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The perfect month of June

I had a great Mother's Day and hope you all did, too. My family was on vacation and that in itself made it a super day, but in addition to that, my daughter was loving and sweet in delightful ways and made me feel special.



Last month we ran an interesting article about parenting grown children, and I personally found it had substance I could relate to. Just because they're taller than you doesn't really change the parental responsibility, it just makes the responsibilities different. It means that new issues will emerge, like dealing with boyfriends or girlfriends or in-laws. It means that although they will be independent beings, somehow they

will always be linked. Maybe some of the roles will have reversed a bit and now they may be helping you in ways you used to help them. June is a month that presents parents of kids of all ages with a myriad of celebrations and milestones; everything from graduations to weddings, the beginning of camp to the beginning of summer school. It's also the month when we celebrate fathers, and this issue has its share of articles relating to Dad. With increasing numbers of fathers opting to be primary caregivers rather than working outside the home, the role of Dad has altered and has become inclusive. When I was a kid, many of my friends hardly saw their dads.

They were always working and were seldom home. Sad, but true.

The reality of extended families has also changed the picture and we now have step-dad and mom realities as well. Families are complex and no longer hidden behind the curtains and kept in the shadows. When I was nine years old my dad remarried my girlfriend's mother and we became an instant new family. There were loads of issues associated with this that went unaddressed for years. In those days, people were very insular. They didn't talk about things and they certainly didn't entertain things like counseling. Nowadays, it's a rare family who would respond with such denial to the complexities of life's choices.

We're so much wiser and more open and just having these parenting resources available helps in ways

that went unaddressed in years past. We all know that not everything comes naturally and that there is information we need to help us do a better job.

We hope you find this issue informative and entertaining too! Our calendar is loaded with great things for every family to do around New York in this glorious month of June, which also happens to be my birthday month. No wonder I love it. Have fun! Happy summer.

Thanks for reading!

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First-time dads

Helping men
adjust to a
new addition
to the family

BY DENISE YEARIAN

When a child is born, much emphasis is placed on helping the new mother and baby adjust. But they aren't the only ones undergoing change. Most first-time fathers experience stress due to sleep deprivation, change in routines, and their own apprehensions about parenting.

"There are a myriad of emotions that come with being a new father," says Armin Brott, author of multiple books and one DVD on fatherhood. "Most often, it's a feeling of pride and excitement. At the same time there can be apprehensions — 'Will I be a good father?' 'Can we afford this?' 'How is this going to change our lives?'"

This was what David Wuttke found.

"When my son David Jr. was born, I had overwhelming feelings of anxiety and excitement all at once," he says. "I had been babysitting since I was 16, so my anxiety wasn't about child care. It was the reality of the responsibility that this was my son. And that sent a shock to my system."

Just knowing there's another person to care for can be a big stressor for first-time fathers. Couple that with the fact that many men don't initially know how to bond with their newborns.

"If a mother is nursing, it naturally brings her in contact with the baby," says Brott. "Dads don't have that same natural bonding method, so they often get stuck doing the

dirty work. But it shouldn't be that way."

Susan Maroto, licensed social worker and parent educator in prenatal care and postpartum adjustment, agrees.

"There are things moms can do to help dads feel competent in that role," she says. "Encourage them to take part in all areas of child care — feeding, bathing, reading, and putting the baby down. Just be

careful you aren't overly critical. Standing behind your husband and correcting his every move will only frustrate him. Show him what needs to be done, then let him develop his own style."

Fortunately for Wuttke, basic training occurred as a teen sitter and paid big dividends when his son was born. Soon after his wife Christine delivered, she enrolled in college and David was thrust into



Resources for new fathers

Books and DVDs:

- "Be Prepared: A Practical Handbook for New Dads" by Gary Greenberg and Jeannie Hayden
- "The Expectant Father: Facts, Tips, and Advice for Dads-to-Be" by Armin Brott
- "The Father's Almanac: From Pregnancy to Pre-school, Baby Care to Behavior, the Complete and Indispensable Book of Practical Advice and Ideas for Every Man Discovering the Fun and Challenge of Fatherhood" by S. Adams Sullivan
- "New Father Book: What Every New Father Needs to Know to be a Good Dad" by Wade F. Horn, Ph.D. and Jeffrey Rosenberg, MSW
- "Toolbox for New Dads: Because Babies Don't Come with Instructions" by Armin Brott (DVD)

Websites:

- www.newdads.com • www.mrdad.com

solo evening child care.

"I never had to think about how to take care of David. I just fell back on my babysitting days," says Wuttke. "If he was crying, I would say, 'Okay, let's guess what he needs?' Then I'd check his diaper. If that was okay, I'd try to feed him. If he wasn't hungry, I thought maybe he had gas or needed to sleep. One of those usually did the trick."

For Anthony Franco, the adjustment wasn't that easy. When his wife Lisa gave birth to twins, Franco seemed to be fine. But four months into it, things changed.

"I started experiencing panic attacks and didn't know why," he remembers. "I would be in the supermarket when all of the sudden I would get this overwhelming sense of dread and lightheadedness."

This went on for several months until Franco finally went to the doctor.

"He asked me where it was happening, and I told him it was when I was buying diapers, formula, and other things for the twins," he continues. "That's when he pinpointed the problem. He said this happens to a lot of new fathers. He prescribed a little anti-anxiety medication and then I was fine."

Brott believes it's important for men to have someone with whom they can share their stress.

"Some men have close friends they can confide in. But a lot don't, so they keep all of those concerns in and the stress level builds," he says. "They shouldn't be afraid to talk with other men and find out what they have gone through. Chances are they'll find others felt the same way, too."

One concern most new fathers share is fatigue. Franco and Wuttke both had a hard time with this.

"The one thing I really didn't expect was that time on a 24-hour clock had no meaning anymore," says Franco. "It became irrelevant after a while, and we just fit sleep in whenever we could."

The Wuttkes solved this problem by enlisting the help of relatives.

"There were times Chris and I said, 'We need a break,' and my mom would take David, so we could rest. We even called my grandparents, so we could have an occasional night out."

Extended family and friends can be a huge help or add significant stress, depending upon the dynamic of the relationship, say experts. This is where husbands can help their wives by setting boundaries.

"Dad should take the role of communicator outside the family, and if needed, limit visitors," says Maroto. "Encourage others to help in practical ways such as dropping off meals, running errands, or watching the baby for 20 minutes, so the couple can take a quick walk."

What's most important is to realize this is a period of adjustment and life does get easier.

"It's like anything new, it takes a little time," says Franco. "It took about 18 months before I became completely comfortable with the twins. Now we're pretty much inseparable."

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

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6 math projects that can make summer count

Simple games keep kids' minds sharp this season

BY DR. HEIDI SMITH LUEDTKE

Lazy summer days give kids a chance to unwind, but time out of school causes kids to forget academics. The National Summer Learning Association reports students lose an average of two months' worth of learning during summer break, and math concepts take the hardest hit. Losses are greatest for kids who are already struggling.

The good news? Fun, at-home math projects using inexpensive supplies can prevent summer learning loss — and you don't have to be a mathematical genius to supervise them. Let these easy ideas inspire you:

Age group: Preschool

1 Scavenger hunt

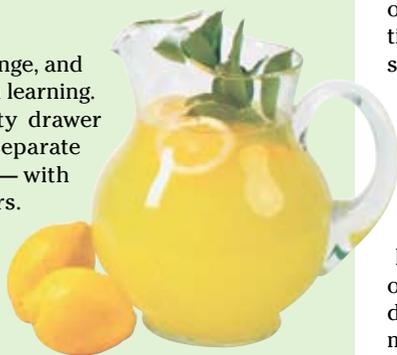
Take a hike with your child and collect a variety of items like pinecones and leaves, rocks, sticks, and feathers.

"Preschoolers learn best when they explore natural materials with their senses," says Master of Education Lorayne Carbon, Director of the Early Childhood Center at Sarah Lawrence College in Bronxville, N.Y.

Let them sell lemonade!

Measuring ingredients, making change, and counting the profits all reinforce math learning.

Stock kids' cash box — an empty drawer organizer or egg carton provides separate compartments for each kind of coin — with pennies, nickels, dimes, and quarters. At the end of the sale, kids can count and roll their coins to take to the bank or make life a little sweeter by donating profits to a local charity.



Let kids sort and display their finds. Your child might organize objects from smallest to largest or group them by texture or color. Sequencing skills take off in toddlerhood, and kids love arranging and rearranging special objects.

2 Sink or swim?

Collect a box of water-safe objects from around the house, such as apples, eggs, pennies, hollow and solid toy balls, Matchbox cars, and seashells. Use a large bucket of water or a backyard kiddie pool to experiment. Ask budding scientists to guess whether each object will sink or stay afloat. Record their predictions and the observed results in a simple chart to capture their learning.

Take care to keep electronics and books out of reach, though. Your preschooler may plop your cellphone into the pool and yell "sink!" before you can rush to the rescue.

Age group: Kindergarten to third grade

3 Measure up

Teach and reinforce measurement concepts including cups, pints, quarts, and gallons at the water table or in the sandbox. Provide a collection of measuring utensils of varied shapes and sizes and let kids explore how many cups are in a pint and how many pints are in a gallon. See whether tall, skinny vessels hold more than short, fat ones.

When kids' interest wanes, head back inside and show them how to build a measurement man out of colored paper. Find detailed directions at www.mathwire.com/measurement/measurementman.pdf. Visualization helps students

remember and apply measurement concepts when they're solving word problems at school or cooking up fun in the kitchen.

4 Fish out of water

Cut out and decorate paper fish or use goldfish-shaped snack crackers as game pieces. You'll need 20 fish for each player.

Give each child a clear glass bowl or print a game board from www.mathwire.com/games/fishoutofwater.pdf. Each player rolls a single die on each turn. The number rolled tells the child how many fish to return to the water and the first player to get all his fish back in the water wins the game.

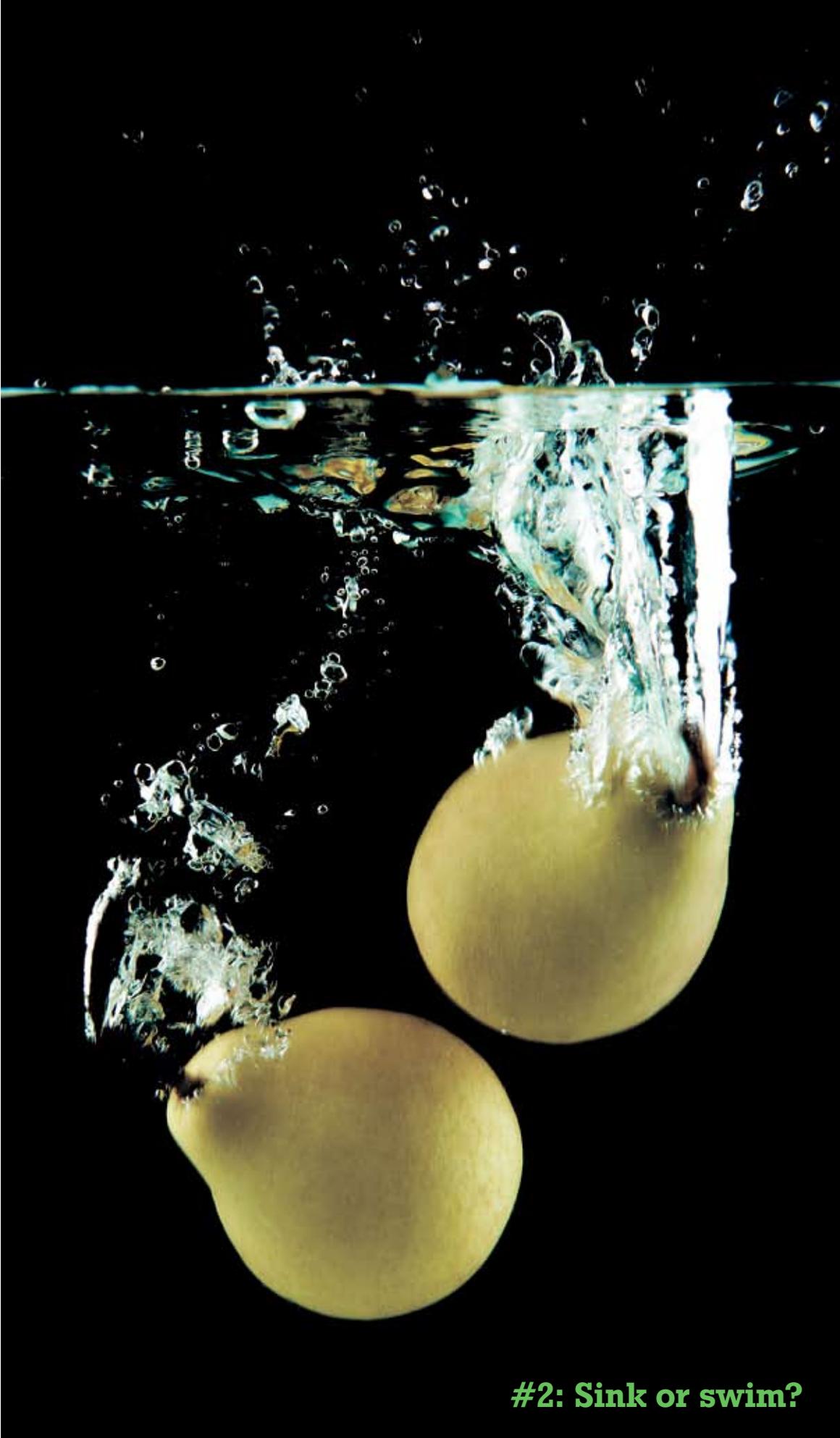
Make this more challenging by requiring players to get the exact number of fish remaining on their final roll (if they have only three fish left, they must roll a 3 to win). Ask the winner to count his fish for confirmation, so you're sure the winner didn't nibble her way to victory.

Age group: Fourth to sixth grade

5 Balloon rocket car race

Put engineering skills to work with some materials gleaned from the recycling bin. You'll need plastic water or soda bottles and lids, drinking straws, wooden skewers, balloons, and duct tape to make these cool rocket cars. Find detailed instructions and a video demonstration at www.hometrainingtools.com/a/balloon-rocket-car-project.

Give kids enough materials to make several cars, using different sized balloons and smaller or larger sized nozzles. Let them test how far their cars go on a flat surface like the driveway or sidewalk, using a



#2: Sink or swim?

Math resources for all ages

Need a few more ideas for summer math projects?

- Online practice for basic math facts: <https://www.xtra-math.org>

- Help kids change the way they solve math problems: “The Grapes of Math” (Scholastic, 2004) by Greg Tang takes a novel, humorous approach. (Second grade and up.)

- Loads of ideas and online games to keep math skills sharp, organized by grade level and topic: <http://everydaymath.uchicago.edu>.

tape measure and chalk to mark distances. Record results on a spreadsheet and have kids calculate the shortest and longest trials, the average length traveled, and the time it takes rocket cars to travel a set distance (kids need a stop watch and some help to do this). Go all out and host a neighborhood rocket car derby with prizes for best design and distance.

6 Million-dollar spending spree Give each kid a pretend bank balance of \$1,000,000 and challenge her to spend it in a specific period of time. Kids might finance a dream vacation, build or buy a new home, or create a financial plan to address an important social issue. Set spending rules that make this project fun and challenging for your child. You might require kids to donate 10 percent to a church or charity, or set aside a certain percentage for college education costs. See teacher’s ideas at www.proteacher.net (search for million-dollar spending spree).

Post the rules and put kids to work. By the end of the project period, each child should produce an itemized spending plan with a photo of each item and an expense tally. The million-dollar spending spree gets kids excited about research and engaged with numbers. It also facilitates great family conversations about values and decision making.

Dr. Heidi Smith Luedtke is a psychologist, former math teacher, and mom of two. She is the author of “Detachment Parenting.”

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Continued from page 10
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Hearing loss & headphones

What parents need to know for young ears

BY PURO SOUND LABS

One in five American teens now suffer from some form of hearing loss, according to a study by the Journal of the American Medical Association. In 1994 that rate was roughly one in eight.

Much of this rise in teen hearing loss is attributed to noise-induced hearing loss, a form of loss that develops when the mechanisms of the inner ear are damaged by prolonged exposure to harmful sound levels.

Hearing loss in adolescents and teens can be caused by common activities including concert going, hunting trips, or listening to headphones too loudly, wrote Dr. Megan Moreno in the journal *Pediatrics*.

Moreno singled out headphones in particular, saying, "The increase in hearing loss may be partly due to the popularity of headphones used by adolescents."

It's important to note that headphones themselves are not the culprits, but rather, common headphone usage, especially among young people.

Listening to music that is too loud for too long can damage hair cells in the inner ear that help the ear translate a sound wave into an electrical signal the your brain.

But for parents, the questions is, "How loud is too loud?"

Sound above 85 decibels, roughly the level of a lawn mower, is considered damaging. Below 75 decibels, akin to the din of heavy traffic, is considered safe for long-term exposure, according to the National Institute on Deafness and Other Communication Disorders.

Most headphones max out at roughly 105 decibels. Also, the decibel scale is exponential in terms of intensity, meaning sounds at 105 decibels are 100 times more intense than sounds at the safe cut-off of 85 decibels.

However, while the volume difference may be noticeable, the effects may not be. The early signs of hearing loss may be unnoticeable, said Gordon Hughes of the National Institute of Deafness.

This is especially true in children.

"It's more difficult for kids to perceive the noxious effect of pollution noise," said Hughes.

While the culprits contributing to teen hearing loss are commonplace, the condition is extremely preventable.

Moreno recommends inserting earplugs at concerts, earmuffs for loud outdoor activities, and headphones that limit volume at or below 85 decibels.

Puro Sound Labs is a San Diego-based headphone startup created when the founder's daughter developed noise-induced hearing loss. Its headphones for children limit volume at 85 decibels. The headphones can be found at puro-sound.com or on Amazon.



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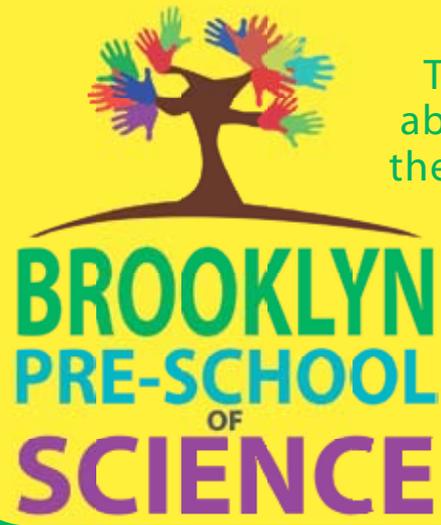
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Seeing red over the tampon tax

These New Yorkers led the fight against a discriminatory sales tax

BY TAMMY SCILEPPI

The end of the “tampon tax” is near. A bill that would end sales tax on tampons and sanitary pads was approved by the state legislature in late May, and is expected to be signed into law by Gov. Andrew Cuomo.

And it all happened thanks to a lawsuit filed by five Manhattanites that claimed the four-percent tax collected by the state Department of Taxation and Finance on the products — which are not considered medical items under state law — “violates the Equal Protection Clauses of the United States and New York Constitutions.”

Margo Seibert, Jennifer Moore, Catherine O’Neil, Natalie Brasington, and Taja-Nia Henderson saw no reason why women should be paying the extra for the right to use these basic necessities.

New York is one of 40 states that levies a sales tax on pads and tampons.

More New Yorkers are finding it harder to afford the basics in the city, especially parents on a budget. And for low-income women, or women living in poverty, it’s much tougher. Sometimes, these women can’t even afford tampons and sanitary napkins, which the Electronic Benefit Transfer card (food stamps) doesn’t cover. Advocates say these women are the ones that are particularly hard-hit by the tax.

“The struggle of low-income women and sanitary products is a harsh reality. Additionally, students from low-income families cannot always rely on schools to provide them with tampons. This poses a serious potential risk to both the mental and physical health of young people in a school environment, who cannot otherwise access feminine care products,” plaintiff Catherine



Manhattanites, from left, Catherine O’Neil, Margo Seibert, and Natalie Brasington filed a Class Action suit against the taxation of feminine hygiene products related to menstruation in New York state.

O’Neil noted.

These products have always been taxed and for some reason, categorized as “general merchandise,” or surprisingly, “luxury items” that the state can make revenue off of, according to the Department of Taxation and Finance and its commissioner Jerry Boone. CNN Money states that the state makes about \$14 million per year from sales of tampons and sanitary pads.

Items that are considered a medical necessity, like adult diapers, and incontinence pads, foot powder, dandruff shampoo, Chapstick, and facial wash are not taxed, but medical items used only by women — tampons and sanitary pads (which the Food and Drug Administration considers a medical necessity) — have been.

This means that the average

woman buying those products has been spending about \$70 a year for 35 years, according to the court papers. That seems totally unfair considering that this extra money can be used for something else, like food or gas, say the advocates fighting to end the tax.

Freedom from shame

Plaintiff Margo Seibert believes that all women deserve “a shame-free relationship to their periods, regardless of socioeconomic circumstances.” She and Caroline Angell are two ladies on a mission: They aim to expose and eliminate menstrual taboos, and advocate for equal access to feminine hygiene products.

Seibert, an artist and working actor, co-founded Racket in 2015, an organization dedicated to provid-

ing low-income and homeless individuals who menstruate with the products they need, while working to combat “period shame.”

“The formation of Racket was inspired by my (and my co-founder’s) volunteer work with the homeless and the shock at hearing just how difficult the homeless period truly is — shelters are often unable to provide these products, and they are cost prohibitive,” she noted. “To top it all off, I then heard about the tampon tax through my friend and menstrual equality activist, Jennifer Weiss-Wolf, and it lit a fire within me.

Discriminatory tax

“These products are an uncontested necessity for half of the population, not a luxury. A tax code that exempts Chapstick, Rogaine, Viagra, incontinence pads, yet continues to tax sanitary pads and tampons is discriminatory, plain and simple,” Seibert said. “Jennifer connected me with the lawyers forming the Class Action lawsuit and I became a plaintiff for the case, meeting the other women of New York who were equally angry and ready to take action.”

Seibert said she knew that Rosenthal and Serino also introduced similar legislation earlier this year, so it seemed like this united front on “period policy” became harder and harder to ignore.

“Although the state Senate and Assembly have passed bills to end the tax on tampons and pads with bipartisan support, the tax has not yet been repealed,” Seibert explained. “In order for the Governor to sign off on the bill, it seems we are waiting on a compromise in language that will clarify which products will be exempt. We know he is supportive — right after we filed the class action lawsuit, there was a very supportive exchange via Twitter.”

The five activists feel that taxing products that are biologically necessary is an archaic model that inherently supports further stigmatization of menstruation.

Jennifer Moore has a 13-year-old daughter and says the tampon tax is discriminatory and wrong.

“I’m fortunate enough that buying feminine hygiene products isn’t a hardship for me, personally, now, but there was a time in my life when I had to watch every penny I spent and we were just barely making it from paycheck to paycheck. For women in that circum-

stance, it just isn’t right or fair that they pay a tax on something as necessary as tampons, while rich men can buy Rogaine, tax-free. Women shouldn’t be taxed for being women,” she said.

Tampon refund?

“We’re thrilled to see that our lawsuit helped bring this issue to the forefront of the legislative agenda. We look forward to the end of this discriminatory tax in New York once and for all. Our case also seeks a refund for the millions of women who have had to pay this illegal tax,” said Manhattan-based attorney Zoe Salzman of Emery Celli Brinckerhoff & Abady LLP, who is one of the lawyers on the case.

And they’re not the only ones fighting against taxing women.

A proactive city councilwoman from Queens recently discussed the menstrual inequality issue on radio station WNYC. Council Member Julissa Ferreras-Copeland represents the 21st Council District in Queens and is the head of one of the finance committees. It seems many low-income women in her district have been having a hard time accessing tampons and sanitary pads.

Thanks to her efforts, the nation’s first free dispenser of pads and tampons was installed at a public high school — the High School for Arts and Business in Corona, Queens — last September. And, she hopes to make feminine hygiene products available in public schools city-wide, along with homeless shelters and correctional facilities.

Waiting on Cuomo

This lawsuit and new legislation could start a revolutionary across the country. So far, only three or four states don’t tax tampons. With the success of the suit, the five activists may find themselves as the new leaders of the national movement to end this unfair taxation.

“On behalf of the New York City Council, I call on Gov. Cuomo to sign without delay this amendment to the tax law, and join New York to those states and nations that have seen the light and acknowledge menstrual hygiene products as essential to a person’s health and well-being,” said Ferreras-Copeland.

Tammy Scileppi is a Queens-based freelance writer and journalist, parent, and regular contributor to New York Parenting.

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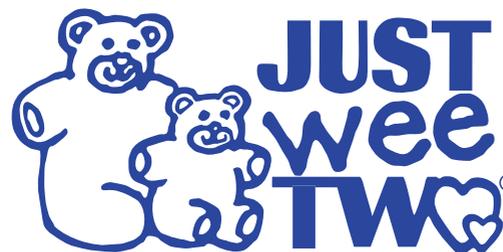
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A good stepdad

An important job that can be a real challenge

BY GAYLA GRACE

My husband, Randy, will be the first to tell you he has done a lot of things wrong as a stepfather. He has been a step-parent to my two daughters for 20 years. His stepdaughters love him dearly.

But it hasn't always been that way.

My youngest daughter, Jodi, was almost 3 when we married, and my older daughter Jamie was 5. Randy had a difficult time with Jamie from the beginning. She didn't want another dad in her life, and she made that clear to him.

She overheard a conversation between the two girls one night in the bathtub during our first year of marriage.

"I hate him, too. I can't believe Mom married him," Jamie told Jodi. There was little love, or even like, between Randy and the girls in the beginning.

During our second year of marriage, Randy left the house one evening and called from a nearby hotel.

"I'm not coming home tonight. I'm not sure I'm coming home again. I can't cope with the ongoing conflict between me and you and the kids."

It was a tough season. Randy brought two children to the marriage also, and attempting to blend our four kids, ages 3 to 10, while learning how to stepparent and parent together, proved harder than we anticipated. But neither of us wanted to endure another divorce. Randy and I began counseling that year to work through the bumps.

During her teenage years, Jamie challenged us on every turn. If Randy punished her in the slightest, she threatened to call Child Protective Services. She ran away more times than I can remember (but thankfully never went far). After one particularly difficult day with defiant behavior, Randy took Jamie's cellphone and threw it to the ground. As it busted into several pieces, Jamie began yelling at us both. The night didn't end well. And I wasn't sure the sun would come up the next day.

But it did. And Randy didn't give up on his stepparenting journey with Jamie.

When she came into driving age, Randy wanted to teach her to drive. She tested every ounce of his patience. They would come in from a driving session hardly talking to one another — Jamie's anger brewing over. But the next day, they were at it again.

During her high school years, Jamie participated in competitive cheerleading. Randy would jokingly say, "Do you call cheerleading a sport?" The ongoing drama with other cheerleaders, out-of-town competitions, and the continuous drain on his wallet threw Randy into stress overdrive. His grumpiness overshadowed his joy at times. But he didn't quit supporting Jamie and the things that made her tick.

As Jamie left for college, I'll never forget her words to him. With a wrap-around hug and a smile on her face she said, "Thank you for being such a great dad to me. I love you!"

Jamie travelled to Mozambique, Africa, for an eight-month missionary

journey after graduating from college. She left in early summer, and we knew it would be difficult to communicate with her while she was gone. As I suspected, however, she made sure to call on Father's Day, despite the seven-hour time difference between us.

When Randy answered the phone, I saw tears in his eyes as he listened to Jamie recount life-changing experiences, knowing he had contributed to her stability and maturity that enabled her young life to now make a difference for others. She closed with the words every stepfather loves to hear, "Happy Father's Day, Dad. I love you. I miss you."

Do you have to be a perfect stepdad to have a meaningful relationship with your stepchildren? No!

Randy's stepdaughters, Jodi, now 23, and Jamie, now 25, love their imperfect stepdad.

Why? How did that happen?

Randy never quit. He got up when he fell down. He sought help when he needed answers. He cried. He prayed. He struggled. He fought. He apologized. He forgave. He smiled with gritted teeth. But he never quit.

Is it a cycle? Yes. You take one step forward and two steps backward. You celebrate a season of growth and then start a season of despair. You gain the insider status one day and feel like an outcast the next.

Does that mean you failed?

No.

Stepparenting is tough. Mistakes are made. Misunderstandings happen. And variables outside our control influence stepfamily relationships. But there are new tomorrows. A fresh start to work through differences. Hope for harmony.

As a stepdad, you've been given an opportunity to influence a young child's life like no one else can. In an imperfect way.

Are you up for the challenge? I hope so.

Because my husband will tell you: your efforts count! And there are rewards to stepparenting, even when you're not perfect ... but oftentimes they're at the end of the journey.

Gayla Grace is a freelance writer, wife, mom to three and stepmom to two. She supports and encourages stepparents through her website at www.stepparentingwithgrace.com.





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Is your tween ready to be home alone?

BY JUDY M. MILLER

Need to run a few errands? Get out of the house for a while for some mental health time or exercise?

Around the time your child reaches the pre-tween (tween) years, staying home alone may be

use their own discretion.

Few states in the U.S. have regulations regarding the age a child must be before he or she can be legally left home alone. Latchkey-Kids (www.latchkey-kids.com/latchkey-kids-age-limits.htm) provides this information and links to all states.

Further resources for parents

Safekids (www.safekids.org/frequently-asked-questions) recommends that all children reach the age of 12 before being left alone at home, but the organization also recognizes that every child is different and encourages parents to

an option. But, how do you know if your child is ready?

The following points will help you determine if your child is equipped to do so:

Your tween indicates he wants to stay home alone

Your child is seeking more independence and has asked you to leave him by himself. He is not anxious when you are gone and he can keep himself occupied safely.

Your tween follows your directions and rules

Your child has shown you that he can follow your expectations, even when you are not present.

You've witnessed your child

making good choices without your input. He adheres to the guidelines you have set in place about having a friend over, watching TV or a movie, playing video games, and time spent outdoors.

Your tween is reliable and self-sufficient

Daily chores are done with little to no reminders. Your child can safely prepare simple snacks when he is hungry. He knows how to properly use the microwave and toaster. You can rely on him to use only the appliances you've agreed to let him use.

Your tween uses the phone properly

Your child answers the phone

Ask yourself...

Parents should know the answers to before making the decision to leave their tweens at home alone:

Is your neighborhood a safe one? Do you have neighbors that your child knows and trusts, people he can turn to if he needs help?

Is your child truthful with you? Does he regularly confide in you? Does he share his concerns and problems with you?

Does your child demonstrate good decision-making and judgment? Does your child understand basic safety procedures? Will he make the decision of safety first?

Can your child tell time? Can he calmly provide your home phone number and address and give directions to your house in case of emergency?

Does your child know your cellphone number? Be sure he knows this, 911, and any other emergency numbers.

Can your child lock and unlock your windows and doors? Does your child know the garage door code or alarm system code and password, if this applies?

Does your child stay calm when the unexpected happens? Can he stop and think rationally before letting his emotions overcome him?

Have you made "dry runs" with your child, allowing him to practice being home alone? This will give both of you confidence in your tween's ability to stay home alone.

Do you have more than one child you will leave home alone? Can they resolve their conflicts without physical altercations and adult intervention?

appropriately. He recognizes why it is all right to fib in this instance — when you are away from the house — saying you are unavailable, and how to take a message correctly.

Your tween understands safety

He is familiar with basic first-aid and knows what to do in case of a fire or other emergency. He knows to call 911 and other emergency numbers if necessary.

He knows what he can and cannot do when you are not at home. He understands that knives cannot be used without your supervision. He knows not to open the door while you are gone and what neighbors to call or go to if he needs help. He knows the "safe" meeting spot, to find you or be found, in case anything should happen. He knows where the flashlights and extra batteries are.

Although your child may know the emergency numbers, keep a list of emergency contacts and numbers in an easy-to-view place. Make sure all of your numbers are there as well. When panic or worry sets in, the brain can flood and we struggle to remember what we do know.

Have a simple chart of first aid tips close to the emergency

contacts and numbers. (In our home a brightly binder labeled EMERGENCY, with our address and home phone number below, it holds contacts, emergency numbers, and basic first-aid procedures. This binder remains by the kitchen phone and comes in handy for any babysitter we hire.)

Begin slowly, leaving him alone for five to 10 minutes the first few times and build from there.

What else can you do to help your tween?

Give him something to do to structure his time. This helps alone time pass quickly.

Check in with your tween while you are gone.

Call to see if he is comfortable, has any questions, and also to keep him updated on when you will arrive back home.

This is an exciting time for your tween as he establishes more independence, with your confidence that he will do well.

Judy M. Miller, a mother of four, is training her tween son on how to be safely home alone. She is a certified Gottman-Institute Educator and the author of "What To Expect From Your Adopted Tween" and "Writing to Heal Adoption Grief: Making Connections & Moving Forward."

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The pacing father

Twelve years ago, I was waiting for my daughter to be born



BY PATRICK HEMPFING

In a few weeks, I'll be celebrating my 12th Father's Day. I remember the evening I became a father and held my baby girl for the first time in the hospital delivery room. A different kind of delivery — cupcakes — made me realize that fathers spend a lot of time waiting, often under stressful conditions.

The day before my daughter's last birthday, she and I went to the bakery department of our local store and ordered 48 cupcakes — a dozen vanilla and three-dozen chocolate.

Jessie asked for buttercream icing, sprayed with rainbow colors and topped with sprinkles. I emphasized, "Please have them ready by 9:30 tomorrow morning."

My job was to deliver the cupcakes to Jessie's school by 10:45 am, so she could share them with her friends at recess. I arrived at the bakery at 9:45 am. The employee behind the counter was decorating a cake.

"Good morning. I'd like to pick up the cupcakes I ordered yesterday. It's under Patrick Hempfing."

"Oh, I was getting ready to call you. I couldn't read the writing on the order form. How many dozen did you want?"

My heart sank. She didn't even start yet? I calmly explained my order from the previous day and asked, "Would you please, please hurry? I need to be out of here no later than 10:10."

She looked at me sternly and said, "I'm finishing this cake order now. The cupcakes are made; I only need to decorate them."

I paced up the aisle past the muffins and pies. I paced down the aisle alongside the donuts and bread. The thought of snacking on a donut for comfort crossed my mind.

I kept walking by the bakery to monitor the progress.

Finally, the decorator grabbed four clear-plastic containers and filled each slot with a cupcake. She put white icing in her cone-shaped pastry bag and squeezed a swirl on each cupcake. I complimented her

CHERISH THE MOMENTS

for doing it quickly, trying to motivate her to finish as soon as possible. The clock was ticking.

As I paced, it occurred to me that 11 years ago to the day, I paced outside of my wife's operating room. Mattie had a C-section and I had to wait in the hall while they put in the epidural. I vividly remember walking back and forth in front of the door, trying not to puke. Apparently, little has changed.

On one of my strolls past the cake decorator, she asked what colors I wanted. By this time, it didn't matter.

"How about pink, yellow, and green?" she asked. I gave a quick approval and paced some more. A few times I stopped and peeked over the counter to check her progress. Then something else hit me.

Eleven years ago, I could have looked over the blue paper that divided Mattie's top half from her bottom half where they were working on the C-section.

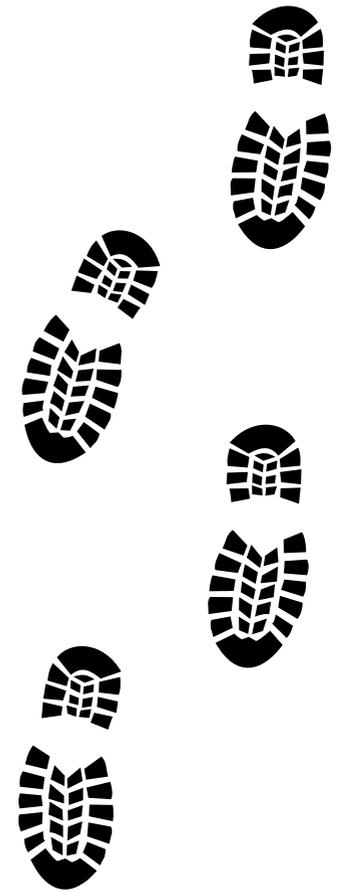
That time, instead of monitoring the progress, I opted to remain firmly in the chair by Mattie's head. There was no way I was going to peek over at that.

At 10:07 am, I finally stood in the checkout line with four-dozen cupcakes. They weren't cheap. Again, I thought back 11 years — the cupcakes were a lot less expensive than the hospital bills that followed Jessie's birth.

I rushed home to pick up Mattie, and the plates, napkins, and drinks. We made it to Jessie's school a few minutes early, and the knots in my stomach began to loosen.

Jessie's friends enjoyed the cupcakes, though vanilla was more popular than we expected, and I worried we'd run out and be left with just chocolate. How could cupcakes be so stressful?

But I didn't pace, and we left the school playground with two vanilla cupcakes and lots of chocolate ones. Eleven years earlier, I left the operating room with one beautiful baby girl.



That beautiful girl now bakes me something special each year for Father's Day. When she's creating masterpieces in the kitchen, she usually requests, "Don't look." If she asks that this year, I'll try not to pace or peek at what's going on, even if my kitchen becomes a sprinkle-covered disaster zone. Instead, I'll make every effort to relax and reflect on the joy of being a father. I'll remember that when Jessie was born, I didn't look over that blue-paper divider, where I'm sure things were pretty messy, but I sure have enjoyed what came out.

Until next month, remember to cherish the moments. Happy Father's Day!

Patrick Hempfing had a 20-year-long career in banking, accounting, and auditing before becoming a father at age 44. He is now a full-time husband, stay-at-home dad, and author of the book MoMEnts: A Dad Holds On, available at Amazon.com Follow him at www.facebook.com/patricklhempfung and on Twitter @PatrickHempfung.



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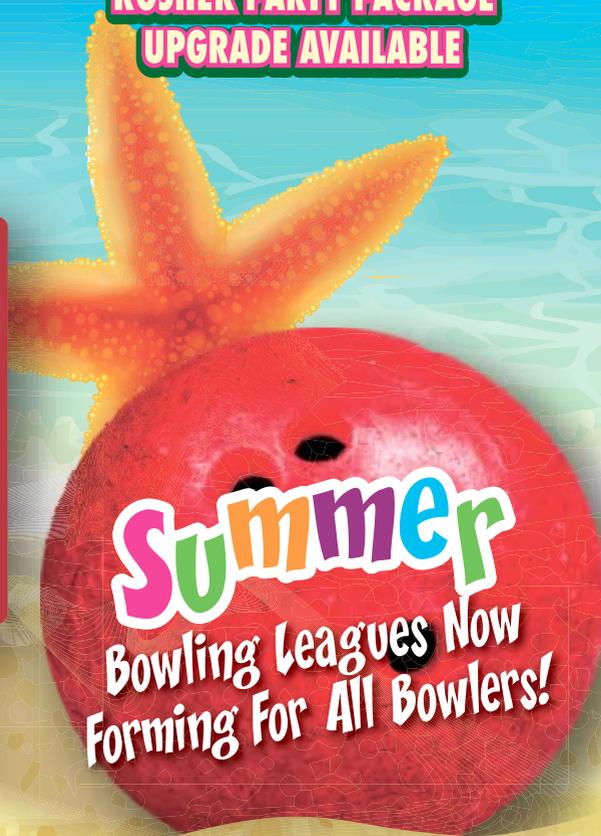
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The **fury** inside

Learning to master anger
before it destroys you

BY CAROLYN WATERBURY-
TIEMAN

Last week, a parent walked down the street to visit a neighbor, her children following in a child-sized, motorized vehicle. The driver was about age 4 with a not yet 2-year-old passenger. While the adults chatted, the youngster drove haphazardly around the court, over lawns and curbs. Eventually the parent noticed and screamed at the preschool-aged driver to be more careful, at which point he struck the curb head on nearly ejecting his sister into the street.

Finally, moved to action, the parent ran to the miniature car yelling at the miniature driver who was pulled from behind the wheel and loudly scolded for his irresponsibility. I think you could safely say she was angry. But with whom? And why?

Anger is a natural human emotion, a signal that something is awry. Anger is a seductive, deceptive emotion creating the illusion of being in control when we are actually losing control. Like wild animals with features that enhance their size when threatened, we feel bigger and tougher when we are angry. However, anger is a secondary emotion, meaning that another feeling was experienced first, sometimes for only

an instant. Feelings that typically precede anger are fear, disappointment, embarrassment, guilt, inadequacy, even fatigue or hunger. The common factor is the vulnerability these emotions produce. Vulnerability makes us uncomfortable, so we revert to anger because we feel more powerful. Therefore, anger arises from a sense of deficiency, surfacing when we are operating from a real or perceived deficit. The deficit may exist in any number of areas from time, knowledge, ability, or confidence, to appreciation or love. Anger is the mask of certainty we put on



The goal is not to eliminate anger from the emotional repertoire, but to express it in ways that are not destructive to our relationships.

in the midst of a crisis of doubt.

As a defense mechanism, anger protects us from feelings we would rather deny. It prevents us from taking responsibility for and dealing with our true feelings, allowing us to direct the energy from those uncomfortable feelings outward, against others. We transfer the responsibility for our anger to the other person, justifying our actions using the logic that since it's their fault we feel this way, they deserve whatever we dish out. Some of us become so comfortable with anger, it appears to be instantaneous, bypassing the original emotion altogether. Like any habit, it becomes an unconscious choice, but a choice nevertheless.

The goal is not to eliminate anger from the emotional repertoire, but to express it in ways that are not destructive to our relationships. We can manage our anger more effectively, and teach our children to do the same, by:

Correcting assumptions

Many of us grew up with misguided notions about anger — you shouldn't get angry with people you love, anger leads to abandonment or violence, anger should be kept inside, anger is bad and so are people who become angry. But, feelings are neither right nor wrong. How we choose to express them makes the difference.

Developing realistic expectations

Accept anger as a natural human emotion that everyone is going to experience. Identify your anger triggers and help your children identify theirs. When we recognize situations that ignite our anger, we are better prepared to manage them.

Increasing feeling word vocabulary

We tend to limit our feeling descriptions to sad, mad, happy, glad, when there is a whole range of human emotions. Search for age-appropriate lists of feeling words to share with your family. The more accurately we label our feelings, the more likely we are to express

them appropriately.

Providing outlets for anger

Intense feelings create physical tension. Establish rules for acceptable ways to channel this energy. When angry, hitting, swearing, and name calling are not allowed, but kicking a ball, screaming into a pillow, or going for a walk are. While releasing the tension is important, returning to resolve the conflict is essential.

Being honest

Identify that initial feeling you experienced. Carefully select your words to convey the message you need the other person to hear, in a way they can hear it. Remember honesty is not cruel, disrespectful, or snotty. Honesty invites cooperation and seeks resolution.

Using focused listening

Give the other party a chance to respond. Listening is a total body experience requiring your eyes, mind, and feelings, as well as your ears. Notice physical, as well as verbal cues, such as eye contact, facial expression, tone of voice, and body posture.

Being apologetic

Saying "I'm sorry" for repeated transgressions gets old. An apology should include what you are sorry for, why you were wrong, what you plan to do to correct the situation,

Forgiving

Grant forgiveness readily and completely when offered a genuine apology. The parent of the errant preschool driver probably experienced a mixture of fear, embarrassment, and guilt. Her disappointment with herself was directed toward the child. Rather than learn that being unsafe is scary, he learned that anger is scary.

Remember, love is not the absence of anger. Love is the desire to address the source of the anger and prevent its destructive force in the relationship. Be slow to anger and quick to forgive.



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TIPS FOR FEEDING KIDS

CHEF JOANNA DEVITA

Get grillin' for Dad

One of my favorite days of the year to cook is Father's Day. Whether it's at the park, beach, or backyard, a big family barbecue is an all-day activity that everyone can enjoy! I like to set up water activities and games for the kids, cold beverages for the dads, and a hot grill for myself. Here are a few tips on hosting a fun family cookout:

Invest in a grill basket for cooking veggies. Avoid losing all that produce into the grill by purchasing a metal basket that is made for vegetables. You will be surprised how many vegetables taste great on the grill. You've heard of grilled peppers and onions, but have you tried grilled green bean or potato slices?

It's garlic scape time! During just a few weeks in late spring and early summer, the tops of garlic plants produce garlic scapes. These trimmings off the garlic plant are widely available at green markets and produce retailers during their brief season. They taste like garlic, just sweeter, juicier, and less pungent. They are amazing on the grill, finished with some good sea salt, a squeeze of lemon, and a drizzle of high-quality olive oil.

Keep the kids occupied with a healthy snack. Grilling for a crowd takes time. Kids usually get hungry and antsy before dinner is done. I like to keep them fed with some hot, fresh quesadillas. I always pack corn tortillas and our favorite cheese when cooking out. In between veggies and proteins on the grill, I sneak on a few quesadillas for the kids. This way they get a substantial snack to hold them over until dinner.



Try grilling a whole fish. Though it may seem intimidating, grilling the whole fish is not so hard, once you've given it a try. The grill must be very hot and well oiled. Place some thin slices of lemon, herb sprigs, and salt and pepper inside the cavity of the fish (trout, sea bass, snapper, and sea bream all work well for this). Rub the skin of the fish with oil, salt, and pepper. Grill, without moving it, for about five to 12 minutes per side, depending on the size of the fish and the

heat of the grill. The fish is done when you put the tip of a paring knife into the thickest part, near the top of the head, and leave it there for a few seconds. If the tip meets no resistance when piercing the flesh and comes out still hot, the fish is cooked through. Allow the fish to rest for a bit, then serve. Make sure to have a butter knife, spoon, and extra bowl when serving the fish so you are able to fillet it at the table.

Use a rub on your steak instead of a marinade. Dry rubs can help make your grilled meats tender, juicy, and flavorful! I like to use skirt steak with my favorite rub (recipe follows). Skirt steak can be sliced thin and goes really well with warm corn tortillas!

Joanna DeVita is executive chef at Léman Manhattan Preparatory School. She is the mother of two children and loves nothing more than spending time with them outdoors and sharing with them her love and respect for nature, good ingredients, and the joy of cooking.

Grilled skirt steak with dry rub

Serves 6

DRY RUB INGREDIENTS:

- 3 tbs kosher salt
- 1 tbs granulated garlic or garlic powder
- 1 tbs smoked paprika
- 2 tsp freshly ground black pepper
- 2 tsp brown sugar

DIRECTIONS: Mix all dry rub ingredients together in bowl. Rub three pounds of trimmed skirt steak with enough of the dry rub to coat well. (Save the rest of the rub for another use.) Let the meat marinate overnight in the fridge in an airtight container. Preheat grill to medium high. Allow the meat to sit outside the refrigerator for about an hour before grilling to take the chill off.

Make sure the grill is well oiled. Grill the skirt steak on medium high for about 7-12 minutes on each side, depending on how rare you like your steak. After removing it from the grill, allow meat to rest for at least 10 minutes before slicing.

Cut steak against the grain with a sharp knife into thin slices. Sprinkle sliced steak with flaky sea salt and a squeeze of lime.

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Kitchen nightmare

How one mom survived meal-planning mayhem — just barely

BY LISA A. BEACH

To make life easier, some people follow the once-a-month meal planning and cooking approach, where you basically buy, prepare, and cook a month's worth of meals in one day and then freeze them until you need them.

I am not one of those people.

I like the idea of stockpiling 30 days of ready-to-heat dinners in my freezer like an end-of-the-world underground bunker. But that would require way more planning than I'm capable of.

And a Costco-sized freezer.

Besides, even my best-laid plans usually fall apart with my family's hectic schedule. Top that off with the typical craziness of the meal-prep witching hour and you can

understand why I shy away from once-a-month cooking.

But I figured I could handle seven days of meal planning. So I buckled down one Sunday afternoon to tackle the weekly chow plan. I knew that weeknights would run smoother when I planned what to make for dinner and stocked my kitchen with all the necessary ingredients.

Sounds simple enough.

But the reality of meal planning took a turn for the worse mid-week, as my carefully crafted meal plan morphed into a meal ban, one dreadful dinner at a time.

Here's how it all went down:

Meatless Monday

I make a no-fail vegetable soup for veggie-haters, falsely believing

that my take-no-prisoners recipe will convert my meat-loving-men to healthier eating at least once a week. My carnivore clan (less than thrilled with the lack of a dead animal in their entrée) immediately start dissecting their soup. My husband stealthily pushes all the carrots to one side hoping no one notices. In between looks of disgust, the boys pick out the onions while asking, "Ew! What's that green stuff floating next to the potato?"

I lie and call it parsley, knowing I will burn in hell for trying to conceal chopped kale. After much cajoling and a few spoonfuls later, my finicky teens push their half-empty bowls away and claim they're both "full" as they grab a couple more slices of bread and bolt upstairs.

Day One: Fail.

Between my family's hectic schedule and the typical craziness of the meal-prep witching hour and you can understand why I shy away from once-a-month cooking.

Tasty Tuesday

Tonight, I tempt taste buds with gourmet cuisine, taking my cue straight from the Barefoot Contessa herself.

I channel my inner Ina Garten as I whip together an elegant meal of chicken with Asiago cheese and basil, oven-roasted dill carrots, and penne pasta with roasted red peppers, garlic, and sun-dried tomatoes. It's piping hot and ready to serve — until family plans go awry.

My husband Kevin needs to work late, my older son Trevor has to help with a group project at school, and my younger son Parker has his soccer practice rescheduled. After an extra two hours of keeping dinner warm, my epicurean entree and sumptuous side dishes meld into charred chow.

I'm 0-2.

Win-them-back Wednesday

I attempt to appease everyone's picky palate with a family favorite: a Crockpot full of chili simmering all day. I toss a couple pounds of beef in the slow-cooker, add some chopped onions, herbs, and diced tomatoes, and we're good to go — perfect for our super busy day ahead.

Eight harried hours later, we walk through the door, anticipating the spicy aroma of chili to welcome us home. Strangely, we smell nothing. I head to the kitchen and see the cord dangling next to the Crockpot like a lifeless snake. Crap! I forgot to plug it in before we all left today.

The opposite of last night's overcooked dinner, tonight's meal sits raw and bloody in my cold Crockpot, practically mooing when I crack open the lid. I grab a bag of tortilla chips, dump salsa in a bowl, and dub it a Tex-Mex appetizer.

I suck at meal planning.

Thankless Thursday

After three failed attempts, I'm cursing the meal plan and popping open cans of condensed soup, wondering if anyone will even notice it's not homemade. Trying to make me feel better, Parker and Trevor both remark how delicious the soup is and encourage me to "make this more often."

Yeah, I'll hold on tight to that Campbell family recipe.

Dear God, why do I even try?

Free-for-all Friday

With everyone on a different schedule tonight, I ditch the idea of a home-cooked meal together. Trevor eats at the mall food court with his friend before they see a movie.

Parker eats a peanut butter and jelly in the car on the way to his soccer game, while I chug some water, grab a cheese stick, and pop a few pretzels in my mouth as I drive him there. Kevin (if he remembers to bring cash) hopes to eat a concession-stand hot dog at halftime.

My meal plan is dying a slow and painful death.

Suck-it Saturday

By the weekend, the boys are fighting, Kevin's cursing his way through a plumbing project, and I'm crying into my cookbook as I throw frozen fish sticks at the kids and run for the front door, pretending not to hear their pleas for "just one more chance."

Sanity-saving Sunday

Tonight I'm dining alone with a glass of wine and my head buried in a copy of Erma Bombeck's "Aunt Erma's Cope Book," reminding myself that I cannot divorce my family or just opt-out of dinner for the rest of my life. I eye-up the stack of menus on the counter and realize it's time we start supporting the small businesses in our community.

I pick up the phone, dial, and hear the words that bring joy to my ban-the-meal-plan heart: "China Wok, may I help you?"

Lisa Beach is a freelance writer, mother of two teenagers, and former stay-at-home-mom and homeschooler. She also writes the humor blog Tweenior Moments, blog about mid-life, family, friends, and all the baggage that goes with it. Follow Tweenior Moments on Facebook, Twitter, and Pinterest.



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City museums lay out welcome mat

Museum Mile Festival offers a fresh look at some classic institutions

BY SHNIEKA L. JOHNSON

Many parents say that the idea of taking their children on a museum outing is intimidating. The Museum Mile Festival is a family friendly opportunity to introduce your children to the joys that can be found in our city's cultural institutions.

This year's festival is on Tuesday, June 14, and it kicks off with an opening ceremony at 5:45 pm at the

Metropolitan Museum of Art. Commissioner of Cultural Affairs Tom Finkelpearl and other city and state dignitaries will be on hand, followed by a block-party-type atmosphere from 6 to 9 pm on Fifth Avenue.

More than 1.5 million people have taken part in this annual celebration since its inception in 1978. During the festival, Fifth Avenue is closed to traffic between 82nd and 105th streets, and attendees (even with strollers) can walk the Mile. There will be family-friendly activities — such as live music — throughout the evening in front of several of the museums. For this festival, the seven cultural institutions located on the Mile will be free and open to the public with a range of special exhibitions and works from their permanent collections on view.

Featured exhibitions include:

“Manus x Machina: Fashion in an Age of Technology”

This exhibit explores how designers reconcile the handmade and the machine-made in the creation of haute couture and avant-garde ready-to-wear.

Family activity: Museum will offer chalk drawing.

The Metropolitan Museum of Art

(1000 Fifth Ave. at E. 82nd Street on the Upper East Side, www.MetMuseum.org)

Gustav Klimt's iconic portrait “Adele Bloch-Bauer”

The 1907 portrait hangs on permanent display. This work is joined by a selection of landscape and portrait paintings by Klimt, and a display of Austrian decorative arts from the early 20th century.

Neue Galerie New York (1048 Fifth Ave. between E. 85th and E. 86th streets on the Upper East Side, www.NeueGalerie.org)

“Moholy-Nagy: Future Present”

The first comprehensive retrospective of the work of László Moholy-Nagy to appear in the United States in nearly 50 years, revealing a utopian artist who believed that art could work hand-in-hand with technology for the betterment of humanity.

Family activity: Museum will offer chalk drawing.

Solomon R. Guggenheim Museum (1071 Fifth Ave. between E. 88th and E. 89th streets in Carnegie Hill, www.Guggenheim.org)

“Beauty – Cooper Hewitt Design Triennial”

Exploring aesthetic innovations



(Above) Pieces from fashion designer Isaac Mizrahi are currently on display at The Jewish Museum. (Top) The Solomon R. Guggenheim Museum and The Metropolitan Museum of Art are also taking part in the Museum Mile Festival.



(Above) Kids can have a blast drawing with chalk in the street outside the Museum of the City of New York. (Left) Musicians perform at a past Museum Mile Festival.

through 250 works by 63 designers from around the globe.

Family activity: Imagination Playground in the museum's garden and a sidewalk design activity.

Cooper Hewitt, Smithsonian Design Museum (2 E. 91st St. between Fifth and Madison avenues in Carnegie Hill, www.CooperHewitt.org)

"Isaac Mizrahi: An Unruly History"

The first museum exhibition to focus on the Brooklyn native, who is an influential American fashion de-

signer, artist, and entrepreneur.

Family activity: Create an abstract fabric design using stamps and drawing techniques.

The Jewish Museum (1109 Fifth Ave. at E. 92nd Street in Carnegie Hill, www.TheJewishMuseum.org)

"Roz Chast: Cartoon Memoirs; New York's Yiddish Theater"

Featuring more than 200 works by this distinguished artist, and showcasing her keen eye for the absurdities and insecurities that permeate daily life, including many situations that are particular to New York City.

Museum of the City of New York (1220 Fifth Ave. between E. 103rd and E. 104th streets in East Harlem, www.MCNY.org)

"Antonio Lopez: Future Funk Fashion"

Exploring the artist and designer's daring exploration of race, gender, and the body through fashion.

Family activity: Art-making.

El Museo del Barrio (1230 Fifth Ave. between E. 104th and E. 105th streets in East Harlem, www.ElMuseo.org)

The festival

The Museum Mile Festival was established to increase public awareness of its member institutions and promote public support of the arts. It serves as a model for similar events across the country.

Whenever planning your visit to a cultural institution, tell your child what type of museum it is, and the rules of the museum. Definitely let your child know whether or not he can touch anything in the space. Also explain the type of things that your child will see in the museum, such as historical artifacts, paintings, or photographs.

You can preview the space and the works in the museum with your child by visiting the institution's website. Building these expectations will increase her comfort level with the new space, and will increase her excitement about the visit.

Please remember that stroller policies still apply at some museums. Also, if applicable, participating museums offer services for visitors with disabilities. Please contact the museums you plan to visit to arrange access accommodations. For further information and details on the festival's offerings, call (212) 606-2296 or visit MuseumMileFestival.org.

Shnieka Johnson is an education consultant and freelance writer. She resides in Manhattan with her husband and son. Contact her via her website: www.shniekajohnson.com.



BEHAVIOR & BEYOND

DR. MARCIE BEIGEL



Make quick decisions

Making quick decisions is a behavior to master.

But it's not easy.

When you make a decision, there are so many variables, so many options to consider, and so, so, so many ways that you can go about solving the problem. In fact, there are more than five thousand books available on Barnes and Noble's website on the art and science of decision making!

Even seemingly easy decisions can lead to complicated consequences, such as when your child asks for a snack. That one simple choice can lead to an evening of tantrums and chaos.

The trick often lies in being concise in your answer. When your answer is fast and clear and direct, I bet your small being accepts the answer and moves onto something else. When you pause and question out loud if you should or not, does your child take that as the sign to

start negotiating? He may start with a whine. Then he moves on to complaining, saying you never let him have snacks. He might even pull you to the kitchen and, when you resist, start hitting you.

The hitting, whining, or dragging probably makes the easiest answer clear: "Well, we are already in the kitchen, might as well have a snack."

I am going to be honest with you: the inappropriate behavior you are seeing here is because of your hesitation. You left the space open for your child to influence your decision. He took advantage of the opening, and it worked! I can promise that you will see the behavior again next time your child wants something.

Now that you see why hesitating to make a decision leads to behavior problems, can you see why making quick decisions helps improve your child's behavior?

Let's discuss how to make that happen.

First, remember that there is no perfect answer for every moment. That is a lot of pressure to put on yourself. Take the pressure off, as there is no perfect answer.

Second, remember that it is okay to have a different answer than someone else. If you are at the park and another parent says yes to a snack, it is okay for you to say no. If at home your partner usually says no to snacks and you usually say yes, that's fine. You don't even need to give the same answer from one day to the next. Just make sure that when you answer, it is clear and you stick to it.

Third, you do not have to provide your child with a full explanation of your decision. Giving one simple reason might help everyone feel better. However, giving a laundry list of reasons or debating with your child about your answer does not improve behavior. Generally, it leaves everyone feeling exhausted and, to be honest, you'll never win.

If I can impart one essential behavior truth to you today it is this: You will never, ever win a debate with your child. So, don't go there. Give your decision and drop the mic.

When you keep these three elements in mind, it becomes much easier to answer questions. Keep it simple. Give one answer that is your best answer in that moment. Know that this is not some test and someone else could do it better. Your answer is the only one that counts when you are the one in charge of your child.

The best way to master making quick decisions is to practice. So practice each day giving your children quick and clear answers to his questions and watch how his inappropriate behavior decreases. Keep practicing, knowing that sometimes you will wish you had given a different answer. This is part of the process. It is not about always getting it right, it's about getting it clear.

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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 information, visit www.BehaviorAndBeyond.net.

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One smart trip

Turning
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BY STACEY ZABLE

For parents of rising high school seniors, summer and the fall are the seasons for college tours. It's an exciting and scary time for all, but with some advance planning college tours can turn into family vacations.

My family and I took off for Central New York to visit SUNY Cortland and Ithaca College (you can also visit Cornell University in Ithaca) and paired it with two hotel stays and regional touring that took the focus and pressure off the college tour, and integrated quality family time and fun. Both locations are an approximate

four-and-half-hour drive from New York City and 30 minutes from each other, so it made perfect sense to pair them together.

First Stop: Hope Lake Lodge, Cortland

A four-season resort, Hope Lake Lodge & Waterpark is a "green" hotel on Hope Lake in the Virgil Valley. It is across the street from Greek Peak Mountain Resort, and Greek Peak Adventure Center that boasts a seasonal aerial challenge course and year-round zip lining tour. It is also connected to an indoor water park.

The family-friendly condominium-style suites feature fully equipped kitchens, fireplaces, and balconies.

Your first step into the timber-framed lodge's lobby with cathedral ceiling and large fireplace lets you know you're not in the city anymore with its lodge-like rustic décor. The large lobby is also where you'll find the Acorn Grill, which provides excellent food at reasonable prices including a nice breakfast buffet. Kids will love the 41,000-square-foot Cascades Indoor Waterpark (plus arcade) connected to the hotel. It boasts more than 500 feet of slides, a wave pool, and an indoor-outdoor heated pool and hot tub. The hotel also has a children's activities center for ages four to 12 for supervised camp fun. Outdoors, the Adventure Center is the place for the whole family to try the Mountain Coaster, a ropes course, and zip line tour with four zip lines.

Greek Peak Mountain Resort age requirements vary for the Adventure Center fun. If traveling in the winter, Greek Peak has 33 trails, six aerial lifts, two surface lifts, beginners' slope, three Terrain Parks, including a Progression Park, as well as full service Nordic Center with cross country and snowshoe trails. When you're done, head to the Hope Lake Lodge's spa to soothe all the muscles you worked during your adventures.

Second Stop: La Tourelle, Ithaca

The two-story Yellow Barn Suite at the family-owned La Tourelle Hotel made our entire trip to Ithaca. Literally located in La Tourelle's historic yellow barn steps from the main hotel, it is a private space filled with fascinating detail. A three-story atrium living room boasts a gas fireplace, private bar, TV projection system and DVD, large dining table, and small kitchenette. It features three bedrooms, the master on the first floor and two accessible via spiral staircase upstairs. There are two full bathrooms downstairs and a shared powder room upstairs.

The resort also has family-friendly rooms within the main house. Spring brings glamping to La Tourelle with a new luxury campground – Ithaca by Firelight Camps open from May through October. It features more than a dozen luxury

sleeping tents with king and queen beds and private deck, plus a lobby tent providing continental breakfast and nightly beverage service and s'mores. The property also has its own spa designed for pampering. A nightly complimentary wine tasting (with kid-friendly beverages available) takes place in La Tourelle's welcoming small lobby of the main house. The 70 acres of grounds include gazebos, a lake with geese (and newly hatched baby geese while we were there), and the hotel's own Buttermilk Trail that connects with Buttermilk Falls State Park trail system.

The John Thomas Steakhouse is located on-site in the 1880s farmhouse for fine dining for dinner. Off the lobby, The Bistro, open for breakfast, lunch and weekend brunch, features locally grown and raised meats, dairy and produce, and fresh herbs and produce from its own gardens in a small and welcoming space. It is the ideal spot to fuel up before heading out to explore Ithaca. The newly revamped Ithaca Commons is a downtown four-block pedestrian mall lined with shops and restaurants. It is also the site of special events if you time your visit right.

Ithaca has more than 150 waterfalls within 10 square miles. During our stay, we visited two of its closest natural treasures. It's a short walk from the parking area near Ithaca Falls to see what is touted as the region's most powerful falls, dropping 150 feet. It can also be viewed from the bridge over Lake Street. There are easy to moderate hiking trails that offer views of the towering 215-foot Taughannock Falls within Taughannock Falls State Park. Trails range from .75 to 1.5 miles.

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experiencecortland.com
visitithaca.com
iloveny.com

Stacey Zable is an award-winning veteran travel writer and family travel expert. Her favorite trips are those that she shares with her husband and two daughters. For more on Stacey, visit her website at staceyzable.com.



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HEALTHY LIVING

DANIELLE SULLIVAN

ID'ing a different type of food allergy

Feeding your baby solids for the first time can be a nerve-racking time if allergies run in your family. New moms and dads look out for the typical allergy signs of rashes and itches when introducing new foods, but not all food allergies present the same way, and some are very difficult to diagnose. One very specific type of food allergy, food protein induced enterocolitis syndrome, affects the gastrointestinal system and can cause severe distress in babies and children.

Dr. Purvi Parikh, an allergist and immunologist with Allergy and Asthma Network (www.allergyasthma-network.com), filled us in on this not widely known syndrome:

What exactly is it? How does it differ from a typical food allergy?

Food protein induced enterocolitis syndrome is a food allergy that involves the gastrointestinal tract and leads to profound vomiting, diarrhea, lethargy, and dehydration. The child may have a low blood pressure as a result of her symptoms, and often the allergy is misdiagnosed as an infection or sepsis.

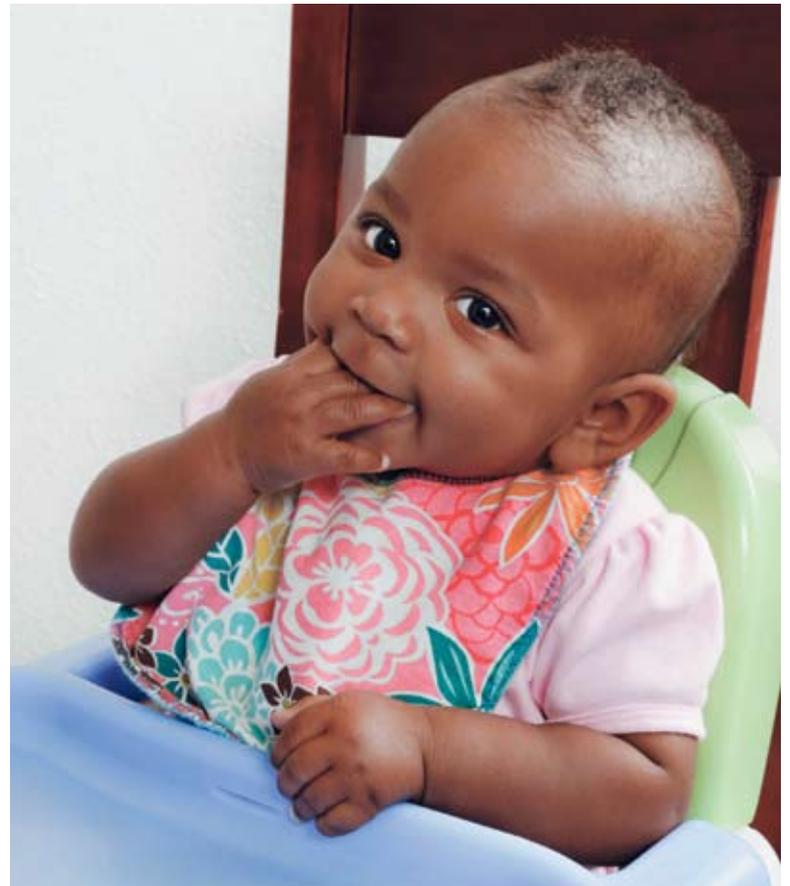
This is different from typical food allergy in that there is not usually rash, hives, or breathing abnormalities. Also, typical food allergies occur within an hour of eating, while food protein induced enterocolitis syndrome is a delayed food reaction that can occur hours after ingesting the allergen.

How common is it?

Food protein induced enterocolitis syndrome is overall a rare disease. Exact worldwide incidence is unknown, but some studies have pointed around .35 percent incidence. But it is on the rise as all allergic and immunologic conditions are.

What should parents be on the lookout for?

Initial symptoms are vomiting, diarrhea, and lethargy within a few



hours of feeding. Babies can also take on a pale complexion from dehydration. If symptoms persist more than a few days, likely it is not an infection and is a chronic condition that should be investigated.

How is it diagnosed?

Food protein induced enterocolitis syndrome is a clinical diagnosis. We do not have good allergy testing that is standardized for this syndrome since it is a delayed allergic reaction and most of our current allergy tests can only assess immediate allergic reactions. This is why clinical history is extremely important.

How is it treated?

Food protein induced enterocolitis syndrome is treated by avoiding

the offending allergen and usually all symptoms resolve. The good news is there is a chance your child may outgrow it after some years, but re-introduction of the food should be done in a supervised setting with intravenous access in the event another reaction occurs.

These reactions can be very severe and life threatening, so re-introduction should not be attempted without a doctor's guidance, preferably, a board certified allergist or immunologist.

For more information about the allergy, visit FPIES.org.

Danielle Sullivan, a mom of three, is a writer and editor living in New York City. Sullivan also writes about pets and parenting for Disney's Babble.com. Find Sullivan on her blog, Some Puppy To Love.



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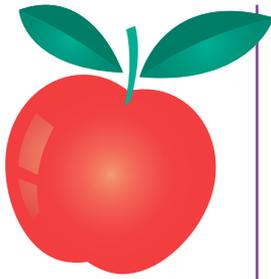
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DEAR TEACHER

PEGGY GISLER AND
MARGE EBERTS



Numbers and a preschooler

Dear teacher,

What are some things that I can do with my preschooler to help her learn how to read and write her numbers?

Dear parent,

Before you start teaching your daughter to read and write numerals, you should make sure that she has developed the concept of numbers through sorting, ordering, and counting activities. They can be as simple as sorting socks or M&M's, ordering books by height, or rote counting to learn the names of the numbers. When this is accomplished, she is ready to start reading numerals first, then writing them.

Mathematicians use the word "numeral" for the written symbol of a number. Children must learn that when they see the symbol "6," they say the word "six" and are talking about a set of six things. The following are some good activities for you and your daughter:

Back scratchers: Take your finger and trace the outline of a numeral on your child's back. Have your child tell you the number.

Playing cards: Shuffle the cards and turn them face up one at a time.

(In the beginning, use only the cards up to the number 5.) Have your daughter point to the numeral in the corner of the card and say its name, then count the number of hearts, etc., on the card.

Index cards, a paper bag, and glue: Write a numeral on each index card with glue. After the cards dry, you will have a set of raised numerals. Place the cards in the bag, have your daughter reach in and select a card and tell you the numeral without looking.

Sandbox: Ask your child simple questions, such as, "How many feet do you have?" Have your child write the numeral with her finger in a cake pan with some sand.

Time to test children for ADHD

Dear teacher,

I have heard mixed opinions about whether you can or cannot test young children age 2 to 4 for attention deficit or hyperactive disorder. Do you have any information?

Dear parent,

According to the American Academy of Pediatrics, children as young as 4 can be tested. However, few

children are diagnosed with this disorder before elementary school, as it is difficult to get a diagnosis before children are 5. Nevertheless, an early diagnosis can improve symptoms in preschoolers who receive behavioral therapy or low doses of medication. It also helps for parents to enroll themselves in a support group.

Keep in mind that many of the symptoms of this disorder are seen in young children. It is normal for preschoolers to have a high level of activity, an inability to focus for long periods of time and impulsivity. However, young children with attention deficit hyperactive disorder are far more hyper and impulsive. They are on the go almost all the time and are not likely to take naps or sit still for meals or other activities.

When parents suspect that their children have the disorder, the solution is to get a diagnosis from a doctor. It is possible that the child's behavior is due to some other problem, such as vision, hearing, or fine-motor difficulties. All of these problems can make it hard for a child to behave. To make a diagnosis, the doctor will need a detailed description of a child's behavior from his parents as well as others who play an important role in the child's life.

Parents should send questions and comments to dearteacher@dearteacher.com or ask them on the columnists' website at www.dearteacher.com.

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JUST WRITE MOM

DANIELLE SULLIVAN



Reaching the ninth inning of parenting

I've been a mother now for more years than I've not been a mother. While I don't consider myself old yet (and still feel about 25 on the inside), I know that the time in which my kids will need my hands-on mothering is quickly drawing to a close. Back when I was 20 and my oldest daughter was a newborn, I was a bright-eyed rookie marveling at this new role of mother. I recall saying "my daughter" and having it sound so fantastically novel. Ten years later, hearing myself utter the words "my son" also sounded peculiar to me after 10 years of mothering two girls, but I was still so eager to learn all I could, firmly implanted in the batter's box.

This month, that baby boy will graduate from middle school and head off to high school, and I am feeling for the first time in 23 years that my mothering is taking a backseat to my life. Even writing that feels bizarre, honestly.

For 23 years, I proudly wore the uniform with capital MOM on the back. It was my heyday, collecting runs in the form of sweet milestones, homers made up of achievements, and grand slam memories of laughs and love.

Of course, I was also the wife and daughter, writer and editor, friend

and dog owner, but my daily schedule revolved around when I had to drop off or pick up kids, take them to a doctor or a practice, or help with homework or make dinner. Of course, my youngest still has the dreaded teen years to get through before heading to college, but it still is a different era for me. Now if I'm not there, each of my kids can handle things themselves.

It's not that I didn't know this was coming; yet it still feels surreal. I've watched countless movies with the mother wondering who she is after raising a family. I always thought I would not even notice when the time came, because I would be so thrilled to have the long-awaited independence that I hadn't had since I was practically a kid myself.

It's true, the freedom alone is amazing. I can barely remember the days when I couldn't shower, sleep at night, watch my favorite show, or even read a book whenever I wanted. At the time, I thought those long, busy days would never end. But I was so completely enthralled and fascinated by these little people that I gave it my all, and reveled in it — even the mess. And when I was overwhelmed, I cried and confided in friends and wrote out my feelings, and then recouped and

started all over again. That's what moms do.

I suppose if I had had a single adult life before marriage and kids, I would not find this feeling so foreign, but I didn't. I married young, and had my babies young, and I am for the first time finding out what it means to be me, without the uniform.

Of course, I'll always be a mother and my teenage and adults kids still need me, just as I need them, but this third shift of parenting, this breezy ushering into managing rather than playing is supremely satisfying. It has arrived so swiftly, and so sweetly, it feels like a TV series medley in which they play a heartfelt tune while showing how all the characters have grown. Now it's time for me to coach and advise, knowing my players won't always take the advice, and that is absolutely fine. I'll never retire my number, and I'll proudly enjoy watching my rookies take their place in the dugout, knowing I'll be right on the sidelines when they need me.

Danielle Sullivan, a mom of three, is a writer and editor living in New York City. Sullivan also writes about pets and parenting for Disney's Babble.com. Find Sullivan on her blog, Some Puppy To Love.



DEAR
DR. KARYN
DR. KARYN GORDON

Getting a first job

More than 50 percent of the work I do today involves speaking, training, and consulting with industry leaders about how to manage, engage, and motivate the next generation in the workforce. It's been an incredible evolution in my own career, allowing me to work with and speak to industry leaders from across North America and across every sector (law, healthcare, education, trades, family businesses, and even entrepreneurs). I think I've seen and heard it all! I love to take the real-time data and insight I gain and bring it back to parents and educators, explaining that this is what the job market is looking for! So whether you have a 15-year-old trying to land his first job or a 24-year-old applying for summer jobs in between her studies — these tips will apply to all! Enjoy!

Show up early

For anyone who is a baby boomer or Generation X, you will be surprised that I even suggest this. And yet (lack of) punctuality remains one of the greatest irritants for hiring managers. I repeatedly hear that the younger generations either show up just on time or even late for their interviews! This is a generational difference.

Older generations (yes I'm referring to Gen X and boomers) will interpret being even a few minutes late as "a sign of disrespect" while a younger generation will often think "I'm only late a few minutes, it's no big deal." If you want to get hired, do yourself a favor and show up nice and early!

Do your research

Whatever the job is you are applying for — do your research! Many hiring managers tell me they are shocked that young people haven't researched the company online, haven't even visited its website, and don't really understand the business before the interview.

Spend some time researching the company you are applying for! What is it? What does it do? Who is its audience? What are the different areas within the business? How do you think you can add some value? Being pro-active and well-researched will help you stand out — and be sure to



share your insight.

Create a WOW resume

Gone are the days of dull, one-page resumes on white paper filled with words! I recently did some consulting with one of our former Strategic Career students. After our course she had found her career direction (which was energizing and exciting), but now she needed help to land the job. I asked her to bring in her resume, and when she showed it to me I saw it as boring and uninspiring, even though I knew her to be an incredibly artistic and creative personality!

I expressed that, in my opinion, her resume wasn't reflecting who she is. She agreed. I suggested she Google "creative resumes" to get some ideas: add color, her picture, graphs, and charts. The difference was a WOW resume! When she got an interview at her dream job, the first thing the hiring manager said was, "Very impressive. I've never seen a resume like yours before. It really stood out in the pile of hundreds of resumes on my desk!" And yes, she got the job!

Rehearse

Learning to rehearse is just a great habit if we want to do something really well. I suggest this to all of my clients. It doesn't matter if I have a 16-year-old trying to land his next job, or I'm working with a nationally-ranked skier emotionally preparing for her next race. Mentally practicing is not enough (although I

also believe in the power of visualization). Our entire body needs to fully rehearse out loud and experientially, so that when it's show time, your muscles have the memory to take over in a stressful "no-time-to-think" situation.

Even though I have worked in TV for nearly 20 years, I still rehearse what I'm about to say, out loud in the car, on the way to the studio. So be sure to practice out loud what you will say and how you will say it. Also, pay attention to your body language, tone of voice, and facial expressions.

Leave daddy and mama in the car

Two of my favorite people in the world are my parents. They are my supporters, encouragers, and cheerleaders. When I was a young person, they would drive me to a job interview, help me rehearse answers to possible interview questions, and then wait in the car while I went into the interview myself. Unfortunately, this is not a trend that has caught on!

I repeatedly hear from hiring managers that parents are calling companies to see if they are hiring young people, parents are handing in resumes (on behalf of their children), parents are calling managers to see if their young person got the job, and, yes, parents are sitting in the waiting room with their teen (and even adult!) children for the interview (including a superintendent of education who told me a 25-year-old teacher applying for the job had her mother attend the interview with her).

If you want to land your next job, hiring managers want to see independence and confidence. They want to know you are ready for the job and can handle the full responsibility. Mothers and fathers, we love you and your support! Just stay in the car and be there for your children after the interview is over.

Dr. Karyn Gordon is a regular contributor to "Good Morning America," best-selling author of "Dr. Karyn's Guide To The Teen Years," and a motivational speaker. Visit her at www.dkleadership.org and on Twitter: @DrKarynGordon.



ASK AN ATTORNEY

ALISON ARDEN BESUNDER,
ESQ.

You bought property together. What now?

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

There are three general methods to categorize ownership in real property in New York State: tenancy in common, joint tenancy with rights of survivorship, and tenancy by the entirety. A provision in the statutory law makes ownership of shares in a cooperative apartment equivalent to real property interests.

Tenancy in common

A tenancy in common means that each person has a share of interest in the property. It can be in 50-50 shares or any other allocation.

Joint tenancy with rights of survivorship

In a joint tenancy with rights of survivorship, a joint owner's interest can be sold or encumbered during his or her lifetime with the consent of the other joint tenants, however, his or her share cannot be devised in a will before or after death. Instead, it passes to the surviving joint tenants — hence the “right of survivorship.”

Put another way, the last man standing takes full ownership to the property.

Tenancy by the entirety

A tenancy-by-the-entirety is a heightened form of tenancy available to married spouses who take title to the property. Since the passage of the Marriage Equality Act in New York State in 2011, this is available to all spouses, whether opposite-sex or same-sex. It affords not only survivorship rights, but also certain creditor protection rights.



A tenancy-by-the-entirety affords greater creditor protection to the surviving tenant. It is only available to those who are married at the time they take title. If you take title before you are married, as joint tenancy with rights of survivorship, and later marry, the tenancy-by-the-entirety does not automatically spring into effect or convert the joint tenancy with rights of survivorship to tenancy-by-the-entirety.

Rather, you would need to execute a new deed reflecting the change in ownership status. Even if you closed on the apartment the day before your wedding and the deed says “as husband and wife,” if you were not legally married when you received title, the title would likely be deemed by a court of law as joint tenancy with rights of survivorship. In more recent years, attorneys more frequently use the phrase “as spouses” to appropriately reflect the legal changes to the definition and scope of marriage.

These rules only apply to transactions that occurred after 1975. If the real property at issue was purchased before 1975, and the deed states that the parties were married when in fact the parties were not married or the

validity of the marriage is later challenged, the ownership will be deemed a tenancy in common, which does not provide for survivorship interest.

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

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

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

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

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Calendar

JUNE



Photo by Aaron Rutkey

Basketball life lesson

How does one rise up after being knocked down? Find out in “Bounce – the Opera” at Paerdegat Park on June 25, 26, and 27.

Based on the Greek myth “The Flight of Icarus,” “Bounce” is the tale of a high school basketball star Isacc “Ike the Flight” Harris, who is bound for stardom, but is benched due to the actions of a jealous teammate. Can he rebound? The mix of Greek drama, Shakespeare, “Carmen,” the movie “Grease,” and hip-hop deal with themes facing today’s kids, including teen violence.

Local high school students are paired with seasoned professionals and are integrated into the production, which is performed on an actual basketball court, using the powerful medium of basketball. They become the players, the cheerleaders, and Flight’s classmates and teammates. Local and national community leaders also play a number of the adult roles.

Ardea Arts has been developing “Bounce” in partnership with The University of Kentucky Opera Theatre. The production’s partners and advocates include prominent

local Council members, community leaders, and basketball-industry advocates. This project is made possible in part by the support of The Laurie M. Tisch Illumination Fund, The John and Jody Arnhold Foundation, with in-kind contributions from Boylan Bottling Company, Newman’s Own, Inc. and Marquee Screen Printing.

“Bounce – the Opera,” June 25, 26, and 27 at 6 pm. Tickets are free, but bring your own chair!

Paerdegat Park (E. 40th Street and Farragut Road in Canarsie, www.ardeaarts.com/bounce).

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Calendar

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THURS, JUNE 2

IN BROOKLYN

"Puss in Boots": PS 203, 5101 Ave. M and Utica Avenue; 311; <http://www.cityparksfoundation.org>; 10:30 am to 11:30 am; free.

Presented by CityParks PuppetMobile, this is the old tale of Puss and Boots — with a twist.

SAT, JUNE 4

IN BROOKLYN

Learn to ride: Dyker Playground, 14th Avenue and 86th Street; (718) 965-8942; www.nycgovparks.org; Noon to 3 pm; Free

This is a free class for adults and mature teens who are ready to ride. It doesn't matter how old you are, we'll get you rolling in no time. With our safe, easy, effective method, Learn to Ride students learn how to balance, pedal, start, stop, and steer a bike, as well as adjust a helmet for proper fit. Most kids learn to ride in one session, but even if they don't, they can join us for another free class!

Family Day: BRIC Arts Media House, 647 Fulton St. at Rockwell Place; (718) 683-5621; www.bricartsmedia.org; Noon to 3 pm; Free.

Join some of BRIC's Teaching Artists for an imaginative adventure in art-making! There will be tours of the student exhibition, movie screenings, and hands-on activities for all ages.

Family Camping: Marine Park, Avenue U and E. 33rd Street; (718) 421-2021; www.nycgovparks.org; 6 pm to 8 am; Free.

We camp to create lasting memories, connect with the natural world, and bond with our families. Camping affords us the opportunity to unplug from the diversions of everyday life and to laugh and play with our families. Space is limited and families are chosen by lottery.



Dan Zanes in the park

Come on down to a fun day at the Bandshell on June 11, when Dan Zanes and friends come to play.

The whole family will enjoy fun-filled music and theater honoring the centennial of the birth author Ezra Jack Keats, who introduced characters of color to mainstream children's literature.

The festivities begin with

members of TADA! Youth Theater performing one of Keats' stories. Then, Dan Zanes takes to the Bandshell with Ashley Phillips and friends for a live show.

Dan Zanes' live show on June 11 at 4 pm. Free.

Prospect Park Bandshell [Prospect Park West and Ninth Street in Prospect Park, (718) 965-8900, www.bricartsmedia.org/cb].

FURTHER AFIELD

Shine and the Moonbeams:

Lincoln Center's David Rubenstein Atrium, Broadway between W. 62nd and W. 63rd streets, Manhattan; (212)-875-5456; 11 am; Free.

Get up and dance! With infectious rhythms and catchy melodies, Shine and the Moonbeams infuse classic funk, soul, blues, and jazz music to bring a brand new R&B sound to kids and families in this soulful extravaganza. Celebrating the global family, this local band rejoices the heart of music and delights audiences with its distinctive sound, energy, and jubilation.

SUN, JUNE 5

IN BROOKLYN

Melanie Hope Greenberg: The Book Court, 163 Court Street; (718) 875-3677; 11 am to noon; Free.

The author of "Mermaids on Parade" will be reading and signing her book for all her fans.

Story time with BB Mandell: powerHouse on 8th, 1111 Eighth

Ave. between 11th and 12th streets; (718) 666-3049; www.powerhousearena.com; 11:30 am to 12:30 pm; Free.

Come and read "Samanthasaurus REX." For children 4 to 8 years old. RSVP requested.

TUES, JUNE 7

IN BROOKLYN

"Puss in Boots": Brownsville Recreation Center, 1555 Linden Blvd.; 311; www.cityparksfoundation.org; 11 am to 1 pm; Free.

Presented by CityParks PuppetMobile, this is the old tale of Puss and Boots — with a twist.

FRI, JUNE 10

IN BROOKLYN

District 20 Arts Festival: McKinley JS 259, 7301 Fort Hamilton Pkwy. at 73rd Street; (718) 759-3958; 9 am to 2 pm; Free.

Students in the Performing Arts Program show their work. RSVP requested.

Build a Musical workshop: PS 176K, 1225 Bay Ridge Ave.; (718) 236-7755; 1:30 pm and 3 pm; Call for tickets.

As part of the Inside Broadway's After School program, the year's final performance of "The Galactic Dance-A-thon" will be performed by students at PS 176K in Bay Ridge.

"Finding Nemo": Fort Greene Park Visitor Center, Enter park at Myrtle Avenue and Washington Park; (718) 722-3218; <https://drafthouse.com/nyc>; 6:30 pm; Free.

Just in time for the release of the sequel "Finding Dory," Alamo Drafthouse is hosting a screening of the original animated flick, just 10 days before the release of its sequel. Bring a blanket, wear a costume, and get ready for a fun night of surprises.

Ballet performance and fundraiser: Edward R. Murrow HS, 1600 Avenue L; (718) 891-6199; www.covenantballet.org/#!press/lgsf0; 7 pm; Call for tickets.

Covenant Ballet Junior Company will perform very special works that were created in collaboration with students from Murrow High School's own Dance Ensemble.

SAT, JUNE 11

IN BROOKLYN

Melanie Hope Greenberg:

Edamama, 568 Union Ave.; (718) 388-3663; edamama.com; 10:30 am to 11:30 pm; Free.

The author of "Mermaids on Parade" visits with a very special story time and will be reading and signing her book for all her fans.

Learn to Ride: Sternberg Park, Leonard Street and Boerum Street; (718) 965-8942; www.nycgovparks.org; Noon to 3 pm; Free.

This is a free, instructional class for kids. With our safe, easy, effective method, Learn to Ride students learn how to balance, pedal, start, stop, and steer a bike, as well as adjust a helmet for proper fit. Most kids learn to ride in one session, but even if they don't, they can join us for another free class!

Learn to Ride: Lincoln Terrace Park, Eastern Parkway and Buffalo Avenue; (718) 965-8942; <http://nycgovparks.org>; Noon-3 pm; Free.

This class is for adults and mature teens who are ready to ride. It doesn't matter how old you are, we'll get you rolling in no time. With our safe, easy, effective method, Learn to Ride students learn how to balance, pedal, start, stop, and steer a bike, as well as adjust a helmet for proper

Continued on page 44

Continued from page 43

fit. Most kids learn to ride in one session, but even if they don't, they can join us for another free class!

Saltwater Fishing: American Veterans Memorial Pier, Shore Road and 69th Street; (718) 421-2021; <http://nycgovparks.org>; 2 pm to 3:30 pm; Free.

Catch-and-release fishing is a great way to get outdoors and discover nature just a few blocks from home. Our experienced Rangers teach the ethics of fishing and the ecology of our waterways on every fishing program. You can try to hook a pumpkinseed sunfish, carp, or chain pickerel. Whether you choose to grab a simple bamboo pole at a quiet lake or join more advanced saltwater programs, we have a program that fits your skill level. All equipment is provided; this program is recommended for ages 8 years and older. Participation is first-come, first-served.

Dan Zanes's Lead Belly Project with TADA! Youth Theater: Prospect Park Band Shell, Prospect Park West and Ninth Street; (718) 965-8900; www.bricartsmedia.org/cb; 4 pm; Free.

Bring the family out for an afternoon of fun-filled music and theater honoring children's author Ezra Jack Keats. Dan Zanes takes to the Bandshell with Ashley Phillips and friends for a live show. The festivities begin with members of TADA! Youth Theater performing one of Keats's stories.

SUN, JUNE 12

IN BROOKLYN

Party on Wheels: New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; www.mta.info/mta/museum; 9 am to 11 am; Tickets start at \$35.

Bring the whole family for private early access to the museum, breakfast and birthday cake, crafts and dancing, and unlimited rides on the vintage R 1/9 subway cars from the 1930s. They'll even take you for a spin on a vintage bus! Tickets: www.bit.ly/PartyonWheels16.

Story time with Caron Levis: powerHouse on 8th, 1111 Eighth Ave. between 11th and 12th streets; (718) 666-3049; www.powerhousearena.com; 11:30 am to 12:30 pm; Free.

Come and read "Ida, Always."

Block Party: New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; www.mta.info/mta/museum; Noon to 5 pm; Free.

The Transit Museum is pulling out all the stops with an all-day, all-ages



'Puss' in Brooklyn

The CityParks PuppetMobile is driving into the Brownsville Recreation Center on June 7 with a fun puppet show.

"Puss in Boots," presented by CityParks PuppetMobile, is the old tale — with a twist.

Once upon a time there lived a young man named Fergus Mundle. Fergus has just the bare essentials in life — a roof over his head, the clothes on his back, and his ever faithful pet cat. One day while lamenting his poor lifestyle, Fergus is astounded when his cat stands up, begins talking, and introduces himself

as Puss. Puss reveals to Fergus that he is very intelligent and well traveled, and even has an idea to help Fergus improve his situation. With that in mind, Puss dons a snazzy pair of boots and sets off on an exciting magical journey. Despite his reputation as a sly trickster, Puss soon proves himself a caring friend to all, willing to help at any cost!

"Puss in Boots," June 7 from 11 am to 1 pm; free.

Brownsville Recreation Center (1555 Linden Blvd. at Mother Gaston Boulevard in Brownsville, www.cityparksfoundation.org).

block party. Schermerhorn Street will be closed to make way for transportation games, entertainment, and — beep-beep — a selection of vehicles from the museum's vintage bus fleet! Admission to the museum will be free all afternoon.

WED, JUNE 15

IN BROOKLYN

Pop-Up Aquarium: Marion Hopkinson Park, Chauncey Street and Rockaway Avenue; (718) 965-8928; www.nycgovparks.org; 4 pm to 6 pm; Free.

Join City Parks and the New York Aquarium for a Pop Up Aquarium experience in your neighborhood park!

Open for all ages!

Family Jazz Concert: Dr. Ronald McNair Park, Washington Avenue and Classon Street; (718) 965-8942; www.nycgovparks.org; 6 pm to 8 pm; Free.

Talented young musicians from the world-renowned New School for Jazz perform. With notable alumni including Robert Glasper, Brad Mehldau, Bilal, and Becca Stevens, New School Jazz has been recognized as an innovative leader in musical higher education for nearly 30 years.

THURS, JUNE 16

IN BROOKLYN

Family Jazz Concert: Linden

Park, Stanley Avenue and Linden Blvd.; (718) 965-8942; <http://www.nycgovparks.org>; 6 pm to 8 pm; Free.

Talented young musicians from the world-renowned New School for Jazz perform. With notable alumni including Robert Glasper, Brad Mehldau, Bilal, and Becca Stevens, New School Jazz has been recognized as an innovative leader in musical higher education for nearly 30 years.

FRI, JUNE 17

IN BROOKLYN

Bi-lingual sing-along: The Lark Cafe, 1007 Church Ave.; www.lark-cafe.com; 11 am; \$10 per family.

Historical indie rocker Lloyd Miller is hosting a sing-along with guest 123 Andres (Andres Salguero) to share songs for children 2 years and older from the new album, *Arriba Abajo*.

SAT, JUNE 18

IN BROOKLYN

Build a Bird Feeder: Fort Greene Park Visitor Center, Enter park at Myrtle Avenue and Washington Park; (718) 722-3218; 1 pm to 2:30 pm; Free.

Learn how to build a bird feeder at this free, family-friendly Urban Park Ranger program this weekend. Registration is required.

FURTHER AFIELD

Le Carrousel Kids: Bryant Park, 42nd Street and Avenue of the Americas, Manhattan; (212) 768-4242; www.bryantpark.org; 1 pm to 2 pm; Free.

A fun puppet show of the "Three Little Pigs." Who will blow the house down?

SUN, JUNE 19

IN BROOKLYN

Family Fiesta en Nueva York: Jalopy Theatre, 315 Columbia St. between Hamilton Avenue and Woodhull Street; (718) 395-3214; www.jalopy.biz; 11 am; \$5 children; \$10 adults and \$25 for a family of 4.

Join 123 Andres and Sonia de los Santos for a fun family fiesta. Children will be jumping and singing along with old and new favorites.

"Puss in Boots": Linden Park, Stanley Ave. and Linden Boulevard; 311; <http://www.cityparksfoundation.org>; 2:30 pm to 3:30 pm; Free.

Presented by CityParks PuppetMobile, this is the old tale of Puss and Boots — with a twist.

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

MON, JUNE 20

IN BROOKLYN

Pop-Up Aquarium: Vincent V. Abate Playground in Mccarran Park, Lorimer and Leonard streets; (718) 965-8928; nycgovparks.org; 4 pm to 6 m; Free.

Join city Parks and the New York Aquarium for a Pop-Up Aquarium experience in your neighborhood park!

TUES, JUNE 21

IN BROOKLYN

Pop-Up Aquarium: Sternberg Park, Leonard and Boerum streets; (718) 965-8928; nycgovparks.org; 4 pm to 6 m; Free.

Join city Parks and the New York Aquarium for a Pop-Up Aquarium experience in your neighborhood park!

WED, JUNE 22

IN BROOKLYN

Pop-Up Aquarium: Elijah Stroud Playground, Washington Avenue and Sterling Place; (718) 965-8928; nycgovparks.org; 4 pm to 6 m; Free.

Join city Parks and the New York Aquarium for a Pop-Up Aquarium experience in your neighborhood park!

THURS, JUNE 23

IN BROOKLYN

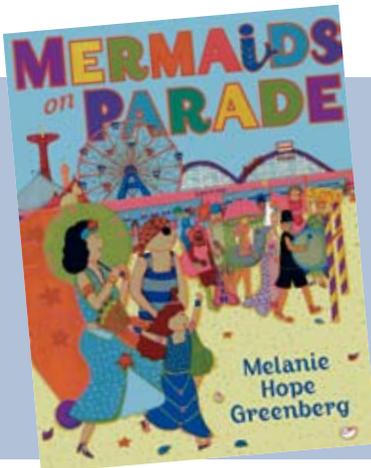
Pop-Up Aquarium: William Sheridan Playground, Grand and Kent avenues; (718) 965-8928; www.nycgovparks.org; 4 pm to 6 pm; Free.

Join city Parks and the New York for a Pop-Up Aquarium experience in your neighborhood park! Open for all ages!

FRI, JUNE 24

IN BROOKLYN

Pop-Up Aquarium: Jesse Owens Playground, Lafayette Ave. and Malcolm X. Blvd.;



Singing together in Español

Cantar Espanol? Si.

On June 17, come to a bilingual sing-a-long with Lloyd Miller and songster 123 Andres at the Lark Cafe. Brooklyn indie rocker Lloyd

Miller is treating families to an interactive sing-along with guest artist 123 Andres (Andres Salguero) to share songs for children 2 years and older from the new album Ar-

riba Abajo.

Bilingual sing-a-long, June 17 at 11 am. Tickets are \$10 per family.

The Lark Cafe (1007 Church Ave. in Ditmas Park, www.larkcafe.com).

(718) 965-8928; www.nycgovparks.org; 4 pm to 6 pm; Free.

Join city Parks and the New York Aquarium for a Pop-Up Aquarium experience in your neighborhood park! Open for all ages!

SAT, JUNE 25

IN BROOKLYN

Learn to Ride: Marion Hopkinson Park, Chauncey Street and Rockaway

Avenue; (718) 965-8942; www.nycgovparks.org; Noon to 3 pm; Free.

This class is for adults and mature teens who are ready to ride. It doesn't matter how old you are, we'll get you rolling in no time. With our safe, easy, effective method, Learn to Ride students learn how to balance, pedal, start, stop, and steer a bike, as well as adjust a helmet for proper fit. Most kids learn to ride in one session, but even if they don't, they can

join us for another free class!

Family Day: Coffey Park, Pioneer Street; (718) 965-8935; www.nycgovparks.org; Noon to 4 pm; Free.

Join city Parks and Councilmember Carlos Menchaca for a fun-filled Family Day at Coffey Park! DJ, carnival games, and other great family activities!

Family Day: Homecrest Playground, E. 12th Street and Shore Parkway; (718) 965-8935; www.nycgovparks.org; Noon to 4 pm; Free.

Join city Parks and Councilmember Chaim Deutsch for a fun-filled Family Day at Coffey Park! DJ, carnival games, and other great family activities!

Ballet and fund-raiser: St. Edmunds Preparatory High School, 2474 Ocean Ave. at Avenue T; (718) 891-6199; www.covenantballet.org/#!press/lgsf0; Noon to 3 pm; \$20 (\$5 children 3 to 12; free children under 3).

Members of Covenant Ballet Ju-

Continued on page 46

Don't miss 'Mermaids'

"Mermaids on Parade" marches into Edamama on June 11 for a special book signing event with author Melanie Hope Greenberg.

The sights, sounds, and smells of the real-life Mermaid Parade that takes place in Coney Island every year is the base for this fun-filled romp about a little

girl who is going to the parade in a special coming-out-of-her-shell costume.

"Mermaids on Parade," June 11 from 10:30 am to 11:30 am. Free Edamama [568 Union Ave. between Frost and Richardson streets in Williamsburg, (718) 388-3663; <http://edamama.com>]

Calendar

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

Continued from page 45

nior Company will perform with their classes.

"BOUNCE The Basketball Opera": Paerdegat Park, E. 40th Street and Farragut Road; www.ardeaarts.com/bounce; 6 pm; Free.

Older teens will appreciate this performance that focuses on the pressing issues facing today's youth. The play tells the story of Ike "The Flight" Harris, a high school basketball star bound for stardom. Audiences will see if "Flight" can rebound from the emotional and physical pain of gun violence.

Dance festival: Betsy Head Park, Dumont Avenue and Strauss Street; www.cityparksfoundation.org; 7 pm to 9 pm; Free.

Brooklyn Dance Festival is a platform to provide services, opportunities and outreach to professional companies, youth ensembles and emerging artists.

FURTHER AFIELD

Le Carrousel Kids: Bryant Park, 42nd Street and Avenue of the Americas, Manhattan; (212) 768-4242; www.bryantpark.org; 1 pm to 2 pm; Free.

See who will win the race in this fun puppet show of "The Tortoise and the Hare."

SUN, JUNE 26

IN BROOKLYN

Mardi Gras: Midwood Street Fair, E. 13th Street and Avenue M; (718) 444-6028; Noon to 6 pm; Free.

Street fair and festival featuring games, rides, food and more.

"BOUNCE The Basketball Opera": 6 pm. Paerdegat Park. See Saturday, June 25.

MON, JUNE 27

IN BROOKLYN

Ballet and fund-raiser: Covenant Ballet Studio, 4119 Avenue T; (718) 891-6199; www.covenantballet.org/#!press/lgsf0; call for time; \$5.

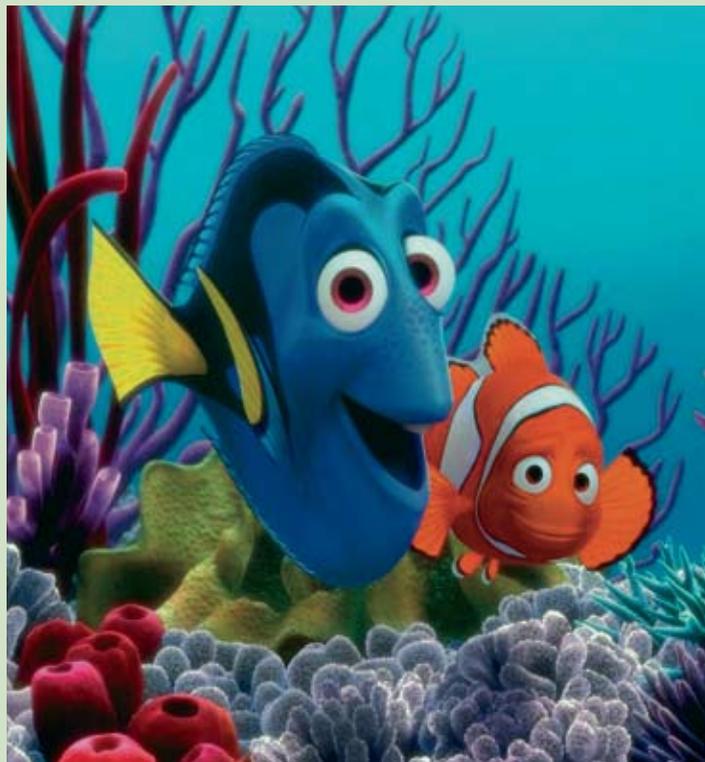
Covenant Ballet Junior Company performs.

"BOUNCE The Basketball Opera": 6 pm. Paerdegat Park. See Saturday, June 25.

TUES, JUNE 28

IN BROOKLYN

Pop-Up Aquarium: Betsy Head Playground, Dumont Street and Bristol Street; (718) 965-8928; www.nycgovparks.org; 4 pm to 6 pm; Free.



Ocean in Fort Greene

Get your lawn chairs, and blankets, and don't forget the popcorn for this screening of "Finding Nemo" on June 10 in Fort Greene Park.

Just in time for the release of the sequel, "Finding Dory," Alamo Drafthouse is hosting a screening of the original animated flick, "Finding Nemo" just 10 days before the release of the

sequel.

Bring a blanket, wear a costume, and get ready for a fun night of surprises.

"Finding Nemo," June 10, at 6:30 pm. Free.

Fort Greene Park Visitor Center [Enter park at Myrtle Avenue and Washington Park in Fort Greene, (718) 722-3218; www.drafthouse.com/nyc].

Join city Parks and the New York Aquarium for a Pop-Up Aquarium experience in your neighborhood park! Open for all age.

WED, JUNE 29

IN BROOKLYN

Pop-Up Aquarium: Kaiser Park, Neptune Avenue and W. 27th Street; (718) 965-8928; www.nycgovparks.org; 4 pm to 6 pm; Free.

Join city Parks and the New York Aquarium for a Pop-Up Aquarium experience in your neighborhood park! Open for all age.

THURS, JUNE 30

IN BROOKLYN

Pop-Up Aquarium: Seth Low Playground, W. 12th Street and Avenue P; (718) 965-8928; www.nycgovparks.org; 4 pm to 6 pm; Free.

Join city Parks and the New York Aquarium for a Pop-Up Aquarium experience in your neighborhood park! Open for all age.

LONG-RUNNING

IN BROOKLYN

Kids' Discovery Stations: Brooklyn Botanic Garden, 1000 Washington Ave. at Eastern Parkway; (718) 623-7220; www.bbg.org; Tuesdays and Wednesdays, 10:15 am to 12:15

pm, Thursdays and Fridays, 10:15 am, Now - Fri, June 3; Free with Garden Admission.

Dig in and get your hands dirty, investigate and classify plants, learn how a carnivorous plant eats, and explore the meadow.

Teen pass: Red Hook Recreation Center, 155 Bay St. between Otsego and Court streets; www.nycgovparks.org; Weekdays, 3 pm and 6 pm, Now - Fri, June 17; Free.

Clubs that focus on the areas of city Parks, arts, environmental science and sports that are tailored to the interests and talents of sixth to eighth graders.

Transit Tots: New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; www.mta.info/mta/museum; Thursdays, 10:15 am, Now - Thurs, June 28; Free with museum admission.

Stories, games, and surprises for the youngest transportation fan. For ages 2-5 with an adult companion.

Nature Exploration: Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; Thursdays and Fridays, Noon-4 pm, Now - Thurs, June 30; Free.

Alliance members take children on a bird watch, a nature trail hike, and meet with Snappy the Turtle.

Educational Center drop-in hours: Brooklyn Bridge Park, Pier 6, Atlantic Avenue at Furman Street; (718) 222-9939; www.brooklynbridgepark.org; Tuesdays, Thursdays, Saturdays and Sundays, 3 pm to 5 pm; Free.

Get to know Brooklyn Bridge Park and visit the giant aquarium filled with East River critters, the reading corner, and so much more.

Family Discovery Weekends: Brooklyn Botanic Garden, 1000 Washington Ave. at Eastern Parkway; (718) 623-7220; www.bbg.org; Saturdays and Sundays, 10:30 am to 2:30 pm, Now - Sun, June 5; Free with Garden Admission.

Families experiment, learn, and play together in this fun drop-in event, and then do a nature-based craft.

"The Wizard of Oz": Puppetworks, 338 Sixth Ave. at Fourth Street; (718) 965-3391; www.puppetworks.org; Saturdays and Sundays, 12:30 pm and 2:30 pm, Now - Sun, Aug. 21; \$9 (\$10 adults; \$8 for group rates).

Put on your ruby red slippers, Dorothy has returned to Oz. Great for children 4 years and older.

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

Come to the enchanted land of Oz

We're off to see the Wizard at Puppetworks, weekends now through Aug. 21.

Put on your ruby red slippers, Dorothy has returned to Oz. Through the wizardry of puppetry, artistic director Nicolas Coppola has adapted the story to the Marionette stage, featuring an original Country-Western score for the famous Oz characters to sing and dance to, and special effects such as the tornado, the Great Oz mask, and the melting of the Wicked Witch of the West.

Great for children 4 years and older.

"Wizard of Oz," Saturdays and Sundays at 12:30 pm and 2:30 pm



now through Aug. 21. Tickets are \$9 for children, \$10 for adults, and \$8 for group rates.

Puppetworks [338 Sixth Ave. at Fourth Street in Park Slope, (718) 965-3391, www.puppetworks.org].

ogy, fishing safety, and collect their own bait.

Bird Watching: North end of Esplanade, East Drive and Ocean Avenue; www.nycgovparks.org; Saturdays and Sundays, 1 to 2 pm and 3 to 4 pm, Now – Tues, Aug. 30; Free.

Families with children 15 and younger join with a ranger and identify the more than 250 species of birds in the park.

Free Family Day at Wyckoff Farmhouse: Wyckoff House Museum, 5816 Clarendon Rd. at E. 59th Street; (718) 629-5400; Saturday, June 18, 1 pm; Saturday, July 16, 1 pm; Saturday, Aug. 20, 1 pm; Free.

Wyckoff Farmhouse hosts a day of kid-friendly tours, hands-on activities, scavenger hunts, and more. Special activities for kids younger than 10 before 2 pm.

African Dance: Target Brooklyn Community Garden, 933 Bedford Ave. at Dekalb Avenue; (212) 333-2552; www.nycgovparks.org; Wednesdays, 6:30 pm to 7:30 pm, Wed, June 22 – Wed, Aug. 24; Free.

Each session will feature an African dance-based workout. No partner or prior experience required. For older teens.

Educational Center: Brooklyn Bridge Park, Pier 6, Atlantic Avenue at Furman Street; (718) 222-9939; www.brooklynbridgepark.org; Saturdays and Sundays, 1 pm to 5 pm; Free.

Get to know Brooklyn Bridge Park and visit the giant aquarium filled with East River critters, the reading corner, and so much more.

Fishing Fun: North end of Espla-

nade, East Drive and Ocean Avenue; www.nycgovparks.org; Saturdays and Sundays, 1 to 2 pm and 3 to 4 pm, Now – Tues, July 26; Free.

Families with children 15 and younger learn about aquatic ecol-

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THE BOOK WORM

TERRI SCHLICHENMEYER

Start dreaming of 'someday' right now

In the new book "Trombone Shorty" by Troy "Trombone Shorty" Andrews, illustrated by Bryan Collier, we learn that dreams can come true at any age.

Troy Andrews loved the trombone. He hoped to be a musician some day.

Each year, when Mardi Gras rolled through Tremé, Troy and his neighbors would dance along with the bands in the parades.

That also made Troy want to become a musician even more, so he and his friends created instruments from odds and ends they found around Tremé; Troy was happy to find a beat-up trombone, and he fixed it up good. That's the best part of being a musician: you can make music from almost anything.

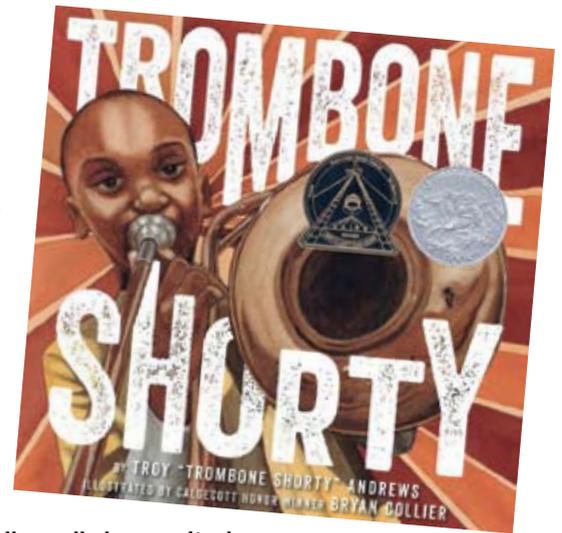
At the next parade, he grabbed his trombone, jumped in, and started marching with the band. Because he was a little guy and the trombone is a big instrument, Troy's brother gave Troy the nickname of "Trombone Shorty," which is what every-

body called him from then on.

He even took it to the New Orleans Jazz and Heritage Festival, and he played along with the musicians. He was so loud and so good that Bo Diddley called Trombone Shorty on stage and asked him to jam. Trombone Shorty knew then that he could have his own band, so he did.

Every day after school, his band practiced their music until they were able to perform – and they still perform today! Lately, you've played air guitar to a Prince song, and were a drummer on your kitchen table. If your kids caught your love of music, they might likewise dream the dreams found inside the award-winning "Trombone Shorty."

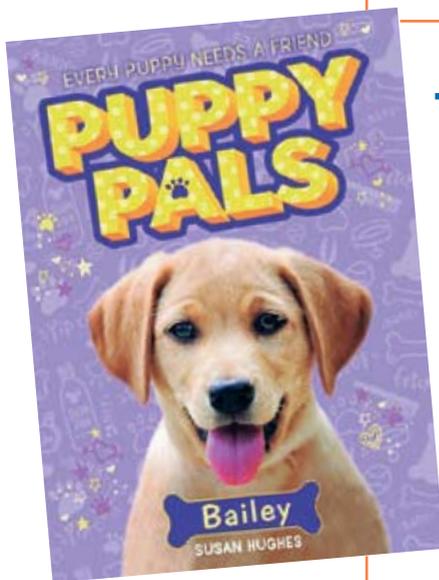
With the same *laissez les bon temps* vibe you get from merely standing on a New Orleans sidewalk, author Troy Andrews tells of coming up poor and



finding riches in his city's songs. It's a story that'll make children want to dance with music they can almost hear from the pages of this book; those silent songs are underscored by illustrations from Collier, himself an award-winner.

Be sure to check out the author's notes. Show your kids the pictures. While you could surely read this tale aloud to a 2-year-old, I think kids ages 4-to-7 will like it better. If they love music, especially, "Trombone Shorty" will be a book they won't be able to wait for.

"Trombone Shorty" by Troy "Trombone Shorty" Andrews, illustrated by Bryan Collier [40 pages, \$17.95].



A girl and her puppy

You're always looking for things to add to it, and your friends and family know what you need to fill in the blanks. Holidays are particularly special because you usually get gifts to go with your collection, which is always fun. And in "Bailey: Puppy Pals" by Susan Hughes, two girls start collecting something unusual.

Kat Reynolds wanted a puppy. Kat. Loved. Dogs but, sadly, neither her parents nor the parents of her best friend, Maya, would let either girl get a puppy.

Puppy love wasn't the only thing Kat and Maya had in common. They'd been friends forever and, until this year, they'd even been in the same classroom. Maya was in another fourth-grade room now, which made things difficult: two mean girls kept teasing Kat about some boy, and having Maya in the same room

would've helped a lot.

That drama couldn't compare to Kat's good news: her Aunt Jenn had started a dog grooming business! So when Kat and Maya saw a chance to spend time with Aunt Jenn's first boarder, a yellow Lab puppy named Bailey, they volunteered! They could get pictures of Bailey, and add them to their scrapbook!

Grateful for the help, Jenn made sure both girls knew how to take Bailey out of the kennel and pick him up. She made sure Kat and Maya knew what was safe for Bailey to play with. And she warned both girls that they were not supposed to take Bailey outside in the backyard. But Bailey was such a cute little guy and he was so active! What would it hurt if the girls took him out back for just a minute? Jenn would never know... would she?

Kids and dogs create their own mutual Fan Club every time. So wouldn't a kids' book about dogs – a

book like "Bailey: Puppy Pals" – be perfect? The answer is "yes." There's a certain sense of timeless-but-modern innocence and nostalgia to author Susan Hughes' story; her main characters are not into drama, fashion or gadgets, and they like boys as friends but they like dogs better. Parents will be happy to note that both girls are good kids who act responsibly, which is part of the storyline and which seems to get kids ready for the next book in the series. Readers who like Kat and Maya and won't have to stop spending time with them.

While there's no reason for boys to avoid this book, it's really best for girls ages 7-to-10, especially those who are new to chapter books. If that's your girl and she loves dogs, "Bailey: Puppy Pals" is a great tale for her collection.

"Bailey: Puppy Pals" by Susan Hughes [112 pages, 2016, \$5.99].

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

Skeeter beater

Normally, I'm a peace, love, and cookies kind of a mom, but with the news reports of increasing numbers of Americans contracting the Zika virus, I was overcome with a murderous impulse — to lay waste to the swarms of mosquitoes that summer brings to my backyard!

So I hung Stinger's 5-in-1 Mosquito Kill System at the end of my yard furthest from my house, because it works by luring the mosquitoes before it electrocutes them. Ideally, it should be operating near mosquito hangouts such as shrubs and trees, shady areas, and standing water.

The 5-in-1 Stinger doesn't take up too much real estate (18-inches by 10-inches), and the manufacturer boasts that it will de-skeeter an entire acre with its five deadly features: black UV light, green LED lights, thermal lure, clog-free kill grid, and one NOsquito octenol lure (which lasts for 30 days. Refills can be purchased separately.).

The Stinger's sundown sensor automatically turns the unit on at dusk and turns it off at dawn, or for a serious infestation, you can switch it to 24-hour mode. To prevent fires, the dead insects should be brushed away from the unit frequently. However, the carnage demonstrates that the unit is working, and that's a



cheerful thought. And here's one more: when you're using the Stinger, there's no need for applying bug repellent to your family's skin.

Stinger Mosquito 5-in-1 Kill System, \$79.99, www.target.com.

The way to his heart

The way to the heart of dad is through his sweet tooth, so make this Father's Day a little bit sweeter with treats from Dancing Deer Baking Company. The Dad Loves Choco-



late Gift Medley is sent in a Shaker-style gift box filled with "triple chocolate chip" cookies, chocolate chunk brownies, and caramel pecan brownies. And the box's "ribbon" is a re-purposed, donated necktie.

The Father's Day Favorite Goodies Gift Basket is a woven burgundy box filled with eight cinnamon-rich Snickerdoodle cookies and eight chocolate chunk brownies. It's also festooned with a recycled necktie.

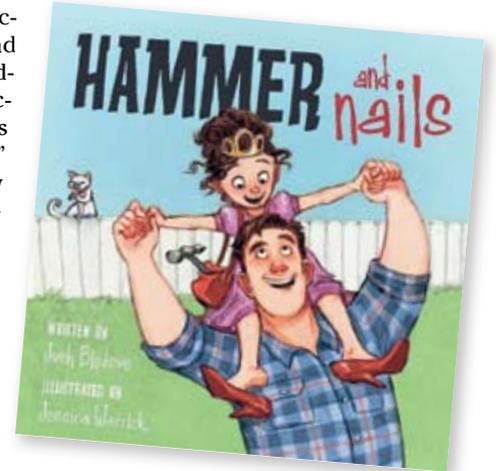
Pair the box of goodies with a handcrafted card from the kids!

Dad Loves Chocolate Gift Medley, \$34.99, Father's Day Favorite Goodies Gift Basket, \$32.99, www.dancingdeer.com.

Daddy-daughter time

Josh Bledsoe's new picture book "Hammer and Nails" is required reading for Father's Day. Recommended for kids ages 4-8, "Hammer and Nails" tells the story of how Daddy and his daughter, Darcy, combine his list of chores with her plans for a scuttled play date to make a lovely day together. Each of them ventures beyond their comfort zones as Darcy wields a hammer, and Daddy plays nail salon. (Of course, Dad also makes sure they squeeze in a nap!)

Jessica Warwick's illustrations bring depth and humor to the charming story. It's easy for parents to get caught up in tackling to-do lists, but Bledsoe gently



reminds his adult readers that slowing down to teach our kids how to accomplish tasks — and opening our hearts so we can learn from them — is time well spent.

"Hammer and Nails" book by Josh Bledsoe, \$17.95, www.amazon.com.

Sounds like 'Camp'

Clarinets, kazoos, and banjos, oh my!

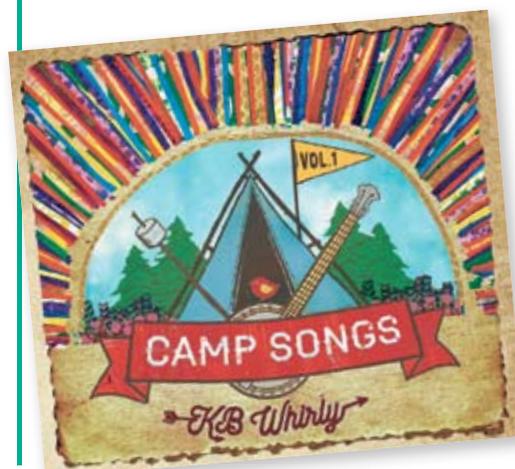
Generate some excitement for the long days of summer vacation with KB Whirly's new CD, "Camp Songs: Volume 1." On some of these tracks, Whirly's gravelly voice hints of early Tom Waits, and the arrangements by Patrick Hanlin (of Josh & the Jamtones fame) of many of the classic and

original songs are reminiscent of Randy Newman's "You've Got a Friend in Me." Boston-based Whirly will celebrate the release of his joyous, humorous album with a show in Manhattan's Madison Square Park on June 16.

On "Ricky Ticki Toomba," Whirly passes the microphone over to the Holliston Crew Chorus, whose lively a cappella rendition of this camp song is accompanied by the delightfully evocative sounds of a crackling campfire.

There's so much to love about Whirly's celebration of the joys (ghost stories! clapping games!) and pitfalls (bugs! poison ivy!) of the great outdoors, that we can't wait to hear s'more!

"Camp Songs: Volume 1" CD by KB Whirly, \$9.49, www.KBWhirly.com.





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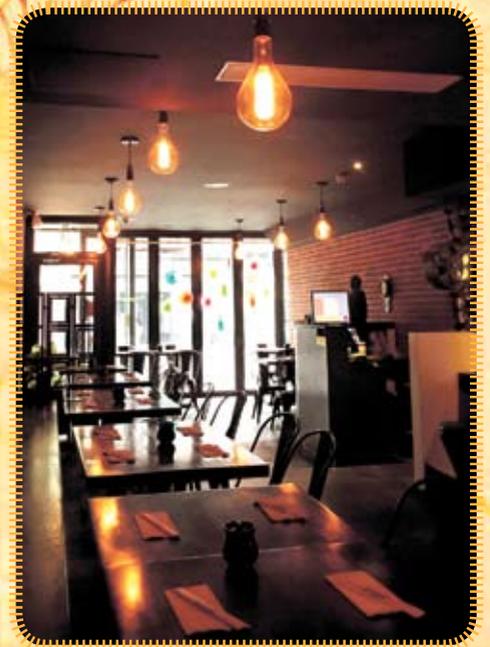
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