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October 2017

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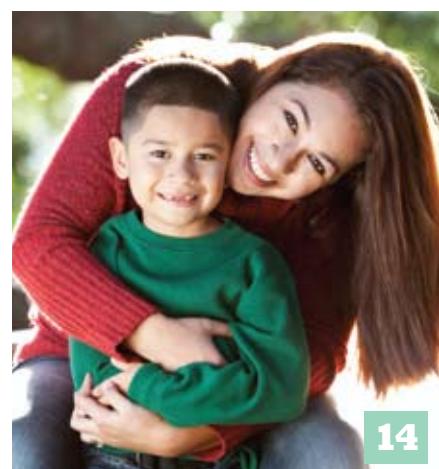
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# New routines and fall beginning

**B**y now the new schedules have been put in motion and the after school arrangements and programs have either been working out or are still being finalized. New schools, grades and teachers have become more familiar in the weeks since school began and our kids are adjusting to the new routines.

In this issue Denise Yearian has shared some ideas about how to look for a tutor. I know in my family there were subjects that warranted extra study and one-on-one strategies, and we were all glad we found good part time tutors to make the classroom experience more successful. Be sure to check out her 10 tips in choosing the right tutor.

Myrna Beth Haskell is always a welcome contributor to our editorial and this month



she has shared with us a compelling article about bullying that I urge every parent/caregiver to read. Please make sure to pass it on. Issues such as bullying are of the utmost importance, and as parents, we need to be as informed as we can be.

Every October we highlight articles about teens and present a special advertising section to draw attention to the High School Open Houses going on around New York. This year is no exception, and in fact, we are pleased to highlight two stories about teens excelling in our area. The prestigious Brooklyn Tech has taken honors for its student government and a group of teens from around the city has garnered awards as STEM innovators. Exciting stuff!

It's important as parents to keep in

mind that your toddlers of today will be teens before you know it. It's absolutely amazing how quickly it all whizzes by and how responsibilities and disciplines you thought were years away suddenly find themselves manifest in your family's life. It's important to keep your options open for future school choices and it's never too early to begin discovering what would work best for your family.

Enjoy the mostly gorgeous month of October and have a safe and Happy Halloween.

Thanks for reading.

Susan Weiss-Voskidis,  
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# Scaring up fun

## Creative ideas to make your autumn party a hit

BY DENISE YEARIAN

**W**hether you're planning a bountiful harvest celebration or a creepy crawly Halloween party, you may want to consider these craft, game, and food suggestions.

### Crop of crafts

When doing crafts with kids in a group setting, plan a main craft with a short, second activity — coloring pages or stringing popcorn — for early finishers. Whatever crafts you choose, pick ones that are easy to clean up, so you can move on to the next activity.

Here are a few ideas:

**Black cat candy jar.** Place black electrical tape over the sharp edges of a tin can. Cover the can with black construction paper and glue in place. Glue two wiggly eyes to the can, then use a thin

paintbrush and white paint to draw a mouth, nose, and whiskers. Draw and cut out a black tail shape and two triangular-shaped ears. Cut two smaller triangles from pink paper for the insides of the ears; glue to black triangles. Glue ears to the top inside edge of the can and the tail to the back side of the can. Fill with treats.

**Jack-o-lantern pots.** Buy various-sized terra cotta pots and turn them upside down so the drainage hole is facing up. On yellow construction paper, draw and cut out two eyes, a nose and a toothy grin — the wackier the better. Apply Mod Podge with a paintbrush under and over the facial features then attach them to the pot. Place a short, wide stick out of the hole to resemble a pumpkin stem.

**Pumpkin noisemakers.** Paint a 12- by half-inch dowel rod black, and let it dry. Trace and cut out two leaves from green

craft foam, then cut a small slit in the center of each leaf. Draw a face onto the bottom side of an orange paper plate with a black permanent marker. Line up the face plate with a second orange plate, rims together, and bottoms facing out. Use a hole punch to create holes one inch apart around the perimeter of both plates. Place dried beans and small jingle bells between the two plates. Also put the dowel between the plates, moving a short end of the stick above the facial features to represent the pumpkin stem and a long end below for the handle. Sew plates together by lacing yarn through the holes. Push leaf slits through the short end of the dowel rods and secure with a glue gun.

### Autumn activities

Games are a staple at kids' gatherings. Choose ones every child can participate

in, where no one is eliminated. With a little forethought and creativity, any game can be adapted to fit the fall theme:

**Broom ball.** Purchase half-sized brooms for each party guest and two different colors of seasonal garland. Decorate half of the brooms with one color of garland and the remaining half with the other garland to specify teams. Establish goals at opposite ends of the yard, and divide the children into teams. Place a kickball in the center of the yard then give each child a broom to sweep the ball to his team's goal. The first team to score five goals wins.

**Ring around the pumpkin.** Place three large pumpkins with stems in a line several feet apart. Gather four hula hoops. To play, children should take turns standing behind the designated tossing line and try to ring the pumpkins with the hula hoop. The child with the most rings wins.

**Scarecrow relay.** Separate children into two teams. Choose one child from each team to be the scarecrow. Place scarecrows at one end of the room, along with hay and oversized scarecrow-type clothing items. Teammates line up at the other end of the room. To play, teammates take turns running to the scarecrow and dressing him with one clothing

item then tag the next player who does the same. When the scarecrow is completely dressed, each teammate returns a second time to stuff straw in his clothing. The first team to finish making their scarecrow wins.

### Seasonal snacks

Food is more fun when kids are involved in the preparation process. Stick with things children like to eat and add a seasonal twist to it:

**Floating faces.** Core and peel an apple, then cut it in half. Lay one half on the table and use a paring knife to create facial features. Repeat these steps until you have enough apple halves for each party guest. Place apples in cider punch bowl. When the cider is labeled, give

each child a floating face.

**Itsy-bitsy caramel apples.** Cut lollipop sticks in half. Use a melon baller to scoop little balls out of medium-sized apples, making sure each ball has a section of the apple peel. Push a lollipop stick into the peel of each apple ball. Blot apples dry with a paper towel. Melt a 14-ounce package of caramel candies with 2 tablespoons of water. Have children dip and swirl their apple balls in caramel then roll in crushed Oreo cookies, nuts, sprinkles, nonpareils, or mini-chocolate chips. Place on waxed paper to cool for 15 minutes.

**Pumpkin pancakes.** Mix dry ingredients: 1 cup flour, 1 tablespoon sugar, 2 teaspoons baking soda,  $\frac{1}{4}$  teaspoon salt, and  $\frac{1}{2}$  teaspoon cinnamon. Set aside. Separate two eggs. Mix yolks with  $\frac{1}{2}$  cup of plain pumpkin puree, 1 cup milk, and 2 tablespoons canola oil. Add dry ingredients. Beat egg whites until fluffy, then fold into the batter. Pour  $\frac{1}{4}$  cup of batter onto a greased griddle; flip when bubbles form on top. Kids can make jack-o'-lantern faces using raisins, dried fruit, nuts, chocolate chips, and whipped cream.

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



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# Combating stress with healing foods

**S**tress and anxiety are running rampant in today's world. While we can practice slowing down by way of meditation, exercise, and mindfulness, what we ingest plays a significant role in how we feel stress. Many foods are biochemically altered and contain chemicals, artificial ingredients, and other harmful substances, which physiologically make a person's body feel anxious.

Even more concerning is the fact that many of our kids are absorbing these ingredients on a regular, if not daily basis. Considering their impact on growing bodies, it becomes more important that we adjust our lifestyle to curb the consumption.

The top offenders are processed foods as a whole, but in particular, sugar, caffeine, monosodium glutamate, high-fructose corn syrup (found in everything from ketchup to donuts), refined white

carbohydrates like pasta, white bread, and sugary drinks, and salt, which raises the heart rate and promotes the release of adrenaline.

Alternatively, while the above foods should be avoided, there are a wealth of wholesome and natural foods that actually help curb anxiety and nervousness!

**Whole Grains:** If you are not allergic to wheat or suffer from Celiac disease, whole grains, such as whole grain bread and pasta offer a double whammy to stomp out anxiety. First of all, they contain tryptophan, precursor to the neurotransmitter serotonin in the brain, which produces a calming effect. Secondly, whole grains contain magnesium. Magnesium deficiency often leads to anxiety.

**Blueberries:** Neuroscientist Dr. Philip J. Ebenezer recently published his findings on blueberries in the journal of



## HEALTHY LIVING

DANIELLE SULLIVAN

the American Physiological Society. Dr. Ebenezer discovered that blueberries boost serotonin and aid in soothing anxiety by modulating neurotransmitters in Post-Traumatic Stress Disorder patients.

**Almonds:** The oval nutlike seeds of the almond tree are one of the healthiest snacks to eat — hands down — in addition to containing magnesium and B vitamins. A vitamin B deficiency can also cause anxiety and nervousness as well as twitching. In addition, almonds contain selenium, which has been linked to relieving stress.

**Kefir:** This fermented dairy drink helps align gut bacteria. Many of today's ailments, including stress, anxiety, and nervousness are attributed to having unbalanced gut bacteria. Kefir promotes a healthy gut biome, as does sauerkraut and Greek yogurt (with live cultures).

**Tea:** Tea might conjure thoughts of relaxation and maybe even childhood and being pampered. Green tea does even more: it contains amino acid L-theanine, which helps lower heart rate and blood pressure. Chamomile tea has similar compounds to Valium and works to reduce stress.

Good nutrition is the basis for good health, including stress management, but practicing mindful relaxation techniques also helps. And don't underestimate the power of taking a walk, chatting with a friend, or turning up the music and just dancing. Good mental health is a combination of many things. Beginning with nutrition is a very good start!

*Danielle Sullivan is a writer living in New York City. Follow her on Instagram @Dee-write.*

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# A kinder world

## When and why bullies rule, and how to encourage empathy

BY MYRNA BETH HASKELL

**W**hen I was in school, bullying was an accepted part of the climate. There seemed to be a commonplace attitude back then that "kids will be kids," so victims felt that there was no one to turn to.

Fast forward to 2009: I attended an assembly at my daughter's middle school called "Ryan's Story." John Halligan spoke about his son, Ryan, a 13 year old who committed suicide in 2003 after being bullied at school and online for several years. Halligan found that the best way to deal with the enormous pain of losing his son was to use his story to inspire change in schools.

These types of assemblies are common in schools today because there is more awareness about the sometimes dire consequences and long-term effects of bullying. All 50 states now have anti-bullying laws or policies (to explore state laws see: [www.stopbullying.gov/laws/](http://www.stopbullying.gov/laws/)).

However, bullying is still rampant in our schools and communities. So, where are we going wrong?

### The bully problem

Bullying is defined by aggressive, repetitive behavior toward another where there is a perceived imbalance of power. Bullying can be verbal, physical, or social — exclusion or spreading rumors. Cyberbullying (online bullying or bullying

using electronics) has brought bullying to a whole new level. Students can no longer return home to a safe haven. With cyberbullying, the torment continues, and there is a feeling of no escape.

"Bullying is always a problem with social relationships," explains Dr. Michele Borba, the author of "UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World" (Touchstone: Simon & Schuster, 2016). "In middle school, bullying is at its peak, and anonymous texts contribute to stress, anxiety, and fear because kids don't know who is sending them."

According to results of the 2013 School Crime Supplement to the National Crime Victimization Survey by the U.S. Department of Education, in April 2015, approximately 22 percent of students ages 12 to 18 were bullied at school. The Cyberbullying Research Center ([cyberbullying.org](http://cyberbullying.org)) reports, "Overall, about 25 percent of the students we have surveyed over the last eight studies have told us that they have been cyberbullied at some point in their lifetimes."

What is going on in our communities that so many children are reporting that bullying has affected their lives?

Dr. Jessie Klein, an associate professor at Adelphi University, founder and director of Creating Compassionate Communities ([www.creatingcompassionatecommunities.com](http://www.creatingcompassionatecommunities.com)), and author of "The Bully Society: School Shootings and the Crisis of Bullying in America's Schools" (NYU

Press, 2012) shares, "Statistically, anxiety and depression are more prevalent and present at much younger ages. People are more isolated and are so goal-oriented that friendships are not as important."

### Long-term effects

The consequences and long-term effects of bullying can be devastating, and the disturbing cases reported in the media seem all too prevalent, such as when 13-year-old Zoe Johnson, a cheerleader from Michigan, committed suicide in 2015 after being cyberbullied relentlessly. Stopbullying.gov reports that even though a small number of bullied children react by using violent measures, "In 12 of 15 school shooting cases in the 1990s, the shooters had a history of being bullied."

Dr. Ellen W. deLara, an associate professor at Syracuse University and author of "Bullying Scars: The Impact on Adult Life and Relationships" (Oxford University Press, 2016), reports, "There are numerous long-term effects of bullying that plague people throughout adult life. Bullying victims show an increased risk of diabetes and heart disease. Both victims and bullies demonstrate greater lifetime anxiety and depression than those not involved in bullying. Other effects include difficulty trusting others, difficulty maintaining friendships or intimate relationships, very low self-esteem, and two to five times greater risk of suicide attempts over a lifespan. Of course, not everyone has long-term effects. However, in my study of over 800 people (as well as in the research of others), enough demonstrate these effects that we should consider bullying a public health crisis."

### The bystander problem

Unfortunately, we've all seen disturbing videos taken of incidents on buses and in hallways which depict a child being harassed or physically harmed while a gathered crowd simply watches or encourages the behavior. Bullies won't rule the school if the general population (both students and staff) takes a stand.

"Students, just like adults, are reluctant to intervene when there is a physical altercation or a verbally abusive interaction between other students," says deLara. "The main reason students cite is that they will be the next target if they get involved."

Dr. Rachel Annunziato, a child psycholo-

### Who is at risk?

Stopbullying.gov lists the following characteristics of victims and perpetrators. It's important that teachers, coaches, and parents understand these characteristics so they can help children with self-image and modify behaviors before bullying situations develop:

#### Higher risk of being bullied (victim):

- Perceived as different from peers (overweight, underweight, wears glasses or different clothing, new to a school, unable to afford what kids consider "cool").
- Perceived as weak or unable to defend him or herself.
- Depressed, anxious, or low self-esteem.
- Less popular or has few friends.

- Annoys, provokes, or antagonizes others for attention.

#### Higher risk of becoming a bully (perpetrator):

- Two profiles of bullies:
  - Those who have social power and like to dominate others.
  - Those who are isolated and may also be depressed, anxious, have low self-esteem, be less involved in school, be easily pressured by peers, or do not identify with the feelings of others.
- Aggressive or easily frustrated.
- Less parental involvement or has issues at home.
- Thinks badly of others.
- Has difficulty following rules.
- Views violence in a positive way.
- Has friends who bully others.



gist and associate professor at Fordham University, reports, "There is research out of Europe showing that bystander intervention — defending the victim or ignoring the bully to remove reinforcement — is associated with bullying frequency."

Adults need to teach kids how to respond to a bullying situation when they are not the target.

Klein clarifies that students need to be taught the difference between being a tattletale and getting help for someone who is in distress. She asserts, "We need to encourage communities where kids are committed to protect one another and are responsible for one another."

"Bullying is reduced dramatically when kids who witness it stand up for the victim," Borba says, "but most kids will say they do not know what to do because adults have not given them the tools to intervene."

Students are more apt to report bullying if they trust it will be anonymous.

"Schools must have reporting boxes and the administration must read reports regularly," Borba claims. "The majority of bullying happens when adults aren't present, so students have to be able to report incidents safely."

### The kindness cure

"The antidote to bullying is empathy," Borba states. She instructs teachers and

parents to emphasize kindness rather than putting the focus on grades and accolades. "I mean, when is the last time you've seen a bumper sticker that says 'Proud Parent of a Kind Kid?' We are raising stressed-out kids who are scheduled to death. As stress builds, empathy wanes because you are in survival mode."

Klein agrees with Borba.

"Deadlines and punctuality become more important than helping one another," she says. Klein offers an example of a student refusing to help a peer find his classroom because of fear of the consequences for being late.

### Teach empathy early

"During preschool, explaining bullying and ensuring there is no tolerance for it is important. So is character building — emphasizing kindness," Annunziato explains.

Klein teaches empathy building games when she visits schools, such as I Have a Complaint.

"Students write down a complaint — 'I am feeling lonely' — and are prompted to work with a partner or group to work out what the student needs. The objective is to make the complaint into a dream — 'I have a dream to have a meaningful connection.' This helps students to see that a negative feeling can be turned into a positive goal.

Borba suggests, "Finding opportunities

for kids to do meaningful work to learn empathy hands-on is so important."

Mentoring peers, volunteering for charitable organizations, or simply helping those who are less fortunate are great empathy-building experiences, particularly if they are done out of the goodness of the heart as opposed to a required activity for a school organization.

### Programs and awareness

Creating a bully-free environment requires cooperation between school staff, parents, and students. In March 2011, National PTA launched an initiative called Connect for Respect to help students, parents, and educators to create safe school climates.

Anti-bullying themed assemblies have become the norm, and many schools have adopted anti-bullying programs that focus on teaching and encouraging positive behavior, but the implementation, consistency, and communication between parents and school staff all affect a program's success. Positive Behavior Interventions and Supports, No Bully System, and Safe School Ambassadors Program are examples.

"There are programs that schools can implement, starting with the youngest children, that have been effective in promoting empathy called social-emotional learning programs," deLara reports.

However, deLara adds that educators are still looking for programs that will demonstrate effectiveness over time and with diverse ethnic populations.

Parents must be tuned into their child's emotional and social health. Annunziato reports, "Signs that bullying is occurring may be changes in anxiety level, moods, and self-esteem. Changes in peer relationships are also key indicators." She encourages parents to contact school staff if they become aware that their child is being bullied. "Children may fear that conversations with school personnel could lead to increased bullying. So parents should be prepared to explain how steps are being taken to prevent this."

Klein advises parents to help their kids seek an alternative culture outside of school so that in-school relationships do not encompass a child's entire social life.

Lastly, kids need to be encouraged to speak up and tell a trusted adult if they are being bullied or see someone else being bullied.

"Occasionally, a student or group of students can try to intervene. This can be very successful, especially if they are well-liked and respected in the school," deLara suggests.

*Myrna Beth Haskell is an award-winning author whose work has appeared in publications across the globe ([www.myrnahaskell.com](http://www.myrnahaskell.com)).*



## ASK AN ATTORNEY

ALISON ARDEN BESUNDER, ESQ.

ner the custodial property to the minor," which provides some options for steps you may take if you are concerned about turning over a large account to your child.

### **Use the funds for the minor's benefit:**

Until the minor is 18, you can use the funds for the minor's benefit. If you are also the parent of the minor, you may not use funds for items that are your support obligations to your child (such as food, clothing and shelter), but you may use the account to pay for "luxuries" such as private school, extracurricular activities, camp, or a new computer.

### **Transfer the assets to the minor:**

When the minor is 18, you can retitle the Uniform Transfer to Minors Act account into an account in the minor's name. You can, with the minor's permission, be named a co-signer or receive duplicate statements to see how the minor spends the money. You may incentivize your child to use the funds responsibly by stating that you will pay for college with other funds if she keeps the funds for graduate school (as one example) or you may even use "strong-arm" tactics to state that you will reduce her inheritance if she uses the funds irresponsibly.

### **Purchase an income-producing asset:**

You can use your discretion under "ap-

# Financial windfall for my teenager

**Uniform Transfer to Minors Act lets parents save for education and more**

*I opened a Uniform Transfer to Minors Act account for my child with the bank when she was young and now she is about to turn 18 years old, and I am concerned about turning over the account to her, which now has more than \$50,000.*

**M**any parents opened accounts pursuant to the Uniform Transfer to Minors Act when their children were young with the intent to save money for their children's future college expenses, but the law does not require the child to use that money for college, and it must be turned over to the child when that child turns 18 years old. Note that in

some cases the account does not turn over to the child until the child is 21 years old. The title of the account should indicate whether it is to be held until age 18 or 21.

New York law provides that a transfer made pursuant to the act is irrevocable and the custodial property is vested in the minor at the time of transfer, and cannot be annulled. The minor therefore has a legal right to the assets in the account upon the minor's 18th birthday. As custodian of the account, you are obligated to inform the minor of those assets at the time the account completely vests in the minor. The statute does, however, state that the custodian "shall transfer in an appropriate man-

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propriate manner" to use the account funds to purchase an asset that the minor would not be able to easily liquidate once she receives it at age 18, such as income-producing real property or an annuity. This is not recommended, because it could be later reviewed as a breach of fiduciary duty. Fiduciary obligations include that a fiduciary must transfer assets to a beneficiary upon the termination of a fiduciary duty in a manner that is easily converted to cash. If, however, the minor consents in writing, this may help protect against a later claim.

### 529 Plan:

You may transfer the account proceeds into a newly created 529 Plan for the minor's benefit. This will require liquidating any stocks or securities in the account because a 529 Plan can only be funded with cash. This may trigger capital gains taxes if the assets have increased in value significantly. However, transferring the funds to a 529 Plan will allow you to continue to be the custodian of the funds until the funds are completely withdrawn, thereby allowing you to withhold it to pay for college. However, if your child requests the funds at any time for any purpose you will need to release the funds or she may petition the court to receive the funds pursuant to your obligation as fiduciary of the account since

If instead of setting up a new trust you keep the funds in the account after your child becomes 18 years old, she could demand the funds at any time.

you used those assets to fund the 529 Plan.

### 2503(c) Trust:

If you want to continue to hold the funds, you could create a living trust for the minor's benefit under Internal Revenue Code § 2503(c). The terms of the trust can be drafted to allow you, as trustee, to make discretionary distributions and forced distributions at set ages, so the funds stay under your control until you believe your child is able to handle the account on her own. In order to deter future claims of breach of fiduciary duty, the trust should allow the minor a one-time withdrawal right, where she is afforded the opportunity to withdraw the funds up to the full amount when she turns 18 years old. Your child will have a 30- or 60-day window to

do so. If she does not exercise her withdrawal right, the funds stay in trust pursuant to the trust agreement.

If your child does not exercise her right of withdrawal, the trust would then be considered a "self-settled" trust and any creditor of your child could potentially reach the funds to satisfy a judgment. If instead of setting up a new trust you keep the funds in the account after your child becomes 18 years old, she could demand the funds at any time. As discussed above, you can try to incentivize your child to not exercise her right of withdrawal in your discussions with her.

These suggestions are all options you may have; however, each situation is different and fact specific. If you have an Uniform Transfer to Minors Act account and are concerned about turning over the account to your child when she turns 18 or 21, you should speak to an attorney to discuss your options and which option is best for your situation.

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

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# Don't try to live through your kid

We all have that friend, or more specifically perhaps, that Facebook friend, who systematically plasters their child's achievements all over their feed on a daily basis.

Even before social media, parents did the same on the telephone, playground, and schoolyards (although not to the same extreme). In doing so, they made their child's achievements more important than their child. Perhaps not intentionally, many moms and dads trade in their child's own uniqueness, innate goodness and the essence of what they are for awards, trophies, and what they can do.

Unfortunately, this has the exact opposite effect of what was likely intended. The child quickly begins to wonder what they are without their certificates and honors, which hinders their self-esteem, instead of boosting it. And what's behind it all has nothing to do with the child. Whether purposely or not, the parent's need to feel important through their child's accomplishments is what fuels this behavior.

Dr. Shefali Tsabary, clinical psychologist and author of the New York Times bestseller, "The Conscious Parent," writes that many parents live through their child, and questions it: "Why is there such a need for us — parents especially — to raise 'extraordinary' children? Is our sense of self so compromised that we need our children to wear bells and whistles just so we can feel good about ourselves?"

Parenting is about teaching your child to be the best he or she can be, confident and secure enough to adjust to life's challenges, and helpful and productive in the world. Parenting is not about perfecting the ideal plan to acquire the most accolades. If most parents would realize that what they are doing is placing unnecessary and strenuous pressures on their children, most would stop, and it all begins with releasing expectations.

There is no need for a child to be extraordinary, writes Dr. Tsabary, because actually, all children are both extraordi-



## JUST WRITE MOM

DANIELLE SULLIVAN

nary and ordinary. When we let go of rigid expectations for our children and start to see them as the beautiful and imperfect people they are, we see them in a whole new light.

"We begin to notice the nuanced qualities of their character and are amazed by all that unfolds before us," Tsabary adds. "Instead of medals and certificates being the qualifiers of merit, we begin to pay attention to the joy in their eyes and the quickness of their smiles."

Dr. Tsabary continues: "The insight slowly dawns that our children are indeed extraordinary—in their very ordinariness and that we can end the quest for them to be anything 'extra' or 'special,' for they already possess all that they need to in this present moment. Isn't this a liberating thought? I counter that not only is it liberating for us to stop the quest of fixing and producing our children—but also, ultimately, it's empowering for our children. Can you imagine the release of pressure a child must feel knowing that who it is they are—at this present moment—is worthy of their parent's praise?"

I think about how many adults still feel inadequate from their parents' expectations, never feeling they lived up to what they could be. Imagine a world where every adult felt good enough. I dare say that the violent and tumultuous world we now live in might be vastly different.

We all want the best for our children, and sometimes the best solution is the most simple. Let our kids be who they are, and as they grow, let them become who they are, not who we want them to be.

*Danielle Sullivan is a writer living in New York City. Follow her on Instagram @Dee-write.*

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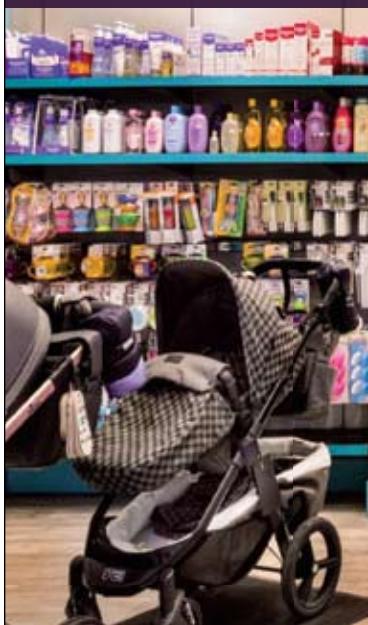
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## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

# Can a teen's diet cause breakouts?

If you notice your teen spending more time than usual in front of the mirror, it may be due to the discovery of his or her first pimple. The same hormones that cause changes in height, shape, body hair and odor at the outset of puberty also influence your child's complexion. Sadly, the onset of blemishes can put a damper on your child's self-image.

The role of diet and acne has come full circle over the years. Medical guidelines in the 1970s and before pointed to diet as a cause. Then in the 1980s, the dermatology community downplayed diet, primarily attributing acne to genetics and hormonal changes. With a greater understanding of how diet may affect endocrine factors involved, today there is a renewed appreciation of the diet-acne connection.

Generally speaking, in addition to obtaining enough sleep and keeping the skin clean, the best approach to good skin is an overall varied and balanced diet. Yet there are certain dietary factors that may also have a significant impact on your teen's skin.

### American diet

It's fascinating to note that the standardized American diet may be to blame. Teens who live in primitive societies do not experience breakouts. Perhaps this is due to a diet low in processed foods,

but rich in fruits, vegetables, and fish?

### Dairy

A number of studies point to dairy foods as having an acne-stimulating effect in susceptible individuals. It's speculated that the hormones and bioactive compounds in milk may be the culprits. For example, one study out of the University of Oslo this year concluded that consuming dairy is a possible contributing factor to acne in teens. In the three-year study, teenagers who drank more than two glasses of milk daily experienced worse acne.

Fat free milk is a greater culprit than higher fat milk, possibly due to the additional whey protein and casein added to make the "thin" milk look less watery. Also, whey protein concentrates, commonly found in popular sports supplements, may aggravate the severity of acne.

What's the connection? Researchers believe that dairy products may increase sex hormones, which increase sebum production, leading to an increase in acne. For now, reducing or even eliminating them for a month or so is worth a try. In that case, encourage your teen to look for alternative sources of both calcium and vitamin D.

### Glycemic load

There is compelling research to support a low-glycemic-load diet in minimizing breakouts. A high glycemic load diet

increases the amount of insulin in the bloodstream, which turns on a hormonal response that promotes the production and secretion of sebum, aggravating acne. To reduce the glycemic load of your child's diet, encourage him to cut back on sugary beverages and energy drinks, as well as foods high in refined carbohydrates such as pasta, cookies, candy, and cake.

### Fat

A high fat diet — greasy pizza, anyone? — was long thought to contribute to the development of blemishes. And omega-3 fatty acids found in fatty fish are thought of as being beneficial. Yet the evidence linking total fat or the type of fat is weak at this time.

### Chocolate

This one goes back several generations. The research suggests no correlation between chocolate in the role of the development or worsening of acne. If your teen notices a reaction to chocolate, it may be due to the other ingredients in it such as sugar, nuts, or milk.

The best method of treating teenage skin problems may be "tincture of time," as many teens simply outgrow their skin conditions as their hormones settle down. Of course, if skin problems are severe or persist over a long period of time, speaking to a dermatologist is a good idea.

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

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# Next generation

## Local teens garner awards as STEM Innovators

BY TAMMY SCILEPPI

A trio of talented tech entrepreneurs received some much deserved attention at the third annual New York City "Young Innovators to Watch" awards.

In July, the winners exhibited their amazing projects at a special presentation of prizes in Manhattan.

These students, under the age of 20, are actively shaping the future by combining imagination with technology.

"They have been busy working on visionary projects that rise to the challenge [of] resolv[ing] existing societal issues, such as water quality, food waste, and physical injuries sustained by the visually impaired," said Robin Raskin, the program's creator. "Being recognized at an industry technology showcase is really empowering for these winners."

Projects are ranked on their creativity, user design, use of science, technology, engineering, arts, and math — also known as STEAM; scalability; and civic-mindedness.

Winning projects include an algorithm that accurately measures lithium-ion battery percentages and a smartphone device that records customizable studio-quality sound.

"We started the Young Innovators four years ago, with the mission of rewarding students with entrepreneurial and innovative ideas by giving them scholarships and allowing them to have an awards reception at one of our technology events in either New York or Las Vegas. (We do this twice a year)," said Raskin.

"We think it's important to recognize STEM and high-tech initiatives at a young age, because if these students get some reinforcement, they're more likely to continue." So far, they've awarded 41 students and some of them are now in businesses of their own.

Three of those 12 highly talented award recipients weighed in about their recent wins and talked about their out-

"We think it's important to recognize STEM and high-tech initiatives at a young age, because if these students get some reinforcement, they're more likely to continue."

standing projects.

### Michael Klamkin, 16

Winner for his Dual Extended Kalman Filtering algorithm, Michael Klamkin lives in Staten Island with his parents, both Russian immigrants. "Our family is a blend of traditional Russian culture-values and modern American culture," he said. "I wouldn't change it for the world!"

In his spare time, the clever teen has been designing and prototyping a small satellite called the MTS-1, as well as studying and writing, so he can get into a challenging university and continue exploring his passion for engineering.

### Your recent win

"The event was amazing! I had put so much effort into developing this project. The work finally paid off when I saw that e-mail informing me that I won," Michael recalled, adding: "My family was ecstatic. I am extremely lucky to have parents that actively participate in my life — including the academic-scientific side — so they understood just how important this was to me and how symbolic this win was to me. This is the first 'scholarship' I had won, and it has inspired me to continue looking for opportunities."

### Describe your project

"It's a new approach to monitoring

the state of charge of lithium-ion polymer batteries. In English, this means that I am applying an algorithm that is typically used for other applications (such as GPS positioning) to calculate battery percentage in small robots," he explained. "My method allows robots, among other battery-powered devices, to be safer and more efficient, while also maximizing battery usage to squeeze out the last bits of power when it's needed most."

It's a new way to help more accurately measure battery life — an industry-wide problem that he may solve one day.

### Future plans

"I plan to go to a university and become an electrical engineer. However, I understand that life may lead me on a different path, so I am keeping my options open. I have recently begun considering going into the financial sector doing quantitative analysis," he said.

### Hobbies

"I enjoy building, designing, and operating multicopters (drones); and making small electronics projects."

### Sharon Lin, 18

Winner for her White Water app, Sharon Lin attended Stuyvesant High School and is now a freshman at the Massachusetts Institute of Technology. She lives with her large family in Corona, Queens. This summer, she worked on poetry performances as the New York City Youth Poet Laureate.

### Your recent win

"I found out I was a Young Innovator during my high school graduation. While I was about to walk across the stage and receive my diploma, I texted my parents, and I could tell how excited they were in the audience," Sharon recalled. "It was such a great moment to be celebrating our successes and looking forward to new experiences to come!"



(Clockwise from top) Michael Klamkin was named a Young Innovator. Priya Mittal speaks to the audience during the award ceremony. Sharon Lin won a "Young Innovators to Watch" award for her app for underdeveloped communities that identifies bacteria and abiotic particles in water.

### Describe your project

"It's an app for underdeveloped communities that identifies bacteria and abiotic particles in water, based on a photo sample, making it easier for underdeveloped communities to take preventative measures to avoid exposure to water-borne illnesses like malaria. Through image recognition, it allows any user to

identify pollutants or harmful particles in their water," she explained.

According to the judges, Sharon is the only two-time winner. Her project is based on solid and unique research. She's a natural scientist, who looks at a problem and knows how to tackle it creatively. Plus, she knows how to articulate the benefits of her work.

### Future plans

"I'm planning on studying electrical engineering and computer science and applied mathematics. In addition, I'm planning on continuing my work in research at the MIT Media Lab and the Harvard-MIT Health Sciences and Technology Labs," Sharon said. "I'm hoping to work as a data scientist or consultant in the near future, although I'm not entirely sure what my future plans are. I'd really like to work on a startup, and I have a few projects that I'm definitely looking into scaling up into larger businesses."

### Hobbies

"I really enjoy filmmaking and photography. I also have a penchant for hiking, meditation, and baking."

### Priya Mittal, 17

Winner for her GoGreen app, Priya Mittal lives in Manhattan with her family. She said her app "allows restaurants and juice bars to purchase imperfect produce directly from farms at a 20 percent markdown, to reduce food waste. Farmers can still sell produce that they would normally throw away and increase profit margins."

According to the judges, Priya's project tackles the important social issue of food waste and feeding the hungry, with a simple database design. She demonstrated a keen understanding of the issue and tells the story of how "ugly and imperfect fruits and veggies" can be used to help so many.

Raskin reflected on this year's innovators, "This is hard stuff. I'm extremely impressed with the students' drive to improve how we participate in the world, today and in the future."

• • •

New York City Chief Technology Officer, Miguel Gamiño, who spearheads major initiatives aimed at using technology to improve our city for all New Yorkers, added: "These forward-thinking students and their ideas inspire me and my team to keep working toward a stronger, smarter New York City."

For more information about the application process, visit <http://younginnovatorstowatch.com>.

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

# Brooklyn Tech wins gold

A prestigious high school takes honor for student government group

BY SHNIEKA L. JOHNSON

**S**tudents from Brooklyn Technical High School — considered one of the most prestigious and selective high schools in the country — are no strangers to acknowledgment of their exemplary work. This past spring, their exceptionalism was recognized again — this time, the honor was given by the National Association of Student Councils. For its leadership and service, Brooklyn Tech's Student Government Organization was awarded a 2017 National Gold Council of Excellence Award.

The school (often referred to as Brooklyn Tech), in Fort Greene, specializes in science, technology, engineering, and mathematics. It is one of the specialized high schools operated by the city's Department of Education. A large and diverse school, it stands 68th in national rankings, according to U.S. News and World Report's list of Best High Schools.

"Receiving a National Gold Council Award reflects the highest dedication on the part of the school to providing a strong, well-rounded student council program," said Ann Postlewaite, student programs director for the National Association of Secondary School Principals. "NASC applauds the work of the Gold Councils of Excellence and challenges them to continue their leadership and service to their schools and communities."

Attracting students from all five boroughs, Brooklyn Tech serves nearly 5,700 students. It is one of the largest and most successful high schools in the United States and is touted as one of the most diverse due to the large percentage of students identifying with multicultural backgrounds or lower socioeconomic status.

One of only a few schools in the country to offer 18 academic majors for upperclassmen to choose from, its curriculum model exceeds the scope of both the New York State Regents and the Advanced Placement program. Students' test passage rates for both tests exceed district and state averages.

Due to this great success, admission is highly competitive, with an acceptance rate of around eight percent. Graduates of the high school attend prestigious uni-



versities — both Ivy League and other notable colleges like the Massachusetts Institute of Technology, California Institute of Technology, University of Chicago, and Stanford University. Its graduates include scientists, chief executive officers, and top scholars. But before they were graduates of Brooklyn Tech or considered notable alumni, they were top students and were often recognized for exemplary work.

The National Association of Student Councils (representing middle and high school councils nationwide) has aimed to help student councils become more effective organizations. The student government organization offers the opportunity for students to become effective leaders. Alexander Badiu (class of 2017) says that his four years working as a leader in Brooklyn Tech's student government have taught him "how to truly guide others, form agendas, and facilitate and launch initiatives." He is most proud of the Big Sib/Little Sib program that helps to "significantly ease the transition [to high school] for entering freshmen."

James Kettle ('18) says that his work with the organization has taught him "about cooperation and teamwork and how it is perhaps the most important thing for being successful because no one can do it all by themselves." He helped to develop a plan for a Freshmen Guidance Reform Initiative so that every ninth grader will quickly meet with his guidance counselor in small groups to serve as immediate support to new students.

Student government organizations, a program of the National Association of Secondary School Principals, are encouraged to influence and aid in creating a positive school climate. One opportunity for growth in these areas is to attend the Leadership, Experi-

ence and Development Conference, which offers experiential leadership skill development for both students and advisers in order to sharpen their leadership skills to improve their school culture and community.

As a freshman, Yiting (Kelly) Su ('20) has already attended the conferences in Washington D.C. and presented at a workshop on anti-bullying efforts. She credits her student government experiences for helping to shape her confidence to pursue such an activity.

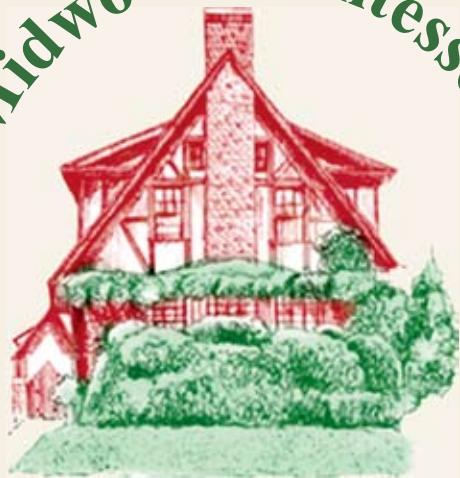
Brooklyn Tech's student council met a variety of criteria in order to receive this award. Aside from the standard written constitution, democratic election, and membership in the National Association of Student Councils, the students also demonstrated a commitment to leadership, organized school and community service projects, and were active in both state and national student council associations.

Joseph Kaelin, a coordinator of student activities at Brooklyn Tech, said, "There are only three schools in New York State to receive this award, and Brooklyn Tech is the only school in New York City" to be so honored. While lauding the outstanding work of all the students, Kelly Nottingham, assistant principal of Student and Parent Engagement, added "the success of our SGO is mostly due to Mr. Kaelin's ongoing dedication to developing effective leaders. His support and expertise is invaluable."

For more information on National Association of Student Councils, visit [www.nasc.us](http://www.nasc.us).

*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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*Continued on page 24*

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### DIRECTORY



**Continued from page 22**

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*Continued on page 26*



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## High School Choices

### DIRECTORY



#### **Continued from page 24**

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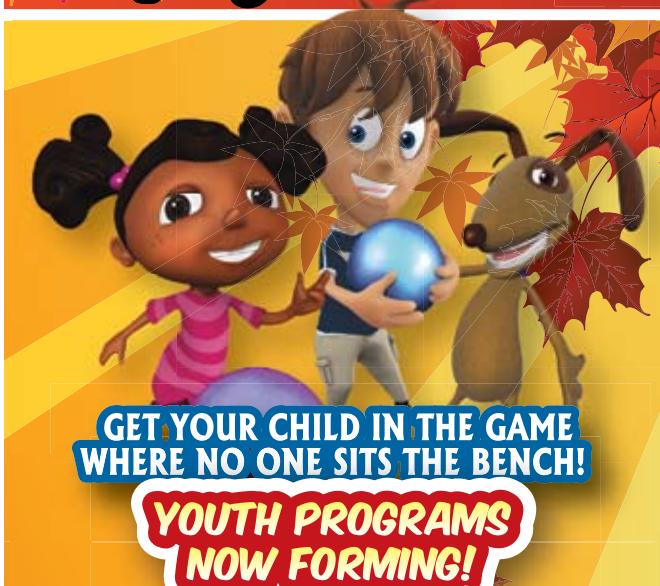
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# Ten tips for choosing a tutor for your child

BY DENISE YEARIAN

**T**utors offer a wealth of educational resources for students who need remedial work, as well as for those who want academic enrichment and maintenance.

To choose the right tutor for your child, consider these 10 tips:

## 1. Pitch and persuade

Before searching for a tutor, discuss it with your child to get his buy in. Keep the conversation positive — “You know

how reading is kind of hard sometimes? We are going to find someone who can help you.”

Most students don’t like to struggle, so if your child is aware that there is a problem, he may be more likely to want help. Even so, expect apprehension and offer encouragement.

## 2. Ponder priorities

There is no one-size-fits-all when it comes to tutoring. It depends on your child’s needs, setting, convenience, and cost. Some people choose a private tutor.

Others go with a tutoring center. Still others opt for an online service.

When choosing a setting — either small group or one-on-one instruction — determine which is the best fit for your child.

If you choose a group setting, find out the maximum number of students per class. Convenient location is important, too. Studies show that more frequent tutoring sessions yield greater results. When it comes to cost, bear in mind that one-on-one tutoring may be more costly than group sessions and in-home tutor-

ing more expensive than traveling to a center.

### 3. Reach for recommendations

Begin your search by asking your child's teacher, principal, guidance counselor, or others within the school unit. Some school districts have a list of tutors and are willing to make recommendations.

Also, check ads in your local parenting magazine or newspaper. Other parents are a good resource, too. Is there someone they have had success with?

### 4. Check credentials

Find out if the tutor has experience teaching the subject your child needs help with. Although the instructor may not be credentialed for your child's grade level, it's a good idea to find one who holds a college degree and has completed a tutor training program. This will ensure he understands educational theory, instructional strategies, and remedial approaches.

Graduate students with strong content knowledge may be a good option, too. Equally important is experience and teaching style. Ask if the tutor has taught children of similar age and learning style as your child. Likewise, consider personality and attitude. Is he patient, upbeat, and encouraging? Is he congenial with children?

### 5. Tally the track record

Equally important to check references and track record. Does the tutor you are considering have satisfaction surveys from past parents and students that prove he has helped them raise test scores, improve classroom grades, or experience better homework completion?

### 6. Time it right

Although extracurricular activities and parents' work schedules often dominate the clock, try to be flexible so tutoring sessions are held at a time when your child is most open to learning. Some students need a 30- to 40-minute break after school, but if you give other kids that same down time, it will be a battle to get them to work.

Know what timing works best for your child and adjust your schedule accordingly.

### 7. Collaborate on goals

When formulating tutoring goals, get everyone on board — teacher, tutor, par-

### Questions to ask when choosing a tutor

- What age do you tutor?
- Is it for remedial work only? Or do you do enrichment and maintenance, too?
- What subjects do you offer?
- Do you have summer programs?
- Can my child go during school hours?
- Do you offer diagnostic testing? Is it required?
- Do you teach in small group sessions or one-on-one?
- Where does tutoring take place?
- What qualifications do you have?
- What if my child has a personal problem with the tutor, can I get another one?
- How often is the child required to go?
- Can you work sessions around my family's schedule?
- How often will I receive progress reports? Will they be written or verbal?
- What is the duration of the contract?
- How much do you charge?
- Are there any hidden fees?

ent, and child.

Teachers and tutors are aware of what the goals should be, but parents know their child best and should be involved in the goal-setting process.

It's ideal if the tutor and teacher work toward a common goal and communicate regularly to reinforce each other's techniques.

The teacher may also be willing to give feedback on your child's progress in the classroom.

### 8. Request progress reports

Many tutors offer periodic progress reports and will check off goals and redefine them, if necessary. Ask for a sample of progress reports to see if they are clear and helpful. Also inquire how often reports will be given.

### 9. View policies

Clarify policies before signing on the dotted line. Some tutors charge clients if an appointment is canceled without a 24-hour notice. Others have detailed policies for scheduling makeup sessions.

Also ask about substitutes. How much say will you have in who teaches your child, in the event your tutor is out due to illness?

### Signs your child needs a tutor

- There are a number of indications a child needs a tutor. If you see any one of the following signs, your child may be a good candidate for tutoring:
- Doesn't want to go to school.
  - Difficulty doing homework.
  - Gaps in learning.
  - Poor test grades.
  - Hiding test scores from parents.
  - Teacher reports missing assignments.
  - Unable to keep up.
  - Multiple wrong answers.
  - Unfinished assignments.
  - Frustration and possibly tears.
  - Decreased self confidence.
  - Parents are frustrated and don't know how to help.

## Top Tips

### Information helpful to your tutor

To equip your tutor in understanding your child better, consider sharing the following information:

- What motivates your child.
- Whether or not he likes school.
- What his favorite and least favorite subjects are.
- How good his memory is.
- How he feels about being tutored.
- School work samples.
- Teacher's contact information.
- How your child feels about standardized tests. Whether he gets anxious. What his past scores were.
- If he has specific organizational or study skill issues.

### 10. Show support

Remember, parents play an important role in the whole learning process, so look for practical ways to support your child's academic endeavors.

At the end of each tutoring session, find out what he is expected to do before the next one — whether it's memorizing his multiplication facts or completing all of his classroom assignments — and couple those learning efforts at home.

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



## Dangers of the slime craze

*My three kids are obsessed with making slime out of glue and sodium borate (borax), but I'm concerned with how safe it is. I know that borax is a harsh cleaning agent, and I've read some horror stories online about children getting severe burns. How can I make sure that my kids are protected while they're creating this popular gooey concoction?*

**I**t's true that many Do-It-Yourself recipes for trendy homemade slime call for three simple ingredients: water, glue, and sodium borate, also known as borax. Borax, a natural mineral, is used mostly as a cleaning agent, but it is used in slime making because of its binding qualities.

Reports have found that borax may have the potential to cause eye, skin, and respiratory irritation.

"Borax is a mild irritant, but generally considered safe," said David H. Frankel, M.D., a dermatologist at New York-Presbyterian Brooklyn Methodist Hospital. "If your kids are using it to make slime, be smart about it; ensure that the borax is used under supervision. Diluting full-strength sodium borate with water is the key to preventing skin irritation."

Also, make sure that children wear gloves or wash their hands after using it

because borax has the potential to cause burns, especially after prolonged contact with the skin. If children put their hands in their mouths or eyes after contact — that could be toxic."

"If you or your children have cuts or scrapes, eczema, dermatitis or another skin inflammation, then be sure to have them wear gloves," Dr. Frankel advised. "When the skin is intact, the borax ingredients are not readily absorbed, but if the skin is irritated, they can get in and cause additional damage and discomfort."

It's also possible that when the slime is being mixed up, the borax powder could get into the air and irritate airways. This risk is lowered by adequately diluting the borax with water, but a painter's mask can be worn as a preventative measure to avoid damaging airways. Goggles can also be worn to protect the eyes from being splashed with borax.

According to Dr. Frankel, every parent must make the judgment call about whether or not to let their children use borax to make slime. There are many different slime recipes; some don't require the potentially dangerous ingredient.

To avoid injury, the most important preventative measure is to supervise young



### FAMILY HEALTH

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children while they're concocting slime. If your child should accidentally ingest any slime that contains borax, contact the American Association of Poison Control Centers at (800) 222-1222 immediately.

*To schedule an appointment with a pediatrician affiliated with New York-Presbyterian Brooklyn Methodist Hospital, please call (718) 499-CARE or visit NYP.org/Brooklyn.*

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# A parent-child role reversal

## As parents grow infirm, their children must take on the role of caretakers

BY CAROLYN WATERBURY-TIEMAN

**W**atching the orthodontist insert the first clear aligner into my son's mouth, slipping it easily into place over his upper teeth, sparked vivid memories. Years spent with shiny metal bands, clamped and cemented around every single tooth, connected by sharp wires and zigzagging rubber bands came rushing back.

Nagging discomfort, hurtful nicknames, and haunting nightmares where all my teeth fell out or rotted under the bands, were commonplace from the age of nine to 15.

But one image swept all the others away. There was Dad—who accompanied me to every appointment—sitting close by, his face troubled as he observed me wincing while the orthodontist adjusted my braces, the tears trickling down his cheeks. Somehow knowing he recognized the pain I was enduring made the whole ordeal bearable. His empathy gave me the courage to be brave.

Lately, I find my parents frequently inhabiting my thoughts and featured in my memories. They have lived on their own for 36 years. The past 24 were spent in a house at the end of a country lane where they moved to be closer to their seven grandchildren, all of whom they have provided care for at one time or another. Earlier this year, Mom was diagnosed with late onset, early-to-moderate-stage Alzheimer's disease. Prior to this diagnosis, Dad had taken on more and more responsibility for the daily chores. Mom had gradually lost interest in activities that, for a lifetime, had defined her—cooking, baking, cake decorating, sewing, gardening, and socializing. The time had come to make some difficult decisions regarding my parent's living arrangements.

After a period of investigation and soul searching, my two sisters and I presented our parents with what we considered to be their two most viable options. They could take up residence in a retirement commu-



nity or move in with one of us. They were swift and decisive in reporting their preference was to move in with one of us. Having anticipated their choice, my younger sister had already begun making arrangements for them to live with her. With an elderly-friendly floor plan and convenient access to their doctors, her house made the most sense. My older sister and I both committed to providing shuttle service, assisting with meals, as well as, just generally supplying assistance and lending support as needed.

With a decision made, it was necessary to design and implement a plan of action with a timeline that fit everyone's schedule. The next four months were spent sifting through the combined accumulation of two individuals after a 61-year history together. The process of sorting what to keep, what to give to children and grandchildren, what to donate, what to recycle, and what to throw out was fraught with

memories. Misplaced treasures were rediscovered. Past events were recollected. Family stories were retold. That which had been forgotten was remembered.

During this period of transition, I have experienced the full gamut of human emotions. From being thrilled to find heirloom photographs to being overwhelmed by the sheer volume of paraphernalia. From laughing hysterically at the contents of long-stored boxes to shedding tears as sewing notions and kitchen utensils—no longer to be held by my mother's skillful hands—are packed away. From the comforting scene of my father doting on my mother to the heart-breaking realization that eventually she may not recognize him. Combined with the relief of having them comfortably settled in a safe place is the anxiety associated with the uncertainty of their fragile health. Emboldened by my parents' willingness to adapt, I choose to adopt an optimistic spirit and take things the only way they come—one day at a time.

Reaching the point in time when a parent's competence and abilities are compromised can be awkward. Finding a way to suggest to my 86-year-old father that he should limit his driving, while preserving his dignity, requires finesse. Casually assisting my mother with routine tasks that have become confusing, without causing embarrassment, takes patience. Helping my parents process information and make reasonable decisions, while maintaining a respectful tone, demands a calm presence of mind.

Moving into the role of caregiver for my parents has been an enlightening and humbling experience. As I cautiously walk with them, one on each arm into the doctor's office, they thank me for arranging to accompany them to their appointments. I recall for them the many times they did the same for me. As I fill their plates and serve them dinner, they express their appreciation. I remind them of the untold times they did the same for me. As I drive them from the grocery to the bank to the pharmacy to complete their errands, they convey their gratitude. I reflect upon the countless times they did the same for me.

Like all parents, my parents are not perfect. They did the best they could with what they knew. While their methods were sometimes questionable, their love was never in doubt. When it really mattered, they were the parents I needed them to be. Now I intend to be the daughter they need me to be.

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



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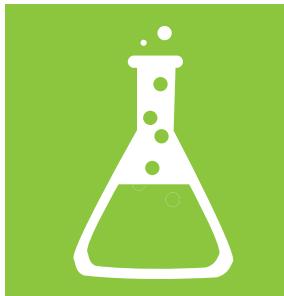
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# The book club

## Winners of the 2017 Ezra Jack Keats Bookmaking Competition

BY MARGOT ABEL

**S**tudents from Queens, Brooklyn, and Manhattan took top honors in the Ezra Jack Keats Foundation's annual Bookmaking Competition. Each year, one citywide winner is chosen from each of three grade levels: elementary, middle school, and high school.

The citywide winners joined the borough winners (five from each grade level) and the honorable mentions to accept their medal in a ceremony at the Brooklyn Public Library's Central Library in May. In addition, citywide winners were handed a check for \$500 (and borough winners received \$100) from the Ezra Jack Keats Foundation. Students and teachers alike also received swag — books for the children, and gift order forms for the adults, all generously donated by Penguin Random House.

The books were on display during the month of May at the annual Brooklyn Public Library exhibition at Grand Army Plaza.

The Ezra Jack Keats Foundation, in partnership with the city's Department of Education, has held the competition for more than 30 years.

"Ezra first received recognition for his talent at public school," says Deborah Pope, executive director of the foundation, named for children's book author and illustrator Ezra Jack Keats, whose classic book, "The Snowy Day," won the 1963 Caldecott Medal. "The bookmaking program gives us the opportunity to call attention to the unparalleled benefits of a strong public school system. And we hope the experience, and the award, will inspire these young talents to pursue their dreams, as Ezra did."

Here are the citywide winners:

### Elementary (grades 3–5)

**Amber Siurano**, "The Story of the Mirabal Sisters"

The fourth-grader at PS 63 Old South School in Queens wanted to honor her great-grandfather by writing about women who fought for the same cause.

"History is my passion, and I was inspired to write about the fascinating story of the Mirabal sisters. My mom told me about them and how they stood up to and



The three citywide winners' artwork.

fought against the Trujillo dictatorship in the Dominican Republic. The Mirabal sisters inspired me to tell their story so that they would not be forgotten. I dedicate my book to my great-grandfather, who inspired me, too."

### Middle school (grades 6–8)

**Elizabeth Abramowitz**, "Life of a Brighton Beach Sparrow"

Abramowitz, a sixth grader at IS 98 Bay Academy in Brooklyn, created a children's book about her neighborhood and her favorite inhabitant.

"Brighton Beach is a vibrant, diverse area, home to people from all over the world, and where being different is okay. My inspiration for this book came from watching the sparrows. I thought it would be a great idea to write about Brighton Beach as seen through the eyes of a sparrow named Wings. I wanted to convey my ideas through colorful illustrations that reflect the beauty of my neighborhood."

### High school (grades 9–12)

**Jennifer Huang**, "He Abandoned Us"

A senior at Manhattan's Stuyvesant High School, Huang made a pop-up book to test her theories about God.

"The seven sins and God have always

been topics of interest to me. I used what I had studied from the Bible to re-create a possible theory: After six days of creation, instead of resting, God abandoned us on the seventh day. The reason could be that the people sinned. I used silhouettes of fairy tale characters to depict the seven deadly sins. I wanted to prove that our favorite characters — heroes and heroines, along with villains — were not without faults. Perhaps God left because the humans He made in His image were failures, unworthy of miracles and of His presence."

• • •

The annual competition begins each fall, and ends in January, when one student-made book is selected to represent each school and sent on to the Department of Education for the judging, in February.

The bookmaking process is integrated into classroom instruction with a strong emphasis on the study of picture books. Under the supervision of a teacher or librarian, the students create engaging text and illustrations using a range of media. Expressive writing and artwork are strongly encouraged.

*For a complete list of citywide and borough winners, visit 2017 Bookmaking Competition Winners at the Ezra Jack Keats Foundation website, [www.ezra-jack-keats.org](http://www.ezra-jack-keats.org).*



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# The right way to clean

## How instilling a tidying habit now will pay a lifetime of dividends

BY ALLISON PLITT

**D**o you have a 5-year-old son who takes all the things out of his toy box to get his favorite model car and then walks out of the room with it, leaving the other toys on the floor?

Or do you have an 11-year-old daughter who leaves her dirty clothes all over her room, disregarding her laundry basket?

Or perhaps you have a 16-year-old son who plays ice hockey and leaves his equipment and gear in his room when he isn't playing, which creates such an incredible stench that everyone in the family keeps his door closed?

If any of these situations sound similar to what is happening in your home, then I recommend you read "Teaching Children to Clean" by Schar Ward. Before becoming an author, Ward started her career as a professional housecleaner. In 1973 she began a small residential cleaning service that turned into the corporation Domestic Engineering.

Ward believes that her childhood instilled in her "many years ago, a passion for cleaning." While she grew up on a farm in Minnesota, her parents produced their own food, and her mother made the family's clothes and rugs.

"We were poor people, but as a child, I never realized it, because I always had food, clothes, a home, and parents who loved me," Ward recounts.

That idea of responsibility and self-sufficiency is a pervasive theme throughout the book. Ward believes parents can teach young children to clean by immersing them in games and imaginative play. For older children, Ward thinks parents can motivate their kids to clean by praising their efforts and giving them an allowance or non-monetary privileges.

### Cleaning is a life skill

Ward believes there are many self-help books on the market these days, because "parents aren't teaching children the life skills they need to cope with everyday situations." According to the only research study she mentions in her book, the sooner you teach your child to clean up after himself, the better.

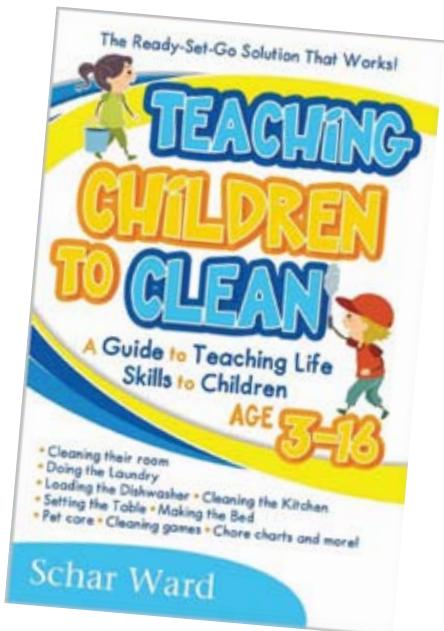
In the study, when a 4-year-old was asked to do a task, he was more willing to cooperate than when a 10-year-old was asked to do a chore for the first time. The 10-year-old felt he was being asked to do something he didn't want to do. If he had started doing chores at the age of four, he wouldn't even be questioning why he was being asked.

Parents can yell at their kids to do chores or make excuses for their kids not to do them such as, "The children are too little" or "The children have homework." One of the best ways for kids to learn how to clean is by watching their parents. "If you complain about housework and neglect your home, they will do the same," Ward advises. "Children pay attention to what you do."

### Demonstrate vs. criticize

As far as results are concerned, Ward says that parents should never criticize their child's efforts, especially in public. Instead, parent and child should have a discussion about how to do something correctly and then have the parent lead the child in redoing the chore.

When teaching skills to their children, parents should not make their tone "condescending, and always try to explain the benefits of doing something a certain way." Ward gives the example of clothes needing to be separated before washing "to prevent colors from bleeding onto other clothes."



Parents need to show children how a chore is done so that children understand what is expected of them. By using the appropriate cleaning equipment and products, parents can demonstrate themselves how to clean an area thoroughly from beginning to end. Ward also recommends parents purchase pretty cleaning tools with bright colors that kids would enjoy using.

Ward encourages parents to let their children know the "personal benefits" of being neat and clean. They can say things to their kids like, "Your toys last longer when they are taken care of" or "You can find things easier."

Suggesting that parents make cleaning up the house a team effort, Ward says the family should allow for a certain amount of time each week to do chores together. For example, on a Saturday morning, each family member receives a list of chores to do and the same allotted amount of time in which to do it.

### Healthier home

Instead of buying cleaning products with harmful fumes that could poison kids or pets when ingested, Ward explains how to create natural cleaning products by using baking soda, white vinegar, liquid Castile soap, Murphy's Oil Soap, club soda, Borax, and pure essential oils.

"There are over 17,000 petrochemicals available for home use and only 30 percent



have been tested for their effects on human health and the environment," warns Ward. Not only have people found that their allergy symptoms improve dramatically by switching to natural cleaners, but these all-natural solutions can be used on multiple surfaces, saving space and money.

The cleaning process could then become an at-home adventure for the whole family. Both parents and children could pretend they are scientists or magicians creating magical potions to make their home sparkling clean.

Another environmentally friendly tip Ward recommends is to use old cotton and flannel sheets and terry cloth towels and cut them into pieces for cleaning cloths. By "repurposing" these items, the family avoids using disposable cleaning wipes and paper towels, which will save them money. Ward also suggests using washable microfiber cloths.

#### **Comprehensive checklist**

Furthermore, the book devotes chapters to cleaning every room of the house.

Since the book can be read by kids ages 10 and older, it is easy for parents to have their child read the book, which gives instructions in numeric order for cleaning each room.

At the end of each chapter is a chart that the parent can check off to ensure that every part of the room is clean and can assign a letter grade to their child's work.

At the top of the chart is an area where the parent can let their child know how much they earned for their chore.

Included in the book are daily, weekly, and monthly chore charts for kids of different age groups. Ward also lets the parents know where they can find these chore charts online to download and print out for themselves.

Ward devotes chapters to teaching children to make a bed, do the laundry, clean up a spill on the carpet, put sports equipment away in a closet or basement, and wash dishes by hand to avoid the expense of using a dishwasher. She even instructs kids on how to clean up a pet's area, like a

fish tank, gerbil cage, or cat litter.

At the end of the book is a list of games that parents can play with their kids to help them complete their chores. For example, Ward explains one game where parents place treats or small toys in plastic bags in their child's room. Then the parent tells his child that he has hidden four secret "treasures" in his room and that he must clean his room to find them. After the child shows their parents the plastic bags he has found, the parent inspects the room, and if it is clean, rewards their kid with treasures.

Ward, however, makes clear that cleaning isn't really about games and treats. She mentions that the first thing a new Navy Seal is taught is how to make his bed correctly and first thing in the morning. After describing this customary habit to her readers, she adds, "Teaching yourself to do one thing right every day, leads to doing another thing right, and the list just keeps on growing."

*Allison Plitt lives in Queens with her daughter.*

# Calendar

OCTOBER



File photo by Louise Warendge

## It's creepy and it's spooky, and all together fun

Boo to you, too! Come to the annual spookfest at the Halloween Haunted Walk and Fair in Prospect Park on Oct. 28.

Join Prospect Park Alliance at sites around the park for family-friendly Halloween programming.

Halloween Haunted Walk, now in its 38th year, offers ghoulishly delicious ghouls and goblins lurking behind the trees, ready to provide a silly scare! An adult should accompany young children.

After the Haunted Walk, head over to this annual treat on the Nethermead, for family-friendly activities and more Halloween fun! Rain or shine.

Haunted Walk and Fair on Oct. 28, noon to 3 pm. Free.

*Lookout Hill on the Nethermead in Prospect Park (enter at 15th Street and Prospect Park West, follow the signs, in Prospect Park, [http://events.bigsnyc.org/site/TR?sid=1024&pg=informational&fr\\_id=1131](http://events.bigsnyc.org/site/TR?sid=1024&pg=informational&fr_id=1131)).*

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# Calendar

## Submit a listing

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

Send your listing request to [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!

### SUN, OCT. 1

#### IN BROOKLYN

**Chile Pepper Festival:** Brooklyn Botanic Garden, 1000 Washington Ave. at Eastern Parkway; (718) 623-7220; [www.bbg.org](http://www.bbg.org); 11 am to 6 pm; \$20-\$25 (Free for children under 12 and members).

The annual festival is the end of summer blowout that sets the garden ablaze with bands from around the world, dozens of fiery food artisans, and hours of chile-chocolate gastronomy.

**Holding History:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11 am to 1 pm; free with museum admission.

In honor of the Celebrate the Caribbean Festival, children will celebrate, consider, and engage with the many cultures that make up the Caribbean by holding, touching, and feeling historical artifacts from our collection in a special "Holding History Celebrates the Caribbean" program. Kids will learn about the history of those objects and cultures through this tactical investigation and by relating these historical artifacts to their own lives.

**Tinker Lab Fall 2017 Open House – Electronic Instrument:** Lewis H. Latimer House Museum, 3441 137th St. (718) 961-8585; [lewislatimerhouse@gmail.com](mailto:lewislatimerhouse@gmail.com); <https://latimernow.org>; 2 pm; Free.

At the Tinker Lab 2017 Fall Open House, you will preview and experience the Electronic Instrument project. Recommended for families with kids ages 6 to 14. This project involves learning about circuitry, sketch and design, exploring different sounds, building your unique instruments, programming with Scratch, and using Makey Makey, a microcontroller. Seats are limited, please RSVP at <https://tlah.eventbrite.com>.

**"Annie":** Gallery Players, 199 14th St. between Fourth and Fifth avenues; (212) 352-3101; [www.galleryplayers.com](http://www.galleryplayers.com); 3 pm; \$30 (\$20 seniors and children under 12).

The seven Tony Award-winning musical based on "Little Orphan Annie" is performed by the Gallery Players. The beloved book and score by Tony Award winners Thomas Mee-



## Park Slope Halloween

Get your spooky on at the Halloween Spooktacular in Park Slope on Oct. 28.

The 13th Spooktacular event is hosted by Puppetry Arts and is great for kids of all ages — rain or shine! There will be crafts, games, and activities as well as performances, free giveaways, and a costume contest. The first 200 kids will receive Puppetry Arts gift bags filled with tons of goodies. Special guests include Tuffy Tiger and cameos by Star Wars characters from the 501st Empire City Garrison and the Echo Base Rebel Legion and Empire Saber Guild. The carnival will also host 13

free prize tables throughout the event to celebrate its 13th year! Each table will have a unique giveaway for kids, from school supplies to Brooklyn Nets T-shirts. Also featured: a special performance by Drum Line Bands.

Halloween Spooktacular, Oct. 28 from 11 am to 3 pm, Free (\$3 for games, crafts, and snacks; \$5 for a bouncy moon walk; \$4 for a haunted house). Open to all ages.

*First Street Recreation Center of PS 372 /512 Carroll St. at Fourth Avenue in Park Slope; (718) 768-3703 [www.puppetryarts.org](http://www.puppetryarts.org)*

han, Charles Strouse, and Martin Charnin, features some of the greatest musical theater hits ever written, including "Tomorrow."

#### FURTHER AFIELD

**Rise Up Against Addiction 5K 2017:** Pier 84, W. 44th Street and 12th Avenue, Manhattan; <https://5knnewyork.shatterproof-getinvolved.org>; 8:30 am.

Shatterproof, a national nonprofit dedicated to ending the stigma of addiction, will host a 5K Run/Walk as part of its Rise Up Against Addiction campaign. Participants are invited to run/walk 5 kilometers to show support for anyone who has been touched by addiction and bring the disease of addiction into the light. Guests will have the opportunity to engage in activities geared towards

uniting the community and promoting positive change.

### TUES, OCT. 3

#### IN BROOKLYN

**Explorers Day:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 10 am to 5 pm; free with museum admission.

There's tons to explore at the museum and Tuesdays are dedicated to our permanent exhibits. Together with your child, can you find an authentic West Indian Day Parade costume? Have you met the Madagascar hissing cockroaches in our greenhouse? Can you try your dance moves in Global Beats?

# Calendar

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

## WED, OCT. 4

### IN BROOKLYN

**Sylvia's Story Corner:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 3 pm to 3:30 pm; free with museum admission.

Join a museum educator for this interactive story time!

## THURS, OCT. 5

### IN BROOKLYN

**Sylvia's Story Corner:** 3 pm to 3:30 pm. Brooklyn Children's Museum. See Wednesday, Oct. 4.

**"Annie":** 8 pm. Gallery Players. See Sunday, Oct. 1.

### FURTHER AFIELD

**New York Comic Con:** Javits Center, 655 W. 34th St. and 11th Avenue, Manhattan; [www.newyorkcomiccon.com/Home](http://www.newyorkcomiccon.com/Home); Noon; \$45 per day; per person.

New York Comic Con, the East Coast's biggest and most exciting popular culture convention, is back. The show will feature events, panels, screenings and more at the Javits Center, Madison Square Garden, the Hammerstein Ballroom and other spaces across New York City. Throughout the convention fans can expect programming from AMC's "The Walking Dead," Universal's "Pacific Rim: Uprising" featuring John Boyega and Scott Eastwood, "Marvel's Agents of S.H.I.E.L.D.," and more. Fans will also have a chance to interact with some of the biggest names in entertainment including William Shatner, Mark Hamill, Felicity Jones, and more Keanu Reeves, John Krasinski, Rosario Dawson and more!

## FRI, OCT. 6

### IN BROOKLYN

**"Annie":** 8 pm. Gallery Players. See Sunday, Oct. 1.

### FURTHER AFIELD

**New York Comic Con:** Noon. Javits Center. See Thursday, Oct. 5.

## SAT, OCT. 7

### IN BROOKLYN

**Columbus Day Parade:** Parade steps off at 18th Avenue and 60th Street; (718) 259-2828; [www.fiaobrooklyn.org/about/contact](http://www.fiaobrooklyn.org/about/contact); 1 pm; Free.

The Federation of Italian Americans Organization is again leading the march up 18th Avenue in Bensonhurst in honor of Columbus Day. Marchers will travel 18th Avenue between 60th and 84th streets.

**"Annie":** 2 pm and 8 pm. Gallery Players. See Sunday, Oct. 1.



## Canine costume contest

It's the Great PupKin Costume Contest and Halloween Fest in Fort Greene on Oct. 28.

Get your costume in order for yourself and your pooch for this paw-fectly ghoulish costume contest. The annual canine costume contest is back at Fort Greene Park this year and is in coordination with the Fort

Greene Park Conservancy's Halloween Festival.

The Great PupKin Costume Contest and Halloween Festival, Oct. 28 at 11:30 am. Free. (Rain date is Oct. 29, 11:30 am.)

*Fort Greene Park Visitor Center [enter park at Myrtle Avenue and Washington Park in Fort Greene, (718) 722-3218].*

**Music in Motion:** Fulton Ferry Landing, 1 Water St. at Furman Street; [www.bargemusic.org](http://www.bargemusic.org); 4 pm; Free.

Bargemusic presents a family concert of chamber music on its floating barge. The hour-long concert is followed by a discussion with the artists.

### FURTHER AFIELD

**Watson Adventures' Secrets of Central Park Family Scavenger Hunt:**

Central Park, Fifth Avenue and 64th Street; (877) 946-4868; (877) 9GO-HUNT; rsvp@[watsonadventures.com](http://watsonadventures.com); [www.watsonadventures.com/public/event/the-secrets-of-central-park-family-scavenger-hunt](http://www.watsonadventures.com/public/event/the-secrets-of-central-park-family-scavenger-hunt); 10:30 am; \$17.50-\$21.50.

Kids and adults work together to explore the park below 72nd Street. To score points, you'll have to find Stuart Little, stick your tongue out at a rude animal, learn the motto of a hidden eagle, decipher a secret code by the pond seen in "Home Alone 2," find a

witch turned to stone, and more. For ages 7 and up. Kids must be accompanied by an adult. Advance purchase is required.

**New York Comic Con:** Noon. Javits Center. See Thursday, Oct. 5.

## SUN, OCT. 8

### IN BROOKLYN

**Torah Unwrapped:** Jewish Children's Museum, 792 Eastern Pkwy. at Kingston Avenue; (718) 907-8833; [www.jcm.museum](http://www.jcm.museum); 1 pm to 3 pm; Free with museum admission.

Join our Torah workshop, and uncover the history of 100-year-old Torah scrolls, sand and scrape unfinished hides for parchment, mix the ink, and watch the scribe as he practices his "scribal scribble" on a piece of parchment.

**Pizza in the hut!**: Bay Ridge Jewish Center, 8025 Fourth Ave. between 80th and

# Calendar

81st streets; (718) 836-3103; office@brjc.org; www.brjc.org; 2 pm; Call for prices.

Come to shake the lulav, smell the estrog, eat pizza, and enjoy mingling with the Bay Ridge Jewish Community. For the whole family.

**"Annie":** 3 pm. Gallery Players. See Sunday, Oct. 1.

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

In this drop-in workshop for all ages, 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 as long as you'd like!

**"Mario the Maker Magician":** Brooklyn Music School Playhouse, 126 St. Felix St. between Lafayette Avenue and Hanson Place; (718) 638-5660; mariothemagician@gmail.com; brooklynmusicschool.org; 4 pm; \$20-30.

The magician brings his original magic plus do-it-yourself robotics show with a special guest appearance by Chile's Enzo Nelis in Enzo's first ever U.S. performance.

## FURTHER AFIELD

**New York Comic Con:** Noon. Javits Center. See Thursday, Oct. 5.

## MON, OCT. 9

### IN BROOKLYN

**Torah Unwrapped:** 1 pm to 3 pm. Jewish Children's Museum. See Sunday, Oct. 8.

## TUES, OCT. 10

### IN BROOKLYN

**Explorers Day:** 10 am to 5 pm. Brooklyn Children's Museum. See Tuesday, Oct. 3.

**Sukkot Nature Exploration:** Prospect Park Audubon Center, enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; Noon to 4 pm; Free.

There's so much to do — explore with Discovery Packs, a ready-to-go kits filled with nature activities for families; learn about birds and nature in Bird Nerd Game Hour; follow an Alliance Naturalist to areas near the Audubon Center, where you can learn about the nature that is all around us, and join Alliance Naturalists to learn more about the animals in the Audubon Center's collection.

**Torah Unwrapped:** 1 pm to 3 pm. Jewish Children's Museum. See Sunday, Oct. 8.

## WED, OCT. 11

### IN BROOKLYN

**Sukkot Nature Exploration:** Noon to

## Hot, hot, hot

Kings County is about to get royally spicy with the Brooklyn Botanic Garden's annual Chile Pepper Fiesta on Oct. 1.

It's a solid 10 on the Scoville scale — this is one of the borough's hottest traditions, featuring bands from around the world including Mariachi Tapatio de Alvaro Paulino, Red Baraat, Ladama, and Lost Bayou Ramblers. Stroll through the lush grounds, taste goodies from master chocolatiers, visit local farm stands, and try sizzling salsas, pickles, kimchee, and other red-hot specialities.

Kids are sure to be riveted by the masters of ceremony, Robbins & Rингold, circus masters who take the stage between acts with juggling (peppers, of course), fire eating, and other antics.

**Chile Pepper Festival:** Oct. 1 from 11 am to 6 pm. Entry \$20-\$25 (free for children under 12 and garden members).

*Brooklyn Botanic Garden [900 Washington Ave. at Eastern Parkway in Crown Heights, (718) 623-7220; www.bbg.org].*



4 pm. Prospect Park Audubon Center. See Tuesday, Oct. 10.

**Sylvia's Story Corner:** 3 pm to 3:30 pm. Brooklyn Children's Museum. See Wednesday, Oct. 4.

## THURS, OCT. 12

### IN BROOKLYN

**Sylvia's Story Corner:** 3 pm to 3:30 pm. Brooklyn Children's Museum. See Wednesday, Oct. 4.

## SAT, OCT. 14

### IN BROOKLYN

**U.S. Army Fort Hamilton Comic-Con:** U.S. Army Fort Hamilton, 207 Sterling Dr.; (718) 630-4040; www.hamilton.armymwr.com; 10 am to 7 pm; \$20.

Comic-con, located at US Army Fort Hamilton, features cosplay, vendors, and anime. Registration available at www.hamilton.armymwr.com. Please have proper identification.

**Sylvia's Story Corner:** 3 pm to 3:30 pm. Brooklyn Children's Museum. See Wednesday, Oct. 4.

**Activity open house:** Private Picassos, 237 Fifth Ave.; www.privatepicassos.com; 3

pm to 5 pm; Free.

Private Picassos Art Studio is celebrating its second anniversary! Come and explore your creative side. For all ages.

**Music in Motion:** 4 pm. Fulton Ferry Landing. See Saturday, Oct. 7.

**Live animal adventure:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 4 pm to 5 pm; Free with museum admission.

Learn about and touch the live animals from the museum's living collection.

## SUN, OCT. 15

### IN BROOKLYN

**U.S. Army Fort Hamilton Comic-Con:** 10 am to 5 pm. US Army Fort Hamilton. See Saturday, Oct. 14.

**Holding History:** 11 am to 1 pm. Brooklyn Children's Museum. See Sunday, Oct. 1.

**Live animal adventure:** 4 pm to 5 pm. Brooklyn Children's Museum. See Saturday, Oct. 14.

# Calendar

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

## TUES, OCT. 17

### IN BROOKLYN

**Explorers Day:** 10 am to 5 pm. Brooklyn Children's Museum. See Tuesday, Oct. 3.

**Collage workshop:** Brooklyn Bridge Park Conservancy, 99 Plymouth St. at Washington Street; [www.brooklynbridgepark.org/pages/info](http://www.brooklynbridgepark.org/pages/info); 3 pm to 5 pm; Free.

Mixed-media artists Adam Frezza and Terri Chiao, whose installation Exquisite Plants will be on display, will lead a workshop in the Community Room focused on collage using painted cut paper. The workshop will emphasize creative development through play and collaboration, with participants strongly encouraged to work with one another by sharing materials and ideas. The event is suitable for ages 5 and up, and you are welcome to drop-in at any time during the workshop hours to participate.

## FRI, OCT. 20

### IN BROOKLYN

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

There's so much to do — explore with Discovery Packs, a ready-to-go kits filled with nature activities for families; learn about birds and nature in Bird Nerd Game Hour; follow an Alliance Naturalist to areas near the Audubon Center, where you can learn about the nature that is all around us, and join Alliance Naturalists to learn more about the animals in the Audubon Center's collection.

## SAT, OCT. 21

### IN BROOKLYN

**Touch Tank:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 12:30 pm; Free with museum admission.

Meet and touch live sea creatures including starfish and sea urchins.

**Music in Motion:** 4 pm. Fulton Ferry Landing. See Saturday, Oct. 7.

### FURTHER AFIELD

**The Celebration Team!:** Peter Jay Sharp Theatre, 155 W. 65th St. at West End Avenue, Manhattan; (212) 864-5400; [www.symphonyspace.org](http://www.symphonyspace.org); 2 pm; \$17 (\$14 members).

See the magic and spectacle of more than 100 children dancing their hearts out in one of the highest-energy performances you will ever witness! National Dance Institute's Celebration Team will perform excerpts from its 2017 Event of the Year, "Harlem Night Song," directed by Bianca Johnson. The Celebration Team dancers are kids ages 9 to 15, drawn from schools throughout the city.

## Celebrate Columbus Day

Step off ahead of the Manhattan parade and join the festivities at the Christopher Columbus Day Parade on 18th Avenue on Oct. 7.

The Federation of Italian Americans Organization is again leading the march up 18th Avenue in Bensonhurst in honor of Columbus Day, offering a day of fun for all ages.

And just one grand marshal isn't enough — this year's grand marshals will be Councilman Mark Treyger; Deputy Inspector of the 62 Police Precinct Anthony Sanseverino; Nick Pesci, general manager of LaBella Market Place; and Frances Novella-Locurcio, principal of PS-IS 209.

The procession will have revelers



travel 24 blocks down 18th Avenue between 60th and 84th streets.

Christopher Columbus Day Parade, Oct. 7 at 1 pm. Free

*Parade step-off [18th Avenue and 60th Street in Bensonhurst, (718) 259-2828; [www.fiaobrooklyn.org/about/contact](http://www.fiaobrooklyn.org/about/contact)].*

## SUN, OCT. 22

### IN BROOKLYN

**Touch Tank:** 12:30 pm. Brooklyn Children's Museum. See Saturday, Oct. 21.

## TUES, OCT. 24

### IN BROOKLYN

**Explorers Day:** 10 am to 5 pm. Brooklyn Children's Museum. See Tuesday, Oct. 3.

**Music Room:** Jewish Children's Museum, 792 Eastern Pkwy. at Kingston Avenue; (718) 907-8833; [www.jcm.museum](http://www.jcm.museum); 1 pm to 3 pm; Free with museum admission.

Kids can discover the music within at this hands-on exhibit at the Jewish Children's Museum. Little music-makers of all ages are encouraged to experiment with a range of instruments, including a finger chime and a giant xylophone. They'll particularly enjoy making all the noise they want (without fear of disturbing the neighbors) in the percussion center. Appropriate for all ages.

## WED, OCT. 25

### IN BROOKLYN

**Music Room:** 1 pm to 3 pm. Jewish Children's Museum. See Tuesday, Oct. 24.

## THURS, OCT. 26

### IN BROOKLYN

**Music Room:** 1 pm to 3 pm. Jewish Children's Museum. See Tuesday, Oct. 24.

## FRI, OCT. 27

### IN BROOKLYN

**Nature Exploration:** Noon to 4 pm. Prospect Park Audubon Center. See Friday, Oct. 20.

## SAT, OCT. 28

### IN BROOKLYN

**Halloween carnival:** First Street Recreation Center of PS 372, 512 Carroll St. at Fourth Avenue; (718) 768-3703; [www.puppetyarts.org](http://www.puppetyarts.org); 11 am to 3 pm; \$3 for games, crafts and snacks; \$5 bouncy moon walk and \$4 haunted house.

The 13th spooktacular event is hosted by Puppetry Arts and is great for kids of all ages — rain or shine! There will be crafts, games, and activities as well as performances, free giveaways, and a costume contest. The first 200 kids will receive Puppetry Arts Gift Bags filled with tons of goodies. Additionally the carnival will host 13 free prize tables to celebrate its 13th year!

**Pumpkin Painting:** Berry Street Gardens, 303 Berry St.; 11 am to 1 pm; Free.

Channel your inner pumpkin artist at creative painting sessions with GreenThumb. Paint and pumpkins of all sizes will be provided and all families have to do is bring their creativity and excitement!

**Boo at the Prospect Park Zoo:** Prospect Park Zoo, 450 Flatbush Ave. at Ocean Avenue; (718) 399-7339; [www.prospect-parkzoo.com](http://www.prospect-parkzoo.com); 11 am to 4 pm; \$8 (\$5 child ages 3–12, \$6 senior, \$free for children under 2).

This year we're talking about bats from around the world to right here in Brooklyn,

# Calendar

where we're working to understand their local ecology. The weekend will be jam-packed with fun activities such as a scavenger hunt, face painting, and other Halloween-themed games and crafts. A Spooky Barn will delight the older kids. Boo at the Zoo wouldn't be complete without a kid-friendly dance party at the 4 pm sea lion training!

**The Great PupKin:** Fort Greene Park Visitor Center, enter park at Myrtle Avenue and Washington Park; (718) 722-3218; 11:30 am; Free.

The canine costume contest will take place in coordination with the Fort Greene Park Conservancy's Halloween Festival, so dress up your pup and get ready to howl at Halloween! Rain date is Oct. 29 at 11:30 am.

**Halloween in Prospect Park:** Nethermead in Prospect Park, enter at 15th Street and Prospect Park West; events.bigsync.org/site/TR?sid=1024&pg=informational&fr\_id=1131; Noon to 3 pm; Free.

Join Prospect Park Alliance at sites around the park for family-friendly Halloween programming. Halloween Haunted Walk is now in its 38th year. Ghouls and goblins lurk behind the trees, ready to provide a silly scare! An adult should accompany young children. Rain or shine.

**Ghouls and Gourds:** Brooklyn Botanic Garden, 1000 Washington Ave. at Eastern Parkway; (718) 623-7220; www.bbg.org; Noon to 5:30 pm; Free with admission to the gardens.

Enjoy a cornucopia of spectacular shows and weird workshops. Strut your stuff in Brooklyn's wackiest costume parade and drum circle.

**Haunted Carousel:** Prospect Park Picnic House, Prospect Park West and Fifth Street; www.prospectpark.org; Noon to 5 pm; Ticket book prices vary.

Don't be scared when you see the haunted carousel! Take a spin on the spooky ride to your favorite Halloween jams.

**Creepy Crawly Halloween:** Prospect Park Audubon Center, enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; 1 pm to 4 pm; Free.

Take a second look at the creatures that give you the creeps, you may find you like them! Participate in fun activities and experiments that will make your spine tingle, including an owl pellet dissection, a creepy crawly walk, 2-3 pm, and an animal encounter, 3-4 pm to watch a snake gobble up a mouse.

**Nostalgia Ride:** Green-Wood Cemetery, Fifth Avenue and 25th Street; (718) 210-3080; www.green-wood.com; 4 pm; \$50 (\$25 children; \$35 member adults, \$20 member children).

Take a trip into the past on our BMT Standards and D-type cars for an evening ride to explore Green-Wood Cemetery. During a three-hour layover, enjoy a picnic dinner



## 'Pinocchio' at Puppetworks

Children of all ages will enjoy a production of "Pinocchio" at Puppetworks now through Dec. 17, with a special performance on Oct. 9.

The theater company is presenting Carlo Collodi's 1882 "Pinocchio: The Adventures of a Marionette."

Adapted by Puppetworks' Nicolas Coppola, "Pinocchio" features traditional hand-carved wooden marionettes, an original score, the Blue Fairy, and a "live" actor as Stromboli the Puppet Master.

Colorful scenes range from the ex-

citement of Boobyland with its Donkey Machine to the eerie glow of undersea where the whale lives.

"Pinocchio," now through Dec. 17. Saturdays and Sundays, 12:30 pm and 2:30 pm. Special performance on Oct. 9 at 12:30 pm and 2:30 pm. Tickets are \$11, \$10 for children and \$9 each for groups of 20 or more. Suggested for ages 3 and up. Reservations recommended.

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

and take a guided tour to learn the fascinating stories of Green-Wood's permanent residents, including baseball legends, politicians, artists, entertainers, inventors, and Civil War generals. Bring your own picnic dinner and a flashlight.

**Music in Motion:** 4 pm. Fulton Ferry Landing. See Saturday, Oct. 7.

### SUN, OCT. 29

#### IN BROOKLYN

**Holding History:** 11 am to 1 pm. Brooklyn Children's Museum. See Sunday, Oct. 1.

**Boo at the Prospect Park Zoo:** 11 am to 4 pm. Prospect Park Zoo. See Saturday, Oct. 28.

**Haunted Carousel:** Noon to 5 pm. Prospect Park Picnic House. See Saturday, Oct. 28.

**Music Room:** 1 pm to 3 pm. Jewish Children's Museum. See Tuesday, Oct. 24.

**Challoween:** Bay Ridge Jewish Center, 8025 Fourth Ave. between 80th and 81st streets; (718) 836-3103; www.brjc.org; 7 pm; \$20.

Come to see Halloween, whether in costume or not. Don't miss out on the prize for best costume. Admission includes franks, blood beans, and refreshments.

### MON, OCT. 30

#### IN BROOKLYN

**Music Room:** 1 pm to 3 pm. Jewish Children's Museum. See Tuesday, Oct. 24.

### TUES, OCT. 31

#### IN BROOKLYN

**Explorers Day:** 10 am to 5 pm. Brooklyn Children's Museum. See Tuesday, Oct. 3.

**Music Room:** 1 pm to 3 pm. Jewish Children's Museum. See Tuesday, Oct. 24.

# Calendar

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

## LONG-RUNNING

### IN BROOKLYN

**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, 2 pm to 5:30 pm, Fridays – Sundays, 10 am to 1 pm, until Sun, Oct. 29; 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 — 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.

**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, until Sun, Oct. 29; Free with museum admission.

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

**Halloween Harvest:** Luna Park, W. 12th Street and Surf Avenue; (718) 373-LUNA; [Info@LunaParkNYC.com](mailto:Info@LunaParkNYC.com); [www.lunaparknyc.com/plan](http://www.lunaparknyc.com/plan); Saturdays and Sundays, 11 am to midnight, until Sun, Oct. 29; \$20 to Halloween Harvest, or free with all-day wrist band.

It's time to experience all the thrills, chills, and Halloween frills during Luna Park's pirate-themed Halloween Harvest in Coney Island. In addition to New York City's best pumpkin patch, this year's Halloween Harvest will also feature pony rides, compliments of Pony Express Entertainment. Magicians King Henry and Gary the Great will awe visitors, who can also enjoy face painting, arts and crafts, kooky spooky karaoke, and more. Visitors are encouraged to come wearing their best pirate costumes.

**The Ed Center:** Brooklyn Bridge Park's Pier 2, Joralemon Street 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, until Sat, Nov. 4; Free.

The Ed Center is open for free, drop-in hours four afternoons a week! Get to know Brooklyn Bridge Park with our 250-gallon aquarium filled with critters from the East River, a 10-foot scale model of Brooklyn Bridge Park, crafts, a reading corner, and much more!

**Sensory Room:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Thursdays, Saturdays and Sundays, 2 pm to 5:30 pm, until Sun, Oct. 29; Free with museum admission.

An inclusive space where children of all abilities can engage with their peers and ex-

## Creativity at the museum

Kids get creative at the Creativity Lab at Brooklyn Museum on Oct. 8.

Visitors of all ages are invited to drop by the studios and explore their creative side. In this drop-in workshop, take inspiration from the museum's 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 like.

Creativity Lab, Oct. 8, from 4 pm to 5:30 pm. Free with museum admission.

*Brooklyn Museum [200 Eastern Pkwy. at Washington Avenue in Crown Heights, (718) 638-5000, [www.brooklynmuseum.org](http://www.brooklynmuseum.org)].*

plore their senses. Sessions in the space are balanced between self-guided exploration of the space and a facilitated program by one of the museum's Educators. The program might include story time, a song session, parachute play, or meeting one of the museum's live animals.

**Transit Tots:** New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; [www.nytransitmuseum.org](http://www.nytransitmuseum.org); Thursdays, 10:15 am to 11 am, until Mon, Jan. 8, 2018; 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.

**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, 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.

**Craft room:** Jewish Children's Museum, 792 Eastern Pkwy. at Kingston Avenue; (718) 907-8833; [www.jcm.museum](http://www.jcm.museum); Sundays – Thursdays, 1 pm to 3 pm, Sun, Oct. 8 – Tues, Oct. 31; Free with museum admission.

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

### FURTHER AFIELD

**Drones – Is the Sky the Limit?:** Intrepid Sea, Air and Space Museum, Pier 86 (46th Street and 12th Avenue), Manhattan; [www.intrepidmuseum.org](http://www.intrepidmuseum.org); Weekdays, 10 am to 5 pm, Saturdays and Sundays, 10 am to 6 pm, until Sun, Dec. 3; \$33 (\$31 seniors; \$24, children 5–12; Free children under 5 and military members).

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

**Treetop Adventures:** Bronx Zoo, 2300 Southern Blvd. at Boston Road, The Bronx;

(718) 220-5103; [www.bronxzoo.com](http://www.bronxzoo.com); Daily, appointments between 10am–5pm; until Sun, Dec. 31; Climb: \$64.95; Zip: \$34.95 (plus admission).

There are two new exciting experiences to be had at the Bronx Zoo, and both are part of the Treetop Adventure Program. Climb is an aerial adventure course consisting of rope bridges, rope walks, ladders, wobbly bridges, and swinging elements. There are various levels of difficulty. The other adventure offered is Zipline, allowing guests to zip across the Bronx River 50 feet up in the air.

**Boo at the Zoo:** Bronx Zoo, 2300 Southern Blvd. at Boston Road, The Bronx; (718) 220-5103; [www.bronxzoo.com](http://www.bronxzoo.com); Saturdays and Sundays, Noon to 4 pm, until Sun, Oct. 29; \$36.95 (\$26.95 child; \$31.95 senior - total experience ticket).

The annual tradition has upped its spook factor with a revamped Haunted Forest, complete with lurking, crawling, and flying creepies; a Halloween hayride with scarecrows, snakes, and spikers; and a special Halloween nature hike.

**Discovery room:** American Museum of Natural History, Central Park West at W. 79th Street, Manhattan; (212) 769-5200; [www.amnh.org](http://www.amnh.org); Mondays – Thursdays, 1:30 pm to 5: 10 pm, Free with museum admission.

Families, and especially children ages 5–12, can enjoy an interactive gateway to the wonders of the museum and a hands-on, behind-the-scenes look at its science. Children, accompanied by adults, can explore an array of artifacts and specimens, puzzles, and scientific challenges. Hunt for animals in a majestic two-story replica of an African baobab tree filled with specimens of birds, insects, reptiles, and small mammals. Create your own collection of minerals, skulls, or arthropods from a cabinet full of fascinating specimens. Gather around an authentic Kwakiutl totem pole carved at the Museum in 1992. Assemble a life-sized cast skeleton of *Prestosuchus*, a 14-foot long reptile from the late Triassic Period and handle real fossils. Track real-time earthquakes anywhere in the world on a three-drum seismograph and explore the natural world with sophisticated microscopes.

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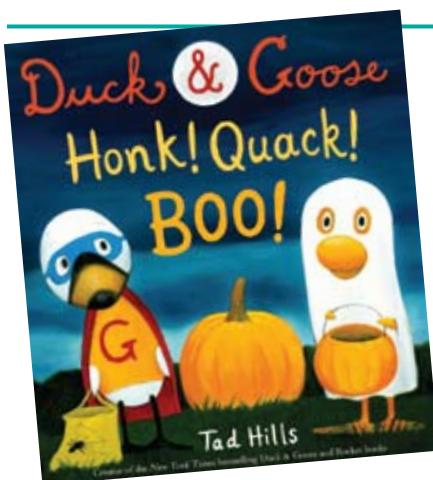
# New & Noteworthy

BY LISA J. CURTIS

## Gotham masquerade

Crafty kids can show off their hometown pride this Halloween with these New York City Coloring Masks from omy. The masks are cute black line drawings on heavy white paper that kids can color with markers, crayons, colored pencils, and any glitter or other embellishments they dream up. Recommended for kids ages 3 and older, the set of eight masks includes a hamburger and fries; the Empire State Building replete with King Kong; a trio of shopping bags; a hot dog truck; a taxi cab; the Statue of Liberty; a big apple sporting a baseball cap; and a coffee with everything bagel (or, a sprinkle-covered donut — depending on how the child chooses to color it in). The kit contains the masks and elastic bands. Markers, glitter, and other accoutrements are supplied by the parent; creative ideas are generated by your DIY trick-or-treater.

*New York City Coloring Masks, set of 8, by omy, \$17, [www.us.omy-maison.com](http://www.us.omy-maison.com).*



## 'Duck' the fear

Open up and say "ahhhhhh-dorable!" The latest picture book in Tad Hills's Duck & Quack series, "Honk! Quack! Boo!" (Schwartz & Wade), tackles the jitters that kids ages 3–7 can develop around Halloween, especially when they are surrounded by masked pals, no matter how small. In their latest tale, Duck and Quack are excited about going trick-or-treating in their ghost and superhero costumes, but after they are warned by Thistle—"Beware the swamp monster!"—they are understandably apprehensive. The Brooklyn author-illustrator's suspenseful book is so entertaining that you may find yourself buying copies for all the kids you know.

*"Duck & Goose: Honk! Quack! Boo!" book by Tad Hills, \$16.99, [www.barnesandnoble.com](http://www.barnesandnoble.com).*

## 'Monster' mash

Readers ages 10 and up who love the idea of vampires, mummies, and all things Halloween will shiver with delight over James Crowley's latest novel, "Monsterland" (G.P. Putnam's Sons).

It's the story of fifth grader Charlie Cooper, who is haunted by dreams of his cousin Billy, who had gone missing the previous year while attempting to swim across a cold river. On All Hallow's Eve, Charlie thinks he sees his cousin and begins following the caped figure. But he wasn't trailing Billy disguised as a vampire; he followed an actual vampire, who is revealed to be the Prime Minister of Monsterland, a reservation formed by the government to corral "the strange and unusual, the gruesome, the different, and the feared." The land is teaming with unruly supernatural residents, and Charlie has to decide whether he's going to flee or search this valley of creepiness for his dear cousin.

Crowley's charming characters are a sweet Halloween treat.

*"Monsterland" book by James Crowley, \$16.99, [www.Amazon.com](http://www.Amazon.com).*



## Nail it!

For a Halloween hue that will set a young witch's heart aflutter, check out Nailmatic Kids' dusky purple nail polish, "Piglou."



The new water-and-soap-soluble polish from the Parisian brand gives girls the fun of a manicure without the harsh chemicals.

Nailmatic's polish maintains its impressive opaque, shimmery sheen when it dries, and it doesn't contain the usual frightening varnish ingredients such as: organic solvents, phthalates, formaldehyde, toluene, and fragrances. Instead, the .27-ounce glass bottle contains 100 percent light purple, which disappears from your child's fingers with a bath or handwashing! (For longer wear, we applied a top coat to the Nailmatic Kids polish, but when we were ready to change colors, we had to use a typical polish remover.)

Recommended for gals ages 3 and older, the Nailmatic Kids bottle is adorned with silly and sweet drawings of faces. The polish is a fun stocking stuffer or a fantastic favor idea for a spa-themed birthday party.

*Nail polish for children by Nailmatic Kids, \$10, [NormanandJules.com](http://NormanandJules.com).*



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