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# School — a safe and nurturing environment

Last month, being February, I wrote a column that spoke about LOVE. I pretty much always write about love in February, and typically in March I move on to comment on summer and camp and/or choosing the right school or something on that order. That's the core of our editorial and advertising base, and our purpose in publishing, to help assist parents with the important job of helping to raise children in this complex world.



None of the adults I know did. We had other nightmares like polio, air-raid drills, and tornado warnings. We recall the shootings of our national leaders, men like John F. Kennedy and Martin Luther King Jr. and Medgar Evers. We recall the horrors of the civil rights protests and the Vietnam debate and the war itself. Our nation

has often been divided. The Civil War was reflective of a lot that has continued in this vast and diverse land of ours.

However, this month, our usual wonderful expression of love on Valentine's Day turned into a both a personal and national nightmare. Another school shooting, this time in Parkland, Fla., ended the school day with 17 dead and numerous wounded. Kids and teachers went off to school and many didn't come home. Those who did are undoubtedly traumatized forever.

Again? Another school day turned into a war zone? I didn't grow up with this reality.

But this debate about guns and the right to bear arms is the one that many of our nation's teens and adults are now ready to radically pounce on. Thank goodness I didn't have to parent kids who left for school every day with me wondering if there was going to be a shoot-out in their school. Nor did my parents or their parents, but that's no longer true. School is no longer the ALWAYS safe and nurturing environment it used to be. Only recently have parents and kids become wary and afraid

of what might take place in their school after they say good-bye in the morning.

I feel very passionate about this. Who doesn't? Even the discussion about how to deal with school shootings is like being in a bad dream. It can't be real, but it is. We are seriously debating arming teachers and all kinds of band-aid fixits that don't address the core problem. The core problem is guns, and if we love our children we will love them more than some people seem to love their weapons. Some think we have a constitutional right to bear arms. I believe we have a right to life, liberty, and the pursuit of happiness, and that means our kids going off to school and coming home safe at the end of the day.

What do you think?

Susan Weiss-Voskidis,  
 Publisher/Executive Editor  
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Brooklyn Family  
March 2018

Where every child matters



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# Short Stuff

## Sweet treat that's truly nut-free

Did you know that most commercially produced ice cream isn't made in nut-free facilities? That impacts many people, especially kids, who can't have ice cream due to the risk of exposure to allergens from cross contamination.

That's why family-owned A La Mode Shoppe is making safe-to-eat sweets for the 15 million Americans affected by food allergies.

Run by husband-and-wife-team, Marc and Sandy Roth, A La Mode Shoppe makes 100 percent nut-free ice cream. What started as a stand-alone



ice cream parlor in Midtown East Manhattan has grown — due to demand from the allergy community and a parent's video that went viral — into a national brand sold at grocery stores across the country.

Made in Dessert Corp, the country's first dedicated nut-sesame-and-egg-free facility located in the Bronx, A La Mode's premium ice cream is super-creamy thanks to being made with 16 percent butterfat. Kids can't resist fun-loving flavors like Pink Sprinkle and Cotton Candy, while adults embrace decadent flavors like Wired, coffee ice cream with chocolate chips, and Speed Bump, dark chocolate with marshmallows.

Six pints of A La Mode Shoppe ice cream, \$79.99, [www.alamodeshoppe.com](http://www.alamodeshoppe.com).

## Hunting down missing words

Award-winning doodle artist Jon Burgerman returns to the world of picture books with another kid-empowering, laugh-out-loud story — "Rhyme Crime!"

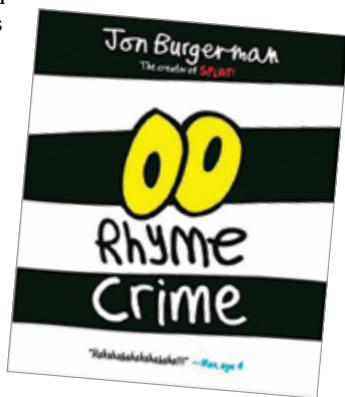
Words have mysteriously gone missing. Who stole Marlow's happy smile and replaced it with a crocodile? Who swiped Dingle's sneeze and left a stinky cheese? Who took Tumble's orange, and switched it with a ... Hey, does anything rhyme with orange? No? Aha! Could this be the rhyming robber's undoing?

Kids ages 3 to 5 will delight in using the rhyming pattern of the story to guess what the crook will steal next, and parents and teachers will appreciate that the story incorporates concepts such as rhyme, foreshadowing, and inferences.

Burgerman is a renowned artist and social media celebrity (118K Instagram followers and counting) known for his signature doodle art style. He is nominated in the "Art" category at this year's 10th Annual Shorty Awards, which honors the best of social media.

His art is collected worldwide by the Victoria and Albert Museum in London and other institutions, and his commercial collaborators include Nike, Puma, Samsung, Pepsi, Coke, Levis, AOL, MTV, and Rip Curl. He published his first children's book, "Splat!," in 2017, which Oliver Jeffers called "a brilliantly playful book."

"Rhyme Crime" by Jon Burgerman goes on sale April 3, \$16.99; <https://randomhouse.box.com/s/nzmuya6ddxdw3cj02oa8nh2r7x-lxw09>



## Teaching time management

How can parents make time management fun for kids? Octopus Watch is the solution! Adding sanity back to the parents' hectic schedule, Octopus Watch lets parents set alerts for kids, so they can feel empowered while also learning the concept of time.

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The Octopus Watch features 700 icons to choose from for scheduling, and it vibrates when there's a reminder. The watch features a fun interface that kids will love to wear, and it has three-mode interface, so kids can choose analog, digital, or icons.

Teach kids responsibility without having to say a word. With the Octopus Watch, time management is made fun!

Octopus Watch is available on [www.heyjoy.io](http://www.heyjoy.io), as well as at Target stores. \$79.99.



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# Find a safe camp

## How to research your child's camp is before registering

BY JESS MICHAELS

**W**hen researching a summer camp for your child, there are many things you need to consider. You want to make sure to choose a camp that has a philosophy that matches your own family's values, an appropriate program for your child's needs, and a camp that is fully committed to providing a summer of fun and growth in a well-supervised and safe environment. But what is the best way

to discover how safe a camp is before registering? The American Camp Association, New York and New Jersey, recommends parents consider the following when looking for a camp for their child:

### **Camp director**

One of the most important parts of researching a camp is looking at who the director is. Parents should inquire about the director's background and if he or she is a year-round camp professional or a sea-

sonal employee. Year-round professionals spend the year focused on the camp and concentrate on youth development, along with recreation. Parents also want to make sure they feel comfortable with the director and that he or she is able to answer any questions you may have about summer camp safety.

### **Camp review**

It is imperative that the camp a parent chooses for her child is regulated and

has outside review. In New York State, single-purpose indoor camps can operate without a license from the Department of Health. Parents want to make sure that the camp they choose has a license from the Department of Health and meets basic safety standards. Those that choose to become accredited by the American Camp Association go above a state's basic licensing requirements and address specific areas of programming, personnel, health care, emergency response, management practices, and youth development. Choosing an accredited camp is a parent's best evidence of a camp's commitment to a safe program.

### Staff composition

Inquire about a camp's staff composition. Parents want to look for a camp director who addresses child protection and safety issues with knowledge and sensitivity. Ask about who is caring for your child. Ask about age of staff, experience, pre-season and on-going staff training, background checks, the interview process, camper-staff ratios, work history checks, and character references.

### Special considerations

If your child has special considerations such as a medical condition or a food al-

lergy, you want to ask the director how he or she handles such considerations and if he or she has had another camper with similar issues. You want to make sure the camp can handle your child's needs.

### Medical staff

Ask if there is a doctor or nurse in residence or on call for campers at all times. Parents want to also make sure the camp has Epi-Pens and automated external defibrillators on site and that it employs staff members trained to use them.

### Staff training

Find out what topics are covered during a camp's staff training. At a minimum, staff should be trained in safety regulations, emergency procedures and communication, behavior management techniques, child abuse prevention, appropriate staff and camper behavior, and specific procedures for supervision. If there are waterfront activities, families want to make sure they are supervised by a certified lifeguard.

### Safety procedures

Ask about the safety measures that are in place. These can include inquiring about medical personnel on property, emergency plans for natural disasters or evacuations,

security guards, staff screening procedures, and instructor qualifications.

### Out of camp trips

Ask how the camp handles field trips and safety procedures that are in place for these trips. Find out if the campers and staff wear shirts to be easily identifiable, if accompanying staff have first aid and CPR training, a lost camper plan, if staff carry cellphones, and what the staff-to-camper ratio is.

### Camp references

One of the best ways to find out about a camp's safety record is to ask for references. Ask other parents about the experiences of their children and if they are going back next summer. Be specific and ask for a reference from your town or child's age group to ensure the camp isn't giving out the same few phone numbers to each parent.

*Jess Michaels is the director of communications for the American Camp Association, New York and New Jersey, a not-for-profit organization dedicated to enhancing the summer camp experience. Parents looking for a camp for their child can contact the organization for free, one-on-one advice in finding a camp at (212) 391-5208.*

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### **Brooklyn Friends School Summer Programs**

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[www.brooklynfriends.org](http://www.brooklynfriends.org)**

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### **CBE KIDS Summer Day Camp**

**Park Slope  
718-768-3814, [www.congregationbethelohim.org](http://www.congregationbethelohim.org)**

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[thecoopschool.org](http://thecoopschool.org)**

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### **Deer Mountain Day Camp**

**Located in Pomona, NY (Rockland County)  
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*Continued on page 14*



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## 2018 Camp Choices

### DIRECTORY

Continued from page 12

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

Our camp is designed to give the best summer to your children all while learning French! Children enrolled in the FFLO Summer camp will spend a summer full of wonderful activities. From athletic activities like soccer, tennis, ballet, capoeira and yoga to artistic activities such as theatre, arts and crafts and music the camp offers everything your children need for a fun summer, all in a safe environment. Weekly themes will keep your little ones interested and happy. Under the Sea, Pirates and princesses, Olympics, picture Day, are just some of the themes used in our games and camp activities. Flexible schedule options include full or half day options and single days or 3/5 day options.

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

Catering to Jewish boys and girls ages 4 - 12. The children are guided in organized activity and play by a loving, patient and caring staff. Our camp offers your child a full program of sports, games, trips, crafts, dramatics and other enriching camp activities. Our experienced and dedicated staff work to develop skills, confidence and a sense of fair play within each child. Camp Gan Israel is the largest and fastest growing network of Jewish day camps in the world, enjoying a well-earned reputation as a trendsetter with innovative ideas, creative programs and new activities.

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

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

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

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Continued on page 16

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## 2018 Camp Choices

### DIRECTORY

*Continued from page 14*

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

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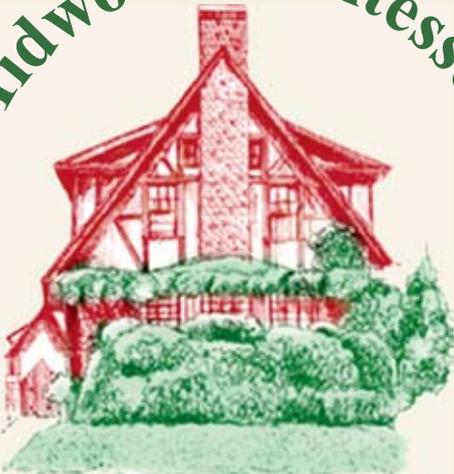
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[www.windmont.org](http://www.windmont.org)  
[admissions@windmontsch.org](mailto:admissions@windmontsch.org)

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*Continued on page 18*



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## 2018 Camp Choices

### DIRECTORY

*Continued from page 16*

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**Coney Island YMCA, 718-215-6900**

[www.ymcanyc.org/coneyisland](http://www.ymcanyc.org/coneyisland)

**Dodge YMCA, 718-625-3136**

[www.ymcanyc.org/dodge](http://www.ymcanyc.org/dodge)

**Flatbush YMCA, 718-469-8100**

[www.ymcanyc.org/flatbush](http://www.ymcanyc.org/flatbush)

**Greenpoint YMCA, 212-912-2260**

[www.ymcanyc.org/greenpoint](http://www.ymcanyc.org/greenpoint)

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[www.ymcanyc.org/northbrooklyn](http://www.ymcanyc.org/northbrooklyn)

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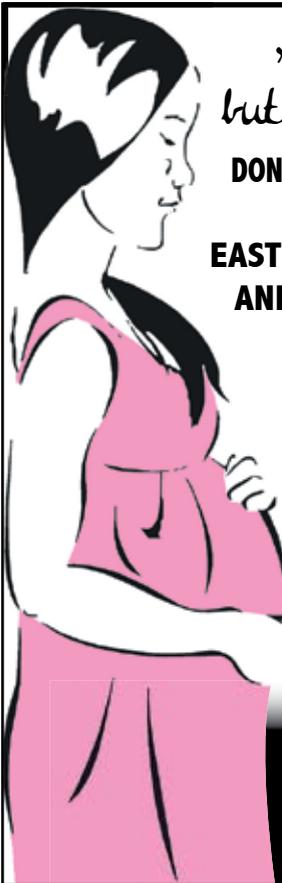
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# Digital CAMP GUIDE 2018

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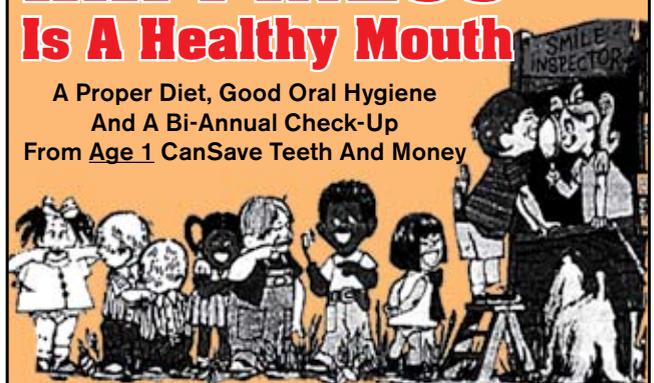
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# Talking to your kids about illicit drug use

BY MYRNA BETH HASKELL

**R**eports about the ongoing opioid epidemic have saturated the news lately, leaving parents baffled as to why smart, well-adjusted kids are turning to heroin to get high. Even though we've had programs and policies at both the federal and local level, illicit drug use amongst our youth continues to be a grave problem.

According to a 2015 revised report by the National Institute on Drug Abuse, which outlines statistics collected by The Substance Abuse and Mental Health Services Administration, "Most people use drugs for the first time when they are teenagers. There were just over 2.8 million new users of illicit drugs in 2013, or about 7,800 new users per day. Over half (54.1 percent) were under 18 years of age."

Parents shouldn't subscribe to the notion of "not my kid," because good kids with good grades can experiment with drugs. Instead, be sure you know your child's friends, the places he hangs out, and the latest in illicit drug use in your community. By the time most kids are in middle school, they've already heard about drugs on the playground, so be sure to talk with them first.

Here are some tips to help parents know where to start:

## How to broach the subject

"It is always best to create an open dialogue about the dangers of drug use before the problem is even there," says Jamison Monroe, Jr., founder and head of Newport Academy. "Create an environment where you don't have to play catch up on educating your children on the potential dangers of their behavior."

Tina Muller, a drug counselor and Family Wellness Manager at Mountainside Treatment Center advises, "Parents can start talking to their children about drug abuse when they are very young without explicitly diving into an explanation on hard drugs."

While dispensing vitamins, Muller suggests, "Explain to them that vitamins are good for you and will help you to grow up to be big and strong, but they can also be harmful if you take too many."

Dr. Deni Carise, Chief Clinical Officer

## Resources for parents

### Organizations:

- National Institute on Drug Abuse: Comprehensive site with a wealth of information.

- Substance Abuse and Mental Health Administration: Help and treatment, publications.

- [Getsmartaboutdrugs.gov](http://Getsmartaboutdrugs.gov): A Drug Enforcement Administration resource. Drug facts and how to identify and prevent drug use.

- Partnership for Drug-free Kids: Downloadable resources concerning treatment, medications, intervention, and how to talk to kids.

### Books:

- "Teens Under the Influence: The Truth About Kids, Alcohol, and Other Drugs – How to Recognize the Problem and What to Do About It" (Balantine Books).

### Hotlines and helplines:

- Al-Anon-Alateen: (800) 344-2666

Peer support groups, publications, general information.

- Substance Abuse and Mental Health Administration: (800) 662-HELP (4357)

This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

- The National Alcoholism and Substance Abuse Information Center: (800) 784-6776

Comprehensive database of leading drug and alcohol treatment centers. Recommends licensed professional interventionists.

at Recovery Centers of America, reports, "Kids in elementary school are hearing about drugs, so you need to start the conversation. Parents should find out what the school is doing about substance abuse education."

Muller points out, "If you become aware that kids at their school are using drugs, and your child hasn't said anything about

it, ask him directly, 'Have you heard about the drug use at your school? What are your thoughts and feelings about it?'"

## Your approach and building trust

"Before you talk to your kids, get educated," explains Howard C. Samuels, a leading drug and alcohol addiction expert and founder and head of The Hills Treatment Center. "You need to know what's going on with your children. You need to build a rapport with them. Don't look down at them."

Carise says that there are different ways to approach kids depending on their behaviors and personality.

"Impulsive kids are more likely to try drugs, and simple verbal warnings usually don't work with them. Instead, a parent can share news articles that show popular, athletic kids overdosing on the first or second try." She points out that there is also an educational approach. "You could tell your child, 'I know you have a good head on your shoulders, but drugs change the way people think. People who are high will do things they normally wouldn't.'"

What about sharing your own indiscretions? Muller advises, "Your kids might be curious as to whether you've tried drugs. Parents may be inclined to lie about this, but that lie can end up ruining their credibility. It's okay to share some basic information without going into a lot of detail. Use this as a teachable moment to talk about peer pressure and the consequences you faced."

"My kids know I've been in recovery for 32 years," Samuels shares. "I don't know for sure if they're less likely to use drugs, but I do know that if you don't talk to your kids about it, you're not being a responsible parent."

Parents can provide their kids with a safety net.

"Use a text code," suggests Carise. "If your child is in a situation that has gotten out of control, she can text you 'blue' to let you know that you should call and insist she return home." This way it doesn't look like your child is the one who ratted out her friends.

Carise states, "For those who have been drug free and have reached the ages of 22 to 25, the chances of developing an addic-



due to marijuana. The THC is very powerful in marijuana today,” Samuels states.

“Parents’ medicine cabinets are the number-one place kids get drugs,” warns Carise. “Pill parties are a new trend. Parents go out of town and kids mix a bunch of prescription and over-the-counter pills in a bowl. Then, they take turns grabbing some. They don’t even know what they’re taking.” These types of parties (a.k.a. pharming or pharm parties) usually include alcohol and are extremely dangerous because the drug interactions are unknown and can be fatal. “Parents need to lock up their prescriptions,” Carise urges.

Drugs that can be bought online or elsewhere:

Salvia (aka Magic Mint, Sally-D): is an herb in the mint family which causes hallucinations. It is illegal to sell in New York, but can be purchased online and in other states.

Synthetic cannabis (also known as fake pot, K2, spice): contains dangerous chemicals sprayed on plants and sold in packages labeled as collectors’ items, usually including “Not for Human Consumption.” Synthetic drugs can cause hallucinations and psychosis. When one chemical is banned, producers create different chemical versions to trick the system.

### **The opioid epidemic (heroin and prescription drugs)**

“Opioid addiction is sweeping the nation at an alarming rate,” warns Monroe. “All ages and demographics are struggling with this one.”

According to a January 2017 National Institute on Drug Abuse article, “Prescription opioid pain medicines, such as OxyContin and Vicodin, have effects similar to heroin. Research suggests that misuse of these drugs may open the door to heroin use. Nearly 80 percent of Americans using heroin reported misusing prescription opioids prior to using heroin.”

The National Institute on Drug Abuse also reports that increases in the number of written prescriptions, greater social acceptability for using medication, and aggressive marketing by pharmaceutical companies have contributed to the opioid epidemic.

“Most people with a heroin problem started out with a prescription opiate. They get hooked on those, then turn to cheaper, easily accessible heroin,” warns Carise. Another frightening statistic is that people are becoming addicted to heroin in six to nine months, Carise informs.

### **Nicknames**

“Nicknames for drugs are always changing,” states Monroe, “but parents should be aware of ‘ice’ for methamphetamines, ‘brown sugar’ or ‘H’ for heroin, and ‘candy’

or ‘snow’ for cocaine.”

Other common street names:

- Marijuana: Weed, pot, dope, herb.
- Prescription pain killers (Vicodin, OxyContin, etc.): Morph, vike, cotton, kicker.
- Valium: Blues.
- Ritalin: Rid.

### **Red flags**

“If there is an alcohol or drug problem with a parent or grandparent, a child will be predisposed to addiction,” cautions Samuels.

Dr. Carise shares a Recovery Centers of America list of possible warning signs:

- Changes in friendships
- Becomes tired or withdrawn
- Frequent mood changes
- Unreasonable excuses for behavior
- Becomes hostile, angry or secretive
- Unusual elation
- Poor hygiene
- Severe change in weight
- Loss of interest in schoolwork
- Missing cash from your wallet
- Unusual paraphernalia or items: red-eye reduction, wrappers, pipes, lots of mints or chewing gum, Frisbees (used to clean marijuana), etc.

### **You believe your child has tried drugs**

Some parents choose to test for drugs even if they haven’t found out their child is using. Kids can then use this as an excuse to turn down drugs in front of peers.

“I test my 15-year-old son,” Samuels says. “This enables him to say to friends, ‘I can’t use because my dad tests me.’”

Carise counsels parents to have a specific plan if their child tests positive. In other words, parents need to know what the consequences will be and specific questions they will ask their child.

The National Institute on Drug Abuse reports, “Youth are more likely to follow rules if they know parents are checking up on them and will enforce the consequences consistently.” Immediate follow-up is also important — both consequences and encouragement for good behavior.

Samuels advises, “If they continue to use, send them to an outpatient program.”

Parents can also:

- Contact an addiction specialist/treatment center.
- Schedule child for a full medical work-up.
- Find a peer support group.

*Myrna Beth Haskell is an award-winning author, columnist, and feature writer. Her work has appeared in publications across the U.S. as well as internationally (www.myrnahaskell.com). She is also co-founder and managing editor of Sanctuary (www.sanctuary-magazine.com).*

tion significantly decrease. Whether it’s decreased impulsivity, more responsibility, or a combination of factors is unclear.”

Talking to your kids about drugs should be an ongoing conversation throughout their growing-up years.

### **Latest in illicit drugs**

The bottom line: Parents need to be informed about what’s going on in their communities.

“Every police department has a community liaison officer who knows what’s going on,” Samuels asserts. “Parents need to use all resources available to them.”

Don’t be fooled into thinking that marijuana is harmless, because it is now legal in some states.

“The legalization of marijuana sends the message that weed is harmless. I see disastrous consequences in young people’s lives

# What is a blind trust?

*My spouse works in the financial sector and is subject to compliance restrictions on his investments in the stock market. Recently the company expanded those compliance restrictions to spouses and immediate family members! I own a lot of individual stocks and funds that are subject to the restrictions and would incur capital gains taxes if forced to sell my holdings. Help!*

**E**mloyees in the financial sector, and in some law firms, have access to confidential, insider information. As a result, they are subject to restrictions on trading in certain market sectors. Some companies are allowing their employees and their spouses to place their assets in what is called a “blind trust.”

A blind trust does not have any set or specific meaning in the private sector. In the public sector, a blind trust — besides alluding to the placement of unquestioned faith in someone without basis or investigation — is “a financial arrangement in which a person in public office gives the administration of private business interests to an independent trust in order to prevent conflict of interest. Under the trust, the owner does not know how the assets are managed.” It has been used in the public sector as a device that serves as a repository to hold investments of a federal government official and even the official’s spouse and dependent children for the purpose of avoiding an actual or potential conflict of interest by virtue of the official’s government position. Previous American presidents including Lyndon Johnson, Jimmy Carter, Ronald Reagan, both George Bushes, Bill Clinton, and Barack Obama, and even presidential nominee Mitt Romney and his wife, Anne, during his 2012 campaign, have all used some form of blind trust or other asset investment vehicle over which they had no control or knowledge.

Legislation from before and since the 2008 financial crisis caused financial firms to make a concerted effort to avoid any appearances of impropriety. As a result of Dodd-Frank and other laws, firms in the financial sector have increasingly tightened their compliance restrictions on employees and their spouses. Many clients

who work for investment banks or other financial institutions — and their spouses — have been placed under increasing restrictions on what investments they can and cannot hold, sometimes to the point of being only permitted to hold tax-free municipal bonds and non-sector based mutual funds. Sector-based mutual funds and ETF’s are more commonly placed “off limits” as a global precaution to prevent against any appearance of impropriety, even for employees who do not have access to “inside information” as part of the scope of their job responsibilities. These restrictions are likely to remain regardless of whether Dodd-Frank and other legislation is repealed or remains.

Although not necessarily applicable to the deployment of blind trusts in the private sector, the use of blind trusts in relation to government positions is instructive. The so-called “blind trust” has its origins in the Ethics in Government Act 1978, legislation passed in the wake of the Nixon Watergate scandal and the Saturday Night Massacre (Nixon’s dismissal of independent special prosecutor Archibald Cox). It imposed restrictions on public officials’ ability to lobby for a set period after leaving public office and created the Office of Independent Counsel, which oversees investigating government officials. The Independent Counsel position can be used by Congress or the Attorney General to investigate allegations of any misconduct against government officials and higher-ups in presidential election campaigns.

The act is intended to protect government officials from improprieties or the appearance of impropriety given the official’s access to confidential information from senate hearings and legislation that could impact and benefit their own individual stock and bond prices. Compliance for a government official requires certification approval by a Senate Committee.

Similar to government, there are no hard and fast rules of the exact provisions a blind trust must include in order to receive approval in the private sector, but some of the same criteria or features are advisable. One, there should be an “independent trustee” who will provide a certification of independence, stating that



## ASK AN ATTORNEY

ALISON ARDEN BESUNDER, ESQ.

they will adhere to the restrictions in the trust and not disclose the nature or extent of individual investments to the employee, his spouse, or children. There should be a disclosure of the trustee’s relationship to the employee, and ideally the trustee should not be related by blood or marriage to the “Grantor” (the person subject to compliance restrictions who is placing her or his assets in the blind trust). The trust should expressly state that its primary purpose is to entrust to the independent trustee “decisions as to when and to what extent the original assets of the trust are to be sold or disposed of and in what investments the proceeds of sale are to be reinvested, without any participation in, or knowledge of, such decisions by any interested person.” The trust can include provisions that trigger its termination in its entirety, or the automatic termination of the blind trust provisions shielding the grantor from the information about its contents upon cessation of the grantor or his spouse’s employment in the financial sector that precipitated the compliance restrictions in the first place.

If you already are or expect to be subject to compliance restrictions by virtue of your or your spouse’s employment, you should consider getting the company’s approval to transfer your assets to a blind trust as a way to protect your investments.

*Alison Arden Besunder is the founding attorney of the law firm of Arden Besunder P.C., Visit her website, [www.besunderlaw.com](http://www.besunderlaw.com).*

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# Oversharing on social media

## How posting photos and info can put your family at risk

BY TAMMY SCILEPPI

**S**ocial media is addictive by design. And our need to constantly share, dish, and find out what other people are up to begs the question: Have we become a society of “social media yentas?”

As you ponder that humorous concept, consider your own social networking activities and then ask yourself: Am I oversharing?

Actually, millions of people everywhere — regardless of their age and gender — are most likely addicts and don't even realize it. In the old days, it was called gossiping, or being a busybody or a meddler. Nowadays, it's called sharing, posting, commenting, following, liking, tweeting, retweeting, and hashtag-ing.

Everyone knows that social networking has many positives, that it can be a powerful force for good. Online communities help people, provide support, and inspire action. And how else can you connect with old friends and find hundreds of new ones (though chances are you won't ever meet most of them)?

Thanks to the wonders of social networking, proud moms and dads can brag to the world about their adorable offspring and their amazing adventures, family vacations, and celebrations. And teens can publicly swoon over hot boyfriends and girlfriends, and dish about the Kardashians and their cool shenanigans. And mean kids can cruelly bash schoolmates they don't like while casually posting and texting pouty, suggestive selfies that may one day come back to bite them in the arse.

The behemoth we call social media has a darker side. It feeds on human beings' universal cravings for attention, recognition, love, excitement, and their desire to connect with others. After all, we are social animals.

Yet, too much social networking can lead to loneliness and depression because as social beings, we need to be around real people, and we enjoy one-on-one interactions. Cyber friends don't fill that void.

And let's not forget that since the behemoth can turn on a dime and transform itself into a hate mongering, no-holds-barred, pathological monster that harbors predators, we, as our children's protectors, must be extra vigilant about oversharing. Along with cyber bullies, identity thieves, stalkers, and lying, sadistic internet trolls, burglars, vengeful spouses and neighbors, curious bosses and future employers (yours and your kids') are roaming around as well.

By oversharing, are we allowing full access into our inner sanctums? And is that what we really want?

Experts are now confirming that “sharing” can put your children at risk even when they're older. You never know who may be Googling their names and checking out social media accounts down the road. So, consider whether you're providing too much info when it comes to your children. Because, remember, the internet never forgets.

### Controlling your presence

While it's getting harder and harder to monitor kids' digital lives, you do have the

ability to control your own online presence. By gradually weaning yourself off social media — at least for a while or at regular intervals — it will result in more quality time spent with your family, and you'll be setting a good example for your children as well.

Parental social media habits might also shape their kids' social media habits, so we ought to be extra considerate about what we post and share.

The internet has become a predator's playground, and according to the Crimes Against Children Research Center at New Hampshire University, one in 25 youth in one year received an online sexual solicitation where the solicitor tried to make offline contact.

In that same study, one-third of the children in this age group received what is called “aggressive sexual solicitation,” i.e., the predator asked to physically meet them, corresponded with them through regular mail (the child gave the predator his or her home address), or received gifts.

The Center suggests that parents educate their kids about criminal behavior and remind youngsters that many things they post about themselves or their friends may end up being viewed by others, and can prompt contact that could become a problem.

Tell your teen that using the internet or a cellphone to send or sext photos of yourself or friends can get you into trouble with the law. According to the Center, most young people don't realize that sexual pictures of themselves and other minors



can constitute child pornography, and its production and transmission are serious crimes. Teens may see such photos as romantic, fun, adventuresome, or even remunerative.

And it's not just teens. Parents have been posting and sharing their young children's photos for years. In this predatory climate, oversharing is just too risky. Did you know that children's online photos have ended up in ads and on porn sites?

Perhaps all parents should pause, take a deep breath, and try to disconnect and unplug every now and then. And tell everyone in the household to do the same. Then

take a few minutes and listen to what your kids are saying, 'cause they probably want you to dial back on that "sharenting."

A piece titled "Kids Expect Parents to Follow Technology Rules Too" on [psychcentral.com](http://psychcentral.com) shines a light on that common behavior. Based on researchers' findings at the University of Washington and University of Michigan, this study is one of the first to explore children's expectations for parents' technology use.

After surveying 249 families with kids between the ages of 10 and 17, the study has revealed some surprising stuff about how kids felt about their parents' online

habits and oversharing. Turns out kids have high expectations — just like their parents.

Perhaps kids should be saying, "Don't post my photos online without my approval."

Here's a suggestion: When your child turns 5, start asking: "Do you want other people to see this?"

*Next month, we'll speak with Michael Osakwe, a NextAdvisor.com writer covering technology. He'll offer some tips on how to stay safe on social media, so parents can share responsibly.*

# Choosing charters

## Many New York parents find these schools the right fit

BY SHNIEKA L. JOHNSON

**W**ith school application results looming, New York parents are considering options for rising kindergartners, middle schoolers, and high schoolers. Meticulous research goes into making the best decision for their children — and they have a lot to think about, choosing between public and private, single-sex and coed, traditional and progressive. Oh, and what is a charter school, anyway?

There are many opinions on what exactly the best school option is, and many New Yorkers find that a charter school is the best fit for their children. These parents are making their voices heard, and the city is in the midst of a charter school expansion. A charter school is a public school that is managed by a board of trustees that may include educators, community members, and individuals from the private sector. These schools operate without many of the regulations that a traditional public school may have. Because of this arrangement, charter schools operate under a contract (or “charter”) that is typically operative for up to five years. Charter schools in New York have to be approved and authorized by three groups: the New York City Department of Education, the New York State Department of Education, and the State University of New York Charter Schools Institute.

With the rise of the charter school movement in New York in the late 1990s, many New Yorkers have seen the increase in charter schools as a way to provide families with more school options. Admission to charter schools is by application or lottery, and any student eligible for admission to a city public school is eligible for a charter school. Priority is typically given to those who live in the district where the school is located, and siblings of students currently attending the school also receive priority. Many charter schools have unique models with varying approaches to curriculum, discipline, and academic focus. The chosen model varies from school to school, but there is consistency in that charter school schedules often include an extended day, a longer school year, and access to additional programming in



the after-school hours (whether in-house or through an outside agency).

There is a lot of debate about the value of charter schools and their impact on traditional public schools, but those involved with charter schools see the cur-

rent expansion as more opportunities for children to succeed. An administrator of a charter school with substantial prior experience working in traditional schools and school districts noted that charter schools offer “the chance to innovate

with less constriction.” He added, “Traditional schools are focused on improving within the system. Charters can innovate outside the system and the usual constituent relationships (teachers, parents, students) are able to be framed and managed in a way that creates opportunity for increased achievement.” He also noted that another positive development in many charter schools is that they are focused on serving a diverse and integrated student population.

Given that they are independently run, charter schools have worked hard to make changes in their hiring practices, teacher compensation, and tenure that are more attractive than the offerings from traditional schools. Charter schools are still subject to accountability systems, such as testing, and the students have performed well in recent years by these measurements. Many supporters of charter schools are confused as to why the city is not overrun with new school sites.

“We felt it was the best fit for our daughter in terms of its academics and culture. We didn’t feel strongly about sending her to a charter versus a public or private school — like most parents, we considered all options,” said K. Thorn, a mom of a second-grader attending a

“As parents, we all want to find the best school for our kids, we all need good options where our children can grow and thrive.”

charter school in Manhattan. She added, “There are a lot of great charter schools out there, and kids benefit from their expansion. As parents, we all want to find the best school for our kids, we all need good options where our children can grow and thrive.”

She also recommended that parents look past the heated opinions about charter schools and take a look for themselves to determine if the school is best for their children.

New York has not seen the level of charter school growth that some other cities have, but expansion is quite noticeable in certain neighborhoods. For instance, areas that have lower socioeconomic levels or under-performing schools are finding new charter schools most frequently. This past July, the New York

Times noted that more charter schools would be allowed to open in place of so-called “zombie charters,” which are charter schools that were approved but did not begin operations or have closed. This simple move — allowing charters to be reissued — allows nearly two dozen charter schools to open. Zeta Charter School (founded by Emily Kim, formerly of Success Academy) is slated to open in the fall of 2018. According to Zeta’s website, its mission is “to build and sustain high-performing schools that forge thriving communities of lifelong learners, problem solvers, and innovators.” It will launch two public charter schools in the 2018–19 school year, with plans to grow to 10 schools serving pre-K through 12th grade.

There are more than 200 charter schools available to children in the five boroughs (<http://schools.nyc.gov/community/charters/information/directory.html>). The deadline to apply to most is April 1. You must contact each school directly regarding the admission timing and requirements.

*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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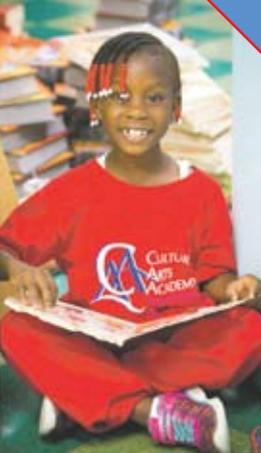
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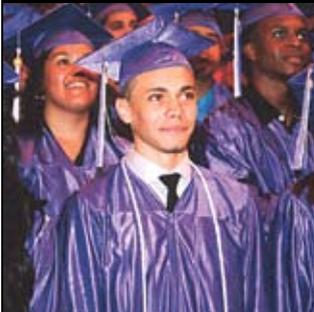
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## Charter Schools

### DIRECTORY

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10 Schools in Brownsville, Bushwick, Canarsie and East Flatbush, 347-464-7600 [www.ascendlearning.org/enroll](http://www.ascendlearning.org/enroll)

A network of K-12 free public charter schools serving over 4,500 students in Central Brooklyn. Ascend offers a rich, Common Core-aligned liberal arts curriculum with a uniquely warm and supportive school culture in educationally underserved areas of Brooklyn. This blending of rigorous academic study with a nurturing environment ensures that our students are instilled with the knowledge, enthusiasm, character, and determination to succeed in college and beyond. Our schools are tuition-free and open to all, regardless of academic ability, prior academic achievement, special needs, or English language learner status. Deadline to submit applications for the 2018-19 school year is April 2.

#### Brooklyn Laboratory Charter Schools

Downtown Brooklyn [www.brooklynlaboratoryschool.org](http://www.brooklynlaboratoryschool.org), [admissions@brooklynlaboratoryschool.org](mailto:admissions@brooklynlaboratoryschool.org)

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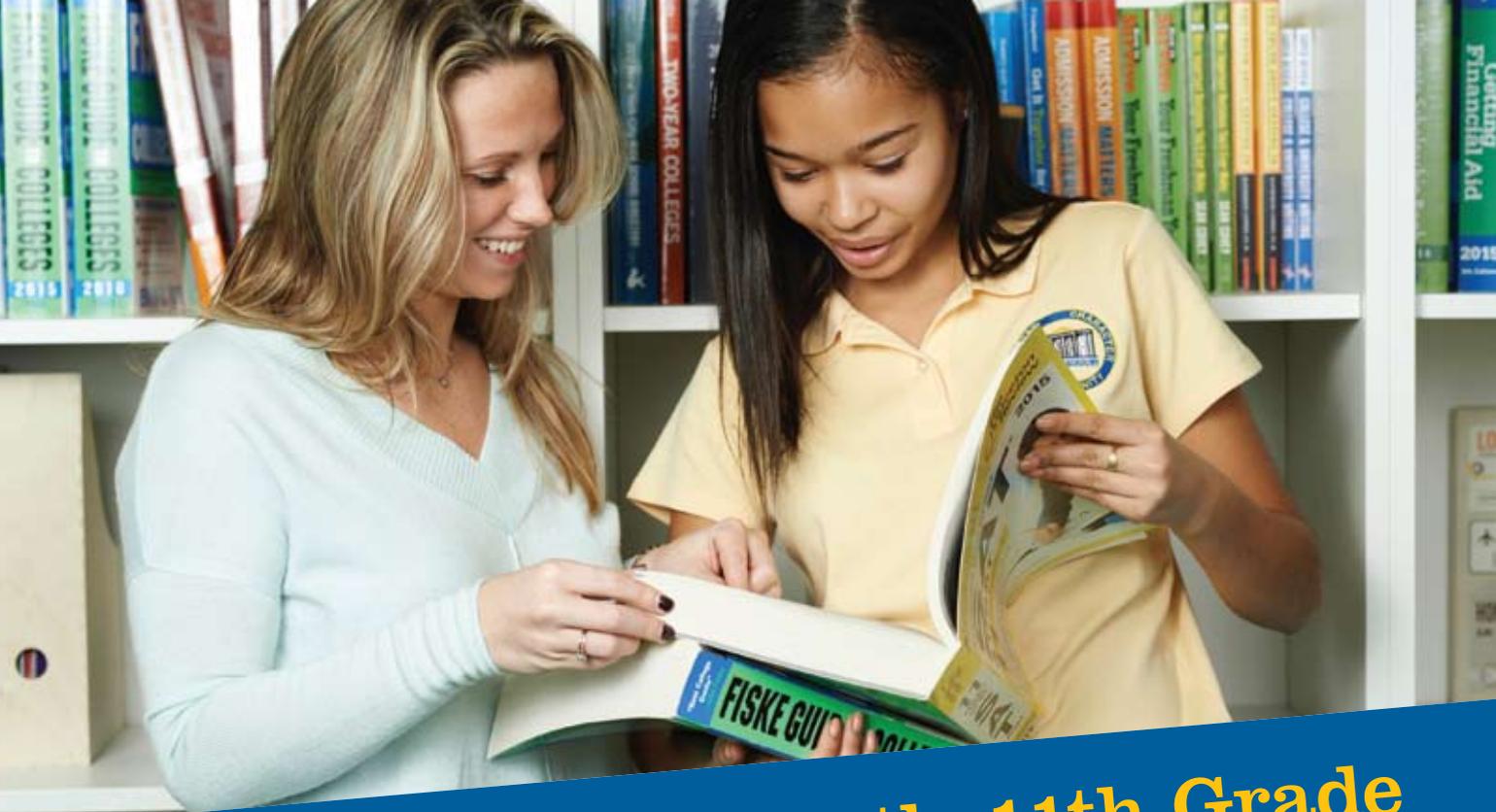
vide an exemplary K-12 college preparatory arts education program that promotes superior scholarship and strong cultural arts proficiency. Our school has personalized, print-rich classrooms and multi-sensory instructional approaches that will provide order, security, high expectations and opportunities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

#### Explore Schools

Prospect Heights, Crown Heights, Flatbush and Canarsie. 718-989-6730, [explorenetwork.org](http://explorenetwork.org), [information@explorenetwork.org](mailto:information@explorenetwork.org)

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*Continued on page 30*



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# Charter Schools

## DIRECTORY

*Continued from page 28*

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[www.nyc.greatoakscharter.org](http://www.nyc.greatoakscharter.org)

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*Continued on page 32*

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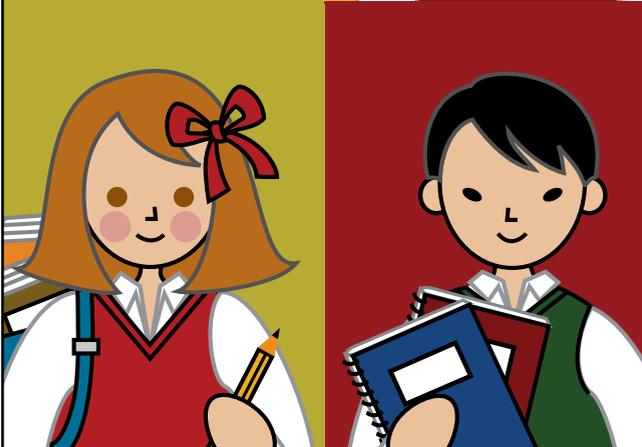


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# Private/Independent School Guide



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## Charter Schools

### DIRECTORY

*Continued from page 30*

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## FAMILY HEALTH

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# Basketball safety

## Preventing injuries on and off the court

*“My 13-year-old daughter recently started playing basketball at her school, and it’s a sport I don’t know much about. The coach said she is a talented player, so I want to be supportive, but make sure she isn’t pushed too hard. How can I ensure she is safe and prevent injuries on and off of the court?” — A concerned parent*

**B**asketball can be fun to play and great exercise, but the game is also a contact sport, and injuries frequently occur. Sprained ankles are the most common basketball injuries, but jammed or broken fingers, bruises, bloody or broken noses, and poked eyes are all too common as well. Many of these injuries can be prevented if players follow the rules of the game, train and condition correctly, and play in safe environments.

Be sure your daughter wears all required safety equipment whenever she practices or plays. One of the most important pieces of gear is the right shoes, which can go a long way toward reducing ankle, foot, and leg injuries. High-top sneakers provide added ankle support, but all basketball shoes should have a sturdy, non-skid sole, and should be the right size and securely laced at all times while playing.

Mouth guards are also important to protect teeth and mouth, especially if your child has braces, and also absorbs some of the shock if she is hit in the head or jaw. If your daughter wears glasses, sports eyewear made of shatterproof plastic will protect her eyes from being poked with fingers or slammed with an elbow. Kids with prior injuries can bene-

fit from fitted knee, ankle, or wrist braces to support their joints while playing.

When children are playing basketball, always make sure first-aid equipment is on hand, as well as someone who knows how to use it. Also, tell your daughter to be aware of her surroundings, as knowing where teammates and opponents are at all times will help kids avoid potentially painful collisions. For everyone’s safety, players should always remove any jewelry or sharp barrettes before playing.

Never encourage your daughter to “play through the pain.” Reassure her that she should always tell a coach, parent, or teacher when experiencing any pain. She should never ignore any tweaks, spasms, or discomfort while playing, because neglecting overuse injuries will only make them harder to recover from in the long run.

Is the coach encouraging your daughter and her teammates to warm up before games and practice? Warm-ups are extremely important to stretch the muscles and increase the flow of blood around the body, making muscles more warm and flexible. It also helps to prepare players mentally as well as physically.

One more important thing in preventing injuries is to make sure your child is properly hydrated and getting the proper nutrition to refuel and rebuild muscles. She should also be getting sufficient rest and the recommended nine to 11 hours of sleep each night.

Don’t forget — playing basketball should be fun! If too much of the focus is on competing and winning, your daughter may actually push too hard and get hurt.



# Shouting it out!

## Try positive yelling at the kids instead

**L**et's be honest, yelling happens. It's not on purpose or intentional. Some days it just happens. The frustration builds up and out it comes. Loud, angry, forceful words.

In less-than-graceful moments, it is directed at your children. Your son won't come to put on his shoes, or your daughter won't sit for dinner. Your frustration boils over and you yell.

Afterwards, you feel bad, the kids feel bad, and everyone feels a bit icky.

Are these moments happening more and more frequently? A few months ago, you only yelled a few times a week. Now you are yelling a few times a day. It is as if your child wants you to yell at him. As if your kids are looking for the way to make you explode.

Chances are, they are!  
Here's why:

When adults yell, it is entertaining. Our volume changes, our gestures get more punctuated, and we make interesting facial expression. When adults yell, I think we look like cartoon characters.

If this is the only time that you act this way (loud, animated, intense, and present)

your children might be creating problems to see you act this way.

There is one way to find out if that is what they are looking for. Start positive yelling and see what happens!

Positive yelling is when you take all the same actions associated with yelling (getting loud, getting in your kid's face, big gestures, and powerful words) and implement them to a moment your child does something amazing, while using positive words.

It looks like you jumping around, yelling about how awesome your kid is for sitting at the table and eating her entire dinner, or having a fit that your child is so great for brushing his teeth so fast. If you want to see an example of this, go to my YouTube channel (Dr. Marcie Beigel) and check out the video "Stop Yelling at Your Kids - Start Positive Yelling Instead" ([www.youtube.com/watch?v=oD4clnVS7IA](http://www.youtube.com/watch?v=oD4clnVS7IA)).

The first time you do it, you are going to feel a little bit silly. This is a good thing! You being silly with your kids is exactly what they want. They are silly all the time, and now it's your turn.

The best part is that positive yelling



## BEHAVIOR & BEYOND

DR. MARCIE BEIGEL

gives your children what they want. They want your attention in a certain way. Giving it to them for doing great things means they won't need to fight and resist in order to see this side of you.

Give it a try, and let me know how it goes! Blue skies are ahead, and we will get there together!

*Dr. Marcie Beigel is a behavior specialist based in Brooklyn. She has worked with thousands of families for more than 20 years, and her book "Love Your Classroom Again" was a bestseller. She has also served as a guest expert on WCBS and Fox. Find out more at [DrMarcie.com](http://DrMarcie.com).*

# The well-rounded CAMPER

## Thirty life skills kids build while away from home

BY CHRISTINA KATZ

**F**eeling anxious about sending your child away to camp this summer? Fret no more. This list of life skills reminds you of all the reasons to send kids to camp in the first place. Remember, being away from the comforts of home offers your camper growth opportunities in a wide variety of competencies. Best of all, once kids are safely dropped off at camp, parents can sit back, relax, and enjoy some much-needed down time, knowing kids will return home transformed by their experiences.

Here are 30 skills to remind parents why camp is always a good idea, as well as a panacea for 21st-century predilections:

### Physical skills

**Fitness.** If your child is passionate about virtual realities, camp is the perfect motivation to get off the couch and get moving. You will be pleased when your child returns home tan, fit, and inspired to keep moving.

**Proficiency.** Does your child complain of boredom? Exposure to skill-building activities can convert kvetching into pride. Aptitude, discipline, and confidence come from doing new things.

**Safety awareness.** Do you find yourself fretting about your child's wellbeing? Then send her to camp to learn about first aid, water safety, and other safety protocols that go hand-and-hand with learning new things. When she gets home, she can teach you a thing or two about safety awareness.

**Eye-hand coordination.** Concerned your child may be a tiny bit klutzy? Send him to camp to participate in activities that encourage process mastery like archery, horseback riding, or rowing. Having to learn an ordered series helps dreamy kids focus and execute tasks.

**Healthy risk-taking.** Is your child an

adrenalin junkie? Do you worry that she will go too far testing the limits of what's humanly possible? Camp is the perfect place to wear out a child with excess energy. Counselors can help campers channel a zest for risks into safe outlets while honoring camp rules.

### Intellectual skills

**Decision-making.** Does your child waffle when making decisions, take polls of other people's opinions, or go along with the crowd too easily? Then camp is the perfect practice-ground to determine what he wants and needs on a regular basis. Choosing is a crucial ability for creating satisfaction in life.

**Accountability.** Do you wonder if you do too much for your child? Whether she has to pack her own backpack for an overnight hiking trip or show up wearing activity-appropriate shoes, being prepared for what's coming next in life is important. When it comes to accountability, daily practice is always on tap at camp.

**Time management.** If your child is often running late, camp is a great place to learn timeliness. Your child will swiftly master punctuality when engaged in activities she enjoys. And this proactive habit can carry over into everyday life during the rest of the year.

**Tolerance.** Kids sometimes live in homogeneous rather than diverse environments. If all the other kids are the same race, class, and social status where you live, how will your child learn to be open-minded? Camp is a great place to immerse kids in diversity, so tolerance can take root.

**Assertiveness.** When kids' lives are scheduled from morning to night year-round, they miss out on opportunities to speak up for what they think, need, and desire. Camp offers kids opportunities to practice healthy communication all day

long, because no one is smoothing the path before them.

### Emotional skills

**Self-care.** Kids can't learn to take care of their needs unless they learn to pay attention to them. Going to camp puts kids' self-care muscles to the test. Navigating a new environment with unfamiliar people helps kids learn to trust their intuition and honor their instincts.

**Listening.** Do you get weary of nagging and feel your child just doesn't listen anymore? Kids can certainly develop listening fatigue with parents and other everyday authority figures. But after tuning in closely to some new-to-them camp leaders, they just might bring better listening abilities back home.

**Playfulness.** Got a perfectionist kid on your hands? Sometimes within the rush and rigors of daily life, families forget how to relax and enjoy life to the fullest. Camp is a great place to remember how to lighten up and enjoy the day.

**Grit.** This trendy term means the combination of courage and resolve. If your child does not bounce back quickly from disappointments, camp is a great place to learn tenacity, conflict resolution, and problem solving.

**Self-appreciation.** Do you appreciate the heck out of your kid but wish he would esteem himself as much as others? Camp is a place where kids can discover new things to like about themselves. Increased self-reliance is often the first step towards building higher self-esteem.

### Social skills

**Sociability.** Do you have a shy or introverted child? If she lacks peers who are enthusiastic about her passions, an interest-based camp can help her meet more like-minded people. Socially awkward kids feel more accepted and appreciated every time they make a new friend.



**Emotional intelligence.** If you have siblings who bicker quite a bit, they may benefit from getting along more easily with kids who are not kin. Camp counselors have a way of expecting thoughtfulness and encouraging kids to practice it.

**Lasting connections.** Remember pen pals? At camps, kids can make new friends and find ways to keep in touch until they meet again. This is a great way for kids to maintain long-distance friendships and build an extended social network.

**Self-expression.** Parents may unwittingly hold kids back from finding new forms of self-expression. At camp, kids find fresh audiences for the countless ways to share who they are and what they think and feel. Increased self-expression leads to unfolding self-discovery.

**Co-habiting.** If you want your child to learn new things, put him in a tent with roommates and watch the lessons unfold. Sharing space and resources with others is a crash course in self-awareness and peacekeeping.

### Occupational skills

**Mentoring.** Camp counselors provide excellent examples of what a constructive mentor-mentee relationship is like. Go ahead and encourage kids to become counselors in the future if they wish to experience both sides of this

educational relationship.

**Collaboration.** Perhaps during the school year, teamwork is limited to sports and cooperation is confined to the classroom. At camp, every endeavor from cleaning a cabin to climbing a rock face becomes a new way to understand the importance of working together.

**Negotiating.** Your kids benefit from learning how to sort things out between themselves at camp. Discussing, bargaining, and coming to agreements that make sense for everyone involved are tools for creating a richer life.

**Leadership.** Camp provides opportunities for kids to discover and nurture the leader inside. Every child is a boss at something. You may not think of a prolific reader as a leader, but what a terrific example she can set at camp for those who avoid books altogether.

**Diplomacy.** With bullying behavior at an all-time high, diplomacy is more needed than ever. Camp offers ample opportunities to find common ground, share mutual respect, and practice win-win-win relating.

### Environmental skills

**Unplugging.** Virtual realities are great when balanced with the real world. If you cannot seem to make a dent in your child's obsession with technology, why not let the

trained staff at camp take a whack at it?

**Groundedness.** The first step to recovering from too much anxiety is a sense of earthiness that comes from being in touch with the natural world. Kids benefit in numerous ways from slowing down the speed of life and keeping their feet firmly on the ground.

**Navigation.** You won't likely be able to convince kids that they need to learn old-school map techniques while they have a navigation system in their pocket. But put them in the middle of the woods with no internet connection, and they just might feel differently.

**Survival.** Would your child know how to build a shelter, purify water, start a fire, and find food if lost in the wilderness? Learning naturalism empowers kids to feel competent and confident in every area of life.

**Earth stewardship.** One of the best ways to teach kids about personal responsibility is to teach them about wilderness conservation. Learning about flora and fauna can spark kids' innate respect for the natural world.

*Author, journalist, and writing coach Christina Katz spent ample time outdoors as a child, which fostered her love of nature, gardening, and trees. She believes children of all ages deserve to regularly experience the wonders and richness of the wilds.*



# Passive aggressive behavior at work

## And four things you can do about it

**W**e all know that difficult employee who repeatedly forgets things or waits until the very last minute to complete a project. Maybe he showed up late because the train was stuck (only it wasn't). When the boss needed that report by 3 pm, she finished by 5 and justified that the boss was in a meeting anyway. At the last big meeting, she asked to turn in 10 ideas but only showed up with five "really good ones," and she didn't mention (intentionally left out) an important request that a specific client wanted, because she figured you should have already known. He's never really angry, blatantly incompetent, or even obstinate, for that matter. On the contrary, he may be quite likeable on a personal basis, but when he is working on your team for a big project, you start to feel ill. These are just a few traits of the passive-aggressive worker.

Passive-aggressive colleagues can be difficult to work with and cause major stress, but there are ways to improve this challenging work relationship:

### 1. Talk it out

Unlike a personal relationship, the workplace is not a place where we can fully express our deepest emotions and insecurities. Employees who feel unappreciated and unable to verbalize it may react passively as an act of rebellion. Some may

just have a passive personality trait born out of fear of speaking up. Others may feel slighted because they didn't get the raise or the title, or accolades they had been counting on.

By directly addressing the passive behavior, you can get to the bottom of what caused it. Many colleagues may never bring up a topic that is bothering them, but they may speak about it when asked. A passive person is unlikely to initiate the conversation, but the behavior must be addressed in order to improve the work environment, so being proactive on your part will only help.

### 2. Keep it calm

Asking someone about the way he works, a missed deadline, or any perceived incompetence may bring out anxious or hostile feelings, especially in someone who has reacted passive aggressively. Open the conversation in friendly, matter-of-fact terms with no finger pointing or admonishing.

It is possible that the person does not even realize what she is doing, and after a good conversation, may change her actions. The aim is to identify why the passive behavior is occurring and ways to improve the daily workplace, plain and simple. The goal is to produce better results for all involved, not judge anyone.



## HEALTHY LIVING

DANIELLE SULLIVAN

### 3. Stick to the facts

Use language that is non-threatening and does not place blame. Instead of saying "you failed to meet the deadline again," say "I noticed the article was two days late. What can we do to ensure that doesn't happen next time?" Then help create fair consequences (in writing) the next time around for what will occur when a deadline is missed on a collective project.

Share with your whole team, not just the individual in question, so that no one feels singled out. If you are working together in a group, or even as a manager or supervisor, it helps to invite each team member to contribute to the guidelines conversation, so everyone feels heard.

### 4. Keep your door open

Let your colleagues know that they can come to you if they have questions and that communication is vital. A little bit of basic goodwill goes a long way. Yes, it may be their job to have given you that report or delivered the files you needed, but it never hurts anyone to say "thank you" when they do it. Everyone wants to feel that what they do and who they are matters. When people feel comfortable and appreciated, they are likely to express themselves more clearly.

Like in all things in life, it's not so much what we do, but our motive behind what we do. Intention is everything. When employees have good, positive intentions toward work and colleagues, they will have less motivation to act out passively in the workplace.

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



## The benefits of a 529 college savings plan

One of the most popular ways to save for college is by contributing to a 529 college savings plan. As I've written in the past, these plans have benefits over other methods of saving for college. The 529 plan has many advantages for save for higher education and are designed to allow parents or others to maintain more control of the money deposited into the account. Let's review some of these advantages:

### Tax benefits

Contributions to 529 plans are not eligible for federal tax deductions, but many states allow parents to deduct a portion of their 529 contributions from their state income tax liability. Depending on your tax bracket, this could be a large savings each year.

In addition, earnings and growth inside a 529 plan may grow federal-tax free. And if funds are withdrawn from a 529 account to pay for qualifying higher education purposes, taxes and penalties won't be due on the withdrawals.

### Maintaining control of the account

Contributions to a 529 account are owned by the parent or other trustee set up on the account for the benefit of the named child. In almost all instances, the named beneficiary has no right to the money in the account. This is an important point. Before 529 accounts were available, parents set up custodial accounts to save for their children's college expenses. With custodial accounts, as soon as the child reaches legal age of majority (either 18

or 21 years old, depending on the state) parents lost all control and the money automatically belonged to the child. If your child decided to use the money for any purpose besides college, that was entirely within his right.

An owner of a 529 account is not required to make withdrawals from an account, meaning that if your child defers college or receives financial aid, you may not need to make a withdrawal. Also, an owner can withdraw funds at any time for any reason. Remember to be careful about this, as any earnings from a non-qualified withdrawal will incur income tax and an additional 10 percent penalty tax.

Additionally, beneficiaries on the account can be changed at any time if proper rules are followed. This means that if one of your children receives a full scholarship to college, you can change the beneficiary to another family member. And, you'll also be able to roll one child's plan into another child's plan without penalty.

### Simplified tax reporting

For 2018, the annual gift tax exclusion is \$15,000, meaning each parent can contribute up to the maximum without having to report it on your federal tax return. Since these accounts are tax deferred, a Form 1099 will not be generated for any capital gains and dividends. A Form 1099 will only be generated to report taxable or nontaxable earnings when a withdrawal is made from the account.

### Everyone is eligible

One of the greatest benefits of a 529



## FAMILY FINANCIAL PLANNING

ANTHONY N. CORRAO

plan is that there are no restrictions on contributions. The 529 plan does not have income limits, age limits, or annual contribution limits (subject, of course, to the annual gift tax allowance. Consult your accountant if you plan on contributing more than \$15,000 in 2018). There are, however, lifetime contribution limits, which vary state by state. Therefore, it is very important to consult your financial advisor when contributing to a 529 plan, especially if grandparents or others maintain 529 plans for the benefit of your children.

### 'Superfund' your college savings

A special provision written into the law about 529 plans is that contributors can make a lump-sum contribution equivalent to five times the current annual gift tax exclusion amount. This means a parent (or grandparent) can contribute \$90,000 in 2018 and elect to spread the gift evenly over five years. This type of contribution avoids the federal gift tax if no other gifts are made to the same beneficiary during the five-year period. A married couple can, of course, both contribute, making a total amount of up to \$180,000.

*Anthony N. Corrao is the founder and managing director of Corrao Wealth Management. For more than 25 years he has helped families towards their financial goals by developing financial, educational, and retirement planning strategies.*

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## Discovering the power of journaling

**W**hen my first daughter was born, I wanted to make sure she was eating and sleeping enough, so I jotted down every single feeding and naptime in a list I kept in a composition notebook. Then on the bottom, I wrote one small paragraph each night about what we did that day. It took 10 minutes and it became a ritual that I kept going with my next two children. Now, when I look back on those small entries (each in a black and white notebook!), I smile recalling the places we went, the times we spent with loved ones, and even the times my kids got sick or wouldn't sleep. It was by no means stellar writing. Through bleary eyes, I chronicled much of it, but each ac-

count holds a special, and otherwise forgotten, memory.

Similarly, when I have experienced sad events, I have always had to write about them as a means to make sense of it all. I needed to get those feelings out in order to process them, even though no one was reading them.

Journaling isn't only for moms or teens; it is for everyone. Whether we are recounting special events or walking ourselves through painful events, getting the words out on paper is liberating. Here's how to get started:

**Get supplies:** A shiny new journal is fabulous, but you don't have to shell out \$25-plus at Barnes and Noble. All you need



### JUST WRITE MOM

DANIELLE SULLIVAN

is a notebook and a pen. And if you prefer today's technology, you can keep a Word Doc on your desktop and add to it daily. Don't have your computer? Open up Notes on your phone and type away.

**Set a regular time:** All you need is 15 minutes. If you are a night owl, write before bed. If you're an early riser, do it first thing in the morning. The key is to make it a ritual. This will also prevent you from putting it off until you have a good idea.

**Just start:** You don't need to wait for the perfect anecdote or experience. It's not Facebook and you don't need to only highlight the picture-perfect moments. In fact, you shouldn't. A journal should be your truth. Write about your normal. I often go back and find small sentences, like something my uncle said about one of the kids. He is now deceased and reading about what he said or did brings me great comfort.

**Make it a game:** Sit down with your kids and write for 15 minutes. This not only reinforces writing and spelling skills, but it teaches children that it's a positive thing to write to get their feelings out. You can model how to do that by writing about something that has made you sad or angry and share your story. Of course, you only share what is appropriate. They can also list goals, fears, aspirations, dreams, or whatever you or your child dream up, which is part of the appeal.

Journaling can be one of the most cathartic ways to push through pain. It can also serve as a record of your life, and become a creative endeavor that preserves memories for a lifetime.

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



## Calming Sunday night anxiety

*My child loves school, but every Sunday night is filled with anxiety and worry and spends hours telling me that he doesn't want to go to school. Is there anything I can do to help lessen his worry?*

**T**here is a reason we all get the “Sunday scaries” and not the “Wednesday whimpers.” Any change in routine can throw someone off course, even one that only lasts two days, like the weekend. Kids thrive on routine, and weekends typically look different than weekdays.

Try to have your son's weekend routine match his weekday routine as much as possible. Of course, this can't always happen, because we have weekend obligations and there are endless soccer games and birthday parties to attend! However, there are little things you can do, such as keeping his morning and nighttime routines the same. Have him wake up and get ready for the day, same as he would on a weekday. If part of your nightly routine is to read a book together, make sure you continue this on weekend nights, even if it means

doing it before mommy and daddy dash out the door for dinner. This way, when Sunday night rolls around, there won't be as much of an adjustment.

*I just received the report card from my second-grade son's school, and I'm surprised by many of the grades he got. Will it bother the teachers if I reach out to them to discuss this?*

**Y**es! Just kidding ... sort of. I think it will bother the teachers that there is something that was unclear on the report card, not that you're reaching out for clarification.

Teachers and parents should work together as a team to support each child. If either side is unsure of something that is happening with the student, then the team can't work to its full potential. Teachers put a lot of time and thought into their report cards, with the goal of helping you better understand your child as a learner. Never be afraid to reach out to your child's teacher if you have any questions about



### TIPS FROM A TEACHER

LAUREN ROSEN

anything on your child's report card.

*Lauren Rosen has been teaching in Manhattan private schools for 10 years. She lives in Manhattan with her husband and daughter. You can reach her at MrsLRosen@gmail.com.*



# Who's watching?

## Setting house rules about online safety with your caregiver

BY KRISTEN J. DUCA

Everywhere you turn, you hear debates surrounding kids and technology usage. Every family has different rules and boundaries relating to technology, but most agree that technology is not going away, and it is best to teach our kids how to navigate it safely early on.

The internet has amazing advantages as it relates to children who explore it in a safe manner. Numerous creative, user-

friendly, inexpensive (sometimes FREE!), and unique websites exist for children to gain expertise in certain areas, explore new territories, or further their education in specific subjects. Today's children can use the internet to do everything from honing their culinary skills to exploring countries across the globe to learning another language to perfecting their math facts.

However, parents are not always around to patrol their child's usage of technology, and the policing inevitably falls into the

hands of caregivers. It is a terrific idea to clearly communicate your expectations surrounding technology in your household upfront to both your caregiver and your child. A few house rules to think about as your child navigates the internet include:

- Do not download attachments or install software without the supervision of an adult.
- Do not agree to meet with people you interact with online.
- If you notice anything online that

makes you uncomfortable, bring it to the attention of an adult.

- If someone asks to meet you in person, ignore the request and alert an adult immediately.

- Never give out any personal information or details about yourself, family members, or friends (including name, address, phone numbers, age, school, camp, extracurriculars, teams, photos, or passwords).

- If you use a public computer, make sure you log out of all accounts you accessed during the session.

- Be careful of any screen names you create and make sure these names do not include any of your personal information such as your first or last names.

- Do not compromise other people's online work or accounts.

- Do not bully, gossip, or post anything inappropriate about anyone online.

- Be mindful of your tone if you post online comments.

- Never post your image or personal video clips online (those of your friends, family members, and acquaintances are off limits as well).

- Beware of minimum age limits on many social media websites and respect them.

- Avoid clicking online ads and pop-

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## Clearly communicate your expectations surrounding technology in your household upfront to both your caregiver and your child.

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up ads, as they can contain viruses or expect you to provide your personal contact information.

- Understand that not everything you read online is true or accurate, and if you are conducting school research online, you should ask an adult (teacher, librarian, or guardian) for respectable websites to use.

- Limit your usage of the internet and be aware that spending time in person with friends or family members is the best way for you to socialize.

- When in doubt, grab an adult for guidance, advice, and supervision.

Whether you print a list of rules and post it to your refrigerator, or create a technology contract signed by all (you,

your child, and your caregiver), you will want to be forthcoming about the importance of online safety. Clearly state to your caregiver that your end goal is to make sure your child is protected when he is online under her supervision while you are not present.

You may also want to make it clear to the caregiver that you do not want any personal information or images about your family posted online in any capacity for privacy concerns. Additionally, if your child brings a friend home, you should tell your caregiver that you expect her to relay your house rules regarding technology to him so everyone is on the same page.

Bottom line: it is important that parents and caregivers work together to teach children about safety and responsibility as it relates to technology. Remember, technology will be a big part of our children's lives for years to come!

*Kristen Duca and her husband are the parents of two girls in New York City. She has served as a contributing writer for New York Parenting and Long Island Special Child magazines, and she's author of "Ultimate Nanny: How to Find, Interview, and Manage the Most Important Person You Will Ever Hire - Your Child's Nanny," which is available on amazon.com. She blogs at ultimatemama.com.*



# Private & Independent School Guide for NYC

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

# Calendar

MARCH



## Watch a penguin learn to fly!

Spread your wings and soar in to see “Flight School, the Musical” on March 24 at On Stage at Kingsborough.

Vital Theatre Company presents this charming musical, which starts on the first day of Flight School, where they teach birds to fly. Penguin has the soul of an eagle and is ready to live on the wind. However, he wasn’t built to soar, as the other birds constantly remind him.

But penguin’s spirit won’t be grounded. Eventually Penguin finds his wings with the help of his friends, and is able to flip, flap, fly away!

“Flight School, the Musical,” March 24 at 2 pm. Tickets are \$12 for all ages.

*On Stage at Kingsborough [2001 Oriental Blvd. at Oxford Street in Manhattan Beach, (718) 368-5596; [www.onstageatkingsborough.org](http://www.onstageatkingsborough.org)].*

## Never miss a great event!

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

# Calendar

### Submit a listing

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

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

### THURS, MARCH 1

#### IN BROOKLYN

**"Fiddler on the Roof":** Brooklyn Technical High School, 29 Fort Greene Pl.; (718) 804-6400; [www.bths.edu](http://www.bths.edu); 4:30 pm; \$15.

Students at Brooklyn Technical High School present this classic story of love, family and Tradition. All the classic songs you know brought to life including: "Tradition," "Matchmaker, Matchmaker," "Sunrise, Sunset," "If I Were a Rich Man," "Do You Love Me?"... and more. The sets and scenery were created by the students in the architecture program.

#### InterseXtions – Teen Dinner Party:

Brooklyn Museum, 200 Eastern Pkwy. at Washington Avenue; (718) 638-5000; [www.brooklynmuseum.org](http://www.brooklynmuseum.org); 5 pm to 7 pm; Free.

Brought to you by BKM Teens, this pop-up event is planned by LGBTQ teens for LGBTQ teens and allies, taking inspiration from the exhibition *Roots of "The Dinner Party"*: History in the Making. Learn about this influential work in feminist art history, and participate in a teen-curated event celebrating LGBTQ contributions to history. View artworks by teen artists, participate in discussions and workshops, and meet other LGBTQ teens from all over the city. Free and open to all LGBTQ teens and their allies, ages 14 and up.

#### "Disney's High School Musical":

Muchmore's, 2 Havemeyer St.; [marabrook@brooklyntheatreclub.com](mailto:marabrook@brooklyntheatreclub.com); 9 pm; \$18 at the door.

The Brooklyn Theater Club presents this Disney musical based on the book by David Simpatico and original songs by Matthew Gerrard and Robbie Nevil; Ray Cham, Greg Cham, and Andrew Seeley; Randy Petersen and Kevin Quinn; Andy Dodd and Adam Watts; Bryan Louiselle; David N. Lawrence and Faye Greenberg; and Jamie Houston.

### FRI, MARCH 2

#### IN BROOKLYN

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

Families with children infant to 5 years old, siblings, and caregivers can experience Shab-



TA Smith

## A classic tale for kids

Follow the music of the flute to Puppetworks for a production of "The Prince and the Magic Flute" through March 31.

The Puppetworks marionette production of the classic is adapted for children by Nicolas Coppola from Mozart's opera and is set in mystical Egypt. It tells the story of a prince and a birdcatcher as they try to rescue a princess. The production fea-

tures traditional, hand-carved wooden marionettes accompanied by children's songs culled from the classical score.

"The Prince and the Magic Flute" now through March 31, Saturdays and Sundays at 12:30 and 2:30 pm. Tickets \$11 adults, \$10 children, \$9 groups of 20 or more.

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

bat with songs, stories, instruments, and dancing. Journey through a Shabbat experience that will excite your children and develop Jewish community. Tot Shabbat concludes with challah and grape juice and lots of smiles!

**Storytime for Dr. Seuss:** Barnes and Noble, 267 Seventh Ave. at Sixth Street; (718) 832-9066; [www.barnesandnoble.com](http://www.barnesandnoble.com); 6:30 pm; Free.

Come to this special story time celebrating the "Eye-Guy" himself with games, stories, and activities.

**"Fiddler on the Roof":** 6:30 pm. Brooklyn Technical High School. See Thursday, March 1.

**"The Pirates of Penzance, in Concert":** St. Patrick's Church auditorium, 97th Street and Fourth Avenue; (718) 482-3173; [NCT@nctheateryn.com](mailto:NCT@nctheateryn.com); [www.NarrowsCommunityTheater.com](http://www.NarrowsCommunityTheater.com); 8 pm; \$25 adults, \$20 seniors and students (21 and under), and \$15

children (12 and under).

Enjoy a concert and help out the Narrows Community Theatre and the Betty Kash Scholarship with the production of the classic musical. Enjoy the score of Gilbert and Sullivan's comic operetta.

### SAT, MARCH 3

#### IN BROOKLYN

**"Robin Hood Now":** Brooklyn Arts Exchange, 421 Fifth Ave. at Eighth Street; (718) 832-0018; [www.bax.org](http://www.bax.org); 2:30 pm; \$10.

Spark Movement Collective introduces a new family-friendly dance production of the age-old tale of Robin Hood with a contemporary twist. "Robin Hood Now" updates the famous folklore by drawing inspiration from real stories about acts of kindness shared by children around New York.

**"The Very Hungry Caterpillar":** Barnes and Noble, 267 Seventh Ave. at Sixth Street;

(718) 832-9066; [www.barnesandnoble.com](http://www.barnesandnoble.com); 11 am; Free.

A reading of Eric Carl's classic story about a caterpillar who eats his way through the days of the week and then changes into a beautiful butterfly. Activities to follow.

### She's on Point – A Celebration of

**Girls in Sports:** Sunset Park Recreation Center, 43rd Street and Seventh Avenue; (718) 972-2135; [www.nycgovparks.org/events/2018/03/03/shes-on-point-a-celebration-of-girls-in-sports](http://www.nycgovparks.org/events/2018/03/03/shes-on-point-a-celebration-of-girls-in-sports); 11 am to 3 pm; Free.

The event honors the achievements of female athletes by introducing young girls and boys to sports. Through partnerships with local colleges and sports organizations, as well as the contributions of city Parks Department public programming staff, a variety of sports clinics and demonstrations take place, from traditional to alternative sports. We also incorporate a speaking portion, where professional athletes and coaches are invited to talk about their pathways into a career in sports.

**Middle School Jazz Festival:** Brooklyn Music School Playhouse, 126 St. Felix St. between Lafayette Avenue and Hanson Place; (718) 638-5660; [lilli@michelletabnickpr.com](mailto:lilli@michelletabnickpr.com); [brooklynmusicschool.org](http://brooklynmusicschool.org); Noon; \$10.

The fifth annual festival features performances by participating middle schools, clinics by the school faculty, professional development for participating school faculty members, and a closing concert and awards ceremony. Previous guest artists have included Dr. Victor Lewis, Robin Eubanks, Sherman Irby, and Duane Eubanks.

### Made By Hand Markets, Spring Edi-

**tion:** Old First Reformed Church, 729 Carroll St., (347) 551-6735; [info@madebyhandmarkets.com](mailto:info@madebyhandmarkets.com); [www.madebyhandmarkets.com](http://www.madebyhandmarkets.com); 1 pm; Free.

Made By Hand Markets is a well-curated series of markets highlighting the best in handmade and design artisans in the fields of fashion, jewelry, accessories, art, home and lifestyle goods. Come and shop with us and support the local economy. Our markets are free to enter and open to all. We are also wheelchair accessible and restrooms are available for visitors!

**"Fiddler on the Roof":** 2 pm. Brooklyn Technical High School. See Thursday, March 1.

### Family Class with Mark Morris Dance

**Group:** Mark Morris Dance Group, 3 Lafayette Ave. between Nostrand and Bedford avenues; (718) 624-8400; [julie.mmdg@gmail.com](mailto:julie.mmdg@gmail.com); [www.markmorrisdancegroup.org](http://www.markmorrisdancegroup.org); 3 pm – 4 pm; Free.

Fun for the whole family, this free class is taught by Mark Morris Dance Group company members and accompanied by live music. All ages and levels are welcome.

**"Disney's High School Musical":** 6 pm. Muchmore's. See Thursday, March 1.

**"The Pirates of Penzance, in Concert":** 8 pm. St Patrick's Church auditorium. See Friday, March 2.



Melissa Birnbaum

## Dances with personality

Lift your spirits with this production of "Moods" on March 8, 9, 10, and 11 at the Actors Fund Arts Center.

The Sokolow Theatre Ensemble presents "Moods," a production of American dance pioneer Anna Sokolow. The performance features the Company, joined by guests Jennifer Conley, former soloist with the Martha Graham Dance Company, and Clarence Brooks, a former Company member, in "Sweet

in the Morning," by choreographer Leni Wylliams. One of its missions is to find and restore dances by Sokolow which, like all of her work, offer audiences arresting experiences of timeless truths.

"Moods" March 8, 9, 10 at 8 pm and March 11 at 3 pm. Tickets are \$25, \$18 for students and seniors.

Actors Fund Arts Center [160 Schermerhorn St. in Cobble Hill, (800) 838-3006; [www.sokolow2018.bpt.me](http://www.sokolow2018.bpt.me)].

## SUN, MARCH 4 IN BROOKLYN

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

Drop in for fun, hands-on family programs for kids of all ages that explore different themes.

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

Experience the serenity and wonder of the garden with programs for the entire family! Featuring Family Discovery Stations and Storytime, Winter Nature Walk with Bradley Klein, Chase Away the Winter Blues tour, and Conservatory Seasonal Highlights tour.

**PS 295's Brooklyn Boogie Brunch 2018:** Littlefield, 635 Sackett St. between Third and Fourth avenues; [fusilero.maria@gmail.com](mailto:fusilero.maria@gmail.com); [www.littlefieldnyc.com](http://www.littlefieldnyc.com); Noon; \$9-\$50.

Featuring Capt'n Kirk Douglas of The Roots, Grammy-nominated Maimouna Youssef, Mush1 & His Flatbush Re-Boppers, bassist and composer Chris Lightcap, kids' funk/rock/ska band Control the Sound, and

your host Mike Woods of TalkBOX podcast.

**Game of Jewish Life:** Jewish Children's Museum, 792 Eastern Pkwy. at Kingston Avenue; (718) 907-8833; [www.jcm.museum](http://www.jcm.museum); 1:30 pm to 2:30 pm; \$13 (\$10 seniors with ID).

Step onto a life-sized board game and play a unique and exciting "Game of Jewish Life!" Celebrate and explore the milestones of a Jewish life through interactive activities and imaginative play.

**"The Pirates of Penzance, in Concert":** 2 pm. St Patrick's Church auditorium. See Friday, March 2.

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

## MON, MARCH 5 FURTHER AFIELD

**SO Magic Workshop:** Harmony by Karate, 251 W. 81st St., Manhattan; (215) 760-3752;

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

[Sarah@BehavioralMilestones.org](mailto:Sarah@BehavioralMilestones.org); [www.SOMagicTricks.com](http://www.SOMagicTricks.com); 4–4:45 pm; \$375 for six 45-minute sessions.

SO Magic is a fun and engaging magic workshop that fosters growth of socialization skills such as collaboration, conversation, problem solving, and more. All magic exercises are done in pairs under close supervision to ensure success and boost self-esteem. SO Magic is intended for children ages 3 to 5 years old. It is an inclusive program for children with all different abilities and we are able to modify to accommodate any special needs.

## WED, MARCH 7

### IN BROOKLYN

**Story time & Sensory Lounge:** Spark by Brooklyn Children's Museum, 1 John St.; (718) 852-2470; [vcabro@brooklynkids.org](mailto:vcabro@brooklynkids.org); [www.brooklynkids.org/spark](http://www.brooklynkids.org/spark); 10 am; \$363 per semester.

Children and caregivers explore their senses in this interactive class that includes song, storytelling, dramatic role-play, and an art project with different materials to explore every week. Pre-registration required.

## THURS, MARCH 8

### IN BROOKLYN

**"Moods":** Actors Fund Arts Center, 160 Schermerhorn St.; (800) 838-3006; <https://sokolow2018.bpt.me>; 8 pm; \$25 (\$18 students and seniors).

The Sokolow Theatre Ensemble presents this production of dance pioneer Anna Sokolow. The performance features the Company, who is joined by guests Jennifer Conley, former soloist with the Martha Graham Dance Company, and Clarence Brooks, a former Company member, in "Sweet in the Morning," by choreographer Leni Wylliams.

**"Disney's High School Musical":** 9 pm. Muchmore's. See Thursday, March 1.

## FRI, MARCH 9

### IN BROOKLYN

**TOT Shabbat:** 5:30 pm. Bay Ridge Jewish Center. See Friday, March 2.

**"Moods":** 8 pm. Actors Fund Arts Center. See Thursday, March 8.

**"The Pirates of Penzance, in Concert":** 8 pm. St Patrick's Church auditorium. See Friday, March 2.

## SAT, MARCH 10

### IN BROOKLYN

**"Big Hero Six":** Industry City Factory Floor, 274 36th St. and Second Avenue; [www.eventbrite.com/e/sunset-park-kids-saturday-cinema-club-the-princess-and-the-frog-tickets-42647808744?utm\\_source=Listrak&utm\\_medium=Email&utm\\_term=https%3a%2f%2fwww.eventbrite.com%2f%2fsunset-park-kids-saturday-cinema-club-the-princess;10am](http://www.eventbrite.com/e/sunset-park-kids-saturday-cinema-club-the-princess-and-the-frog-tickets-42647808744?utm_source=Listrak&utm_medium=Email&utm_term=https%3a%2f%2fwww.eventbrite.com%2f%2fsunset-park-kids-saturday-cinema-club-the-princess;10am); Free with RSVP.



## Calling young jazz lovers

You are invited to attend the fifth annual middle school jazz festival on March 3 at the Brooklyn Music School Playhouse.

The event features performances by participating middle schools, clinics by the Brooklyn Music School Playhouse faculty, professional development for participating school faculty members, and a closing concert and awards ceremony. Previous guest artists have

included Dr. Victor Lewis, Robin Eubanks, Sherman Irby, and Duane Eubanks. The full day of performances, clinics, professional development, and concert features guest artists.

Fifth annual middle school jazz festival on March 3 at noon. Tickets are \$10.

*Brooklyn Music School Playhouse [126 St. Felix St. between Lafayette Avenue and Hanson Place in Fort Greene, (718) 638-5660; [www.brooklynmusicschool.org](http://www.brooklynmusicschool.org)].*

com%2f%2fsunset-park-kids-saturday-cinema-club-the-princess; 10 am; Free with RSVP.

Industry City hosts the Saturday Cinema Club in the Factory Floor with Rooftop Films. Enjoy the screening and the arts and crafts activities provided by BRIC Arts!

**Sing-Along Shabbat:** Bay Ridge Jewish Center, 8025 Fourth Ave. between 80th and 81st streets; (718) 836-3103; [office@brjc.org](mailto:office@brjc.org); [www.brjc.org](http://www.brjc.org); 10:45 am; Call for prices.

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

**"The Magician's Hat":** Barnes and Noble, 267 Seventh Ave. at Sixth Street; (718) 832-9066; [www.barnesandnoble.com](http://www.barnesandnoble.com); 11 am; Free.

Join us for this inspiring story time about kids who reach down into a magician's hat and discover something better than they could ever imagine — books that help them

become whatever they want to be. Activities to follow.

**Pop-Up Shakespeare by Reed Martin & Austin Tichenor:** PowerHouse Arena, 28 Adams St. at Water Street; (718) 666-3049; [kelsey.curtis@dk.com](mailto:kelsey.curtis@dk.com); [www.powerhousearena.com](http://www.powerhousearena.com); 11 am; Free.

Read about William Shakespeare's plays, sonnets, and poems as you never have before in an entertaining pop-up book collaboration between the internationally known comedy troupe the Reduced Shakespeare Company and best-selling illustrator Jennie Maizels. Featuring five interactive spreads filled with dramatic pop-ups, fun foldouts, hilarious summaries, and fascinating commentaries, this is the perfect introduction to one of the world's greatest playwrights and his enduring works. Ages 7-11.

**She's on Point – A Celebration of Girls in Sports:** 11 am to 3 pm. Sunset Park Recreation Center. See Saturday, March 3.

**Family Fun Series – Irish Dance:** Mark Morris Dance Group, 3 Lafayette Ave. between Nostrand and Bedford avenues; (718)

# Calendar

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

624-8400; julie.mmdg@gmail.com; [www.markmorrisdancegroup.org](http://www.markmorrisdancegroup.org); 4:30-5:30 pm; \$25 per family of one to three, \$30 per family of four or more, maximum of six per family.

Get ready for St. Patrick's Day by learning the basics of Irish dance in this exciting class that uses traditional dance reels to understand the unique sounds of Irish music. Your family will learn solo steps and group dances (Ceili).

**"Moods":** 8 pm. Actors Fund Arts Center. See Thursday, March 8.

**"The Pirates of Penzance, in Concert":** 8 pm. St. Patrick's Church auditorium. See Friday, March 2.

## SUN, MARCH 11

### IN BROOKLYN

**Story time with Abby Hanlon:** Books are Magic, 225 Smith St. at Smith and Butler streets; (718) 246-2665; [www.booksare-magic.net](http://www.booksare-magic.net); 11 am; Free.

"Dory Fantasmagory" is the latest chapter book featuring the youngest in her family, Dory, who really wants attention. With plenty of pictures and charm, this book about the rascal is hilarious.

**"Akeelah and the Bee":** BAM Peter Jay Sharp Building, 30 Lafayette Ave. between Ashland Place and St. Felix Street; [www.bam.org](http://www.bam.org); 2 pm; \$10 (\$7.50 members; \$7 children under 12).

A young girl from South Los Angeles competes to enter the National Spelling Bee. Best suited for children ages 8 and up. BAMciné-mate curates a selection of international, independent, and classic movies perfect for film-going families. The spring season includes an adaptation of the literary classic "The Secret Garden," the Oscar-nominated animated film "The Breadwinner," the best of the 2018 BAMkids Film Festival, and "Akeelah and the Bee," starring Angela Bassett, Laurence Fishburne, and Keke Palmer.

**"The Pirates of Penzance, in Concert":** 2 pm. St. Patrick's Church auditorium. See Friday, March 2.

**"Moods":** 3 pm. Actors Fund Arts Center. See Thursday, March 8.

## MON, MARCH 12

### FURTHER AFIELD

**SO Magic Workshop:** 4-4:45 pm. Harmony by Karate. See Monday, March 5.

## WED, MARCH 14

### IN BROOKLYN

**Story time & Sensory Lounge:** 10 am. Spark by Brooklyn Children's Museum. See Wednesday, March 7.



## A pirate's life for them

"The Pirates of Penzance" is sailing in for a benefit concert at St. Patrick's Church auditorium on March 2, 3, 4, 9, 10 and 11.

The Narrows Community Theater brings Gilbert and Sullivan's most well-known comic operettas to the stage to benefit the Betty Kash Scholarship fund. "The Pirates of Penzance," or, "The Slave of Duty," is an operetta in two acts with music by Arthur Sullivan and an English libretto by W.S.

Gilbert that contains the brisk and comic type of rhymed aria known as a patter song.

"The Pirates of Penzance" March 2, 3, 9 and 10 at 8 pm and March 4 and 11 at 2 pm. Tickets \$25 adults, \$20 seniors and students (21 and under), and \$15 children (12 and under).

*St. Patrick's Church auditorium [97th Street and Fourth Avenue in Bay Ridge, (718) 482-3173; [NCT@nctheaterny.com](mailto:NCT@nctheaterny.com); [www.NarrowsCommunityTheater.com](http://www.NarrowsCommunityTheater.com)].*

## FRI, MARCH 16

### IN BROOKLYN

**TOT Shabbat:** 5:30 pm. Bay Ridge Jewish Center. See Friday, March 2.

**"Claddagh":** On Stage at Kingsborough, 2001 Oriental Blvd. at Oxford Street; (718) 368-5596; [www.onstageatkingsborough.org](http://www.onstageatkingsborough.org); 8 pm; \$32 to \$37.

The famed Irish/Celtic rock group The Prodigals will have the audience dancing in the aisles with "Claddagh," a sparkling multi-media show that fuses the group's iconic music with world-champion Irish and tap dancers and a modern-day Irish fairy tale rich in love, life, and laughter. The performance is narrated by bandleader and Broadway actor Gregory Grene. The audience will be singing along to rollicking Clancy Brothers-era songs, moved anew by classics like "Danny Boy," and will be dancing in the aisles to the joyous finale.

## SAT, MARCH 17

### IN BROOKLYN

**"Babe":** Industry City Factory Floor, 274 36th St. and Second Avenue; [www.eventbrite.com/e/sunset-park-kids-saturday-cinema-club-the-princess-and-the-frog-tickets-42647808744?utm\\_source=Listrak&utm\\_medium=Email&utm\\_term=https%3a%2f%2fwww.eventbrite.com%2fe%2fsunset-park-kids-saturday-cinema-club-the-princess](http://www.eventbrite.com/e/sunset-park-kids-saturday-cinema-club-the-princess-and-the-frog-tickets-42647808744?utm_source=Listrak&utm_medium=Email&utm_term=https%3a%2f%2fwww.eventbrite.com%2fe%2fsunset-park-kids-saturday-cinema-club-the-princess); 10 am; Free with RSVP.

Industry City hosts the Saturday Cinema Club in the Factory Floor with Rooftop Films. Enjoy the screening and the arts and crafts activities provided by BRIC Arts!

**Farmhouse Family Day:** Wyckoff Farmhouse Museum, 5816 Clarendon Rd.; (718) 629-5400; [www.nycgovparks.org/events/2017/12/16/farmhouse-family-day](http://www.nycgovparks.org/events/2017/12/16/farmhouse-family-day); 11 am to 3 pm; Free.

Drop in and explore New York City's oldest house together. Arrive by 1 pm for a unique hands-on craft-making activity. Seasonal ac-

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tivities inside the historic house and around the gardens include scavenger hunts, artifact investigation, gardening, self-guided exploration, and hands-on activities. Family Day is open to everyone. Activities are designed for families with kids ages 4 to 10. Children must be accompanied by an adult. No reservation required.

**“The Gingerbread Man and the Leprechaun Loose at School”:** Barnes and Noble, 267 Seventh Ave. at Sixth Street; (718) 832-9066; [www.barnesandnoble.com](http://www.barnesandnoble.com); 11 am; Free.

A mischievous leprechaun is causing all kinds of trouble at school, but Gingerbread Man is back to save the day! Join us for this special St. Patrick’s Day story time, with activities to follow.

**She’s on Point – A Celebration of Girls in Sports:** 11 am to 3 pm. Sunset Park Recreation Center. See Saturday, March 3.

## FURTHER AFIELD

**New York City St. Patrick’s Day Parade:** Parade route – Fifth Avenue between 44th and 79th streets, Manhattan; [www.nyc-stpatricksparade.org](http://www.nyc-stpatricksparade.org); 11 am–5 pm; Free.

Nothing says St. Patrick’s Day quite like New York City’s annual parade up Fifth Avenue. The celebration is billed as the oldest and largest St. Patrick’s Day Parade in the world. Irish eyes will be smiling on the approximately 150,000 people who march in the parade. Join in the fun!

## SUN, MARCH 18

### IN BROOKLYN

**“The Last Coin”:** The Old Stone House, 336 Third St. between Fourth and Fifth avenues; (718) 768-3195; [theoldstonehouse.org](http://theoldstonehouse.org); 10 am; \$15 (\$12 for season ticket holders).

When the page of a book is irreparably torn, a storyteller and her loyal stage manager must find another way to share their story of three princes on a quest to determine which of them will be their kingdom’s next ruler. Through shadow puppetry, sensory audience interactions, and other exciting surprises, little ones will experience a tale of cleverness and the value of kindness.

**2018 Brooklyn Camp Expo:** Williamsburg Northside Preschool, 152 N. Fifth St; (718) 599-7300; [www.eventbrite.com/e/2018-brooklyn-camp-expo-presented-by-a-child-grows-in-brooklyn-tickets-40975472742](http://www.eventbrite.com/e/2018-brooklyn-camp-expo-presented-by-a-child-grows-in-brooklyn-tickets-40975472742); 1–4 pm; Free.

Please join the A Child Grows in Brooklyn community for the third annual Brooklyn Camp Expo. Please note this expo is for camps all over Brooklyn and even out-of-town sleepaway camps. This is not specific to Williamsburg. We will have kid’s crafts presented by Private Picassos and games and activities for all ages. Capacity is limited, so please be sure to register!



## Celebrate girls in sports

Girls and boys can explore the advantages of sports and the valuable contributions made by women in the field in She’s on Point: A Celebration of Girls in Sports, at the Sunset Park Recreation Center on Saturdays in March.

The event honors the achievements of female athletes by introducing young girls and boys to sports.

Through partnerships with local colleges and sports organizations, as well as the contributions of the city’s Parks Department’s public program-

ming staff, a variety of sports clinics and demonstrations will take place, from traditional to alternative sports.

Also incorporated is a speaking portion, where professional athletes and coaches are invited to talk about their pathways into a career in sports.

She’s on Point, Saturdays March 3, 10, 17 and 24, from 11 am to 3 pm. Free.

*Sunset Park Recreation Center [43rd Street and Seventh Avenue in Sunset Park, (718) 972-2135; [www.nycgovparks.org/events/2018/03/03/shes-on-point-a-celebration-of-girls-in-sports](http://www.nycgovparks.org/events/2018/03/03/shes-on-point-a-celebration-of-girls-in-sports)].*

## MON, MARCH 19

### FURTHER AFIELD

**SO Magic Workshop:** 4–4:45 pm. Harmony by Karate. See Monday, March 5.

## WED, MARCH 21

### IN BROOKLYN

**Storytime & Sensory Lounge:** 10 am. Spark by Brooklyn Children’s Museum. See Wednesday, March 7.

## FRI, MARCH 23

### IN BROOKLYN

**TOT Shabbat :** 5:30 pm. Bay Ridge Jewish Center. See Friday, March 2.

## SAT, MARCH 24

### IN BROOKLYN

**“Coco”:** Industry City Factory Floor, 274 36th St. and Second Avenue; [www.eventbrite.com/e/sunset-park-kids-saturday-cinema-club-the-princess-and-the-frog-tickets-42647808744?utm\\_source=Listrak&utm\\_medium=Email&utm\\_term=https%3a%2f%2fwww.eventbrite.com%2fe%2fsunset-park-kids-saturday-cinema-club-the-princess](http://www.eventbrite.com/e/sunset-park-kids-saturday-cinema-club-the-princess-and-the-frog-tickets-42647808744?utm_source=Listrak&utm_medium=Email&utm_term=https%3a%2f%2fwww.eventbrite.com%2fe%2fsunset-park-kids-saturday-cinema-club-the-princess); 10 am; Free with RSVP.

Industry City hosts the Saturday Cinema Club in the Factory Floor with Rooftop Films. Enjoy the screening and the arts and crafts activities provided by BRIC Arts!

**“Little Blue Truck’s Springtime”:** Barnes and Noble, 267 Seventh Ave. at Sixth Street; (718) 832-9066; [www.barnesandnoble.com](http://www.barnesandnoble.com); 11 am; Free.

# Calendar

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

Celebrate the beauty of springtime with Little Blue Truck. Young fans will love finding all sorts of baby animals beneath the flaps in this delightful novelty board book. Activities to follow.

**She's on Point – A Celebration of Girls in Sports:** 11 am to 3 pm. Sunset Park Recreation Center. See Saturday, March 3.

**"Flight School the Musical":** On Stage at Kingsborough, 2001 Oriental Blvd. at Oxford Street; (718) 368-5596; [www.on-stageatkingsborough.org](http://www.on-stageatkingsborough.org); 2 pm; \$12.

Vital Theatre Company presents this charming musical, which starts on the first day of Flight School, where they teach birds to fly. Penguin has the soul of an eagle and is ready to live on the wind. However, he wasn't built to soar, as the other birds constantly remind him. But Penguin's spirit won't be grounded. Eventually Penguin finds his wings with the help of his friends, and is able to flip, flap, fly away!

## SUN, MARCH 25

### IN BROOKLYN

**Story time With Brendan Wenzel:** Books are Magic, 225 Smith St. at Smith and Butler streets; (718) 246-2665; [www.booksaremagic.net](http://www.booksaremagic.net); 11 am to noon; Free.

Picture book author celebrates his latest release, "Hello, Hello." The fun reader starts with two cats, and incorporates colors and shapes.

**Dance, Drum & Imagination Summer Camp Info Session:** RestorationArt, 1368 Fulton St. between Brooklyn and New York avenues; (718) 935-9700; [info@cumbdance.org](mailto:info@cumbdance.org); [cumbdance.org/youth-classes/summer-camp](http://cumbdance.org/youth-classes/summer-camp); 12:30-1:30 pm; Free.

This summer, young artists ages 3-7 will unleash their imaginations and learn about music and dance from the African diaspora. Join us for this free summer camp info session to learn more about the program, meet the teaching artists, and get a taste of the camp experience. With song, dance, food, steel drum-making and more, campers learn about Haiti, Puerto Rico, Trinidad, and other Caribbean locales.

## MON, MARCH 26

### IN BROOKLYN

**31st Biannual International Electroacoustic Music Festival:** ShapeShifter Lab, 18 Whitewell Pl. at Union Street; (646) 820-9452; [www.brownpapertickets.com/event/3178729](http://www.brownpapertickets.com/event/3178729); 8 pm; Free.

In keeping with the festival's tradition, the series of programs will feature the work of a special guest, who will additionally conduct a Composers' Forum, as well as a variety of cutting-edge works by established masters and emerging talents.

## 'Hello, Hello'

Author and illustrator Brendan Wenzel shares a special story time with children at Books are Magic on March 25.

Wenzel's "Hello, Hello" is on tap for young ones to learn about our four-footed feline friends. The fun starts when two cats strut across the pages and incorporate colors and shapes to tell the tale.

Brendan Wenzel "Hello, Hello" story time, March 25 from 11 am to noon. All ages. Free.

*Books are Magic [225 Smith St. at Butler Street in Carroll Gardens, (718) 246-2665; [www.booksaremagic.net](http://www.booksaremagic.net)].*



## TUES, MARCH 27

### IN BROOKLYN

**31st Biannual International Electroacoustic Music Festival:** 7 pm. Shape-Shifter Lab. See Monday, March 26.

## WED, MARCH 28

### IN BROOKLYN

**Storytime & Sensory Lounge:** 10 am. Spark by Brooklyn Children's Museum. See Wednesday, March 7.

**31st Biannual International Electroacoustic Music Festival:** 7 pm. Shape-Shifter Lab. See Monday, March 26.

## FRI, MARCH 30

### IN BROOKLYN

**TOT Shabbat:** 5:30 pm. Bay Ridge Jewish Center. See Friday, March 2.

## SAT, MARCH 31

### IN BROOKLYN

**"Bambi":** Industry City Factory Floor, 274 36th St. and Second Avenue; [www.eventbrite.com/e/sunset-park-kids-saturday-cinema-club-the-princess-and-the-frog-tickets-42647808744?utm\\_source=Listrak&utm\\_medium=Email&utm\\_term=https%3a%2f%2fwww.eventbrite.com%2f%2fsunset-park-kids-saturday-cinema-club-the-princess](http://www.eventbrite.com/e/sunset-park-kids-saturday-cinema-club-the-princess-and-the-frog-tickets-42647808744?utm_source=Listrak&utm_medium=Email&utm_term=https%3a%2f%2fwww.eventbrite.com%2f%2fsunset-park-kids-saturday-cinema-club-the-princess); 10 am; Free with RSVP.

Industry City hosts the Saturday Cinema Club in the Factory Floor with Rooftop Films. Enjoy the screening and the arts and crafts activities provided by BRIC Arts!

**"The Duckling Gets a Cookie!":** Barnes and Noble, 267 Seventh Ave. at Sixth Street; (718) 832-9066; [www.barnesandnoble.com](http://www.barnesandnoble.com);

11 am; Free.

The Duckling asks for a cookie and gets it! How do you think Pigeon feels about that? Find out at story time, with activities to follow.

## LONG-RUNNING

### IN BROOKLYN

**Totally Tots:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Tuesdays, Wednesdays and Fridays – Sundays, 10 am to 4:30 pm, Thursdays, 10 am to 5:30 pm, until Sun, April 29; Free with museum admission.

This pint-sized paradise is designed for the youngest visitors, featuring nine different sensory play areas including water, sand, music, dress up, blocks, and more. Totally Tots is for infants to age 6. In Little Maker Space art studio children to explore techniques, materials, and ideas through art-making. Kids build fine motor skills, engage in sensory exploration, and learn how to share with others in this space where there's no such thing as a bad mess!

**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, 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.

**Waterfront:** Brooklyn Historical Society, 55 Water St. at Main Street; (718) 222-4111; [www.brooklynhistory.org](http://www.brooklynhistory.org); Tuesdays – Thursdays and Sundays, 11 am to 6 pm, Fridays and Saturdays, 11 am to 8 pm, until Sat, March 31; \$10 (\$6 seniors and teachers; free for students and members).

This is an immersive, multimedia exhibition exploring the history of Brooklyn's coastline through interwoven stories of workers, indus-

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

tries, activists, innovators, families, neighborhoods, and ecosystems. There are 12 concept areas that will engage visitors of a variety of ages and interests, including a dress-up experience that lets kids don work clothing and try their hand at ship fitting.

**World Autism Abilities Awareness – “Don’t ‘dis’ the ability”:** RXR Realty, 470 Vanderbuilt Ave.; (917) 757-1019; e-mail: [rcmphd1@gmail.com](mailto:rcmphd1@gmail.com); [www.strokesofgenius-inc.org](http://www.strokesofgenius-inc.org); Daily, noon-6 pm; until Sun, March 18; Free.

The exhibition includes more than 100 artworks from 26 international and national artists affected by autism.

**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 4:45 pm, until Sun, April 29; Free with museum admission.

This inclusive space is where children of all abilities can engage with their peers and explore 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. All are welcome in this space, please let the educator present know if your child has particular needs or sensitivities.

**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, April 29; Free with museum admission.

Visitors of all ages develop spatial reasoning, engineering, and language skills through block play, which will now include an assortment of language blocks in Spanish, English, Hebrew, French, and American Sign Language.

**Environmental Ed Center Open:** Environmental Ed Center at Brooklyn Bridge Park, Washington and Plymouth streets; [www.brooklynbridgepark.org/events/ed-center-open-hours](http://www.brooklynbridgepark.org/events/ed-center-open-hours); Tuesdays and Thursdays, 3 pm to 5 pm, until Sun, May 27; 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!

**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 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.



Jane Kratochvil

## Play in a Sea of Light

It’s a journey of sight, sound, and sensory fun at Sea of Light, an interactive light playground, now through March 31 at the Seaport District.

Say goodbye to winter and dark nights at this spectacular interactive event — like no other light show you will ever see. The immersive sensory adventure is activated by movement and sound, and features colorful, illuminated orbs on the cobblestone streets that are reac-

tive to sound and movement and transform with every interaction.

Best seen at night, you can also enjoy a choreographed music and lights show on the hour from 5 to 8 pm daily.

Sea of Light daily now through March 31. Free. For all ages, but better suited to older children.

*The Seaport District (19 Fulton St. in the Financial District; [www.southstreetseaport.com](http://www.southstreetseaport.com)).*

### SEA (Singular Extreme Actions):

Streb Lab for Action Mechanics, 51 N. First St. between Kent and Wythe avenues; (718) 384-6491; [info@streb.org](mailto:info@streb.org); [www.streb.org](http://www.streb.org); Friday, March 2, 7:30 pm; Saturday, March 3, 5 pm; Sunday, March 4, 3 pm; Friday, March 9, 7:30 pm; Saturday, March 10, 5 pm; Sunday, March 11, 3 pm; Friday, March 16, 7:30 pm; Saturday, March 17, 5 pm; Sunday, March 18, 3 pm; Friday, March 23, 7:30 pm; Saturday, March 24, 5 pm; Sunday, March 25, 3 pm; \$25 in advance or \$29 at the door (ticket price includes popcorn and a drink!)

Bring your friends, take the kids, and experience the fun, grit, and explosive sights and sounds of an hour of Streb extreme action.

**The Discovery Room:** Prospect Park Zoo, 450 Flatbush Ave. at Ocean Avenue; (718) 399-7339; [www.prospectparkzoo.com](http://www.prospectparkzoo.com); Saturdays and Sundays, 11 am to 3 pm, until Sun, April 29; Free with admission to the zoo.

This whimsical play space is designed to connect our youngest visitors with nature, to help them build a conservation ethic that lasts a lifetime. Interact with animals, conduct a pretend vet check-up, or get the scoop on poop. It is occasionally closed for private events. We apologize for any inconvenience.

**Bird watching:** Prospect Park Audubon Center, enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; [www.prospectpark.org/audubon](http://www.prospectpark.org/audubon); Saturdays, Noon to 1 pm, Sat, March 3 – Sat, April 14; Free.

Join Prospect Park Alliance on a birdwatching walk and learn about the park’s magnificent array of birds and how to identify them!

### “The Prince and the Magic Flute”:

Puppetworks, 338 Sixth Ave. at Fourth Street; (718) 965-3391; [www.puppetworks.org](http://www.puppetworks.org); Saturdays and Sundays, 12:30 pm and 2:30 pm, until Sat, March 31; \$11, \$10 children (\$9 for groups of 20 or more).

This marionette production is adapted for children by Nicolas Coppola from Mozart’s opera and is set in mystical Egypt. The story tells the story of a prince and a birdcatcher as they try to rescue a princess.

**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, March 4 – Wed, March 28; Free with museum admission.

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



# All about aquafaba

## Water found in cans of beans makes an excellent replacement for eggs

**V**egans and food waste prevention advocates alike are heralding the newfound popularity of aquafaba. Derived from the Latin words for “water” and “bean,” aquafaba is the viscous liquid you pour out when you drain a can of beans, especially chickpeas. This bean water makes a terrific egg replacer.

It turns out that the liquid left from canned beans has the amazing property of creating a froth when whipped, much like egg whites. The bean protein and starch remaining in the water can replicate the role of egg whites in meringue, macarons, mousse, custards, creams, cakes, mayonnaise, and sauces. Even waffles and pancakes can benefit from it by producing lighter and fluffier products. Savory foods, such as homemade hummus, can use aquafaba in lieu of some of the oil.

Aquafaba has been an ingredient for some time, but it really jumped in popularity within the last year or so thanks to magazine and newspaper articles and recipes featuring it. Look for foods such as vegan mayonnaise containing it on supermarket shelves in the near future.

### Nutrition

The balance of starch to protein is ideal for its many uses. One tablespoon of aquafaba contains only three to five calories and only trace amounts of carbohydrates, protein, fat, vitamins, and minerals.

Aquafaba is vegan.

One big plus: It’s a boon for family members with egg allergies, one of the most common food allergies in young people.

If you’re not a bean fan due to its “musical fruit” properties, aquafaba may not be for you. The liquid from canned beans can cause digestive distress, gas, and well, you know. These side effects originate from the presence of oligosaccharides, complex sugars that can be difficult to digest due to a lack of the digestive enzyme needed to break them down. The water used to soak and cook dry beans contains many of these oligosaccharides, which may well cause discomfort for some individuals.

But the amount matters. If you use what’s drained from one can of beans in a recipe that serves four or six, the total amount of bean sugars in each serving is quite small and should not cause any problems.



## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

### Using aquafaba

A 15-ounce can produces approximately three-quarters cup aquafaba. Cans with pop-top lids make it easier to drain the liquid without “spilling the beans.” Pop it open just enough so that only the liquid pours freely.

About three tablespoons of the viscous liquid can replace one whole egg, with two tablespoons equal to one egg white.

How do you use it? Whip it slightly with a fork until it’s a bit foamy prior to adding it to recipes as a binder to replace whole eggs. Or, mix the bean liquid with an electric mixer. Its beauty is it can be whipped into either soft or stiff peaks. If stiff peaks are desired, stabilize it by whipping it with a bit of acid such as cream of tartar, lemon juice, or vinegar for a few minutes.

Although vegan egg substitutes are available, they’re best used to replace whole eggs, not the whites.

Will it taste “beany?” No, not in most cases.

There is no need to heat or cook the aquafaba because it was already “cooked” during the canning process.

So embrace aquafaba as a way to reduce food waste and replace eggs in cooking. Rather than draining off the liquid into the sink every time you open a can of beans, save this precious ingredient for the next time a recipe calls for an egg.

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

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# New & Noteworthy

BY LISA J. CURTIS

## Jack's tall tale

We're excited to spill the beans about a recently released rock opera that breathes new life into the classic fairy tale "Jack and the Beanstalk." Brooklyn-based Paper Canoe Company's "Beanstalk Jack" concept album begins with songs in the rich American folk tradition — and they're often a high-spirited, knee-slapping hootenanny. They tell Jack's story as he trades his cow for magic beans and climbs the mighty stalk. When he reaches its highest branches, the songs evolve from folk to rock with "It's a Big World."



Thankfully, Paper Canoe co-founders Tami Stronach (the Childlike Empress from the 1984 film "The Neverending Story") and Greg Steinbruner made the decision to retain the giant's best line — "Fee Fi Fo Fum" — and the vocals are powerfully influenced by Tom Waits. Touches like this delight listeners great and small (especially those ages 5 to 8).

"Beanstalk Jack" is an entertaining album influenced by the greats: Woody Guthrie, the Beatles, and Simon and Garfunkel.

*"Beanstalk Jack" CD, \$14, digital download, \$9.99, amazon.com.*

## Open sesame

Comfort is key when it comes to choosing a bra that will make breastfeeding easier. Coobie's Seamless Bra offers that comfortable support all day long — and even while you're sleeping. This nursing bra features wider straps, removable pads, racer-back style, and simple clasps to help moms quickly quiet a ravenous infant.



Available in "one size" (32A-36D/DD) and "full size" (38A-40D/DD), Coobie's nursing bra is available in both typical colors and fun patterns such as tie-dyed pink-and-white; black-and-white polka dot; and more.

This bra does not have an underwire or hooks, and the fabric is made of a cool, soft brushed nylon and spandex blend, which easily stretches to accommodate nursing pads. Coobie's seamless bra is perfect for moms who are committed to breastfeeding and need a stylish nursing bra that's such a dream, you forget you're wearing it.

*Coobie Seamless Bra, \$22, shopcoobie.com.*



## Build characters

Shao Lan Hsueh, Ted Talk speaker and creator of the popular Chineasy Tiles board game, has just released the Chineasy Cards app, making it easier than ever for kids — and parents — to begin to learn notoriously challenging Mandarin Chinese.

The app takes off where the board game ends, using the same colorful illustrations to bring the Chinese characters to life, plus enormously helpful pronunciation of the characters. After introducing the user to a group of words, Chineasy Cards becomes a multiple choice game. Players — ages 4 and older — are rewarded with praise from an adorable caterpillar before leveling up. Players can start on a new level every day, or review previous levels before moving on.

The board game's website has a downloadable "play guide" with 10 ways to engage with the 48 essential characters.

*Chineasy Tiles game, \$89; Chineasy Cards app, free to download, monthly subscription services available; Chineasy.com.*

## Mooning over Britta

Author-illustrator Britta Teckentrup's "Moon: A Peek-Through Picture Book" (Doubleday Books for Young Readers) is an exquisite hardcover, ideal for sending off children — particularly those ages 3 to 7 — to dreamland. This new book

has moon-shaped holes cut from its cover and pages to reveal our satellite's phases. It also lavishly depicts our world's animals in their varied habitats, bathed in moonlight. Teckentrup's illustrations harken back to the glory days of vintage Golden Books, with their scampering foxes, deer, and bears. Children — and parents alike — can't resist the sleep-inducing pull of "Moon."

*"Moon: A Peek-Through Picture Book," \$16.99, Barnesandnoble.com.*





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