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Bronx/Riverdale Family
August 2017

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Mid-summer musings

We're halfway through the summer already! How fast it goes. It's hard to believe, but only a few weeks are left of summer camp/summer programs for our kids. That said, the end of August seems to be one of the most popular times of the year for families to be traveling and I'm sure this year will be no exception.



One of the miracles of this time of year are all the fabulous fruits and vegetables that are now in season. Whether you're getting them at your local market, a farmer's market, a farm-stand on Long Island or upstate or in Jersey, the available produce is breathtaking. Corn, peppers, tomatoes, all kinds of greens, berries, melons, and more are presenting a color palette that any artist would find arresting.

This month, in addition to Christine Palumbo's regular Healthy Eating column,

we also have two interesting pieces on the importance of food in maintaining good health. Vegetarian blogger Kathyne Taylor has shared all kinds of healthy recipes and writer Sharon Zarabi has contributed an article on healthy snacks during your pregnancy. Sharing this kind of information is an integral part of our editorial policy. We have no doubt that you are what you eat. Planning meals and snacks for the family is a job with the highest priority and nothing to be taken lightly. Present and future health depends on it.

Summer is a time when lots of parents are confronting the challenge of finding quality day care. Not only for parents returning to work after childbirth, but also for the many new families who move into our communities over the summer months. Our writer Allison Plitt has a review of an excellent book, "Dear Daycare Parent" by

authors Jackie Rioux and Jo-Ann Parylak, that she says is a must read for every parent about to navigate the maze of options.

I would like to say that once again New York Parenting is a proud partner of Volunteers of America-Greater New York's Operation Backpack. In past years we have been instrumental in helping to put out the word about this organization's drive to outfit children living in homeless and domestic violence shelters with a new backpack and other academic necessities. We hope once again that we will be able to impact their success through our readership's generosity.

Thanks in advance and thank you for reading.

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Kid clothes for less

Finding today's children's fashion at an affordable price

BY KIMBERLY BLAKER

The end of the summer season marks the excitement of back-to-school shopping for kids — and back-to-school shopping battles for many parents. Because fashion is an important part of a child's self image, a new wardrobe often comes at a high cost.

But with advance planning, your kids can still get their look at a price you can afford:

Out with the old?

Keep costs down by making the most of your child's current wardrobe. Eliminate outgrown or outdated articles, and save basic or classic pieces that still fit.

Inspect these pieces and replace missing buttons, mend seams, patch tears, and remove stains.

If shoes still fit, increase their life by replacing worn heels, broken eyelets, and dingy shoelaces. Then freshen them with a good shoe cleaner and brightener or polish.

Style is important, so create new, fashionable outfits by pairing an old basic shirt with a new pair of jeans and stylish belt. Or mix a pair of old-but-good jeans with a shirt in one of this fall's new colors.

Determine what garments have something to match and which are incomplete, then carry a list of needs when you shop.

Secondhand savvy

Today, families in all income brackets are reaping the benefits of secondhand shopping. Depending on your child's age and personality, you may need to alleviate her fears and objections. Be sure your child understands no one will know the clothing is secondhand unless she discloses it. Also, point out the savings could result in a bigger, and possibly better, wardrobe.

When you shop secondhand, inspect clothing thoroughly for stains, tears, broken zippers and snaps, frayed pant cuffs, and other damage. Check for body odor and mildew smells that are unlikely to wash out.

And try on clothing before taking it

home because it may not be returnable.

Secondhand clothing can be found at garage sales, thrift stores, consignment and resale shops, and even online. Prices vary, so explore all the options in your area. Children's shirts typically range between \$2 and \$10 and jeans between \$4 and \$15 depending on size, condition, label, and the particular store.

A no-cost option is to form a back-to-school swap with several friends and neighbors. Each person should label the boxes of clothing according to size. Then get together for the exchange, and watch your child's new wardrobe grow.

Scouting for deals and other retail tips

Begin by changing old thinking patterns. The mark of the new school year is not always the most practical time to replenish your child's wardrobe.

If your kid didn't hit a growth spurt over the summer, wait until winter to shop after last year's clothing is fully outgrown.

The best back-to-school prices are found a couple of weeks later or beyond into the new school year. Since the beginning of the school year is often too warm

Clothes that last

Make your kid's new wardrobe last by following these tips:

Pay attention to washing instructions. This is especially important for teen girls' clothing. Some fabrics will shrink beyond recognition if not laundered correctly.

Boys are especially hard on knees. Give pants extra wear by sewing a fun patch on each knee (after you make sure your child is okay with it).

Have your kids approve all pur-



chases. That is, unless you're shopping for the less-choosy younger set. Otherwise, the duds will hang in the back of their closet.

Go up a size for some items. Purchase articles such as rain gear or dress shoes that will get seldom use one-half to a full size larger to get through an extra season. Regularly worn shoes should fit properly, though, for the sake of your child's feet. When selecting rain gear in this manner, choose a style that will not cause your child to trip or obstruct her view.

for the new fall wardrobe, your child's summer clothing — along with a couple of last year's pieces — should suffice until the best sales hit.

Before you shop, go over your list and explain the budget to your kids. If designer label battles start, offer your kids the option to pay the difference above what has been budgeted for that particular item.

Avoid buying clothing sets; instead,

select versatile pieces.

Look through flyers that come in the weekend edition of your metropolitan area newspaper. Learn what's on sale and compare store prices before heading out.

Kimberly Blaker is a realtor, author, and freelance writer. Her articles have appeared in more than 200 newspapers, parenting and women's magazines, and other publications throughout the U.S.

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Training for life

How to keep your body moving and stay healthy

BY CAROLYN WATERBURY-TIEMAN

During summer vacation, three years ago, we rented bikes. I had not been on a bicycle for more than 20 years. Fortunately, the old adage “it’s just like riding a bike” held true. Indeed, I remembered how to ride, but I’d forgotten the exhilaration of pumping the pedals, getting into a rhythm, body and machine working in synchrony. Nostalgia returned me to the day I learned to ride, and the hours spent cycling up and down our steep, quarter-mile long, gravel driveway. I rediscovered an activity that combined pleasure and exercise.

Upon returning home, I found a bike with a comfortable seat and started riding regularly. Uncertain of my ability to maneuver in traffic, I decided to stick with laps around the neighborhood park. Over several weeks, I incrementally increased the distance and resistance to a level I could maintain for the time set aside to bike. It felt fantastic!

Neighbors started calling out the number of laps as I went past. After a few more weeks, they started asking, “What are you training for?” Surprised that they automatically assumed I was training for an event or competition and unsure how to respond, I simply smiled and kept going. After hearing that question repeatedly, I started saying, “Old age,” which got a lot of laughs.

Then after my older son got married, I changed my response to, “Grandparenthood,” which prompted more laughter. But lately, having considered the benefits gained from being physically active throughout the years, I cheerfully reply, “I’m training for life!”

Reactions to that statement were completely unexpected. People flag me down to ask what I mean. Anxious to be obliging and neighborly, I tell them. My body is made to move. In order for it to function optimally, it needs to be exercised. Since I want it to continue working well, I take it out and exercise it every day. I vary the activity so that none of the muscle groups are ignored. I use fuel that allows my body to work smoothly and prevents blockages that could clog its systems. I attempt to maintain a weight that it does not find taxing. I make sure it gets the rest it needs.



In order to do all the things I want to do, my body has to be healthy. Keeping it healthy is my responsibility. Since I want to continue being able to do things with my husband, my kids, and eventually, with any luck, my grandkids, I keep moving. That’s what I mean when I say, “I’m training for life.”

This explanation has resulted in some lengthy, fascinating sidewalk conversations. So often, people will begin by making excuses for why they are not physically active. They don’t have a bike. They don’t have the right shoes. They can’t afford to take the time. They don’t feel like it.

They are surprised when I counter their excuses with: You don’t have to bike, you could walk. You don’t have to have special shoes, they just need to be comfortable. You can’t afford not to make time to take care of your body. There are all kinds of

ways to add physical activity into your day, no matter what you are doing. (Having an exercise psychophysicologist for a husband comes in handy when making suggestions.) And doing anything is better than doing nothing. There are lots of times I don’t feel like walking, working out, biking, swimming, or whatever, but I do it anyway. Over the years, I’ve discovered that doing it feels so much better than not doing it. Usually, just getting started is all it takes.

If we want our children to adopt lifestyles that contribute to long, healthy lives, guess what? You got it. It starts with us. So:

Get ready. Evaluate your current fitness level. If necessary, get a physical to determine your readiness.

Adopt an activity. The possibilities are endless. Choose an activity that you are most likely to stick with and make it a part of your daily routine.

Find a partner. Becoming physically active can be a challenge, but having an ally can be motivating for both parties.

Start slow. Every January I see new faces out running — red-faced, breathing hard, struggling with every step. By the second week of January, they are nowhere to be seen. Set realistic goals and ease into the new routine.

Think of food as fuel. A college friend told me, “I eat to live. I don’t live to eat.” Establishing a practical attitude toward food can be empowering.

Focus on health benefits. Increased energy, improved sense of well being, and reduced stress are all associated with physical activity. These aren’t measured on a scale or reflected in a mirror.

Normalize exercise. Make physical activity as routine as brushing your teeth. Commit your family to training for life!

If you won’t take my word for it, perhaps you’ll listen to Dick Van Dyke who, at 90, goes to the gym every morning whether he feels like it or not. According to Van Dyke, when it comes to the body, you use it or lose it. Bottom line — keep moving!

Carolyn Waterbury-Tieman has been married for 29 years and has two sons. For 15 years, she worked as a family therapist and parent educator, and she has written extensively on the topic of parenting. To contact her, please e-mail parent4life@yahoo.com.



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Day-care maze

Better navigate it with tips from these experts

BY ALLISON PLITT

Are you considering returning to work but need advice on how to pick the right day care for baby? Have you ever wondered what really happens in a day-care center after you drop off your child, or what you could do to create a better relationship with the people who care for him?

In their book, "Dear Daycare Parent," authors Jackie Rioux and Jo-Ann Parylak combine their firsthand experiences as day-care staff with additional research about this country's day-care system to provide valuable tips on how parents can reap the most benefits from day care for themselves and their children.

The day-care system is growing exponentially: there were 740,000 childcare facilities operating in the United States in 2007, which is four times the number that existed 20 years earlier. Authors Rioux and Parylak maintain that pre-kindergarten childcare has many positive effects on children: "Children who attend high-quality preschool enter kindergarten with better pre-reading skills, richer vocabularies, and stronger basic math skills than those who do not."

Yet, with all of this convincing information about the benefits of quality pre-K at our disposal, our country's day-care industry has an uneven quality and poorly managed centers can negatively impact kids, their parents, and their employers. According to the authors, inadequate day care affects our economy; \$3 billion is lost annually, because of "employee absences due to lack of child care."

Running a day-care center is a costly endeavor with only 46 percent of services provided in their own buildings. Child-care facilities held in churches and other places of worship account for the other 20 percent of buildings where day-care programs are run.

"Dear Daycare Parent" reads like a numbered list of things parents should be aware of when choosing a day care and collaborating with its teachers. The book has amusing illustrations as well as a recommended reading list of children's and parenting books. Don't let the cute



pictures fool you, though. These two authors, who have both worked in early childhood education programs for more than 20 years, give invaluable advice for any parent who is about to embark on the journey of enrolling her child in a day-care program.

The book's pervasive theme is for parents to keep the communication open between themselves and all the people at the center who are looking after their child. Before starting the program, parents are encouraged to visit with their child to take a look around, learn the caregivers' names, and let them know anything important about you or your child that will make their day run easier.

For example, if the center needs to administer medication to a child, bring it in a Ziploc bag with your child's name and instructions on it. If your child has an allergy, the authors suggest bringing in a picture of your child with his name and a list of his allergies under it, and post it in an area of the center where all of the day-care workers will be able to view it.

If there is separation anxiety initially, the authors suggest the child bring in a blanket or stuffed animal from home to ease the transition. If the child cries when the parent drops him off in the morning, do not linger. Say something positive to your child and leave. If the center provides an enriching curriculum for its students, the child will eventually stop crying at morning drop-off.

It is important for parents to create a calm and reassuring routine every morning when they arrive at the center for drop-off. Likewise, when they come to pick their child up later in the day, the parent should not dawdle. They should tell their child to clean up their toys and assertively take their child by the hand and lead them out of the center.

If your child is having problems sleeping at home, let the teachers know, so at nap time, they can observe your child and his behavior. Sometimes children will mention something to a day-care worker, such as the child overheard something scary being said at home, so then the teacher can advise the parent of the possible cause of the sleeping problem.

Since toddlers do not have advanced communication skills, they will not give parents a detailed description about their day. Some parents would like to know what their child does on a daily basis. In this case, the authors suggest putting a notebook in the child's backpack where the teachers can write what happened at the school each day and how their child behaved.

Any change going on in the home environment should be reported to the day-care center immediately. If parents are separating or there are parents who are legally not allowed to see their child, the day-care center should be aware of this. All too often, these children's grandparents will be standing outside the center photographing their grandchild, so the parents are still able to see how their child is doing.

If you want to introduce new foods to your child (to see if she has an allergic reaction to anything), let the teachers know, so they will only feed your child the food you provide for her. It is easiest for the day-care center workers if parents cut up the child's foods at home, and if anything needs to be heated, place it in a microwavable container.

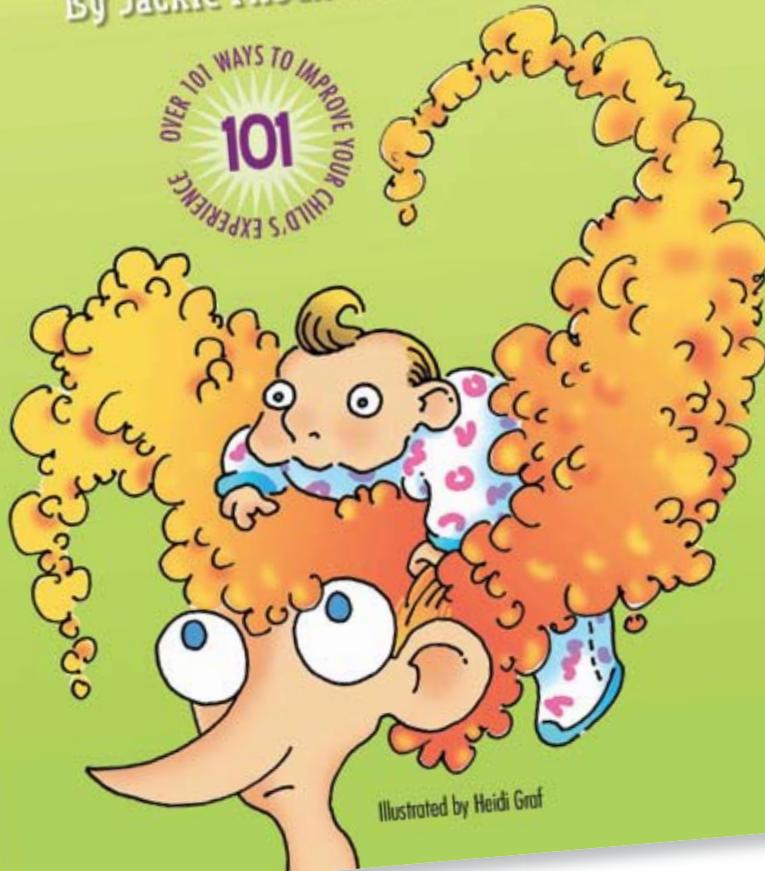
To avoid any confusion about the children's belongings, it is important to label everything your child brings into the center, which includes clothing and food containers. Since children at this age have not socially progressed to sharing

THE MUST-HAVE GUIDE TO DAYCARE FOR WORKING PARENTS

Dear DAYCARE PARENT

By Jackie Rioux and Jo-Ann Parylak

OVER 101 WAYS TO IMPROVE YOUR CHILD'S EXPERIENCE
101



their belongings, the authors recommend that children do not bring their toys to a child-care center. Instead, they recommend bringing in books and CDs which an entire group of children can enjoy.

Many child-care centers are on a tight budget, so if parents want to help out, the authors advise donating adult clothing because children love to play dress-up. Parents can also give the day-care center planting soil, pots, and seeds. Toddlers enjoy putting their hands into soil, planting seeds, watering them, and watching them grow, which provides the additional benefit of being an educational experience.

Day-care centers focus on the importance of toddlers playing with materials like clay for the development of their fine motor skills. Don't bring your child to day care in expensive clothing, because they will get stained in the course of an action-packed day. Instead, dress them in comfortable play clothes. If your child is learning to use the bathroom, make sure he is dressed in sweatpants, rather than pants with buttons, snaps, or zippers, to make it easy for him to use the bathroom.

The authors share their experience working in child-care centers, and those stories offer parents a valuable opportunity to understand the caregivers' point of view. Accounts of parents' indiscretions range from the believable to the

Our country's day-care industry has an uneven quality and poorly managed centers can negatively impact kids, their parents, and their employers.

laughingly implausible. Sometimes parents take these teachers' services for granted and do not follow the day-care center's rules.

If the day-care facility has a sign-in policy, parents should sign-in their children every morning (especially since the authors say these sign-in sheets have been used in court cases). It is equally important to telephone the facility and let them know if your child will not be at school that day.

Usually, most centers have bulletin boards with important information concerning the rules of the center as well as upcoming events. If you or your child misplace a message placed in his cubbyhole, the day-care center will usually have the information posted on the bulletin board. If it's a day to dress-up as a pirate at the center, and your child is dressed in his typical landlubber attire, he could feel left out.

Of course, parents bring sick children to day care, because they don't have a back-up plan if their child becomes sick. If the child is running a fever or gets sick at school, the parent typically has at least one hour to come and pick up their sick child.

Most importantly, do not yell at a day-care staff member in front of the children. If you need to speak to the teacher, find a mutually agreed upon time and place to talk.

If you are impressed with how much your child is learning at the center, let the director know, and if possible, give one of the teachers a recommendation. Since day-care workers put in long hours and are usually underpaid, they would appreciate receiving positive feedback about their job performance.

To join the online community of parents using day-care services, visit the book's website, www.deardaycareparent.com.

Allison Plitt lives in Queens with her daughter and is a frequent contributor to this magazine.

Sibling age gap

The challenges — and benefits! — of having children far apart in age

I wouldn't change a thing about my kids. I love them each for the quirky, complicated, beautiful people they are. I've been a mother for more years than I have not been a mother, because I had my first daughter very young. My second daughter was born five years later, and my son was born five years after that. My mother-in-law joked after my son was born that in five years, I better take a long trip unless I wanted a fourth child.

The funny thing is that I didn't plan to have five years between each of my children — in fact, only my second daughter was strategically planned, and my other two kids were wonderful surprises. I know everything worked out exactly the way it should have. Yet, if I had to do it all over again, I would make one minor adjustment: I would have had my children closer in age.

Here's why:

Sleepless nights

My first baby was a breeze. When she napped, I did. That all changed with my second. Once I finally got her down to sleep, I either had to take my firstborn to school, pick her up, help with homework, or get her to a practice.

This only increased exponentially with my last-born. I would get a baby down to sleep only to be woken up by a scared preschooler, then get back to sleep and be abruptly awakened by a screaming baby. Feed baby, get him to sleep, and a few minutes later, the sun would come up, my alarm would rattle my brain, and I'd have to get my older kids to school, bleary-eyed and utterly exhausted.

Had they all been very young or a little older, their sleep cycles would have likely synced, and they would either all be in the baby or toddler stage — or blissfully out of it.

Incompatible activities

Having to juggle big-kid birthday parties with a baby on your hip is no fun at all. And neither is attending Mommy and Me classes with a preteen. As they grow, an age discrepancy means trying to find activities for teens and school-age children,



which is a very difficult thing to do.

Different schools stress

Having to drop your kids off at different schools each day and adhere to different (often opposing) schedules just ups the chaos of the week. I have repeatedly thought how much easier it would be to have all my kids in the same school.

Also, from kindergarten to high school, it helps siblings to know their big sister or brother is there, too. The upside is that there was not much sibling rivalry, as they all had their own set of friends and activities.

Potty training

I always thought that I couldn't deal with two (or god forbid, three) kids in diapers at the same time, *but* if that had happened, I would have had them all potty trained around the same time, instead of rationing out unending potty training sessions every five years.

Different versions of me

My oldest daughter (who I had when I was practically a child myself) got the mom with most patience, for sure, but she also got the mom who was just learning to know herself and stand up for herself.

My youngest got the version with much



JUST WRITE MOM

DANIELLE SULLIVAN

more experience and confidence, but less time. My daughter in the middle got a mix of the two.

The age gap

There is a 10-year difference between my oldest (Millennial) and youngest (Gen Z).

Many times, my son will look to my oldest daughter as out of touch with his world and my daughter will forget how she felt at his age as she mentally shakes her finger and thinks this youngin' is just too much. But other times, they are two peas in a pod, happily playing Pokémon with vigor and camaraderie.

My 20th straight school year

Yes, 20 years of homework, projects, parent-teacher meetings, school plays, bake sales, and uniforms!

My oldest has graduated college and my youngest is in high school. I still have three years to go until high school is done, and (gasp) seven more until college is over for all of my kids. If they were in the same age bracket, they would have all finished and I'd have three young working adults (and extreme college loans!).

• • •

On a positive note, the big upside to having had a child even five years was that I always had a lot of special time with each new baby while the older kid(s) went to school. I also enjoyed a prolonged era of always having a baby in the house. Spacing out children — and even having children at all — is a deeply unique experience and one that I truly believe works out just the way it should be, in the end.

Danielle 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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Fresh delights

Healthy recipes even picky eaters will love

BY KATHRYNE TAYLOR

Parents of picky eaters, take heart! I was the pickiest of eaters when I was young. I went through a peanut butter sandwich phase — no crust, hold the jelly, white bread only. I would only eat canned green beans — certainly not my grandmother’s garden-fresh beans. I always loved pizza, and still do, of course. Fortunately, my mom always offered salad and fresh fruit at the dinner table. I’m pleased to report that my palate has expanded exponentially since I left for college.

The fresh ingredients on the table back then generally came from the produce section of a grocery store. These days, I enjoy picking up my produce at farmers’ markets whenever possible. I like to talk to the vendors and find out more about the food they’re selling. It’s also fun to watch kids find their favorites and ask questions about fruits or vegetables they haven’t seen before. They’re more likely to try new foods when they’ve helped pick them out!

My parents never would have guessed that I would grow up to become a food blogger and write a cookbook.

If you’re wondering what to cook up with your surplus farmers’ market finds, here are a few of my favorite recipes from my new cookbook, “Love Real Food: More Than 100 Feel-Good Vegetarian Favorites to Delight the Senses and Nourish the Body.”

Kathryne Taylor is the personality behind the hugely popular blog Cookie and Kate (<http://cookieandkate.com>), named after her crumb-catching dog, Cookie. In six years, the vegetarian and all-natural food blog has grown from a hobby to a full-time project, and now garners more than two million visits per month. Her cookbook “Love Real Food” is published by Rodale.



Roasted strawberry basil and goat cheese crostini

Makes about two dozen crostini

INGREDIENTS:

- 4 to 5 ounces goat cheese
 - 1 pound strawberries, hulled and cut into bite-size pieces
 - 2 tablespoons honey
 - 2 tablespoons extra-virgin olive oil
 - 1 whole-grain baguette or small loaf of crusty whole-grain bread (about 14 ounces), cut into ½-inch slices
 - Small handful of fresh basil leaves, torn into little pieces
 - Freshly ground black pepper
- Tip: If you don’t love goat cheese, alternatives include mascarpone, cream cheese, or ricotta.

DIRECTIONS: Preheat the oven to 350-degrees Fahrenheit with racks in the

middle and upper third of the oven. Line two large, rimmed baking sheets with parchment paper for easier cleanup. Set the goat cheese on the counter to soften up a bit.

On one baking sheet, toss the strawberries with the honey, then spread the strawberries into a single layer. Bake on the upper rack until the fruit is tender, juicy, and collapsing on itself, 20 to 25 minutes, tossing halfway. Watch the fruit on the edges of the pan, as the honey can burn quickly.

Meanwhile, on the remaining baking sheet, brush the olive oil lightly over both sides of each slice of bread. Bake on the middle rack until the toasts are golden on top, 10 to 12 minutes.

Once the toasts are cool enough to safely handle, top each one with a smear of goat cheese, followed by a spoonful of roasted strawberries and their juices. Finish off the crostini with a sprinkling of torn basil and black pepper. Crostini are best served immediately.

Green goddess hummus

Makes 1¾ cups

INGREDIENTS:

- ¼ cup tahini
- ¼ cup lemon juice (from 1 1/2 to 2 lemons)
- 2 tablespoons extra-virgin olive oil, plus more for serving
- 1 clove garlic, roughly chopped
- ½ teaspoon fine sea salt
- ½ cup lightly packed, fresh, flat-leaf parsley (some stems are okay)
- ¼ cup lightly packed, fresh, tarragon leaves, basil, or cilantro
- 2 tablespoons roughly chopped, fresh chives or green onions
- 1 can (15 ounces) chickpeas, rinsed and drained, or 1½ cups cooked chickpeas
- Chopped fresh herbs (whatever you have left), for garnish

DIRECTIONS: In a food processor or high-powered blender (i.e., Vitamix or Blendtec), combine the tahini, lemon juice, olive oil, garlic, and salt. Process for about 90 seconds, pausing to scrape down the sides as neces-

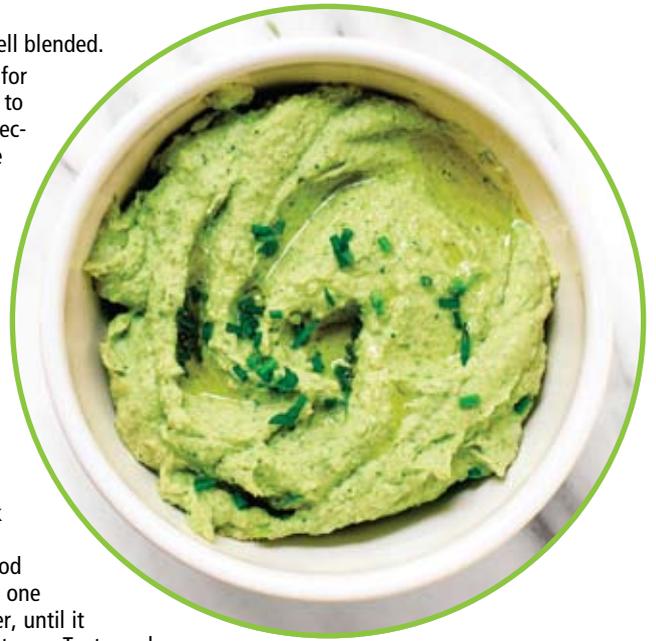
sary, until the mixture is well blended.

Add the herbs and process for about one minute, pausing to scrape down the sides as necessary, until the herbs have blended into the mixture and the mixture is nice and smooth.

Add half of the chickpeas to the food processor and process for one minute. Scrape down the bowl, then add the remaining chickpeas and process until the hummus is thick and quite smooth, one to two minutes more.

If your hummus is too thick or hasn't yet blended into creamy oblivion, run the food processor while drizzling in one to two tablespoons of water, until it reaches your desired consistency. Taste and season with additional salt, if necessary.

Scrape the hummus into a small serving bowl. Lightly drizzle olive oil over the top and



sprinkle with some chopped herbs. Leftover hummus keeps well, chilled, for four to six days.

Almond-Blueberry Cake

Makes one loaf cake (about eight slices)

INGREDIENTS:

- 2 cups (8 ounces) plus 1 tablespoon packed almond meal
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon fine sea salt

¼ teaspoon ground cinnamon

4 eggs

2/3 cup maple syrup or honey

¼ cup extra-virgin olive oil

½ teaspoons grated lemon zest (from two medium lemons, preferably organic)

1 cup blueberries (6 ounces), fresh or frozen

Lemon-Maple Glaze

2 tablespoons lemon juice

2 tablespoons maple syrup or honey

DIRECTIONS: Preheat the oven to 325-degrees Fahrenheit. Generously grease a 9-by-5-inch loaf pan, and dust it with almond meal to prevent sticking.

In a large bowl, combine two cups of the almond meal, the baking powder, baking soda, salt, and cinnamon. Whisk to blend.

Crack the eggs into a medium bowl and beat with a whisk until the yolks and egg whites have blended together.

Add the maple syrup, olive oil, and lemon zest and whisk to blend. Pour the wet ingredients into the almond meal mixture and stir

until there are just a few clumps remaining. In a small bowl, toss the blueberries with the remaining one tablespoon almond meal. (This helps prevent the blueberries from sinking to the bottom of the cake.) Gently fold the blueberries into the batter.

Scrape the batter into the prepared pan. Bake until the cake is deeply golden brown, the center is firm to the touch, and a toothpick inserted in the center comes out clean, about one hour and 10 minutes to one hour and 15 minutes.

Meanwhile, to make the lemon-maple glaze: In a small bowl, whisk together the lemon juice and maple syrup until blended. (If you're using honey and having a hard time blending it into the lemon juice, place the bowl on top of your stove to warm it up while the cake bakes, or warm it briefly in the microwave until you can whisk them together.)

Once the cake is out of the oven, place the cake, pan and all, on a cooling rack. While the cake is warm, use a pastry brush to brush the glaze over the top of the cake. It should soak right in. Let the cake cool for at least 30 minutes before carefully inverting it onto a serving plate or cutting board. Carefully flip it back over, then use a bread knife to cut it into 1-inch-thick slices.

Store any remaining cake in the refrigerator, covered, for up to four days.

Time warning: This cake is very simple to make, but requires about one hour and 45 minutes combined baking and cooling time.



Education Choices

DIRECTORY

Epic Bright Star Day Care

902 Morris Park Avenue
718-684-4419
www.epicbrightstars.com

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Good Shepherd School

620 Isham Street –
Inwood/Upper Manhattan
212-567-5800
www.gsschoolnyc.org

Firmly rooted in Catholic values and embracing today's best teaching practices, our school offers students in Pre-K 3 and 4, UPK, and Kindergarten through 8th Grade, a rigorous curriculum in a disciplined but nurturing environment. Technology-centered education has been designed to enhance achievement. Facilities include modern Computer and Science Labs, Library, Fine Arts Room, and Gym and comfortable spaces conducive to learning. Students attending Pre-K 3 receive priority placement in our FREE UPK program for the following school year. Scholarships are available for qualified Middle School students. Breakfast and After School Care are available. Numerous extracurricular activities keep students active and engaged outside the classroom. Our school welcomes students from all surrounding communities and is conveniently located near the following bus lines: BX 7, BX 12, BX 20 & BxM 1 and the A and 1 subway lines.

Kinneret Day School

2600 Netherland Avenue
718-548-0900
www.kinneretdayschool.org

Our school was founded in 1947 by a group of visionary communal leaders. Presently located in Riverdale, NY, the school is dedicated to providing an integrated secular and Judaic instructional

program. It strives to develop competent, independent and resourceful students, who possess a strong sense of self, and a lifelong commitment to learning and to Judaism. The school prepares students to successfully function on the present, while helping them develop the necessary skills for dealing with the future. With students in nursery through eighth grade, it is an inclusive Jewish community day school, serving children from liberal to traditional families.

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

St. Brendan School

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

For more than 100 years, our school has been providing a quality Catholic education to its students in grades Pre-K through 8th. Our school strives to educate the spirit and develop the intellect in an environment that emphasizes Christian values and creates an atmosphere fostering responsibility and courtesy. At our school, your child will receive a strong academic education in structured surroundings. Self-discipline, responsibility and self-motivation are among the benefits of our school's program. Teaching the whole child is a priority and we offer an exemplary academic curriculum supplemented with visual arts instruction, weekly music lessons, physical education and technology classes. We provide an early drop-off breakfast program and after care services until 6:00pm. Scholarships are available.

St. Theresa School

2872 St. Theresa Ave.,
718-792-3688, www.sttheresaschoolbronx.org

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Continued on page 18



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Visit us | 3816 Waldo Avenue, Riverdale, NY 10463



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268 E. 207th Street, Bronx, NY 10467
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- Extracurricular activities include CYO Sports and Chess teams
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Education Choices

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Continued from page 16

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St. Thomas Aquinas School

1909 Daly Ave., 718-893-7600

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

St. Simon Stock School

**2195 Valentine Avenue
718-367-0453**

www.stsimonstockschool.org

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Rosalyn Yalow Charter School

**116 E. 169th St., 347-735-5480
www.yalowcharter.org**

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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-emotional support and student achievement, our school uses the collaborative teaching approach—a lead teacher and one with a background in social work for grades K-2. Students will be provided a strong foundation in literacy, using the Core Knowledge Language Arts (CKLA) program (assessed through the STEP Literacy Assessment) and Singapore Math (assessed through NWEA). The extended school day will run from 8:00 a.m. to 5:00 p.m.—filled with rich extracurricular activities (arts, chess, fencing).

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**3816 Waldo Ave
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Spuyten Duyvil Pre-School Kingsbridge

**3041 Kingsbridge Avenue
718-549-1525 or www.**

spuytenduyvilpreschool.org

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PRESCHOOLS

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718-792-1800 Ext 249**

**www.bronxhouse.org
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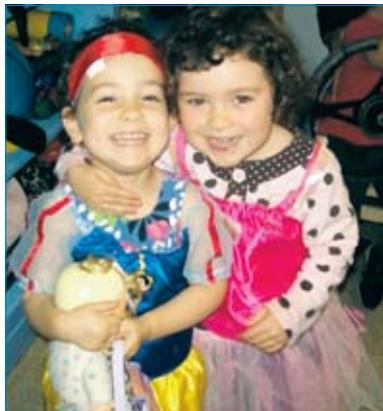
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Operation Backpack

Annual drive outfits kids with supplies and confidence

BY JAMES HARNEY

Ready ... or not?

The start of a new school year is quickly approaching, and hundreds of thousands of New York City schoolkids will soon shop for a new backpack — and the pencils, pens, notebooks, binders, and other must-have supplies that go in it.

But thousands of others won't.

More than 22,000 children — most of them school age — live in homeless and domestic violence shelters across the city, and right now, they don't know if they will be ready with a new backpack and other academic necessities on the first day of school. That's where Operation Backpack comes in.

Now in its 14th year, the community service initiative of Volunteers of America–Greater New York aims to outfit every child living in a city shelter with a new, high-quality, school-supply-filled backpack in time for the start of the school year. The organization's immediate goal: to collect 20,000 donated backpacks at 15 drop-off sites around the city — and another four in New Jersey — by Aug. 4.

"The sad fact is that more than 20,000 homeless children, right here in New York City, cannot afford even the most basic school supplies. This puts them at a devastating disadvantage," says Volunteers of America–Greater New York vice president Rachel Weinstein, the founder of Operation Backpack. "This campaign is helping prepare these deserving kids for success in school. With help from everyday New Yorkers, they will walk into the classroom with a fully stocked backpack, just like their classmates, ready to face the school year with hope and dignity and without the stigma that comes with being a child in need."

Weinstein said that through donations from individuals, corporations, schools, and houses of worship, Operation Backpack has given backpacks to more than 140,000 students in pre-K through 12th grade living in shelters across the city — including 19,000 last year alone.

"The average cost to fill a backpack is \$87, an expense very few families in shelters can afford," she said. "The younger the child, the less expensive the backpack; the older the student, the higher the cost, as their backpacks include a USB drive, geometry kit, scientific calcu-



A happy little girl is beaming after choosing a colorful backpack full of school supplies from a pile of hundreds collected in the Volunteers of America-Greater New York Operation Backpack drive.

lator, full-size dictionary and thesaurus, and student planner along with all of the usual supplies."

Corporate donors such as HSBC, Walgreens–Duane Reade, and JPMorgan Chase have signed on to contribute to this year's Operation Backpack effort, but Weinstein encouraged private individuals and families to participate by going online to www.OperationBackpackNYC.org to find lists of drop-off sites and grade-specific items to put inside donated backpacks. Financial donations

can be made at www.crowdrise.com/OperationBackpackNYC.

"A new backpack and school supplies can make the difference between a child being excited to go to school and not wanting to go at all," Weinstein said. "It can help restore normalcy to their otherwise chaotic lives, make them look and feel more like their classmates, and help them start the school year prepared and confident in the knowledge that their education is important and that someone believes in them."

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First Grade	$11 + 12 = \underline{\quad}$
Second Grade	$1 + 2 + 3 + 4 + 5 + 6 + 7 + 8 + 9 + 10 = \underline{\quad}$
Third Grade	How much is 99 plus 99 plus 99?
Fourth Grade	Count by $1\frac{3}{4}$ from 0 to 7.
Fifth Grade	Which is greatest: $\frac{17}{18}$, $\frac{23}{30}$, or $\frac{18}{19}$? (Explain how you got your answer.)
Sixth Grade	Halfway through the second quarter, how much of the game is left?
Seventh Grade	How much is $6\frac{1}{2}\%$ of 250?
Pre-Algebra	On a certain map, 6 inches represents 25 miles. How many miles does 15 inches represent?
Algebra	When you take 3 away from twice a number, the answer is 8. What is the number?
Geometry	What is the Absolute Value of the point (3, 4)?

Teaching your kids to fight fairly

BY MYRNA BETH HASKELL

Conflicts seem to invariably arise when you are in the middle of making dinner or completing a presentation for work. The scenario might unfold like this: You hear your kids arguing over who gets to choose the next game on the Nintendo console. This doesn't seem to be a big deal to you, but it is definitely a big deal to them. Their voices escalate, they're wrestling for the control stick, and calling each other names. Perhaps you didn't hear, but a few minutes prior, one of your children bragged about being champion of all games while his sibling called him an ugly snot nose.

Even adults find it difficult to stay calm during a heated argument, and often allow disagreements to cause long-term rifts in relationships. Parents need to examine their own behaviors when it comes to arguments with their spouse or other adults, because ultimately, they are their children's strongest role models.

Teaching children to have healthy disagreements should be taught at a very early age. This will help them navigate both personal and professional conflicts in the future.

Dealing with conflict

Dealing with conflict can be a daunting process for children, because they are impulsive and egocentric. The first step is for children to be able to state what the problem is and to be forthcoming about what has transpired. Therefore, children need to feel safe about expressing their feelings.

Dr. Alice Sterling Honig, a licensed psychologist specializing in parenting and child development and professor emerita of child development at Syracuse University, advises, "Teach children how to solve their own problems. Give power to them to understand what they are feeling, and the dignity to say how they feel about it."

Honig says that parents should avoid putting those involved in "time out" as a quick solution.

"Instead, parents should create an environment where children feel safe to talk to you about it," she urges.

Teaching communication skills and empathy

The Peace Rose Method of Problem Solving (a Montessori method): Allows children to express their feelings while still respecting another's. When a conflict arises, one child holds the "Peace Rose." While holding the Peace Rose, the child can express his opinion about the conflict. When he is done, he passes the rose to the other child.

Emotion charades: Write down "feeling" words on pieces of paper. Children take turns picking a slip of paper and acting out the feeling (e.g. anger). This teaches an understanding of body language and facial expressions.

Staying on topic: Pick a theme (like happiness), then ask kids to think of a word that fits that theme starting with A and continuing throughout the alphabet.

For more social skills activities similar to above, browse friendshipcircle.org.

The Name Game: Teach young children to get someone's attention before they speak. Children sit in a circle. One child is given a ball, then asked to name someone in the circle and roll the ball to that child once she makes eye contact.

Additional games to play with children and teens to teach communication, connection, and empathy: Parentingscience.com.

Parents should then help children work through the process of evaluating what caused the conflict in the first place.

Dr. Linda S. Lucas, a licensed psychologist and assistant professor in the department of human services at Beacon College in Leesburg, Fla., urges parents to start early.

"Preschoolers are learning how to regulate their emotions, so this is a critical period for parents to use teaching opportunities when conflicts arise. Parents need to teach moral reasoning, how to identify the wrong behavior and what is wrong about it, and the impact it has on others."

Lucas also instructs parents to allow children to voice their feelings and to cope with the problem.

"Teach children to use their words to express what they believe the problem is. Parents need to listen to the child's perspective and help the child understand the conflict involved. The key to a child's problem-solving is the development of their coping responses."

Let cool tempers prevail

Arguments get out of hand in the adult world all of the time — even some political leaders need to learn a thing or two about keeping disagreements civil. So, teaching children at an early age to fight fairly and with respect for another's feelings is an important life skill.

If parents use derogatory slurs when they have disagreements, children will pick up on this and use the same tone — or language — when they have a conflict.

"It has never worked for parents to think that they can tell their children to do what they say if it is not consistent with what they do," Lucas reminds.

Licensed social worker Katie Hurley, a child and adolescent psychotherapist, parenting expert and author of "The Happy Kid Handbook" asserts, "Kids don't enter this world equipped with conflict resolution skills. I encourage parents to help children learn to cope with conflict as it arises. Don't solve the problem for them; help them hit the reset button and figure out what to do.

"In my house, we have a simple 'fight fair' rule. We talk about our feelings and discuss why we're hurting so that we don't repeat the same hurtful behaviors."

Empathy first

First and foremost, children need to learn to put themselves in another's shoes. This will not only help them become a caring adult, but will also help them understand both sides of an argument.

Honig points out that you have to teach empathy to children starting in preschool. She advises parents to help children see another point of view and perspective by asking, "How would you feel if this happened to you?"



Hurley counsels, “Kids often get stuck in their own personal needs and forget to think about the other person. It’s important for kids to learn that we all make mistakes, and sometimes we hurt others because we’re not empathizing, but we can learn from those experiences and make better choices the next time.”

Honig recommends that parents read stories about kindness, loyalty, and caring to children on a regular basis, such as “Horton Hears a Who” by Dr. Seuss. “Good News, Bad News” by Jeff Mack and “The Invisible Boy” by Trudy Ludwig are also good choices. (Browse Common Sense Media for other books that teach empathy: www.common Sense Media.org/lists/books-that-teach-empathy).

No name calling

Calling someone an idiot is not an appropriate debate tool. It doesn’t get your point across. It only escalates the conflict. Children stoop to name calling, because they are frustrated and don’t know how to express their feelings.

Hurley advises, “The first step is to help kids calm down. When emotions run high, kids tend to hyper-focus on their own needs and fail to tap into reasoning skills. Encour-

aging three deep breaths to calm the physical and emotional response in their bodies is a great first step. Next, teach ‘I statements,’ such as ‘I feel sad...’ This reduces the tendency to blame, which fuels arguments.”

She also says “teaching the stoplight is useful for little kids, too.”

Here’s how it goes:

Red = STOP: Take a break from the action and breathe.

Yellow = THINK: Consider the other person’s feelings. Choose your tone and words wisely.

Green = ACT: Share your feelings without blaming and talk about solutions.

Listening skills

“I always teach kids to listen for the sake of listening, not to craft a retort,” Hurley reports. She recommends making a listening skills cheat sheet to post on your fridge:

Eyes: Look the talker in the eyes.

Ears: Listen to what the talker is saying.

Mouth: Ask follow-up questions or statements to show that you understand.

She also suggests that a squeeze ball works well for young children. Each child squeezes a ball while listening to the other person’s point of view.

Focus on the this conflict

Have you ever brought up previous conflicts to make a point? I know that I do it quite frequently with my husband. However, bringing up old disagreements does not keep the focus on the problem at hand. Parents need to remind children that they are not fighting about past grievances and that the current problem is the one that needs their attention.

“If you and your partner bring up old hurts every time you argue, your kids will learn to do the same,” Hurley cautions. She suggests that parents ask kids to restate the problem from both sides to clarify.

“Then, ask each child to think about the problem for five minutes (set a timer) and come back with three possible solutions.”

Conflict resolution

Children need to be taught how to formulate solutions and how to forgive if the situation has turned ugly.

Lucas explains that parents should discuss possible solutions and give children the opportunity to create a better way to solve the conflict without anger or aggression.

If siblings are fighting over who gets to sit in the front seat of the car, Honig suggests asking, “How do you feel? Can you think of a way you both get to sit in the front seat?” She then instructs parents to wait for an answer. Honig says it’s imperative to avoid describing a child’s idea as stupid or wrong. Instead, a parent should ask, “Can you think of a different way to solve the problem?” Parents should keep asking questions until an agreeable solution is reached.

Hurley recommends role playing. Ask the children to come up with scenarios that are typical problems they have with one another, such as whose turn it is to set the table. Scenarios are chosen at random.

“Practice solving the problem for five minutes, then switch roles. The more kids practice and verbalize their feelings, the better they are at accessing these skills when conflict arises.”

Hurley also proposes using a white board for brain storming.

“Kids tend to think of one solution and get stuck there. If a child comes up with a solution, he might truly believe it’s the only possible solution. Using a whiteboard to brainstorm helps kids visualize different ideas and solutions.”

Myrna Beth Haskell is an award-winning author, columnist, and feature writer. Her work has appeared in national and regional publications across the U.S. as well as internationally (www.myrnahaskell.com). She is also co-founder and managing editor of “Sanctuary” (www.sanctuary-magazine.com).

Calendar

AUGUST



Alan Roche

An amazing family race!

It's the great Family Adventure Race and it's coming to Crotona Park on Aug. 5.

This exciting, parent-child race incorporates basic exercises and sports skills, and provides a healthy, one-hour dose of fun for all. The course features 12 activity stations where team members must properly perform the required exercise or task before advancing to the next station and final run to the finish line. Activities include javelin throw, jump rope, basketball free-throw, hurdles, and

a mini climbing wall. Awards will be given to the top three finishers in each race. All participants who finish the race will receive a medal.

Family Adventure Race on Aug. 5, beginning at 9 am. Free. Registration is required.

Open to children 8 to 13 years old.

Crotona Park, near the tennis courts, [1700 Crotona Ave. in Claremont Village, (718) 760-6999; e-mail Sports@CityParksFoundation.org; www.cityparksfoundation.org/event s/category/adventure-race].

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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, AUG. 2

IN THE BRONX

Fun Stuff at the Playground: Playground for all Children, Bruckner Boulevard and Roberts Avenue; (718) 430-1891; www.nycgovparks.org; 10:30 am to 11:30 am; Free.

Enjoy a free series of children's performances, featuring acrobatics "Li's Traditional Chinese Acrobatics," music, and more.

Sunset Wednesdays: Wave Hill Garden and Cultural Center, 675 W. 252nd St. (718) 549-3200; www.wavehill.org; 7pm; \$10 adults, \$4 children.

Enjoy the glorious gardens and terrific views of Wave Hill while the setting sun lights up the Hudson. Listen to music on the Great Lawn, see the exhibits, stroll the grounds, and have a picnic. Salsa music is on the bill tonight and Aug. 9.

THURS, AUG. 3

IN THE BRONX

Stories in the Shade: Playground for all Children, Bruckner Boulevard and Roberts Avenue; (718) 885-1703 or (718) 792-6744; www.nycgovparks.org; 11 am to 11:30 am; Free.

Join us in Pelham Bay Park for stories and fun as part of the New York Public Library's Summer Reading Program. "Stories in the Shade" is presented in part by the City Island and Pelham Bay Branches of the New York Public Library in collaboration with the city's Parks Department. In the event of inclement weather, call for event updates.

FRI, AUG. 4

IN THE BRONX

First Friday: Bartow-Pell Mansion Museum, 895 Shore Rd. (718) 885-1461; www.bartowpellmansionmuseum.org; 5:30 pm; \$12, \$10 seniors and students, free for members.

Pianist and vocalist Lindsay Brooke will perform from 6 to 8 pm. Enjoy the music, explore the museum, and stroll the garden; light refreshments available. The trolley makes an hourly loop starting at 5:25 pm from the 6 train Pelham Bay Park subway station to the museum and City Island. Registration requested.



Julie Larsen Maher

New adventure at the zoo

Set your sights on adventure in the new Nature Trek attraction at the Bronx Zoo, now through October.

This adventure experience enables children and families to gain a new perspective on nature — from 14 feet in the air and through engagement in nature-play activities.

There is a netted bridge-and-tower course is suitable for children ages 3 years and older. And climbing course towers, which are two stories above the ground and connected by a series of 12 different bridges spanning up to 30 feet, are suitable for older children.

The bridges are completely netted for safety and incorporate challenges that require balancing on a narrow beam, weaving between vertical barriers, stretching across wide steps, and climbing on wiggling surfaces.

Nature Trek incorporates an Americans with Disabilities Act accessible route through five towers connected by bridges and the nature play zone.

The nature-play zone will provide opportunities for children and families to engage in unstructured exploration in natural elements such as sand, water (seasonal), and loose branches.

Nature Trek, now through October, weather permitting, Monday to Friday, 10 am to 5:30 pm, and Saturday and Sunday, 10 am to 4:30 pm. Free with Total Experience tickets: \$36.95 for adults, \$26.95 children 3-12, \$31.95 seniors over 65. \$6 per person with General Admission tickets.

Bronx Zoo [2300 Southern Blvd. at Boston Road in the University Heights section, (718) 220-5103; www.bronxzoo.com].

SAT, AUG. 5

IN THE BRONX

It's my park day: Henry Hudson Monument at Independence Avenue and Kappock Street; (347) 203-9164; dp@reynolds@verizon.net; 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.

Adventure Race: Crotona Park (near the tennis courts), 1700 Crotona Ave.; (718) 760-6999; Sports@CityParksFoundation.org; www.cityparksfoundation.org/events/category/adventure-race; 9 am; Free.

This exciting parent-child race incorporates basic exercises and sports skills, and provides a healthy, one-hour dose of fun for all. The course features 12 activity stations where

Calendar

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

team members must properly perform the required exercise or task before advancing to the next station and final run to the finish line. Activities include: javelin throw, jump rope, basketball free throw, hurdles, and a mini climbing wall. Registration is required. Open to children 8 to 13 years old.

Family Art Project: Wave Hill Garden and Cultural Center, 675 W. 252nd St. (718) 549-3200; www.wavehill.org; 10am to 1 pm; Free and admission to grounds free until noon.

"Mni Wiconi," a saying of the indigenous people of Lakota, S.D., means "Water is Life." With visiting Caddo Native American storyteller Joe Cross, hear time-honored stories about the importance of water for all people. Make a simple pinch or coil, air-dry clay pot inspired by the patterns of authentic Caddo pots, with designs showing the beautiful, directional flow of swirling water.

"Cinderella Samba:" Ben Abrams Playground, Bronx Park E. and Pelham Parkway, 311; www.cityparksfoundation.org/event/cityparks-puppetmobile-presents-cinderella-samba-betsy-head-playground; 11 am to noon; 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.

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

Visit favorite, family-friendly locations in the garden on a walk with Wave Hill Garden guide.

Kids Rule Weekend 2017: Lehman College Campus; Noon to 5 pm.

Fun, games, magic shows, children's theatre, water slides, and pony rides — all outdoors.

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

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.

SUN, AUG. 6

IN THE BRONX

Family Art Project: 10 am to 1 pm. Wave Hill Garden and Cultural Center. See Saturday, Aug. 5.

Kids Rule Weekend 2017: Noon to 5 p. Lehman College Campus. See Saturday, Aug. 5.



Flip Wolak

Dancing in the streets

Bounce on over to the fourth annual Uptown Bounce block parties on Aug. 2 and 9 at the Museum of the City of New York and El Museo del Barrio.

The joint venture is a series of summer festivals featuring musical performances, leading New York City DJs, gallery talks, art-making workshops, and dancing lessons for all ages and skill levels.

Uptown Bounce takes place on the front terraces of both museums on Fifth Avenue, and throughout the gal-

eries of each institution. The block parties are open to visitors of all ages.

Uptown Bounce on Aug. 2 and Aug. 9 from 6 to 9 pm. Free, advanced reservations required.

The Museum of the City of New York [1220 Fifth Ave. at 103rd Street on the Upper East Side, (212) 534-1672; www.mcny.org].

El Museo del Barrio [1230 Fifth Ave. at 105th Street on the Upper East Side, (212) 831-7272; www.elmuseo.org].

Summer Concert Series: Orchard Beach Nature Center, Orchard Beach; (718) 885-3466; www.nyc.gov/parks/rangers; 1 pm to 5 pm; Free.

Come on out and enjoy some Salsa, Freestyle, Bachata, Merengue, R&B, Pop, and Zumba.

WED, AUG. 9

IN THE BRONX

Sunset Wednesdays: 7pm. Wave Hill Garden and Cultural Center. See Wednesday, Aug. 2.

THURS, AUG. 10

IN THE BRONX

Stories in the Shade: 11 am to 11:30 am. Playground for all Children. See Thursday, Aug. 3.

Seed Keeping and Storytelling: Taqwa Community Farm, 90 W. 164th St.

and Woodcrest Avenue; (212) 602-5300; www.nycgovparks.org; 5:30 pm to 8:30 pm; Free.

Keeping seeds connects us to our past and to our collective future. Come explore the "why" and "how" of saving seeds and the stories they hold through discussion and hands-on practice.

SAT, AUG. 12

IN THE BRONX

It's My Park Day: 8 am to noon. Henry Hudson Monument. See Saturday, Aug. 5.

Family Art Project: Wave Hill Garden and Cultural Center, 675 W. 252nd St. (718) 549-3200; www.wavehill.org; 10am to 1 pm; Free and admission to grounds free until noon.

Focus on friends with fins, especially those popular goldfish swimming in Wave Hill's Aquatic Garden. Turn colorful paper bags into fantastic 3-D fish that can swim through the air and flutter home with you.

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

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

Trained Urban Park Rangers will lead you on canoe adventures that range from the gentle waters of protected lakes to the challenging open waters of rivers and bays. All canoe programs are for ages 8 years and older. Participation in a mandatory safety review led by a trained Ranger is required. This basic canoeing program is great for all skill levels.

World Elephant Day: Bronx Zoo, 2300 Southern Blvd. at Boston Road; (718) 220-5103; www.bronxzoo.com; 11 am to 4 pm; Free with general admission.

Celebrate World Elephant Day at the Bronx Zoo! Last year's celebration included challenging the origami elephant Guinness World Record of 33,764 by folding 35,000, honoring the pachyderms lost each year for their ivory.

FURTHER AFIELD

Candle making: Morris-Jumel Mansion, 65 Jumel Terr. at W. 160th Street, Manhattan; (212) 923-8008; education@morrisjumel.org; nycgovparks.org; 11 am to 1 pm; Free.

Need to brighten up your day? Discover how colonists read during the night before the invention of electric power. Create your own wax candles, complete with color and lavender or vanilla scents. Advanced Registration is recommended.

SUN, AUG. 13

IN THE BRONX

Family Art Project: 10 am to 1 pm. Wave Hill Garden and Cultural Center. See Saturday, Aug. 12.

Summer Concert Series: 1 pm to 5 pm. Orchard Beach Nature Center. See Sunday, Aug. 6.

WED, AUG. 16

IN THE BRONX

2016 Summer Sports Experience Jamboree: Williamsbridge Oval Recreation Center, 3225 Reservoir Oval East; (212) 360-3300; jules.webster@parks.nyc.gov; www.nycgovparks.org; 11 am to 3 pm; Free.

NYC Parks' Summer Sports Experience teaches an array of sports activities to kids throughout the spring and summer. Featuring baseball, fitness mobile, flag football, soccer, softball, tennis, track & field, play mobile, and volleyball. Recommended for children 6 to 17 years of age. Snacks and prizes given out. Rain or shine.

THURS, AUG. 17

IN THE BRONX

Stories in the Shade: 11 am to 11:30 am. Playground for all Children. See Thursday, Aug. 3.

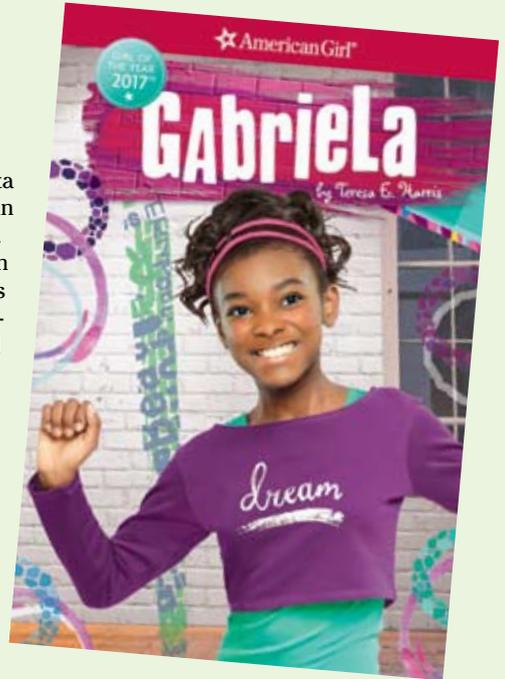
Meet the authors

Teresa E. Harris and Jen Calonita come to American Girl Place for an author meet-and-greet on Aug. 12.

Inspire your girl's imagination by introducing her to the authors who brought American Girl's newest characters to life! Girls will have a chance to meet Teresa E. Harris, who wrote "Gabriela" and "Gabriela Speaks Out," and Jen Calonita, who penned "The Real Z." Be sure to bring your books for autographs!

Meet and greet on Aug. 12 from 1 pm to 3 pm. Free.

American Girl Place [609 Fifth Ave. at E. 50th Street in Midtown, (877) 247-5223; www.americangirl.com/retail/new_york.php]



FRI, AUG. 18

IN THE BRONX

"Cinderella Samba:" St. James Park, Jerome Avenue and E. 193rd Street; 311; www.cityparksfoundation.org/event/cityparks-puppetmobile-presents-cinderella-samba-betsy-head-playground; 11 am to noon; Free.

SAT, AUG. 19

IN THE BRONX

It's My Park Day: 8 am to noon. Henry Hudson Monument. See Saturday, Aug. 5.

Family Art Project: Wave Hill Garden and Cultural Center, 675 W. 252nd St. (718) 549-3200; www.wavehill.org; 10am to 1 pm; Free and admission to grounds free until noon.

As part of Wave Hill's Honey Weekend, this classic Family Art Project lets kids outfit themselves with wings, antennae, a pollen cup, and a kazoo to buzz with. Join in a bee parade and do a bee dance in a cardboard hive.

SUN, AUG. 20

IN THE BRONX

Family Art Project: 10 am to 1 pm. Wave Hill Garden and Cultural Center. See Saturday, Aug. 19.

Honey Extraction Demonstration: Wave Hill Garden and Cultural Center, 675 W. 252nd St. (718) 549-3200; www.wavehill.org; Noon-3pm; Free with admission to grounds: \$8 adults, \$2 children.

Drop in and see the sticky process of ex-

tracting honey from the comb. Resident bee experts show how it's done! Check the website for other Honey Weekend activities (bee keeping, honey tasting, candle making and more).

Summer Concert Series: 1 pm to 5 pm. Orchard Beach Nature Center. See Sunday, Aug. 6.

MON, AUG. 21

IN THE BRONX

Solar Eclipse: Bartow-Pell Mansion Museum, 895 Shore Rd. (718) 885-1461; www.bartowpellmansionmuseum.org; 2:30 pm to 3:30 pm; Free.

Come look at the partial solar eclipse with us! Museum educator and NASA Solar System Ambassador Robin Vernuccio will conduct a workshop on the eclipse and peek at the eclipse from the mansion (weather cooperating). Attendees will receive their own eclipse glasses to safely view the eclipse and to take home.

THURS, AUG. 24

IN THE BRONX

Stories in the Shade: 11 am to 11:30 am. Playground for all Children. See Thursday, Aug. 3.

SAT, AUG. 26

IN THE BRONX

It's My Park Day: 8 am to noon. Henry Hudson Monument. See Saturday, Aug. 5.

Calendar

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

Family Art Project: Wave Hill Garden and Cultural Center, 675 W. 252nd St. (718) 549-3200; www.wavehill.org; 10am to 1 pm; Free and admission to grounds free until noon.

See the world through rose (or green or blue or purple) colored glasses. Create your own custom sunglasses equipped with cool and colored lenses to feast your eyes on lush August gardens and river.

SUN, AUG. 27

IN THE BRONX

Family Art Project: 10 am to 1 pm. Wave Hill Garden and Cultural Center. See Saturday, Aug. 26.

Summer Concert Series: 1 pm to 5 pm. Orchard Beach Nature Center. See Sunday, Aug. 6.

TUES, AUG. 29

IN THE BRONX

"The Incredibles:" Bathgate Community Garden, 1818-1836 Bathgate Ave.; (212) 333-2552; www.nycgovparks.org; 7:30 pm to 9:30 pm; Free.

A movie about a family of superheroes trying to live an ordinary life. Complimentary popcorn will be provided. Bring your own chairs.

THURS, AUG. 31

IN THE BRONX

Stories in the Shade: 11 am to 11:30 am. Playground for all Children. See Thursday, Aug. 3.

LONG-RUNNING

IN THE BRONX

Tiny tots stories & Art: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; <https://www.nycgovparks.org/events/2017/08/01/tiny-tots-stories-and-art>; Tuesdays, 9 am to 10 am, until Tues, Sept. 26; Free.

Fun is had with cute and funny stories and songs for tiny tots to enjoy. Session ends with fun arts activity inspired by the stories and songs.

Chihuly Exhibit: New York Botanical Garden, 2900 Southern Blvd. (718) 817-8779; www.nybg.org; Tuesdays – Sundays, 10 am–6 pm, until Sun, Oct. 29; \$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.

Nature Trek: Bronx Zoo, 2300 Southern Blvd. at Boston Road; (718) 220-5103; www.bronxzoo.com; Weekdays, 10 am to 5:30 pm, Saturdays and Sundays, 10 am to 4:30 pm, until Mon, Oct. 23; Included in the Total Experience Ticket: \$36.95 (\$26.95 children 3 -

12; \$31.95 seniors over 65).

This new event at the zoo is a fully-netted bridge-and-tower course and nature play area geared toward children and families. Coca-Cola is the presenting sponsor Nature Trek as well as dedicated educational programming encouraging the exploration of the natural world through play.

Nature's Sculptures: New York Botanical Garden, 2900 Southern Blvd. at Fordham Road; (718) 817-8700; www.nybg.org; Tuesdays – Fridays, 1:30 pm to 5:30 pm, Saturdays and Sundays, 10 am to 5:30 pm, until Fri, Sept. 15; 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.

Kids Le Petit Art: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; <https://www.nycgovparks.org/events/2017/08/01/tiny-tots-stories-and-art>; Tuesdays, 2:30 pm to 4:30 pm, until Tues, Sept. 26; Free.

Kids create their own miniature art to take home. The piece is small enough to carry in your pocket or in your hand. For ages 6 to 12 years old. Parents or adults welcome with their younger child. Children can make a mini greeting card or journal or coloring book.

Recycle to Art: Poe Park Visitor Center at Poe Park, 2640 Grand Concourse; (718) 365-5516; www.nycgovparks.org; Wednesdays, 2:30 pm to 4:30 pm, until Wed, Sept. 27; Free.

Have fun turning discarded materials into usable works of art, projects include a pop-sicle stick puppet.

Seasonal Arts and Crafts: Poe Park Visitor Center at Poe Park, 2640 Grand Concourse; (718) 365-5516; www.nycgovparks.org; Fridays, 2:30 pm to 4:30 pm, until Fri, Sept. 29; Free.

This fun painting program provides a project for every season. This program is offered to kids ages 6 to 12 years old.

Motion Bike Ride: Claremont Neighborhood Center, 489 E. 169th St. and Third Avenue; (347) 261-1764; www.nycgovparks.org; Saturdays, 10 am to noon, until Sat, Oct. 28; Free.

Bike-riding classes and bike skills training for those 10 years and older. Children under the age of 18 must be accompanied by their parent or legal guardian to sign waiver but they can ride with group. Adults must be present to sign waiver and get fitted for a bicycle helmet.

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

Children will make beautiful, fun things out of paper to give as a gift or keep for yourself.

FURTHER AFIELD

Take the Hudson Loop: Pier 11 NY Waterway ferry, Wall Street, Pier 11, Manhattan; www.nywaterway.com/HudsonLoop.aspx; Daily, various times, until Mon, Sept. 4; Fees apply.

Kids under 12 years old ride free on all NY Waterway ferries, including those serving The Hudson Loop, a 10-mile biking and walking trail. and visit urban waterfronts — the West Side of Manhattan and the Hudson County waterfront in Weehawken, Hoboken, and Jersey City, linked by NY Waterway ferries. The Loop runs from Battery Park City in Lower Manhattan, north on the Hudson River Park walkway/bikeway to the W. 39th Street Ferry Terminal, where service is available to Port Imperial in Weehawken.

Angry Bird's Universe – The Art and Science of Global Phenomenon: New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; www.nyscience.org; Weekdays, 9:30 am to 5 pm, Saturdays and Sundays, 10 am to 6 pm, until Sun, Aug. 27; Free with general hall admission.

Twenty hands-on exhibits place museum visitors inside the world of the Angry Birds games. Using giant slingshots, kids and adults of all ages can propel balls adorned with the images of Angry Birds characters to test structures.

Drones – Is the Sky the Limit?: Intrepid Sea, Air & Space Museum, Pier 86 (46th Street and 12th Avenue), Manhattan; www.intrepidmuseum.org; Weekdays, 10 am to 5 pm, Saturdays and Sundays, 10 am to 6 pm, until Thurs, Aug. 31; \$33 (\$31 seniors; \$24, children 5-12; Free children under 5 and retired and active-duty military members).

The exhibit explores pilotless aircraft and the history of drone technology. Visitors can fly actual drones and explore the use of drones in police and fire departments, fashion, and art.

"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, until Sun, Sept. 17; \$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.

Art Island Outpost: Governors Island, New York Harbor, Manhattan; (212) 274-0986; www.govisland.com; Saturdays and Sundays, 11 am to 3 pm, until Sat, Sept. 30; Free.

The open outdoor space of the Free Arts Island Outpost beckons you to come collaboratively create! Young artists will be inspired and challenged to explore big projects utilizing found objects and traditional mediums. This is a space to invent, adapt, and transform your relationship to art and the art making process. Hosted by the Children's Museum of the Arts.

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Eating right to protect your sight

Back-to-school season can be an important time for enhancing the quality of a child's diet. While an abundance of research supports the critical role of good nutrition in brain development and academic achievement, little is said about nutrition and a child's eyesight.

Do you recall the joke, "Have you ever seen a rabbit wearing glasses?"

Certainly carrots — rich in beta carotene — help promote good vision and healthy eyes.

But rabbits don't maintain their glasses-less face on a diet of only carrots. There are other delicious, nourishing foods that help maintain healthy eyes both now and over a lifetime.

No surprise, the same diet that helps maintain optimal vision also helps keep the cardiovascular system in tip-top shape. A diet low in saturated fat and rich in fruits, vegetables, and whole grains can keep not only your heart in good shape, but also your peepers.

Consider these tips:

Eat leafy green vegetables

They're rich in the nutrient lutein. Lutein protects the eye by forming pigments in the macula, which lies in the center of the retina. The pigments help with vision by filtering out harmful blue light wavelengths that can damage the eye.

The best greens are kale, spinach, romaine lettuce, dandelion greens, collards, and turnip greens. If the kids balk at these, throw some baby spinach or kale into a

smoothie. They don't need to consume much; just one teaspoon of green leafy veggies with a bit of fat raise blood lutein levels by almost 90 percent, according to a study in the *American Journal of Clinical Nutrition*.

'Process' your veggies

While you've undoubtedly heard that food processing is undesirable, chopping, pureeing, and cooking actually help the body absorb veggies' nutrients. Cooking them in oil or serving them with fat (think dip or dressing) in the meal also boosts nutrient absorption.

Go fish

People who eat fatty fish — such as salmon, sardines, mackerel, sardines, halibut, or tuna — just once a week have only half the risk of developing age-related macular degeneration compared to those who eat fatty fish less than once a week.

Age-related macular degeneration is the leading cause of adult blindness in the U.S. Fatty fish is rich in DHA, which scientists believe help protect the macula or center of the eye with its antioxidant and anti-inflammatory properties. Having adequate levels of DHA is also linked to preventing dry-eye syndrome.

Seek out vitamin C

A diet high in vitamin C — citrus fruits, kiwi, berries, peaches, bell peppers, and tomatoes — helps eyes function properly. It also reduces the risk of developing age-re-



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

lated macular degeneration down the road.

Eat foods with a low glycemic index

People who do have the lowest risks of age-related macular degeneration. Food with a lower glycemic index include vegetables, fruits, and whole grains. Many "white foods" such as white bread, mashed white potatoes, white rice, and white flour are higher on the glycemic index scale.

Get zinc

In addition to lean red meat, poultry, and fortified cereal, zinc can be found in legumes of all kinds. These include black-eyed peas, kidney beans, lima beans, and peanuts.

Zinc is an essential trace mineral that's found in high concentration in the eyes and may help protect them from the damaging effects of light.

Run and play

For every hour kids play outside in natural light with far-away horizons, they reduce their risk of nearsightedness by two percent, according to researchers at the University of Cambridge.

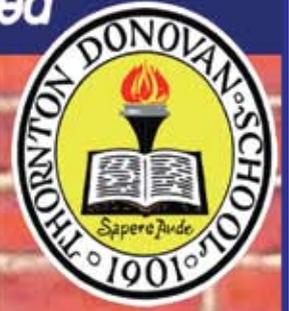
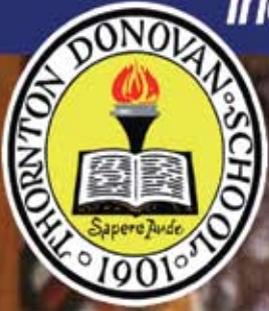
And what about those carrots? Along with sweet potatoes, mangoes, apricots, cantaloupe, and pumpkin, carrots are rich in beta-carotene — a precursor to vitamin A — a nutrient that helps you see in the dark.

Find more healthy vision tips from the National Eye Institute at NEI for Kids, <https://nei.nih.gov/kids>.

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

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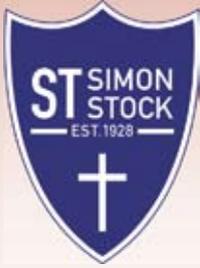
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