — a record high level.

Planning ahead can keep you from raiding your retirement funds or over-borrowing to pay for college when the time comes. Borrowing too much can have an effect on your retirement plans and your child's life goals. Fortunately, there are options available to parents to help them prepare for the cost of college before that happens. Here is a brief overview of some of the education funding options available:

## 529 Plans

529 plans are state-sponsored education savings accounts. Parents, grandparents, and others can contribute to these accounts regardless of how much they earn. The maximum that can be contributed is relatively high, currently \$375,000 in New York.

These accounts allow your money to grow tax-deferred (meaning you won't pay taxes on growth in the account). Withdrawals from the account also won't be subject to federal tax, and in most cases, state tax, as long as withdrawals are used



for qualified education expenses, such as tuition, and room and board. These accounts can be used to pay for college, vocational school, or graduate school.

If you withdraw the money for any reason besides qualified education expenses, you'll be taxed at your current income tax rate plus incur a 10-percent penalty. If plans change, and your child doesn't need the money for her education, you can change the beneficiary at any time to a sibling or other family member. Depending on where you live, some states, including New York, give residents a state tax deduction for contributing to the account.

## UTMA, UGMA, or custodial accounts

Money contributed to a Uniform Gift to Minor's Act or Uniform Transfer to Minor's Act by anyone is for the benefit of your child. You can contribute to these accounts regardless of how much you earn and there is no maximum contribution limit.

When your child becomes an adult, at either 18 or 21 years old depending on each state's law, these funds will automatically become hers and can be used for any purpose she wishes — not just for college. Earnings in these accounts are not tax-deferred like 529 plans, but subject to taxes like an ordinary investment account.

However, because these accounts are owned by your child, earnings are generally taxed at the child's (usually) lower tax rate rather than the parents' rate.



## FAMILY FINANCIAL PLANNING

ANTHONY N. CORRAO

### Coverdell Education Savings Accounts

Tax treatment of Education Savings Accounts is similar to 529 accounts. Money inside this account grows tax deferred and withdrawals are not subject to tax if used for qualified education expense. The definition of qualified education expenses for these accounts includes primary and secondary schooling, not just college.

Parents who earn too much money won't be able to contribute to these accounts. If you have a modified adjusted gross income more than \$110,000 for a single person and \$220,000 for a married couple, you aren't eligible to invest in these accounts. And the maximum annual contribution amount is fairly low, only \$2,000 per year for each beneficiary.

...

An important issue to consider is what assets you own and what assets are owned by your child. Ownership of assets is important because it can affect your family's ability to receive financial aid. I'll address these issues in my next column. Before buying a 529 plan or any investment, you should inquire about the particular plan and its fees and expenses. Always consult your own tax advisor when considering investing in any of these plans.

*Anthony N. Corrao is an independent advisor with Corrao Wealth Management. For more than 25 years he has helped families with their financial goals by developing financial, educational, and retirement planning strategies.*

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# Estate tax liabilities for non-U.S. citizens

**S**pring has sprung, and this month we have answers to two questions for you to ponder as you enjoy the warmer weather!

*I am a Canadian citizen living in New York. I have heard that estate taxes for non-US citizens can be much greater. What is my estate tax liability as a Canadian?*

For U.S. citizens or U.S. residents (both of which are referred to in this summary as “U.S. residents”), the current exemption from federal estate tax is \$5.49 million per person for 2017. The federal exemption increases slightly every year for a cost of living adjustment. A resident for estate tax purposes is someone who resides in the United States for the long-term. For estate tax purposes, it is defined as follows: “A person acquires a domicile in a place by living there, for even a brief period of time, with no definite present intention of later removing therefrom. Residence without the requisite intention to remain indefinitely will not suffice to constitute domicile, nor will intention to change domicile effect such a change unless accompanied by actual removal.”

If you are in the US on a contract basis with a specific and planned end-date to return to your country, you are not considered a U.S. resident. People who are non-U.S. citizens and non-U.S. residents are subject to estate taxes for any assets in the U.S. that exceed \$60,000. “U.S. assets” include any real property within the U.S., any U.S. bank accounts and U.S.-based stocks and securities, whether the account is held in or outside of the U.S. Life insurance policies are not considered U.S. assets.

Also, non-U.S. residents cannot take advantage of a marital deduction and the whole of any joint asset is included in the predeceased spouse’s estate (as opposed to only 50 percent inclusion for a U.S. resident).

However, the U.S. has tax treaties with many countries that override these rules, including with Canada. The U.S.–Canada

tax treaty allows Canadian residents to take advantage of the federal exclusion amount (\$5.49 million for 2017). If, like many people, you are a Canadian citizen and non-U.S. resident at the time of your death, the Executor of your estate will need to file a specific form to take advantage of this (IRS Forms 706-NA and 8833).

For New York State, under a change in the law effective April 1, 2017, the exemption is \$5.25 million per person and will increase each year until it matches the federal exemption in 2019. If you are a New York resident, an estate tax return must be filed if you are over the exclusion amount. You receive a deduction for any assets that are not New York assets. If you are not a New York resident but have assets in New York, you will only need to file a New York estate tax return if the assets in New York are over the exclusion amount.

If you are concerned about estate taxes, you should consult an attorney and accountant to better understand your estate tax liability based on your assets and the tax laws affecting you.

*I opened an Uniform Transfer to Minors Act account for my child when she was young and now she is about to turn 18 years old, and I am concerned about turning over the account to her, which now has more than \$50,000.*

Many parents open bank accounts pursuant to the Uniform Transfer to Minors Act when their children are young in order to save monetary gifts from grandparents, or to save for the children’s future college expenses. However, many parents do not realize that when the child turns 18, he or she is entitled to possession and control over that money, and can use it in whatever way he or she desires. The law does not require that the child use that money for college, but requires that it must be turned over to the child when that child turns 18 years old. In some cases, the account does not turn over to the child until he is 21 years old. The title of the account



## ASK AN ATTORNEY

ALISON ARDEN BESUNDER, ESQ.

should indicate whether the account is held until age 18 or 21.

New York law provides that a transfer made pursuant to the act is irrevocable and the custodial property is vested in the minor child at the time of transfer. As custodian of the account, you are obligated to inform the minor of those assets at the time the account completely vests in the minor. The statute does, however, state that the custodian “shall transfer in an appropriate manner the custodial property to the minor,” which provides some options for steps you may take if you are concerned about turning over a large account to your child:

### Use the funds for the minor’s benefit

Until the minor is 18, you can use the funds for his benefit. If you are also the parent of the minor, you may not use funds for items that are part of your existing support obligations to your child (such as food, clothing and shelter), but you may use the account to pay for “luxuries” such as private school, extracurricular activities, camp, or a new computer.

### Transfer the assets to the minor

When the minor is 18, you can retitle the account into an account in his name. You can, with the minor’s permission, be named a co-signer or receive duplicate statements to see how the minor spends the money.

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You may incentivize your child to use the funds responsibly by stating that you will pay for college with other funds if she keeps the funds for graduate school (as one example) or you may even use “strong-arm” tactics to state that you will reduce her inheritance if she uses the funds irresponsibly.

### **Purchase an income-producing asset**

You can use your discretion under “appropriate manner” to use the funds to purchase an asset that the minor would not be able to easily liquidate once she receives it at age 18, such as income-producing real property or an annuity. This is not recommended because it could be later reviewed as a breach of fiduciary duty. Fiduciary obligations include that a fiduciary must transfer assets to a beneficiary upon the termination of a fiduciary duty in a manner that is easily converted to cash. If, however, the minor consents in writing, this may help protect against a later claim.

### **529 Plan**

You may transfer the account proceeds into a newly created 529 Plan for the minor’s benefit. This will require liquidating any stocks or securities in the account because a 529 Plan can only be funded with cash. This may trigger capital gains

taxes if the assets have increased in value significantly.

However, transferring the funds to a 529 Plan will allow you to continue to be the custodian of the funds until the funds are completely withdrawn, thereby allowing you to withhold it to pay for college. But, if your child requests the funds at any time for any purpose, you will need to release the funds or she may petition the court to receive the funds pursuant to your obligation as fiduciary of the account since you used those assets to fund the 529 Plan.

### **2503(c) Trust**

If you want to continue to hold the funds, you could create a living trust for the minor’s benefit under Internal Revenue Code § 2503(c). The terms of the trust can be drafted to allow you, as Trustee, to make discretionary distributions and forced distributions at set ages, so the funds stay under your control until you believe your child is able to handle the account on her own.

In order to deter future claims of breach of fiduciary duty, the trust should allow the minor a one-time withdrawal right, where she is afforded the opportunity to withdraw the funds up to the full amount when she turns 18 years old. Your child will have a 30- or 60-day window to do so.

If she does not exercise her withdrawal right, the funds stay in trust pursuant to the trust agreement. If your child does not exercise her right of withdrawal, the trust would then be considered a “self-settled” trust and any creditor of your child could potentially reach the funds to satisfy a judgment. If instead of setting up a new trust you keep the funds in the account after your child becomes 18, she could demand the funds at any time. As discussed above, you can try to incentivize your child to not exercise her right of withdrawal in your discussions with her.

• • •

Each situation is different and fact specific, and whether a particular option is right for you depends on your particular situation. If you have or are considering an account and are concerned about turning over the account to your child when she turns 18 or 21, you should speak to an attorney to discuss your options and which option is best for your situation.

*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](http://www.besunderlaw.com).*



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ESSEMMARFEMO

# Keeping your cool while parenting

**I**t was a beautiful spring day, and I took my girls to the park. They jumped and ran and played, and then we fed the ducks and swans. But it soon got late and on the walk back home, they begged and pleaded for ice cream. Waiting on a long line, knowing I had dinner, laundry, and a deadline ahead of me, I grew impatient, but tried to keep calm. My 3-year-old was going through a terrible two period, but when we finally were handed the cones, I thought I had put out a potential fire.

Two minutes later, as I was hurrying the girls to put a spring in their step, my youngest took one lick of the rainbow sprinkles and screeched, "This tastes bad!" and threw the whole cone on the ground. If a head could explode from agitation, mine would have that day.

I immediately shrieked, "Why did you do that? I just got that!" And I mentally lost it.

I grabbed her hand and walked angrily down the block. My 7-year-old stopped enjoying her ice cream and became silent while my little culprit screamed and cried even more, because I was upset. It was a very non-Zen moment and one that I had hoped I was above having.

There is no parent in the world that never loses it or gets angry. Kids challenge our patience every day. Even in those of us who actively strive to find a balance and struggle to be more calm and serene, there are those times when your child pours red juice on the white carpet or has a screaming meltdown in aisle three. Later on, it may be when those preteens give you an eye roll that instantly raises your diastolic in 30 seconds flat. Yet, with all the parental challenges that are thrown at us, being a mindful and calm parent is a practice, and it is something we can get better at.

It all starts with us, after all. Our children will pick up on the cues that we give them. Do we get irate every time a little milk spills, or when we can't find our keys and the bus is late? Or, do we take these common instances as a bump in the road of a good day that is to come? How we deal with disappointments from little to big will affect how our children do the same. So if your child flies off the handle with his or her friends over minor infractions, we



might want to take a look in the mirror at what messages we are sending them.

Clinical psychologist Yishan Xu explains, "Children, especially young children, are able to pick up their parents' stress easily. Research has found that children who have stressful parents have higher chances of developing various psychological and physical problems later in their lives. I

n clinical settings, when a child is sent to us for psychological treatment, it is not surprising if we find a complicated family environment, including one or both parents who have difficulty dealing with their own stress. Children are not only picking up parents' stress, they are also learning coping skills from their parents every day."

The good news is that practice makes (almost) perfect, and by following a few simple tips, we can help foster mindfulness and harmony into our lives:

## Expect disappointment

This doesn't sound very optimistic, but expecting an inconvenience here and there will help prevent meltdowns of



## JUST WRITE MOM

DANIELLE SULLIVAN

your own when your very busy schedule is impacted.

## Distract and dissociate

Dr. Xu offers one quick tip that works right in the moment: "When parents are caught off guard in the middle of a stressful parenting moment, they can distract themselves by shifting attention away from the stressful situation."

This alone may help them calm down quickly. Dr. Xu advises parents to "count numbers silently, or play the ABC game: think of all words starting from letter A, B, or C.

## Redirect self-talk

Sometimes parents have negative self-talks such as "Oh no, not again! I am so angry (or anxious or unhappy or embarrassed) about this situation)." When this happens, parents can disassociate their acute stress by reframing their thoughts in this format: "I have feelings such as ... I have thoughts such as ...".

This way, parents can tell themselves: "Well, let me reframe this: I have feelings that I am angry ... I have thoughts that my kids are driving me crazy all the time!" It is key to separate you as a whole from your thoughts, which helps you identify your source of angst without becoming caught up in it.

## Practice relaxation skills

For long-term stress relief, Dr. Xu encourages parents to practice relaxation skills such as meditation, progressive muscle relaxation, or diaphragmatic breathing. The more parents practice on daily basis, the more they will be able to calm down faster when faced with a stressful situation.

*Danielle Sullivan, a mom of three, is a writer and editor living in New York City.*

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# Calendar

MAY



## Explosion of color at the Garden

World-renowned artist Dale Chihuly returns to the New York Botanical Garden with, and he is bringing some of his most-famous works.

The new show, his first at the Garden in 10 years, features 20 installations including drawings and early works, uses the Garden's dramatic landscape as living canvas for his signature shapes in brilliant colors.

There are many events planned around the artwork for visiting families that are suitable for children of all ages.

Chihuly, beginning May 2; Tuesdays to Sundays, 10 am to 6 pm; admission is \$25 for adult and \$20 for children.

*New York Botanical Garden [2900 Southern Blvd.; Fordham Heights; (718) 817-8779; [www.nybg.org](http://www.nybg.org)]*

## Never miss a great event!

Sign up for our FREE newsletter and get twice-a-week ideas for you and your family right in your mailbox. [NYParenting.com](http://NYParenting.com)

# 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](mailto: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!

### THURS, MAY 4

#### IN THE BRONX

**Cinderella Samba:** PS 72, 2951 Dewey Avenue; [www.cityparksfoundation.org/event/cityparks-puppetmobile-presents-cinderella-samba-2](http://www.cityparksfoundation.org/event/cityparks-puppetmobile-presents-cinderella-samba-2); 10 am to 11 am; Free.

This contemporary twist on the classic "Cinderella" fairy tale is presented by The CityParks Puppet Mobile and sets the timeless tale in the lush landscape of Brazil, where, thanks to the help of her fairy godmother, Cinderella attends Rio de Janeiro's biggest Carnival gala and dances the samba with Prince Paulo himself. After Cinderella is forced to flee the gala just before midnight, the prince sets out to find the mystery woman who stole his heart, in hopes of marrying her. The production features an original commissioned musical soundtrack that brings samba center-stage; handcrafted Carnival festival floats on parade; and one-of-a-kind marionettes donning their most vibrant Carnival costumes, created by the expert puppeteers from the Swedish Cottage Marionette Theatre in Central Park.

### FRI, MAY 5

#### IN THE BRONX

**Cinderella Samba:** Slattery Playground, E. 183rd St. and Valentine Avenue; [www.cityparksfoundation.org/event/cityparks-puppetmobile-presents-cinderella-samba-2](http://www.cityparksfoundation.org/event/cityparks-puppetmobile-presents-cinderella-samba-2); 9 am to 10 am; Free.

This contemporary twist on the classic "Cinderella" fairy tale is presented by The CityParks PuppetMobile and sets the timeless tale in the lush landscape of Brazil, where, thanks to the help of her fairy godmother, Cinderella attends Rio de Janeiro's biggest Carnival gala and dances the samba with Prince Paulo himself. After Cinderella is forced to flee the gala just before midnight, the prince sets out to find the mystery woman who stole his heart, in hopes of marrying her. The production features an original commissioned musical soundtrack that brings samba center-stage; handcrafted Carnival festival floats on parade; and one-of-a-kind marionettes donning their most vibrant Carnival costumes, created by the expert puppeteers from the Swedish Cottage Mari-



Matt Esman

## Learn how to beatbox

Get down to the beat at the Beatbox Bonanza with Rahzel at Symphony Space on May 20.

As part of a Fuse Project residency at Symphony Space, Rahzel, formerly of the Roots, lets kids in close to witness his legendary beatboxing technique.

Rahzel M. Brown, also known as simply Rahzel, is an influential American musician, beatboxer, and rapper. He's known for an ability to sing or rap while simultaneously beatboxing, as evidenced on dozens of albums, including his performances of "Iron Man" and his signature song "If Your

Mother Only Knew," a hidden track on *Make the Music 2000*. Rahzel will lead a workshop for the next generation of beatboxers, helping kids learn how to make a wild and rhythmic array of percussive sounds using only their mouth and vocal chords.

Beatbox Bonanza with Rahzel, May 20 at 11 am. Tickets are \$14, and \$17 for non-members.

*Symphony Space [2537 Broadway at W. 94th Street on the Upper West Side, (212) 864-5400; [www.symphonyspace.org/event/9394/Family-Music/just-kidding-beatbox-bonanza](http://www.symphonyspace.org/event/9394/Family-Music/just-kidding-beatbox-bonanza)].*

onette Theatre in Central Park.

**First Friday:** Bartow-Pell Mansion Museum, 895 Shore Rd. (718) 885-1461; [www.bartowpellmansionmuseum.org](http://www.bartowpellmansionmuseum.org); 5:30 pm; \$12 (\$10 seniors & students; Free for members).

Take a trolley ride; Back by popular demand, the Kenn Morr Band performs from 6 to 8 p.m. Enjoy the music, explore the museum, and stroll the garden; light refreshments available. The trolley makes an hourly loop starting at 5:25 p.m. from the #6 Pelham Bay Park subway station to BPMM to City Island. Registration requested.

### SAT, MAY 6

#### IN THE BRONX

**Dragons Love Tacos:** Smarts and Crafts, 3635 Johnson Avenue; [SmartsAndCrafts2016@gmail.com](mailto:SmartsAndCrafts2016@gmail.com). 10 am to 4 pm; \$20 per children (\$10 each additional child).

Reading and crafting: A modern day classic! Join us as we share the book *Dragons Love Tacos* and then create our own fire-breathing dragons! Ideal for ages 3ish-5ish. Reservation required. Fee includes, story, snack and craft.

**Family Art Project:** Climate Kites Parade: Wave Hill Garden and Cultural Center, 675 W.252nd St. (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10am-1pm; Free on 5/6; on 5/7 free with admission to grounds.

Join visiting artist Andrea Lomanto to design a simple paper kite, decorated to display your hopes for the environment and the planet. Then carry your kite in a spring parade, or take it home and watch it fly. For all ages. Reservations not required.

**Cinco De Mayo celebration:** Street fair, Crescent Avenue between 187th Street and Belmont Avenue; Noon to 5 pm; Free with All-Garden Pass.

Join with borough president Ruben Diaz, Jr., for a day of fiesta. The 12th annual fair of-

# Calendar

Our online calendar is updated daily at [www.NYParenting.com/calendar](http://www.NYParenting.com/calendar)

fers free bike raffles; giveaways and more.

**Meet the Artist:** Wave Hill Garden and Cultural Center, 675 W.252nd St. (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 2 pm; Free with admission to the grounds.

Borinquen Gallow talks about her installation of an imaginary hive created by the Hill's beehives.

## SUN, MAY 7

### IN THE BRONX

**Family Art Project:** Climate Kites Parade: 10am-1pm. Wave Hill Garden and Cultural Center. See Saturday, May 6.

**"Princess and the Pea:"** Whitehall Club Ballroom, 3333 Henry Hudson Parkway; (718) 601-7399; [info@bronxartensemble.org](mailto:info@bronxartensemble.org); 1 pm and 2:30 pm; \$10 in advance; \$12 at the door.

Presented by the Bronx Arts Ensemble, this hilarious take on the fairy tale includes a lonely prince, a sad jester, a crazy queen and a prince with sleep issues - what more could you want?

### FURTHER AFIELD

**Asian American Heritage Festival:** Ellis Island - National Park, New York Harbor, Manhattan; [www.statuecruises.com](http://www.statuecruises.com); Noon; Free to event - but must purchase ferry ticket.

The National Park Service in partnership with Nai-Ni Chen Dance Company presents the festival with ceremony and performances in The Great Hall of Immigration at Ellis Island. The event showcases traditional and contemporary Asian American Music and Dance, with performing artists from the community including the Nai-Ni Chen Dance Company, the Chinese American Chorus of New York, the New Asia Chamber Music Society, the Chinese American Music Ensemble and the Children's Orchestra Society.

## MON, MAY 8

### IN THE BRONX

**Game On:** Pelham Bay Library, 3060 Middletown Rd. at Crosby Avenue; (718) 792-6744; <https://www.nypl.org>; 4 pm; Free.

Got the gaming moves? Show off your skills with the controller and challenge your friends to a game in the library. Play the Wii or Board Games or Cards. Grades 6 and Up.

## WED, MAY 10

### IN THE BRONX

**Story Time:** Pelham Bay Library, 3060 Middletown Rd. at Crosby Avenue; (718) 792-6744; <https://www.nypl.org>; 11 am; Free.

Children from 18 months to 5 years of age and their parents/caregivers can enjoy interactive stories, action songs, and fingerplays, and spend time with other children in the neighborhood.

**Arts and Crafts:** Pelham Bay Library, 3060 Middletown Rd. at Crosby Avenue; (718) 792-6744; <https://www.nypl.org>; 11:30 am; Free.



## Drones fly in the sky

**Drones: Is the Sky the Limit?** the new exhibit opens on May 10 at the Intrepid Sea, Air, & Space Museum.

The exhibit explores pilotless aircraft and the history of drone technology, from its modern-day origins in World War I and its military development to its current applications in solving complex humanitarian and commercial challenges.

Visitors will be able to fly actual drones and watch the first-person viewpoint of a drone racing, and get up-close and personal with Volantis, the world's first "flying dress," designed by global superstar Lady Gaga in collaboration with TechHaus. Also on display is a prototype of an Amazon cargo vehicle designed for home delivery of online shopping orders.

Explore the use of drones in police and fire departments, and see how

technology creates new perspectives for photographers, artists, filmmakers and stage productions. Plus, learn about its contributions to conservation and humanitarian efforts, and consider what the future holds — from the possibility of personal flying cars to space exploration.

**Drones: Is the Sky the Limit?** beginning May 10 on weekdays, 10 am to 5 pm; Saturdays and Sundays, 10 am to 6 pm. General admission \$33 adults, \$31 seniors, \$24 children 5 to 12 years old, and free for children under 5. Retired and active-duty military members free. New York City residents, (must show valid ID) \$19 adult and seniors, \$17 for children ages 5 to 12, and free for children 4 and younger.

*Intrepid Sea, Air & Space Museum (Pier 86 at 46th Street and 12th Avenue, [www.intrepidmuseum.org](http://www.intrepidmuseum.org)).*

Hands-on projects using a variety of skills. Toddlers (18-36 months), Pre-schoolers (3-5 years).

## SAT, MAY 13

### IN THE BRONX

**Mother's Day Garden party:** New York Botanical Garden, 2900 Southern Blvd. at Fordham Road; (718) 817-8700; [www.nybg.org](http://www.nybg.org); 10 am to 5 pm; Events free with All-Garden Pass.

Treat mom to the day out that she deserves! In fact, bring the whole family for live music, games, picnicking, and more—all surrounded by the most spectacular spring landscape New York has to offer. Live entertain-

ment includes Moonshine Falls and Mad Science, "Fire and Ice" and "Spin, Pop, Boom."

**Family Art Project:** Gifts for Mom: Wave Hill Garden and Cultural Center, 675 W.252nd St. (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10am-1pm; Free on 5/13; on 5/14 free with admission to grounds.

Celebrate mothers by using natural materials to create a lovely gift! Bring a photo of mom and make a frame out fabric; then use dried lavender to create a fragrant sachet to complete this gift for mom. Adorn with ribbons and bows, make a card and you have a sentimental - and scented - gift for Mother's Day. For all ages. Reservations not required.

## SUN, MAY 14

### IN THE BRONX

**Mother's Day Garden party:** 10 am to 5 pm. New York Botanical Garden. See Saturday, May 13.

**Family Art Project: Gifts for Mom:** 10 am–1 pm. Wave Hill Garden and Cultural Center. See Saturday, May 13.

**Salamander Exploration:** Van Cortlandt Park - Canine Court, Mosholu Ave. and Broadway; (718) 319-7258; [www.nycgovparks.org](http://www.nycgovparks.org); 11 am to 12:30 pm; Free.

Children connect with nature and are encouraged active exploration of the natural world. This program is specifically designed for young children and families.

**Mother's Day brunch:** Wave Hill Garden and Cultural Center, 675 W.252nd St. (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 11:30 am and 1:30 pm; \$48; \$33 child, excludes tax, gratuity and admission to the grounds.

Celebrate the mothers in your life at a festive Mother's Day Brunch in historic Wave Hill House. Seatings at 11:30 a.m. and 1:30 p.m. Reservations may be made by emailing [wavehillreservations@greatperformances.com](mailto:wavehillreservations@greatperformances.com), or calling (718) 549-3200 ext. 395; you will be provided with a secured credit card payment link to purchase tickets online. Please note that payment will not be accepted day-of. The deadline for reservations is noon on Wednesday, May 10.

**Family Nature walk:** Wave Hill Garden and Cultural Center, 675 W.252nd St. (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 12:30 pm to 1:30 pm; Free with admission to the grounds.

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

## MON, MAY 15

### IN THE BRONX

**Game On:** 4 pm. Pelham Bay Library. See Monday, May 8.

## WED, MAY 17

### IN THE BRONX

**Story Time:** 11 am. Pelham Bay Library. See Wednesday, May 10.

**Arts and Crafts:** 11:30 am. Pelham Bay Library. See Wednesday, May 10.

## SUN, MAY 21

### IN THE BRONX

**Beyond the Oak Tree Treaty:** Bartow-Pell Mansion Museum, 895 Shore Rd. (718) 885-1461; [www.bartowpellmansionmuseum.org](http://www.bartowpellmansionmuseum.org); 2 pm to 3 pm; Free.

As part of BPMM's Native American initiative, Beyond the Oak Tree Treaty, Grace Bulltail of the Montana Crow Indian Nation will



## Cinderella in the parks

"Cinderella Samba" comes to the parks in the Bronx on May 4 and May 5.

This contemporary twist on the classic "Cinderella" fairy tale is presented by The CityParks Puppet Mobile and sets the timeless tale in the lush landscape of Brazil where, thanks to the help of her fairy godmother, Cinderella attends Rio de Janeiro's biggest Carnival gala and dances the samba with Prince Paulo himself.

When Cinderella is forced to flee the gala just before midnight, the prince sets out to find the mystery woman who stole his heart, in hopes of marrying her. The production features an original commissioned mu-

sical soundtrack that brings samba center-stage; handcrafted Carnival festival floats on parade; and one-of-a-kind marionettes donning their most vibrant Carnival costumes, created by the expert puppeteers from the Swedish Cottage Marionette Theatre in Central Park.

"Cinderella Samba" performances are free and open to all ages.

*May 4; 10 am to 11 am at PS 72 [2951 Dewey Avenue; in Throggs Neck]*

*May 5; 9 am to 10 am at Slattery Playground [ E. 183rd St. and Valentine Avenue in University Heights]*

*City Parks Foundation [www.cityparksfoundation.org/event/cityparks-puppet-mobile-presents-cinderella-samba-2]*

perform traditional Crow dances on the front lawn of the mansion, followed by a discussion on the historical significance of the dance style and dress. Traditional Crow dances have been enmeshed within the heritage of the Plains Mountains people for centuries, and the dance style is an integral part of their Native expression. Grace Bulltail has traveled throughout Indian country performing at powwows and has won several dance competitions. Registration required.

## MON, MAY 22

### IN THE BRONX

**Game On:** 4 pm. Pelham Bay Library. See Monday, May 8.

## WED, MAY 24

### IN THE BRONX

**Story Time:** 11 am. Pelham Bay Library. See Wednesday, May 10.

**Arts and Crafts:** 11:30 am. Pelham Bay Library. See Wednesday, May 10.

## FRI, MAY 26

### IN THE BRONX

**Family Camping:** Van Cortlandt Nature Center, (VCNC), W. 246th St. at Broadway; (718) 548-0912; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 7 pm to 7 am; Free with admission to the grounds.

We camp to create lasting memories, con-

# Calendar

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nect with the natural world, and bond with our families. Camping affords us the opportunity to unplug from the diversions of everyday life and to laugh and play with our families. The Urban Park Rangers celebrate the tradition of camping and we look forward to welcoming your family. Family Camping programs take place in all five boroughs, but space is limited and families are chosen by lottery. To enter your family in the lottery, please visit [nyc.gov/parks/rangers/register](http://nyc.gov/parks/rangers/register). Registration opens on Wednesday, May 17.

## SAT, MAY 27

### IN THE BRONX

**Family Art Project:** Palisades in Plaster: Wave Hill Garden and Cultural Center, 675 W. 252nd St. (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10am-1pm; Free on 5/27; on 5/28 free with admission to grounds.

Wave Hill offers a great view of the magnificent cliffs of the Palisades. Kids use plaster made from the mineral gypsum to create their own, sculptural rock formation, then tint it with their choice of color. For all ages. Reservations not required.

## SUN, MAY 28

### IN THE BRONX

**Family Art Project:** Palisades in Plaster: 10am-1pm. Wave Hill Garden and Cultural Center. See Saturday, May 27.

## WED, MAY 31

### IN THE BRONX

**Story Time:** 11 am. Pelham Bay Library. See Wednesday, May 10.

**Arts and Crafts:** 11:30 am. Pelham Bay Library. See Wednesday, May 10.

## LONG-RUNNING

### IN THE BRONX

**Nature's Sculptures:** New York Botanical Garden, 2900 Southern Blvd. at Fordham Road; (718) 817-8700; [www.nybg.org](http://www.nybg.org); Tuesdays - Fridays, 1:30 pm to 5:30 pm, Saturdays and Sundays, 10 am to 5:30 pm, Free with All-Garden Pass.

Using Chihuly's glass sculptures as a foundation, explore the shapes and colors of plants in the Garden. Find inspiration in the vivid colors and patterns of nature throughout the Garden's landscape, and craft a habitat to house your own air plant.

**Nature's Sculptures:** New York Botanical Garden, 2900 Southern Blvd. at Fordham Road; (718) 817-8700; [www.nybg.org](http://www.nybg.org); Saturdays and Sundays, 10 am to 5:30 pm, Free with All-Garden Pass.

Using Chihuly's glass sculptures as a foundation, kids can explore the shapes and colors of plants in the Garden. Find inspiration in the vivid colors and patterns of nature throughout

the Garden's landscape, and craft a habitat to house your own air plant.

**Bronx Zoo:** 2300 Southern Blvd. at Boston Road; (718) 220-5103; [www.bronxzoo.com](http://www.bronxzoo.com); Daily, 10am-4:30pm; Mon, May 1 - Fri, June 30; \$19.95 adults, \$12.95 children.

Come see giraffes, lions, birds, penguins and more. As a special treat, there are now five young gorillas at the Congo Gorilla Exhibit - watch their playful interactions with their parents and each other. Check website for schedule.

**Chihuly Exhibit:** New York Botanical Garden, 2900 Southern Blvd. (718) 817-8779; [www.nybg.org](http://www.nybg.org); Tuesdays - Sundays, 10am-6pm, beginning Tues, May 2; \$25 adults, \$20 children.

Artwork created by the world-renowned artist Dale Chihuly is on view at the New York Botanical Garden, in a show that features 20 installations and includes the artists' drawings and early works. The Garden's dramatic landscape becomes the living canvas for works showcasing Chihuly's signature shapes in brilliant colors.

**Kids Le Petit Art:** Poe Park Visito Center - Poe Park, 2640 Grand Concourse; (718) 365-5516; [www.nycgovparks.org](http://www.nycgovparks.org); Tuesdays, 2:30 pm to 4:30 pm, Until Tues, June 27; Free.

Make your own personalized bookmark to take home. This class is suitable for kids ages six to 12 years old. Each month create a new item; April is Thumb Things Bookmarks; in May pain small cans; and in June create a mini book.

### Dig, Plant Grow, Wake up Garden:

New York Botanical Garden, 2900 Southern Blvd. at Fordham Road; (718) 817-8700; [www.nybg.org](http://www.nybg.org); Wednesdays, Saturdays and Sundays, 1:30 pm to 5:30 pm, Wed, May 3 - Wed, June 7; Free with All-Garden Pass.

Plants and imaginations grow at the Howell Family Garden, where kids are allowed—no, encouraged!—to play in the dirt. Display gardens, such as the Global Gardens, Bean Tunnel and Salad Bowl, and daily interactive gardening activities delight and inspire.

**Recycle to Art:** Poe Park Visito Center - Poe Park, 2640 Grand Concourse; (718) 365-5516; [www.nycgovparks.org](http://www.nycgovparks.org); Wednesdays, 2:30 pm to 4:30 pm, Until Wed, June 28; Free.

Have fun turning discarded materials into usable works of art. Make a cute butterfly out of ordinary paper rolls. This program is suitable for kids ages six to 12 years old. In April make a paper-roll butterfly; in May a newspaper flower; and in June a Popsicle stick puppet.

**Creative 3D Arts:** Poe Park Visito Center - Poe Park, 2640 Grand Concourse; (718) 365-5516; [www.nycgovparks.org](http://www.nycgovparks.org); Thursdays, 2:30 pm to 4:30 pm, Until Thurs, June 29; Free.

Create a cute, fun 3D apple out of paper. This program is suitable for ages six to 12 years old. April, 3D paper sculptured apple; May, 3D gift for mom; June, Father's day key chain charm.

**Seasonal Arts and Crafts:** Poe Park Visito

Center - Poe Park, 2640 Grand Concourse; (718) 365-5516; [www.nycgovparks.org](http://www.nycgovparks.org); Fridays, 2:30 pm to 4:30 pm, Until Fri, June 30; Free.

This fun painting activity uses pom poms to create a beautiful Easter egg on paper, tip painted hand print;s and colorful rainbow mobiles. This program is offered to kids ages six to 12 years old?

**It's my park day:** Henry Hudson Monument -, Independence Ave. and Kappock St. (347) 203-9164; [dp@reynolds.verizon.net](mailto:dp@reynolds.verizon.net); Saturdays, 8 am to noon, Free.

Families can volunteer with the Stewards of Henry Hudson Park. Start your Saturday mornings and help to amplify its beauty and sustain community with general cleanups and gardening. Rain or shine, there will be something for everyone to do at this unique park! Volunteers under 18-years-old are required to present a signed guardian's consent to participate or have a chaperone present. Walk-ons are welcome.

### FURTHER AFIELD

**"The Princess, The Emperor, and the Duck:"** Swedish Cottage Marionette Theater, West 79th and West Dr, 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 "The Princess and the Pea," "The Emperor's New Clothes" and "The Ugly Duckling." For children ages 3 to 9.

**Drones:** Is the Sky the Limit?: Intrepid Sea, Air & Space Museum, Pier 86 (46th St. and 12th Avenue), Manhattan; [www.intrepidmuseum.org](http://www.intrepidmuseum.org); Weekdays, 10 am to 5 pm, Saturdays and Sundays, 10 am to 6 pm, beginning Wed, May 10; \$33 (\$31 seniors; \$24, children 5-12; Free children under 5; Ret. & Active Duty Military, Free).

The exhibit explores pilotless aircraft and the history of drone technology, from its modern-day origins in World War I and its military development to its current applications in solving complex humanitarian and commercial challenges. Visitors will be able to fly actual drones and watch the first-person viewpoint of a drone racing; get up close and personal with Volantis, the world's first "flying dress," designed by global superstar Lady Gaga, in collaboration with TechHaus; also on display is a prototype of an Amazon cargo vehicle designed for home delivery of online shopping orders; explore the use of drones in police and fire departments; see how drone technology creates new perspectives for photographers, artists, filmmakers and stage productions; explore the implications of pilotless aircraft on industries including infrastructure, agriculture and meteorology; learn about its contributions to conservation and humanitarian efforts; and consider what the future holds - from the possibility of personal flying cars to space exploration.



# Raising a peaceful child

**P**arenting happy kids in a world that is so often fraught with unhappiness and chaos is an uphill battle. And while it is certainly a challenge to remain positive and hopeful, it can be done. In fact, you might say, it needs to be done first and foremost. Otherwise, how will our kids ever be optimistic, hopeful, and filled with peace?

Parenting is so much more about taking care of the physical day-to-day demands, like good nutrition and health, homework, and after-school activities. Those things are quite important, but sometimes the psychological needs are greater, because without a healthy and mindful outlook, the other things won't be possible.

Kathy Walsh, parenting expert, educator, and author of the award-winning "Joyohboy" book series says intention is everything. Walsh is the founder of Peace Place for Kids, and has been teaching mindfulness to schools and workshops throughout the country for more than 20 years.

"Intention is a force that sets everything in motion. How often do we think about and write down our intention for raising our children? What could be more important? When you are clear about your intention for raising your children, other decisions become easier to make," she says.

If you want your kids to be stable and peaceful people, it all starts with your behavior and attitudes. Read on for Walsh's

tips for raising peaceful kids:

## 1. Be aware of your actions

Model the behaviors that you want them to copy. Children mirror you. Be aware of your actions when you are in front of them, and model the behavior that you want them to mirror.

## 2. Encourage them to look at things in a not-so negative way

Always start and end your day with gratitude. Gratitude is not just a habit; make your bed, brush your teeth, and be grateful every day. Gratitude is the gift that keeps on growing. It is the key to a joyful life. It is hard to complain and feel grateful at the same time.

## 3. Acknowledge their feelings

We have to acknowledge them, not bury them. This is how behavioral problems happen. Things happen in life and a healthy response is how we grow emotionally. Teach your children that when we show love, it comes back to us. It is the gift that keeps on giving. It's just that simple.

## 4. Be mindful

Life is 10 percent what happens to you and 90 percent how you react. This captures the essence of mindful parenting. Teach your children that how they see



## HEALTHY LIVING

DANIELLE SULLIVAN

things is more than half the battle. They have a choice whether to look at life in a positive way or not. The more positive they are, the better their life will be. Life will be a reflection of their thoughts and what they put out they get back.

## 5. Practice non-judgment

When you are showing gratitude, you are not judging others. People can feel that, and it is contagious. When you are grateful for them, they in turn become more grateful for your presence. Choose your words carefully.

*Danielle Sullivan, a mom of three, is a writer and editor living in New York City.*



## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

# Lessons from mom

**O**ur mothers taught us much more than cooking during our times together in the kitchen. Often something much deeper was being passed along. I've asked several local registered dietitian nutritionists to weigh in on the topic:

Growing up, our home was very food-oriented. My mother is Finnish with a bit of English and Irish; my dad was Italian. Mom learned to create Italian cuisine that my father's family loved and also cooked her own traditional meals. Our family always had a big organic garden where we grew tomatoes and other vegetables and everyone was involved in the cooking process. Mom taught us how to make our own tomato sauce that I still make today. Flavoring with fresh, locally grown produce and taking the time to cook as a family is a gift!

— Linda Arpino,  
Life Focus Nutrition, LLC

When I was growing up, my mother used to have a tried-and-true principal she used when working off a cookbook. She said, "If one recipe doesn't work in a cookbook, probably most of them won't work." Through the years, I have found that some cookbook authors may not have tested all their recipes or may not have used measuring spoons, cups, or scales. This would lead to proportions that may not be correct, which is crucial — especially when baking. So Mom was right — if one recipe

doesn't work from a cookbook, most recipes probably won't work.

— Marlisa Brown,  
President of Total Wellness Inc.

My mother taught me about love — the love of music and family. Oftentimes my mother would have gospel music playing in the background while she cooked. I would anxiously pull up a chair at the kitchen table — not to help cook — but to hear stories about her and my uncles. When they were young, my uncles sang in a gospel quartet, and mom played the piano for her Sunday school. She was the youngest of her siblings and her stories always centered around how her brothers took care of her. Thanks to Mom, I love and appreciate all types of music and understand the importance of a strong family bond.

— Constance Brown-Riggs,  
author "The African American Guide to Living Well with Diabetes."

Standing in the kitchen side-by-side with my mom while helping her cook for the holidays, she would say, "This is for Grandpa." Curious, I would ask her why we were cooking a separate pot of stuffed cabbage for him. She explained that Grandpa had diabetes and cannot eat foods with sugar. So we always made a low-sugar version for Grandpa. When we served the holiday meal, Mom would hand me two serving bowls and say, "This one is for Grandpa, this is for everyone else." Today,

we are aware that it's the total amount of carbohydrate that affects blood glucose levels, although we still encourage reducing added sugar. When I invite people over to my home for a meal, I always consider the special nutritional needs of my guests. Thanks, Mom, for teaching me this valuable lesson.

— Bonnie R. Giller,  
Dietetics & Nutrition, P.C.

I can't say I learned how to be a chef from my mom, but I can say that I learned the importance of a family meal and how a few great recipes can create memories, make a cold day warmer, and gather lots of "Mmmms" at the dinner table. My mom cooked with a lot of packaged ingredients; think Good Seasons Italian dressing, Lipton Cup-of-Soup, and Duncan Hines cake mix. But the outcomes were delicious. Now I make the same foods with my kids, but I do it my way. I use organic and local ingredients and cook from scratch, but the end result is the same: Full bellies, big smiles, and lots of warm memories.

— Amy Shapiro,  
founder of Real Nutrition NYC

The lessons our mothers taught us weren't just about food and cooking; they were about life. Why don't you prepare a cherished recipe soon to celebrate and honor the women who taught you so much?

*Christine M. Palumbo is a registered dietitian nutritionist and Fellow of the Academy of Nutrition and Dietetics in Naperville, Ill. Her mother taught her the joy of eating, how not to waste food, and the value of a pot of soup bubbling on the stove.*



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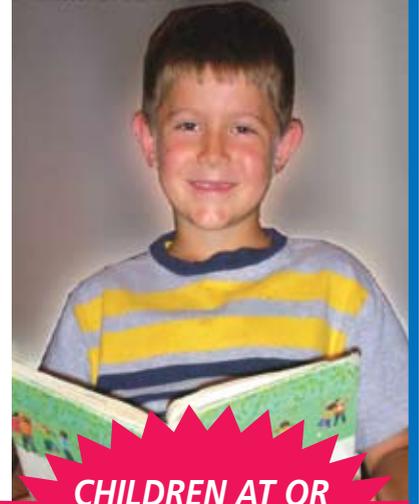
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