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# Schools and camps and spring emerging

Could it already be spring? I feel like we just celebrated Thanksgiving. The weeks are flying by and all in all this winter has largely lived up to the idea of climate change. I can easily recall harsh New York City winters in years gone by with large amounts of snow-fall and frigid temperatures for days on end. Certainly not the case these days. I don't really miss it personally, but I know a lot of kids do. It's not easy to find a good snowball fight these days. It disappears faster than they can roll it. Again, I personally am not complaining.



are out there for their children. As a result, we have in this issue a special advertising section showing some of the many Charter School options in the communities. This is the time of year when applications are due and when the lotteries take place. If you are interested, please be sure to contact the schools and navigate through the simple application process.

We also have a special advertising section showing many of the wonderful programs your children can sign on for this summer. Some are more traditional camps and others are various kinds of specialized programs. The options are growing larger it seems with something for everyone. You can do a whole summer, or sessions or even a week here and a week there. As a person who went to traditional summer camp I'm finding the possibilities these days quite fascinating.

I recently heard a rather bright and caring person ask why access to quality education should be limited by zip code? I thought that was a very thought-provoking question. The debate about Charter Schools will go on, but our thinking right now is that as publishers of parent guides, it's important that we let our readers know what options

The month of March is a good time to start planning not only camp for the kids

but also summer plans for the family. Do your research now to get the best deals for family vacations. Check out our website at NYParenting.com to find articles about family travel that will post from time to time through the month of March. There's an interesting piece about travel to Raleigh and also a piece about other family destinations just outside of NYC by our resident writer Shneika L. Johnson.

Not everything gets into the magazine. More can be found online including our Full Calendar for the metro area. We do a lot of ticket give-a-ways too, so sign on for our newsletters for your chance to win. Soon there will other exciting offers too so don't delay. Good luck!

Thanks for reading. Have a great month.

Susan Weiss-Voskidis,  
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# The perfect fit

## Unique child-care arrangements that allow for more flexibility

BY KRISTEN J. DUCA

**I**t is not out of the question to ask a potential child-care candidate if she would be willing to share a full-time schedule with your family and your friend or neighbor's family.

This arrangement can work as long as each family gives the caregiver set days and hours.

More and more, people with children are working flexible schedules in order to strive for a desirable work-life-family balance. With work schedules that allow for flexible hours, parents may neither need nor want a caregiver on a full-time basis.

However, many caregivers still desire a full-time schedule along with the appropriate compensation to match.

In an attempt to satisfy the caregiver's needs, some parents decide to hire the caregiver on a full-time basis even though they do not necessarily need a caregiver for so many hours.

The parents use the additional hours that the caregiver is in their home looking after their child while they are not at work to run errands, exercise, prepare meals, engage in housekeeping, meet up with friends, shop for household goods, and so on.

Here are a few ways parents are making

child-care schedules work for them and the caregivers:

### **Caregiver shares**

If your budget allows you the luxury of employing a caregiver for additional time to give you a chance to take care of personal errands, relations, or issues — then by all means, do it.

If you do not have the financial means to employ a caregiver for extra hours or if you want to spend the time when you are not at work alone with your child, then consider a caregiver-share arrangement.

If you have a friend or neighbor who desires a similar child care situation, you can jointly evaluate whether both families' hours provide the caregiver with enough hours and income to satisfy her needs. Obviously, you will have a problem if the hours both you and your friend

desire overlap.

If you do not have a friend who also desires a caregiver share, then you may need to do a little bit of researching and networking to find someone you could work with in a caregiver-share situation. Have an idea of what hours and days you need the caregiver to work for your family before you start your search.

### **Rotating caregiver arrangements**

Some families desire “rotating caregiver” arrangements that enable them to employ more than one caregiver for their children.

These families do not like the idea of hiring one caregiver exclusively for the entire week. They do not want the caregiver to get bored or overtired.

As a result, they hire a few caregivers who desire part-time or flexible work schedules with the hopes that each caregiver will show up to work fresh and energized.

Additionally, they believe that their child may learn more by getting various perspectives and experiencing different activities.

It is important to make sure the caregiver candidate is receptive to a rotating-caregiver situation. While some caregiv-

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More and more, people with children are working flexible schedules in order to strive for a desirable work-life-family balance. With work schedules that allow for flexible hours, parents may neither need nor want a caregiver on a full-time basis.

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ers welcome a flexible work schedule, others prefer a more traditional work-week.

You do not want the caregiver to feel like you do not think she is capable of taking care of your child on a full-time basis. You may need to explain to her your philosophy on rotating-caregiver arrangements.

Moreover, you do not want to get into a situation where the caregiver feels jealousy or resentment toward you, your fam-

ily, the other caregivers, or your child.

### **Caregiver organization**

Additionally, if you employ multiple caregivers, then remember that organization is of the utmost importance. You will want to clearly communicate the exact hours and days each caregiver will work each week.

Whether you create a master calendar or a detailed spreadsheet of hours that you need coverage, make sure the caregivers know exactly when they will take care of your child. This will prevent any mistakes, such as both caregivers showing up for work at the same time.

Also, take into consideration the vacation days and holidays that affect your caregivers as well as your family.

If you work together as a team, the arrangement should be positive and beneficial to all involved.

*New York-based working mother Kristen Duca and her husband are the parents of two girls. She has worked in the financial services industry for two decades in addition to serving as a contributing writer for New York area publications. She is the author of “Ultimate Nanny: How to Find, Interview, and Manage the Most Important Person You Will Ever Hire – Your Child’s Nanny” available on amazon.com.*



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# Trust your gut

## Your thyroid health really depends on the health of your stomach

Out of the 27 million Americans who suffer from thyroid dysfunction, more than half are due to an autoimmune disorder called Hashimoto's disease, in which the immune system attacks and destroys thyroid gland tissue.

"Thyroid replacement hormones are a first line of defense for many doctors, prescribed with the promise of wiping out a number of symptoms in one fell swoop. But taking that approach is turning a blind eye to what caused the thyroid to become depressed in the first place," writes Dr. Datis Kharrazian in "Why Do I Still Have Thyroid Symptoms When My Lab Tests Are Normal: A Revolutionary Breakthrough In Understanding Hashimoto's Disease and Hypothyroidism." The underlying causes can range from irregular immune function and poor blood sugar metabolism to gut infections, adrenal problems, and hormonal imbalances.

It is a necessity for patients with

Hashimoto's disease to get their guts in good working order before they see improvement and actually feel better. We asked Dr. Raphael Kellman, founder of the Kellman Center for Functional & Integrative Medicine in Midtown, to explain the crucial relationship between gut health and thyroid health.

**Danielle Sullivan:** What is the connection between microbiome health and autoimmune disease, and Hashimoto's disease in particular?

**Dr. Kellman:** From my experience, the microbiome is the key to healing and reversing autoimmune conditions including Hashimoto's Thyroiditis. The gut microbiome is comprised of trillions of bacteria living within the intestine along with the vast majority of the immune system. It's no accident that they are in such close proximity. The bacteria are highly involved with immunity, educating, and regulating the immune system, helping it to recognize



## HEALTHY LIVING

DANIELLE SULLIVAN

the difference between friend, our own healthy tissue, and foe. These microorganisms maintain the integrity of the gut wall, fortifying it, protecting the body.

A healthy microbiome lowers inflammation; produces beneficial compounds like vitamins, neurotransmitters, natural antibiotics; and short chain fatty acids that are very important to the health of the intestine and brain. If the ecology becomes unbalanced and unhealthy, we lose these protections. Yeast, parasites, and less beneficial bacteria overtake the system, intestinal permeability begins, inflammation grows out of control, and very often the immune system begins to attack the body's own healthy tissue. In the case of Hashimoto's, the victim is the thyroid. Once this process is switched on, however, other areas of the body may come under attack as well.

**DS:** How important is it to heal the gut in order to have optimal thyroid health? Will thyroid health ever really be functional if the gut is not?

**DK:** The thyroid and microbiome are intricately intertwined. To start, a portion of thyroid hormone gets activated or converted in the intestine. If that isn't possible because the intestine is damaged or microbiome unbalanced, the body experiences a low thyroid state. An unhealthy gut leads to widespread inflammation and autoimmunity perpetuating antibody production that may attack healthy thyroid tissue.

Additionally, GI issues may lead to nutrient deficiencies that can affect many systems, including the thyroid. On the other hand, the gut is very sensitive to changes in thyroid hormone and requires an adequate amount to contract properly, sort and digest food, and expel waste.

Without it, intestinal conditions are more likely. The intestine and thyroid need each other, so it's imperative to work on both to improve the whole.

**DS:** How does gluten affect the gut balance? Does it affect everyone with thyroid disease or only those who have celiac or a wheat allergy?

**DK:** For many, gluten can produce problems in the body triggering intestinal permeability, inflammation, and immune responses. It's a fallacy that only those diagnosed with celiac disease need to avoid it. Anyone with an autoimmune condition should steer clear of it. Most chronic diseases today stem from inflammatory conditions, which can often be traced back to inflammation in the gut. By eliminating gluten and eating a diet low in inflammatory foods, we can start to reverse damage that has been done.

**DS:** What symptoms present with an imbalanced gut?

**DK:** Symptoms can manifest in many systems since the microbiome is connected to everything in the body. Frequently, patients have intestinal complaints like constipation, diarrhea, bloating, heartburn, gas, and abdominal pain.

For some, they may suffer mood changes, depression, anxiety, difficulty concentrating, brain fog, and even memory problems.

Skin conditions are also very prevalent as well as sugar cravings, insulin imbalances, craving unhealthy foods, fatigue, weight gain, and joint pain. Whenever we see inflammatory markers go way up on testing, it's a sure sign of microbiome imbalances.

**DS:** What is the best probiotic for those with Hashimoto's disease?

**DK:** *Saccharomyces boulardii* is very useful in autoimmune conditions, helping to rebalance the immune system and clear out pathogens. We often see antibody levels drop as a result of administering this strain. *B. infantis* 35624 targets inflammation in the intestine, especially levels of TNF-alpha, helping to resolve it. I also recommend a good, broad-range probiotic rich with different strains of both *Lactobacillus* and *Bifidobacterium*. There are many great products out there now like Ther-Biotic by Klaire Labs.

**DS:** What is the best food plan for someone with an autoimmune disease, and Hashimoto's disease in particular?

**DK:** It's important to gear eating towards improving the health of the microbiome while limiting or omitting inflammatory foods like gluten or dairy for some people. Prepackaged, processed, fast, high-sugar, and chemical-laden foods should be avoided. Prebiotic fibers are those found in certain plants that feed healthy gut

bacteria helping them to thrive and reproduce. Onion, garlic, Jerusalem artichoke, jicama, and asparagus are all examples of foods that are good for the microbiome.

The diet then should include mainly plants with clean, grass-fed, and wild proteins as side dishes. Fermented foods like kimchi, sauerkraut, yogurt, and kefir help to infuse the intestine with mega doses of beneficial bacteria.

It's a grave mistake to overlook or underestimate the role of gut bacteria in autoimmune conditions. Frequently, doctors focus on viruses and toxins, which are known triggers, however, these things are filtered through the microbiome. Healthy bacteria have the ability to protect the body from these attacks, washing them away. There is no pill that can match the power these super organisms have in their ability to correct the immune system, lower inflammation, detox, and protect the body. These benefits come from deep inside a healthy gut, so we must do our part to make sure our greatest health ally thrives.

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



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# 5 great benefits of sleep-away camp

BY DENISE YEARIAN

**D**ay camps are a summer staple for many families, but sleep-away camps provide an iconic outdoor setting with a wealth of ways to help children grow, expand their horizons, and make memories that will last a lifetime. Here are five benefits to sending your child to residential camp this summer:

## 1. Foster independence.

Residential camp is an ideal place to learn independent living and self-responsibility. Out from under their parents' shadow, campers are expected to get up, go to bed, and attend scheduled events on time, as well as keep their cabin area clean. And for those who have never spent the night away from their parents, it enables them to embrace the experience as their own, without having to filter it

through what Mom and Dad think or feel.

## 2. Practice kindness.

Sleep-away camp is a good way to put character-building skills learned at home into practice. Here, kids have an opportunity to show empathy toward others in need, such as sharing shampoo or toothpaste with someone who forgot a toiletry item, or extending kindness to a camper who feels left out.

## 3. Make diverse friendships.

The residential camp community is the perfect platform for children to step outside their normal social circle and forge friendships with kids from other parts of the state, country — even the world. And with the widespread use of electronic communication, it's easier than ever for these friendships to continue to grow long after camp is over.

## 4. Venture out.

Many sleep-away camps offer atypical activities that may not be available at day camps, such as overnight hiking trips, mountain boarding, wilderness adventures, etc. Activities such as these challenge kids to take risks under trained supervision, using appropriate safety gear.

## 5. Take a tech break.

More often than not, children are instructed to leave their tech devices at home before coming to camp. This can turn into a big bonus, as it gives campers the opportunity to work on other communication skills, such as letter writing, and real “face time” with other campers, as well as ample time to enjoy planned camp activities.

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

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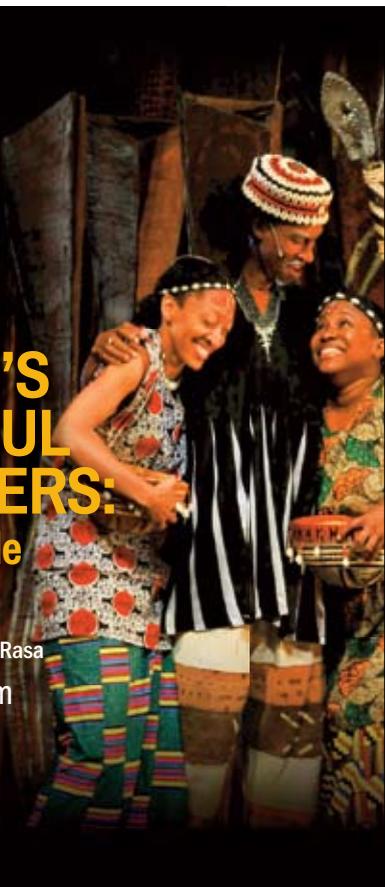
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# Hobbling our children

The danger in perpetuating gender stereotypes from birth

BY CAROLYN WATERBURY-TIEMAN

**H**aving been the middle of three daughters, upon becoming pregnant for the first time, I took for granted I would have a girl. Sure, we picked out names for both a boy and a girl and selected neutral colors for the nursery, but I just knew it would be a girl.

When the doctor announced, "It's a boy!" I was stunned. In that momentary state of panic, self-doubt overwhelmed me. What did I know about boys? What was I supposed to do with a boy? What would a boy need? But when the nurse placed that vernix-covered, matted-haired, velvety-skinned, utterly vulnerable body on my chest, gender became irrelevant.

This was a baby, my baby. In that instant, the bond we had been forging for nine months was sealed for life. I would do whatever it took to be the parent he needed me to be to allow him to become the person he was capable of becoming. How quickly social stumbling blocks appeared to thwart my efforts. During those first days, while still in the midst of a postpartum fog, whenever I ventured out in public with my newborn, the immediate question was, "What is it?" What fun to smile politely and say, "It's a baby," and watch them struggle to know what to say next. If they persisted by asking, "But what kind of a baby?" I replied, "A human baby."

This line of questioning had nothing to do with my baby. He didn't care what kind of baby he was as long as his needs for

food, warmth, comfort, cuddling, and love were being met. These questions are how we adults gather the cues we need to begin creating the reality with which we feel most comfortable. If it's a boy, I say this. If it's a girl, I say that. And so the socialization process to perpetuate gender stereotypes begins.

It begins the moment that announcement is made, "It's a \_\_\_!", whether it's while in utero or at birth. If it's a girl, we give her a doll. If it's a boy, we give him a ball. She's supposed to care for. He's supposed to do with. She's supposed to be sensitive. He's supposed to be active. She should have self control. He should be carefree. She should look out for others. He should look out for himself. And the list goes on.

Well, no thank you. Not for my son! These are not mutually exclusive qualities determined by the presence or absence of a chromosome. These are human qualities. Qualities that human babies are born possessing the capacity to learn.

Over the past few months, with the current threat to human rights and equality we have witnessed, the word



“hobble” keeps coming to mind. “Hobble” means to intentionally place under a handicap, to hamper, or impede one’s progress. Horses are hobbled by fastening two of their legs together to prevent them from straying.

And then it came to me, the reason the word “hobble” kept cropping up. That is what we do to our children. We hobble them to prevent them from straying too far from our expectations. The expectations which allow us to feel comfortable, even when that comfort is at the expense of their potential.

Hobbling is typical of our deeply entrenched, patriarchal system, a system that has at its foundation a belief in male superiority. Throughout history, this system has hobbled women, by:

- Denying them access to education.
- Placing them in restrictive clothing.
- Prohibiting their participation in activities.
- Inhibiting their sexuality on the one hand while commercializing it on the other.
- Making the normal biological processes of menstruation, pregnancy, childbirth, and menopause shameful.
- Devaluing characteristics or skills

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We hobble our children to prevent them from straying too far from our expectations. The expectations which allow us to feel comfortable, even when that comfort is at the expense of their potential.

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associated with women, including childrearing.

- Resorting to mutilation and physical violence, if necessary, in order to maintain this false superiority. For if one is truly superior, there is no need to hobble others to prove it.

Granted, we have made tremendous progress in preventing widespread hobbling, but clearly that progress is neither complete, nor secure. Prior to the Jan. 21 women’s march, I attended a meeting where an older woman announced she had marched for equal rights in the ’70s. Lamenting the renewed threat to those

rights, she asked, “Why are we having to do this again?”

Respectfully I replied, “Because after we marched in the ’70s, we changed the way we raised our daughters, but we didn’t change the way we raised our sons. Until we do that, there is not likely to be lasting change.”

Benjamin Franklin wrote, “Justice will not be served until those who are unaffected are as outraged as those who are.” How empowering to see millions of females and males, of every description, take to the streets worldwide to demand protection of equality and human rights. How satisfying to have my husband and 16-year-old son accompany me in the local march. How fulfilling to know my older son was marching alongside his wife in New York City, because he doesn’t need her to be less of a person so he can feel more like a man.

*Carolyn Waterbury-Tieman is a resident of Lexington, Ky. She has been married for 29 years and has two sons. She spent 15 years in various agencies and clinics as a family therapist and parent educator and has written extensively on the topic of parenting. To contact her, please e-mail parent4life@yahoo.com.*



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# Mutual parenting

## After a divorce, quality time over quantity time

BY ALLISON PLITT

**P**arental separation will always hurt children, but within the last decade, we as a society know more about the needs of children from their birth to their adolescence. Most importantly, we are aware that children need to know that the parents' separation is in no way their fault. According to author Penelope Leach, our society may know more about the needs of children, but our legal system focuses on the needs of parents when granting divorces, and Leach has some suggestions on how parents can better help their kids through the divorce.

The author takes a look at just how divorce affects families in her 2014 book "When Parents Part." According to Leach, the most recently published statistics concerning divorce are grim. For example, children in post-divorce households were "less satisfied" with life than children from intact families. Furthermore, separated or divorced adults had lower scores on the "Well-being Index, which covers emotional and physical health, health behaviors, life evaluation, work environment, and access to basic health necessities."

Yet, nearly half of all U.S. marriages end in divorce. Two unhappily married adults know they don't need to live out their lives together in melancholy. Luckily, divorces are granted by the U.S. legal system. But, according to Leach, it still archaically focuses on the parents' happiness and their rights to see their children. Instead, the court system should be paying attention to the needs of the children and how the children are

affected by the residential and visiting arrangements of the separated parents, she writes.

Parents should find age-appropriate words to tell their child why the separation happened and ask their child how it makes him feel, advises Leach. Despite what feelings the parents have for each other as partners, they should muster all of their inner strength and let their children know that they are strong and not destroyed by what is happening, she writes.

### Effects of divorce by age

Children experience various reactions to parental separation at different ages. Not only do parents need to be physically present, but they also need to be emotionally attentive and listen to the thoughts, feelings, and responses of their children, she finds.

For example, if two spouses separate when they have a newborn, it is now common knowledge that newborns must be with their mothers throughout the first year of the baby's life. The father may also have contact with the newborn, and his presence will also impact the child, but if a new baby can bond and create a strong attachment with its mother

during its first year of life, the more secure it will feel in the future, says Leach.

The mother, again, cannot be emotionally vacant. If the baby cries, she must pick the baby up and try to soothe him. The baby can sense if the mother is upset, and thus, its attachment to the mother can break apart.

When the legal system insists on "equal or shared parenting," meaning that both

the mother and the father have equal amounts of shared time with the newborn, this concept puts the priority of the parent before that of the child who is shuttled between both caregivers, says Leach. In that case, the attachment between newborn and mother is put at risk.

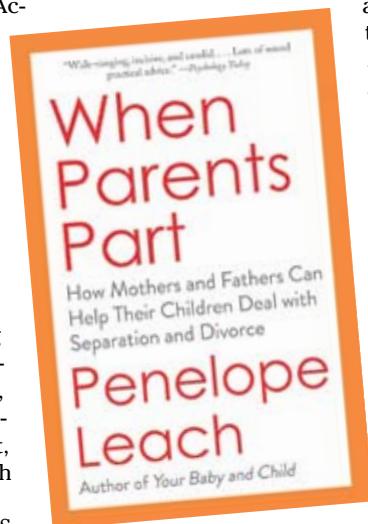
During a baby's second year, it forms an attachment with the father, but the baby will still stay physically attached to the mother until its fourth birthday. In the best interests of the child, the father can visit a toddler during the day when it is 2 and 3 years old, she writes.

A child will not be willing to leave his mother overnight until he is 4 or 5 years old. The more securely attached the child is to the mother, the better able the child will be to spend the night with the other parent. It is important that a parent not confess all her feelings to a toddler, warns Leach. Let the child know, however, that parents aren't perfect, and things will get better, she writes.

When children enter elementary school, the parents' separation has yet another adverse effect on them. This is the age when children personally feel rejected by the parents who seek separation, writes Leach. Children at this age are also very frightened about what is going to happen to them, she says.

Adolescents and teenagers react by spending more time with their peer group to see if other families act "normally." According to Leach, if they are not carefully supervised, the probability of them engaging in high-risk behavior, such as drinking or taking drugs, increases. Sometimes parents wait until their teenagers go to college before they divorce. Unfortunately, these adolescents then view their whole childhoods as a lie and are less likely to confide in their parents in the future, writes the author.

Leach provides a lot of practical advice for separating couples, such as advising parents to keep a consistent daily routine





at home if the children are suffering from separation anxiety. Children should be informed of any changes to their schedule or if a visitor is coming to stay at the home. Leach also suggests that a parent invite other single-parent families to share holiday celebrations and vacations where everyone will be able to help each other out.

### **Mutual parenting**

What Leach does believe in is the idea of “mutual parenting,” which is that each parent supports the relationship that their ex-partner has with each of the children and to protect the children from the failure of the relationship. Children notice and care about what is happening to their parents, but a child should never feel “motherless” or “fatherless,” says Leach.

Mutual parenting is about not allowing an ex-spouse’s hurt feelings from changing the way she sees the other parent as a capable and loving caregiver to their children, writes Leach. Never use a child as a confidante to discuss feelings, she warns. When parents are committed to putting their children’s happiness first, they are in joint communication about scheduling arrangements and discussing information about their children.

If parents are unable to support each other in “mutual parenting,” Leach sug-

gests, then the next step they should take is “polite parenting,” where they follow the arrangements of an agreement to the best of their ability. They do not deliberately alienate their children from each other.

It is against the law for one parent to ruin a child’s relationship with another, according to Leach. When one parent thinks the other is unfit, it is easy to make an allegation of abuse, addiction, or dangerous neglect, she writes. Wildly exaggerated accusations, however, may damage rather than protect the children, Leach warns.

Even if a parent cannot take care of her children on her own, she is still able to have a loving relationship with them. The other parent should, nevertheless, be honest with the children about the ex-spouse’s inability to parent the children, advises Leach.

Most recently, the U.S. legal system has begun to take into account the rights of the children when it emphasizes quality over quantity parenting. When children are shuttled between houses to ensure that both parents have equal time with them, everyone’s schedules are upended, Leach writes. She suggests it is easier for children to spend the week with the resident parent while attending school and spend the week-end with the non-resident parent.

Fathers often ask for more contact, es-

pecially overnight visits from children, because they fear they will fail to build a close relationship with their children, says the author. Research has shown that these fears are “groundless” because the “quality of contact — parent and child looking forward to seeing each other and having fun together — is far more important than quantity,” writes Leach. Parents also think that bonds with their children will become closer during overnights, but recent research has again shown that daytime-only contact does not reduce attachment, she says.

Many studies show that children, adolescents, and adults who have close relationships with their fathers do better in school, at work, and in their social lives than those who do not. Such research shows that fathers are just as important as mothers to children, says Leach.

According to Leach, when the family unit breaks, separated partners should “muster selfless concern for the children ... That selfless concern can keep them united in their determination to carry on being and helping each other be loving parents ... No longer a wife, husband or partner, but always and forever a mother or father.”

*Allison Pitt lives in Queens with her daughter and is a frequent contributor to this publication.*

# Bringing mediation to close

*A Divorce Mediation Case – Part 5: Agreements Reached & Review of the Costs*

**B**ill and Angela have come a long way in handling their own divorce. We have been with them through their consultation with a mediator and their first four mediation sessions. Today we will be with Angela and Bill as the mediator helps them deal with remaining issues, and we'll conclude this series by taking a look at the money the couple spent on mediation.

## Dealing with remaining issues

### March 14 – Session #5

After getting a value for the house, the spouses talked about other matters regarding the home. Now that the question of how much the house was worth had been answered, a serious disagreement remained about how much of that value belonged to Bill and to Angela respectively; Angela was arguing for a 50-50 split, while Bill believed that he was entitled to a higher percentage due to work he had done on the house, and the increased value that resulted from that work.

Angela said that Bill was just making things difficult; that he knew she could buy him out at a 50 percent split, but couldn't at any more than that. Bill denied this.

The mediator asked for additional information. The information was shared, but no agreement on the house was reached.

The mediator brought up other matters, including: filing taxes, whether or how to share in the case of a tax refund

or an audit; how to handle costs for writing the agreement, review attorneys, and the court filing fee. Angela and Bill reached agreements on these issues relatively easily, although both were still upset, and Angela especially was concerned about dealing with the house.

### March 21 – Session #6

In their last session, Bill and Angela reached an agreement on the house, and tied up the remaining loose ends. Bill acknowledged the importance of the house not only to Angela, but to the children as well. He said that since Angela would probably be keeping the house for many years, during which time some expensive repairs were likely, he could come down on the percentage of the value of the home that he was asking for. Angela expressed appreciation for the work Bill had done on their home, and for his willingness now to accept a lower percentage (than he had demanded earlier).

Angela proposed that either:

- Bill walk away with more of the assets than they had already agreed upon.
- Bill take a small percentage of the house upon its eventual sale, which would likely be after their younger child graduated from high school.

The spouses reviewed their assets and talked further, ultimately deciding that Bill would take a greater share of the assets.

And so, the mediation ended.

[As previously mentioned, a separation agreement will need to be written. Bill and Angela have been advised by the mediator to each meet with a lawyer to review the separation agreement



## DIVORCE & SEPARATION

LEE CHABIN, ESQ.

with them before signing it, which they have agreed to do. Shortly after that, the separation agreement can be filed with the court.]

## Costs of divorce mediation

So what did it all cost?

Mediation fees:

\$50 consultation

\$3,300 for 11 hours at \$300 per hour

TOTAL: \$3,350

Other expenses:

\$1,500 for separation agreement (needed whether people mediate or not)

The fee charged by an attorney to review the separation agreement should be relatively low, as this review is the only job that the lawyer will be doing for the client. There are no court motions, no depositions, no trial, etc.

Court filing fee (needed whether people mediate or not)

In mediation (as in litigation), there can be other expenses, such as when spouses decide to hire an expert, such as a financial planner. But when you contrast a mediated divorce with a litigated one, the difference in cost is often quite dramatic.

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

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





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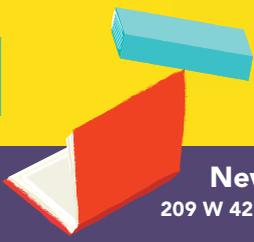
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Raleigh's impressive North Carolina Museum of Natural Sciences will interest families of all ages.



www.visitraleigh.com / Chris Adamczyk

# Rockin' Raleigh

North Carolina's capital boasts a variety of family fun

BY STACEY ZABLE

**R**aleigh, the historic capital city of North Carolina, offers its family visitors Southern charm wrapped up in active and cultural activities, including 40-plus free attractions. There's plenty of choice in non-stop air service from New York City that gets you to Raleigh-Durham International Airport in just over one hour. Once there, explore with a rental car or with Uber, or hop on the R-Line, downtown Raleigh's free hybrid electric bus that makes a circular route that takes 30 minutes to complete.

Here are just a few of the reasons Raleigh is great for families:

## Museum central

Raleigh's three major state museums are free for visitors. The North Carolina

Museum of Art, celebrating its 70th anniversary this year, boasts more than 5,000 works of art. Bring the kids to its Museum Park, where they can explore the artwork nestled within 164 acres of woodlands and walking trails.

Sitting across a pedestrian lane from each other in downtown Raleigh, the North Carolina Museum of Natural Sciences and the North Carolina Museum of History bring these fascinating subjects to life in many ways just for children. What kid wouldn't want to see giant Acrocanthosaurus bones and step into a Central American tropical dry forest with living plants and animals at the interactive Museum of Natural Sciences?

There may be 14,000 years of North Carolina history to explore at the Museum of History, but sports fans will want to spend most of their time at the

museum's North Carolina Sports Hall of Fame, with such artifacts as champion driver Richard Petty's stock car and Meadowlark Lemon's Harlem Globetrotters basketball uniform.

Available online or at the museum, "Fred's Finds" printouts, named after museum founder Colonel Fred Olds, have kids on the lookout for his favorite museum artifacts and includes descriptions of them.

*North Carolina Museum of Art (2110 Blue Ridge Rd., [ncartmuseum.org](http://ncartmuseum.org))*

*North Carolina Museum of Natural Sciences (11 W. Jones St., [naturalsciences.org](http://naturalsciences.org))*

*North Carolina Museum of History and Sports Hall of Fame (5 E. Edenton St., [ncmuseumofhistory.org](http://ncmuseumofhistory.org), [www.ncshof.org](http://www.ncshof.org))*

## Stroll downtown

Take a short walk from the science and history museum to explore down-

town's restaurants and shops, which will appeal to older children and teens. A good choice for lunch or dinner is Italian-American food at Gravy. Nearby shops include Moon & Lola for jewelry and gifts, Stitch for hand-made leather bags and accessories, and Deco Raleigh, which is a purveyor of items from more than 75 local artisans.

A few blocks further takes you to the Warehouse District, where the Raleigh Denim Workshop & Curatory and Videri Chocolate Factory offer a glimpse into how the items are made and the chance to purchase gifts.

Opening in 2017 is the Morgan Street Food Hall, which will feature local eateries and retail food outlets.

*Gravy (135 S. Wilmington St., [www.gravyraleigh.com](http://www.gravyraleigh.com))*

*Moon & Lola (208 S. Wilmington St., [www.moonandlola.com](http://www.moonandlola.com))*

*Stitch (20 E. Hargett St., [hollyaiken.com](http://hollyaiken.com))*

*Deco Raleigh (19 W. Hargett St. #108, [deco-raleigh.com](http://deco-raleigh.com))*

*Raleigh Denim Workshop & Curatory (319 W. Martin St., [raleighdenimworkshop.com](http://raleighdenimworkshop.com))*

*Videri Chocolate Factory (327 W. Davie St., [viderichocolatefactory.com](http://viderichocolatefactory.com))*



North Carolina Museum of History

### Trolley ride

Some of Raleigh's other historic sites can be seen on the Raleigh Historic Trolley Tour at Mordecai Historic Park. The one-hour tour on a transformed bus that replicates a historic trolley gives a nice overview of the city including some of the city's most beautifully restored Victorian and historic private homes. Check out the park, once the site of the largest plantation in Wake County, before or after the trolley tour.

*Raleigh Historic Trolley Tour (1 Mimosa St., [www.visitraleigh.com/listings/Historic-Raleigh-Trolley-Tours/60518/?maxshow=10](http://www.visitraleigh.com/listings/Historic-Raleigh-Trolley-Tours/60518/?maxshow=10))*

*Mordecai Historic Park (between Mimosa and Cedar streets, [www.raleighnc.gov/parks/content/ParksRec/Articles/Parks/Mordecai.html](http://www.raleighnc.gov/parks/content/ParksRec/Articles/Parks/Mordecai.html))*

[content/ParksRec/Articles/Parks/Mordecai.html](http://www.raleighnc.gov/parks/content/ParksRec/Articles/Parks/Mordecai.html))

### Active older kid adventures

Visiting tweens and teens will especially enjoy the chance to experience an adrenaline rush at Go Ape Treetop Adventures, which boasts a treetop obstacle course that includes Tarzan swings and ziplines.

At Daniel Dhers BMX Park, said to be the world's largest indoor biking park, visitors can rent bikes, scooters, and skateboards and switch from one to the other. The Triangle Rock Club lays claim to being the tallest wall in the southeast.

*Go Ape Treetop Adventures (3200 Pleasant Union Church Rd., [goape.com/Locations/North-Carolina/Raleigh](http://goape.com/Locations/North-Carolina/Raleigh))*

*Daniel Dhers BMX Park (171 Tradition Trail #207 in Holly Springs, N.C., [www.ddasc.com](http://www.ddasc.com))*

*Triangle Rock Club (6022 Duraleigh Rd., [www.trianglerockclub.com](http://www.trianglerockclub.com))*

### Hub and spoke

Families looking to make their visit to North Carolina a longer one can use Raleigh as a base to explore the state's beautiful beaches, approximately a two-hour drive from the city.

For more information on the city, check out [www.visitraleigh.com](http://www.visitraleigh.com).



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

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Ha'Geemnasia, a unique Israeli-style Hebrew immersion camp offers native Hebrew-speaking counselors; and activities related to Israeli culture through art, dance, sports, swim and exciting trips. Children of all backgrounds are welcome. Call Bobbie Finkelstein at 718-768-3814 x 210 or email [bfinkelstein@cbebk.org](mailto:bfinkelstein@cbebk.org)

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*Continued on page 24*

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## 2017 Camp Choices

### DIRECTORY

*Continued from page 22*

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

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718-253-3242

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

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*Continued on page 26*

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## XCEL Timeline:

**Monday, April 3**  
Completed XCEL  
application due

**Wednesday, June 7**  
Orientation Night  
for XCEL families

**Monday, June 26**  
First Day of XCEL

**Thursday, July 27**  
XCEL closing  
ceremony

XCEL is a donation-only program. While Xaverian takes tremendous care to ensure that the cost is covered for all our campers, we do look to our families to help aid in covering this program. In response to the spirit of the Xaverian Brothers' ministry of education, XCEL does not charge tuition. Donations of \$300 are recommended but not required. We ask families to give what is within their means.

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# 2017 Camp Choices

## DIRECTORY

Continued from page 24

### Mill Basin Day Camp

5945 Strickland Ave.  
718-251-6200

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

Our camp is dedicated to providing an exciting and fulfilling camp experience for children entering Pre-K through 9th grade. As the largest camp only facility in Brooklyn, their modern, fully equipped, air-conditioned and secure space offers a wide range of on-site activities. Campers are supervised by qualified staff in a fun and safe first environment. Door to door bus service is available to most locations. Call or come in for a personal tour of the facility.

### Oasis in Brooklyn Bridge Park Summer Program

180 Remsen St. Brooklyn Heights,  
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[www.oasischildren.com](http://www.oasischildren.com)

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### PACKIDS Summer Camp

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ketball courts, indoor soccer field, dance, aerobic, art and drama studios. We offer a variety of programs for ages 3.5 to 14. All activities are located on our premises and for over 30 years our philosophy is to provide fun and exciting activities that create a rewarding experience for your children while always maintaining a safe environment by an experienced and caring staff. Transportation is available for most of Brooklyn. We accept numerous voucher programs. Call for more information.

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

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### Richmond County Day Camp

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

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### Xaverian Summer Enrichment Program

7100 Shore Rd,

718-836-7100

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

The Xaverian Community of Emerging Leaders, (XCEL) is a program that integrates educational, spiritual and leadership development for young men and women entering the 8th grade. The daily morning includes TACHS prep classes, as well as elective course options in robotics, film production, and dramatics, followed by a variety of recreational activities in the afternoons. XCEL students spend one day each week at an off-campus location using the city as their classroom. Along with weekly leadership seminars, students also participate in a one day servant leadership retreat and service project. For more information, visit [www.xaverian.org/xcel](http://www.xaverian.org/xcel) or contact XCEL Director Mr. Vincent Raimondo at [vraimondo@xaverian.org](mailto:vraimondo@xaverian.org) at ext. 193.

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# Children's asthma in cold season

*My 6-year-old daughter has asthma, and this winter has been particularly difficult for her. Everything this time of year seems to set her off, inside and outside. She sees a pediatric pulmonologist, and we always keep a rescue inhaler within reach, but what can I do on a day-to-day basis to make sure she is safe?*

**W**inter can be an especially challenging time for children with asthma. Cold, dry air can set off asthma attacks, yet time spent indoors may result in exposure to a whole range of other asthma triggers. You are already doing much to keep your daughter safe by bringing her to a pulmonologist and having an inhaler on hand. While your daughter will inevitably encounter situations that cause a reaction, you can take precautions to limit her exposure to potentially dangerous situations.

Asthma is a chronic condition in which the airways constrict or fill with mucus

in response to particular stimuli or “triggers,” resulting in coughing, wheezing, and shortness of breath. These triggers can include allergens such as dust, dust mites, or pet dander, or environmental conditions such as extreme temperatures. At this time of year, I recommend that you make sure to cover your daughter’s nose and mouth with a scarf when she is walking or playing outside. Even as the weather warms up, keep a scarf on hand along with your rescue inhaler in case the temperature suddenly drops or it becomes windy.

While the bronchodilator medication in your daughter’s rescue inhaler can open up her airways during an attack, it is better to get ahead of the inflammation in the first place. If your daughter is not already using corticosteroids on a regular basis to control her symptoms, talk to your pulmonologist about this option. Corticosteroids can reduce inflammation in your daughter’s airways and alleviate



## FAMILY HEALTH

**DR. PRAMOD NARULA, MD**  
**Chairman of Pediatrics**  
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mild symptoms.

Because avoiding cold weather means spending increased time indoors, your daughter may encounter a whole separate set of challenges. More time inside means greater exposure to dust and other potential triggers. However, you can take precautions to reduce the risk of an asthma attack. Check air vents within the house, as poor ventilation can increase the presence of dust. Limit her time around pets if there are any in the home (and if there are currently no pets, you should probably avoid acquiring a cat or dog), and cover any mattresses and bedding with mite-proof covers to keep the dust mites at bay.

The other major risk posed by spending more time inside is increased exposure to viruses that may cause acute respiratory infections that can set off asthma attacks. These viruses include rhinovirus (the common cold), influenza, and respiratory syncytial virus, and are extremely common in young children. She may be encountering these viruses on a daily basis in school.

Make sure to teach her to wash and sanitize her hands often, and that her teacher is aware of her condition. It is also crucial that she receive a flu shot in the fall, as this can help prevent her from catching the virus during flu season (October through the end of March).

Asthma is a condition that requires constant management, and challenges will present themselves year-round. However, as long as you are vigilant, follow up with a pulmonologist often, and teach your daughter good practices, there is no reason why your daughter’s asthma should keep her from enjoying her childhood.

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# Understanding real estate titles

*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.” We got married after we bought it. Is our apartment protected from creditors? What happens to our ownership interests if one of us dies or we get divorced?*

**T**here are three general methods to categorize ownership in real property in New York: Tenancy in common, joint tenancy with rights of survivorship, and tenants-by-the-entirety. The law makes ownership in co-operative apartments treated the same as real property, even though it is technically ownership in a corporation.

A tenancy in common means that each owner has a divisible interest in the real property. There can be more than one owner, and it can be in 50-50 division or any other allocation (i.e. 60-40, 20-10, etc.). Sometimes you can see more complex structures where a portion of the property is held as joint tenancy with rights of survi-

vorship between two parties and another portion is held by a tenancy in common owner. This means that any tenancy in common may transfer or encumber his interest in his share of the real property. He can also devise the tenancy in common interest at death in a Last Will and Testament or have it pass under the laws of intestacy when he dies without a will.

In a joint tenancy structure, a joint owner’s interest can be sold or encumbered during her lifetime with the consent of the other joint tenant(s), however, her share cannot be devised in a Will or pass by intestacy. Instead, it passes to the surviving joint tenant(s) — hence the “right of survivorship.” Put another way, the last man standing takes full ownership to the property.

Since the passage of the Marriage Equality Act in New York State in 2011, tenants-by-the-entirety is available to all spouses, whether opposite sex or same sex. A tenants-by-the-entirety affords not only survivorship rights, but also certain creditor protection rights.

A tenancy-by-the-entirety affords



## ASK AN ATTORNEY

ALISON ARDEN BESUNDER, ESQ.

greater creditor protection to the surviving tenant. A tenancy-by-the-entirety is only available to persons 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 tenants-by-the-entirety does not automatically spring into effect or convert the joint tenancy; 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 the title, and the title would likely be deemed by a court of law or title company as a joint tenancy with rights of survivorship, since the intention to confer survivorship rights is usually (although not always) interpreted in the case law by the statement of “as husband and wife.”

Now that same-sex marriage is legal throughout the United States, a trend toward the use of the phrase “as spouses” rather than “as husband and wife” will likely become more common 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

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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 to real 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 objec-

tives. You should always consult with your attorney before undertaking any changes.

*What happens to my house after I die?  
How does title get transferred?*

**T**he answer depends on how the property is titled (see above). For example, if you are married and the house is owned by you and your spouse (and your spouse is still alive), then you most likely hold title as tenants by the entirety. If this is the case, then, upon the death of the first spouse, the surviving spouse automatically takes sole title to the house as the surviving tenant by the entirety. In that scenario, since your spouse would be the sole owner after your death, he would have the option of selling the house upon your death or to continue living there.

If you own the property individually or jointly with another person without rights of survivorship, then your Will (if you have one) dictates what happens to your property when you die. Your Will can state that you leave the property to one or more individuals, or you can direct that it be sold when you die. Either way, an executor or administrator needs to be appointed by the court before title can be transferred or the property can be sold in either a pro-

bate or administration proceeding.

A probate proceeding is the process by which a Will is offered for probate, meaning that it is presented to the court to be recognized as a valid Will and to have an executor appointed to represent the decedent's interests and administrate the estate (meaning to pay the decedent's debts and distribute his remaining assets as dictated by the Will).

If there is no Will, the process is similar except that the court appoints an administrator and the assets are distributed under the laws of intestacy to the decedent's next-of-kin, which is dictated by statute and not in accordance with any wishes the decedent may have expressed verbally but never reduced to a valid Last Will and Testament. Once the executor is appointed, he or she can sign a real estate broker's agreement, and a contract of sale and deed on behalf of the estate.

As always, you should consult with an experienced estate attorney to discuss how these and other rules or laws could affect the distribution of your property when you die.

*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. You can find Besunder on [www.besunderlaw.com](http://www.besunderlaw.com).*

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## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

# Clean your diet

Everybody “knows” what clean eating is not: Artificially flavored, artificially colored, sugary (or artificially sweetened), highly preserved or processed foods. But what IS clean eating and who defines what it is?

For some people, clean eating means a short ingredient list. For others, it can mean only pronounceable ingredients. And to some, it may be “clean” only if the food is labeled natural or organic.

In fact, like other terms such as “natural,” “fresh,” “farm fresh,” “wholesome” and “guilt-free,” clean eating is not formally defined by the Food and Drug Administration, and it can mean whatever you want. This contrasts with the term “organic” which is highly regulated.

But most of us think we know what clean eating is. Food that is whole, unprocessed, or in a less-processed state. Eating food that looks like real food. More fruits, vegetables, whole grains, and lean meats with fewer sugary, high-calorie beverages, and saturated-fat foods.

Some clean eating plans even eliminate dairy, gluten, and soy, but this may be going overboard. Most people are able to digest gluten and dairy, while soy can be part of a healthful diet.

### Clean label programs

Restaurants and food manufacturers are responding to what they believe their

consumers want. Risky food additives like synthetic dyes are disappearing from many available items.

For example, earlier this year, Panera announced that all of its products and in-store menu items are now free of food additives such as sodium benzoate, nitrates, sodium phosphate, potassium sorbate, and FD&C colors.

But there is still much to do to remove some of the worst food additives and develop a clear definition for the term “clean eating,” according to the Center for Science in the Public Interest, a watchdog group.

The Center would like to see the actual banning of artificial colors like Blue 1 and Yellow 5, both linked to behavioral problems in children, certain artificial flavors that are thought to be carcinogens, and preservatives like BHA and propyl gallate.

### A dark side?

But is our preoccupation with cleaning up foods diverting attention from more substantive nutritional issues, such as reducing the common ingredients salt and added sugars? These are known to boost the risk of developing a heart attack or stroke.

Interestingly, some hard-to-pronounce ingredients are actually harmless. An additive with a chemical-sounding name like calcium propionate is actually considered to be safe. Other additives deemed safe by the Center are modified food starch,

calcium stearoyl lactylate, and sodium acid pyrophosphate (the latter is used in French fries and reduces acrylamide, a carcinogen).

And could the message of clean eating be damaging? Could the rhetoric and mentality surrounding the clean-eating movement cause unintended harm? There is a fine line between “eating clean” and “detoxing” or “cleansing,” where food becomes a moralistic choice and could actually lead to disordered eating.

### Top three tips for cleaning up

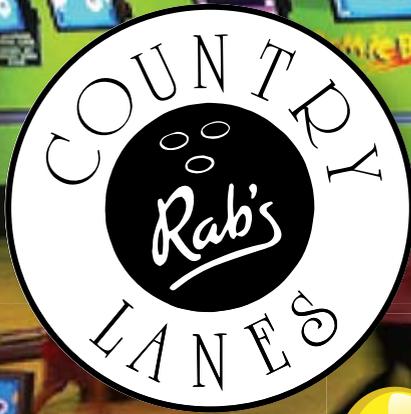
Make clean eating part of your diet with these tips:

**Eat more whole, less processed food.** For example, whole chicken breasts or thighs instead of commercially made chicken nuggets. Smoothies you make with whole fruit rather than fruit juice. Can't eliminate all processed foods 100 percent of the time? No worries! Just aim for a diet that's 80 percent clean.

**Limit added sugars.** Sugars often have the suffix *-ose*. For example, sucrose and glucose. Other added sugars are malted corn syrup, barley syrup, corn syrup, and high fructose corn syrup. Even fruit juice concentrate is a form of added sugar.

**Cook more at home.** This way you know what goes into the food you and your family eats. Minimize buying fast food and vending machine items.

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



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and Middle School @ **718.636.3904**

## Charter Schools

### DIRECTORY

#### Brooklyn Urban Garden Charter School

500 19th Street  
718-280-9556  
info@BUGSbrooklyn.org  
www.bugsbrooklyn.org

A community-based charter middle school where students study the natural and social environment across all subjects, using a hands-on, inquiry-based approach. Students of all backgrounds and abilities are welcome. Students gain strong academic skills. In a safe, welcoming, and respectful school climate that supports all learners. Our mission is to provide a hands-on, interdisciplinary education to young adolescents of all abilities and backgrounds, with a focus on real-world problem solving and the exploration of environmental sustainability. BUGS students will excel in the core academic subjects and become engaged community members who are critical thinkers prepared to achieve excellence in high school and beyond.

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555 Broome Street, 4th Floor  
212-453-0295 x 3460  
www.broomestreetacademy.org

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Brooklyn, NY  
718-384-1386

www.cwc-williamsburg.org  
enroll.wb@cwc-newyork.org

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#### Community Partnership Charter School

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718-399-3824 (Lower School)  
114 Kosciuszko Street  
718-636-3904 (Middle School)  
www.cpcssschool.org

Serving grades K-8, in a supportive community that nurtures the talent of the future leaders of tomorrow. Our rigorous academic program teaches students to creatively solve complex problems and explore and develop their own special talents through learning opportunities in and outside of the classroom. Our graduates

*Continued on page 36*



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## Charter Schools

### DIRECTORY

*Continued from page 34*

are well-rounded, engaged students who recognize the importance of perseverance, collaboration and team work.

#### **Cultural Arts Academy Charter School**

**1400 Linden Boulevard**  
**718-683-330**  
[www.culturalartsacademy.org](http://www.culturalartsacademy.org)

A bold, new vision for public education in the East New York section of Brooklyn, located at Spring Creek. Our mission is to provide an exemplary K-12 college preparatory arts education program that promotes superior scholarship and strong cultural arts proficiency. Our school has personalized, print-rich classrooms and multi-sensory instructional approaches that will provide order, security, high expectations and opportunities for students to explore, discover, research and investigate. The research-based curriculum and instructional practices reflect an interdisciplinary arts-infused approach interwoven into the sciences, humanities and mathematics. The integration of the arts will enable students to think independently, reason cogently, and gain skills in decision-making, problem solving, collaboration and self-management, and assist them in mastering the NYS Common Core Standards. Our students will graduate with a Regents Diploma with Advanced Designation through the Arts.

#### **Explore Schools**

**718-989-6730**  
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[information@explorenetwork.org](mailto:information@explorenetwork.org)

A network of elementary and middle schools committed to providing the excellent public education that all students deserve, by preparing students with the academic skills and critical-thinking abilities they need to succeed in a college-preparatory high school. We foster a love of learning in our students in a joyful and safe environment, with small

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ICS educates 220 children in K-2 in our own building on Willoughby Street. This year we will expand to K-3. We offer a coherent, content-rich curriculum that builds children's background knowledge and cultural literacy through the study of history, art, literature and science. We are equally concerned about our students' emotional and social growth. We follow the Responsive Classroom model, building kids' intrinsic capacity to monitor their behavior. The combination of a caring environment with serious academics allows us to serve children from a wide range of backgrounds, reflecting the diversity of Brooklyn.

ICS serves children with learning disabilities as well as those who are learning English alongside their peers, with the same high expectations for all.

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A NYS School of Character located in Bedford-Stuyvesant. We earned the title in recognition of our C.A.R.E. principles

*Continued on page 38*



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2015 NATIONAL SCHOOL of CHARACTER

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\*Please visit our website  
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For a visit, we invite you to call  
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Contact  
**Dai Jiménez**  
Student Information  
Manager  
P: 718.443.2136  
800 Gates Ave, Brooklyn  
admissions@  
[lacimacharterschool.org](http://lacimacharterschool.org)

\*LA CIMA was given the honor by the academy for  
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Brooklyn, NY 11222

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+ Email: [enroll.wb@cwc-newyork.org](mailto:enroll.wb@cwc-newyork.org)  
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BROOKLYN



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## Charter Schools

### DIRECTORY

*Continued from page 36*

and commitment to creating change-makers in our communities. Our students learn through Art, Music, Spanish, Physical Education and a Community Garden partnership. Teachers also use an inter-disciplinary Common Core-aligned Humanities curriculum that uses writing and literacy to introduce history and promote the building of analytical skills. Please, visit our website, come for an Open House session, or schedule a school tour to learn more about our scholars and staff!!

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

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732 Henry Street

PAVE Red Hook Charter School (Pre-K)

76 Lorraine Street

718-858-7813

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

Our schools prepare Pre-K to 8th grade students to thrive in competitive high schools and four-year colleges. We provide our students with a rigorous academic program and a community built on the school's core values of Perseverance, Achievement, Vibrance and Excellent Character (PAVE).

We promise our students and families an outstanding, comprehensive education that will propel graduates to succeed in great high schools, college, and life beyond the classroom. Within our Pre-K through 8th grade continuum we will instill each scholar with the core academic skills and strength of character that enable him/her to pursue a life of meaning and purpose.

## APPLY NOW!

PAVE Academy Charter School is now accepting applications for Pre-kindergarten to 8th grade. Deadline to apply is April 1st.

**To apply online:**

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

**To apply in person visit us at:**

PAVE Red Hook  
732 Henry Street  
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**PAVE**  
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MISSION: PAVE Schools prepares Prekindergarten to 8th grade students to thrive in competitive high schools and four-year colleges. PAVE provides its students with a rigorous academic program and a community built on the school's core values of PERSEVERANCE, ACHIEVEMENT, VIBRANCE and EXCELLENT CHARACTER.



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TEL: (718) 778-0292 • FAX: (718) 778-0859

Nearest Bus: B47, B25

Nearest Train: C

**Open Registration • School Hours 8-4**

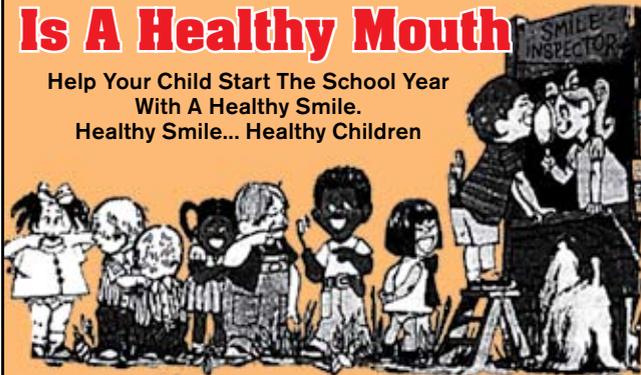
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[www.stmarksheadstart.org](http://www.stmarksheadstart.org)

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March 18  
11:30 AM to 1:00 PM

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

# Band-aids don't work

## Suggestions for parenting the adopted adolescent

BY JUDY M. MILLER

**A**re you an adoptive parent or considering adoption? Has your child reached adolescence or is he coming close to it? Here are some insights about parenting adopted tweens and teens:

### **Loss is always part of adoption**

Regardless of circumstance or age — be it minutes or years old, the child who joins his family through adoption has suffered profound loss. The initial loss is separation from the child's birth mother, and that loss expands outward to encompass birth family, culture or origin, and birth history.

Loss is the "hub" of inherent issues in adoption. It must be considered, understood, and honored by parents, so that they can support their child as he navigates from childhood into adulthood. Loss accumulates, one layer stacking upon another. The hub can be quite deep.

Varying degrees of grief, guilt, shame, rejection, identity, intimacy, and control

are often experienced throughout the adopted person's lifetime. These feelings tie into loss and extend from it, like the spokes of a wheel. These feelings are known as the inherent issues in the adoption "landscape." Inherent issues affect many adopted people, as well as the majority of birth parents and adoptive parents. For this article though, I only address the issues as they pertain to an adopted person.

### **Inherent issues ebb and flow life-long**

Feelings tied to being adopted typically begin to make themselves known with the onset of adolescence, as early as the age of 6, just when the hormones begin to fluctuate in preparation for puberty. Children also begin to understand much more about adoption and how it has and will forever impact them.

Often, adoptive parents find themselves dealing with puberty and one or more adoption issues. As any parent who has raised a child can share, no one ever feels quite ready to parent a teenager. And parenting the adopted teen requires

even more preparation: knowing the child's history (and historical framework if adopted internationally) and how that can affect him, understanding the core issues and how to use them as tools in parenting, and having a level of genuine empathy for the child.

### **There might be more going on than the core issues**

Depending on circumstances, the child may also have suffered neglect, exposure to drugs or alcohol, and experienced or witnessed sexual, emotional, or physical abuse. These truths are difficult for parents to share, but necessary to discuss with their child. This information is part of the child's story, and it is important for parents to share and review all of his birth history and related facts with him prior to adolescence, in age-appropriate language.

Yes, any "hard truths" are difficult to share. Parents have invested lots of emotion in their adoption journeys. They love their children deeply and do not want to inflict pain. Parents find that sharing why their child could be adopted or not having the answers to his questions challenging. But, to not share the difficult truths leave children unprepared and open to injury by others as well as wondering why their parents, who love them and have their best interests at heart, did not provide them with the truth.

Education about loss in adoption empowers parents to help their children. Loss, neglect, abuse, attachment, and a whole range of other topics can be examined and discussed during adoption preparation education with "wait-

### **Best ways to help**

Here are a few more tips for parents looking to help their adopted teens:

**Education promotes understanding.** Understanding encourages empathy, which in turn grows patience. These tools are necessary to effectively parent the adopted child.

**If seeking therapy for your child,**

**address your own first.** Think of airplane cabin decompression: put your oxygen mask on before your child's. If you do not, you cannot possibly help your child.

**Work with a therapist well-versed in adoption and adoption issues.** Therapists unfamiliar with adoption and inherent issues in adoption will be ineffective.



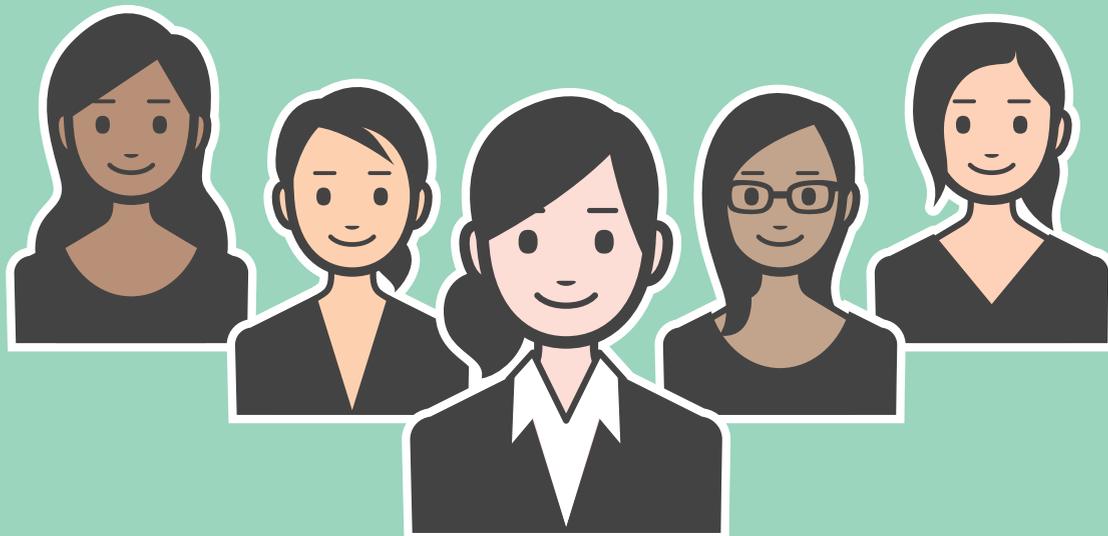
ing” parents.

Adoption preparation education was not available when my husband and I adopted. We were unprepared. Our major concern over our daughter’s apparent distress mingled with profound joy when she joined us in her infancy. The enormity of what adoption meant — forever uprooting and separating our daughter from the rich ancient culture she was born into — became crystal clear in that instant. Although humans are resilient, she grieved for some time while she adjusted to parents, family, and a society that did not look, sound, feel, or smell like that with which she was familiar. She did attach, but sadness and grief lingered. Her psychosocial development stalled. We committed to educating ourselves when seeking therapy for our daughter.

Our love was not enough. It served as a huge bandage that kept her wound from becoming infected further. This bandage did not and could not address the underlying cause of the wound and why it was not healing. Part of the education we received was about loss, and how it affects the adopted child — feelings of grief, guilt, shame, rejection, identity, intimacy, and control.

By understanding what she was facing, we were able to better support her needs and help her resolve and eventually talk about what she felt.

*Judy M. Miller savors time with her kids, three of whom are adopted. She is a certified Gottman Educator and the author of “What To Expect From Your Adopted Tween, Writing to Heal Adoption Grief: Making Connections & Moving Forward,” and “For Families and Friends: Advice, Suggestions, and Honest Dialogue About How to Best Support Parents on Their Adoption Journey.”*



# Support, info, & hope

## What every woman needs to know about divorce

BY TAMMY SCILEPPI

**A**ntonia Di Leo is a successful career woman, with three beautiful children. Like millions of New York women, she went through a difficult divorce and had no one to turn to — and didn't know who to trust. It was a scary and overwhelming time, but she got through it.

After reading about a workshop called Second Saturday — which has been running throughout the country for 28-plus years — she felt that every woman going through such a tough and challenging time should have the important knowledge offered in this program before she begins an often perilous journey.

“The objective of this valuable workshop,” says Di Leo, “is to empower women going through a divorce.”

After her divorce, Di Leo was able to turn her life around with help from family and a lot of friends. She points out that during this time, it's so important to be around positive people that support you and love you through thick and thin.

“I also started speaking with a family friend who is now my fiancé. We have known each other since we were 14, and both our families used to vacation together when we were younger. He supported me emotionally and showed me the true meaning of love, commitment, and support. My children adore him and we have a beautiful life together with a cottage in Pennsylvania, to show them what growing up in the outdoors is like.”

Di Leo obtained her license as a marriage and family therapist, and was certified in divorce mediation. She's now work-

ing as a mental health therapist for two online companies, so she can work from home and be with her kids.

She's also now running her own Second Saturday workshops.

“I am also creating these workshops in Manhattan and Long Island, and in the process of developing a conference on how to manage divorce, so women are prepared and have sound professional advice before entering into this frightening time.”

Second Saturday has three components: a financial, legal, and emotional piece. These are also the main issues that women struggle with during the divorce process.

Each workshop will have a professional from each field present on his or her topic; the professional will also stay until the workshop is over and answer any questions people need help with. The workshops will run at the MetLife Building in Manhattan every Thursday from 6 to 8 pm, and the first will be on March 30.

The presenter for the legal portion is divorce attorney Lisa M. Gardner from Wisselman and Associates, financial presenter Wendy Brown is an advisor from Merrill Lynch, and Di Leo and marriage and family therapist Lauren Brugger will present on the emotional aspect of divorce.

The fee for the two-hour workshop is \$45, and you can call to reserve a spot, but at this point, says Di Leo, the workshop does not require a definite RSVP, since women going through this may need to keep the workshop confidential, or could be going through a difficult time emotionally, and the group does not want to burden them with feeling obligated to RSVP.

Di Leo says the reason she became

interested in starting these workshops is two-fold.

“Going through a difficult divorce, and being a mother of three and going through such a difficult time with children, I wanted to be an example to other women that they can do it, and there are people that truly care and want to help.”

The busy mom has a 10-year-old son Giancarlo, and twin girls, Gianna and Olivia, who are 8.

“They are my heart and soul and I cherish the time we have together,” she says.

The family currently lives in Nassau County, Long Island, and Di Leo says she has the space at the MetLife Building, and also conducts video sessions for people who have a tough schedule.

*Second Saturday divorce workshop at MetLife Building [200 Park Ave., 13th floor, between E. 43rd and E. 45th streets in Midtown, [www.secondsaturday.com](http://www.secondsaturday.com)]. March 30, 6–8 pm. Meets every Thursday. \$45 per person.*

*Learn from the professionals: Antonia Di Leo, marriage and family therapist and divorce mediator, (516) 382-5440 and marriage and family therapist Lauren Brugger, (516) 667-0707. Lisa M Gardner, matrimonial and family law attorney at Wisselman and Associates, (516) 773-8300. Wendy Brown, certified divorce financial planner at Merrill Lynch, Fenner and Smith, (212) 338-6093.*

*Tammy Scileppi is a Queens-based freelance writer and journalist, parent, and regular contributor to New York Parenting. Interviewing hundreds of New York City's movers and shakers has been an amazing adventure for her. Scileppi's work has appeared in a variety of media outlets. She has also written book cover copy for Simon and Schuster.*

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## A heroic duo

Who does your child look up to?

Is it a teacher who really inspires her? Maybe he admires his mom or his dad, who have guided him through his life so far; or a sibling or grandparent who makes him proud. Whoever it is that your child looks up to, she knows that that person makes her want to be her best, and in “The Book of Heroines” by Stephanie Warren Drimmer and “The Book of Heroes” by Crispin Boyer, you’ll find even more inspiration.

What does your child think of when he hears the words “hero” or “heroine”?

He might think of someone in a cape and tights, able to walk on the side of buildings or beat up bad guys. Those are great comic-book examples, but real heroes and heroines are humans (and animals!) who do brave, smart, strong, or compassionate things.

Let’s say, for example, that your young reader is in need of a leader to follow. She might like Eleanor Roosevelt, who “changed the role of the first lady forever”



through thoughtful deeds and actions, or Mayor Cory Booker of Newark, N.J., who saved lives and fought crime in his city, and beyond.

If sports are more his thing, he’ll find many inspirational stories. Jesse Owens and Jackie Robinson both fought against racism in their respective sports (track and baseball). Surya Bonaly broke figure skating records with her feats on the ice, and “she did it on her own terms.”

Or maybe she’d like an exciting role model. Open a book and find Mavis Batey, who was a secret code-buster during World War II. Robert Gould Shaw led a charge of black Union soldiers during the Civil War.



## THE BOOK WORM

TERRI SCHLICHENMEYER

Annie Oakley and Calamity Jane were both gun-totin’ women of the West. Witold Pilecki was captured on purpose during World War II, so he could spy inside Nazi prisons.

A nice bonus, these books cross-reference one another, and are actually relatively gender-balanced, so give “The Book of Heroes” and “The Book of Heroines” to your 8- to 14-year-old. These are surely books to look up to.

“*The Book of Heroes*” by Crispin Boyer [175 pages, 2016, \$14.99].

“*The Book of Heroines*” by Stephanie Warren Drimmer [175 pages, 2016, \$14.99].

## The perfect bedtime story

Is it true that your child can never have enough cookies? For that matter, can he ever have enough toys, TV, playtime, or visits to grandma’s? In the new book “I’ll Hug You More” by Laura Duksta, illustrated by Melissa Iwai, there’s always a chance for more extra-special things.

When morning comes, it’s time to get up! Children open their eyes, jump out of bed, and start their day with a huge hug. Can you think of anything better?

There’s a hug as “thank you” for a yummy breakfast. A hug for their best stuffed animal. A hug for a snack, and for just because.

But morning isn’t the only time they give hugs.

Kids give them before school and when they come home. They give hugs just before bedtime and after they’re sleepy beneath the blankets. They know that tomorrow there’ll be another wake-up call and

lots of hugs to give and get.

Tomorrow, they’ll hug more. And again.

Start “I’ll Hug You More,” and you’re treated to a sweet little poem between mother and child. It’s filled with expressions of love and reminders to show affection in all kinds of ways, beginning in the morning and ending at night with more endearments. That makes this a sleep-on-it kind of book perfect for bedtime.

Then again, this is a book that never ends — by design.

Duksta builds in a twist, literally, so that when the hugger has done her job, you’re compelled to twist and flip the physical book to get the story from the huggee’s point of view, complete with different illustrations by Iwai.

That makes this a really cute tale from

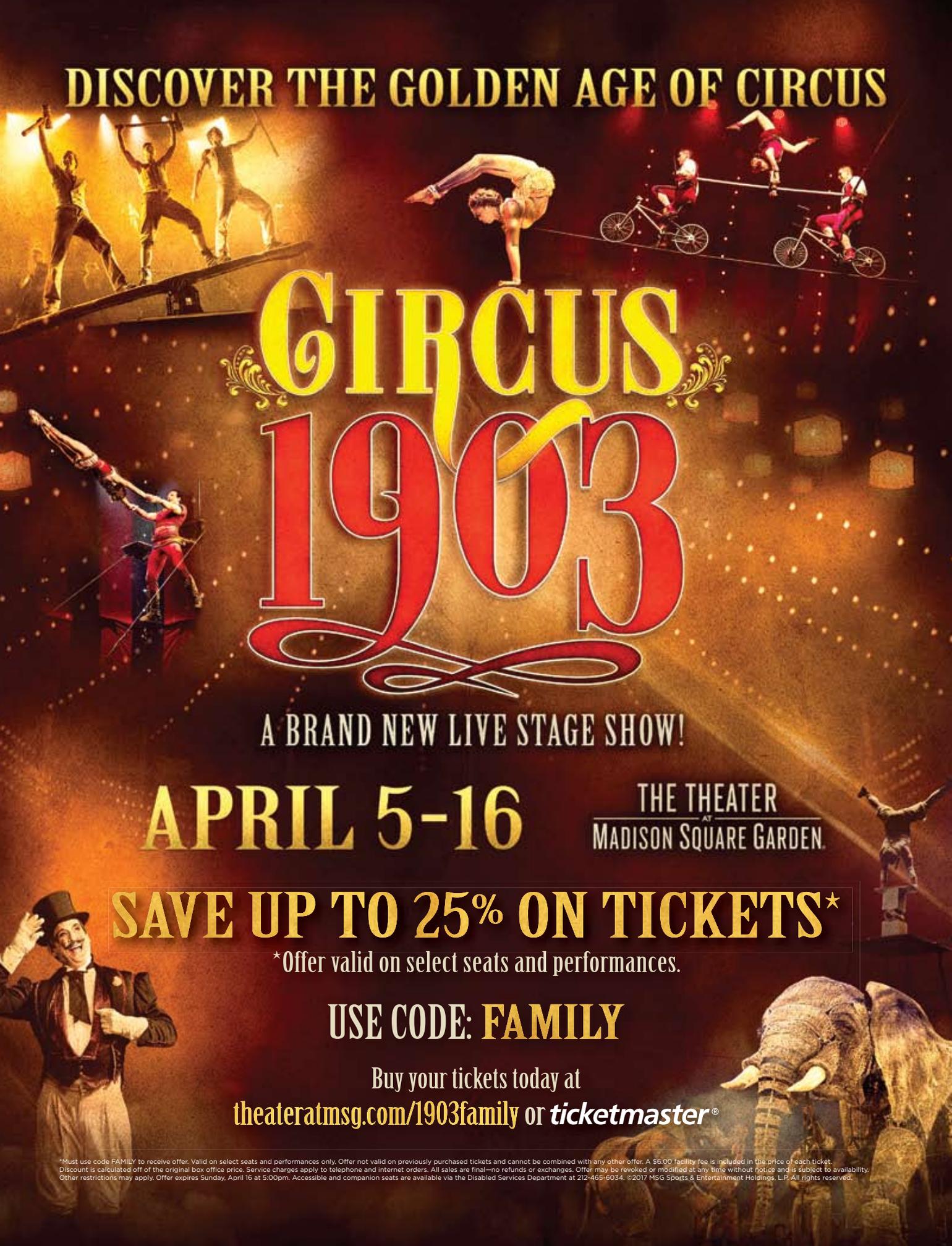


both sides, and the novelty of it is something kids will like. Give “I’ll Hug You More” to your 4- to 8-year-old, and she, literally, won’t be able to get enough of it.

“*I’ll Hug You More*” by Laura Duksta, illustrated by Melissa Iwai [32 pages, 2017, \$16.99].

Terri Schlichenmeyer has been reading since she was 3 years old, and she never goes anywhere without a book.

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## BEHAVIOR & BEYOND

DR. MARCIE BEIGEL

# Snow day!

## How to keep your kids on track with so much extra time indoors

**W**hen it gets cold, children tend to spend more time indoors with you. And after about two weeks, they get bored, and you run out of ideas. Slowly, your rules regarding screen time disintegrate and they end up in front of your TV, iPad, or iPhone so often that you wonder why their eyes aren't falling out.

With this increased screen time, your child's behavior changes. He whines and complains more often. Throughout the day you'll observe (and experience!) more tantrums and pushback from him.

Below are a few guidelines that families in my practice and in my online programs find incredibly useful in the winter months. Use them!

### Schedule screen-free time for the

**entire family.** Your small ones are watching you, so if your eyes are glued to your screen, their eyes will be also. Designate at least 30 minutes a day for "non-screen family time."

**Tell small beings why you are using a screen.** When you have to use a device to work or coordinate schedules, communicate that to your small beings so they understand that technology is a tool and not a destination. Before you dive in, set your small ones up with something else to do.

**Create a surprise box of activities that can be done in your home.** Write the titles of the games on small slips of paper in either words or pictures, depending on your kiddo's age and ability. When your child complains that there

isn't anything to do, then have her reach in the box and pick out a slip of paper.

**Make a daily schedule, especially when you have to be home the entire day.** This will make the day feel like it's moving and not dragging on. This could be a very approximate schedule that is broken down into morning and afternoon and that you update as the day goes on. Make sure to put this somewhere that you and your small beings can check it.

**Write up clear, simple rules for screen time — and stick to them.** Post the rules in a place where everyone will see them on a regular basis. I recommend starting with these two rules: "Screens can be used for 60 minutes every day." "All screens are shut off one hour before bedtime." Just two short and simple rules go a very long way!

Ultimately, you need to be creative to find activities that do not require screens, and your small beings will need support in playing them. You might consider Play-Doh, Go Fish, Bingo, a jigsaw puzzle, writing holiday cards, or baking cookies. The possibilities are endless and there are multitudes of simple activities you can find outlined on the internet. When you enjoy spending time with your family away from your screen your little ones will enjoy it, too!

*Dr. Marcie Beigel is a behavior specialist based in Brooklyn. She has worked with thousands of families for more than 20 years and has condensed her observations into her private practice and online programs. Her book "Love Your Classroom Again" was a bestseller. You may have seen her as a guest expert on WCBS and Fox. Find out more at [DrMarcie.com](http://DrMarcie.com).*

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# Brain-boosting snacks for kids

**G**et creative and think outside the box when it comes to creating healthy treats for your kids. Adding a few super foods to their snacking menu will not only help their immune systems, it will stabilize their moods and boost their memory.

**Nuts and seeds:** A serving of pumpkin seeds offers a mammoth amount of beneficial vitamins and minerals that will help brains, bodies, and immune systems. A quarter cup contains 92 percent of your daily value of magnesium, which helps with several body systems, including cognitive function and mood. The zinc in the seeds also helps prevent infection. Try

roasting them or adding them to muffins and trail mixes.

**Eggs:** Eggs are rich in choline, which helps promote memory and brain development. Also, eggs provide long-lasting satiety because of their protein power. Try a deviled egg topped with a tortilla chip to make it look like a sailboat.

**Whole grains:** Whole grains, such as oatmeal, brown rice, and whole-grain breads, contain phytonutrients, folate, and B vitamins that boost memory. Pair whole-grain, fiber-rich crackers or bread with protein-rich cheese, or nut butter. Try making a batch of homemade granola, combining oats, coconut oil, flax seeds,

## Chocolate avocado pudding

### INGREDIENTS:

1 ripe avocado  
2 tablespoons unsweetened cocoa powder  
2 teaspoons agave, maple syrup, or honey  
1 teaspoon vanilla  
Pinch of sea salt  
2 tablespoons almond milk, rice milk, or water

### DIRECTIONS:

1. Halve the avocado and remove the pit.
2. Cut a checkerboard pattern in the avocado and remove it from the skin.
3. Put the avocado, cocoa powder, and honey into a blender or food processor.
4. Blend until creamy. You may need to blend it for a while to get it extra creamy and break up the small pieces.
5. Add milk, vanilla, and salt, and blend until desired sweetness and texture.
6. Serve and enjoy!



## TIPS FOR FEEDING KIDS

DAWN LERMAN

and a little maple syrup.

**Wild salmon:** Deep-water fish like salmon are rich in omega-3 fatty acids, which are essential to healthy brain function. Wild salmon also contain low numbers of contaminants, and it is easy to find both fresh and in cans. Eating salmon helps memory, mood, and concentration. Make salmon patties and serve in a whole-grain bun, or use canned salmon instead of tuna on finger sandwiches. Serving food in fun shapes or making it look festive goes a long way when trying to get kids to try new foods.

**Organic fruit:** Berries, grapes, apples, pears, and lots of seasonal fruits are rich in antioxidants, like vitamin A, vitamin C, vitamin E, and fiber. The fiber in fruit also helps the digestive system. Berries in particular contain high amounts of phytonutrients like anthocyanin, which promote high brain function and help to preserve memory. Make a fruit salad or a parfait with yogurt and top it with homemade granola.

**Avocados:** Avocados contain omega-3 fatty acids, which are necessary for the brain to function properly. Make guacamole and serve it with sliced veggies, or add mashed avocado with olive oil and sea salt to a slice of toast, or blend a ripe avocado into a smoothie or to melted chocolate to make a delicious pudding. The creaminess adds great texture to a variety of dishes. It also has more than 20 essential nutrients, making it a super-star food for kids!

*Dawn Lerman, also known as the Snacking Mama, is a top Manhattan nutritionist, founder of Magnificent Mommies, and the author of the best selling book, "My Fat Dad: A Memoir of Food, Love and Family, With Recipes." Follow her on Twitter@DawnLerman*



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The Hillwood Museum, Estate and Gardens in Washington, D.C.

# Small wonders

## Discover lesser-known gems just outside of NYC

BY SHNIEKA L. JOHNSON

**W**ith spring rapidly approaching, it is time to begin thinking about family destinations when the weather is better for travel and the roads are a bit safer. With all of New York at your fingertips — and cities like Boston, Philadelphia, Newport, Saratoga Springs, and Washington D.C. easily within reach — many families take to the roadways for weekend getaways to explore nearby sites and attractions. These weekend getaways can be valuable opportunities to bond as a family, create long-lasting memories, and in many instances, add to your children's learning. This is especially true when exploring museums, which typically offer a rich environment for learning as a family.

Kids growing up in New York City are regularly exposed to some of the country's best museums, but there are a number of hidden gems in nearby cities. So,

while on your next road trip, I encourage you to explore new attractions. Whether your family enjoys the visual arts, strolling through gardens, or gawking at hot rods — exploring lesser-known museums and sites while in a familiar city makes the destination fresh again. Use your weekend getaways to explore these great attractions. To help, here are my top five for families, all under five hours away from the New York City (by car).

### **Boston, Mass.**

(4½ hours by car)

**Hidden gem: Isabella Stewart Gardner Museum** (25 Evans Way in Boston, Mass., <http://www.gardnermuseum.org/home>)

The Gardner Museum (founded by collector and philanthropist of the same name) is not just a museum, but an experience. The exhibition space features both historical and contemporary works that serve as an exhibit all on their own, with

plantings reflecting the seasons as they evolve throughout the year. For music lovers, the performance hall offers concerts of both traditional and new music for patrons of all ages. If your family is visiting Boston over a weekend, you can visit the Education Studio on Saturdays to participate in hands-on projects for visitors of all ages, and on Sundays, there is a concert series. Twice a month on Sundays visitors can learn all about the gardens and horticulture.

### **Newport, R.I.**

(4 hours by car)

**Hidden gem: Audrain Automobile Museum** (222 Bellevue Ave. in Newport, R.I., <http://audrainautomuseum.org>)

Established in 2014, this museum has a mission to preserve and present automotive history. You can't help but peer into the window at the gleaming cars of the Audrain Automobile Museum, which has access to a collection of around 200

cars. The museum makes efforts to keep things fresh and displays unique exhibits throughout the year. The collection ranges from Brass Era pre-War cars to supercars of the 2000s. The museum is entertaining generations of car lovers both young and old.

### **Philadelphia, Pa.**

(2½ hours by car)

**Hidden gem: Rodin Museum** (2151 Benjamin Franklin Pkwy. in Philadelphia, Pa., <http://www.rodinmuseum.org>)

Right on Benjamin Franklin Highway, between the Free Library of Philadelphia and the Philadelphia Museum of Art, you'll find one of the most comprehensive public collections of work by Auguste Rodin outside Paris. The intimately scaled Rodin Museum boasts a collection of sculptures and a beautiful garden. The museum offers daily tours Wednesdays through Sundays, and sketch class on the second Saturday of the month.

### **Saratoga Springs, N.Y.**

(3½ hours by car)

**Hidden gem: Saratoga Automobile Museum** (110 Avenue of the Pines in Saratoga Springs, N.Y., <http://www.saratogaautomuseum.org>)

Located within the 2,500 acre Sara-



The Rodin Museum in Philadelphia

toga Spa State Park, the museum (which opened to the public in 2002) is housed in the restored and renovated Saratoga Bottling Plant. Showcasing cars, racing paraphernalia, and historic images, the museum aims to educate the general public as well as car enthusiasts of all ages. Tours are offered on Thursday and Saturday afternoons, and the spring auto show will draw diverse crowds to view the many cars on display.

### **Washington, D.C.**

(4½ hours by car)

**Hidden gem: Hillwood Museum, Estate and Gardens** (4155 Linnean Ave. NW in Washington, D.C., <http://www.hillwood-museum.org>)

The Georgian-style mansion on the Hillwood Estate is the former home of Marjorie Merriweather Post, an art collector, philanthropist, and a bit of a socialite. Visitors to this museum will enjoy a peek into her day-to-day life. The Hillwood's archival collection hosts extensive documentation and photographs (more than 38,000 items) related to Post. The museum offers a robust schedule of events including educational programming for both adults and families with small children. Throughout the year, you will find cultural festivals, lecture series, special exhibitions, films, and concerts. In the spring, visitors will enjoy the meticulously landscaped Japanese-style garden and a French parterre. The most anticipated exhibit, "Spectacular Gems and Jewels" from the Merriweather Post Collection, will be on view in late spring.

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

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# March madness

## Great ideas in NYC this month

**I**n my house, March is the month of spring fever and March Madness. The NCAA Basketball Tournament is in full swing, and my boys will be glued to the television all month long.

They have anxiously been awaiting the launch of **Nintendo Switch**, which is available March 3. It's a new system, a gaming console you can play both at home and on-the-go ([www.nintendo.com/switch](http://www.nintendo.com/switch)).

The most Delyssacious new fabuLyss find is **DO**, gourmet edible, bakeable, customizable cookie dough! A cookie dough shop just opened Downtown. You will find ice cream SandDOWiches, cookie dough ice cream pie, and cookie dough Nutella cupcakes. I promise your kids will thank you.

[550 LaGuardia Pl. between W. Third and Bleecker streets in Greenwich Village, (646) 892-3600, [www.cookieidonyc.com](http://www.cookieidonyc.com)].

With spring break on some of our minds, I have a new FabuLyssfind for you: **The Flash Lab on Madison Avenue**. Flash Lab was formed by two New York-state licensed estheticians and laser spe-



cialists. Hair removal at its best — and who does not like a glass of champagne before a treatment? The lab is beautiful, clean, and has cutting-edge equipment.

[635 Madison Ave. between E. 59th and E. 60th streets in Midtown, (646) 998-5277, [www.flashlablaser.com](http://www.flashlablaser.com)].

A New York City mom recently started a new company I want to share with you: **Ronit Potik** now manufactures sexy, empowering lingerie and undies for moms at her company **Barely Undies**. A portion of the proceeds is donated to organizations that help survivors of domestic abuse, a cause that is close to her heart. You can also sign up for a monthly subscription.

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

A new Upper East Side cycling studio is opening this month. **Cyc** offers a series of exhilarating, beat-based rides that activate the whole body, the whole time. The renowned workout incorporates calorie-burning endurance intervals and weighted sectors inspired by more than 20 different sports movements from box-



## FABULYSS FINDS

LYSS STERN

ing, rowing, volleyball, and more. Each unique ride and motivating playlist are designed to get you cyc'd!

For exact locations on the Upper East Side, Hell's Kitchen, Astor Place, and Chelsea, visit [www.cycfitness.com](http://www.cycfitness.com).

Also new to the workout scene, **Rumble-Boxing** just opened in Chelsea. Rumble incorporates the best principles of the sweet science of boxing and strength training, all to help you develop that lean, strong, and confident fighter's physique.

[146 W. 23rd St. between Seventh and Sixth avenues in Chelsea, (212) 804-7918, [www.rumble-boxing.com](http://www.rumble-boxing.com)].

Lyss Stern is the founder of *DivaLyssacious Moms* ([www.divamoms.com](http://www.divamoms.com)).

### March Madness crispy baked chicken wings

Makes about 60  
Prep time: 20 minutes  
Total time: 1 hour, 10 minutes

#### INGREDIENTS:

##### Buffalo sauce:

- 1 tablespoon unsalted butter, melted
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon kosher salt
- 1/4 cup hot pepper sauce

##### Ginger-soy glaze:

- 1/4 cup honey
- 2 tablespoons soy sauce
- 3 large garlic cloves, crushed
- 1 2- by 1-inch piece of ginger, peeled, sliced

#### Wings:

- 5 pounds chicken wings, tips removed, drumettes and flats separated
- 2 tablespoons vegetable oil
- 1 tablespoon kosher salt
- 1/2 teaspoon freshly ground black pepper

#### DIRECTIONS:

**For buffalo sauce:** Mix first four ingredients in a medium bowl; let stand for five minutes. Whisk in hot sauce; keep warm.

**DO AHEAD:** Can be made one week ahead. Let cool completely; cover and chill. Rewarm before using.

**For ginger-soy glaze:** Bring all ingredients and 1/4 cup water to a boil in a small saucepan, stirring to dissolve honey. Reduce heat to low; simmer, stirring occasionally, until reduced to 1/4 cup, 7-8 minutes. Strain into a medium bowl. Let sit for 15

minutes to thicken slightly.

**DO AHEAD:** Can be made five days ahead. Cover; chill. Rewarm before using.

**For wings:** Preheat oven to 400-degrees Fahrenheit. Set a wire rack inside each of two large, rimmed baking sheets. Place all ingredients in a large bowl; toss to coat. Divide wings between prepared racks and spread out in a single layer. Bake wings until cooked through and skin is crispy, 45-50 minutes. Line another rimmed baking sheet with foil; top with a wire rack. Add half of wings to ginger-soy glaze and toss to evenly coat. Place wings in a single layer on prepared rack and bake until glaze is glossy and lightly caramelized, 8-10 minutes. Toss remaining half of wings in Buffalo sauce. Serve immediately.

[www.epicurious.com/recipes/food/views/crispy-baked-chicken-wings-388693](http://www.epicurious.com/recipes/food/views/crispy-baked-chicken-wings-388693)



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# Calendar

MARCH



Ian Douglas

## Philosophical discussion for kids

Children can discuss philosophical issues in Philosophy for Kids with Simon Critchley on March 19 at the Brooklyn Public Library's Central branch.

Philosophy for Kids is led by scholar and New York Times columnist Simon Critchley and his students offering a series of discussions where children talk about worldly issues.

The event celebrates kids' unabashed curiosity, and engages them in deep conversations about subjects ranging from friendships to society, and other key themes in philosophy. No parents allowed! For children 5 to 12 years old.

The event is part of the cultural ser-

vices of the French Embassy and French Institute Alliance Française's second annual TILT Kids Festival.

The festival features a wide range of new works for families by celebrated French and international artists.

Philosophy for Kids, March 19, 2 to 2:30 pm for children 6 to 8 years old; 3 to 3:30 pm for children 8 to 10; and 4 to 4:30 pm for children 10 to 12. Free.

*Brooklyn Public Library's Central branch [10 Grand Army Plaza, between Eastern Parkway and Flatbush Avenue in Prospect Lefferts Gardens, (718) 230-2100; [www.brooklynpubliclibrary.org/branch\\_library\\_detail.jsp?branchpageid=265](http://www.brooklynpubliclibrary.org/branch_library_detail.jsp?branchpageid=265)].*

## Never miss a great event!

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

# Calendar

### Submit a listing

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

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

### THURS, MARCH 2

#### IN BROOKLYN

**Transit Tots:** New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; [www.nytransitmuseum.org](http://www.nytransitmuseum.org); 10:15 am to 11 am; Free with admission to the museum.

Stories, games, and surprises for our youngest transportation fans! Free with admission. For ages 2-5 and adult companions.

### FRI, MARCH 3

#### IN BROOKLYN

**Family Shabbat Services:** Bay Ridge Jewish Center, 8025 Fourth Ave. between 80th and 81st streets; (718) 836-3103; [www.brjc.org](http://www.brjc.org); 6:30 pm; \$20 per person, \$35 per family.

Sing, hear a story, and dance to welcome in Shabbat with a delicious themed meal.

#### FURTHER AFIELD

**"Seussical Jr.":** Bronx House Auditorium, 990 Pelham Parkway South, The Bronx; (718) 792-1800; [www.bronxhouse.org](http://www.bronxhouse.org); 7 pm; \$10.

In collaboration with the Riverdale Children's Theater, Bronx House presents this fun musical where Dr. Seuss's fantasies come to life on stage. Selections include "Horton Hears a Who." Recommended for families with children 3 years and older.

### SAT, MARCH 4

#### IN BROOKLYN

**Garden Story Time:** Brooklyn Botanic Garden, 1000 Washington Ave. at Eastern Parkway; (718) 623-7220; [www.bbg.org](http://www.bbg.org); 10 am to noon; Free with garden admission.

Read garden-inspired stories alongside BBG volunteers. Drop in anytime during program hours to join in. This is a drop-in program for families with children of all ages.

**Jazz festival:** The Brooklyn Music School, 126 St. Felix St.; (718) 638-5660; [www.brooklynmusicschool.org](http://www.brooklynmusicschool.org); Noon to 6:30 pm; Call for tickets.

The is the fourth annual event of non-competitive middle school jazz bands and will have performances by middle schools,



## It's Purim party time!

A Purim carnival and the whole Megillah (the Book of Esther), too, comes to the Kings Bay Y on March 12.

Come sing, dance, and celebrate Purim at a fun-filled carnival complete with rides, sand art, face-painting, themed arts and crafts, and a costume contest.

Hamantaschen and coffee will be available, along with a raffle to complete the festivities.

Purim Carnival, March 12, 11 am to 1:30 pm. Free.

*Kings Bay YM-YWHA [3495 Nostrand Ave. at Avenue V in Sheepshead Bay, (718) 648-7703; [info@kingsbayy.org](mailto:info@kingsbayy.org)].*

clinics, the faculty, and special guest Dr. Victor Lewis.

**City Squirrels:** Fort Greene Park Visitor Center, enter park at Myrtle Avenue and Washington Park; (718) 722-3218; 1 pm; Free.

Ever wonder how squirrels are able to thrive in an urban environment? Learn about the basic biology and habits of these abundant and curious mammals.

**Dig It!:** New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; [www.nytransitmuseum.org](http://www.nytransitmuseum.org); 1:30 pm to 2:15 pm; Free with museum admission.

Let's work together at a makeshift excavation site to discover archaeological treasures! For children 3 years and older.

**Emeline Michel:** Brooklyn Center for the Performing Arts at Brooklyn College, 2900 Campus Rd. between Hillel Place and Avenue H; (718) 951-4500; [www.brooklyncenter.org](http://www.brooklyncenter.org); 8 pm; \$35.

She has been called "the Joni Mitchell of Haiti" and the "new goddess of Creole music." Indeed, singer-songwriter Emeline Michel has been instrumental in putting Haitian music on the world music map, touring the globe both as a performer and in her role as a Red Cross Ambassador. She performs

both in French and Haitian Creole, frequently addressing social issues with a deep caring and affection for her native land.

#### FURTHER AFIELD

**"Seussical Jr.":** 2 pm and 7 pm. Bronx House Auditorium. See Friday, March 3.

### SUN, MARCH 5

#### IN BROOKLYN

**First Sundays:** Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway; (718) 623-7220; [www.bbg.org](http://www.bbg.org); 10 am to 2 pm; Free with Garden admission.

A series of pop-up programs inspired by water, in honor of the opening of the Shelby White and Leon Levy Water Garden. Children have fun with arts and crafts, listening to a story, and taking a nature walk.

**Sunday Story Time:** powerhouse on 8th, 1111 Eighth Ave. between 11th and 12th streets; (718) 666-3049; [www.powerhouse-arena.com](http://www.powerhouse-arena.com); 11:30 am; Free.

Alexandra Penfold reads from her book "We Are Brothers, We Are Friends," a joyful and heartwarming picture book about two brothers and the best part of family, friendship, and love. RSVP requested.

# Calendar

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**Hamantaschen Bakery:** Jewish Children's Museum, 792 Eastern Pkwy. at Kingston Avenue; (718) 907-8833; [www.jcm.museum](http://www.jcm.museum); Noon, 1 pm and 2 pm; \$13 (\$10 members).

Join in the Purim spirit as we shape, fill, and create delicious Hamantaschen!

**All-Day Family Fun Fest:** Bell House, 149 Seventh St. at Third Avenue; (718) 643-6510; [bklynkidsrock@gmail.com](mailto:bklynkidsrock@gmail.com); [www.thebell-house.ny.com](http://www.thebell-house.ny.com); 12 pm-4 pm; \$18 individual (\$20 at door), \$55 for family four-pack. Kids under 2 free!

The hottest kids party in town is just around the corner and it's almost time to rock out at the ultimate outer space-themed fun-fest featuring some of Brooklyn's favorite live music acts. Brooklyn Kids Rock is a fun-filled family event with arts and crafts activities, a touch-an-instrument booth, face painting, delicious treats, and so much more.

**Hachai Storytime:** Jewish Children's Museum, 792 Eastern Pkwy. at Kingston Avenue; (718) 907-8833; [www.jcm.museum](http://www.jcm.museum); 1 pm; \$13 (\$10 members).

Take a journey through the pages of your favorite Jewish book, complete with dress-ups, props, music, a valuable lesson and a bookmark to take home! For children 1 to 4 years old. The book this week is "I am a Torah."

**Purim Treasure Hunt:** Jewish Children's Museum, 792 Eastern Pkwy. at Kingston Avenue; (718) 907-8833; [www.jcm.museum](http://www.jcm.museum); 1:30 pm; \$13 (\$10 members).

Help King Achashverosh find his missing signet ring by answering clues hidden on the exhibit floors.

**Dig It!:** 1:30 pm to 2:15 pm. New York Transit Museum. See Saturday, March 4.

**"My Uncle":** BAM Rose Cinemas, 30 Lafayette Ave. between Lafayette Avenue and Hanson Place; (718) 636-4100; [www.bam.org](http://www.bam.org); 2 pm; \$7 (\$10 or adults).

The English-language version of Jacques Tati's beloved, Academy Award-winning comedy "Mon Oncle" bursts with ingenious sight gags and brilliant slapstick set pieces. The director's hapless, old-world alter-ego Monsieur Hulot finds himself hilariously out of sorts when he visits family at their ultra-modern house filled with bewildering space-age gadgets.

**Creativity Lab:** Brooklyn Museum, 200 Eastern Pkwy. at Washington Avenue; (718) 638-5000; [www.brooklynmuseum.org](http://www.brooklynmuseum.org); 4 pm to 5:30 pm; Free.

Visitors of all ages are invited to drop by our studios and explore their creative side. In this drop-in workshop, take inspiration from our galleries and get messy, experiment with materials, and learn artistic techniques with a new project each month. Bring the whole family and stay for as long as you'd like.

## FURTHER AFIELD

**"Seussical Jr.":** 2 pm. Bronx House Audi-



Rosalie O'Connor

## Learn more about ballet

Come and enjoy the beauty of ballet as students and faculty from the School of American Ballet perform on March 11 at the Brooklyn Center for the Performing Arts at Brooklyn College.

The program illustrates the process by which talented youngsters develop into accomplished classical ballet dancers. Children will watch a "class" in this 45-minute presentation, where training exercises and steps are demonstrated and answer questions such as how do ballerinas dance on their toes, how do dancers spin and

turn without getting dizzy, how do male dancers jump so high, and more. Children will also enjoy excerpts from famous ballets, including "Sleeping Beauty," George Balanchine's "The Nutcracker," and "Swan Lake."

Recommended for ages 4 and up.

"The Beauty of Ballet," March 11, at 2 pm. Free, no reservations required.

*Brooklyn Center for the Performing Arts at Brooklyn College [2900 Campus Rd. between Hillel Place and Avenue H in Midwood, (718) 951-4500; [www.brooklyncenter.org](http://www.brooklyncenter.org)].*

torium. See Friday, March 3.

## THURS, MARCH 9

### FURTHER AFIELD

**Autism workshop:** Address in Manhattan provided upon RSVP. Email Alicia at [abarry@ramapoforchildren.org](mailto:abarry@ramapoforchildren.org), (212) 754-7003; 10 am-noon; Free.

A four-part series for parents and caregivers of children under the age of 4 who have recently been diagnosed with autism spectrum disorder, or are in the process of evaluation. Learn to maintain a strong connection with your child, set reasonable limits, address sensory needs, and respond to conflicts. Limited space, RSVP required.

## SAT, MARCH 11

### IN BROOKLYN

**Shelter building:** Ranger Center, Seaview

Avenue and E. 89th Street; (718) 421-2021; [www.nycgovparks.org](http://www.nycgovparks.org); 1 pm to 2:30 pm; Free.

Do you have what it takes to survive in the wilderness? Develop skills that will help you create shelter from natural and man-made objects.

**Transit Rocks:** New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; [www.nytransitmuseum.org](http://www.nytransitmuseum.org); 1:30 pm to 2:30 pm; Free with museum admission.

Digging underground subway tunnels is a tough job! Workers need shovels, pick axes, dynamite, and giant drills. They also need to know about all kinds of rocks! Put on your hard hat with a fun matching game that explores different rocks found across the five boroughs. For ages 5 and up.

**"The Beauty of Ballet":** Brooklyn Center for the Performing Arts at Brooklyn College, 2900 Campus Rd. between Hillel Place and

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Avenue H; (718) 951-4500; [www.brooklyn-center.org](http://www.brooklyn-center.org); 2 pm; Free.

Join students and faculty of the world-famous School of American Ballet (the official academy of New York City Ballet) in this program illustrating the process by which talented youngsters develop into accomplished classical ballet dancers. Your children will watch a "class" where training exercises and steps are demonstrated, and also enjoy excerpts from famous ballets. Recommended for ages 4 years and older.

**Purim Celebration:** Bay Ridge Jewish Center, 8025 Fourth Ave. between 80th and 81st streets; (718) 836-3103; [www.brjc.org](http://www.brjc.org); 7 pm.

Celebrate Purim with family and friends.

## SUN, MARCH 12

### IN BROOKLYN

**Purim Party:** Brooklyn Bowl, 61 Wythe Ave. between N. 11th and N. 12th streets; (718) 963-3369; [www.brooklynbowl.com](http://www.brooklynbowl.com); 11 am - 2 pm; \$15 (children under 1 free).

Come celebrate a Grateful Purim Party with The Terrapin Family Band and Rabbi Dan Ain (of Because Jewish) with storytelling, a family costume contest, the concert with the Terrapin Family Band and talk with Mike Greenhaus.

**Purim carnival:** Kings Bay YM-YWHA, 3495 Nostrand Ave. at Avenue V; (718) 648-7703; [info@kingsbay.org](mailto:info@kingsbay.org); 11 am to 1:30 pm; Free.

Come sing, dance, and celebrate Purim at a fun-filled carnival with rides, sand art, face painting, themed arts and crafts, and a costume contest. Treats, coffee, and raffle prizes will be awarded.

**Purim celebration:** Kings Bay Y at North Williamsburg, 14 Hope St.; (718) 407-6388; [northwilliamsburg.org/new](http://northwilliamsburg.org/new); 11 am to 1 pm; Free.

Geard to preschoolers. Celebrate with music, arts and crafts, face painting, and music with Tkiya. Special Guest Rabbi Andy Bachman. All in the community are welcome. Costumes are encouraged.

**Sunday Story Time:** powerHouse on 8th, 1111 Eighth Ave. between 11th and 12th streets; (718) 666-3049; [www.powerhouse-arena.com](http://www.powerhouse-arena.com); 11:30 am; Free.

Calista Brill will be here to read from her lyrical and heartwarming story "Tugboat Bill and the River Rescue" about two friends — Bill, a tugboat, and Mabel, a barge — who become heroes when they rescue a kitten. RSVP requested.

**Transit Rocks:** 1:30 pm to 2:30 pm. New York Transit Museum. See Saturday, March 11.

## THURS, MARCH 16

### IN BROOKLYN

**Crafting:** Brooklyn Public Library DeKalb branch, 790 Bushwick Ave.; [www.bklynli-](http://www.bklynli-)



TA Smith

## A cat with an attitude

The magical fairytale "Puss in Boots" comes to life at Puppetworks on weekends, now through April 9.

This adaptation of the 1697 French tale tells the story of a cat whose master buys him magical boots enabling him to speak. Puss then tells of his plan to outwit an ogre out of his riches, using the wealth to win a princess for his master.

The production showcases beauti-

ful costumes and marionettes by Nicolas Coppola, along with an original score. Recommended for children 3 and older.

"Puss in Boots," Saturdays and Sundays, 12:30 pm and 2 pm now through April 9. Tickets are \$9 for children and \$10 for adults; group rates available.

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

[brary.org/node/154325](http://brary.org/node/154325); 3 pm; Free.

Come in and make a St. Patrick's day craft that brings the luck of the Irish. For children 6 to 12 years old.

### FURTHER AFIELD

**Autism workshop:** 10 am-noon. Manhattan. See Thursday, March 9.

## FRI, MARCH 17

### IN BROOKLYN

**Purim Megillah, Mimosas, and Brunch:** Bay Ridge Jewish Center, 8025 Fourth Ave. between 80th and 81st streets; (718) 836-3103; [www.brjc.org](http://www.brjc.org); 10 am.

Welcome Shabbat with beautiful instrumental music! Get ready to sing and clap to the beat of the music and prayers of the heart. All ages welcome.

### FURTHER AFIELD

**St. Patrick's Day Parade:** Step off at 44th Street and Fifth Avenue, Manhattan; 11 am to 5 pm; Free.

Slainte! It's time to celebrate the wearing of the green at the annual iconic parade. Marchers high-step in all their Irish glory up Fifth Avenue, from 44th Street to 79th Street, and ends at the American Irish Historical Society at E. 80th Street. The route passes St. Patrick's Cathedral and Central Park — so paint a shamrock on your cheek, wear all the green you have, and Erin Go Bragh!

## SAT, MARCH 18

### IN BROOKLYN

**Tot Shabbat:** Bay Ridge Jewish Center, 8025 Fourth Ave. between 80th and 81st streets; (718) 836-3103; [www.brjc.org](http://www.brjc.org); 10:45 am; Free.

# Calendar

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Experience Shabbat morning with singing, guitar, puppetry, and musical prayer. Families with children infant to 5 years old, siblings, and caregivers can participate in a playful setting and form friendships. Followed by challah and grape juice with BRJC community.

**Metro Measure:** New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; [www.nytransitmuseum.org](http://www.nytransitmuseum.org); 1:30 pm to 2:30 pm; Free with museum admission.

How many people can squeeze into a subway car? Is a subway station as long as a football field? Can a giraffe fit in a subway station? Take to our platform level with tools and measuring instruments in hand to make numerical discoveries about subway cars and stations. For ages 4 and up.

**National Dance Theatre Company of Jamaica:** Brooklyn Center for the Performing Arts at Brooklyn College, 2900 Campus Rd. between Hillel Place and Avenue H; (718) 951-4500; [www.brooklyncenter.org](http://www.brooklyncenter.org); 8 pm; \$36 to \$75.

The premier dance company in the Caribbean, performers blend the folklore, music, and dance of Jamaica, Africa, and the American South with modern and classical forms to create a vibrant celebration of West Indian culture.

**The Night Sky:** Prospect Park Audubon Center, enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; [www.prospect-park.org/audubon](http://www.prospect-park.org/audubon); 8 pm to 9:30 pm; Free.

Join the Urban Park Rangers for our Night Sky program. We will highlight the history and folklore of the solar system, using the naked eye to locate stars and planets. For teens.

## SUN, MARCH 19

### IN BROOKLYN

**Park Slope St. Patrick's Day Parade:** Holy Name of Jesus Church, 245 Prospect Park West; 9 am (mass) and 12:45 pm; Free.

Get ready to march in the 42nd annual Brooklyn celebration of St. Patrick. Festivities start off at a pre-parade mass at Holy Name of Jesus Church at 9 am and then kick off with marching bands to re-dedicate the heroes and Victims of 9-11 wall at noon. At 12:45 pm the parade travels from 15th Street and Prospect Park West down 15th Street to Seventh Avenue to Garfield Place, back up to Prospect Park West, and ending at 15th Street.

**Sunday Story Time:** powerHouse on 8th, 1111 Eighth Ave. between 11th and 12th streets; (718) 666-3049; [www.powerhouse-arena.com](http://www.powerhouse-arena.com); 11:30 am; Free.

Cara Zelas will be here to introduce us to "The Big World of Little Dude: Kindness," a new book series for children! RSVP requested.

**Hachai Storytime:** Jewish Children's Museum, 792 Eastern Pkwy. at Kingston Avenue; (718) 907-8833; [www.jcm.museum](http://www.jcm.museum); 1:30 pm; \$13 (\$10 members).

Take a journey through the pages of your

favorite Jewish book, complete with dress-ups, props, music, a valuable lesson and a bookmark to take home! For children 1 to 4 years old.

**Metro Measure:** 1:30 pm to 2:30 pm. New York Transit Museum. See Saturday, March 18.

**Philosophy for Kids:** Brooklyn Public Library's Central branch, 10 Grand Army Plaza, between Eastern Parkway and Flatbush Avenue; (718) 230-2100; [www.brooklynpubliclibrary.org/branch\\_library\\_detail.jsp?branchpageid=265](http://www.brooklynpubliclibrary.org/branch_library_detail.jsp?branchpageid=265); 2 to 2:30 pm; 3 pm to 3:30 pm; 4 to 4:30 pm; Free.

Acclaimed scholar and New York Times columnist Simon Critchley and his students offer a series of discussions. Celebrating kids' unabashed curiosity, he will invite New York's youngest intellectuals to engage in deep conversations about subjects ranging from friendships to society, and other key themes in philosophy. No parents allowed! For children 5 to 12 years old.

**National Dance Theatre Company of Jamaica:** 3 pm. Brooklyn Center for the Performing Arts at Brooklyn College. See Saturday, March 18.

## WED, MARCH 22

### IN BROOKLYN

**Growing a Garden with Children:** Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway; (718) 623-7220; [www.bbg.org](http://www.bbg.org); Free.

Schools, houses of worship, community centers, and more are discovering the power and delight in creating gardens with and for youth. Learn how to connect with resources, identify the materials you need, and launch a simple yet engaging garden education program. Registration is required.

## THURS, MARCH 23

### FURTHER AFIELD

**Autism workshop:** 10 am-noon. Manhattan. See Thursday, March 9.

## FRI, MARCH 24

### IN BROOKLYN

**Tot Shabbat:** Bay Ridge Jewish Center, 8025 Fourth Ave. between 80th and 81st streets; (718) 836-3103; [www.brjc.org](http://www.brjc.org); 5:30 pm; Free.

Families with children infant to 5 years old, siblings, and caregivers have a fun-filled introduction to Shabbat with songs, stories, instruments, and dancing.

## SAT, MARCH 25

### IN BROOKLYN

**Eat, Learn, Pray:** Bay Ridge Jewish Center, 8025 Fourth Ave. between 80th and 81st streets; (718) 836-3103; [www.brjc.org](http://www.brjc.org); 9 am; Free.

Partake in breakfast and engaging discussions led by our rabbi. Following discussion and breakfast is an abbreviated Shabbat.

**Metro Measure:** 1:30 pm to 2:30 pm. New York Transit Museum. See Saturday, March 18.

## SUN, MARCH 26

### IN BROOKLYN

**Bay Ridge St. Patrick's Day Parade:** St. Patrick's Church, 9511 Fourth Ave. at 95th Street; [deefredrn@aol.com](mailto:deefredrn@aol.com); 9:30 am (mass), Noon line up, 1 pm kick off; Free.

Get ready to march in the annual Bay Ridge celebration of St. Patrick. Festivities start off at a pre-parade mass at St. Patrick's Church at 9:30 am and then line up begins with marching bands at noon at Marine and Third avenues, with a 1 pm kick off. Marchers travel to the reviewing stand on 77th Street and Third Avenue.

**Blossom Baby Expo:** Marriott Brooklyn Bridge, 333 Adams St. at Jay Street; [www.blossombabyexpo.com](http://www.blossombabyexpo.com); 11 am to 4 pm; \$10 individual (\$50 premium family).

This exciting, fun, and empowering event for expectant and new parents offers a panel of expert educators, activities, the best products and services for parents, newborns, and young children, plus loads of goodies. Attendees can participate in workshops, view demonstrations by product manufacturers, and enjoy performances. Experts will present valuable information and will be on-hand to discuss issues one-on-one with expecting and new parents and even grandparents.

**Suzi Shelton and Little Miss Ann:** Jalopy Theatre, 315 Columbia St. between Hamilton Avenue and Woodhull Street; (718) 395-3214; [www.jalopy.biz](http://www.jalopy.biz); 11 am; \$5 per child (\$10 adults; \$25 family pass).

A fun concert for all ages along with an album release of new and get-up-and-dance songs for the little ones.

**Sunday Story Time:** powerHouse on 8th, 1111 Eighth Ave. between 11th and 12th streets; (718) 666-3049; [www.powerhouse-arena.com](http://www.powerhouse-arena.com); 11:30 am; Free.

Cynthia Leonor Garza will be here to read from "Lucia the Luchadora," her beautifully illustrated picture book about courage and cultural legacy that is full of pluck, daring, and heart. RSVP requested.

**Metro Measure:** 1:30 pm to 2:30 pm. New York Transit Museum. See Saturday, March 18.

## THURS, MARCH 30

### FURTHER AFIELD

**Autism workshop:** 10 am-noon. Manhattan. See Thursday, March 9.

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

## SAT, APRIL 1

### IN BROOKLYN

**Get up Stand Up!:** BAM Fisher, 321 Ashland Pl. between Hansen Place and Lafayette Avenue; [www.bam.org](http://www.bam.org); 2 pm; \$10.

Presents Mikal Alvin as host and performances by Soul Science Lab. For families with children 8 years and older.

**Step Afrika!:** Brooklyn Center for the Performing Arts at Brooklyn College, 2900 Campus Rd. between Hillel Place and Avenue H; (718) 951-4500; [www.brooklyncenter.org](http://www.brooklyncenter.org); 8 pm; \$25.

Stepping is known for its intricate, synchronized patterns of stomps, kicks, claps, and call-and-response. As the world's first professional company dedicated to this art form, the dancers use their bodies as instruments, integrating stepping with African traditional dance and other dance forms to create a high-energy, sharply choreographed, and incredibly entertaining performance.

## LONG-RUNNING

### IN BROOKLYN

**Totally Tots studio:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Wednesdays, Thursdays, Saturdays and Sundays, 10 am to noon, Wed, March 1 – Wed, May 31; Free with museum admission.

Children make inspired artwork. Learn about Kehinde Wiley, Titus Kaphar, Alma Thomas, and Ebony Patterson.

**Craft Room:** Jewish Children's Museum, 792 Eastern Pkwy. at Kingston Avenue; (718) 907-8833; [www.jcm.museum](http://www.jcm.museum); Sundays – Thursdays, 12:30 pm to 2:30 pm, Now – Sun, March 26; Free with museum admission.

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

**Metro Measure:** New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; [www.nytransitmuseum.org](http://www.nytransitmuseum.org); Wednesdays – Saturdays, 1:30 pm to 2:15 pm, Now – Sat, March 18; Free with admission to the museum.

How many people can squeeze into a subway car? Is a subway station as long as a football field? Can a giraffe fit in a subway station? Take to our platform level with tools and measuring instruments in hand to make numerical discoveries about subway cars and stations. For ages 4 and older.

**Brooklyn Block Lab:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Thursdays – Sundays, 2 pm to 5:30 pm, Thurs, March 2 – Wed, May 31; Free with museum admission.

Visitors of all ages are invited to design and build with an array of blocks including Magna-Tiles, Imagination Playground, Kapla Planks, and more. Block play supports critical social and cognitive skills in early childhood



File photo by Stefano Giovannini

## Find the luck of the Irish

Don your green, paint a shamrock on your cheek, wave the Irish flag, and get ready to celebrate St. Patrick's Day the Brooklyn way, with two parades: March 19 in Park Slope and March 26 in Bay Ridge.

Both events begin on their respective days with pre-parade masses. Park Slopers will gather at Holy Name of Jesus Church at 9 am, and Bay Ridge participants will pray at St. Patrick's Church at 9:30 am.

The 42nd annual Park Slope parade travels from 15th Street and Prospect Park West down 15th Street to Seventh Avenue to Garfield Place and back up to Prospect Park West, ending at 15th Street. This year's grand marshal is James Houlihan, owner of Farrell's Bar and Grill in Windsor Terrace.

The Bay Ridge route lines up at Ma-

rine and Third avenues at noon, and kicks off at 1 pm, traveling to the reviewing stand at 77th Street and Third Avenue, where a raffle drawing will be held.

The bagpipers will be piping and the marchers marching to celebrate this annual tradition, where everyone is Irish for the day! *Slainte!*

For additional information, visit [NYParenting.com's](http://NYParenting.com) calendar.

*St. Patrick's Day Parade in Park Slope on March 19, beginning with a mass at 9 am, a re-dedication at the 9-11 memorial at noon, and kick-off at 1 pm at 15th Street and Prospect Park West.*

*St. Patrick's Day Parade in Bay Ridge on March 26, beginning with a mass at 9:30 am, followed by line up at Marine and Third avenues at noon and kick-off at 1 pm.*

— everything from team building, creative thinking, and problem solving to spatial reasoning and pre-engineering concepts. Different scales of blocks enable hands of all sizes to build and be challenged.

**The Ed Center:** Brooklyn Bridge Park at Pier 6, Atlantic Avenue at Furman Street; (718) 222-9939; [www.brooklynbridgepark.org](http://www.brooklynbridgepark.org); Tuesdays and Thursdays, 3 pm to 5 pm, Saturdays and Sundays, 1 pm to 5 pm, Now – Sun, May 28; Free.

Get to know Brooklyn Bridge Park and visit the giant aquarium filled with East River critters, a 10-foot scale model of Brooklyn

Bridge Park, the reading corner, and so much more.

**"Teknopolis":** BAM Fisher, 321 Ashland Pl. between Hansen Place and Lafayette Avenue; [www.bam.org](http://www.bam.org); \$15 daytime, \$25 evening.

A digital arts playground designed to inspire creativity, connect with the future, and imagine new possibilities through interaction with technology.

**Train Operator Workshop:** New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; [www.nytransitmuseum.org](http://www.nytransitmuseum.org); Fridays and Saturdays, 1:30 pm, Now – Sun, April 16; Free with museum

admission.

Drop by our Computer Lab to take control of a city subway car and operate it over virtual miles of track, using some incredibly realistic software! Space is limited, recommended for children 10 years and older.

**Museum Highlights:** New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; [www.nytransitmuseum.org](http://www.nytransitmuseum.org); Saturdays and Sundays, Noon to 1 pm, Now – Sun, May 28; Free with admission to the museum.

Join our expert Museum Educators on a dramatic journey through the building of New York's subway system, the evolution of the city's surface transportation, and our priceless collection of vintage subway and elevated cars dating back to 1904.

**"Puss in Boots":** Puppetworks, 338 Sixth Ave. at Fourth Street; (718) 965-3391; [www.puppetworks.org](http://www.puppetworks.org); Saturdays and Sundays, 12:30 pm and 2:0 pm, Now – Sun, April 9; \$9 (\$10 adults).

The classic fairytale is presented by Puppetworks. This adaptation of the 1697 French tale tells the story of a cat whose master buys him magical boots enabling him to speak. Puss then tells of his plan to outwit an ogre out of his riches, using the wealth to win a princess for his master. The production has beautiful costumes and an original score. Recommended for children 3 and older.

**Herve Tullet – This isn't Trash:** The Invisible Dog Art Center, 51 Bergen St. between Boerum Place and Smith Street; (347) 560-3641; Thursdays – Saturdays, 1 pm to 7 pm, Sundays, 1 pm to 5 pm, Sat, March 4 – Sat, April 15; Free.

Presented by the Tilt Kids Festival, children of all ages will enjoy viewing children's illustrator Herve Tullet's exhibit, which will be led by teaching artist Amelie Gaulier.

**Touch Tank:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Saturdays and Sundays, 3:30 pm to 4:30 pm, Now – Sat, March 4; Free with museum admission.

Meet and touch real, live sea creatures like starfish and sea urchins.

**Music in Motion:** Bargemusic, Fulton Ferry Landing at Brooklyn Bridge; [www.bargemusic.org](http://www.bargemusic.org); Saturday, Feb. 25, 4 pm; Saturday, March 4, 4 pm; Saturday, March 11, 4 pm; Saturday, March 18, 4 pm; Saturday, April 1, 4 pm; Saturday, April 8, 4 pm; Saturday, April 15, 4 pm; Saturday, April 22, 4 pm; Saturday, April 29, 4 pm; Free.

Bargemusic presents this gentle rocking series of family neighborhood concerts on the floating barge. The selections are chamber music, last only an hour, and include a post-show question-and-answer session with the musicians. Doors open 15 minutes prior to concert. The program is announced at the performance. No reserved seating.

**Transit Tots:** New York Transit Museum, Boerum Place at Schermerhorn Street; (718)



## Double dose of music

Suzi Shelton and Little Miss Ann bounce right in at the Jalopy Theatre on March 26 for a fun concert and album release.

Families may enjoy brunch while rocking to the tunes of Chicago-based Ann and her musical friend and frequent collaborator Suzi Shelton.

Little Miss Ann (Ann Torralba) is a first-generation Filipino American, a veteran instructor at Chicago's historic Old Town School of Folk Music, a mom, and a former public school teacher. She

is accompanying long-time regular Suzi Shelton to share the songs from her new album "Keep On." The interactive concert will inspire children to sing, clap, dance, and move their bodies.

Suzi Shelton and Little Miss Ann on March 26 at 11 am. Tickets are \$5 per child, \$10 for adults, and \$25 for a family pass.

*Jalopy Theatre [315 Columbia St. between Hamilton Avenue and Woodhull Street in Carroll Gardens, (718) 395-3214; [www.jalopy.biz](http://www.jalopy.biz)].*

694-1600; [www.nytransitmuseum.org](http://www.nytransitmuseum.org); Thursday, March 9, 10:15 am; Thursday, March 16, 10:15 am; Thursday, March 23, 10:15 am; Thursday, March 30, 10:15 am; Thursday, April 6, 10:15 am; Thursday, April 20, 10:15 am; Thursday, April 27, 10:15 am; Free with admission to the museum.

Stories, games, and surprises for our youngest transportation fans! Free with admission. For ages 2-5 and adult companions.

**Free Family Day:** The Wyckoff House Museum, 5816 Clarendon Rd.; (718) 629-5400; [programs@wyckoffmuseum.org](mailto:programs@wyckoffmuseum.org); [wyckoff-museum.org/events/family-days](http://wyckoff-museum.org/events/family-days); Saturday, March 18, 11 am; Saturday, April 15, 11 am; Saturday, May 20, 11 am; Saturday, June 17, 11 am; Saturday, July 15, 11 am; Saturday, Aug. 19, 11 am; Free.

History comes alive as you explore a new theme in the garden or historic farmhouse each month. Educators assist you and your family to explore what life was like in rural Brooklyn and investigate clues to the past. Touch old artifacts, examine the historic architecture, and get to know one of Brooklyn's first families, the Wyckoffs. The activities are best suited for kids ages 4 through 10. Children must be accompanied by an adult.

### FURTHER AFIELD

**The Orchid Show – Thailand:** New York Botanical Garden, 2900 Southern Blvd. at Fordham Road, The Bronx; (718) 817-8700; [www.nybg.org](http://www.nybg.org); Tuesdays – Sundays, 10 am to 6 pm, Now – Sun, April 9; \$20 (\$8 children).

The show features thousands of orchids in a classic Thai garden setting. The grand centerpiece of the design will be the façade of a sala, a traditional pavilion used for shade and relaxation, with a signature sweeping gabled roofline festooned with exquisite orchids.

**"The Princess, The Emperor, and The Duck":** Swedish Cottage Marionette Theater, W. 79th Street and West Drive, Manhattan; (212) 988-9093; Tuesdays – Sundays, 10:30 am and 2 pm.; \$12 (\$8 for children under 12).

The Swedish Cottage Marionette Theatre presents three classic tales from Hans Christian Andersen. Set in Africa, China, and Central Park, the tales include "The Princess and the Pea," "The Emperor's New Clothes," and "The Ugly Duckling." The hand-painted marionettes and scenery bring to life the tales that are narrated by Owl. Children learn the valuable lessons each fable tells. For children 3 to 9 years old.

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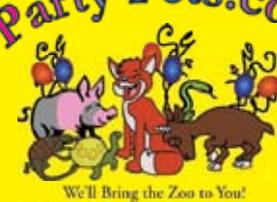
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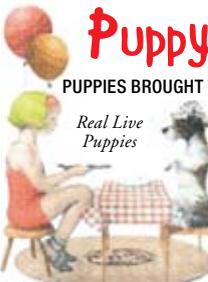
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# New & Noteworthy

BY LISA J. CURTIS

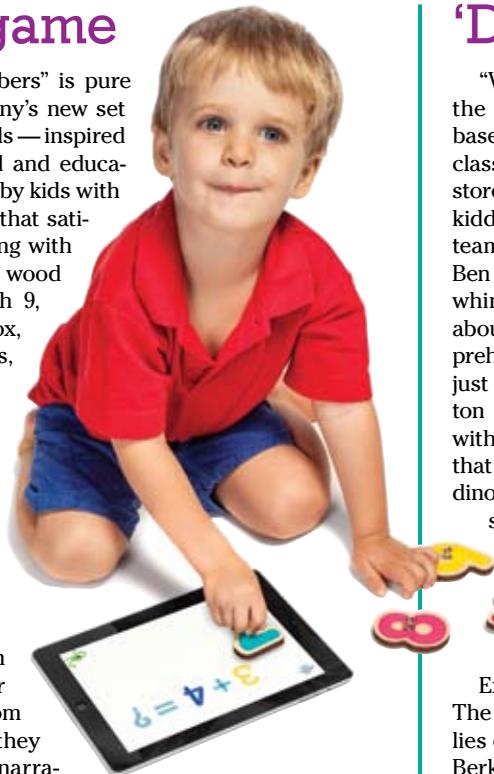
## Numbers game

Marbotic's "Smart Numbers" is pure genius. The French company's new set of handsome wood numerals — inspired by the Montessori method and educational tools — can be used by kids with three of its free iPad apps that satiate kids' craving for playing with technology and traditional wood toys. The set of 0 through 9, in a magnetic storage box, are painted in bright colors, have a silver knob for small hands to grasp, and rubber feet on the back.

The three coordinating apps, "More or Less," "10 Fingers," and "Up to 100," feature adorable animated creatures, a narrator with a British accent, and lovely quiet music.

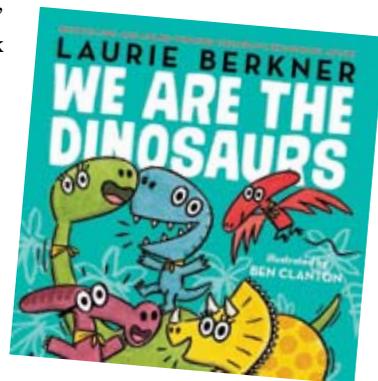
In "10 Fingers," kids can touch the screen with their hands, and little stars bloom under their fingertips as they discover addition with the narrator. The apps are permeated with a quality that can only be described as very French, and they perform without a glitch. Children see, listen, and literally grasp math in their fingers, learning through play. Some of the games encourage children to use their imaginations and play with the numbers just to see what will happen. Everyone "wood" have liked to be introduced to math this way.

*Smart Numbers by Marbotic, \$34.95, [www.barnesandnoble.com](http://www.barnesandnoble.com).*



## 'Dinosaurs' sing-along

"We Are The Dinosaurs," the new picture book based on Laurie Berkner's classic song, stomps into stores on March 21. The kiddie singer-songwriter teamed with illustrator Ben Clanton to make this whimsical page-turner about a community of prehistoric pals who act just like humans. Clanton peppers the pages with humorous touches that delight little readers, such as dino-moms holding cups of coffee in their talons and dino-dads sporting mustaches.



Berkner's book is ideal for emerging readers, for kids that love her marching anthem, and for parents like myself who are delighted to relive their memories of stomping with their child in a mommy-and-me-music-class just eight short years ago.

Extend the fun by removing the jacket to reveal the "We Are The Dinosaurs" sheet music on the back of the book (so families can "prop the book onto a piano or music stand" explains Berkner).

*We Are The Dinosaurs book by Laurie Berkner, \$17.99, [barnesandnoble.com](http://www.barnesandnoble.com).*

## Fairy turns fears to dust

The Irish Fairy Door Company has created a Worry Plaque that they hope will encourage kids to relinquish their anxieties.

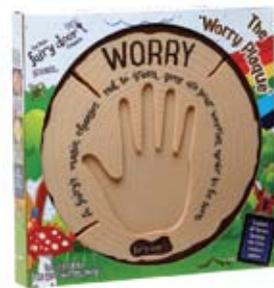
Company Director Niamh Sherwin Barry says its research shows the tool helps kids open up about their worries.

When the child verbalizes their cause for concern, she places her palm on the toy, and the parent hears what has been weighing on their mind (and he can later initiate a discussion). The plastic handprint glows red while the child shares their worry, and glows green after the fairies have "taken it." (The energy in worries is ground down to make wish-granting dust, explains the toymaker.)

To delve deeper into managing a fear of flying or the dark, kids can watch a collection of videos starring Fairy Clodagh on their website [www.theIrishFairyDoorCompany.com](http://www.theIrishFairyDoorCompany.com).

The battery-fueled Worry Plaque soothes and brings smiles to handwringers ages 3 and older.

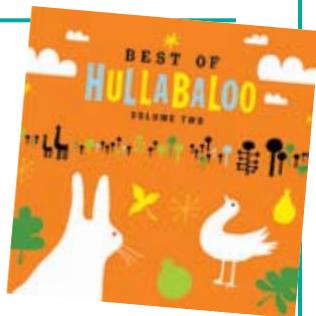
*Worry Plaque by The Irish Fairy Door Company, \$29.99, [www.amazon.com](http://www.amazon.com).*

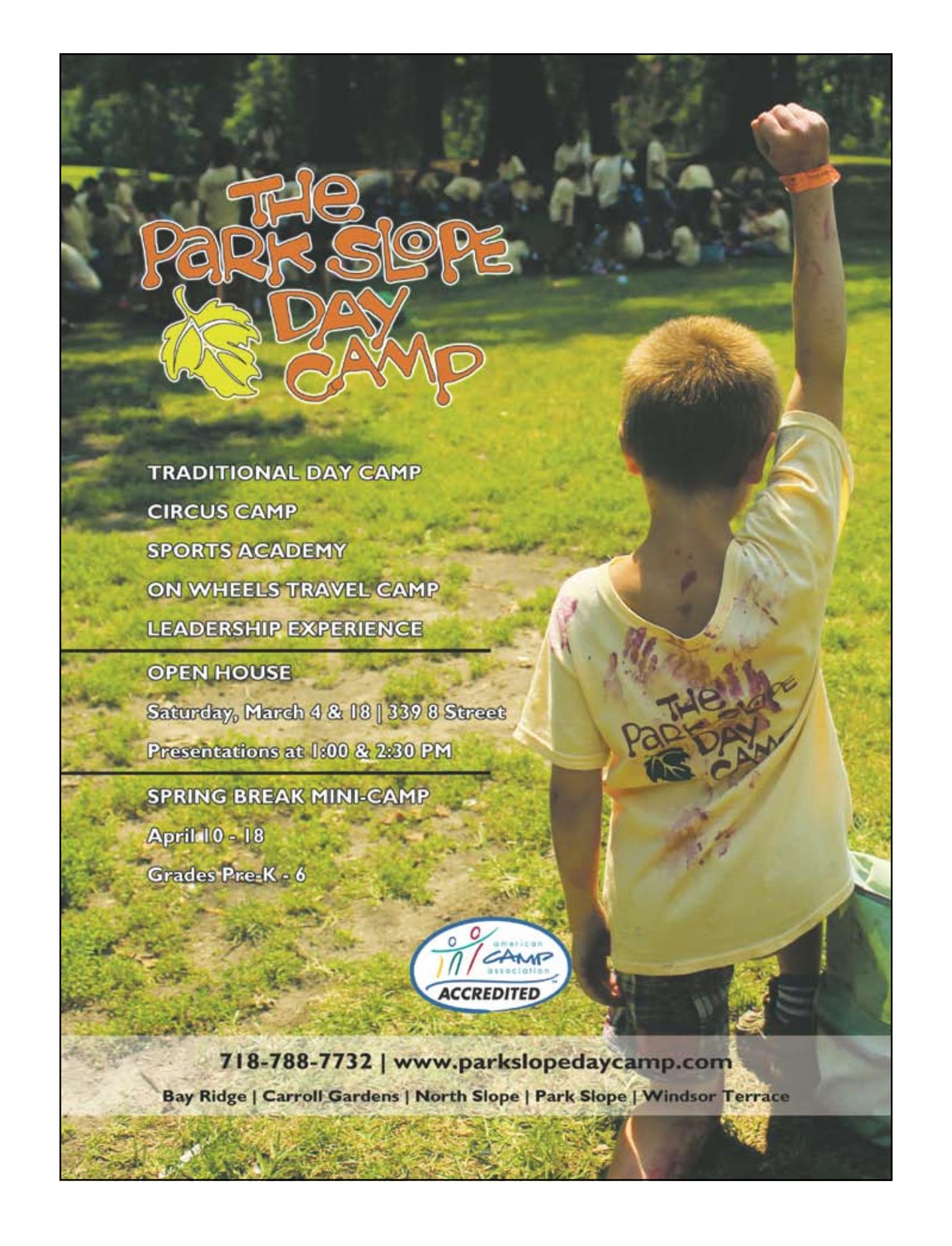


## Feeling 'Baloo

Every song on "Best of Hullabaloo: Volume Two" is a great country song that will be a joy to listen to on your April vacation road trip. The new album, which dropped Feb. 24, was culled by Steve Denyes and Brendan Kremer from their last five discs. Time flies when you're having fun and playing folk music, which this duo has been doing for 13 years, 13 albums, and 3,000 shows. Whether they are singing from the perspective of man's best friend in "Dog's Song," or rooting around for sustenance in a car seat in "I'm Hungry," or reassuring a listener with the message, "You might be different, but you're not alone," in "I Wear Pink," Hullabaloo's music is full of humor, positive messages, and an infectious exuberance. A tear might even spring to your eye with the a cappella "You Are Loved" lullaby. Hullabaloo is at the top of their game, but it's their fans who are winning.

*Best of Hullabaloo: Volume Two CD, \$12, [www.hullabalooand.com](http://www.hullabalooand.com).*





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