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November 2018

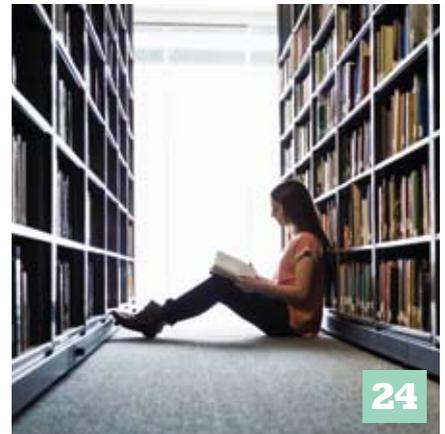
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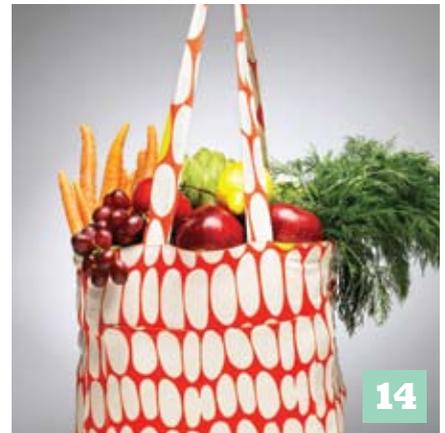
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Thanksgiving thoughts

Who doesn't love Thanksgiving? It's my favorite holiday as holidays go. It's for everyone no matter your background, religion, country of origin or ethnicity. It has universal appeal as Americans or residing in America, and celebrates our harvest, friends and family, and being fortunate to have food and sustenance. The one negative about it is that here in NY it's getting colder and that it ushers in the winter!



Still, it's a wonderful time for friends and family to share traditions and to be thankful and generous to others who may be in need. It's a terrific time to volunteer to help bring meals to neighbors who may either be alone or unable to be mobile. There are many organizations, both citywide and local, where your efforts will not go unappreciated.

Having your kids participate in volunteer projects is a wonderful learning tool and will put in motion a spirit of community that will forever impact their lives. Our article on Thanksgiving Traditions gives a number of good ideas for ways to "give back". Myrna Beth Haskell is one of my favorite of our writers and I am thankful for her. I am also thankful for the many other wonderful talented people who write for us and are on our small but devoted staff.

I am also thankful to be a parent. I have never gotten over the miracle of new life and the awesomeness of the opportunity

and responsibility inherent in this role of guide, leader and caregiver. Once again, as I often say, "love is the answer".

Wishing all of you a Happy Thanksgiving and a good month in spite of earlier darkness, colder weather and heavier clothing. The good news is pumpkin spice, sweet potato pie and roasted veggies.

Happy Holiday! Thanks for reading.

Susan Weiss-Voskidis,
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Editorial inquiries, calendar information, advertising rates and schedules and subscription requests may be addressed to **New York Parenting**, One Metrotech Center North, 10th Floor, Brooklyn, N.Y. 11201.

New York Parenting can also be reached by calling (718) 260-4554, emailing Family@NYParenting.com or by visiting our website, NYParenting.com.

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New York Parenting has been recognized for editorial and design excellence by PMA.

New York Parenting is published monthly by Queens Family Media, LLC. Subscription rate is \$35 annually. Reproduction of New York Parenting Media in whole or part without written permission from the publisher is prohibited. All rights reserved. Copyright©2018





The New York City Charter High School for Architecture, Engineering & Construction Industries

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ANNUAL OPEN HOUSE

Parents and Guardians are cordially invited to attend this annual open house event for the upcoming 2019-2020 school year. We invite families to our school to preview our school environment and tour the building to see the program currently available for incoming freshman students.

Tuesday, November 15, 2018 • 6:30pm – 8:00pm

Saturday, December 8, 2018 • 10:00am – 1:00pm

Thursday, December 4, 2018 • 4:30pm – 6:30pm

Saturday, January 5, 2019 • 10:00am – 1:00pm

The Mission of AECI is to create an integrated rigorous academic program and career preparatory learning environment that provides students with a foundation of the necessary skills, knowledge, and practical experience to pursue a path leading to college and/or a career in the Architecture, Engineering or Construction Industries.

- Students are exposed to Architecture, Engineering or Construction Industries during their four-year degree
- College partnerships expose students to college level course work in preparation for college and career
- Over 96% of our students graduate and attend 2 and 4 year colleges
- Students are highly encouraged to participate in clubs, sports teams and internships in order to expose students to working collaboratively as teams and individually.



EVENTO ANNUAL DE PUERTAS ABIERTAS

Los padres y tutores están cordialmente invitados a asistir a este evento anual de puertas abiertas de nuestra institución para el próximo año escolar 2019-2020. Invitamos a las familias a nuestra escuela a realizar una vista previa para conocer nuestro ambiente escolar y recorrer el edificio para ver los programas que están disponibles para los estudiantes del primer año.

Jueves, Noviembre 15, 2018 • 6:00pm - 8:00pm

Sabado, Diciembre 8, 2018 • 10:00am - 1:00pm

Jueves, Diciembre 4, 2018 • 4:30pm - 6:30pm

Sabado, Enero 5, 2019 • 10:00am - 1:00pm

La Misión educativa de AECI es crear un riguroso programa académico integrar de enseñanza y aprendizaje preparatorio de carreras que proporcionen a los estudiantes una base de habilidades necesarias del conocimiento y la experiencia práctica, para seguir un camino que los conduzcan a la universidad en los estudios de Arquitectura, Ingeniería e industrias de la construcción.

- Los estudiantes están recibiendo clases sobre Arquitectura, Ingeniería e Industrias de la Construcción durante su carrera de cuarto años.
- Las asociaciones con las Universidades ofrecen a los estudiantes prepararlos en cursos de nivel universitario antes de ingresar a una Carrera universitaria en estas áreas.
- Mas del 96% de nuestros estudiantes se graduado y asisten a colegios universitarios de 2 o 4 años.
- A los estudiantes se les anima a participar en clubes, a formar equipos deportivos y a realizar sus prácticas con el fin de conducir a los estudiantes a trabajar en colaboración como equipos e individualmente.

Short Stuff

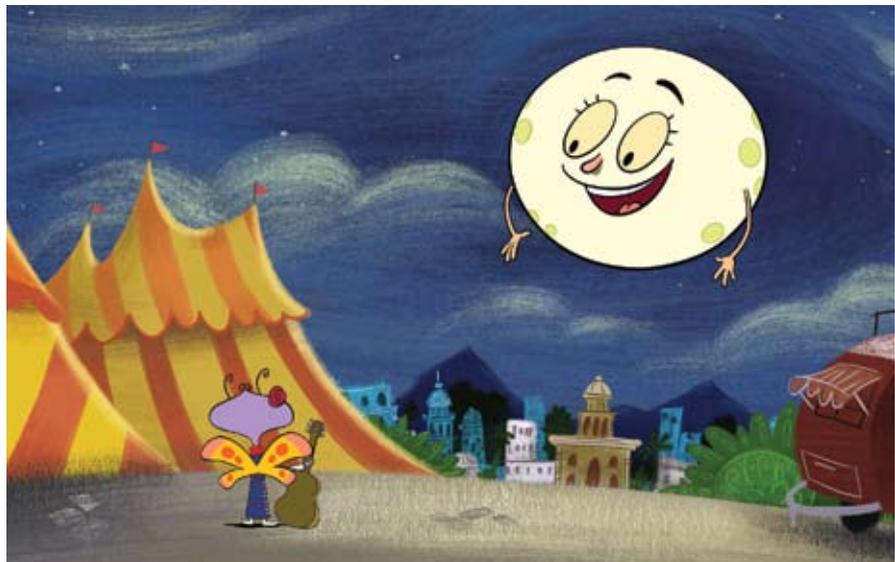
Celebrating cultural diversity

On Nov. 21, PBS Kids will premiere “Let’s Go Luna!,” a new animated series about a group of three animal friends who traverse the globe with their parents’ circus performance troupe. At each stop, the trio learns about the differences and similarities of their global community with the help of their friend Luna the Moon — voiced by Judy Greer — who shares the language, music, and culture of the local region.

With a curriculum focused on fostering appreciation for cultural diversity, promoting global stewardship, and developing social and civic skills, “Let’s Go Luna!” is multifaceted and can help parents:

Expose your kids to geography and culture. As the trio travels through cities around the globe — from London to Cairo to Beijing — the show serves as a learning tool to help preschoolers understand the many countries, faces, and cultures that make up the world.

Encourage exploration and curiosity. From celebrating the cacao bean’s importance to Mexico to learning about the different types of paper and importance of recycling in Tokyo, the show helps children recognize the cultural significance of the things they use and see every day.



Promote global stewardship. Appreciating the planet through conservation and sustainability are important parts of being a world citizen. “Let’s Go Luna!” shows the importance of regularly taking care of one’s own environment (i.e. water, plants, and animals) by demonstrating the interconnection between humans and the

natural world.

Help children understand that they may have more similarities than differences with those from other cultures. The show emphasizes the importance of encouraging compassion and understanding different cultures at an early age to promote acceptance and inclusion.



Connect with local moms

Join our Facebook sisterhood to find moms in your neighborhood for advice, community, and commiseration at <https://www.facebook.com/groups/nypmoms>

This operation was a success

The numbers are in! Volunteers of America-Greater New York announced that 20,000 children who live in New York City shelters went back to school this year with backpacks brimming with every imaginable school supply thanks to the efforts of record numbers of volunteers and corporate partners who took part in its 15th annual Operation Backpack initiative.

Operation Backpack — a community service of Volunteers of America-Greater New York — ensures that every child living in a New York City homeless or domestic violence shelter who needs one gets a new backpack filled with supplies that help them start school more confident and prepared. This year, Volunteers of America-Greater New York was proud to have expanded the program to include shelters that provide housing to runaway youth.

Throughout the summer, everyday New Yorkers and a record-breaking 2,000 volunteers and 332 corporate partners con-



tributed to the success of the program by donating money, advertising space, backpacks, school supplies, and thousands of hours of hands-on work stuffing backpacks in a cavernous warehouse space generously provided by RXR Realty. Among this year’s first-time partners were the New York City Police Department’s Transit Bureau, which sent 40 officers to the warehouse to fill and quality-control backpacks and help children from one of Volunteers of America-Greater New York’s family shelters pick out their school supplies.

Happy. Healthy. Loved. These are the dreams we have for our children.

So we cherish the moments when little giggles fill the room, imaginations take us on great adventures, and when it seems our hearts could burst with pride and love.

Here and now, we'd stop time if we could. Because when kids are being kids, we all feel better.

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How safe is your food for the holidays?

As we “turn the page” to November and feel the chill in the air, our thoughts turn to special meals unique to the holiday season. But how many of us stop to consider the importance of keeping those foods safe?

For many families, the kickoff to holiday cooking is Thanksgiving; turkeys are lovingly prepared and served along with a host of side dishes and desserts. Yet, holiday cooking extends all the way to New Year’s Day. So consider these five tips as you plan your holiday cooking:

Plan ahead and make space in the fridge. For many of us, our refrigerators are crammed throughout the year. But look out when it’s time to fit in ingredients for holiday feasts. Before the big shopping trip for the holiday meal, take an inventory of what you have. Perhaps create a few meals where you can use up items and make room? Toss any expired items and wipe down all the shelves. A clean fridge with room for holiday-themed foods is safer and less stressful.

Wash your hands, but skip washing the bird. Should meat and poultry be washed before cooking? No. Many people believe washing or rinsing raw meat and poultry

makes it safer. The problem? Cross-contamination is likely to occur if raw meat is washed or rinsed, because bacteria can splash onto the sink and counters. The good news is that bacteria on the surface of meat or poultry are easily destroyed by cooking at the proper temperature.

Use a food thermometer. A tip-sensitive digital thermometer can show you the temperature of cooked meat lightning fast. It’s the most reliable way to indicate if a meat is done. Turkey should be roasted to 165 degrees, while meats such as beef, lamb, and even pork are done at 145 degrees. Ground meat, however, should be cooked to 160 degrees.

Say “no” to raw cookie dough. In addition to the well-known risk of salmonella from an uncooked egg, now raw flour is being implicated in food-borne illness. Last November, a study published in *The New England Journal of Medicine* found that a type of *E. coli* bacteria can thrive in dry food such as flour. So avoid tasting uncooked flour dishes. And be sure to wash your hands in warm, soapy water after touching flour, such as when dredging meats or veggies.

Steer clear of rancid foods. Those pack-



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

ages of crackers or cookies crammed back in the pantry might be too old to serve to your unexpected guests. If you notice a grassy or paint-like odor from a packaged food item, the fat is oxidized. Oxidized fats and oils can lead to serious health problems. Other possible rancid foods include an old bag of nuts, whole-grain flour, or the huge container of vegetable oil you bought at the warehouse club that has been sitting there for too long. So give these foods the “sniff test” before serving.

Rules for leftovers

Around holiday time, I typically field questions from people about how long foods last. Here are some easy rules of thumb:

Two hours from oven to refrigerator. Refrigerate (or freeze) what’s leftover within two hours of cooking. Otherwise, toss.

Two-inches thick to cool it quickly. Store food in shallow containers two-inches deep or less to speed the chilling.

Four days in the fridge. Use up leftovers within four days, or freeze them. One notable exception is dressing and gravy, which should be consumed within only two days.

By following these common-sense rules of thumb, you can celebrate Peace on Earth with your loved ones — without getting sick from food-borne illness this holiday season.

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



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I.S. 123

Theme: **Bronx Urban STEAM Magnet School**
Address: 1025 Morrison Avenue
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Tel: 718.328.2105

November 1 5:30 pm
November 8 9:00 am

P.S. 178

Theme: **Magnet School of Multimedia Arts & Design**
Address: 850 Baychester Avenue
Bronx, New York 10475 (District 11)

Tel: 718.904.5570

November 13 9:30 am

P.S. 567

Theme: **Magnet School for Global Leaders of Innovation and Discovery**
Address: 1560 Purdy st.
Bronx, New York 10462 (District 11)

Tel: 718.239.7401

November 17 11:00 am

P.S. 160

Theme: **The Walt Disney Magnet STEAM School**
Address: 4140 Hutchinson River Parkway East
Bronx, New York 10475 (District 11)

Tel: 718.822.8402

November 27 5:30 pm
January 9 9:00 am



For additional information call the schools or contact:

JoAnn Rintel Abreu

Email: JRintelAbreu@schools.nyc.gov Phone: 718.968.6178

Applications Accepted for **September 2019** Enrollment

More than just a feast

Special traditions and ways you can give back this Thanksgiving holiday

BY MYRNA BETH HASKELL

On the first “Thanksgiving Day” in 1621, the Pilgrims and Wampanoag probably ate wildfowl, venison, and products made from corn grain, such as bread. In 1863, President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November, and, at that time, our country desperately needed a day of thanks to unite us during a time of extreme strife. The original harvest celebration between the Native Americans and the settlers has become a symbol of giving thanks for the gifts we have and celebrating family and friendship. Of course, the Thanksgiving feast has changed over the years. Typical dishes now include turkey, mashed potatoes, candied yams, and an assortment of pies for dessert.

Giving back

Families wishing to volunteer or donate to a worthy non-profit organization can find information at the following websites:

Salvation Army: <http://satruck.org/>
Provides shelter, clothing, nutritional, social and spiritual assistance through its multi-faceted programs and services.

Any Soldier: <http://anysoldier.com>
This organization sends mail and care packages to soldiers who don't receive any.

Feeding America: <http://www.feedingamerica.org/find-your-local-food-bank/>

Find a local food bank.

Meals on Wheels America: <https://www.mealsonwheelsamerica.org>

Meals on Wheels America is the oldest and largest national organization supporting the more than 5,000

However, Thanksgiving has also morphed into a celebration that is so much more than a feast. Although we often think of stuffing our faces, football, and out-of-town visits, many families across the country have opted for out-of-the-box celebrations that highlight their creativity while emphasizing their love of family and community.

The holiday can also become an important learning experience for your kids as well. Show them that Thanksgiving is about being thankful for the people we hold dear, not about money and stress.

Families share their special traditions

I spoke with many families about their special traditions and have chosen those ideas that encompass the spirit and values of our modern Thanksgiving Day,

community-based senior nutrition programs across the country that are dedicated to addressing senior hunger and isolation. Meals on Wheels delivers meals to individuals who are unable to purchase or prepare meals on their own.

Other options for donating your time or resources:

- Local nursing home — read or sing to the residents
- Local prison — usually accepts baked items
- Local children's home or orphanage
- Community clean-up

Of course, choosing a more regular schedule to offer your time or resources is a great resolution as the year comes to an end. Thanksgiving and other holidays only come once per year, but people are in need year round.



such as community service, family traditions, forgiveness, thankfulness, and sharing:

We participate in Turkey Trots. This is a 5K run or walk. There is one in Rhinebeck, New York, that benefits Ferncliff Forest. However, there are many others around New York and elsewhere. When we were in Ohio for one Thanksgiving, we participated in a Turkey Trot which benefited the Autism Society. They usually start around 9 am. If you run, you are done in about 30 minutes, and, if you walk, about 50 minutes. This still gives you time to shower and cook. We have done it several times now. Some of us walk and some of us run. Each year, we get some friends to join us.

Information about the YMCA Buffalo Niagara Turkey Trot: www.ymcabuffaloniagara.org/annual-events/ymca-turkey-trot/registration-and-runner-info/

Compton family – Hyde Park, New York

We've been holding a family and friends Turkey Bowl for decades now. We start early in the morning, and we're usually done by 11 am. We use real football jerseys, and we even have a referee. We split everyone up into teams of about 15 with both adults and kids, ages 5 to 55. This event is held in all kinds of weather, including snow. We have a pot-luck breakfast, including donuts, bagels, and cider.

DeLisio family – Kingston, New York



at <https://www.uso.org/programs/holiday-care-packages>.

*Gallagher family
– St. Louis, Missouri*

After dinner, we get out the oversized whiteboard and markers and play a family version of Pictionary. We all text a word or phrase to the person drawing. Then, the person drawing announces whose phrase he or she will begin to draw. It gets very funny and is a great way to celebrate.

*Jordan family – Staatsburg,
New York*

This is a fun craft to do with the kids and to then share with all guests who join the celebration. Make a construction paper turkey body with a head and cut out construction paper feathers separately. (Think: first-grade art project.) As each guest arrives, he or she gets a feather and writes what he is thankful for and adds it to the turkey.

Kane family – Hyde Park, New York

A great idea for Thanksgiving time is called “Warm Fuzzies.” Decorate Mason jars. The jars are stuffed with slips of construction paper. Each family member writes a special memory about that person or something that makes him or her special and places it in the jar. The jars are kept and added to as the years go by. These special thoughts and memories will certainly bring a smile to the person’s face throughout the year. Mom, Grandma, and I did this for years. I kept all of mine! It’s a great way to reminisce and to recall all those special times we shared.

I have another idea we’ve used, which works for anniversaries and other celebrations as well. Start with a thin layer of a trunk of a tree (e.g. 5-inches to 1-foot slice). The rings serve as a time calendar. In the center, tack a fortune cookie-sized piece of paper and label it with a special date, such as the start of your nuclear family. Then, on similar pieces of paper, mark down other important dates — births, graduations, marriages, new home, etc. Tack the pieces of paper to the rings. Each year thereafter, continue to add on new pieces. It’s a great way to commemorate the wonderful events in a family’s journey.

Sleight family – Bigfork, Montana

A rewarding and special way to celebrate Thanksgiving is to get the whole family to volunteer at a soup kitchen. Helping others out, while bonding and work-

ing as a family, makes for a memorable experience.

Strong family – Mount Airy, Maryland

Teaching moments

Of course, a bountiful meal is still an integral part of most families’ celebrations. In order to keep the spirit of the occasion, it is wise to plan early and stick to a budget, so that your Thanksgiving celebration maintains an atmosphere of good will and stress-free family bonding.

Less is more

Andrew Houser, co-CEO of Freedom Debt Relief (www.freedomdebtrelief.com) believes that Thanksgiving is a great time to teach kids about planning and budgeting.

“Plan ahead. If you are days away from the holiday with a long list of things to do, human nature says that you will be more stressed and will likely run to the store and load up on random items. The focus turns away from the meaning of the holiday. Instead, calculate how much you can spend on Thanksgiving, and then stick to it. Remember that actions speak louder than words. If you spend like it’s going out of style, you’ll be teaching this kind of money management to your kids.”

Houser advises to be realistic about how much to cook as well.

“Plan what you can eat at dinner and what you can consume in leftovers. If you have guests for dinner, send some leftovers home with them. You might also choose to donate extra food to a soup kitchen.”

This shows your children that nothing has gone to waste.

Share what you have

Houser explains, “Thanksgiving is a time to give thanks for what we have and to focus on how we can share what we have, including our time and talents.” Houser suggests helping your kids prepare a healthy meal for an elderly neighbor, offering baby-sitting services for single moms (a great idea for your kids), or creating a video for far-away family members who can’t visit in-person on the holiday.

Houser says that Thanksgiving is also a great time to start planning for the rest of the holiday season. Families might choose to make small, homemade gifts together for neighbors and friends during Thanksgiving weekend. You can also opt to bake bread or cookies together for service providers. These types of gifts save money, create a memorable bonding experience and are more thoughtful than grabbing something off the shelf at a store.

Myrna Beth Haskell is an award-winning author (www.myrnahaskell.com). She is also co-founder and managing editor of Sanctuary (www.sanctuary-magazine.com).

One of the most satisfying things we’ve done is to sponsor a family in need on Thanksgiving. Many school parent-teacher associations, churches, and charities host annual events for this purpose, but you can also do this on your own by asking for donations of non-perishable foods or cash for a family in your local community that is in dire need of assistance.

Duane family – Lake Tahoe, California

We usually host a Butter Bowl (word play on Butterball Turkey). We all go bowling together. It’s a great family-bonding event. Couples can go against couples and kids against kids. You can set it up any way you’d like. We’ve done prizes, too. There’s a trophy of a big turkey that gets passed down for first place and a can of Spam that goes to last place!

Gaffney family – Fairfield, Connecticut

We like to help out the military families who are often separated on holidays. We’ve donated to Thanksgiving dinners for the U.S.O. You can also volunteer your time — families work together with the military to bring the simple comfort of a Thanksgiving meal to our troops and their families wherever they may be stationed. You can also send a holiday care package



Are you thinking of going vegetarian?

Five reasons why it may be a good idea

There are many ways to maximize your health, and most of them include revamping eating habits. With tasty recipes for meatless meals and improved veggie substitutes on the market, you might be on the fence about going vegetarian. It's a well-established fact that healthy-eating regimens include limiting red meat in the diet. If you are considering cutting out all meat from your eating plan, there are several benefits to embracing the vegetarian lifestyle:

Being a vegetarian can have long-term, positive health benefits. Eating a diet high in meat has been shown to increase blood pressure, and also contribute to heart disease and cancer. A steady diet of meat raises cholesterol, and builds up plaque in the arteries. Fresh fruit and vegetables not only taste good, but they

give you energy and vitality as opposed to the weighed down and sluggish feeling that often comes from eating meat. They also raise the good cholesterol levels (HDL), which is an important health objective.

Meat is pumped with hormones. Let's face it, the beef industry is a money-making business, and its goal is to get the most profit from each animal. Consequently, adding hormones and antibiotics to cows, pigs, and chickens results in larger animals that won't succumb to disease. However, the same hormones being forced into the animals go directly into bodies of those who consume the meat — particularly our kids. Many experts blame the excess of hormones on the earlier onset of puberty in children. Hormones in beef and milk have recently



HEALTHY LIVING

DANIELLE SULLIVAN

been directly linked to reproductive and childhood cancers.

You'll save money. Simply put, meat is expensive. For the same \$10, you can get either one steak or a whole bagful of fruits, grains, and veggies that could very well give you enough ingredients to make meals for a few days. Farmers' markets are plentiful around the country and offer good deals for fresh produce. If you have a green thumb and a small outside space, you can easily grow your own fruits and vegetables to save even more money.

It's humane. The conditions of beef, chicken, and pig farms are cruel enough to make even hardened meat eaters reconsider their position. Farms are extremely overcrowded and animals basically live their short lives in packed and filthy conditions waiting to be killed. Many animals live their entire lives crammed so close together, they can barely turn around. Countless animals become crippled or lame from lack of movement.

Going vegetarian helps the environment. Meat consumption has been linked to serious negative environmental consequences and even global warming. Simply put, there are great areas of land around the world that are destroyed to make room for livestock farms for the sole purpose of profit. Furthermore, mass amounts of water are necessary to raise farm animals. According to "The Food Revolution" by John Robbins, it takes about 5,000 gallons of water to produce just one pound of meat. Yet, to grow one pound of wheat requires just 25 gallons of water.

Danielle Sullivan is a writer living in New York City. Follow her on Instagram @Deewrite.

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Rapping possibilities

Dee-1 and loan company teach college planning in Queens

BY TAMMY SCILEPPI

National hip hop recording artist, motivational speaker, and former middle-school teacher Dee-1 joined forces with Sallie Mae to tell students at Hillcrest High School in Queens about the importance of college planning and financial literacy.

Dee-1 and representatives from Sallie Mae paid a visit to Hillcrest in September as part of the Bridging the Dream Tour, a nationwide journey to promote college applications and saving for higher education. Sallie Mae's Bridging the Dream Scholarship Program was introduced as well.

The New Orleans native, born David Augustine 29 years ago, performed his hit song, "Sallie Mae Back" (which he wrote to celebrate paying off his student loans), as well as his newest single, "Intelligence," for the nearly 2,000 high-school students. Sallie Mae employees also offered advice and resources to the teens.

Dee-1 started rapping as a student at Louisiana State University. During the mid-2000s, the artist released his first two mixtapes, then a third the year he graduated and began teaching mathematics at a middle school in Louisiana.

In 2009, he decided to stop teaching and follow his passion: music. That led to his self-released "David & Goliath" debut album. After several more mixtapes, his popularity grew big time. Fans couldn't get enough of that down-to-earth underdog vibe, which made his music unique.

In addition to being a featured speaker for corporate events, church programs, youth groups, and industry events, the rapper has appeared on "The View," ESPN, Fox News, and hundreds of local TV, radio, and digital outlets across the country.

His seven-state, 10-city tour with Sallie Mae began on Sept. 18 in California and concluded on Oct. 5 in Greenville, S.C. In total, Team Dee-1 reached more than 10,000 high school students with his positive message.

He spoke with NY Parenting readers about the tour and why it's so important for young people to be financially literate and start college-planning early.

Tammy Scileppi: Please tell our readers why you became involved with the Bridging the Dream Tour.

Dee-1: I've spoken to high-school students all over the country, and they are



Rapper Dee-1 and Sallie Mae spread the word about planning and saving for college.

hungry for information about going to college, but that's not enough. We need to give them the tools and knowledge to create a game plan to pay for it, and ultimately, graduate. And that's what this tour is all about. Together, with Sallie Mae, we are committed to empowering and inspiring students to develop that plan, better understand what's out there to help pay for college, and how to borrow responsibly.

TS: What was your experience like?

Dee-1: Already, we've visited schools out west, in the south, and now, the northeast, and the energy, interaction, and reception have been amazing. We have met some incredible students with great potential. Most of them will be the first in their families to attend and graduate college. However, too many of them have concerns about how to pay for college, whether they're ready, and general fears about the unknown.

It's such a rewarding feeling to see and experience how my story and message resonates with so many of them. By the

end of my show, not only are they inspired and motivated, they realize that college is within reach, and if Dee-1 can do it, so can they.

TS: What was your message?

Dee-1: Using my own story and experiences, I spoke about the importance of planning for college and managing finances responsibly. I also want these kids to understand it's not just about going to college; it's about graduating from college! During the tour, I talked about scholarships, which are available for just about any interest, and encouraged high-school counselors and community leaders to nominate deserving juniors or seniors for Sallie Mae's \$25,000 Bridging the Dream Scholarship.

The Bridging the Dream Scholarship program recognizes students who have excelled both inside and outside of the classroom, but whose financial circumstances or other obstacles in life may not allow them to pursue a college education. Recipients will be announced later this year.

TS: Describe the reaction at Hillcrest.

Dee-1: Hillcrest has raised the bar for other schools on this tour. The engagement, participation, and overall enthusiasm of the staff, faculty, and students was just incredible.

The students were hyped! They were a little shy at first, but they came around, and we had a good discussion about the importance of a college education.

TS: Talk about your collaboration with Sallie Mae.

Dee-1: It sounds like an unlikely partnership, but the reality is, we both share the same mission: inspiring our young people to reach college. We've visited high schools and youth groups across the country to promote college planning and financial literacy and we've awarded \$190,000 in scholarships and student loan payments.

TS: Any advice for our parent readers?

Dee-1: My message is simple: Support and encourage your child's desire to attend college by helping them to create a plan for saving and paying for college. That plan should include filling out the Free Application for Federal Student Aid, researching and applying for scholarships, and having a basic understanding of the costs associated with attending college.

Tammy Scileppi is a Queens-based writer, parent, and regular contributor to NY Parenting.

Preparing for college

Antoine Oakley, director of corporate communications at Sallie Mae, shared his advice about how parents and teens can prepare for college.

"We know that families who have a plan to pay for college are better prepared to meet the costs of college and ultimately, they save more and borrow less," he said. "Sometimes, the hardest part is simply getting started. The good news is there are free resources out there, like Sallie Mae's college-planning calculator, that can get you on the right track."

In general, he said, Sallie Mae advises students and families to follow a three-step approach to paying for college:

Start with money you won't have to pay back. Max out on money that doesn't have to be paid back, like scholarships and grants. Apply for as many as possible and do it early. Check out free resources like Scholarship Search by Sallie Mae (<https://www.salliemae.com/college-planning/tools/scholarship-search/>), home to more than five million scholarships collectively offering more than \$24

billion, as well as the College Planning Calculator (<https://www.salliemae.com/college-planning/tools/college-planning-calculator/>), which can help students and families create a customized plan.

Next, explore federal student loans. Get in line for the more than \$120 billion the government sets aside in scholarships, grants, and federal student loans by completing the FAFSA.

Consider a responsible private student loan to fill the gap between your available resources and the cost of college. If you need to borrow for college, do it responsibly. Understand how much you need to fund your education, not a lifestyle. Look at the starting salary of whatever career you plan to pursue, and don't let your debt exceed that amount.

"Financial literacy and college planning are keys to saving, planning, and paying for college, and parents can play an important role in their child's future by discussing finances, setting expectations, and developing a comprehensive plan to help them figure out how to make the dream of a higher education a reality," Oakley said.

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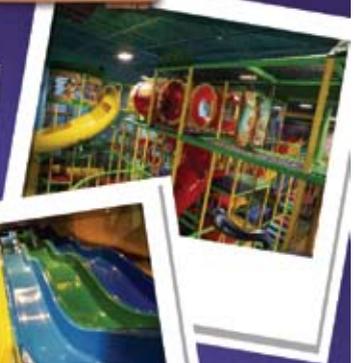


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How much homework help is too much?

My daughter is in fourth grade. I want to be a homework support for her, but how much help is too much?

Homework is meant to be done with a certain amount of autonomy. At the elementary level, teachers typically use homework as both a form of assessment and review, so they really want to see what the child can do — not the parent.

Many children like to know that someone is around for them in case any questions do arise, so being in close proximity to your child while she is completing her homework is a good idea. Look it over after she has completed it by herself. Doing so holds her accountable while still upholding her feeling of independence. Keep in mind, having a few questions per assignment is appropriate. It is okay to help your child if you feel that she is struggling with



something and to have her go back and look something over and try to correct it. However, if you find that she is having a hard time independently answering 50 percent of the homework assigned more than 50 percent of the time, this is a good time to reach out to the teachers and let them know the amount of help she is needing at home.

In general, if you're ever worried that you may be helping your child too much



TIPS FROM A TEACHER

LAUREN ROSEN

or too little, reach out to the teachers and ask them their homework-help policy. Then, you can work together to make sure your child is getting the most out of her homework.

Lauren Rosen (MrsLRosen@gmail.com) has been teaching in Manhattan private schools for 10 years, and she lives in Manhattan with her husband and daughter.

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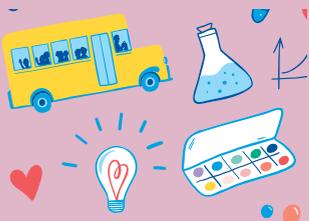


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NEW YORK Parenting





The upsides of battling nightmares

BY SANDI SCHWARTZ

It's the middle of the night, and you're in a deep sleep. You hear a loud cry of "Mommy!" or feel a touch on your arm. At first, you're not sure if this is all part of your dream. Eventually, you wake up and realize your child is frightened and needs you. Then, you stumble into her room in a total daze, faced with the challenge of needing to comfort your little one after she's had a nightmare.

Given this middle-of-the-night drama, it may be shocking to learn that nightmares in childhood are actually normal and play a positive role in kids' emotional growth and coping skills. About half of all young children experience nightmares,

especially 2-to 6-year-olds. Children are particularly prone at these ages, because this is when they're developing fears and imagination, and trying to learn the difference between fantasy and reality. Nightmares tend to peak by 10 years of age, and then they usually decrease.

Children's nightmares stem from many different types of experiences that cause emotional responses, such as hearing a scary story, watching a frightening movie, worrying about school, struggling socially, or reacting to a family change or crisis like a new sibling or divorce. Facing new milestones — potty training, moving out of a crib, learning to ride a bike — can also cause bad dreams. Eating too close to bedtime, some medications, and sleep prob-

lems can also lead to nightmares. What is also interesting is that experts have found that fear is not the only emotion that can trigger nightmares; confusion, guilt, disgust, and sadness are also culprits.

Nightmares typically happen in the second half of the night, during rapid eye-movement sleep. Because of this timing, children usually can remember their dreams when they wake up. REM sleep stimulates the parts of the brain used in learning. Some scientists believe that dreams are the cortex's effort to find meaning in the signals received during this stage of sleep. This process could be beneficial to our children, even if they may be scared temporarily from a troubling dream.

As a reaction to stress, nightmares help our children work through their emotions or traumatic events. They consolidate bad feelings into a concrete memory that can be more easily processed, filed away, and forgotten. Michael Nadorff, assistant professor of psychology and sleep behavior medicine specialist at Mississippi State University, equates nightmares to having our own exposure therapy to review and confront experiences, so we can overcome our fears about them. A recent video published by New York magazine effectively presents how nightmares transform fears into something positive.

In addition, when our children have bad dreams, we can gain insight into their deepest thoughts and concerns. Rosalind Cartwright, PhD, professor emeritus of psychology at Rush University in Chicago, explained how nightmares are like having an internal therapist, helping surface one's deep-rooted emotions and fears. It's almost like revealing a secret emotional code that we may not be privy to during the day. By connecting with our children after a nightmare, we can help them work through their issues so that they feel better.

Comforting our children in the moment is important, so they can express how nightmares make them feel and realize that they're okay. When they're upset, go

to their bedroom and give them physical contact like a hug or back rub until they calm down. Ask them to talk about the nightmare, but don't push too hard if they don't want to discuss it. Console them verbally by saying, "I understand your dream must have been scary, but it was not real. Mommy sometimes has bad dreams, too. You're okay. I am here to comfort you. I love you, and you are fine."

If they want to check under the bed or in the closet for monsters, go along with this exercise. Once they have calmed down, tuck them in with their favorite blanket or stuffed animal and reassure them that you will be down the hall if they need you again. If they argue with you about going back to sleep, explain that they need to get their rest, so they can enjoy the next day. Provide an example of something fun for them to look forward to.

You can continue to address the nightmare the next day by encouraging them to express themselves. Consider getting creative like drawing or painting pictures, journaling, reading stories and discussing them, or acting them out with puppets. Look for patterns in the themes of their nightmares to try to understand what the stressor may be. The most important thing is to encourage your children to talk it out, so that they address what's bothering

them while they're awake.

How do we know when nightmares become a problem? There are nightmares, and then there are chronic night terrors and Nightmare Disorder. Here are some signs to look out for to make sure your kids aren't experiencing something more serious:

- Are the nightmares significantly interfering with sleep?
- Are your kids avoiding bedtime, because they are so worried that they will have a nightmare?
- Are the nightmares getting worse and occurring more frequently?
- Are they impacting your child's school day and interaction with family and friends?
- Are they repeatedly waking up with detailed recollections of long, scary dreams that involve threats to their survival, security, and physical well-being?

If you notice these issues persisting, then it's important to speak to your pediatrician about what is going on. It may be time to explore treatment options such as therapy to address stress and anxiety, or a sleep study for a more detailed evaluation.

Sandi Schwartz is a freelance writer and blogger and mother of two (www.happysciencemom.com and www.sandischwartz.com).

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Costly mistakes to avoid when applying for financial aid

In my experience, most parents believe that once their child has started college and received her financial-aid offer, they can stop paying attention to future financial aid requests. Often overlooked is that financial-aid offers generally are in effect for one academic year and must be renewed every year. Simply put, families must reapply for financial aid each year a child will be in college.

Making a single incorrect financial decision during your child's college years could upend years of proper planning. These are some of the most common mistakes that should be avoided:

Making withdrawals from IRA accounts

Normally a distribution from a traditional Individual Retirement Account prior to age 59.5 would incur a 10-percent penalty. If the distribution is used for qualified higher education expenses, it is exempt from the early distribution penalty. However, income tax on the distribution would still need to be paid. Additionally, the income from the IRA distribution would increase your total taxable income and decrease your potential financial aid.

For a ROTH Individual Retirement Account distribution, a similar policy applies. There would be no penalties incurred or income tax due, but the distribution would be considered non-taxed income on the following year's Free Application for Federal Student Aid form and could potentially decrease your potential financial aid.

Under both of these scenarios, the withdrawal of funds from your traditional or ROTH Individual Retirement Account would increase your total income (taxable and non-taxable). This would increase the amount of your Expected Family Contribution and could decrease the amount of aid you might receive.

Liquidating assets at the wrong time

The application bases Expected Family Contribution on income and tax data of the prior-prior year before attending college. This is referred to as the base year. What



is the prior-prior year? Rather than looking back just one year at a family's financial information to determine the contribution number, tax information from two years ago (prior-prior year) is reviewed to determine aid.

That means that the base year now runs from the second half of your child's high school sophomore year through to the first half of the student's junior year. Put another way, the base year is the calendar year before a student enters his senior year of high school. Parents who have invested for years in stocks, mutual funds, and other investments who plan to liquidate these assets to pay for college need to take special care of the timing of the sale of these assets. Depending on when assets are sold, this could affect the amount of aid available to your child in future years. Why? Because when an investment is sold, and a capital gain is realized, that gain will be included in the parent's following year income tax return. That capital gain amount will increase the parent's earning and thus their contribution number.

Grandparent gifts at the wrong time

It's nice when a grandparent wants to help her grandchild pay for college. But if a grandparent gives money to a grandchild



FAMILY FINANCIAL PLANNING

ANTHONY N. CORRAO

from a 529 plan at the wrong time, it can have a dramatic impact on the amount of aid a student can receive.

A 529 plan owned by grandparents is a useful college-planning tool. Assets in a grandparent-owned 529 plan are not reported on the Free Application for Federal Student Aid, but some colleges may ask a student to include them in the College Scholarship Service Profile, the financial aid division of the College Board. Research the difference when applying for financial aid.

When a grandparent withdraws funds from a 529 plan to pay for a grandchild's tuition, that amount is reportable the following year as the student's non-taxable income on the application. The student's non-taxable income would increase the amount of his Expected Family Contribution, which could lower the amount of aid available to him. The best advice here is to have open conversations with your child's grandparents in order to best coordinate timing to maximize financial-aid benefits.

Planning for college costs is an ongoing process. One simple mistake or oversight could ruin years of savings and careful planning. Consult with me, another financial advisor, or your accountant for advice before making a costly mistake.

Anthony N. Corrao is president of wealth management and director of corporate education at Manhattan Ridge Advisors. For more than 25 years, he has helped families towards their financial goals by developing financial, educational, and retirement-planning strategies.

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Calendar

NOVEMBER



Photo courtesy of the New York Botanical Garden

Holiday favorite returns

All aboard! The New York Botanical Garden presents its annual Holiday Train Show from Nov. 17 through Jan. 21, 2019.

See model trains zip through a dazzling display of more than 175 New York landmarks, each re-created with bark, leaves, and other natural materials — all under the twinkling glow of the Enid A. Haupt Conservatory. This year's exhibition showcases Lower Manhattan, with One World Trade

Center making its debut.

Holiday Train Show from Nov. 17 through Jan. 21, 2018. Tuesday to Saturday, 10 am to 6 pm. Tickets are \$30 for adults, \$18 for children 2 to 12 years old, and free for members and children under 2 years old. Advance reservations recommended.

New York Botanical Garden [Bronx River Parkway at Fordham Road in Bronx Park, (718) 817-8700; www.nybg.org].

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Calendar

Submit a listing

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

Send your listing request to bronxriverdalecalendar@cnglocal.com — and we'll take care of the rest. Please e-mail requests more than three weeks prior to the event to ensure we have enough time to get it in. And best of all, it's FREE!

THURS, NOV. 1

IN THE BRONX

Family Caregiver Support Series:

Parkchester Library, 1985 Westchester Ave. at Pugsley Avenue; (718) 829-4505; tblack@pssusa.org; www.nypl.org; 6-7:30 pm; Free.

PSS Circle of Care's Caregiver Support Series offers a relaxing evening to gather casually in a comfortable place to exchange information and discuss the challenges and rewards of caregiving.

Dig! Plant! Grow! – Goodnight, Garden:

New York Botanical Garden, 2900 Southern Blvd. at Fordham Road; (718) 817-8700; www.nybg.org; 1:30-5:30 pm; Included in All-Garden Pass. Weekdays, \$23 adults, \$10 children ages 2-12; Weekends, \$28 adults, \$12 children 2-12; children under 2 free.

Say goodbye to the growing season. Learn how to collect and save vegetable seeds and create a seed packet to take home. Join Edible Academy green thumbs in the garden to rake, mulch and prepare for the winter season ahead!

FRI, NOV. 2

IN THE BRONX

Dig! Plant! Grow! – Goodnight, Garden:

1:30-5:30 pm. New York Botanical Garden. See Thursday, Nov. 1.

SAT, NOV. 3

IN THE BRONX

Family Art Project – Dances With Leaves:

Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 10 am to 1 pm; Free with admission. \$8 adults, \$2 children 6-18, children under 6 free. Admission is free until noon on Saturday.

Toss fall leaves in the wind, or walk through a giant leaf pile. Find an assortment of freshly-fallen leaves to be the subject of fresh, bright prints. Roll up leaves with ink and layer leaf prints, or add punched-paper leaf shapes in artful arrangements.

Greats of Jazz and Vaudeville – A



Gerald Schultz

Poetry from Puerto Rico

Poetry is on the agenda at BronxRising, "Poesia Negroide: Rhythmic Poetry of Puerto Rico" on Nov. 10.

A screening of the film "American Poet: Tato Laveira," produced by the Media Unit at the Center for Puerto Rican Studies at Hunter College, followed by a question-and-answer with the film's producer, Vivian Hernández Ortiz. Following the film is a set of the rhythmic poetry of Puerto Rico made famous by such poets as Luis Palés

Matos. Poetry will be recited by declamador Sery Colón with music by Jorge Vázquez, José Rivera, Matthew Gonzalez, Nelson Seda, and Michael Molina.

BronxRising, "Poesia Negroide: Rhythmic Poetry of Puerto Rico" on Nov. 10, at 7 pm; for older teens and students; Tickets \$7.

Bronx Music Heritage Center [1301 Louis Nine Blvd in Morrisania. (917) 557-2354; thisisbronxmusic@gmail.com; www.thisisbronxmusic.org]

Victrola Trolley Tour: Woodlawn Conservancy, Jerome Avenue and Bainbridge Avenue; (718) 920-1469; contact@woodlawnconservancy.org; woodlawntours.org; 1 pm to 4 pm; \$40.

Take a trip down memory lane and celebrate some of the greatest performers from 100 years ago and their indelible musical contributions to jazz, pop, and vaudeville history. Each stop will include a brief talk about the entertainer, plus a record played on an antique crank-up Victrola as an aural dimension to the tour. Meet at the Jerome Avenue and Bainbridge Avenue gate at 12:45 pm. There are only 30 seats, so tickets must be purchased in advance.

Dig! Plant! Grow! – Goodnight, Garden:

1:30-5:30 pm. New York Botanical Garden. See Thursday, Nov. 1.

Fall Foliage Walk: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 2 pm to 3

pm; Free with admission. \$8 adults, \$2 children 6-18, children under 6 free. Admission is free until noon on Saturday.

Enjoy colorful foliage at its seasonal peak. Senior Horticultural Interpreter Charles Day shares some of his favorite trees and shrubs in their vibrant fall finery.

SUN, NOV. 4

IN THE BRONX

Family Art Project – Dances With Leaves:

10 am-1 pm. Wave Hill. See Saturday, Nov. 3.

Dig! Plant! Grow! – Goodnight, Garden:

10 am-5:30 pm. New York Botanical Garden. See Thursday, Nov. 1.

FURTHER AFIELD

Commemoration of the Battle of Fort Washington:

Cafe Lawn at Fort Tryon Park, 1 Margaret Corbin Drive, Man-

Calendar

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

hattan; (212) 795-1388; www.nycgovparks.org/events/2018/11/04/242nd-commemoration-of-the-battle-of-fort-washington; Noon to 3 pm; Free.

This year marks the 242nd anniversary of the Battle of Fort Washington, a key event during the Revolutionary War. The Brigade of the American Revolution will perform and lead drills. Watch a blacksmith demonstration, listen to live 18th-century music, make arts and crafts, and play games from the revolutionary period.

THURS, NOV. 8

IN THE BRONX

Family Caregiver Support Series:

6-7:30 pm. Parkchester Library. See Thursday, Nov. 1.

SAT, NOV. 10

IN THE BRONX

Family Art Project – Local Birdies for

Wave Hill House: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 10 am to 1 pm; Free with admission. \$8 adults, \$2 children 6-18, children under 6 free. Admission is free until noon on Saturday.

Goldfinches, woodpeckers, dark-eyed juncos, blue jays and robins are just a few of the local bird species that inhabit the grounds of Wave Hill. We'll make bird drawings with colored pencils, oil pastels and templates. Some projects may be added to the Wave Hill House holiday decor.

Drop-in Workshop – Edible Ornaments for the Birds:

Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; Noon to 2 pm; \$15 plus admission to the grounds.

Discover what birds prefer to eat and make several edible ornaments for your feathered friends, helping them survive when food is scarce.

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

Join naturalist and educator Gabriel Willow on a family-friendly walk through the gardens or woodlands. Registration not required. Ages 6 and older welcome with an adult. Severe weather cancels.

Bronx Rising! Poesía Negroide – Rhythmic Poetry of Puerto Rico:

Bronx Music Heritage Center, 1301 Louis Nine Blvd; (917) 557-2354; thisisbronxmusic@gmail.com; www.thisisbronxmusic.org; 7 pm; \$7.

Screening of the film, "AmeRican Poet: Tato Laveira," produced by the Media Unit at the Center for Puerto Rican Studies at Hunter College, followed by a question and answer with the film's producer, Vivian Hernández Ortiz. Following the film, a set of the rhythmic



Associated Press / Diane Bondareff

Leading up to the turkey

Get ready for the annual Macy's Thanksgiving Day Parade, ushering in the holiday season on Nov. 22.

The giant event features balloons, floats, marching bands, performance groups, and loads of entertainers.

The 2.5-mile march kicks off at W. 77th Street and Central Park West, winding its way downtown to the viewing stands in front of the world-famous Macy's of Herald Square.

Children of all ages will love watch-

ing the marchers and goggling at the giant balloons floating high above the avenue. Bringing up the rear as always is the ever-popular Mr. and Mrs. Santa Claus, with Rudolph at the head. Santa and sleigh heralds the end of the parade and the beginning of the holiday season.

Thanksgiving Day Parade, Nov. 22 from 9 am to noon. Free.

Macy's Herald Square (Broadway and W. 34th Street in Midtown).

poetry of Puerto Rico made famous by such poets as Luis Palés Matos.

SUN, NOV. 11

IN THE BRONX

Family Art Project – Local Birdies for

Wave Hill House: 10 am to 1 pm. Wave Hill. See Saturday, Nov. 10.

Family Nature Walk: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 1 pm; Free with admission. \$8 adults, \$2 children 6-18, children under 6 free.

Join naturalist and educator Gabriel Willow on a family-friendly walk through the gardens or woodlands. Severe weather cancels.

Join naturalist and educator Gabriel Willow on a family-friendly walk through the gardens or woodlands. Severe weather cancels.

FURTHER AFIELD

PAL 5K Run/Walk: Riverside Park, 103rd Street and Riverside Drive, Manhattan; (212) 477-9450 X 321; jwechsler@palnyc.org; 7:30 am; \$20 registration fee.

The event benefits the Police Athletic

League. This run is part of the Generosity Series. All skill levels welcome. Catch up with your fellow Police Athletic League kids, families, staff and supporters. Participants enjoy a fun-filled Sunday run, jog or walk in the park featuring a live DJ and a cheerleading section of colleagues, friends and family. Over the years in total, this event has raised approximately \$100,000 to support PAL programs.

TUES, NOV. 13

FURTHER AFIELD

Little Playtimes: LEGOLAND Discovery Center, Westchester, 39 Fitzgerald St., Westchester; (866) 243-0770; <https://westchester.legolanddiscoverycenter.com>; 10 am-2 pm; \$24 for an adult and child, children 2 and under free.

Have a LEGO play date! Little ones build their curiosity with LEGO bricks while parents mingle together. Activities include story time, animal bingo and farmers workshop. Check website for schedule.

Calendar

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

SAT, NOV. 17

IN THE BRONX

Family Art Project – Cornhusk Dolls: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 10 am to 1 pm; Free with admission. \$8 adults, \$2 children 6–18, children under 6 free. Admission is free until noon on Saturday.

Celebrate corn and harvest time! Listen to Native American tales, and hear about the power of a talking stick. Then tie and shape dried husks into a single cornhusk doll or corny doll family. Harvest Weekend event.

SUN, NOV. 18

IN THE BRONX

Family Art Project – Cornhusk Dolls: 10 am to 1 pm. Wave Hill. See Saturday, Nov. 17.

Thunderbird American Indian Dancers: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 1 pm to 2 pm; Free with admission to the grounds.

The performers have been leaders in preserving and perpetuating American Indian Culture for almost three decades. This year, they present a special performance in Armor Hall as part of Harvest Weekend's Family Art Project. This immersive and educational performance will feature traditional music, dancers and stories from cultures across the American northeast, southwest and Great Plains. Children of all ages welcome with an adult

TUES, NOV. 20

IN THE BRONX

FURTHER AFIELD

Little Playtimes: 10 am–2 pm. LEGOLAND Discovery Center Westchester. See Tuesday, Nov. 13.

WED, NOV. 21

IN THE BRONX

THURS, NOV. 22

FURTHER AFIELD

Macy's Thanksgiving Day Parade: Macy's, 34th Street and Broadway, Manhattan; 9 am to noon; Free.

Get ready to enjoy the best known parade in the city. The balloons will fly high as dancers, twirlers, and, of course, celebs walk the walk down Broadway. Bringing up the rear will be the jolly old elf himself, Santa, along with Mrs. Claus.

SAT, NOV. 24

IN THE BRONX

Family Art Project – Natural Weav-

ings for Harvest Time: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 10 am to 1 pm; Free with admission. \$8 adults, \$2 children 6–18, children under 6 free. Admission is free until noon on Saturday.

Gather fall leaves, cones, pods and seed heads. Weave them together with other materials from the gardens and meadows to create a decorative wall hanging celebrating the bounty and beauty of the season.

SUN, NOV. 25

IN THE BRONX

Family Art Project – Natural Weavings for Harvest Time: 10 am to 1 pm. Wave Hill. See Saturday, Nov. 24.

TUES, NOV. 27

FURTHER AFIELD

Little Playtimes: 10 am–2 pm. LEGOLAND Discovery Center Westchester. See Tuesday, Nov. 13.

LONG-RUNNING

IN THE BRONX

Imaginative Arts for Kids: Poe Park Visitor Center at Poe Park, 2640 Grand Concourse; (718) 365-5516; Thursdays, 2:30 pm to 4:30 pm, until Thurs, Dec. 27; Free.

Kids use your imagination to create adorable arts and crafts projects to take home. Projects may combine 2D and 3D together.

Seasonal Arts and Crafts: Poe Park Visitor Center at Poe Park, 2640 Grand Concourse; (718) 365-5516; Fridays, 2:30 pm to 4 pm, until Fri, Dec. 28; Free.

Kids create fun art inspired by the season, using various materials and techniques.

Kids Art and Table Top Activities: Poe Park Visitor Center at Poe Park, 2640 Grand Concourse; (718) 365-5516; Saturdays, 9 am to 11:15 am, until Sat, Dec. 29; Free.

While Mom and Dad take a fitness class, the kiddies have fun with arts and crafts and table-top activities — making paper plate art, apple stamping and holiday decoratoin.

Kids Paper Arts and Crafts: Poe Park Visitor Center at Poe Park, 2640 Grand Concourse; (718) 365-5516; Saturdays, 2 pm to 3:30 pm, until Sat, Dec. 29; Free.

Kids create cute and fun objects out of paper and other ordinary materials they can take home. Parents are invited to join their little ones in the activities.

Kid's Le Petit Art: Poe Park Visitor Center at Poe Park, 2640 Grand Concourse; (718) 365-5516; www.nycgovparks.org/events/2017/08/01/tiny-tots-stories-and-art; Tuesdays, 2:30 pm to 4:30 pm, until Tues, Dec. 25; 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/events/2017/08/01/tiny-tots-stories-and-art; Wednesdays, 2:30 pm to 4:30 pm, until Wed, Dec. 26; Free.

Kids will turn recyclable materials into adorable works of art to use at home.

Holiday Train Show: New York Botanical Garden, 2900 Southern Blvd. at Fordham Road; (718) 817-8700; www.nybg.org; Daily, 10 am–7 pm; Sat, Nov. 17 – Mon, Jan. 21, 2019; Included in All-Garden Pass. \$30 adults, \$18 children 2-12, children under 2 free.

A favorite holiday tradition has arrived once again at the New York Botanical Garden. See model trains zip through a dazzling display of more than 175 New York landmarks, each re-created with bark, leaves and other natural materials — all under the twinkling glow of the Enid A. Haupt Conservatory. This year's exhibition showcases Lower Manhattan, with One World Trade Center making its debut.

Evergreen Express: New York Botanical Garden, 2900 Southern Blvd. at Fordham Road; (718) 817-8700; www.nybg.org; Tuesdays – Fridays, 1:30–5:30 pm, Saturdays and Sundays, 10 am–5:30 pm, Sat, Nov. 17 – Mon, Jan. 21, 2019; Included in All-Garden Pass. Weekdays: \$23 adults, \$10 children 2-12; Weekends: \$30 adults, \$18 children 2-12; children under 2 free.

The Everett Children's Adventure Garden gets into the holiday spirit with train-inspired fun! Hop aboard a play train and pretend to ride the rails! Hike winter trails and find evergreen trees and shrubs. Warm up in the Discovery Center while learning more about amazing evergreen plants. Make a festive evergreen swag bundle to brighten up your home.

FURTHER AFIELD

"Frozen" on Broadway: St. James Theatre, 246 W. 44th St., Manhattan; (866) 870-2717; frozenthemusical.com; \$100 and up.

A musical worth melting for! If you loved the movie "Frozen," you'll love seeing Anna, Elsa, Kristoff, and Olaf come to life on stage to tell the timeless tale of two sisters who are pulled apart by a mysterious secret. Of course, there's the classic song "Let It Go," plus many new numbers for this new production.

Ocean Wonders – Sharks!: New York Aquarium, 602 Surf Ave. between W. Eighth and W. Fifth streets, Brooklyn; (718) 265-3448; www.nyaquarium.com; Daily, 10 am; Free with admission to the aquarium.

The new exhibit will amaze visitors as they journey through nine galleries breathtakingly eye-to-eye with sharks, rays and hundreds of species of ocean wildlife.



Six ways to help out local dogs right now

The bond between a dog and his owner is a strong one, built over many years. It is an attachment that might only be understood by those that have experienced the unconditional love and support that dogs provide. Most of us cannot imagine treating our dogs with anything but caring and love, but sadly, that is not always the case, and many dogs silently suffer at the hands of their owners. Yet we can all work to help abused and abandoned dogs right in our own neighborhood. Here are six ways to start!

1. Look around. The first step in helping stop abuse is in noticing that it is taking place. Take notice of the sometimes subtle signs of animal abuse and cruelty. Do you see a dog that is out all the time, even during scorching hot temperatures or incredibly freezing temps? Do you notice there is a dog that looks extremely skinny and never has water available? Do you have a neighbor that always seems to be screaming at his dog? If something doesn't seem right, it probably isn't.

Trust your instincts.

2. Tell someone. When you see abuse, report it to the proper authorities in your area. In many cases, that will be the police. In certain areas, there are special organizations, such as the American Society for the Prevention of Cruelty to Animals, which will investigate your report. Write down every occurrence in detail. Note the date, time, and weather conditions. The more detailed and accurate you can report your claim, the better chances of immediate help and possible conviction. Remember that the use of social media often helps, too. So if you are reporting a company that is harming their animals in some way, you will most likely get immediate attention through the use of social media. Even private cases have been recognized and helped in this way.

3. Get vocal. Join animal organizations to help pass humane laws to help improve the lives of animals. Get vocal on Twitter and Facebook, join online groups, and attend meetings in your area. When speaking with family and friends, let them know



JUST WRITE MOM

DANIELLE SULLIVAN

about ways they can help animals — or at the very least, not hurt them.

4. Support rescue-dog organizations.

There are so many agencies that do outstanding work to help animals, and they all need our support. There are also many organizations dedicated to rescuing, rehabilitation, and re-homing abused dogs. By patronizing or donating just the cost of a few cups of coffee per month, you can help fund food, medical care, and basic necessities for many dogs. Monetary donations are always welcomed, but often, these organizations are in dire need of practical items, such as disinfectants, blankets, paper towels, tissues, dog food, etc.

5. Teach a child to love animals. Most dog owners fondly remember growing up knowing the love of their dogs. Children learn so much from having pets. They also learn how to treat those animals from watching their parents and family. When you teach a child that animals are beautiful beings that need our protection, you not only change the life of a child, but also the life of every animal that child encounters over a lifetime.

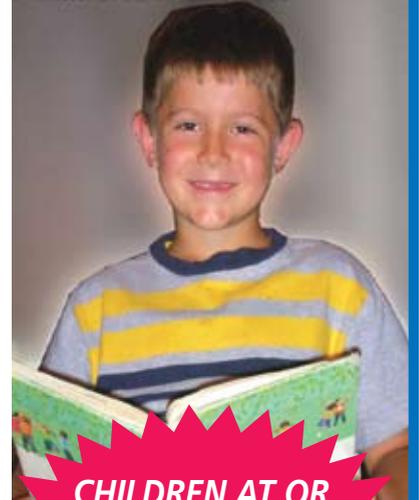
6. Volunteer. Dog rescues need people to help, plain and simple. Most are publicly funded and just do not have the manpower needed to handle the large volume of animals they take in. You can walk dogs, clean cages, and speak with potential adopters. Every little bit helps when it comes to helping get homeless dogs into permanent homes.

Dogs do so much for us; it's only right that we do all we can for them!

Danielle Sullivan is a writer living in New York City. Follow her on Instagram @Deewrite.

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