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# Winners again in 2015

**P**arenting Media Association (PMA) gave out 301 Editorial and Design Competition and General Excellence awards to parenting magazines at a banquet on February 28, the climax of the three-day PMA Annual Convention, this year held in Baltimore, MD. There were 630 entries for this year's competition.

PMA's Editorial and Design Awards Competition recognizes excellence in journalism, photography and design achieved by publishers, editors, writers and designers at member publications.

Happily, for yet another year we came home with the GOLD. Our contributing writer and Mom in Queens, Allison Plitt, was honored with a GOLD Award for a series of interesting book reviews. The judges comments: *These reviews are reported in-depth, and they succeed in providing a lot of information about the books in question. The writer uses extensive background details and solid reporting to build up to an authoritative and supported opinion*

*and gives readers good perspective on the books in question. The voice is clear and the reviews are enjoyable and informative.*

Our columnist and Attorney, Alison Arden Besunder won the GOLD for the category Family Matters. The judges comments: *This is a very informative story about parents preparing their wills in case something happens before their children become adults. It is usually something many parents do not think about until their children are near adulthood or have moved out. The writer did a wonderful job of providing expert opinion and useful information to help parents navigate what can be a difficult process.*

Another GOLD went to our columnist Lyss Stern for Family Fun ideas and interest going on around town. The judges comments: *This column is filled with the writer's voice and a connection to her readers. It's got good tips for finding fun, family outings and locations around the city. The examples and stories from the writer make this a fun*

*read for parents.*

A BRONZE went to our much appreciated columnist Danielle Sullivan for Child Development & Parenting Issues. The judges comments: *"Just Write Mom" offers a nice mix of common-sense advice and encouragement mothers will appreciate. The writing is clear and thoughtful, and provides a welcome glimpse into a real mother's experiences.*

A final award went to our front cover stock photo for our October 2014 Teen Issue and congratulations went to our Art Director Leah Mitch. The judge's comments: *The simple background and sweet expression immediately catch attention. The colors are harmonious, and the cover is balanced. The minimal orange draws readers to the lead tease, which is placed next to the girl's face.*

It is such an honor to work with all the fine writers, designers and sales personnel on our team. I've always said it's a labor of love and indeed it is. Love was also personally bestowed



on me as I was give the Distinguished Member of the Year Award at PMA. I was surprised and delighted. Here I am with the sitting President and my good friend Sarah Taylor of Metro Family in Oklahoma City. What a thrill!

It's spring and lovely. Have a great month and a wonderful Mother's Day! I know I will. Being a mom and loving it is what brought me to this work and to the wonderful satisfaction I feel every day in this role.

Thanks for reading!

Susan Weiss-Voskidis,  
Publisher/Executive Editor  
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New York Parenting Media has been recognized for editorial and design excellence by PMA.

New York Parenting Media is published monthly by New York Parenting Media/CNG. 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©2015 Readership: 220,000. 2012 circulation audits by CAC & CVC.



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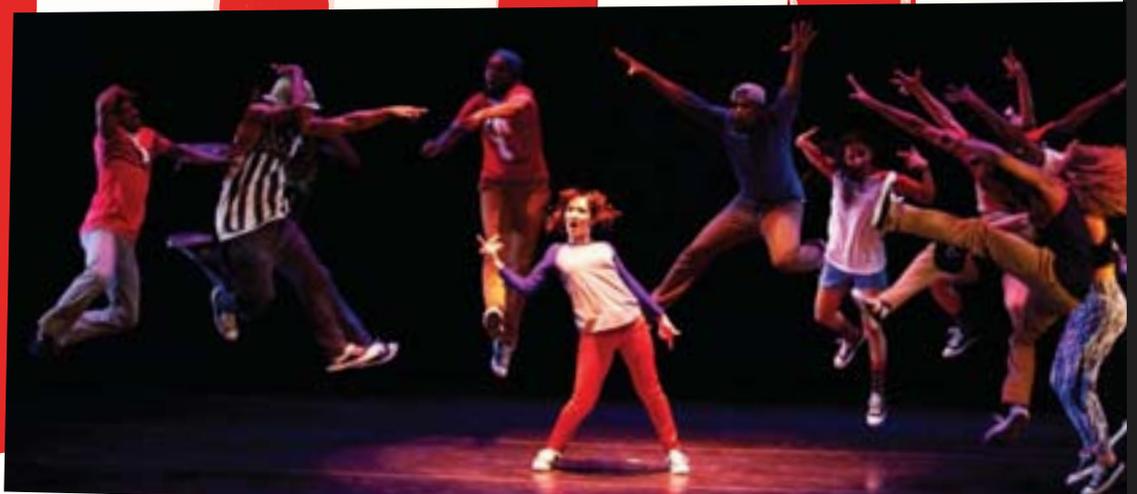
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# Your time

## The art of carving personal space out of your own life

BY CHRISTINA KATZ

**H**ow come other moms always seem to “have it all” and still have time to work out, read the latest best-sellers, and spend time with their friends while you seem to be scrambling to keep up with the dishes, the laundry, and your daily taxi service?

The truth is, making time for yourself is an art, and like every art, it requires practice. If you don't take time to rest and rejuvenate, eventually you won't have a self to worry about, because that's how busy you will become with everyone else's concerns.

Even if you fear the guilt you imagine will come with making time for yourself, carving out space in your

own life for yourself is a healthy necessity. Best-selling author of “The Artist's Way,” Julia Cameron says, “We lose ourselves because we are afraid of being selfish, but when we turn around and take care of ourselves, we actually become much happier and more generous.”

Here are 12 self-nurturing activities to choose from that blend well with your everyday commitments. Most can be squeezed into a busy week, during naptime, into the mornings or evenings, or while the kids are busy with an activity:

**Heart on paper.** Cameron recommends three pages of longhand writing every day. Can't do three whole pages? Just do what you can. For moms, any kind of journaling can be illuminating and constructive.

**Move it, move it.** Shake your groove thing any time you need a quick attitude change. Shut the blinds. Take off your shoes. Put on your favorite dance music and get down. Dance your heart out for 10 minutes. You'll emerge ready for anything.

**Girl-time.** What could be better than walking and talking with another busy mom? Walking is better than doing lunch because it accomplishes two goals at once: connecting and exercising. Make it a standing date if you possibly can.

**Make a “treasure map.”** According to Shakti Gawain in her book, “Creative Visualization,” “A treasure map is an actual, physical picture of your desired reality. It is valuable because it forms an especially clear, sharp image, which can then attract and focus energy into your goal.”

So, if you really want that new job, flourishing garden, or bigger home, get out your scissors, old magazines, and glue, and create your dream on paper first. Or try Pinterest.com, an online social network where members share images.

**And away you go!** Nothing beats browsing the bookstore or library to get ideas for future family vacations. Instead of a trip to Disney, check out outdoor activities like sailing, climbing, or spelunking. On second thought, check out that trip to Disney, as well. Kids are only kids once.

“Dear Susan.” With the

introduction of e-mail, letter writing is becoming a lost art form. When you write by hand, it's something special. Take your time, speak from your heart, and rediscover forgotten parts of yourself that your faithful friend always remembers. Start your letter with, “Remember that time we...” and enjoy memory lane.

**Get what you need.** Attending a like-minded support group is vital when you need extra help. Whether you are trying to quit a bad habit, grieving the loss of a loved one, or gathering with other busy moms to share strategies, the wide variety of groups available can suit every need. Check your local phone book for a complete listing of resources in your area.

**Your playful side.** While signing your children up for those enriching evening and weekend classes, don't forget to sign yourself up, too. Many programs offer separate classes for children and adults at the same time. Yes, you are allowed to do some things without your kids in tow. In fact, it's good for you.

**Melt into the table.** After you drop the kids off for school or sports, you might head to the local spa for a massage. If you have time, a 10-minute hot tub or steam bath will increase the overall relaxation effect. Treat yourself once in awhile!

**Your very own OM.** In the west, meditation can be walking, writing, or even dancing. Check out the book “Meditation Made Easy” by Lorin Roche. You'll discover that meditation simply means developing your capacity for rich experience. Why not invent your own practice?

**Art appreciation.** Give yourself a full hour to wander a museum or local gallery, soaking in the energy and appreciation of other people's genius. Consider becoming a member and visiting regularly.

**Feel the burn.** Exercise is sound advice for everyone, but especially for stress-weary moms. If you need help getting motivated, enroll in a fun class like kickboxing, tae-bo, or karate. Spinning, Jazzercise, and Bikram yoga are also great for your health.

Most importantly, enjoy yourself. The more you schedule you-time into your hectic schedule, the happier you will become. You deserve it, mom!

*Author and freelance journalist Christina Katz is always on the lookout for new ways to make time for herself. Her latest book is “The Art of Making Time for Yourself, A Collection of Advice for Moms.”*



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# Stepmom on Mother's Day

It's okay to  
take time for  
yourself

BY GAYLA GRACE

**W**hat's a stepmom to do on Mother's Day? Do we insist that honor be bestowed upon us? Do we create expectations of what our stepchildren should do for us? Do we allow the biological mom to get all of the attention for the day?

Mother's Day can be a hard day for stepmoms, because it reminds us of the time and energy we invest in our stepchildren that might include little reward. And if our stepchildren do try to show their appreciation, it can be an awkward and insincere effort, usually prodded by their father.

If you play an active role as a stepmom, you deserve some recognition for your efforts. That doesn't mean you'll get it from your stepchildren. Sometimes children feel it dishonors their mom to show appreciation to their stepmom on Mother's Day. It's okay, however, to ask your spouse to honor and acknowledge you for your efforts with his children.

I've learned to enjoy Mother's Day with no expectations from my stepchildren. If they offer a gift or choose to honor me in some way, I'm thrilled. But even if they don't, I remind myself it's a privilege to take part in shaping another child's life and affirm myself for what I offer. I know my husband appreciates the role I play, and we'll celebrate the day together.

Some stepchildren love to recognize their stepmom on this special day and will make a sincere effort to

let you know how much you mean to them. A host of variables play into how a stepchild reacts on Mother's Day. The length of the marriage, the age of your stepchildren, the biological mom's behavior, and the environment in your home contribute to your stepchild's behavior. If your stepchildren honor you, embrace the offering. But if they choose not to, don't take it personally.

Here are a few suggestions to help you enjoy the day, regardless of what your stepchildren do. Pick one or two, or construct one of your own, to create a day that will leave you feeling special for the valuable role you offer your stepfamily:

- Spend Saturday night at a bed-and-breakfast and wake up Sunday morning to a scrumptious breakfast prepared for you. Re-connect with your spouse as you reminisce and celebrate the good things happening in your stepfamily.

- Find another stepmom who's having a difficult time and spend the afternoon with her. Encourage her efforts and talk through her challenges. Laugh together and affirm one another. Find positive ways to offer your support on an ongoing basis.

- Abandon your house and spend the day at a nearby lake, beach, bike path, or hiking trail. Absorb the beauty of nature while you count your blessings in your life. Set goals with your spouse that will help you become more connected in your stepfamily such as regular game nights, stepmom-stepdaughter shopping dates, or movie nights as a family.

- Attend your favorite

place of worship wearing a beautiful corsage, signifying the important role you play as a stepmom. Take pride in participating in your stepchildren's lives as an additional parent.

- Give yourself the gift of relaxation with a good book, time at the movies, or a day at the spa with a girlfriend. Eat at your favorite restaurant, and tell your family you'll be taking the day off from chores. Pamper yourself in whatever way feels special to you.

Mother's Day doesn't have to be a difficult day for stepmoms. If you create expectations of how you want your stepchildren to honor you, it will result in disappointment. But if you choose to create your own special day, you'll make memories that leave you feeling blessed to be a stepmom. So go ahead — plan your own celebration! You deserve it!

*Gayla Grace treasures her role as mom and stepmom to five children, ages 14-30. She loves to encourage stepfamilies through her website and blog at [www.stepparentingwithgrace.com](http://www.stepparentingwithgrace.com).*



## Stepparenting resources

### Books:

The Smart Stepmom by Laura Petherbridge and Ron L. Deal  
Stepmonster by Wednesday Martin

The Courage to be a Stepmom by Sue Patton Thoele

The Smart Stepfamily by Ron L. Deal

### Web:

[www.stepmommag.com](http://www.stepmommag.com) Stepmom Magazine

[www.smartstepfamilies.com](http://www.smartstepfamilies.com)

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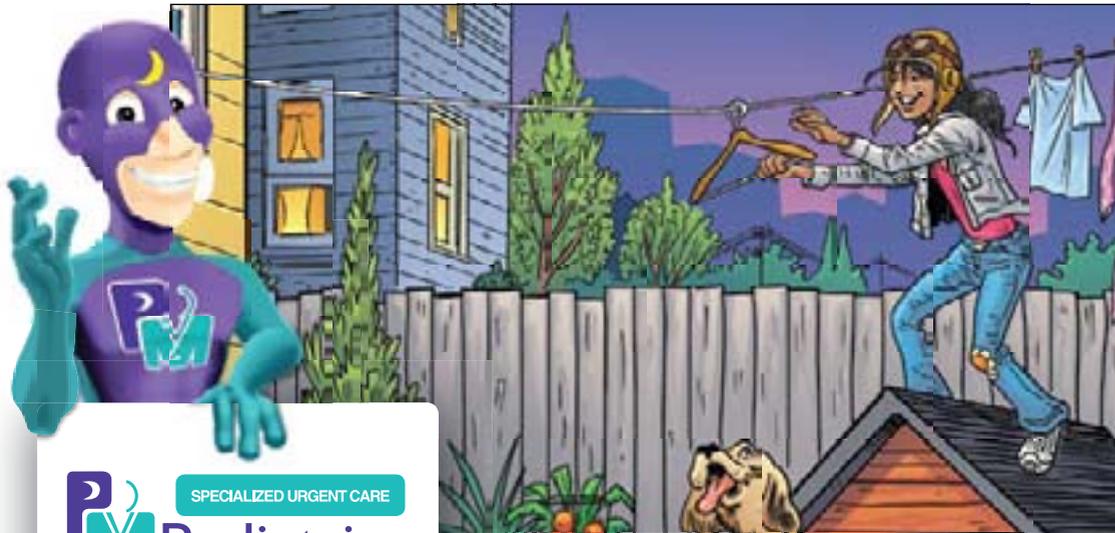
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# Common sense on Charter Schools



New Yorkers  
consider  
what they  
have to gain  
from the  
movement

BY TAMMY SCILEPPI

**A**s summer approaches, New York City's heated charter school debate seems to be gradually cooling down for now ... until the start of another school year in the fall.

Charters are free public schools open to all children in the state through a random lottery. As an alternative to traditional district schools, charters give parents the opportunity to choose what works best for their child. Since they're usually smaller, charters provide a more personal atmosphere, and many tend to emphasize core subjects (English and math), along with the arts, science, and languages. They have longer school days and school year.

## NY'S CHARTER SCHOOLS PART 2 OF A SERIES

Many parents, teachers and administrators truly believe the larger conversation shouldn't be about "district vs. charter," but rather, common sense solutions.

### Pros and cons

Some folks support the notion that charters exist solely to "privatize" education, drain traditional schools of money and motivated students, and destroy unions, while others strongly disagree.

Brooklyn Borough President Eric Adams recently weighed in on the debate.

"Charter schools are part of the educational landscape in Brooklyn, one where a parent has various options of how to educate their child. All of our students need to be equipped with the top-notch education they deserve," he said. "There are some important steps we must take to ensure that our education system as a whole is addressing the overcrowding crisis we have in our borough's schools, including an end to forced co-location. Additionally, every school needs to take their fair share of ELL (English Language Learners) and IEP (Individualized Education Plan) students, to ensure equitable access to education."

### Charters can innovate

New York City Charter School Center CEO James Merriman is one of

the nation's foremost experts on, and a leading voice and advocate for high-quality charter schools. He and his team work at the state and city levels to provide a public policy environment that ensures that charters can continue to grow and succeed for our children, especially those most in need.

With extensive support from Gov. Cuomo and the legislature, the Charter Center is currently working to broaden the public's understanding and appreciation of these hybrid schools, remove the arbitrary cap on charters, and secure parity in funding.

According to Merriman, "Charters are able to innovate in their classroom structures, curriculum, and teaching methods. In return, they're held to higher standards of accountability." And it's working, he said, pointing out that as parents seek out schools that best serve the needs of their children, they're applying to charters, many of which are out-performing their district counter parts in droves, he claims.

He said recent polls indicate that 86 percent of New Yorkers want more school options, while there are more than 50,000 students on waitlists to get into the city's 197 charters, which provide high-performing options within the city's public education system.

### Common Core & Success

According to successacademies.org: On the most recent New York State math and English Language Arts exams, Success Academy scholars responded well to the challenge of the more rigorous standards of the Common Core.

Among the 2,255 scholars who were age-eligible to take the test, 94 percent were proficient in math and 64 percent proficient in language arts. Success Academy schools ranked in the top one percent in math and the top three percent in language arts among all 3,560 schools in the state. In math, our scholars outperformed two of the city's four highly selective gifted and talented schools.

### Queens' charter school movement

"Queens has a very serious problem with student overcrowding in our existing public schools, plus we have the issue of finding enough space to accommodate

all our Universal pre-K students," said Queens Borough President Melinda Katz, adding, "I therefore have concerns about expanding the number of charter schools in our borough because they would be competing with our existing public schools for a limited amount of available classroom space. As Borough President and as the mother of two young boys, my main objective is to make sure all of our borough's children receive a quality education and do not suffer any negative impacts due to overcrowding."

### What's happening in Manhattan?

Manhattan Borough President Gale Brewer's stance on this debate seems to confirm that the issue is in some ways, a double-edged sword.

"Done right, charter schools can be a laboratory for innovation and a benefit for communities looking for additional educational options. But all too often, the expansion of charters has come at the expense of kids in our public schools," she said.

According to Brewer, the forced co-locations in public schools, both in Manhattan and elsewhere, have left public school students as second-class citizens in their own buildings.

"Just last month, I was at a meeting with teachers from across the city, who described how their students had been deprived of libraries, computer labs, and even bathrooms because a co-located charter had taken over part of their building and refused to share," she said. "I have seen fabulous charter schools and met fabulous charter operators, but there are others who are wielding the charter school 'movement' like a weapon against our public schools. The emphasis in education policy must be on solutions that raise up all our students."

### There's hope

Department of Education spokesperson Harry Hartfield summed it up best: "It's our goal to invest in all our public schools to make sure parents have great options for their children, regardless of what neighborhood they live in. It doesn't matter whether a child attends a traditional public school or a charter public school — we want every child to get the education they need to succeed."

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# Just a mom

## As we celebrate Mother's Day, taking back the role of mother

BY CAROLYN WATERBURY-TIEMAN

The time-honored tradition of celebrating Mother's Day has a long and surprisingly varied history. The observance of a special day for mothers can be traced back to the ancient Greeks and Romans, but the American version had its origins in the mid-1800s. The early proponents of Mother's Day were not interested in being honored by their children with candy, cards, and flowers. That practice arose in the early 1900s and resulted in the commercialization of the holiday by companies capitalizing on a popularized variation of the original idea.

Mother's Day was initially intended as a call to action for mothers to unite in promoting optimal child care and preventing the loss of sons and daughters to the carnage of war. There was a vision of an international dedication to peace so that families, worldwide, might raise their children to their fullest in safety. Their motivation was not to bring attention to themselves, but to assert the primacy of the responsibility for nurturing and rearing the next generation.

With Mother's Day upon us, I really wanted to say something profound to commemorate this occasion. I have started and deleted this column so many times, I've nearly made a hole in my screen. You see, the feeling that keeps creeping back is that of disappointment. Yes, I admit it.

I am disappointed with the lot of us mothers. I am disheartened by the number of women I hear respond to the question, "What do you do?" with, "Oh well, I don't work. I'm just a mom." And I am equally discouraged by the number of women employed outside the home, who, when responding to the same question, never mention the fact that they are mothers, as if to do so would be admitting a weakness or flaw in their makeup.

What has happened? What have we done? Somehow we have diminished the value inherent in the realm of responsibilities historically assigned to women — the domain of child rearing.

Somewhere along the way we got equality confused with sameness. We bought into the notion that the only way to be equal, to be valuable in society, was to start doing whatever it was that men happened to be doing. We accepted the misguided belief that our worth is determined by whether or not we get a paycheck and how big it is. We've been so anxious to achieve equality that we've thrown the baby out with the bath water. In our struggle to liberate ourselves from the stifling belief that anatomy is destiny, we liberated ourselves from the most important job we will ever do as humans — rearing children, the next generation of human beings, the ones to whom we will one day be handing over this world.

The irony is that at the same time women are trying to dissociate themselves from the mommy label, men by the thousands are discovering that the role with the greatest potential for providing them with the sense of meaning and significance they seek is their role as fathers.

They are beginning to realize that the way to make the most profound and definitive impact on the future is by the job they do as parents!

As far as I know, Thomas Lickona's conclusion is still accurate: "A child is the only substance from which a responsible adult can be made." Actually, it is the only substance from which any kind of adult can be made. The uniquely complex, comprehensive, dynamic nature of the parent-child relationship is unparalleled. It is the foundation for every other relationship a child establishes. Everything a child comes to believe about him or herself, about the world, about how to relate to others, originates in the parent-child relationship.

Before proceeding, let me clarify my position: I am not suggesting that a woman has to have a child to be complete, fulfilled, or make a meaningful contribution to the future. Neither am I suggesting that rearing children is the only job women are capable of doing or should be allowed to do. Nor am I proposing that the responsibility for rearing children should be limited to

women. What I am suggesting is that those of us who are mothers, in addition to carrying out this role to the best of our ability, have an obligation to ourselves and to our children to make sure that the magnitude of the responsibility of parenting is not minimized! In short, I am asserting that somehow the job of rearing children has been devalued, that we women have contributed to this process, and that it is high time we did something about it!

So how do we go about addressing this dilemma? Where do we begin? Here are a few suggestions:

### **Remember that every mother is a working woman**

Our foremothers made incredible sacrifices to insure that we would have the right to pursue our dreams, whatever those might be. We are not doing anybody, especially our children, any good by dividing ourselves into camps — the working versus the non-working. When I continue to hear that mothers, whether they are working at home or working outside the home, feel guilty for the choice they have made, I can't help but think that with all that guilt there can't be much effective parenting going on. The more comfortable we feel with the choices we have made, the less threatened we are likely to feel by the choices of others. The greater confidence we have, the more effectively we will carry out the responsibilities of our multiple roles.

### **Seek excellence, not perfection**

There is no such thing as a perfect mother. We all make mistakes. We say and do things that we regret. Obsessing over mistakes is rarely productive. The worst mistake is one from which nothing is learned. We can acknowledge our mistakes, offer a sincere apology, including our intentions for correcting the situation, learn how to avoid repeating the mistake, seek to identify and adopt more effective methods, and move on. After all, isn't that what we expect our children to do? An encouraging voice is much



more motivating than a critical one, including the one we use on ourself.

### **Don't depend on the maternal instinct**

Just because we are females does not mean we automatically know everything there is to know about children, especially in the challenging times in which we live. Parenting is learned, so we mustn't hesitate to learn more about it. We are no less of a mother because we happen to find ourself in a situation we don't know how to handle. It is wise, not weak,

to seek advice, suggestions, and information that can help us with this awesome responsibility.

### **Never allow gender to be a limitation**

Just as gender should not limit the choices of our daughters, it should not limit the choices of our sons. Our children will be more complete, effective human beings if they have ample opportunities to learn and master a broad array of skills. We may not all need to know how to do calculus, but we do all need to know

how to nurture and care for another human being, whether we are going to be parents or not.

### **Never allow gender to be an excuse**

The next time I hear, "Boys will be boys," or "That's just the way girls are," I am going to scream! Gender is not, has never been, and will never be an acceptable excuse for being irresponsible, disrespectful, lazy, cruel, violent, or any other undesirable behavior that has been attributed to it. Unacceptable behavior has nothing

to do with gender. It has everything to do with not having been taught how to behave appropriately.

### **Emphasize the commonalities rather than the differences**

We have adopted the habit of separating ourselves into factions based on some singular characteristic — working mothers, stay-at-home mothers, inner-city mothers, urban mothers, rural mothers, African-American mothers, Hispanic mothers, Christian mothers, Muslim mothers, Jewish mothers, children with special needs mothers, conservative mothers, liberal mothers. The list is endless, but the word they all have in common is "mothers." When we focus on the prefixes rather than the suffix, the limited differences blind us to the multiple commonalities. And consequently, we are doing ourselves and our children a tremendous disservice. That which we have in common should bind us together and unite us in our shared objective.

### **We are all engaged in the monumental task of preparing the next generation of human beings**

In addition to assisting them in making the most of the best of themselves, it is imperative to remember that when we improve conditions for other children, we improve them for our own in the long run. Someday your child may be my child's teacher or student, plumber or electrician, emergency room doctor, co-worker, friend, or spouse and vice versa. Someday our children will be making decisions about our future, just as we are making decisions about theirs now.

Nothing we do guarantees that we will leave a mark on the future like the job we do as mothers. As you celebrate this Mother's Day, take time to reflect on what this role means to you, your children, your family, the future. The next time someone asks, "What do you do?," I challenge you to proudly announce, "I'm in futures. I'm a mom!"

*Carolyn Waterbury-Tieman has degrees in Child Development, Family Studies, and Marriage and Family Therapy. Waterbury-Tieman has been married for 29 years and has two sons. She spent 15 years in various agencies and clinics as a family therapist and parent educator. Visit Carolyn at [www.aparent4life.com](http://www.aparent4life.com), follow A Parent for Life on Facebook, or send questions and comments to [parent4life@yahoo.com](mailto:parent4life@yahoo.com).*



## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

# Raw foods for children

**E**ating fresh, whole foods is appealing, especially at this time of year. Some people take this fresh concept a step further by consuming all of their foods uncooked. In other words, raw.

Supporters of the Raw Foods Diet argue that once food is cooked, its enzymes — which they claim are essential for optimal digestion — are gone. But in reality, it's the body and not the food that supplies the enzymes needed for digestion.

A raw diet essentially excludes entire food groups such as cooked meat, poultry, fish, beans, and legumes. Nutrients that are hard to come by include protein, vitamin D, iron, calcium, zinc, and B vitamins. Anemia is a real possibility.

Anecdotal reports suggest that children who have raw diets are constantly hungry and can be underdeveloped for their age.

Another concern is that a child's

digestive tract may not be able to extract nutrients out of raw foods as well as an adult's tract.

"Raw fruits and veggies require a bit more digestion," says Skylar Griggs, a pediatric dietitian at Boston Children's Hospital. "Think of chewing a cooked carrot versus a baby carrot."

Some nutrients, such as the carotenoids found in carrots, sweet potato, and kale, are actually enhanced by the cooking process. The heat that softens the vegetables is breaking down the cell walls, making the nutrients more available.

Some raw diets include raw meat or fish, as well as unpasteurized milk, yogurt, and cheese.

"Uncooked fare, especially raw meat, poultry, and raw dairy products, come with a myriad of health risks which include food-borne illness," Griggs says. "My views are in line with the American Academy of



Pediatrics, which discourages the use of raw or unpasteurized milk and milk products as the health claims related to drinking raw milk have not been verified by scientific evidence."

It can be a challenge to follow this diet over the long run. What about birthday parties, sleepovers, and other social events? Will your child be left out of the fun? Keep in mind, a child who has been fed only raw foods may struggle with appropriate eating behaviors as he gains more independence.

Eating raw takes a lot of work, creativity, and careful planning.

"Parents should speak with their pediatric care provider before their child starts on a raw diet," cautions Griggs. "The child's growth should be measured closely and micro and macro nutrient deficiencies should be monitored."

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

## Seedy date balls

### INGREDIENTS:

8 x 8-inch sheet of parchment paper  
6 Medjool dates, pitted and halved  
6 dried plums (aka prunes), pitted and cut into 1/2-inch pieces  
1/2 cup raw sunflower seeds  
1/2 cup raw pumpkin seeds  
1/4 cup chocolate chips  
1/4 cup fresh or frozen (and thawed) blueberries  
1 teaspoon cacao powder  
1/4 teaspoon fine sea salt  
3 tablespoons water  
1/4 cup chia seeds

**DIRECTIONS:** Line an 8 x 8-inch-square baking pan with parchment paper. Combine the dates, plums, sunflower seeds, pumpkin seeds, chocolate chips, blueberries, cacao powder, salt, and water in a food processor or blender and process until almost smooth.

Take about 1 tablespoon of the date plum mixture, and with wet hands,



shape it into a ball. Place the ball on the prepared pan. Repeat until you have used up all the date-plum mixture.

Pour the chia seeds into a small bowl. Roll each ball in the chia seeds and place it back on the prepared pan. Place the balls in the freezer to chill for 2 hours. Wrap each ball individually in parchment paper or bakery tissue paper, place in a seal-

able plastic bag and keep frozen until ready to pack or eat.

### NUTRITION FACTS: (1 date ball):

80 calories, 12 g carbohydrates (7 g sugar), 2 g protein, 3 g fat, 0 cholesterol, 20 mg sodium, 3 g fiber.

Used with permission from Sweet Debbie's Organic Treats: Allergy-Free & Vegan Recipes by Debbie Adler.



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# Balm for the spirit

Brooklyn musician's new album takes inspiration from her family

BY TAMMY SCILEPPI

**W**hile touring and performing with exciting artists like Sting, Laila Biali, a jazzy, hands-on mommy spent eight years creating her latest album, titled "House of Many Rooms."

Brooklyn-based, award-winning pianist, vocalist, and songwriter Biali, 34, skillfully weaves the best of pop, rock, classical, soul, and jazz into all of her musical arrangements. She says "House of Many Rooms" is about the living spaces we construct inside our own hearts and minds, where we store dreams and memories of the people who have touched us. (Check out <https://www.youtube.com/watch?v=hwRd9MOvMcc> for a video introducing her new album.)

Ask any parent, and they'll tell you that life is forever transformed when you have a child. And no matter who you are, what kind of job

you have or had; whether you've climbed the ladder of success, or just marched to the beat of your own drum — the realization that mommyhood trumps everything else becomes crystal clear when that little person enters your world.

That's what happened when Biali, a Canadian native, felt inspired to write "Little Bird" for her new 11-track album. The lyrics came to her on a subway ride home, back in November 2010. Her heartfelt song is about her then 5-month-old baby boy, Joshua, and in it, Biali looks back at a time in her life when she felt the birth of her son (now 5) "was the missing puzzle piece; tying all the madness in my life together in the most beautiful and unexpected of ways."

**Tammy Scileppi:** How about sharing that special time with our readers?

**Laila Biali:** I had brought Josh to a friend's party, where a bunch of my musician friends were gathering to celebrate some significant professional milestones. I remember sitting at this party, feeling like I was in a whole new and different world as a mother. I'll be honest — there was a bit of grief to process. Joshua was a surprise, and my husband and I got pregnant very shortly after I started working with Sting.

I knew the pregnancy and birth would change my life as a musician, substantially, and this party was a reminder of how much it had actually changed. On the way home, I took the time to reflect on the significance of these changes and, of course, determined that I wouldn't have had it any other way. Josh was the greatest gift life had brought. "Little Bird" was and is my first tribute to him.

**TS:** Two moving songs on the album, "Sparrow" and "Shine" deal with the deaths of children. What compelled you to write them?

**LB:** "Sparrow" was written for a friend who lost her twin baby girls eight months into her pregnancy. I couldn't imagine her loss (especially as a mother) and was horrified and deeply grieved at this news.

As an essentially optimistic person, who believes in the redemption of even life's toughest experiences, "Sparrow" asks the question, "How could a merciful and loving Creator

allow this to happen?" The ultimate message of the song, amidst the brokenness and questioning, is one of hope. I'm delighted to report that my friend has since given birth to a healthy baby girl!

"Shine" was written for the victims of the Sandy Hook Elementary School tragedy. Again, as a mother, the feelings of loss and confusion over such brutality overwhelmed me.

I wanted to write a lullaby, for all the parents who had lost their little ones, and for the souls of those sweet children — those we'd lost and the rest who would have to bear the memory of such a day.

I chose "Twinkle Twinkle Little Star" as the foundation for the melody, because I wanted the song to feel like a lullaby. Some of the words starkly describe the damage, physically and emotionally: "There's shattered glass beneath our feet. The shards, they cut like broken dreams. And now our children cannot sleep at night."

But this song is ultimately a prayer for healing and restoration: "Twinkle, twinkle, little star. Bind our wounds and heal our scars. Shining stars."

**TS:** What is Joshua up to these days?

**LB:** He is now attending pre-K full time, about a 10-minute walk from our apartment. My husband, Ben, and I live in the Prospect Heights neighborhood of Brooklyn, not too far from the botanic garden and Brooklyn Museum. We love our little village!

Not surprisingly, Josh has a great affinity for music and dance. (His paternal grandmother attended Juilliard in the '50s, as a modern dancer.) He also loves building structures of all kinds, using various materials — Magformers, Legos, blocks, you name it. He lights up our life!

*Laila Biali performs at SubCulture [45 Bleecker St. at Lafayette Street in NoHo, (212) 533-5470, [www.theradianceproject.com](http://www.theradianceproject.com)]. June 1.*

*House of Many Rooms presale on iTunes and Google Play ("Little Bird," "You," and "Love" are available for immediate download with pre-purchase): <http://bit.ly/HOMRiTunes>, <http://bit.ly/HOMRGooglePlay>*

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Photo by Leila Cyr

Laila Biali, Josh (5), and husband Ben Wittman.



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## HEALTHY LIVING

DANIELLE SULLIVAN

# Watch out for ticks!

## Ten things every dog or cat owner needs to know

**F**inding ticks on your dog or cat is one of the more troubling parts of being a pet owner. Not only can the dreaded tick carry harmful disease to your beloved pet, but it can also infect your children and family. Since May is Lyme Disease Awareness month, there is no better time to think about tick prevention.

Forty thousand human cases of Lyme disease are documented in the U.S. each year, and countless pets are also infected. Lyme disease is a debilitating disease. Early symptoms include fatigue, fever, depression, and rash. Since these early signs could also account for a host of other ailments (or simply just an indication that you are wearing yourself too thin), it can be difficult to pinpoint in humans and animals. In addition, the strange weather this year has lead many experts to predict that more insects will be around this summer than usual.

It is imperative that pet owners remain vigilant about preventing tick infestation in their dogs and cats. It is not always easy to keep your eye on a rambunctious canine or kitty, but there are simple ways to greatly reduce the odds of your pet contracting harmful ticks. The time to think about ticks is now — before your dog or cat ever gets them.

**Grooming:** Keep up with regular grooming appointments, and ask for a flea and tick bath for extra insurance.

**Check, please:** Do periodic tick checks (on yourself, children and pets) and carefully remove any found. You can wear light-colored clothing so ticks are easier to find.

**Religious preventive application:** Make it your priority to apply monthly preventives. Use those stickies that come with the flea and tick prevention boxes to remember.

**No free roam:** Don't let dogs wander unaccompanied into forest areas.

**Keep cats indoors:** Unlike dogs, when cats go out they don't have leashes and can head smack right into the middle of places with the heaviest tick infestations, so flea preventives are absolutely vital if your



cat ever goes outside.

**Location:** Despite popular belief, ticks are not out in the middle of your lawn; they live where yards border wooded areas. They are also commonly found in shaded areas, places covered by leaves, and in high humidity.

**Wood chips:** Place a layer of wood chips between your grass yard and the wood's edge. Ticks are attracted to the wood chips because of the shade and moisture they provide.

**Outdoors:** When on a hike, bike, or walk, remain in the center of a trail in order to minimize your exposure. Remember that ticks cannot fly; they crawl up. Avoid sitting directly on the ground, woodpiles,

or fallen logs, which are areas where ticks love to live.

**Dress yourself up:** Wear tick-repellent clothing on walks. Buy tick-repellent bandanas to place around your dog's neck.

**Consult your vet:** Ask your vet, who will know if there are any infestations going on in your area, as well as clue you in to nearby places you and your dog should steer clear of to avoid ticks.

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



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# Room for debate

## The New York City Urban Debate League gives students a voice — and a lot more

BY SHNIEKA L. JOHNSON

**T**he New York City Urban Debate League is for all ages, and welcomes children from second to 12th grade. The art of debate showcases the academic benefits of extracurricular activities, and adds to children's skills in writing, reading, speaking and listening. Each of these skills is important for academic achievement, especially under the New York State Common Core Standards, and increases their ability to take notes, collaborate, question, organize and research. Programs such as debate are also proven to influence children's interests in college, career, and civic success — making them more likely to vote, volunteer for a campaign, or run for public office.

The positive benefits of

debating for children are numerous. Young debaters often earn better grades than their peers and have higher attendance rates in school. They are also more likely to be college and career ready — which is a goal of the New York State Common Core. Students organically work on their ability to think critically and problem solve, research, write, communicate, collaborate and think creatively. Students that participate in debate are seemingly more prepared than their peers to perform well on standardized tests in the areas of English, reading, math and science. Graduation rates and college attendance rates are also notable for young debaters — around 90 percent of graduate high school on time and go on to attend college.

Most recently, New York City debaters swept nearly all the divisions of the State Championships. Public high school Brooklyn Tech swept Novice, Junior Varsity, and Varsity Policy Debate Divisions! The team included Dante DeBlasio and Samuel Eluto, who were undefeated and placed first for Varsity Policy Debate.

Want a program in your child's school? The city's debate leagues are free for all public schools and are Common Core aligned. There is outreach for each school by master debate coaches as well as year-round teacher professional development, resource availability, and online support. The mission is to support debate education programs. The programming is offered every week. There are championships in

both the fall and the spring. I spoke to New York City Urban Debate League executive director, Erik Fogel to learn more about the benefits of debate.

**Shnieka Johnson:** How long has the program been around?

**Erik Fogel:** We were founded in September 2011 because less than one percent of the city's Title I low-income schools and students had access to debate.

**SJ:** What is the demo-

graphic of the participants?

**EF:** The majority of our students are Hispanic Americans and African Americans, about 80 percent Hispanic and African Americans, and 20 percent Asian Americans, European Americans. Ages are elementary to high school, with majority being middle school, so I'd say roughly ages 7 to 20 years old.

**SJ:** What life skills does debate lend itself to?

**EF:** Debate is the most rigorous academic program since Ancient Greece. It teaches students public speaking, critical thinking, reading, writing, questioning, researching and every other academic skill. It also teaches every academic subject — from philosophy to economics to international affairs to ethnic studies. Students basically receive a college education through debate. And so it's the best preparation for college, career and civic success.

**SJ:** How can parents get their kids involved?

**EF:** Parents can ask their school to start a debate team. All our programs are free for New York City public schools. Additionally, we offer a debate club that meets nearly every Saturday.

**SJ:** How do you start a program at a local school if they do not have one?

**EF:** We train teachers with outreach, workshops, curriculum, and lessons on being a debate coach. We have a program director who visits schools to support teams. We also have workshops and additional training every Saturday through the school year and then summer debate institutes available for teachers all throughout the summer.

What do you want parents to know about this initiative?

**EF:** Everyone can be a great debater. All students should have access to the best debate education opportunities to learn college-level skills, learn about the world around them, and learn the skills to advocate and change the world around them.

*Shnieka Johnson is an education consultant and freelance writer. She is based in Manhattan where she resides with her husband and son. Contact her via her website: [www.shniekajohnson.com](http://www.shniekajohnson.com).*



(Top) Students, left, Dante DeBlasio and Samuel Eluto (second from right) celebrate a win with teachers James Bathurst and Adam Stevens. (Right) Starr Arroyo, Stephanie Nyame, Yaira Brito, Erik Fogel (teacher), Ashley Meija of the Bronx School for Law, Government and Justice celebrate a win.



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## ASK AN ATTORNEY

ALISON ARDEN BESUNDER,  
ESQ.

# Wills and your kids

*My spouse and I have recently had children. If something happens to both of us, we want to leave our money to our children. What are our options since they are still very young?*

**I**n New York, if you pass away while the child is a minor, and you do not have a will, that child will receive his or her entire inheritance once the he reaches the age of 18. However most parents do not want their 18-year-old child to inherit their entire parent or parents' estate at such a young age because the child may not be mature enough to handle what could be a sizeable amount of money. This is particularly true for a child or children who have suffered such an unspeakable loss at a young age. For that reason, it is important to have a will in place and create trusts to best suit your needs.

A Last Will and Testament contains a "Minor's Trust" that is intended to hold any property left to a minor child — defined by you in the will as someone under any age — 18, 25, 30, and so on.

In general there are two types of structures. The first is called a "pot trust" or "sprinkle trust," which means that all the money goes into the "pot" to be used for the benefit of all children who are beneficiaries of the trust.

The pot trust usually grants the trustee full discretion to make distributions for any reason, or imposes an ascertainable standard such as "health, education, maintenance, and support" (sometimes referred to as a "Hems" standard). This type of trust is most appropriate for when you have two or more young children who would live with a guardian. In some respects, a pot trust is more manageable for a trustee and is more appropriate because the majority of the expenses will be attributable to the children as a whole, such as food, or are expenses all children would benefit from, such as summer camp. This type of trust allows the trustee to act much as a



parent would by not requiring the trustee to keep separate records for each child and not requiring distributions to each child are exactly the same. With such a trust it may be most appropriate to make the trustee a different person from who you are appointing the guardian of your children to ensure a check on the trustee's distributions.

The second option is to create a separate trust for each child. This trust is more appropriate for older children or young adults because each child will have different needs and expenses of greater variance and at different times. At your death your estate is divided equally among your children and each child gets his or her own trust. Most likely you will have the same trustee for all the trusts, but the money is kept in separate sub-trusts for each beneficiary. This allows different options and scenarios regarding distributions from the trust by the trustee. Usually the trustee has a standard for discretionary distributions of principal, such as "for health, education, and maintenance."

You may also want to include distributions of income and-or principal (the corpus) at one or more specified ages to the child directly. There are various options. A common methodology is to provide for half at age 25 and the remainder at age 30. You can also make those distributions contingent on graduation from an accredited college, and delay those distributions to ages 30 and 35 (or later) if they do not graduate college.

You can also split it into thirds, or give the trustee discretion to keep the property remaining in trust for tax purposes or creditor protection purposes. If you are drafting your will when your children are young, you may considering implementing a combination of these two trusts.

The specific terms are driven by your own particular objectives and concerns, which are different for every person. It all depends on your family's situation financially and your children's ability to handle money. A good way to work through these decisions is to assess the estimated value of your estate (including life insurance), how much money would be in your net estate (your gross estate less any major liabilities like a mortgage). Consider how many children you have or plan to have, and how much money is estimated to be available for each child.

For a larger trust, you might consider multiple distributions of principal over a longer period of time.

For a smaller trust, one or two distributions is probably more efficient.

As he grows, you may find you have a very responsible child and so you may not need to spread the distributions as far out; or you may find you do not think he could handle a large amount of money at one time so you may want to consider delaying the distributions until a later age.

Regardless of what you select, you, your plan, and your children will all be changing as your children mature. It is critical to review these and other provisions every few years to ensure that your plan continues to be suited to your current situation.

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

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## The Musical Adventures of Flat Stanley

Sun, May 17 at 2pm, Tickets: \$9

A Target Storybook Series event recommended for ages 5 & up

Supported by:

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718-951-4500 (Tue-Sat, 1pm-6pm)

Whitman Theatre at Brooklyn College

2 to Flatbush Avenue / on-site paid parking available



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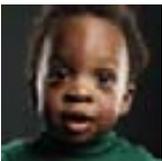
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For Children Entering  
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718-768-3814 x210 or [bfinkelstein@cbebk.org](mailto:bfinkelstein@cbebk.org)

**SUMMER 2015**

**NEW** June 29th - August 14th  
8th week August 17th to August 21st\*

**Hours**

9 am - 5 pm

Early bird: 8 - 9 am, Extended Day: 5 - 6 pm

**OVERNIGHT TRIPS for all Movin' On Campers\***

**Camelbeach Mountain Water Park/  
Pinemere Camp**

July 23rd-24th: 2 days and 1 night.

Contains over 30 waterslides,  
overnight stay at Pinemere Camp in the Poconos

**Club Getaway**

August 5th-7th: 3 days and 2 nights.

Activities include rock scramble, mountain hikes,  
350 degree aerial zip line, mountain slide  
and DJ dance party, located in Kent, Connecticut

\*Each overnight and the 8th week enrollment are only available  
to campers enrolled for a minimum of two weeks.

**DAILY TRIPS**

These include the following plus many more incredible trips

- Mountain Creek · Ice Skating
- Roller Skating · Bronx Zoo
- Baseball Games · Luna Park

**WEEKLY TRIPS**

Every week we will have a bowling day  
and a beach day.

**SWIMMING**

Tuesdays & Thursdays the CBE pool is available for  
swimming from 8 am to 8:45 am at no additional fee.

**Flexible Registration**

Sign up weekly, monthly, or join us for the entire summer.  
Children of all faiths & ethnic backgrounds are welcome.

[www.congregationbethelohim.org](http://www.congregationbethelohim.org)



Club Getaway





## JUST WRITE MOM

DANIELLE SULLIVAN

# Mother's Day gifts

**B**efore you go wracking your brain and scouring stores for the ideal Mother's Day gift, you might want to consider what mothers really want. While the typical offerings may please some, it's the extra special thought that goes a long way. And every mom is different, so the key is finding what the mom in your life values. Hint: It's not flowers.

Here's a list of five things that mothers want and need, and not just on Mother's Day:

**Sleep.** Ask any mom and depending on the age(s) of her children, she can fill you in on her exact amount of sleep deprivation. Lack of sleep often starts somewhere in pregnancy and it ends — well, I don't know when it ends, or if it actually does. I am still sleep-deprived and all my kids have been out of diapers for years.

**NOT flowers.** I recently read somewhere (can't remember where — see #1) that moms do not want flowers for Mother's Day. The article said it was a useless gift, often a last-minute thought, and an easy purchase to fulfill the obligation of even getting a gift. So unless the mom in your life really, really loves flowers, I'd skip this one. And shout-out to hubby, my allergies are horrendous, so please pay careful attention to this suggestion.

**Something unique.** Meaning something that says mom, and your particular wife, girlfriend, partner, or mother — not what is mass-marketed to stores for the droves of women who are mothers. Sure, an over-the-top frilly pink hat or the newest kitchen gadget might satisfy a lot of moms, but it would honestly tick me off. It's just not me. And every mom wants something that says you know her, you get her taste, you understand her likes and dislikes, and didn't merely settle for a gift at a stand in the mall. For me, a live Dave Matthews Band CD that I don't already have, a new computer gadget, or a great book would do just fine.

**Jewelry almost always works.** But again, know her taste. Does she like silver, gold, or white gold? Does she prefer earrings or a necklace? Try combining a remembrance of



her child, in the form of a locket or charm, in the piece of jewelry. There is nothing sweeter than being given a symbol of your baby that you can keep with you and wear.

**Words.** OK, this might seem too easy, but really it can be more meaningful than you may think. Every mom likes to hear and needs to know that you think she is doing a good job, appreciate everything she does day in and day out, and value her as a partner and a mother. You can write it in a letter or a card. If you are creative, you can pen a poem. You can simply

just say it in a well-planned out time and place (think nice dinner that she didn't have to cook over a bottle of wine).

Being a mother is a gift in itself, but nothing feels better than having the person in your life that you love the most celebrate your unique life as a mom.

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



# THE PARK SLOPE DAY CAMP

## OUTDOOR OPEN HOUSE

in the Prospect Park Picnic House

May 9

1:00 PM - 3:00 PM

Camp games, soccer, circus skills and more!

Families and friends welcome!

## END OF SUMMER MINI-CAMP

### CAMPALOOZA

For grades PK - 6

August 24 - Sept 4



- Classes in Park Slope, Carroll Gardens, Windsor Terrace, & Brooklyn Heights
- Brooklyn Sonics Competitive Team
- Ages 2.5 through 10

### • TRADITIONAL DAY CAMP

Outdoor, fun, stimulating programs for campers ages 3.5 to 14 in addition to specialty programs:

### • CIRQUE d'ETE

Acrobatics, circus skills, clowning and more for campers entering grades Pre-K-5

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Specializing in soccer skills for campers entering grades 1 - 5

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Travel camp featuring daily and overnight trips for campers entering grades 6 - 8

### • LEADERSHIP EXPERIENCE

for teens entering grades 9 - 10

*Very flexible registration, extra long season and accomodating hours, free morning transportation from most Brownstone Brooklyn neighborhoods, door to door transportation available for most other Brooklyn locations, air-conditioned buses*



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# SUMMER Arts Program

DANCE | THEATER | VISUAL ART | TUMBLING | MEDIA | CIRCUS

**June 29 – August 14, 2015**

9:00am–3:00pm

Drop off begins at 8:30 am  
Extended Day Program (3-5:45 pm)

**For children entering grades K-6**

Register for one week, mix-and match,  
or register for all seven.

Register in person,  
by phone or online.



**Brooklyn Arts Exchange**

arts & artists in progress

421 Fifth Avenue, Park Slope, Brooklyn | 718.832.0018

**YOUTH.BAX.ORG/SUMMER**



## Arts

### DIRECTORY

#### **BAX | Brooklyn Arts Exchange**

421 Fifth Avenue  
718-832-0018 or  
[www.youth.bax.org](http://www.youth.bax.org)

BAX Youth Arts Education provides expert instruction in building technical skills in dance, tumbling, and theater with an emphasis on cultivating creative expression. Working with professional performing arts faculty, BAX students develop improvisation, original choreography, and performance skills, working independently and in collaboration. Youth classes embody BAX's overarching mission to provide the space and support for "artists-in-progress" to explore, hone, and share their unique voice.

Here's a recent quote from a BAX parent: "It's wonderful that she has enjoyed her classes from day one (18 months of age) and still does now (over a decade later). She has an outlet to express herself at BAX. All of her teachers have encouraged her individual style. Her dad and I see self confidence that we attribute to her BAX experience." – BAX

#### **Brighton Ballet Theater Kingsborough Community College 2001 Oriental Blvd, Bldg T7 2nd floor, Rm 7211 718-769-9161 or [www.brightonballet.com](http://www.brightonballet.com)**

Give your child a Summer of Dance with BBT | The School of Russian American Ballet at Kingsborough! <http://www.SummerIntensiveRussianBallet.us>

Just as children need to keep their minds active over the summer to be ready for school in September, it's important they also keep their bodies moving and their dance skills progressing so that they are prepared for more challenging classes and performances in the fall.

Brighton Ballet has wonderful summer dance programs for all ages. Some classes begin as early as June 22, so start planning for summer and sign your child up today!

About BBT/The School of Russian American Ballet:

Established in 1987, Brighton Ballet Theater/School of Russian American Ballet (BBT) is a non-profit organization dedicated to preserving and developing Russian classical and folk dance traditions in New York City. BBT is situated in the heart of the Russian cultural district of Brooklyn,

in the Brighton Beach/Manhattan Beach area, where we offer affordable, professional dance instruction and performances on the campus of Kingsborough Community College.

#### **Creative Arts Studio Summer Camp**

2015 Boerum Hill and Carroll Gardens  
718-797-5600 or  
[www.creativeartsstudio.com](http://www.creativeartsstudio.com)

Offers children between the ages 5-13, the opportunity to have a wonderful experience of dance, drama, music and art. There will be weekly swimming lessons, field trips to various museums and special events along with projects and activities that explore weekly themes.

The outstanding Teaching Artists of the Creative Arts Studio will be teaching this multi-arts workshop in a fun and nurturing environment.

#### **Creative Arts Studio Teen Summer Dance Intensive 2015**

Boerum Hill and Carroll Gardens  
718-797-5600 or  
[www.creativeartsstudio.com](http://www.creativeartsstudio.com)

Creative Arts Studio professional Teaching Artists will be helping students strengthen their technique while learning composition and the history of specific dance styles. They will also focus on improvisation, music, and the process of learning restaged works.

Dance Styles include: Modern, Ballet, Hip Hop, Tap, Musical Theatre and more! At least two years of recent ballet or modern experience required.

For further information and a complete schedule, call 718-797-5600.

#### **The Summer Creative Arts & Music Program of Leif Ericson Day School**

1037 72nd Street in Dyker Heights  
718-748-9023 or [www.ledsny.org](http://www.ledsny.org)

Children from pre-K to grade 7 enjoy computers, art, music, movement, and drama. Professional caring staff and junior counselors are enthusiastic and attentive. Limited group size allows for a more fulfilling experience. All activities are on-premises. Two snacks provided daily. SCAMP hours are 9a.m.-3p.m. with "Early

*Continued on page 28*

*Creative Arts*  
STUDIO

Summer Arts Camp 2015



Photo by Gregory Dillon Scherer

**718.797.5600**  
DANCE . DRAMA . MUSIC . ART  
[www.creativeartsstudio.com](http://www.creativeartsstudio.com)

*nps*

**SUMMER STRINGS 2015**  
**JULY 6 - AUGUST 7**  
9am - 3pm with Extended Hours from  
8:30am - 5:15pm

**!!REGISTER NOW!!**

Violin | Viola | Cello | Double Bass | Piano  
Classical Guitar

**BEDFORD STUYVESANT RESTORATION**  
1368 Fulton Street, Brooklyn, NY 11216  
info@noelpointer.org | www.noelpointer.org  
**718.230.4825**

**SUMMER OPEN HOUSE**  
April 18 | 10am - 12pm



"...children can dance with such esteemed professionals."  
- The New York Times

Give your child a Summer of Dance with **BBT** *Brighton Ballet Theater*  
THE SCHOOL OF RUSSIAN AMERICAN BALLET

Now is the time to register for Summer classes to ensure your child's placement



**BBT's SUMMER DANCE PROGRAM**  
(À LA CARTE)

**June 22 - August 13**

Beginner, Intermediate & Advanced classes  
for children, teens and adults

ages 2 - 26



**BRIGHTON BALLET AT KINGSBOROUGH**  
SUMMER CERTIFICATE PROGRAM

**July 6 - July 31** (4 weeks)

**July 6 - August 14**  
(6 weeks - includes final performance)

ages 14 - 26



**BBT's SUMMER INTENSIVE PROGRAM OF**  
RUSSIAN BALLET (VAGANOVA METHOD)

**August 17 - August 28**

Intermediate, Advanced & Pre-Professional  
classes for children and teens

ages 8 - 16

**[www.SummerIntensiveRussianBallet.us](http://www.SummerIntensiveRussianBallet.us) • 718.769.9161**

Brighton Ballet Theater, Kingsborough Community College, 2001 Oriental Blvd., Build. T7, 2<sup>nd</sup> fl., Room 7211, Brooklyn, NY 11235

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- Small Class Size
- Professional Staff
- Safe, Caring Environment
- Comprehensive Curriculum
- Music & Performance Education
- Project-based Computer Technology including Robotics & Claymation

Call for a  
Personal Tour  
Anytime



**REGISTER NOW!**  
**Summer Creative Arts  
& Music Program**  
for Children 3-12 years old  
June 22 - July 31, 2015

Building a Culture of Peace  <http://ledsny.org>

# Digital CAMP GUIDE

Check it out on [nyparenting.com](http://nyparenting.com)

## Arts

### DIRECTORY

*Continued from page 26*

bird" care (8am) and "Late Bird" care (5pm) for additional fees.

#### Mark Morris Dance Center

3 Lafayette Avenue  
718-624-8400 or [www.mmdg.org](http://www.mmdg.org)

Under the direction of School Director Sarah Marcus and School Administrator Elise Marafioti, The School at the Mark Morris Dance Center is a year-round, high-quality dance training program offered at affordable rates. The School reflects the spirit of the Mark Morris Dance Group in its celebration of dance and music, which are essential to a child's education and development. The School offers a diverse range of classes for all ages and abilities and is a growing center of creative activity for children, community residents, and professional dancers. Additional information is available at [www.mmdg.org](http://www.mmdg.org).

#### The Noel Pointer School of Music

1368 Fulton Street, 3rd Floor  
718-230-4825 or [www.npsom.org](http://www.npsom.org)

Offering extracurricular activities for after school programs in violin, viola, cello, piano and theory. The daily program runs Monday-Friday, 9 a.m. to 3 p.m. In addition, There is an extended program for working parents. The Noel Pointer School of Music is a string music program to teach violin, cello, viola and bass to elementary, middle and upper school students. The school is offering this valuable training to the youth of the city to encourage and nurture creativity and musical literacy in children who might otherwise not have the opportunity or exposure. The Noel Pointer School of Music is a feast of quality musical training. Learning to play a string instrument is a wonder-

ful activity that opens up a whole new world for children. Join us this fall for a world of musical fun.

#### Preparatory Center For The Performing Arts at Brooklyn College

234 Roosevelt Hall  
2900 Bedford Ave.

718-951-4111 or  
[www.bcprepcenter.org](http://www.bcprepcenter.org)

Over 30 years of music, theater, and dance instruction for children age 3 and up.

MUSIC – Beginner to advanced instrument and voice lessons, group classes, Suzuki study in violin, cello, and flute for very young children

DANCE – classes for age 3 and up, creative movement, ballet, tap, hip hop

THEATER – classes begin at age 4  
Registration is now open for the 2015-2016 school year.

Please call 718-951-4111 for a registration consultation or visit our website at [www.bcprepcenter.org](http://www.bcprepcenter.org) for complete course listings.

#### StageCoach Theatre Arts Schools

718-852-3208 or [www.stagecoachschools.com](http://www.stagecoachschools.com)

StageCoach Theatre School has a reputation for stretching children's imagination and building their confidence through classes in drama, dance and singing.. Students are boys and girls ages 4 to 16 and are grouped in classes by similar age. All teachers are professional performers with Broadway experience. Class locations in Park slope, Carroll Gardens and Brooklyn Heights, weekend and after school class available. Performances every term. Please call Beth on 718-852-3208 or take a look at our website!

Find **Family** online at  
[www.NYParenting.com](http://www.NYParenting.com)

Come Join our Spring Production 2015  
Classes Start 5th April - June 21st

**25th**  
ANNIVERSARY

**SPRING SEASON  
BEGINS APRIL 9TH**

“Early Stages” Classes for Children 4 - 6 years old  
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Weekend and Weekday Classes Available  
Sibling Discounts and Limited Class Sizes

ALL TEACHERS ARE PROFESSIONAL  
PERFORMERS FROM BROADWAY

SUMMER  
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**THE SCHOOL AT THE  
MARK MORRIS DANCE CENTER**



**Celebrate birthdays**  
at the Mark Morris Dance Center

.....

Packages for kids ages 1-17

.....

[mmdg.org/birthdays](http://mmdg.org/birthdays)

# Brooklyn College

**Open House  
May 9**

## The Preparatory Center for the Performing Arts

234 Roosevelt Hall, 2900 Bedford Avenue  
Brooklyn, New York 11210

*Over 35 years of offering music, theater, and dance  
classes for children age 3 and up.*

**Summer 2015**

- Creative Arts Program for ages 3-5
- Dance Classes for age 3 & up
- Theater Classes for children and teenagers
- Musical Theater Workshops
- Group Piano and Guitar Classes for children, teenagers, and adults
- Beginner to advanced instrument & voice lessons for children, teenagers, and adults

*Suzuki Programs 2015-2016 for Violin, Cello, & Flute: Information sessions and interviews*



Please call **718-951-4111** for further information on our **May 9 Open House**, Suzuki interviews, and all programs and classes for the summer and school year.  
Visit our website [www.bcprepcenter.org](http://www.bcprepcenter.org)



## MOMMY 101

ANGELICA SEREDA

# Celebrating other moms

**T**his May I'll be celebrating my third Mother's Day and instead of wishing for some much-needed sleep or some alone time, I'm taking a different approach to the celebration altogether; I'm thinking of other moms.

For years I've dreamt of hosting a huge Mother's Day banquet for all the great moms in my life: my aunts, godmother, cousins, friends, and of course, my own mother. It'd be a beautiful event, only the best, for my favorite moms. Much like high tea, I'd

have the best silverware, place settings, croissants and scones, and champagne flowing everywhere. Everyone would be dressed in pretty florals, possibly hats. Maybe we'd even have some fun raffles like a TV, or something that I recently won in a raffle: cleaning services! I'd gather all the moms and make a great speech about how they've influenced me as a woman and mom. The problem with my dream is that, well, it's a dream. I always seem to remember my great idea the month before Mother's Day, hardly enough time to plan such an event.

When I think about it more, I realize that the where or the how is not as important as the what. What I want my fellow moms to know is that they are inspiring. They have inspired me, and they are definitely inspiring their own children whether they think so or not.

I've definitely learned little nuggets of motherly wisdom from the women in my life. I see the way the older generation has transitioned from young mothers to empty-nesters and grandmothers. Yes, they're totally different with their grandkids than they were with their own children. It's to be expected. I see my cousins, whom I've grown up with, and am in awe of their own unique parenting styles. They are sweet and tender and extremely creative with the things they do as a family. My friends and fellow moms are always there to listen to my parenting woes and give great advice. Whenever I'm feeling conflicted about something, we can share stories and relate. And of course, my own mom has been there for me every step of the way in this journey. She's proud of the mother I'm becoming and a lot of that is owed to her. I understand the choices she's made as a mother, even when I didn't get it as a child. That's the beauty of becoming a mom, you get other moms, especially your own.

Maybe next year I'll actually throw that beautiful banquet for all the great moms in my life. But either way, I want them to know that they have, and continue, to inspire me in my parenting journey.



## The most popular Tot Shabbat programs in Park Slope!

Fridays at  
4:00

May 1, 8, 15, and 29  
4:00 p.m. to 5 p.m.

Guitarist and singer Yoshie Fruchter will have your preschooler singing and dancing. Of course, we'll welcome Shabbat with challah and grape juice, too! FREE.

OUT OF  
the  
Shabbat

May 2, 9, and 16  
9:30 a.m. to 11 a.m.

Movement, music, and stories that bring Jewish ideas about the world to life. Theme for May: Hellos and Goodbyes. For kids up to age 6. FREE.

Join our e-mail list and learn about all our activities:

Call: 718-638-7600

Email: [uniontemple@uniontemple.org](mailto:uniontemple@uniontemple.org)



### UNION TEMPLE

A Reform Jewish Congregation  
17 Eastern Parkway  
Brooklyn, NY 11238  
[www.uniontemple.org](http://www.uniontemple.org)

## Little Flower Day Care & Preparatory School

*"It is easier to build a child than to repair an adult"*  
**755 Eastern Parkway, Brooklyn, NY 11213**

A Community School of Distinction • A School for the Gifted Child  
*Progressive education designed for future-focused learners. Providing materials for practical life skills, an innovative curriculum to challenge a critical mind*

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- A comprehensive, advanced and accelerated common core curriculum
- Longer school hours, fewer holidays
- Afternoon school-age program
- Peer-to-peer learning
- Extracurricular activities
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- Differentiated instructions for the different learners



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# Giving birth at 50

The new  
frontier in  
assisted  
reproduction

BY ALLISON PLITT

**F**amous people get pregnant and have children all the time, but not many do so at the age of 50.

Enter Sophie B. Hawkins.

The American singer, songwriter, and musician, announced in February that she is pregnant and is expecting to deliver her baby girl in July 2015.

Hawkins, whose hits include “As I Lay Me Down,” said that in order to become pregnant, she used in vitro fertilization (IVF), which involves combining a woman’s eggs and a man’s sperm outside of the body in a laboratory. Once an embryo or embryos form, they are then placed inside a woman’s uterus.

In Hawkins’ case, she used 15 frozen embryos that had been created with donor sperm when she was 31 years old. As reproductive technologies have advanced, opportunities for women to have children at an older age have become more available.

According to statistics from the Centers for Disease Control and Prevention, births by women ages 50 to 54 rose by more than 165 percent from 255 such births in 2000 to 677 in 2013.

Dr. Jamie Grifo, program director of the New York University Langone Fertility Center and a reproductive endocrinologist, explained that most of these mothers conceived children by using donor eggs fertilized by sperm and implanted into the womb.

As the average age for menopause is 51, fertility decreases through a woman’s 30s and 40s and usually vanishes by 45.

“Egg donors are not a new trend. There are a limited number of patients over the age of 50 who use

assisted reproduction, mostly donor eggs,” said Grifo. “There have been no reported pregnancies in women over 50 doing IVF with their own eggs, as the pregnancies of women 45 and older are almost always achieved using donor eggs. An egg donor cycle (starting with egg production and ending with an embryo transfer) can cost \$20,000 to \$30,000,” Grifo stated.

The mothers themselves must meet certain criteria to be considered for IVF at an older age. In addition to having a normal blood pressure and weight, prospective mothers must undergo an electrocardiogram that checks for problems with the electrical activity of the heart, a stress test for the heart, a colonoscopy, and a mammogram.

The Centers for Disease Control list some of the risks involved for women in their late 40s and 50s having children as preeclampsia (a condition during pregnancy marked by high blood pressure and a high level of protein in the urine), gestational hypertension, diabetes, preterm delivery, and multiple births.

NYU’s website ([www.nyulangone.org](http://www.nyulangone.org)) states that it is unique among fertility centers in that it has “pioneered improvements in genetic screening technology over the past 20 years, leading to more efficient and safer IVF procedures.” In other words, the doctors test embryos for certain genetic disorders to ensure they are healthy before beginning the IVF process.

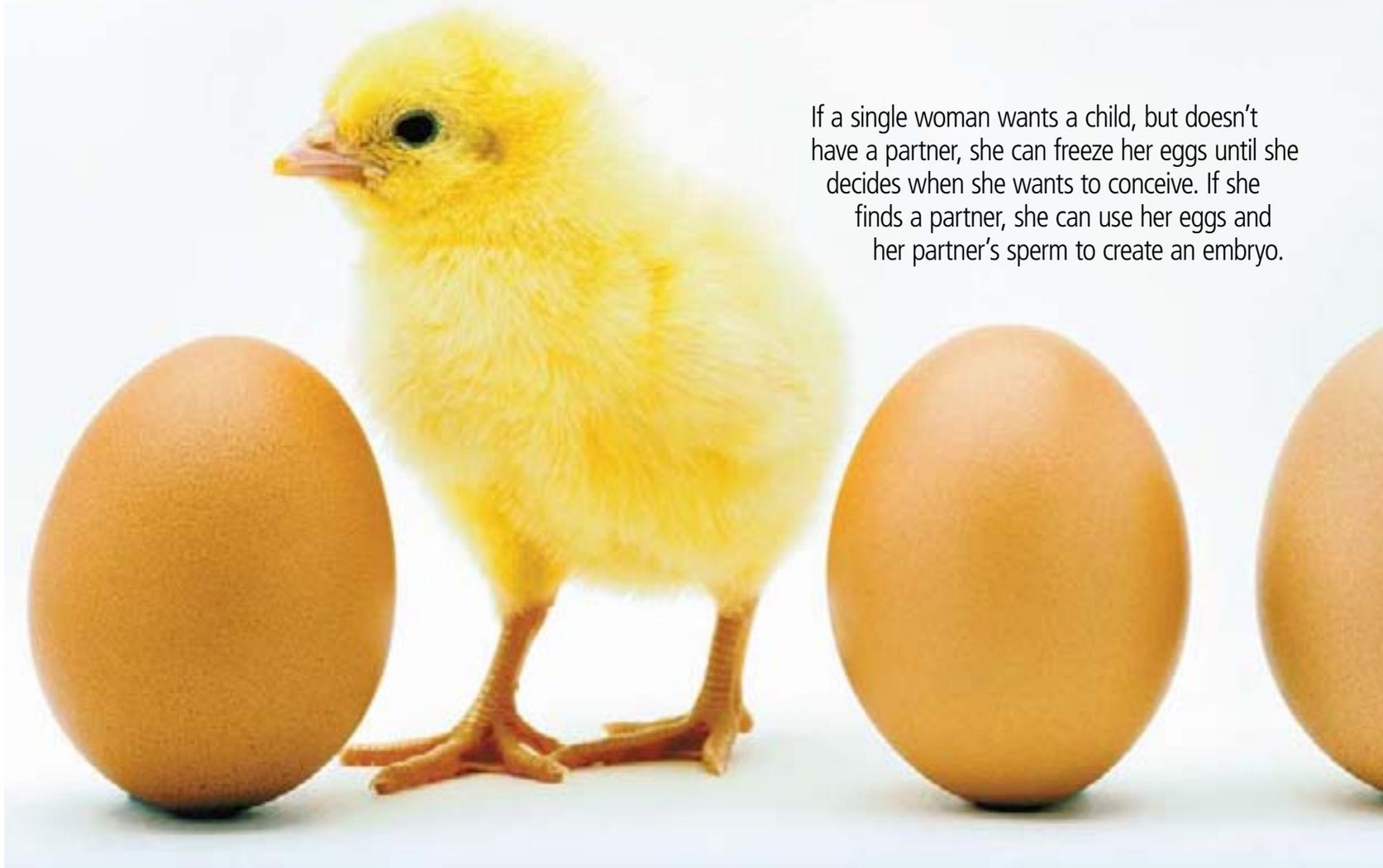
When asked if women 50 and older having babies is a rising trend, Grifo observed, “It’s happening, but it’s still not that common. The age of first deliveries is rising dramatically, especially on the coasts, just because the stages of our life expand with our life expectancy, so we spend more time in each of the stages.”

Based on a 2011 research paper published by his colleagues at New York University, Grifo said, “We looked at eggs, embryos, frozen eggs, fresh eggs and embryos and showed that per retrieval, we got the same pregnancy rate. There are advantages and disadvantages to each option and with good counseling and informed consent, patients can decide what to do.”

Because frozen embryos involve donor sperm or the sperm from a male partner, not all patients are comfortable freezing embryos, because they may never be used if the woman separates from her partner. The woman can only use the embryo with the male partner’s consent.

It is illegal to sell frozen eggs and embryos and donating them involves costly testing on the donors’ behalf, which usually ends up having them forgo the procedures and throw the reproductive materials away.

Dr. Barry Behr, professor of obstetrics and gynecology (reproductive endocrinology and infertility) at Stanford University’s Medical Center, disagrees with Grifo’s conclusion that almost all assisted reproductive



If a single woman wants a child, but doesn't have a partner, she can freeze her eggs until she decides when she wants to conceive. If she finds a partner, she can use her eggs and her partner's sperm to create an embryo.

technologies have about the same pregnancy rates.

An example Behr refers to can be found online at the Society for Assisted Reproductive Technology ([www.sart.org](http://www.sart.org)) under the heading "IVF Success Rates" that produces a "National Data Summary" from 2013, which is a compilation of statistics from fertility centers throughout the country. The website also allows users to look at the data of individual fertility clinics nationwide, although it is not designed to compare IVF clinics' success rates.

According to the National Data Summary, the percentage of transfers resulting in live births is 56.1 percent for fresh embryos, 47.1 percent for frozen donor eggs, 40.5 percent for thawed embryos, and 41 percent for donated embryos. These statistics show the highest success rate is by using fresh embryos. There is a 9 percent lower success rate from using frozen donor eggs than using fresh donor eggs (in fresh embryos).

Behr also says that fresh embryos and eggs have higher success rates

than frozen embryos and eggs.

"There is nothing in life where fresh is the same or worse than frozen. You can look at published data. Pregnancy rates are 10 percent to 20 percent lower with frozen eggs cycles than they are with fresh egg cycles."

Regarding the use of eggs versus embryos, Behr sees different success rates as well.

"Pregnancy rate does not mean that the techniques are equivalent. It's not arithmetically possible to have eggs be equal to embryos. Eggs are more fragile than embryos, so there is a slightly lower survival rate in eggs than embryos. One egg going in does not translate to one embryo developed," Behr explains.

"Not every egg fertilizes," he continues. "That means that if 60 percent to 70 percent of your eggs survive and fertilize, the utility of eggs starting with 10, we're now down to six to seven embryos. If I start with ten embryos, I bet that I will have more babies from my ten embryos than from your 10 eggs."

Saying that he fully supports egg-freezing, Behr believes this technique has advantages over embryo-freezing. For example, if a single woman wants a child, but doesn't have a partner, she can freeze her eggs until she decides when she wants to conceive. If she finds a partner, she can use her eggs and her partner's sperm to create an embryo. She also has the option of using donor sperm to create the embryo.

Other instances where egg-freezing is advantageous is when a female cancer patient wishes to bank her eggs. Egg-freezing is also a more viable alternative for those who have moral or ethical concerns about storing extra embryos after in vitro fertilization.

Behr says the data from the Society for Assisted Reproductive Technology for 2011 and 2012 shows greater disparity in success rates among the different technologies.

"Now I'm not saying in five years or 10 years those success rates may be closer, but the success rate of an

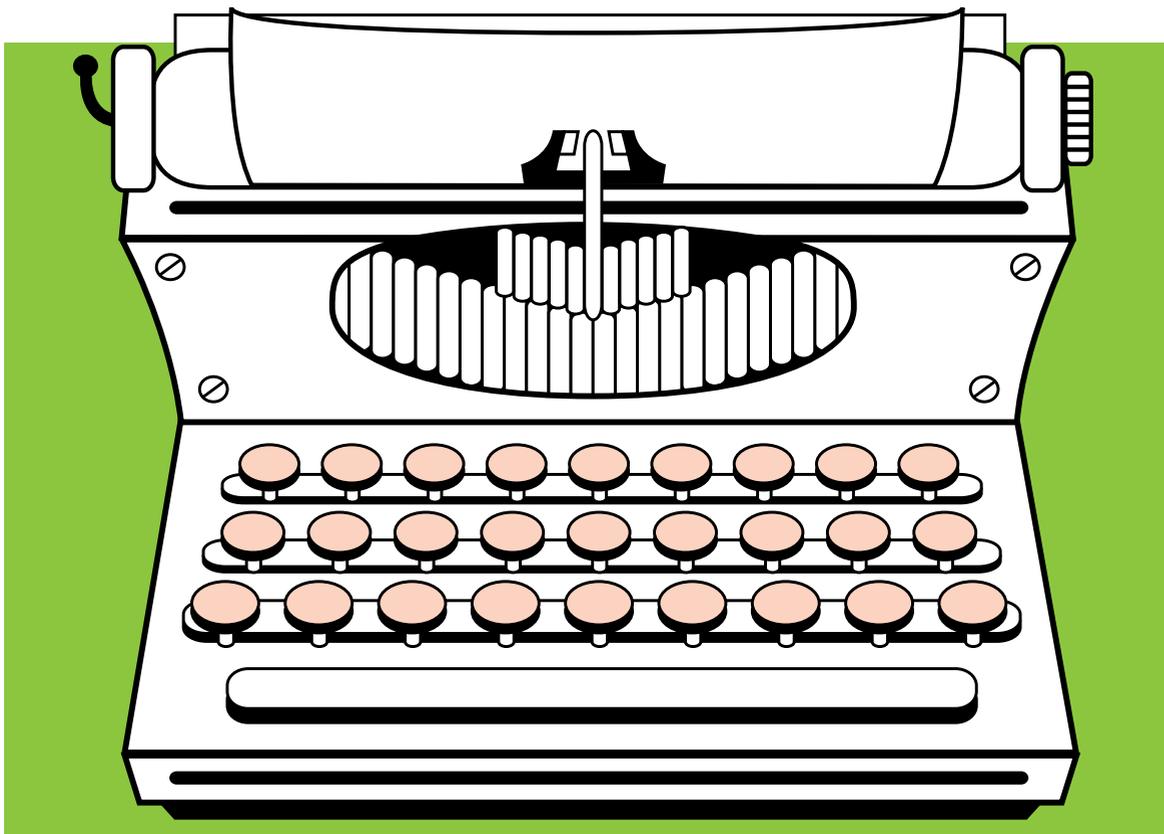
embryo will always be higher than that of an egg, because you don't know the potential of an egg before it is fertilized today."

In an interview with ABC Television in 2012, Behr said it was "morally irresponsible" to tell a couple about freezing eggs but not disclose to them about freezing embryos.

Behr says he has softened his position on being "morally irresponsible," but he claims there are fertility centers and individuals "who are morally irresponsible and who are selling people on false hope and that is immoral and unethical. This would not be the case for Dr. Grifo's nor our practice. Neither myself nor Dr. Grifo represent our field in parity."

For more information about in vitro fertilization, visit NYU's Langone Fertility Center website at [www.nyulangone.org/locations/fertility-center](http://www.nyulangone.org/locations/fertility-center).

*Allison Plitt is a contributing writer to New York Parenting and lives in Queens with her husband and daughter.*



# Thank you — at 70 words per minute

She taught me typing in high school — and I finally got a chance to express my gratitude

## CHERISH THE MOMENTS

BY PATRICK HEMPFING

**T**hank you: two words, only eight letters. “Thanks” could cut it to a single word. Heck, sometimes words aren’t even needed — a warm embrace, held hand, or gentle forehead kiss are effective nonverbal ways to show appreciation. Of course, it is even more special when “thanks” is followed by “I love you.”

Last July, I drove 15 hours to Pennsylvania for my mother’s serious operation. It hasn’t seemed that long since Mom combed my hair to get me ready for school. Luckily since she drove the school bus (for 42 years), my chances of missing it were miniscule. Somehow, those school days had long passed and now my tough, energetic mother was frail.

The words “stressed, fatigued, and

worried” summed up my emotional week. I pondered the role reversal from my younger years as I brushed Mom’s hair and fed her ice chips, broth, and Jell-O. Mom just peeled and cut bananas for my morning cereal. Now, I had to excite her about the tray of clear liquids delivered to her hospital room. All the times she held a tissue to my nose and said, “blow,” pinching, in my opinion, too hard, came to mind when I became the holder of the tissue and issued the command.

The “Fall Risk” sign posted outside her hospital room took me back to the days when I held my outstretched arms for my daughter, Jessie, to prevent my toddler from falling. Now my ailing mom needed the assistance. How did the years go so fast?

One day, after Mom had finished her unappetizing lunch, I headed to the hospital cafeteria. As I walked down the hallway, I saw an elderly man with a cane who looked familiar. I stopped and hesitantly asked, “Mr. Fuhman?”

“Yes,” he answered.

“I thought that was you. You haven’t changed a bit. Patrick Hempfing, class of 1978. I had you for typing in high school,” I volunteered.

After I exchanged pleasantries with the teacher I hadn’t seen for 36 years, I asked, “Guess what I do for a living?” Before he could answer I blurted out, “I’m a writer. I can still type 70 words a minute.” To be honest, this may have been a slight overstatement, though I am proficient with the keyboard.

I filled Mr. Fuhman in on all the jobs I’ve performed since I took his class. He smiled when I told him that, a few weeks earlier, I thought about him when I instructed my daughter to “place her fingers on the home row keys.” I’ve been trying to teach her to type instead of peck. As our meeting concluded, I thanked him for making a difference in my life. I’m not sure which of us enjoyed our chance meeting in the hospital more, but I know we both cherished the moment.

Months have passed since that week-long visit to the hospital, and I am thankful that Mom is doing better. She turned 80 in November and is as feisty as ever. After her hospital stint, she spent three weeks in rehab. Much to her dismay, she had to re-take her driver’s test before she could drive again. She set a goal, took the test, and passed. Thank you, Mom, for the great lesson on perseverance.

Jessie, the next time you’re faced with a challenge and feel like saying, “I can’t,” think of your Mom Maw and her driver’s test. You can do it. I also want you to always keep a thankful heart and express your gratitude with warm hugs and kind words, spoken, written in cursive, or typed, regardless of how fast you can press the keys. We can’t all have Mr. Fuhman as our typing teacher.

Happy Mother’s Day, mom. I’m grateful you’ve been here for 80 years. Thank you for the lessons you taught me, and drive safely. Maybe one day, you’ll bump into your road test examiner, not with your car, I hope, and have a chance to thank her for putting you at ease as you took your first driving test in decades. Until next month, remember to cherish the moments.

*Patrick Hempfing had a 20-year professional career in banking, accounting, and auditing before he became a father at age 44. He is now a full-time husband, stay-at-home dad, and writer. Follow him at [www.facebook.com/patricklhemping](http://www.facebook.com/patricklhemping) and on Twitter @PatrickHempfung.*

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# Montessori's future sense

## Building 21st-century skills for more than a century

BY MARTHA HAAKMAT

**I**won't pretend to know what 21st-century education really means. Predicting how to best prepare our students for citizenship and leadership in a quickly changing world is not an exact science.

The task of educational leaders today is to sculpt teaching and learning to best meet demands about which we can only hypothesize. We know at best that our students must be skilled in working both independently and collaboratively. In order to innovate and move us firmly into the future, they must be able to think critically, be comfortable with constructing knowledge as opposed to relying on proscribed ideas, and they need to

be creative and flexible problem solvers who care about making life better for themselves and others.

Montessori schools are ahead of the curve. While other schools are adding components to their programs to meet the demands of being academically excellent and building upon these 21st-century skills, these are inherent parts of what Montessorians already do. Because independent thinking and learning, creativity, collaboration, grace and courtesy, and practical life skill building are all major outcomes of a Montessori education, 21st-century learning is not a far away trend that we need to build into our program.

The Montessori philosophy is transcending founder Maria Montessori's time and is our grounding for much of where we're headed next.



Maria Montessori developed a timeless educational philosophy.

Montessori was a cutting-edge educator in her time. She framed her life's work around observing child development and creating an educational philosophy grounded in the very specific and scientific stages of growth from infancy through adolescence. She did what no others had done before her, and that is to study the child at each stage and come to understand the best way to tap into that child's natural curiosity in order to build not only skills and knowledge, but also a love of learning that would become a necessary skill for life. Montessori discovered that given the right tools, materials, time, space and guidance, children are capable of extraordinary thought and problem solving. She proved that such an educational grounding would prepare the child for a life of learning and great possibility.

Montessori inspired a school of educational thought, and she brought a unique tradition of child-centeredness to education that continues to guide the practices of educators in progressive schools all over the world. Her work is timeless and echoes of her philosophy haunt the chambers of educational movements through the ages, including our recent forays into 21st-century education.

Montessori tenets connect with today's rhetoric about skills necessary to prepare our students for life in this century and beyond. Maria Montessori's ideas from more than 100 years ago still resonate in today's conversations about teaching and learning.

Martha Haakmat is the new head of school at Brooklyn Heights Montessori School. You can reach her at [mhaakmat@bhmsny.org](mailto:mhaakmat@bhmsny.org).

21st-century skill	Maria Montessori's teachings	Examples
Critical thinking and problem solving	Unencumbered by standard patterns of thought, children are free to rejoice in trial and error and to innately innovate.	Higher-level thinking skills promoted by extended work periods with time to conceptualize, evaluate, and analyze.
Creativity and curiosity	Children are innately creative and curious — schools must be designed to allow time and space for both.	The uninterrupted work cycle and encouragement for intellectual risk taking and experimentation.
Independence and executive function	Given the right environment, carefully prepared to allow freedom within limits to discover and construct understanding, children thrive as independent learners.	Weekly goal setting with advisors promotes independence, time management, and organization. Prepared environment with tools and materials within reach to foster independent choices and decisions.
Collaboration	Children naturally seek to explore and share what they learn with their peers — learning spaces must be designed to facilitate this communication.	Team-based learning in mixed-age programs with suites and common areas. Service learning.
Leadership	Given the opportunity to interact with younger and older peers, children learn to play roles as leaders and followers, and understand their responsibilities for each.	Three-year cycle provides distinct markers for personal, social, and emotional growth. Leadership and social responsibility through service learning.
Cross-cultural competence	Children must see themselves as connected to others within and across cultures — the study of cultures then becomes an exploration of humans across similarities and differences.	Culture studies and global studies. Linked social studies and science units.
Social Responsibility	Through articulated practical life, grace and courtesy, and service learning curricula, children learn to care for themselves, others and their environment.	Stewardship through service learning. Community service. Overnight trips.

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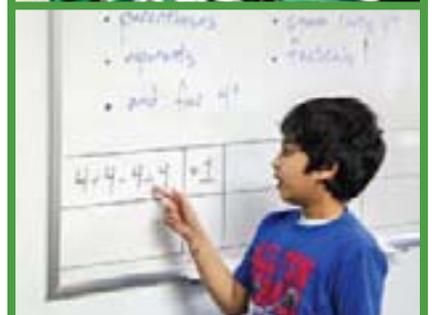


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*Continued on page 40*



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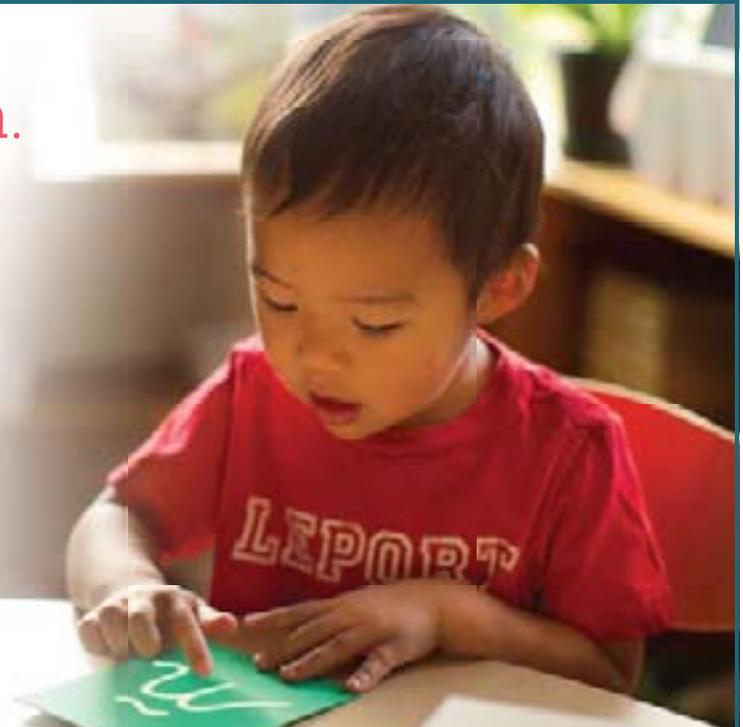
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## Montessori

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*Continued from page 38*

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Ms. Lam Montessori School, which opened in January in Williamsburg, is a bilingual Mandarin-English school that enrolls children from 2-5 years old. The school started 30 years ago in Taipei, Taiwan. Stephanie Woo, the Educational Director at the Ms. Lam Montessori School, is the daughter of the Taiwanese education pioneer, Lam Hu, who was the first person to bring Montessori to Taiwan in 1984. As the school celebrates its 30 anniversary this year in Taipei, it also celebrates opening its first international US location, at the corner of North 8th and Berry.

By using the Montessori method, Ms. Lam Montessori has a proven, systematic approach to teaching Mandarin in an easy, natural way. Young children will learn the language effortlessly and speak it as perfectly as a native.

To help facilitate the process, each classroom has one Mandarin-speaking teacher and one English-speaking teacher. Children will first learn to read and write in Mandarin, then English. The school also offers a full Montessori curriculum. All the teachers are certified by the Association Montessori Internationale.

#### Williamsburg Montessori

450 Kent Ave Brooklyn, 11249  
718-384-3400 or

[www.williamsburg-montessori.org](http://www.williamsburg-montessori.org)  
[info@williamsburg-montessori.org](mailto:info@williamsburg-montessori.org)

Williamsburg Montessori opened in January 2014 with a small group of dedicated families and teachers for children ages 3 months to 6 years. Now, a little over a year later, we are expanding to include another 2.9-6 year-old classroom and a brand new Lower Elementary Montessori program for children ages 6-9 years old. Our lead teachers are all fully trained in the Montessori Method of teaching, and our space is light and beautiful and filled with natural Montessori-created materials. Our school philosophy is based on love and respect for each child. We understand and accept that each child is a special and unique individual and a beautiful gift entrusted into our care. Our warm and loving school environment provides each child with the joy of learning and allows and encourages each child to realize their fullest potential in all areas of life.

We are thrilled to be part of the growing Montessori community in Brooklyn. We invite you to visit our website at [www.williamsburg-montessori.org](http://www.williamsburg-montessori.org) for details on our admissions process, and to learn more about our wonderful school.

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## BEHAVIOR & BEYOND

DR. MARCIE BEIGEL

# Easy every morning

## How to improve your family's start to the day

**I**t's 7:08 am on Tuesday morning. Your kids are playing with their Lego bricks and it hits you: "We're running late!"

You know that realistically being on time requires leaving the house at 7:30 am — *sharp!* So, you leap into action.

While rushing into your room to grab the first dress shirt in arm's reach that's clean (or mostly clean), you yell at your small beings to get dressed.

You slosh some toothpaste onto your brush and sprint to your kids' room while brushing. It's 7:16 am and time's ticking!

Your kids' status: Lego bricks and pajamas!

Anger builds and you yell like a drill sergeant, "Drop the Legos, get your clothes on, *now*. Hurry, hurry, hurry! We're all going to be late!!"

Into the kitchen, you pack lunches — thank goodness for Lunchables!

Back to the kids: 7:21 am and still pajamas.

How can this be? Their clothes

were already laid out! You know they *can* do it, so you wonder, "Are they torturing me on purpose?"

You grab your youngest, pull her clothes off, and put school clothes on while she whines and resists the entire process.

It's now 7:24 am.

Your oldest is next on your hit list, but she's harder because she's stronger.

After a few minutes of fierce struggle on both sides it is 7:29 am and you're ready to crawl back in bed from the physical fight, but carry on you must!

With one mighty push everyone's in the hallway and you nag full tilt about putting on shoes, coats, and backpacks. Go, go, go! Hoping you remembered everything, you finally slam the door at 7:36 am.

You think to yourself, "This morning was pretty good ... thank goodness for strong coffee!"

Sound eerily familiar? If it didn't frustrate you so much, then you might see it as a funny "Brady

Bunch" episode.

Mornings are universally tough, but there are a few simple steps you can take that have the power to bring peace to the beginning of your day.

**Do what you can the night before.** Make part of your bedtime routine packing backpacks, checking the weather, and laying out clothes — any possible details that can be done in advance.

**Start earlier.** An extra 15 minutes in the morning will give you breathing room. Starting the day calmly is certainly worth more 15 minutes of sleep. Not convinced? Then consider the effects of 30 minutes of stress on your body compared to the effects of 15 minutes of sleep. Looking at the situation logically, which would you prefer?

**Give directions when you're ready to follow through.** Rather than yelling at your kids to brush their teeth while you're getting dressed, wait until you're done. You know that you need to be there to make sure it happens, so why say something before you can be? Save your energy and teach them to listen to you at the same time!

**Only state action steps.** Stop commenting on time limitations or your feelings of frustration. Time is unimportant to small beings, so they'll never understand your sentiment. Tell them what needs to be done through action steps.

**Stay calm.** No matter how late you are or how worried you get, keep positive. When you're calm, it's easier for your kids to be unflustered and listen to you.

*Dr. Marcie Beigel is a behavioral therapist based in Brooklyn. She has worked with thousands of families for more than 15 years and has condensed her observations into her practice and programs. For more on her, visit [www.BehaviorAndBeyond.net](http://www.BehaviorAndBeyond.net).*



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## FAMILY HEALTH

DR. PRAMOD NARULA, MD  
Chairman of Pediatrics  
New York Methodist Hospital

# New options for allergy treatments

*Friends of ours tell us that they have started “allergen immunotherapy” for their young son and daughter, both of whom have severe seasonal allergies. I believe this type of therapy was also available when I was growing up, but I never learned much about it. Should I consider immunotherapy for my young children as well? Can you tell me more what the therapy entails, and what it does?*

**I**t’s not surprising that you heard about it in your younger years; to call allergen immunotherapy time-tested is an understatement. Commonly known as “allergy shots,” allergen immunotherapy predates Prohibition, and has been an effective treatment for patients living with severe allergies since Herbert Hoover sat in the White House.

Almost a century later, there is an ever-expanding array of once-a-day medication available to treat allergy symptoms. But immunotherapy remains the only treatment that can alter the natural course of an allergic disease like chronic rhinitis (hay fever) or allergic asthma, and permanently reduce the frequency and severity of allergy symptoms such as severe congestion, sinus pressure, grogginess and sleeplessness. Furthermore, ongoing research and refinement of immunotherapy guidelines have made immunotherapy treatments for outdoor and indoor allergies more effective than ever before. Perhaps this is why allergists and immunologists have noticed more and more Brooklynites, such as your friends, requesting allergen immunotherapy for their children.

Children can start immunotherapy as early as age five, and many children living in Brooklyn are just



reaching that age. A full course of allergen immunotherapy takes time — usually three to five years, starting with weekly visits for injections for the first six months, and then monthly visits for the remainder. However the benefits of immunotherapy can last a lifetime, particularly for children living in New York City, where pollen, mold spores and dust mites can be found around every corner. In addition, the first FDA-approved oral, injection-free immunotherapy (specifically, for grass pollen allergies) became available in 2014. More are sure to come.

For those with milder allergy symptoms that occur seasonally, over-the-counter treatments and lifestyle adjustments may be all that is necessary. A common problem is

that many of these patients do not even know that their springtime cold or upper respiratory infections have, in fact, been caused by a seasonal allergy.

A simple “scratch test,” performed by an immunologist, could probably have been used to identify that allergy in less than 30 minutes, and get the patient on the road to effective relief of symptoms. What matters most is getting started, and finding the right treatment for each individual patient. Many parents of pediatric patients who come to New York Methodist Hospital for allergen immunotherapy tell our doctors that they wish they had known that they were allergic to pollen when they, themselves, were younger. We tell them that there is no time like the present.

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# 'Angels' among us

Musical  
uses song  
to shed light  
on African-  
American  
history

BY SHNIEKA L. JOHNSON

**N**ew York City Children's Theater will present "A Band of Angels" this spring, commemorating the 10-year anniversary of the musical that was written by the late playwright Myla Churchill in 2005. The play itself is an adaptation of Deborah Hopkinson's children's book with the same title.

The show centers upon a character named Ella, who is transported back in time, where she meets a college capella group, "The Jubilee Singers," and gains a newfound appreciation for history and education. The new production celebrates "The Jubilee Singers," a group that was established in 1871 at Fisk University in Nashville, Tennessee, and still exists today. Fisk University

was founded five years prior in 1866 and was one of the first schools to educate freed slaves.

The 70-minute musical includes traditional African-American spirituals performed a cappella. The show is directed by award-winning actor and director Colman Domingo, who most recently appeared as Civil Rights leader Ralph Abernathy in the film "Selma." I spoke to the creative team behind "A Band of Angels" (Barbara Zinn Krieger, creative director, and Domingo) to learn more about the show and what will make it a family outing to remember.

**Shnieka Johnson:** Why was it important for you to bring the work to stage at this time?

**Barbara Zinn Krieger:** New York City Children's Theater is reviving "A Band of Angels" this season for

two reasons: to celebrate the 150th anniversary of the end of the Civil War, and to celebrate its author, Myla Churchill, who died this summer, and to whom the production is dedicated.

**SJ:** How similar is Myla Churchill's script to the children's book by Deborah Hopkinson?

**BZ:** Deborah Hopkinson's book traces the history of Fisk University and the first group of Jubilee Singers who saved their school by introducing a white audience to spirituals. That story line forms the center of the play. In order to engage 21st-century pre-teens, Myla added a framing device. Ella, a modern tween, doesn't think education is important, so her Aunt Beth sends her on a "Sankofa," a trip back in time to take the place of her great-great-grandmother, Ella Sheppard,

one of the original Jubilee singers. Modern Ella experiences the hardships of those first Fisk students and realizes how important education really is.

**SJ:** What is the timeline for a production such as this?

**BZ:** In the fall of 2014, Colman Domingo agreed to direct the show. Kristen Rosenfeld, our music director, was soon on board, followed by the designers. We auditioned actor and singers in March, and April 6 rehearsals started. "A Band of Angels" opened on April 25.

**SJ:** Was Fisk University involved in any way (historical reference, etc)?

**BZ:** We have a promotional partnership for the revival with Fisk University, Fisk University New York Alumni, and UNCF, The United Negro College Fund. Hopefully, many of those folks will attend performances throughout the run.

**SJ:** What community and school outreach is taking place with this particular show?

**BZ:** We are providing free tickets to 1,100 children in Title 1 schools, schools where there is a high percentage of low-income families. Each class receives a Resource Guide, which helps the teachers prepare the children to see the show. The book is available in the lobby, and many groups come early so teachers can read the book to their classes before the performance.

**SJ:** What do you want parents to know about this show?

**BZ:** Parents can enjoy the show as much as their children, as there is a mix of adult and young characters. The story is full of excitement as well as history that will appeal to kids this time around as much as it did 10 years ago. The gorgeous music, sung in tight harmony, is abundant. Many spirituals such as "This Little Light Of Mine" are well known, and others, just as beautiful and inspiring, will be a joy to experience, perhaps for the first time.

**SJ:** Explain the importance of bringing kids to theatre early on.

**BZ:** The live theater experience is unlike any other. Engagement with live actors creates an indelible experience for the audience that is not soon forgotten. If we want our kids to enjoy theater as grown-ups, I believe they should be exposed as soon as possible, which is why New York City Chil-

dren's Theater has shows for 3 to 7 year olds as well as 8 to adult, the suggested age for "A Band of Angels."

• • •

A chat with director, Colman Domingo.

**Shnieka Johnson:** Compare Myla Churchill's script to the children's book by Deborah Hopkinson.

**Colman Domingo:** Myla's play has more of a theatrical narrative, which is very important to conveying a story to the stage. She maintains the integrity of the book but gives it a heightened sense of theatricality.

**SJ:** What is the timeline for your cast and production team?

**CD:** We rehearse for two-and-a-half weeks, eight hours a day, six days a week.

**SJ:** Do you think that there is great parallel between the show and current events?

**CD:** The play touches on the urgency of knowing the collective history of disenfranchised people in our country and ways of survival.

**SJ:** What personal message do you want parents to know about this show?

**CD:** That the play is not only a lesson about history, but fun, intelligent and not a "children's show," where the story is dumbed down in any way. It is savvy for smart kids.

**SJ:** What is your take on the importance of bringing kids to theatre early on?

**CD:** Giving kids more tools to imagine, to create, to have their minds blown by taking an empty space and taking them to a place or time that is unimaginable is imperative for our survival. Art is the parachute that might save us all.

• • •

"A Band of Angels" at Theater 3 [311 W. 43rd Street between Eighth and Ninth aves in Times Square, (646) 250-1178, [www.nycchildrenstheater.org](http://www.nycchildrenstheater.org)] April 25 through May 10, Saturdays and Sundays at 2 and 4 pm. \$25 regular seating, \$45 premium (pre-reserved, first and second seating). Appropriate ages 8 and up.

Shnieka Johnson is an education consultant and freelance writer. She is based in Manhattan where she resides with her husband and son. Contact her via her website: [www.shniekajohnson.com](http://www.shniekajohnson.com).



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# In case of **disaster**

Bad things happen. How prepared is your family?

BY JAMIE LOBER

**W**hen it comes to first-aid, it is important to have a kit, make a plan and be informed.

"You want to make sure you are as prepared as you possibly can be for potential disasters and other emergencies, because these events can strike suddenly, at any time and anywhere," said Michael Devulpillieres, communications officer with the American Red Cross in New York.

A good first step is to determine what types of disasters or emergencies are most likely to happen in the community and to have a plan that you have rehearsed and are comfortable with as a family. Also, at least one family member should be trained in first aid, CPR, and automated external defibrillator.

There will never be an ideal time to talk about disasters as a family, because they typically occur unexpectedly.

"They are frightening for adults

and can be traumatic for children, especially if they do not know what to do," said Devulpillieres.

Your family may need to leave your house and the disaster or emergency may naturally disrupt your daily routine.

"Children may become anxious, confused or frightened, so it is important to give them guidance that will help them reduce their fears," said Devulpillieres. Your kids will likely turn to you for assistance during a disaster, so it is essential that you stay calm and set a good example.

"How you react to an emergency gives your kid clues on how to act,

---

Your kids will likely turn to you for assistance during a disaster, so it is essential that you stay calm and set a good example.

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so if you react with alarm, your child may become more scared," said Devulpillieres. Be sure to use reassuring words and actions.

"When talking with your child, be sure to present a realistic picture that is both honest and manageable," he said.

Once the danger has passed, take the time to be supportive of your child.

"Concentrate on your child's emotional needs by asking the child what is uppermost on his mind," said Devulpillieres. Allowing your child to be involved in your recovery activities will help him feel more certain that his life will return to normal.

Grandparents should have a support network of individuals that will check on them to ensure that they stay well and have assistance available if necessary.

Sit down and evaluate your support system as a family so you are prepared.

"Exchange important keys; show people where you keep emergency supplies; and share copies of your relevant emergency documents, evacuation plans and emergency health information card," said Devulpillieres.

It's also important to have a back-up plan.

"Agree on and practice methods for contacting each other in an emergency and do not count on the telephones working," said Devulpillieres. If you are going out of town, be sure to let others know.

Remember that the relationships you have should be a give and take.

"Learn about each other's needs and how to help each other in an emergency, so you might take responsibility for food supplies and preparation, organizing neighborhood watch meetings and interpreting among other

things," said Devulpillieres.

Do not overlook your pets, as they will need a plan, too. Unfortunately, the Red Cross does not allow pets in disaster shelters other than service animals.

"Contact hotels and motels outside your local area to check their policies on accepting pets and restrictions on number, size and species and ask if 'no pet' policies can be waived in an emergency," said Devulpillieres.

You will want to collect a list of pet-friendly places along with phone numbers and keep disaster supplies nearby. "Keep your pet's essential supplies in sturdy containers that can be easily accessed and carried," said Devulpillieres.

You may want to keep a checklist so you do not forget anything.

"Your pet emergency preparedness should include medications and medical records stored in a waterproof container and a first aid kit; sturdy leashes, harnesses and carriers to transport pets safely and ensure that your animals cannot escape; current photos of your pets in case they get lost; food, drinkable water, bowls, cat litter and a manual can opener; and information on feeding schedules, medical conditions, behavior problems and the name and number of your veterinarian in case you have to foster or board your pets," said Devulpillieres.

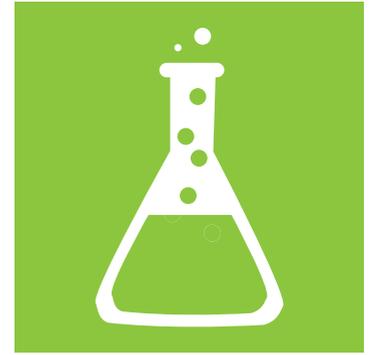
Work out an evacuation plan as a family and, last but not least, practice fire drills.

"Fire experts agree that you may have as little as two minutes to escape a burning home before it is too late to get out," said Devulpillieres. This is why it is critical to have a working smoke alarm. "Install smoke alarms on every level of your home inside bedrooms and sleeping areas and check them once a month so if they are not working you change the batteries," said Devulpillieres.

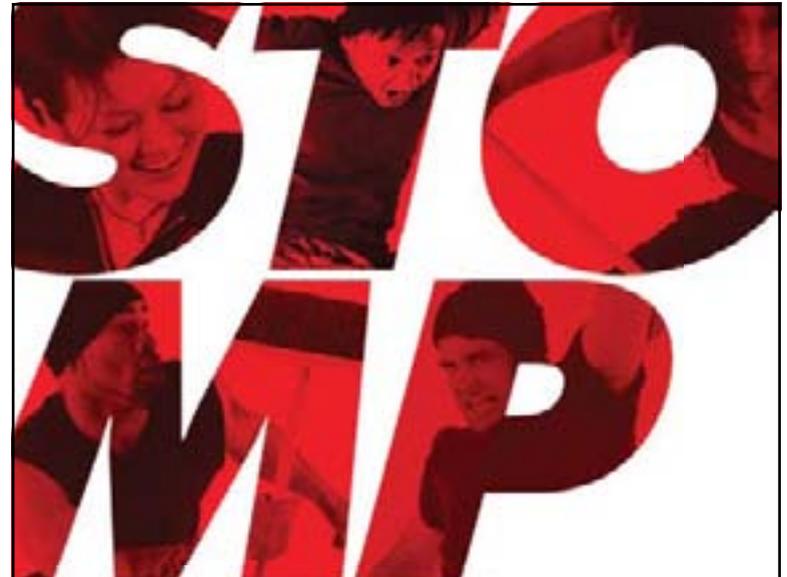
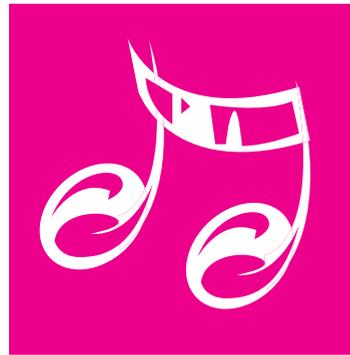
By being prepared and understanding the importance of first aid and planning in advance, you can have a better outcome in case of disaster.

*Jamie Lober, author of "Pink Power" (www.getpinkpower.com), is dedicated to providing information on women's and pediatric health topics. She can be reached at jamie@getpinkpower.com.*

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# Team Katz

The Queens  
borough  
president  
balances  
needs of  
family and  
community

BY TAMMY SCILEPPI

**E**ven with her demanding job as Queens borough president, Melinda Katz manages to carve out special quality time with her two sons, Carter, 6, and Hunter, 4. She says family is the best thing you can have in your life.

First-grader Carter attends a public school in Queens and is doing very well and making friends, according to his mom, who says she tries to get him outside more. His brother will be attending pre-K at the same school next year, under Mayor Bill DeBlasio's new universal pre-K policy.

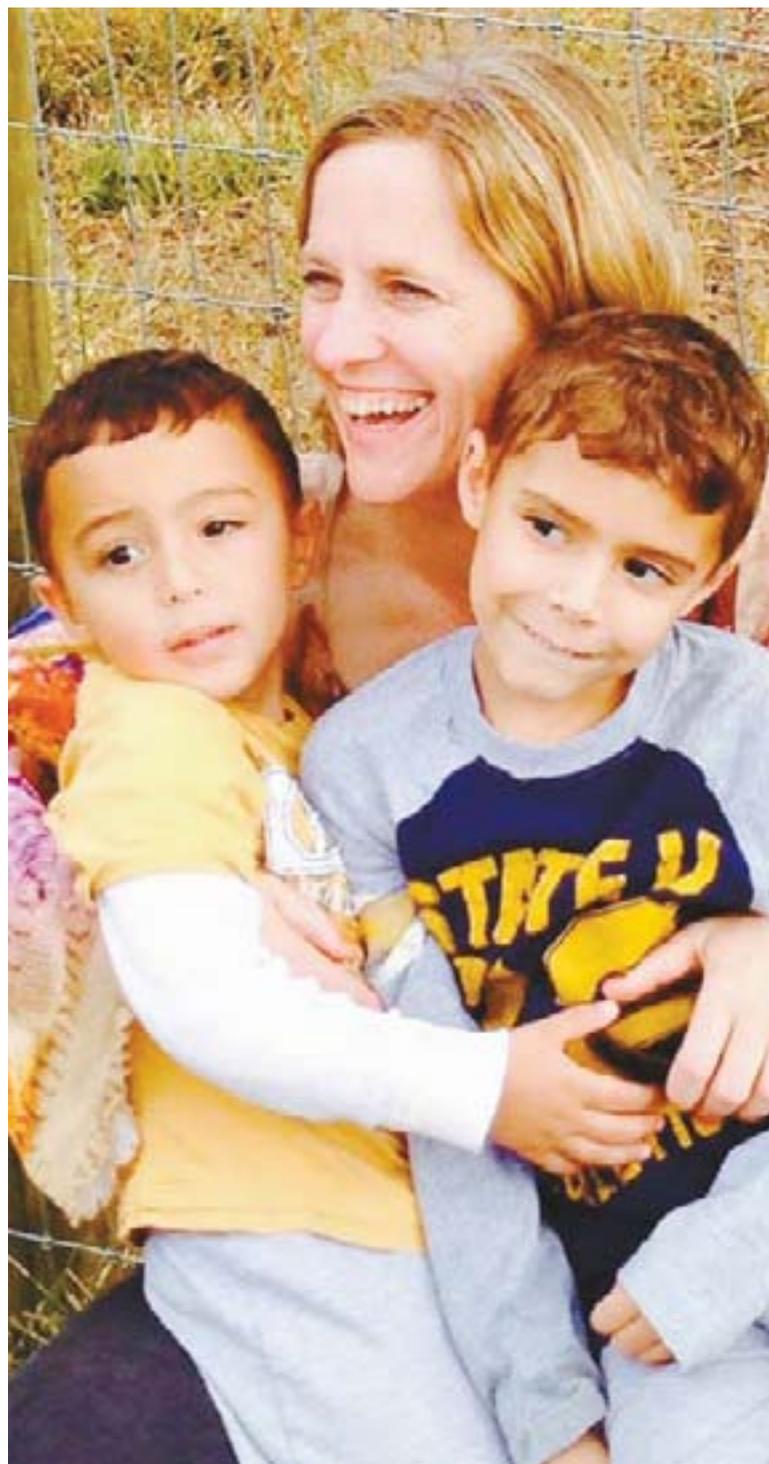
Both boys love basketball and are into karate, guitar lessons, baseball, and soccer.

Katz — who separated from her partner and the father of her two boys, WABC-AM's Curtis Sliwa, 61, last year — took time from her hectic work schedule to talk about what she considers her biggest achievement — being a mom.

**Tammy Scileppi:** How does a borough president handle mommyhood?

**Melinda Katz:** I am one of the luckiest moms I know. My job allows me to walk my kids to school every morning and go home during the day, even if it's only for a half hour. I do homework with my first-grader. I may be out late at night, but my flexibility allows me to partake in their lives. I feel every mom should be so lucky and every mom is not.

My children are truly my life; family always comes first. We call our family "Team Katz." We are a close bunch, my kids and I. People have been so kind to them when I travel



Queens Borough President Melinda Katz with sons Hunter and Carter.

the borough. I try to bring them with me to senior centers and veterans groups.

**TS:** Are your boys aware that they live in the most diverse area in the world?

**MK:** I try to expand their minds on what goes on in this borough. They are very well aware of the fact that there are 130 languages spoken in the schools; that there are different countries folks come from, and how great that is. They meet new folks, and they're curious, asking things

like, "what kind of cooking goes on at home?"

**TS:** This is the first year Common Core is being taught throughout New York schools. How do you feel about it?

**MK:** Hunter is taking Common Core to learn math. I'm not a big fan. I heard from other parents in the borough how difficult homework is for their children, because the Common Core is not about 5 and 5 equals 10. It's about how to get there. So, if my child knows what 23 plus 2

equals, they still have to mark it, and count it on a graph, and figure out the chart.

From my perspective, math should be the universal language. You should be able to look at a math problem in any language and be able to do that math problem. As I said on NY1 a few weeks ago, sometimes 5 and 5 is really 10.

Common Core is a state requirement. Standards are a good thing; we should have standards for our kids. And it should be national standards; that's the right thing to do. Every time I have a PTA meeting, it's the first issue that comes up.

Homework should be something that every parent should be able to help their children with. (It's only the math that I think is a problem.)

**TS:** What's it like raising your boys in the same house you grew up in?

**MK:** It's pretty wild. You walk into a bedroom, and your son is sitting on the same ledge that you sat on 50 years ago. I think my kids value the history that the house brings. I'll be talking to them in the hallway, and I'll sit down with them and say, "You know, when I grew up, my dad used to walk down this hallway and at eight o'clock, he'd say, 'snack time!'"

And we used to go to the same ice cream shop we go to today — Eddie's Sweet Shop on Metropolitan Avenue.

History is a good thing for kids. When you pass on things from generation to generation, I think it's a very thoughtful thing to do.

**TS:** What were your parents like? Many people aren't aware that your mother founded Queens Council on the Arts.

**MK:** My parents were very cultural, very giving back to the community. My mom [Jeanne] founded Queens Council on the Arts in 1969 (queenscouncilarts.org). So, I grew up in a world that valued education and the experience that children should have with culture — whether it's the instrument you play, and your child listens to, or it's acting or visual arts.

[Katz's father, David, was founder and conductor of the Queens Symphony Orchestra.]

I grew up with three older brothers. My mother died when I was 3, and my father raised us alone. He died when I was 20. My dad was strong and caring; he did his best.

**TS:** What is your perspective on raising kids in New York City?

**MK:** The issues that I'm facing

here in Queens are the same issues every mom is facing throughout New York City. You want your children to grow up in a community that cares; to know that they're safe; that the family structure is strong — whatever their family structure is — they're all different. Families are important.

Single parents all over New York are facing difficult challenges, but everyone overcomes.

The city is a fascinating place to raise a family; it's urban, it's suburban, it's both. I represent 130 languages. Across the board — wherever you live, wherever your parents come from — everyone wants the exact same thing for their kids. Every parent wants a better life for their children than they ever dreamed for themselves, and we all do what's necessary, and we do it out of love to give them that.

I think everybody has different challenges in achieving that goal.

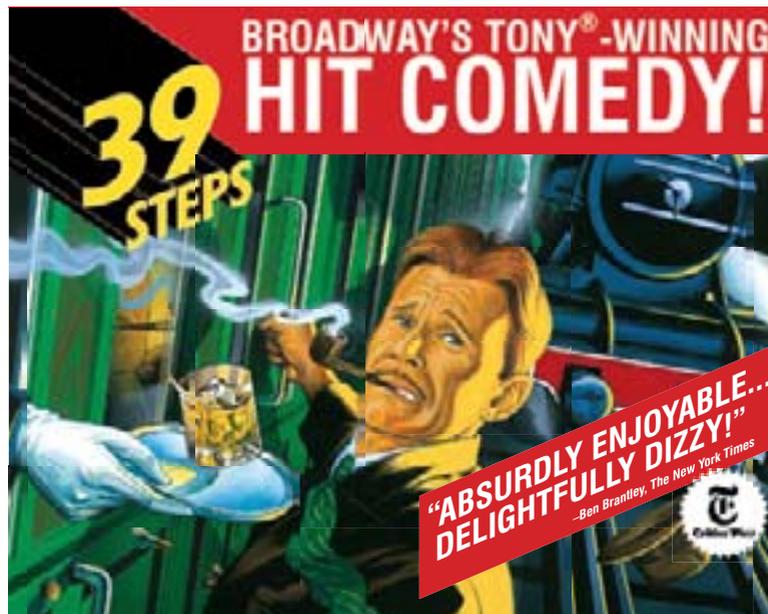
**TS:** What are your challenges as a parent?

**MK:** I'm going to be 50 this year. So, it's quite interesting to have a 4-year-old and a 6-year-old. Most of the mothers I come across are much younger than I am. So, I have to work with that dynamic, as well. But I'm young at heart!

I know one thing about children, because I remember my childhood so well: you never remember the good things, but the ones that were missing. My children probably won't remember that I walked them to school every day, but will remember the days I didn't. Everyday stuff, I find, is the most important. It's great to do special things, but the everyday lessons, the everyday togetherness and conversations; the talks I have while walking my kids to school, they remember that.

Every single night for my children, to put them to sleep, I sing "On My Own," a song from "Les Miserables," and "Hush Little Baby." My kids love that so much.

It is critical to have parents be an integral part of the decision-making process to shape and set education policies. As a mom of two young boys, I can attest firsthand to the impact that parental involvement has on our education system. Queens parents are some of the most active, vocal, and effective in the city, and the difference is clear. The nexus of collaboration between families, educators, and surrounding community is the key to the success of our schools.



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# Dual roles

Singer stars  
on Broadway  
and at home

BY TAMMY SCILEPPI

**A** super-talented, musical mama is making a living doing what she loves and balancing a career in the spotlight with hands-on mommyhood — without going crazy.

Chilina Kennedy — a hard-working New York City performer and songwriter — feels inspired by her child, and would like to encourage other women to fully embrace mommyhood without sacrificing their creative passions, while channeling their inner divas.

Taking the ever-popular, Brooklyn-born singer-songwriter Carole King's suggestion — as described in the lyrics of her iconic Tapestry song, "Beautiful" — award-winning actress and musician Chilina Kennedy usually gets up every morning with a smile on her face in her real-life role as mommy, and shows the world all the love in her heart on stage, as that soulful, groundbreaking pop artist, in the Broadway smash hit "Beautiful: The Carole King Musical." The new mom started performing at the Stephen Sondheim Theatre on March 7, after taking over Tony-winner Jessie Mueller's role as King.

The turning point in Kennedy's life and career seemed to happen in a New York minute. One day, as she was going into labor, she received an unexpected phone call: it was an



(Above) Chilina Kennedy on stage. (Left) Kennedy with Henry (6 months), and fiancé Jacob James.

offer from the producers of "Beautiful" for the lead role. Finally, her big break — right before her water broke!

The spirited artist is delighted to talk about her dual starring roles: as Carole King and baby Henry's mom. Somehow, she also found the time to finish her new folk (with a hint of bluegrass) album, "What You Find in a Bottle." How does she do it all without losing her sanity? I sat down to talk to her.

**Tammy Scileppi:** What's it like channeling your inner Carole King on the Great White Way? Rumor has it you only get one bathroom break and have 15 costume changes.

**Chilina Kennedy:** Performing on Broadway is a dream come true. The first time I was here doing Jesus Christ Superstar (in 2012) was unbelievable. The experience is especially rich this time around because the role of Carole King is so unique — she is a real person and many people have a sense of connection to her and her music. And the music I get to sing is incredible — many people, myself included, never knew how many No. 1 hits she wrote, or that she wrote half the songs she did. I feel very lucky to get to do this for a living and play every night with real theater thoroughbreds — it's like I've been training for the Olympics my whole life and then getting to play in

Photo by Nick Carrell

the games.

**TS:** How did you prepare for this challenging role and how are you and Carole alike?

**CK:** I learned a lot about Carole King from interviews, recordings, and from her memoir "A Natural Woman." I spent a lot of time pouring over videos of her concerts and watching her answer questions about her life and her music.

I have been influenced by her and continue to be inspired by her. She is political and isn't afraid to speak up for a cause she believes in. I would like to be more like her in that way.

We both have had interesting relationships and we both have children. I think I am also similar to her in that I eventually want to live a more simple life. A difference between us is that I haven't yet had the courage to take that leap.

**TS:** What was it like the day you got the call about performing in "Beautiful?"

**CK:** I was actually 33 weeks pregnant when I flew down to New York (from Canada) for my final audition, so I just made it in under the cut-off time for flying pregnant women. They filmed me so Carole King could see the video over the weekend and decide if she wanted to give her approval. While I was waiting to hear about whether or not I had gotten the part, I actually went into early labor — I just chalked it up to feeling funny. On Monday morning I got a call from my agent, who said, "Hi Chilina, I was wondering if you could do me a favor?" I said, "Uh, ok, what would you like me to do?" And he said, "I need you to get me a couple of tickets." I said, "Sure, for what?" And he replied, "For your opening on Broadway!" Best telling me I got the job ... ever.

**TS:** You say you have a soft spot for folk music. Describe "What You Find in a Bottle?"

**CK:** My album has been over 10 years in the making. It's a collection of songs I've written that are all part of my life's journey and specifically take the listener through a meaningful transition of love and loss. I wrote many of them between jobs in the dead of winter, in a small Canadian town and backstage during rehearsals. The title holds many meanings,

some of them quite personal.

**TS:** Give our readers a glimpse into your life and what it's like juggling mommyhood with Broadway.

**CK:** My home life is pretty typical. I have a wonderful partner, Jacob James; he's an actor and teaches Shakespeare. He's staying at home to take care of our son and our two dogs, while I work. We try not to sweat the little things.

We have a little one bedroom (on the Upper West Side) and we are very lucky that we have a private outdoor space. It's great for the dogs and provides peaceful quiet time for us.

Our permanent home is in Stratford, Ontario, which is quite different from New York City. I'm from an army family, so I have the philosophy that no matter where I'm living, home really is where you make it. And mine

is where my family is. I try not to worry too much if I'm not perfect. My daily mantra? Honestly, as cliché as it sounds, "Keep it simple." Spending time together is the most important thing.

**TS:** So, what's your little guy like?

**CK:** He's a Virgo to two Aries parents. Jacob and I felt that Henry (now 6 months) was a quiet, gentle soul from the time I was pregnant with him until we actually met him and got to know him. He loves music and has been playing the piano with me on occasion. We try not to allow him screen time of any kind, so books, music of all kinds, parks, and people are what we focus his attention on. Language is also very important for us. I am fluent in French, so we are trying to teach him both languages right from the start.



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"While I was waiting to hear about whether or not I had gotten the part, I actually went into early labor — I just chalked it up to feeling funny."

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Since the day Henry was born he has been a great sleeper and has adjusted brilliantly to the actor's schedule. Jacob and I spend a lot of time exploring parenting methods; we have been trying to adopt Montessori principles, especially with Henry's simple surroundings and sleeping arrangements.

Jacob brings him to the theater every two show days, between shows, and we have a picnic in my dressing room. What's most amazing is learning about who my son is and is going to be as a person, as he is being raised in one of the greatest cities in the world.

Henry has turned into a very social little guy and enjoys everything from restaurants to his subway rides, making people laugh and smile. I know New York is a huge part of his social development.

**TS:** How would you describe Carole King?

**CK:** I am certainly drawn to her compassionate nature; how she loves people, animals and the environment. I love her songwriting and her bravery at being one of the first women to pave the way for female songwriters — Gloria Steinem was quoted saying that Carole King was the first woman to give a downbeat. I appreciate her honesty in telling her story and having the courage to share it with the world. She seems to me to be a very positive, hopeful, glass-half-full kind of person. If she were a color in the rainbow of personalities, I think she'd be yellow and I think the world can always use more of that.

You can stream *Chilina Kennedy's* new album "What You Find in a Bottle" at <http://bit.ly/ChilinaKennedyS> or download at <http://bit.ly/ChilinaKennedyDL>. [chilinakennedy.ca](http://chilinakennedy.ca)



**DIVORCE & SEPARATION**

LEE CHABIN, ESQ.

# Saw it on Facebook

Heard about the ‘Facebook divorce’? Here are the facts

**“D**id you hear? You can get divorced on Facebook now.”

“Yeah, I read the article.”

I overheard this brief (and misleading) exchange recently. Two women were referring to a recently decided New York Supreme Court case, *Baidoo vs. Blood-Dzraku*.

Many of us are on Facebook. If you are reading this column, maybe you’re getting divorced. Will this case affect you?

Probably not.

*Baidoo vs. Blood-Dzraku* involves “service of process.” In other words, notifying someone that an action (here, a divorce action) has been instituted against him, and that he is required to respond to it. The question raised was whether one spouse can inform the other of a divorce action using Facebook. And only Facebook.

Justice Matthew F. Cooper, in his decision, said that the preferred method for serving a summons in a divorce action is personal delivery to the defendant. This reflects the great emphasis that this state places on insuring that a person who is being sued for divorce — a proceeding that can have immeasurable financial and familial consequences — be made aware of and afforded the opportunity to appear in the action.

But personal service isn’t always possible; for instance, when one spouse doesn’t know where the other is. Under such circumstances, alternative service is allowed. With the court’s permission, a summons can be delivered to a person other than the spouse at the spouse’s workplace or home.

Or, the summons can be affixed to a door at one of these places, and a copy mailed to a spouse’s last known address or actual place of business (“nail and mail” service). Then there is publication service, where the summons is printed in a newspaper designated by the court. The idea is that, if the spouse cannot be notified in another way, maybe he will find out about it by reading that newspaper.

The law does allow a court to go beyond these methods and to devise



one “that fits the particular circumstances of the case” — but only if the usual methods are shown to be “impracticable.”

To get permission to use a private Facebook message as her sole method of service, Ellanora Baidoo, the wife in this case, had to offer evidence and persuade the judge that, in her situation, the other methods of service wouldn’t work, and that the social media site was likely to. And, she succeeded.

The judge found that, although the parties married in 2009, they never resided together, and the last address the wife had for him was an apartment he vacated in 2011.

By phone — they spoke occasionally — her husband had told her that “he has no fixed address or place of employment. He has also refused to make himself available to be served with divorce papers,” according to the court.

Further, investigative firms had all been unsuccessful in their efforts: the post office had no forwarding address for him, there was no billing address for his pre-paid cellphone, and the Department of Motor Vehicles had no record of him.

After having convinced the court that the more traditional methods of service were not viable, Baidoo still

had to show that her proposed manner of serving her husband was “reasonably calculated to apprise [her husband] that he is being sued for divorce.”

The court had concerns: could the wife have fabricated the husband’s Facebook account? If the account was legitimate, what if he rarely used it? Baidoo was able to allay these concerns.

Still, the question remained: could service on Facebook really be the only means of service? No court had ever allowed this. Should publication service also be required?

Justice Cooper said, no, publication service can be expensive, “and the chances of it being seen by [the husband], buried in an obscure section of the paper and printed in small type are ... infinitesimal.”

And so, new law was made.

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

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



## GROWING UP ONLINE

CAROLYN JABS

# Recognizing phony news

BY CAROLYN JABS

**L**earning to distinguish between reliable and bogus information is a crucial skill in the 21st century. For a brief time, it seemed search engines might help people to zero in on accurate, well-researched information. Instead, social media has made it easy to share “news” that has no basis in fact.

The proliferation of fake news has accelerated because of websites

that exploit the pay-per-click feature of online advertising. Nothing gets more clicks than an outrageous or too-good-to-be-true headline. When people share such stories without thinking, they ricochet around cyberspace, encouraging people to mourn celebrities who aren't dead, worry about risks that aren't real, and feel outrage over things that never happened. The problem has become so serious that Google is reportedly

investigating ways to rank its results to factor in accuracy as well as popularity.

Now that nearly a third of Americans get their news from Facebook, according to the Pew Research Center, that company is also making efforts to stem the tide of fake news. To report something problematic, users can click the downward arrow in the upper right corner of the post. Select “Report problem.” Select “I don't think this belongs on Facebook.” Choose the option that explains why the story shouldn't be shared.

Of course the success of this tactic depends upon people being able to recognize fake news when they see it. Parents can help their children become part of the solution rather than the problem by routinely talking about news and encouraging

kids to ask the following questions, especially about stories that seem true, because they've appeared so often in social media.

**Why was the story written?** Even elementary-aged children can think about why someone is telling them something. Are they trying to be helpful? Are they self-serving? Are they joking? Are they lying? Help children understand that, in general, journalists and scientists are trying to help people understand things better. They may get things wrong sometimes, but most do objective research and present their findings fairly.

**Is it a joke?** A number of websites make fun of the news in order to expose foolish policies and corrupt behavior. The Onion, for example, is famous for its satire, but not everyone gets the joke. A website called Literallyunbelievable.org shares posts from gullible people who have posted an Onion story as though it were true. Since satire can be a difficult concept for kids, teach your child to check websites for disclaimers. Lightly Braised Turnip, for example, says simply, “The LBT retains the right to invent facts for its own financial health.” When you can't find a clear statement about what the website does, do a search that includes the name of the site and the word “satire,” “hoax,” or “fake.”

**Who wrote and published the story?** Some of the most notorious fake news sites include World News Daily Report, The Daily Currant, National Report, Empire News, and The News Examiner. These sites regularly fabricate stories simply because they will earn more money if they can get people to click and share. Legitimate news organizations make a distinction between news, editorial opinion, and advertising. Professional journalists take pride in their work, so stories will have a byline and often it will be possible to contact the reporter. To help your child understand some of what journalists do to get to the bottom of a story, check out the informative videos at [thenewsliteracyproject.org/learn-channel](http://thenewsliteracyproject.org/learn-channel).

[ect.org/learn-channel](http://thenewsliteracyproject.org/learn-channel).

**Has the story been confirmed by other news organizations?** Stories that are true will quickly show up on websites for major news organizations. To find out whether a story has been picked up by other news outlets, check a news aggregator like Google news ([news.google.com](http://news.google.com)). Kids can also make use of websites that specialize in uncovering hoaxes. Snopes.com debunks a wide variety of urban legends and false stories. Factcheck.org investigates the reliability of statements by politicians. The Washington Post publishes a weekly column about what was fake on the Internet. (Go to [Washingtonpost.com](http://Washingtonpost.com) and search for “what's fake.”) Hoax-Slayer.com and Thatsnonsense.com also try to keep people informed about the latest viral foolishness.

**What's the source?** As kids get older, they need to know how to evaluate sources so they can put their faith in people who deserve it. A media literacy program developed by professors at Stony Brook University uses the memorable acronym I'M VAIN to help students judge the reliability of news sources.

**I – Independent.** A source that tries to be objective is better than a source that is trying to sell a product or an idea.

**M – Multiple.** A story is more reliable when it's confirmed by multiple sources rather than a single person.

**V – Verify.** Sources who can back up a story with facts are preferable to sources that simply have opinions.

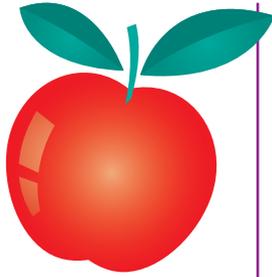
**AI – Authoritative and Informed.** A story is more reliable if it comes from a respected expert.

**N – Named.** Sources that are willing to go on the record are better than anonymous sources.

Of course, adults know that information is never perfect. New facts are always coming to light, and people can have legitimate differences about how to interpret facts. Still, helping kids recognize fake news means that they won't be misled or embarrassed by sharing something foolish.

*Carolyn Jabs raised three computer-savvy kids, including one with special needs. She has been writing Growing Up Online for 10 years and is working on a book about constructive responses to conflict. Visit [www.growing-up-online.com](http://www.growing-up-online.com) to read other columns.*

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## DEAR TEACHER

PEGGY GISLER AND  
MARGE EBERTS

# Why schools assign summer homework

## Dear teacher,

All of my children have brought home folders of summer homework that need to be completed before the first day of school in the fall.

The summer homework is such a big deal that my child entering kindergarten even has a lot of material to cover. Are other schools doing the same thing?

I certainly don't look forward to having to browbeat my children to do this work all summer long. Last year, I was lax about having the kids do their homework. As a result, the last two weeks before school started was just doing homework, homework, homework!

## Dear parent,

Your children's school is not out of step, as more and more schools are assigning summer work. The reasoning behind this is that it keeps students' school skills sharp — especially for those who have the traditional, long summer break of up to 70 days. Students who do not do some work in the summer will on average suffer a learning loss equivalent to about one month.

Typically, students score lower at the end of summer than at the end of the school year on the same standardized tests. Students who are reluctant to do any summer work should be reminded that failure to

do this work will put them behind.

Admittedly, summer is a time to relax and largely forget about school. Parents can keep it that way if they organize how the summer homework will be handled. Give them a say in when they will do them. You could suggest that they take a short break from these assignments after school is over and before it begins again. Another suggestion is that they only work on the assignments three or four days a week until all the homework is completed.

## Debunking common myths about stuttering

### Dear parents,

Much of what we think that we know about stuttering is actually a myth. Many very successful people, including Winston Churchill, Marilyn Monroe, and a recent top-10 performer on "American Idol," have had severe stuttering problems. Here with help from The Stuttering Foundation is a list of facts to counter the myths about stuttering. You can learn more about stuttering by visiting the organization's website at [www.stutteringhelp.org](http://www.stutteringhelp.org) or by calling (800) 992-9392.

**Myth:** People who stutter are not smart.

**Reality:** There is no link whatsoever between stuttering and intelligence.

**Myth:** Nervousness causes stuttering.

**Reality:** Nervousness does not cause stuttering. Or should we assume that people who stutter are prone to be nervous, fearful, anxious, or shy? They have the same full range of personality traits as those who do not stutter.

**Myth:** Stuttering can be "caught" through imitation or by hearing another person stutter.

**Reality:** You can't "catch" stuttering. No one knows the exact causes of stuttering, but recent research indicates that family history, neuromuscular development, and the child's environment, including fam-

ily dynamics, all play a role in the onset of stuttering.

**Myth:** It helps to tell a person to "take a deep breath before talking" or "think about what you want to say first."

**Reality:** This advice only makes a person more self-conscious, making the stuttering worse. More helpful responses include listening patiently and modeling slow and clear speech yourself.

## Teaching children how to write their names

### Dear teacher,

My daughter, who is entering first grade, still can't write her name. How can I teach her how to do this before next year?

### Dear parent,

You can work with your daughter using the steps below to help her learn to write her name. She needs to master each step before going to the next one.

- Get a copy of the alphabet letters the school is using. They should show the direction that each letter is formed.

- Teach her how to print the letters in her name, starting with her first name. The letters can be taught in any order. She also needs to know the names of the letters.

- Print her name. Have her trace these letters many times. She may find it easier to write using a marking pen.

- Write her name using only dots. Then she should connect the dots.

- Print her name, and have her copy it under the letters you have written. She should say each letter as she writes it.

- Have your child write her name without looking at the model.

- Teach your child her last name in the same way.

*Parents should send questions and comments to [dearteacher@dearteacher.com](mailto:dearteacher@dearteacher.com) or ask them on the columnists' website at [www.dearteacher.com](http://www.dearteacher.com).*

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## A LETTER FROM COLLEGE

AGLAIA HO



# Spilled milk

## Mistakes happen, focus on solutions

I have always been quite clumsy, especially as a young child. Mealtime at my house was mostly a messy disaster. I was prone to dropping food on the floor, breaking ceramic dishes and glassware, and, probably worst of all, spilling my drinks. Believe it or not, few family dinners would go by without a river of milk or juice pouring across our tablecloth and dripping onto our hardwood floor.

As annoying as this must have been to my parents, they surprisingly never disciplined me for my lack of coordination and the messy consequences. My dad would always teach me to just wipe up the mess.

Fast-forward to today and as a teenager, tasting freedom and responsibility for the first time at college, I have, without a doubt, metaphorically “spilled” many drinks. However, the mistakes we make as a teen tend to coincide with consequences a bit more grave than just a wet table. Like spilling a drink, our teenage mistakes are just as unintentional and mostly just a result of a lapse of common sense or the result of a lack of real-world experiences.

Still, I have learned that my dad’s philosophy still applies. We all make mistakes in our young lives, but we need to learn how to pick up the pieces and focus on finding a solution, rather than merely on the fact that we have messed up.

For teenagers coming to terms with their somewhat complicated place in this world, avoiding mistakes might as well be walking on eggshells.

Our peers, family, and society often lay out high expectations for us and we, too, might apply pressure on ourselves. My own mistakes have ranged from minor infractions like oversleeping and missing class, to more serious misgivings such as winding up in the emergency room for goofing off in my backyard. Some of my friends have committed wrongdoings even more serious like crashing the family car. Regardless of how big or small our mistakes might be, our errors leave behind victims who must face the consequences. Sometimes, our failure to fulfill our duties or keep our promises affects others, but more often we are the biggest victims and the ones who need to put things right.

Trying to heal the wounds of our mistakes can be challenging, depending on the situation. I have found that simple and careless mistakes can be easily smoothed over with a genuine apology and a heart-to-heart. My freshman year, I decided to stay up late on Halloween to carve a pumpkin. This mistake was a bit costly, because I overslept the next morning and missed my 9 am class. Embarrassing? Absolutely. Out of all the ways I could have spent Halloween night, I wasted time carving a pumpkin! End of the world? No. A quick conversation and apology to my professor was all it took for forgiveness.

Yet, some mistakes may seem irreparable. In my experience, a social faux pas can take a lot of time to mend since human emotions can be complicated and trust is fragile. Misunderstandings are

usually the cause of most conflicts between friends. There have been times where I unintentionally upset a friend, but could not grasp why she felt so badly violated.

To make matters worse, when a friend feels wronged, she might not be as open with you about her feelings. Attempting an apology can be difficult if you cannot even figure out what the problem is. Just understand that some people might be more sensitive than others. I have found that the best way to right a social wrong is to have a face-to-face conversation. Own up to your mistake and try to better understand what went wrong and how both of you can better maintain your friendship.

Then again, some mistakes are actually unfixable. Some things are just out of our hands. You just have to deal with the consequences of your actions. Our first reaction is often to dwell on this error, maybe even punish ourselves for making a stupid mistake. I have made plenty of careless mistakes on math and chemistry exams, often realizing right after I hand in my test, that I invented a world where 2 plus 10 equals 20. Unfortunately, once the test is over, there is no way I can fix my answer. It is not worth my time to obsess over this careless mistake. I will have to accept whatever partial credit my professors are generous (or not so generous) enough to give.

What is more important in unchangeable situations like this one is to focus on what you do have control of. Look forward. Perhaps, next time I can triple-check my work to make sure 2 plus 10 never equals 20!

I recently asked my dad why he stood so firmly by his philosophy regarding spilling drinks when I was younger. He told me that he did not want me to grow fearful of making mistakes and resort to covering up errors through dishonesty. Mistakes are such an inevitable part of life, and we cannot live our lives avoiding risk altogether. We must have the confidence that if errors do happen, we can problem-solve and find a solution.

Learning this now is good preparation for the future. Like the old saying states, there is no use crying over spilled milk, and like my dad says, “Just clean it up.”

*Aglaia Ho is a sophomore at Williams College and a native New Yorker. She also writes for her own blog at [www.aglaiaho.weebly.com](http://www.aglaiaho.weebly.com).*

# Calendar

MAY



Photo by Primo Iglesias

## Remembering the Civil War

Green-Wood and the Brooklyn Historical Society will commemorate the ending of the Civil War on May 23.

Musicians start the festivities with melodies popular in the day and gear up for the Cavalry to lead the Grand Procession past the candle-lit markers of Civil War veterans. There will be cookout demonstrations and re-enactment

soldiers sharing historical stories and information about the war.

The 150th anniversary of the Civil War at Green-wood on May 23 from 6 pm to midnight

Tickets are \$25; \$20 for members.

*Green-Wood Cemetery [Fifth Avenue and 25th Street in Sunset Park, (718) 210-3080; [www.green-wood.com](http://www.green-wood.com)]*

# Calendar

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

## Submit a listing

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

Send your listing request to [brooklyncalendar@cnglocal.com](mailto:brooklyncalendar@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!

## FRI, MAY 1

### IN BROOKLYN

**"Hatched":** BAM Fisher, 321 Ashland Pl. between Hansen Place and Lafayette Avenue; [www.bam.org/visit/buildings/bam-fisher](http://www.bam.org/visit/buildings/bam-fisher); 11 am; \$20.

Children up to 6 years old will enjoy this story of a newborn chick who emerges from her shell to a strange, and busy world. The chick is met by a feisty old rooster, a newly born calf learning to walk, a baby lamb and a noisy nest of baby birds. Performed through movement, music, puppets, and very little human dialogue.

## SAT, MAY 2

### IN BROOKLYN

**"Before We Grew":** The Old Stone House, 336 Third St. between Fourth and Fifth avenues; (718) 768-3195; [info@theoldstonehouse.org](mailto:info@theoldstonehouse.org); [theoldstonehouse.org](http://theoldstonehouse.org); 10 am and 1 pm; Free with advanced registration.

Presented by the Historic Trust Festival this event is designed for families with children on the autism spectrum. Visual Art, animation, puppetry and performance all staged in a large tent. Reservations are required.

**Brooklyn Kids Book Illustrators Draw for Kids:** powerHouse on 8th, 1111 Eighth Ave. between 11th and 12th streets; (718) 666-3049; [www.powerhousearena.com](http://www.powerhousearena.com); 11 am-5 pm.

Celebrate Independent Bookstore Day and meet kid's book illustrators as they draw your child's favorite animals. Featuring artists Sergio Ruzzier, Brett Helquist, Melissa Guion, Stephen Savage, Adam Auerbach, Fiona Robinson, and more.

**Manxmouse- the Mouse that Knew no Fear:** BAM Fisher, 321 Ashland Pl. between Hansen Place and Lafayette Avenue; [www.bam.org/visit/buildings/bam-fisher](http://www.bam.org/visit/buildings/bam-fisher); 11 am and 2 pm; \$12.



Lily Kesselman Photography

## Woolly good time

It's a Fleece of a good time all month long at Lefferts Historic Homestead. See how wool was used on a Flatbush farm. Attendees can brush the wool with carding paddles, spin yarn using a drop spindle, and make a felt ball to take home.

Fleece Fun, Saturdays and Sundays, May 2 through May 30, 2 to 4 pm \$3.

*Lefferts Historic Homestead [452 Flatbush Ave. between Empire Boulevard and Eastern Parkway in Prospect Lefferts Gardens (718) 789-2822, [www.prospectpark.org](http://www.prospectpark.org)]*

This is the story of a strange little mouse with blue fur, ears like a rabbit and no tail, but absolutely fearless in the face of his differences. The whimsical tale is suited to audiences 6 to 10 years old.

**"Hatched":** 11 am. BAM Fisher. See Friday, May 1.

**Family Festival:** PS 15, 71 Sullivan St.; (718) 768-3703; [www.puppetryarts.org](http://www.puppetryarts.org); Noon-3 pm; \$2 activities; (\$4 T-Shirt; \$3 bounce house).

Presented by Puppetry Arts - Games and activities including a Bounce House, Star Wars Characters, Flea Market, and juggling show. First 100 kids get a free goodie bag.

**Reenactor Baseball:** The Old Stone House, 336 Third St. between Fourth and Fifth avenues; (718) 768-3195; [info@theoldstonehouse.org](mailto:info@theoldstonehouse.org); [theoldstonehouse.org](http://theoldstonehouse.org); 1 pm; Free.

Play ball according to the 1864 rules of the game. The Flemington Neshanok, new York Gothams and The Bog Iron Boys take to the field at Washington Park.

**NYC Atlas:** New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; [www.mta.info/mta/museum](http://www.mta.info/mta/museum); 1:30 pm; Free with

museum admission.

Children learn about maps, and the subway. Then bind their own personal map of the city.

**Storytime:** Barnes and Noble, 267 Seventh Ave. at Sixth Street; (718) 832-9066; [www.barnesandnoble.com](http://www.barnesandnoble.com); 2 pm; Free.

What do you do with an idea? Children read Kobi Yamada's book and then do a fun activity.

**Train Operator school:** New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; [www.mta.info/mta/museum](http://www.mta.info/mta/museum); 2-4 pm; Free with museum admission.

Children 10 and older take control over a virtual subway car and gravel up and down the miles of track. Limited Capacity.

**Nature Walk:** Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway; (718) 623-7220; [www.bbg.org](http://www.bbg.org); 3-4 pm; Free with admission to the grounds.

Families enjoy an interactive walk around the grounds. Suitable for all ages.

**Krzysztof Poluchowicz:** PowerHouse Arena, 37 Main St. at Water

Street; (718) 666-3049; [www.powerhousearena.com](http://www.powerhousearena.com); 4-5 pm; Free.

The launch of kid's book "Brooklyn ABC: A Scrapbook to Everyone's Favorite Borough" by illustrator, photographer, and powerHouse Art Director Krzysztof Poluchowicz will include interactive activity for children.

**Bargemusic:** Fulton Ferry Landing, Old Fulton Street and Furman Street; (718) 624-2083; [www.bargemusic.org](http://www.bargemusic.org); 4 pm; Free.

Walk across the planks for a family friendly concert.

## SUN, MAY 3

### IN BROOKLYN

**"Before We Grew":** 10 am and 1 pm. The Old Stone House. See Saturday, May 2.

**NYC Atlas:** 1:30 pm. New York Transit Museum. See Saturday, May 2.

## FRI, MAY 8

### IN BROOKLYN

**Kids Create:** Mothers Day Crafts: Gerritsen Beach Public Library, 2808 Gerritsen Ave. between Bartlett Place and Gotham Avenue; (718) 368-1435; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); 3-5 pm; Free.

Kids make a special craft to surprise mom.

## SAT, MAY 9

### IN BROOKLYN

**Bones of an Old Dutch House Tour:** Lefferts Historic Homestead, 452 Flatbush Ave. between Empire Boulevard and Eastern Parkway; (718) 789-2822; [www.prospectpark.org](http://www.prospectpark.org); Noon-1 pm; \$10.

Examine the white oak timbers, the bones, of Lefferts Historic House and the many layers that were added, subtracted and changed over the past 230 years. Reservations required.

**NYC Atlas:** 1:30 pm. New York Transit Museum. See Saturday, May 2.

**Mother's day:** Barnes and Noble, 267 Seventh Ave. at Sixth Street; (718) 832-9066; [www.barnesandnoble.com](http://www.barnesandnoble.com); 2 pm; Free.

Children celebrate their favorite mom with a special story and activity.

**Train Operator school:** 2-4 pm. New York Transit Museum. See Saturday, May 2.

**Nature Walk:** 3-4 pm. Brooklyn Botanic Garden. See Saturday, May 2.

**Bargemusic:** 4 pm. See Saturday, May 2.

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# Calendar

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

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## FURTHER AFIELD

**Mother's Day brunch:** New York Botanical Garden, 200th St. and Kazimiroff Blvd., The Bronx; (718) 817-8700; [www.nybg.org](http://www.nybg.org); 10 am–6 pm; \$30 (\$27 student and seniors; \$15 children 2–12).

Celebrate mom with live entertainment, games and outdoor fun.

**Craft Fair:** Chelsea, West 21st St. between Eighth and Ninth avenues, Manhattan; (917) 589-8893; [www.twofairladies.com](http://www.twofairladies.com); 11 am–4 pm; Free.

Two Fair Ladies present over 60 handmade artisans featuring handmade jewelry, clothing, accessories for kids and adults, art, ceramics and more. Seventh annual event benefits PS 11.

## SUN, MAY 10

### IN BROOKLYN

**Family Bird Watching:** Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; [www.prospectpark.org/audubon](http://www.prospectpark.org/audubon); 10–11 am; Free.

Join the Prospect Park Alliance for its monthly family bird watching tours. After learning how to use binoculars, join our naturalists to identify some of the 250 species of birds that call Prospect Park home.

**Mother's Day brunch:** Brooklyn Museum, 200 Eastern Pkwy. at Washington Avenue; (718) 638-5000; [www.brooklynmuseum.org](http://www.brooklynmuseum.org); 11 am–1:30 pm; \$60 (\$50 members; \$33 for children 4 and older).

Celebrate mom with a delicious brunch just for mom.

**Sculpt and shape:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11 am–noon; Free with museum admission.

Put your hands to work molding works of art with handmade dough in the sensory room. Suitable for children with special needs. Please RSVP.

**NYC Atlas:** 1:30 pm. New York Transit Museum. See Saturday, May 2.

## FURTHER AFIELD

**Mother's Day brunch:** 10 am–6 pm. New York Botanical Garden. See Saturday, May 9.

## SAT, MAY 16

### IN BROOKLYN

**Bleu:** BAM Fisher, 321 Ashland Pl. between Hansen Place and Lafayette Avenue; [www.bam.org/visit/buildings/bam-fisher](http://www.bam.org/visit/buildings/bam-fisher); 10:30 am and 2 pm; \$12.

The Italian company Compagnia



Photo by Wendell Wagner

## Dances from Brazil

DanceAfrica celebrates the rhythms and culture of Africa in "Brazilian Rhythms," May 22-25 at the Brooklyn Academy of Music's Gilman Opera House.

Africa's influence on Brazil's traditional music and choreography will be explored through dance, music, and film.

"Brazilian Rhythms" performances are slated for May 22

through May 24; Friday at 7:30 pm; Saturday at 2 pm and 7:30 pm; and Sunday and Monday at 3 pm. Tickets are \$20-\$55; (half price for children 16 and younger).

*BAM Howard Gilman Opera House [30 Lafayette Ave. between Ashland Place and St. Felix Street in Fort Greene; (718) 636-4100; [www.bam.org](http://www.bam.org)].*

TPO returns with a new performance featuring environmental and technological themes. Actors invite the audience to join in an underwater voyage and learn about the ocean's power and biodiversity. Great for children 4 to 8 years old.

**Play Lab:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11:30 am and 2:30 pm; Free with museum admission.

Patterns, Patterns, Everywhere -A, B, C...1, 2, 3... look out, because patterns are everywhere! Discover the math behind patterns in our environment in a fun and playful way, then create a tessellating turtle shaker to make music at home! Suitable for ages 2 and one-half to 5 years.

**"Mini-Matisse":** Ground Floor Gallery, 343 5th St. at Fifth Avenue; [www.groundfloorbk.com](http://www.groundfloorbk.com); Noon–6 pm; Free.

Local artists showcase their kid-friendly illustrations, paintings, books, and more. Kids of all ages are invited to bring their own masterpieces to display at the "Mini-Matisse" gallery wall.

**Lotus Music and Dance:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 1 pm and 2 pm; Free with museum

admission.

Asian Dialogue - Ddliss- an amazing performance of Odhissi, Indian dance.

**Impossible postcards:** New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; [www.mta.info/mta/museum](http://www.mta.info/mta/museum); 1:30 pm; Free with museum admission.

Children travel across cities, mountains, deserts and forests and don't leave the city. Children discover the world through interactive art and games.

**Ballet Cat:** Barnes and Noble, 267 Seventh Ave. at Sixth Street; (718) 832-9066; [www.barnesandnoble.com](http://www.barnesandnoble.com); 2 pm; Free.

Children enjoy reading "Ballet Cat, The Totally Secret Secret" and a fun activity.

**It's My Park Day:** The Old Stone House, 336 Third St. between Fourth and Fifth avenues; (718) 768-3195; [info@theoldstonehouse.org](http://info@theoldstonehouse.org); theoldstonehouse.org; 2 pm; Free.

Celebrate spring with puppets, games and more.

**Train Operator school:** 2–4 pm. New York Transit Museum. See Saturday, May 2.

**Nature Walk:** 3–4 pm. Brooklyn

Botanic Garden. See Saturday, May 2.

**Bargemusic:** 4 pm. See Saturday, May 2.

**"A Little Help From My Friends":** On Stage at Kingsborough, 2001 Oriental Blvd. at Oxford Street; (718) 368-5596; [www.onstageatkingsborough.org](http://www.onstageatkingsborough.org); 8 pm; \$35 (\$30 in advance).

With Broadway performers and a live band, the show celebrates legendary tenors such as Freddie Mercury, Michael Jackson, Paul McCartney, Little Richard, the Beach Boys, and Enrico Caruso.

## SUN, MAY 17

### IN BROOKLYN

**Bleu:** 10:30 am and 12:30 pm. BAM Fisher. See Saturday, May 16.

**Fifth annual Walk for Autism:** Shorefront Y - NY Aquarium, 602 Surf Ave.; (718) 646-1444 X 406; [kochl@shorefronty.org](mailto:kochl@shorefronty.org); [www.shorefronty.org/community-support/autism-walk](http://www.shorefronty.org/community-support/autism-walk); 11 am; \$10 per person registration fee.

Hosted by the Shorefront Y, the monies raised benefit current programs serving children with special needs in South Brooklyn. Free raffle for registered participants. The walk begins at West 10th Street and the Boardwalk and is one-mile - concluding at the Y at 3300 Coney Island Avenue where water, snacks, raffles and prizes will be awarded.

**Play Lab:** 11:30 am and 2:30 pm. Brooklyn Children's Museum. See Saturday, May 16.

**"Mini-Matisse":** Noon–6 pm. Ground Floor Gallery. See Saturday, May 16.

**Basic Canoeing:** Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; [www.prospectpark.org/audubon](http://www.prospectpark.org/audubon); 1–3 pm; Free.

Urban Park Rangers lead canoe adventures that range from the gentle waters of protected lakes to the challenging open waters of rivers and bays. For ages 8 and up.

**Lotus Music and Dance:** 1 pm and 2 pm. Brooklyn Children's Museum. See Saturday, May 16.

**Impossible postcards:** 1:30 pm. New York Transit Museum. See Saturday, May 16.

**"The Musical Adventures of Flat Stanley":** Brooklyn Center for the Performing Arts at Brooklyn College, 2900 Campus Rd. between Amersfort and Kenilworth places; (718) 951-4500; [www.brooklyncenteronline.org](http://www.brooklyncenteronline.org); 2 pm; \$9.

# Calendar

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Presented by Target Storybook series. This is the whimsical tale of Stanley Lambchop, who wakes up one morning really, really flat and decides he will see the world by mailing himself in an envelope. Suitable for children 4 years and older.

## TUES, MAY 19

### IN BROOKLYN

**Summer reading destination:** Barnes and Noble, 267 Seventh Ave. at Sixth Street; (718) 832-9066; [www.barnesandnoble.com](http://www.barnesandnoble.com); 9 am; Free.

Children in grades 1 through 6 start the summer challenge. Read any 8 books and write a recommendation for them and receive on free book. Check at the desk for instructions.

**Angeles/Almas:** ; 7:30 pm; \$20-\$59.

Three premiers presented by Flamenco Vivo Carlota Santana - Angeles Martinete-Seguiriya and Ausencia Martinete - Seguiriya.

## WED, MAY 20

### IN BROOKLYN

**Angeles/Almas:** 7:30 pm. See Tuesday, May 19.

## THURS, MAY 21

### IN BROOKLYN

**"Road Mapping for Parents of Children with Special Needs":**

Brooklyn Borough Hall, 209 Joralemon St. between Remsen and Montague streets; (718) 802-3530; [programs@brooklynbp.nyc.gov](mailto:programs@brooklynbp.nyc.gov); 6 pm; Free.

Borough President Eric Adams discusses the different services available for parents of children with special needs.

**Angeles/Almas:** 7:30 pm. See Tuesday, May 19.

## FRI, MAY 22

### IN BROOKLYN

**Brazilian Rhythms:** BAM Howard Gilman Opera House, 30 Lafayette Ave. between Ashland Place and St. Felix Street; [www.bam.org](http://www.bam.org); 7:30 pm; \$20-\$55 (half price for ages 16 and younger).

DanceAfrica celebrates the African culture through dance, music, and film.

**Angeles/Almas:** 7:30 pm. See Tuesday, May 19.



Photo by Christopher Duggan

## What's in that egg?

It's "Hatched" at the Brooklyn Academy of Music on May 1 and 2.

Treehouse Shakers presents "Hatched," the interactive story of life on a farm. Toddlers, preschoolers and babies will enjoy this show featuring puppets, live music, and story-telling of a new-

born chick who emerges from her shell to a strange, and busy world.

"Hatched," May 1 and 2 at 11 am. All tickets are \$20.

*BAM Fisher [321 Ashland Pl. between Hansen Place and Lafayette Avenue in Fort Greene, [www.bam.org/visit/buildings/bam-fisher](http://www.bam.org/visit/buildings/bam-fisher)]*

## SAT, MAY 23

### IN BROOKLYN

**Impossible postcards:** 1:30 pm. New York Transit Museum. See Saturday, May 16.

**Storytime:** Barnes and Noble, 267 Seventh Ave. at Sixth Street; (718) 832-9066; [www.barnesandnoble.com](http://www.barnesandnoble.com); 2 pm; Free.

Do dragons love tacos? Find out in this special event with Dragons Love Tacos by Adam Rubin.

**Train Operator school:** 2-4 pm. New York Transit Museum. See Saturday, May 2.

**Brazilian Rhythms:** 2 pm and 7:30 pm. BAM Howard Gilman Opera House. See Friday, May 22.

**Angeles/Almas:** 2 pm and 7:30 pm. See Tuesday, May 19.

**Bargemusic:** 4 pm. See Saturday, May 2.

**Civil War anniversary:** Green-Wood Cemetery, Fifth Avenue and 25th Street; (718) 210-3080; [www.green-wood.com](http://www.green-wood.com); 6 pm - midnight; \$25 (\$20 members).

The Brooklyn Historical Society and

Green-Wood is commemorating the anniversary of the end of the Civil War with a Grand Procession, re-enactment, brass band concert, cooking demonstrations and more.

## SUN, MAY 24

### IN BROOKLYN

**Impossible postcards:** 1:30 pm. New York Transit Museum. See Saturday, May 16.

**Angeles/Almas:** 2 pm. See Tuesday, May 19.

**Brazilian Rhythms:** 3 pm. BAM Howard Gilman Opera House. See Friday, May 22.

## MON, MAY 25

### IN BROOKLYN

**Memorial Day medals:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11:30 am - 2:30 pm; Free with museum admission.

Celebrate the day by exploring the community, and saying thank you with handmade medals to take home.

**Brazilian Rhythms:** 3 pm. BAM Howard Gilman Opera House. See Friday, May 22.

## SAT, MAY 30

### IN BROOKLYN

**"It's My Park!" Day:** Prospect Park, 16th Street entrance, 16th Street and Prospect Park South West; (718) 287-3400; [www.prospectpark.org](http://www.prospectpark.org); 10 am-1 pm; Free.

Join the Prospect Park Alliance and NYC Parks to give back to Brooklyn's park. On "It's My Park!" Day, volunteers will gear up with brooms, shovels, rakes, paint brushes, and trash grabbers to tackle a major cleanup effort in Prospect Park.

**Sister City:** Budapest: New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; [www.mta.info/mta/museum](http://www.mta.info/mta/museum); 1:30 pm; Free with museum admission.

Children discover the subway system in Budapest.

**Storytime:** Barnes and Noble, 267 Seventh Ave. at Sixth Street; (718) 832-9066; [www.barnesandnoble.com](http://www.barnesandnoble.com); 2 pm; Free.

"Peanut Butter & Cupcakes" are on the menu.

**Train Operator school:** 2-4 pm. New York Transit Museum. See Saturday, May 2.

**Nature Walk:** 3-4 pm. Brooklyn Botanic Garden. See Saturday, May 2.

**Bargemusic:** 4 pm. See Saturday, May 2.

## SUN, MAY 31

### IN BROOKLYN

**Sister City:** Budapest: 1:30 pm. New York Transit Museum. See Saturday, May 30.

**Blast of Brass:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 2 pm and 3 pm; Free with museum admission.

Learn about and try out instruments of the brass family in a concert for the whole family. For children 5 to 12 years old.

## LONG-RUNNING

### IN BROOKLYN

**"From Here to There":** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Tuesdays - Sundays, 10 am-5 pm, Now - Wed, June 10; \$9.

The Brooklyn Children's Museum

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**Continued from page 61**

explores transportation with "From Here to There," consisting of twelve interactive exhibits, helping kids explore transportation by land, sea, and air, and the mechanics that go into it.

**Toys, Games, and Puzzles:** Gerritsen Beach Public Library, 2808 Gerritsen Ave. between Bartlett Place and Gotham Avenue; (718) 368-1435; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); Fridays, 10:30 am-11:30 am.; Free.

Playtime for kids aged 0-5.

**Nature Exploration:** Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; [www.prospectpark.org/audubon](http://www.prospectpark.org/audubon); Thursdays and Fridays, Noon-4 pm.; Free.

Join the Prospect Park Alliance for nature education programs at the Prospect Park Audubon Center, the first urban Audubon Center in the nation. Children enjoy Bird nerd games; nature on the go and animal encounter.

**Reading is Fundamental:** Gerritsen Beach Public Library, 2808 Gerritsen Ave. between Bartlett Place and Gotham Avenue; (718) 368-1435; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); Fridays, 2 pm.; Free.

Kids receive a free book when they sign up, on their birthday, and every third week if they checkout two books per week.

**Game On! Board Games:** Sunset Park Public Library, 5108 Fourth Ave. at 51st Street; (718) 965-6533; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); Fridays, 3:30-5 pm.; Free.

Kids play games such as Connect 4, Uno, Clue, and Monopoly.

**Tween Teen Tech Time:** Sunset Park Public Library, 5108 Fourth Ave. at 51st Street; (718) 965-6533; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); Fridays, 3:30-5 pm.; Free.



## A day for the park

Celebrate the rites of spring at "It's My Park Day" at the Old Stone House on May 16.

Families enjoy the beautiful day with loads of events including a giant puppet pageant presented by the Puppeteers Cooperative along with games, raffles,

and vendors.

Rites of Spring, May 16 at 2 pm. Free.

*The Old Stone House [ 336 Third St. between Fourth and Fifth avenues in Park Slope, (718) 768-3195; [www.theoldstonehouse.org](http://www.theoldstonehouse.org); [info@theoldstonehouse.org](mailto:info@theoldstonehouse.org)]*

Tweens and teens enjoy books, Nintendo and Playstation videogames, and music, while participating in Reading is Fundamental.

**The Art of Math:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Saturdays and Sundays, 12:30 pm, Sat, May 2 - Sun, May 31; Free with museum admission.

Triangles, squares and circles - oh

my! Take a deep look at geometric art from around the world as we learn more about how math is in every part of our lives. For children ages 4 and older.

**Needlework and games:** Lefferts Historic Homestead, 452 Flatbush Ave. between Empire Boulevard and Eastern Parkway; (718) 789-2822; [www.prospectpark.org](http://www.prospectpark.org); Saturdays and Sundays, 1-3 pm.; \$3.

Join in with staff and make a small sampler and play board games.

**Body Math!:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Saturdays and Sundays, 1:30 pm, Sat, May 2 - Sun, May 31; Free with museum admission.

How many "feet" long is your arm? How many "hands" tall are you? Find out in this fun, body-moving measurement workshop! For ages 4 and older.

**Fleece Fun:** Lefferts Historic Homestead, 452 Flatbush Ave. between Empire Boulevard and Eastern Parkway; (718) 789-2822; [www.prospectpark.org](http://www.prospectpark.org); Saturdays and Sundays, 2-4 pm, Sat, May 2 - Sat, May 30; \$3.

See how wool was used on a Flatbush farm. Attendees can brush the wool with carding paddles, spin yarn using a drop spindle, and make a felt ball to take home.

**Arty Facts:** Brooklyn Museum, 200 Eastern Pkwy. at Washington Avenue; (718) 638-5000; [www.brooklynmuseum.org](http://www.brooklynmuseum.org); Sundays, 11 am, Now - Sun, May 17; Free with museum admission.

Children are invited to imagine and create new worlds and explore the museum.

**Movie Matinees:** BAM Rose Cinemas, 30 Lafayette Ave. between Lafayette Avenue and Hanson Place; (718) 636-4100; [www.bam.org](http://www.bam.org); Sundays, 2 pm, Now - Sun, June 7; \$7 children (\$10 adults and \$9 for members)).

Curated by BAMcinematek, the series offers families an introduction to the classic films and new indie selections. From Charlie Chaplin to Walter Lang.

**Craft room:** Jewish Children Museum, 792 Eastern Parkway; (718) 907-8833; [www.jcm.museum](http://www.jcm.museum); Sundays - Thursdays, Noon-5 pm, Mon, May 4 - Thurs, May 28; Free with museum admission.

Get creative with a variety of Jewish themed crafts to choose from! F.

**Babies and Books with Reading is Fundamental:** Gerritsen Beach Public Library, 2808 Gerritsen Ave. between Bartlett Place and Gotham Avenue; (718) 368-1435; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); Thursdays, 10:30-11:30 am, Now - Thurs, May 14; Free.

Books, songs and rhymes for babies 0-18 months.

**Ken Siegleman's Poetry outreach:** Barnes and Noble, 267 Seventh Ave. at Sixth Street; (718) 832-9066; [www.barnesandnoble.com](http://www.barnesandnoble.com); Thursdays, 6:30 pm, Now - Thurs,

## Celebrate Moms at the Museum



This year, make Mother's Day Mom-seum Day!

Celebrate mom at the Brooklyn Museum with a fantastic brunch and tours on May 10. Enjoy a delicious brunch, then choose from an assortment of seasonal highlights tours that take a Mother's Day-themed look at our collections and spring exhibitions.

On your way home, grab a gift bag with goodies from certified Brooklyn Made businesses.

If more Brooklyn-based fun

strikes your fancy, take a complimentary shuttle from the Museum to the WantedDesign and Bklyn Designs fairs, because your Mother's Day Brunch ticket includes free admission to both!

Mother's Day brunch and tours, May 10, 11 am to 1:30 pm. \$60 for adults, \$50 for Museum members, and \$33 for children ages 4 and up.

*Brooklyn Museum [ 200 Eastern Pkwy. at Washington Avenue in Prospect Lefferts Gardens; (718) 638-5000; [www.brooklynmuseum.org](http://www.brooklynmuseum.org)*

# Calendar

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

June 25; Free.

Anthony Vigorito hosts a night of poetry featuring guest poets each week. For teens and adults.

**"Blood Red Roses":** Waterfront Museum Barge, 290 Conover St. near Reed Street; (866) 811-4111; [www.waterfrontmuseum.org](http://www.waterfrontmuseum.org); Monday, May 11, 7:45 pm; Tuesday, May 12, 7:45 pm; Saturday, May 16, 7:45 pm; Sunday, May 17, 7:45 pm; Friday, May 22, 7:45 pm; Saturday, May 23, 7:45 pm; Sunday, May 24, 7:45 pm; Friday, May 29, 7:45 pm; Saturday, May 30, 7:45 pm; Sunday, May 31, 7:45 pm; \$15 at the door (\$20 in advance).

The Female Pirate Project is a shadow puppet show on the history of female pirates. Come to sea, sing along and go on a journey and learn about these fascinating women in history. Suitable for teens 16 and older.

## FURTHER AFIELD

**Science Playground:** New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X353; [www.nyscience.org](http://www.nyscience.org); Weekdays, 9:30 am-5 pm, Saturdays and Sundays, 10 am-6 pm.; \$5 plus museum admission.



## Walking for a cause

Show your support for autism on May 17 and march with families and members of the Shorefront Y.

This Fifth annual Walk for Autism raises monies to benefit current programs serving children with special needs in South Brooklyn. Free raffle for registered participants. The walk begins at West 10th Street and the Boardwalk and is one mile —

concluding at the Y at 3300 Coney Island Avenue, where water, snacks, raffles and prizes will be awarded.

Walk for Autism, May 17, beginning at 11 am. \$10 registration fee.

Shorefront Y [NY Aquarium • 602 Surf Ave. • (718) 646-1444 X 406 • [kochl@shorefronty.org](mailto:kochl@shorefronty.org) [www.shorefronty.org/community-support/autism-walk](http://www.shorefronty.org/community-support/autism-walk)].

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

**Galapagos:** Nature's Wonderland in 3D: New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X353; [www.nyscience.org](http://www.nyscience.org); Weekdays, 11 am & 2 pm, Saturdays and Sundays, 1 & 3 pm, Now - Tues, June 30; \$6 adults; \$5 children.

In this 3D movie, travel to the Galapagos archipelago to meet giant half-ton tortoises and marine iguanas that spit sea-salt from their noses, hunt fishes with the colorful blue-footed boobies, and swim with tiny penguins.

**Rocket Park Mini Golf:** New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X353; [www.nyscience.org](http://www.nyscience.org); Saturdays and Sundays, 10 am-6 pm.; \$6 (adults,) \$5 (children and seniors,) plus museum admission.

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

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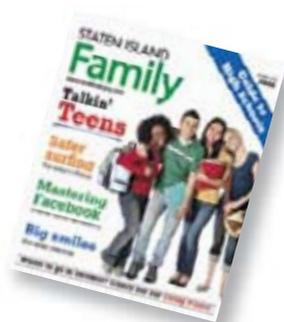
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## THE BOOK WORM

TERRI SCHLICHENMEYER

## Discover new frontiers

You've got a lot to do today, so it's time to get going. You've got breakfast to eat and a whole big world to explore, and it starts with the new book "A Day in Canada" by Per-Henrik Gürth.

So where will you start your new day? Why not watch the sunrise in St. John's, way over on the east side of Canada?

In the next part of your busy day, you'll pick your meals at the Halifax Farmers' Market. Corn, bananas, tomatoes, melons, and pears can all be found there every morning. Arrive early, and you can help.

All that work means it's time for fun! Grab your bike and take a morning ride along the Confederation Trail. It's the perfect day for it, but hurry. You'll want to listen to music and dance at the Miramichi Folksong Festival.

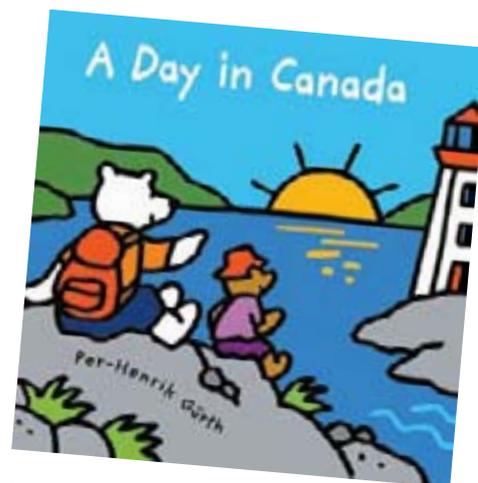
Just before lunchtime, you can take a tour of a Quebec City fort. When you're finished, you'll be hungry and ready for a lakeside rest. Did you bring a blanket for your picnic

on Toronto Island?

Once you're done napping in the sun, it's time to get going again. It's almost suppertime but first, you can walk through the park at Whistler Mountain, can't you? The trees are so close that you almost feel like a bird there! And you might feel rich if you find gold in the Klondike River, so don't forget to bring your pan and some good boots.

It's been a very long day, and it's time to rest on the shores of Great Slave Lake. The only thing better than a hot dog cooked near the sand is sleeping beneath the northern lights in Nunavut. What a day it's been! And what a journey!

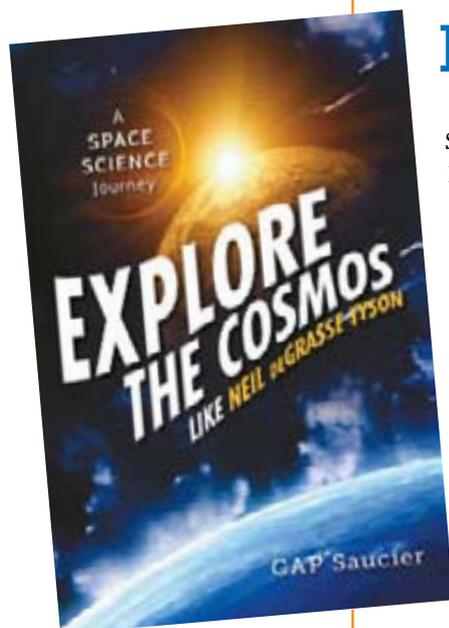
Quiet. Simple. Those are two words you'll want to remember when you need a snuggle-time book for your toddler, and "A Day in Canada" fits both. With heavy lined drawings and bright, vivid colors, author Per-Henrik



Gürth takes kids on a journey from eastern to western Canada, hitting some highlights and seeing premiere sites in many of the country's areas. I particularly liked the uncomplicated nature of this book; even if a child can't read the narrative, the pictures tell the story well.

This is a perfect gift for a child who's just learning to love books and the read-aloud time that goes with them, and it's great for a bedtime story, too. If your 2-to-4-year-old needs that, then "A Day in Canada" is just right for a Good Night.

"A Day in Canada" by Per-Henrik Gürth [32 pages, 2015, \$15.95].



## Exploring the cosmos!

In the new book by CAP Saucier, you can learn to "Explore the Cosmos like Neil deGrasse Tyson."

Born a few days before the National Aeronautics and Space Administration began, Neil deGrasse Tyson likes to say he's the same age as NASA. By the time he was nine years old, he was "in love with the night sky" and at 11, he knew he wanted to be an astrophysicist (a scientist that studies the universe). He was so fascinated by planets and stars that he almost got in trouble with a telescope when he was a teenager.

Tyson's parents both stressed to him that skipping college was not an option and so, though he wasn't a great student in high school, Tyson went to Harvard, then to the University of Texas and to Columbia University. Why, you might ask, didn't he become an astronaut? Back then, the program wasn't open to African

Americans, so being an astronaut never even entered his mind.

In finding beauty in the night sky, Tyson is not alone. More than 2,500 years ago, the Greeks looked upward and tried to understand what they saw. Other cultures studied the heavens, too; Ptolemy tried to count the stars, and stopped at a thousand. In recent years, we've learned more about the cosmos than ever before, but there's still so much we don't know.

To study the stars, you need to understand light and physics. You'll need to know about galaxies and Nebulas, which look different and have descriptive names. You'll want to find out the truth about black holes, and why you never, ever want to be "spaghettified." And above all, says Tyson, stay in school, learn math, and go for the best education you can get. Even if you don't end up studying stars, that's always a good path to take. I was pleasantly surprised and a little daunted, both, by "Explore the Cosmos like Neil deGrasse Tyson."

The delight comes in the biography part of this book. Author CAP Saucier lets us explore the life of Neil deGrasse Tyson, from his childhood to his fascinating career today and what he thinks about the future of space exploration. Along the way, we're given an education on the universe and what's in it.

That part, however, can be formidable; the language is more advanced than I would have liked to see in a book for middle-graders. Kids who tackle those sections will need a better-than-average understanding of astrosience, since those pages aren't otherwise very kid-friendly. I think maybe a science-loving 9-year-old could try this book but it's really better-suited for someone older. For a sharp child with her head in the stars, "Explore the Cosmos like Neil deGrasse Tyson" is pretty cosmic.

"Explore the Cosmos like Neil deGrasse Tyson" by CAP Saucier [177 pages, \$14.99].

Terri Schlichenmeyer has been reading since she was 3 years old, and she never goes anywhere without a book. She lives on a hill with two dogs and 12,000 books.

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# New & Noteworthy

BY LISA J. CURTIS

## Knotty corner

We have found the answer to your question, “What do we get for [insert: Mom, Grandma, My Mother-in-law, or The Special Aunt] for Mother’s Day this year?”

And the answer is: A Macrame Terrarium, from Faber-Castell’s Creativity for Kids line. With this kit, kids, ages 7-97, can make a wonderful, handcrafted present. They’ll learn the awesomely ’70s pastime of macrame (pronounced mah-krah-may) which entails tying knots in the included turquoise cord to transform it into a plant hanger. Then, the child creates the terrarium, using the plastic spoon to layer the included chia and wheat grass seeds, potting mix, colored sand, and gravel inside the plastic, globe-shaped terrarium (which is 5-inches in diameter). Just add water to the garden mister, and they’re ready to grow! The young landscape designer can insert the kit’s teensy-weensy, resin deer and mushroom figurines, or they can use materials from home to create their own figurine or a sign that reads “I love you, Mom.”



Finally, place the terrarium into the plant hanger, and voila! — a handcrafted gift for that “deer” lady.

*Macrame Terrarium kit by Faber-Castell Creativity for Kids, \$20, faber-castell.com/creativity-for-kids.*

## Miller’s ‘Glory’ days

When I was a kid, it was actually a fun change of pace when my parents shut off ’80s pop radio and put in a Johnny Horton cassette. Through that historical balladeer’s rollicking 1960 hit, “Sink the Bismarck,” I learned about the British navy taking on the mighty German battleship during World War II.

With his new CD, “Glory! Glory! Hallelujah!,” Lloyd H.

Miller brings a similar level of excitement to aspects of the American Civil War. The album combines songs from the 1800s with Miller’s original tunes — like “Weeksville,” about the area of Brooklyn which became one of the United States’ first free black communities.

The listener learns of the courageous, painful journey of a Virginia slave who escaped to the North by mailing himself in a crate in “Henry Box Brown,” a ballad that will spark a passion for learning more about America’s heroes.

A wonderful way to commemorate the 150th anniversary of the end of the Civil War, the CD also includes the Gettysburg Address, read by contemporary voices.

*“Sing-a-long History Vol. 1: Glory! Glory! Hallelujah!” CD by Lloyd H. Miller, \$9.99, cdbaby.com.*



## Sink to their level

With Little Tikes’ new Splish Splash Sink and Stove, kids ages 3 and older will be absorbed for long stretches of time as they cook and clean dishes in the “working” sink.

The drain and pump-action faucet elevates this toy above its peers. The tidy toy holds all of the accessories (frying pan, spatula,

tongs, plates, forks, knives, spoons, and cups) for easy portability. The gender-neutral kitchen is a great gift for preschoolers, and can be used indoors or outdoors. The only drawback of this engrossing toy is the potential for tiny dishpan hands!

*Splish Splash Sink and Stove by Little Tikes, \$19.99, www.littletikes.com.*



## Im-pressive

With the Botanist Case from Moulin Roty, wee naturalists can use the included flower press to preserve natural specimens — and later transform them into a thoughtful gift for Mother’s Day, Grandparents Day, or just mount them into a scrapbook as keepsakes of a visit to a park on a sunny day.

After the blooms and leaves have been dried in the case’s

press, the flowers can be laminated and turned into bookmarks, or preserved in resin and transformed into pendants for necklaces, or even arranged into framed collages with additional materials from a craft store.

Recommended for crafters ages 6 and up, the cardboard Botanist Case also includes a magnifying glass, scissors, notebook, and three boxes for storing treasures.

*Botanist Case by Moulin Roty, \$72, bonjourpetit.com.*



## Fall for nature

Drought continues to beleaguer California, making it a good time to remind kids about our precious natural resources. In the beautifully illustrated “Pitter and Patter,” a new picture book by Martha Sullivan, readers — ages 4-10 — will quench their thirst for adventure as they marvel at the journey of two. While Pitter falls from a leaf to a stream and ocean, Patter travels through soil to an underground cave and finally reunites with Pitter at sea.

The friendly raindrops say “hello” to many insects and animals on the land and sea, all gloriously illustrated by Cathy Morrison. After the story ends, additional text explains

how all of those April showers beget May flowers and other ways parents can bring the scientific concepts behind “Pitter and Patter” to life for their budding conservationists.

*“Pitter and Patter” book by Martha Sullivan, \$8.95 paperback, \$16.95 hardcover, www.dawnpub.com.*





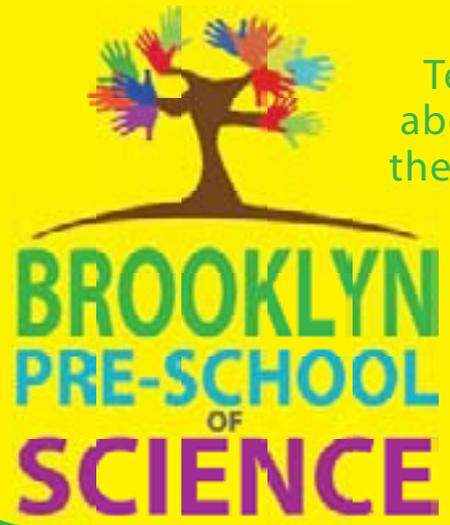
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