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Letter from the publisher

It's August already. Isn't it amazing how the summer weeks whizz by? July was a hot month and seemed more like August, which makes me wonder what August will be like. The days are getting shorter, although there's still plenty of light at the end of the day to eat outdoors, have dinner on the beach, or barbeque on the grill.



My family has been to the beach quite frequently this summer and I don't mind telling you that my beach of choice — and the one that's most accessible and inviting — has been, and still is, the clean and lovely beach/boardwalk at Long Beach.

Did I mention that we don't live in Long Beach and that every summer we buy a family beach pass? I'm certain there are local people who think we are a hibernating family that lives out there but only appears in the warmer months.

"So nice to see you. How was your winter?" They ask us every year.

I say nothing and just enjoy all the friendliness that I can find in life. I mean, we're talking 30 years of beaching at Long Beach.

We took our family vacation in June but I'm pretty certain that a lot of families are still looking forward to time off together. Maybe the kids have been at camp and you're waiting till the end of summer to do a family drive or a stay-cation? Maybe you have a new college student who is home with you for the last weeks before beginning campus life?

Whatever you do or wherever you go, enjoy the end of summer and the good foods that are coming into season now, like fresh Long Island corn and tomatoes. Visit your local farmer's market or stand and see those wonderful green beans, cucumbers, peaches, blueberries and blackberries that are grown here, and help support your family's good health and our local farmers at the same time. What a great partnership that is!

Happy August! Thanks for reading!

Susan Weiss-Voskidis, Publisher

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NEWBIE DAD

BRIAN KANTZ

Super-sized summer

Kids today have the coolest toys for hot days!

Maybe the heat is getting to me. Or, maybe I've watched one too many "60 Minutes" commentaries by that famous curmudgeon, Andy Rooney. Or, maybe it's the fact that some kid at the playground just called me an "old dude." (37 is not old, kid! You may not believe that now, but you'll see! You'll see!) Whatever it is, I have a rock in my shoe this summer.

So, what's wrong? What's my beef? Well, I'm just wondering, who went and super-sized summer for today's kids? Just about

blanket at the beach, on your new white t-shirt, everywhere. Other than taking a swig from the garden hose, Kool-Aid was your only option.

And what flavor was Kool-Aid? It was red. There was only one flavor of Kool-Aid that I knew of: red Kool-Aid. Maybe Kool-Aid did offer its drink mix in other flavors back then, but we were never aware of it.

Do you know how many flavors of juice and juice-like beverages are on the market today? About 150,000. So, when someone at a picnic asks me if I would like a strawberry orange pomegranate or a Pacific mango sun-splash, I usually ask, "Do you have any red?"

Let's move on to the Slip 'n Slide.

It was a true backyard necessity on a hot summer day, especially once the three-foot-round plastic pool just wouldn't comfortably accommodate my three gangly brothers and I anymore. The original Slip 'n Slide featured some pretty basic engineering: a long plastic sheet with an opening for the garden hose. Turn the spigot on and away you go, slipping the hot summer day away under the soft drizzle of cold

water. You just had to make sure that no large sticks, giant rocks or neighborhood dogs were underneath the plastic, lest you impale yourself, break a shin or get bitten.

Today's Slip 'n Slides? Whoa-ho-ho. Fancy. You've got gushing waterfalls, cushy inflatable parts, hydro-planers, boogie boarders, triple racers, wave riders, whitewater blasters, the whole nine yards. It's apparently less about slippin' and slidin' and more about looking good.

And speaking of fancy, what is with all of the kids tooling up and down the streets in motorized vehi-

cles? Is it really necessary for 4-year-old Johnny to be hogging the sidewalk in his mini-Hummer? Well, at least his vehicle doesn't guzzle gas, but he should still need a license to drive that thing. I've seen more than a few innocent flowers buried under the wheels of Johnny's wildly navigated bad-boy machine.

Back when we were kids, we tooted up and down the streets all summer long on our Big Wheels and banana-seat bicycles with sissy bars. Pedal power, baby. If you wanted to visit a friend who lived down the block, you either pedaled or hoofed it on your own two feet. You wouldn't have even imagined taking your battery-powered Lightning McQueen out for a spin.

OK, I'm almost done. Here's one more favorite summer activity: going to the neighborhood playground. This is my two sons' favorite thing to do. They call it going to "swings and slides." Back in my childhood, that's exactly what it was. We went to a playground that had swings and one slide. All of the equipment was fashioned out of industrial-grade steel. You sat on a flat steel seat on the swing and you climbed up steel steps to get to the top of the tall steel slide. That steel was a molten 220-degrees in the hot sun.

Today's playgrounds? Oh... my... gosh. They are unbelievable! Instead of simple swings and slides, these are monstrous "play structures." Spiral slides, rock-climbing walls, ziplines, fireman's poles and on and on! All in cool-to-the-touch molded plastic. It's madness, I tell you! And, I must admit, it's all so much darn fun!

So, go ahead, kids, enjoy your super-sized summer! Have a grand old time. Just know that in another 30 years, your stuff will seem pretty old school, too, and you'll be left to write a nostalgic (and, yes, completely jealous) column for the benefit of your peers.

Brian Kantz nearly broke his collarbone diving on a Slip 'n Slide the other day. Totally worth it. Visit Brian online at www.briankantz.com or drop him a note at thenewbiedad@yahoo.com.



every great thing I remember from the summers of my childhood still exists, but it has all been super-sized, mega-hyped and full-throttled. It's like summer on steroids. I notice this all the time as I play with my kids. Do you?

Let me give you a quick example. The taste of summer from your childhood — quick, what was it? If you said Kool-Aid, you would be correct, my friend. A pitcher of Kool-Aid was everywhere, it seemed. In the fridge at home, in the fridge at your friends' houses, on the picnic table, on the

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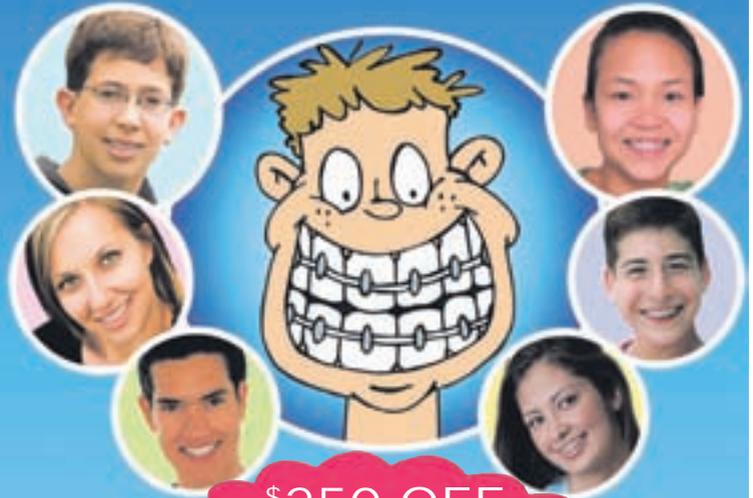


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LIONS AND TIGERS AND TEENS

MYRNA BETH HASKELL

Say whaat?

How to keep your cool even when teenagers talk back

Everyone has a pet peeve. Mine is: “Whatevrrrr!”

That word can send needles up my spine. I realize there are much worse things a teen can say, but for some reason, “Whatevrrrr” says it all for me. It means, “I don’t care what you think — you just don’t get it — get out of my face” all in one fell swoop.

Of course, this attitude is nothing new, and reminds me that parents of yesteryear actually had the right idea when they washed mouths out with soap — something you could probably be arrested for today.

So what do parents do about these smart mouths?

Some let it go, saying they have more serious things to worry about, such as drinking, drugs, and premarital sex. Others don’t put up with it.

For me, back talk is a sign of disrespect and should be handled as such. Teens should be taught how to speak up for themselves, but in an appropriate way.

Keep back talk in perspective

Does back talk start in the teens? Not entirely — what about when you asked your 2-year-old to pick up his toys and he said, “No!” and sneered at you? Although back talk is not strictly a teen phenomenon, it does seem to happen more often and with more disdain at this age. Parents have different opinions about where to draw the line; however, most feel that outright rudeness should not be tolerated.

Just like toddlers, teenagers are struggling to become independent from their parents. That independence is necessary as they approach adulthood.

“Teens are striving to become



more autonomous,” explains Dr. Alec L. Miller, Chief of Child and Adolescent Psychology at Montefiore Medical Center/Albert Einstein College of Medicine in the Bronx. “To do so requires them to assert their own needs and wishes, even when those wishes are not in the context of good judgment and even when they are in direct conflict with the parents’ wishes.”

Teens like to argue, and parents should learn to embrace this as long as it is respectful. However, when a sharp tongue rears its ugly head, it’s time to put the clamps on.

Don’t get bent out of shape

How do parents get their teens to back off the snide back talk? Parents should remember that they are the

authority in the household. A teen who talks rudely once or twice and gets away with it will continue the behavior. When a teen’s language or attitude is inappropriate, there should be consequences. Try to remain calm even if your teen is raising her voice. Screaming back or returning her flippant comments reinforces the bad behavior. If the tone is disrespectful, ignore her argumentative comments and walk away. If she follows you, reinforce that you will not tolerate rude and obnoxious language. Tell her that you will listen if her tone is appropriate. Stick to this position and don’t give in — show her that she can get her way more easily with respectful pleas.

“It’s important for parents to consider that this behavior is somewhat developmentally appropriate,” advises Miller. “Parents can acknowledge that their teens need to go through this phase and not take it too personally. At the same time, however, it is important for parents to set appropriate limits with their teens.”

If it’s an argument, he says parents should validate their teen’s feelings, and also explain why they’ve taken their stance.

Teens will disagree and do it often — this is a natural part of their development. It’s the tone and delivery that parents should be concerned with.

Tips and tales

“Don’t stoop to their level!”

Dr. Robin Goodman, New York, NY

“We end up taking away electronics, which seems to work great.”

Gloria Jean Gibson-Lyons, Salt Point, NY

“First I take a deep breath. Then, I give her a good ‘talking to’ in return.”

Maryellen Livingston Moore, Glenford, NY

Share your ideas

Upcoming topic:

What to tell ... or not tell ... your teen about your past.

Please send your full name, address, and brief comments to: myrnahaskell@gmail.com or visit: <http://home.roadrunner.com/~haskellfamily/myrna/>

Myrna Beth Haskell is a freelance writer specializing in parenting issues and children’s development. She is the mother of two teenagers. Her advice column for parents of teens debuted in June 2009.



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Additional support has been provided by the New York City Department of Cultural Affairs; the Zoos, Botanical Gardens, and Aquariums Grant Program of the New York State Office of Parks, Recreation, and Historic Preservation; and the Walter Kaner Children's Foundation.



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Back-to-school

How to get your A in organization this fall

BY CAROL BRZOZOWSKI

When I sent my firstborn off to school 10 years ago, I was ill-prepared for the realities of his new life. I thought I'd just send him off with a tearful goodbye, and that would be that.

Boy, was I wrong.

I completely underestimated how managing my son's (and later, his brother's) school life would consume such a chunk of my time.

Each day, I had to review a list of questions. Is today the day they take in money for lunch from the cafeteria or pack a lunch? What's the deadline for filling out the paperwork and getting the money for the field trip? What time do I have to pick up my son from the after-school activity? Buy what for the science fair?!

But, through the years — and now with both sons in high school — I've learned a lot through my own experience and that of other seasoned parents who taught me the key to surviving the school years: "Work smarter, not harder."

Here are some tips I've gathered that should help you glide through the next four semesters:

- Organized parents are always seen with their organizers. Whether you use electronics or paper, maintain an organizer in which you keep all of your appointments and phone numbers with you at all times. Record dates as soon as you're made aware of them. And make sure to have important phone numbers, like your child's school, the bus company's and those of child's friends' parents, available in a pinch.

- Avoid vacations that run up into the week before school. That's the

week you want to train your children to start waking up early again and getting back into routines. It's harder for the kids to go back to school if they are on a trip right before school starts.

- Avoid the mistake of buying unnecessary school supplies by checking with your child's school to determine what is needed. Consider saving money by buying supplies in bulk and splitting the cost with a friend whose child needs the same supplies. There are usually a few items you'll always need on hand throughout the year — lined paper and pencils — so stock up when they are on sale.

- Cell phones have become a common school supply, though many schools are limiting their use during the school day. They are useful in keeping in touch on important matters — my sons call or text during lunch to let me know they need something for the following day or that a club meeting has been canceled. If you're not keen on buying them their own cell phone, consider a pre-paid phone. Make sure you know the phone carrier's costs — my sons once racked up a few \$100 through unnecessary text messaging and Internet access.

- Organize everything your child needs to take to school the night before (older children can

do this on their own). Pack their lunchbox with non-perishables and add the items that require an ice pack in the morning. Make sure the kids put the ice pack back into the freezer when they get home from school and empty the wrappers and food bits out of the lunchbox to clean it for the next day.

- Buy extra ice packs for lunch boxes. In a pinch, you can pack a plastic storage bag with ice cubes. Ask your child to brainstorm about what healthy food they'd like for lunches.

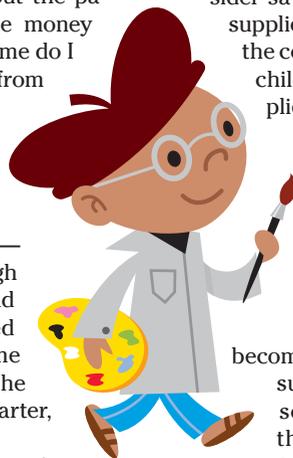
- Keep a day's worth of extra lunch money stashed in the backpack for those times when your child forgets money.

- Make sure your child's vaccinations are up to date. This is often required not only for school, but for participation in sports and scouting. If you are applying for exemptions, get your paperwork organized.

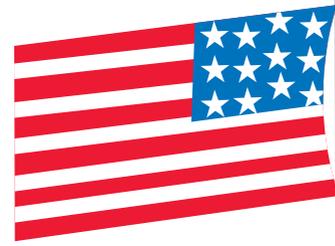
- If your child commutes by car or bus, carry snacks and cold water in the car or pack extra in the backpack for bus trips, if permitted. You may want to freeze bottles of water; they'll thaw out and provide cold refreshment by the end of the day.

- If you're the type of parent who likes to give teachers and bus drivers gifts for holidays or at the end of the year, consider buying items as you see them and can afford them, packing them away in the closet until needed, rather than making a mad rush for gifts at the last minute.

- Most school districts now have Internet sites that allow you to see your child's academic progress in real time. I can set up my district's site to send me e-mails every time



checklist



my sons' grades dip below a certain level. It's been an invaluable tool in keeping abreast of their academic performances.

- Join the PTA or other school groups and prepare to get involved. Nothing will keep you more connected to your child and the school more than volunteering. Get to know your child's teachers. Take advantages of opportunities, such as open houses, to know what materials your child is using for learning.

- If your child is starting at a new school, visit the school with him or her once before the year begins so he or she will feel more comfortable on the first day.

- If your child is going to school for the first time, plan to have your child spend a lot of down time there after classes — perhaps at the playground — to help deal with some of the transition stress he or she may feel.

- Line up emergency contacts on your child's behalf just in case the school has trouble getting in touch with you.

- Organize car pools whenever possible, especially given the escalating fuel costs that have hit every family budget.

- One of the most challenging aspects of the

school year is having nutritious, delicious meals ready by the end of the day. If you don't already have one, invest in a slow cooker. It's a parent's best friend in the kitchen. Consider making oatmeal the night before so your family wakes up to a hot-cooked breakfast in the morning (this is especially helpful if your family is on

different work-school shifts and everyone needs to help themselves). The slow cooker also can be used to prepare dinner and cuts down on the end-of-the-day frustration of what to do for dinner on those rush days.

You can also ensure healthy meals by making large portions of food and freezing it for later use.

- Make sure school personnel are aware of any special needs your child may have.

- Make sure you read at least a half hour each day with your younger child. It's also fun to read the same books your middle or high school child may be reading.

- Talk to your child about drugs, alcohol, bullies, peer pressure, guns, strangers and not picking up needles or allowing another child's blood to get near his or her cuts. Review sex education with older children.

- Try to be sensitive to your child's feelings

around test times — be aware of how you have felt when you were under pressure at work.

- Feed your child well and give him or her plenty of support and opportunities for rest.

- Get to know your child's friends and their families. Open your home to supervised parties and sleep-overs.

- Review your child's homework with him or her. Ensure that homework comes before play, TV, computers or video games, but allow for some down time.

- Set up a quiet place to study and provide reference materials.

- Augment your child's education with family field trips and home projects. Schools are cutting back on the extras, so you may have to take up the slack with art, music and physical education.

- Celebrate your child's accomplishments.





GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Shake off the salt

Many of us have had a long love affair with salt, but that may be about to change. Earlier this year, the Institute of Medicine urged the U.S. government to gradually reduce the maximum amount of sodium that food companies and restaurants can add to foods.

Salt versus sodium

Although both terms are often used interchangeably, there is a difference between salt and sodium.

Salt is made up of sodium chloride: 60 percent is sodium, the rest, chloride. According to the Centers for Disease Control and Prevention, the average American ingests about 3,400 milligrams a day. The latest health organization recommendations range from 1,500 milligrams to 2,400 milligrams. Most nutrition experts estimate that about 75 percent come from processed food.

Salt sensitivity

Not all medical doctors agree that everyone needs to limit salt. But, there is growing evidence that a significant number of people have a condition called salt sensitivity, an abnormal increase in blood pressure in response to increases in dietary sodium. According to research performed by Myron H. Weinberger, MD, certain salt-sensitive people do

Sodium shockers

FOOD	SERVING SIZE	SODIUM (mg)
French bread	1 slice	416
Rice pilaf, mix, prepared	1 cup	780
Lite soy sauce	1 Tbsp	550
Panera Turkey Artichoke Hot Panini	1	2,340
Houlihan's Thai Chile Style Chicken Wing appetizer	1	4,979
Hebrew National quarter-pound franks	1 frank	1,070
Cottage cheese	1 cup	820
Oscar Mayer Lunchable (ham, cheese crackers)	1	1,060
California Pizza Kitchen Kid's Cheeseburger Pizza	1	1,680

not necessarily develop hypertension — but their long-term mortality rate is just as high as those who do.

Driven by convenience

Busy family lives often necessitate taking dietary shortcuts that are high in sodium — frozen meats, entrees and pizzas; rice and soup mixes; canned fish and soup; seasoning mixes and prepared spaghetti sauce. Hurrying in and out of drive-thrus, and especially dining out at restaurants, provide another huge dose. Some restaurant entrees have 2,000 milligrams or more in one order.

Do you need to be concerned about how much sodium your child ingests? Yes. A taste for salt is acquired, and salt-loving children grow up to be adults who eat a salty diet. A 2001 report said that by ages 7-9, 68 percent of children ate too much sodium. And, salty foods are often high in fat and calories. Two years ago, a study published in the journal

“Hypertension” found that the more salty food children ate, the more sugary sodas they drank to wash it down.

It's not easy for food companies to simply drop the salt due to the many roles it plays. For example, bread dough depends on sodium chloride and sodium bicarbonate in order to rise.

Here are some tips to reduce the sodium in your family's diet:

1. Prepare as much from scratch as possible. Eat fresh vegetables, plain meats and grains (such as rice) that you season yourself.

2. Cook without salt, but add just a little at the table. Surprisingly, this can allow you to get by with less because your tongue gets a direct “hit” from the salt crystals.

3. Add plenty of herbs and spices. Also, freshly squeezed lemon or lime juice and red wine or balsamic vinegar add a lot of flavor with negligible sodium.

4. Choose restaurant entrees that come without sauces and gravies. And by eating a half portion, not only will you save calories, you'll save sodium, too.

5. When reading food labels, pay attention to portion size. A can of soup may be two (or two-and-a-half) servings, so multiply milligrams of sodium by that factor.

Christine M. Palumbo, RD, is a Chicago area nutritionist who doesn't mind cutting back on salt, but leave her popcorn alone. Send your questions and column ideas to her at Chris@ChristinePalumbo.com or (630) 369-8495.



Herbed Pork Chops

Makes 4 servings.
Prep Time: 5 minutes
Cook Time: 8 minutes

INGREDIENTS

1 tablespoon McCormick® Perfect Pinch® Salt-Free Savory All Purpose Seasoning
½ teaspoon salt

4 bone-in pork chops, 1/2-inch thick (about 1 1/2 pounds), trimmed
2 tablespoons oil

INSTRUCTIONS: Sprinkle Seasoning evenly over both sides of pork chops. Heat oil in large skillet on medium heat. Add pork chops; cook 4 minutes per side or until desired doneness.

ALTERNATE PREP METHOD: Grill chops, over direct heat, turning once, to medium doneness or until the internal temperature reaches 155 degrees Fahrenheit, about 3 to 4 minutes per side.

NUTRITION FACTS: 253 calories, 17 grams fat, 24 grams protein, 1 gram carbohydrate, 78 milligrams cholesterol, 252 milligrams sodium, 0 gram fiber

Recipe courtesy of McCormick.com.

What's your EQ?

Are you an energy champ, an energy guzzler or an energy snoozer? To find out, take the Con Edison Energy Quotient Quiz at conEd.com/EQ or at facebook.com/powerofgreen

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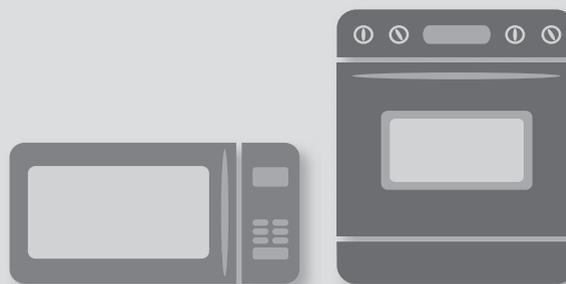
- A. in the summer
- B. in the winter
- C. in both summer and winter



ANSWER: C

Which statement is true?

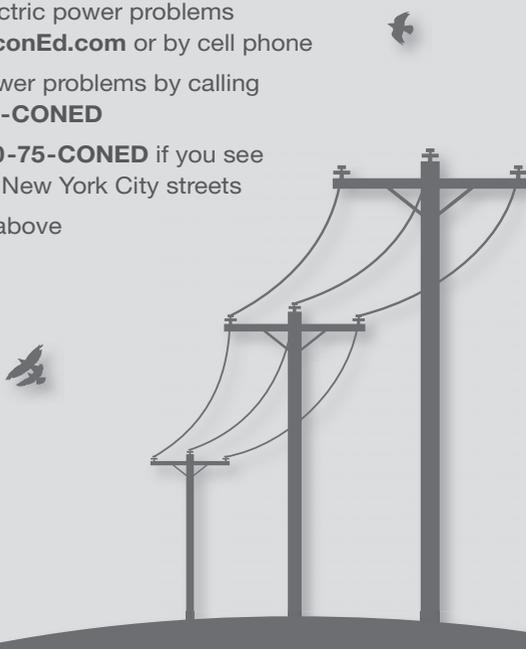
- A. microwaves use less than half the power of traditional ovens
- B. traditional ovens use less than half the power of microwaves



ANSWER: A

What's the correct way to handle the following safety issues?

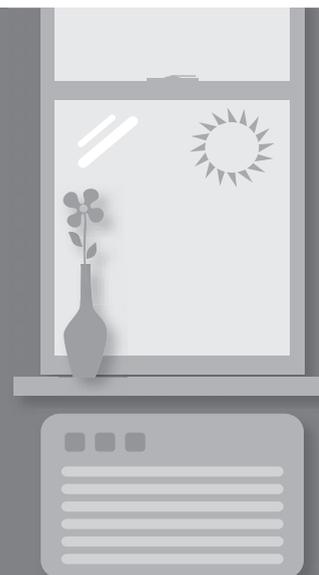
- A. report electric power problems online at conEd.com or by cell phone
- B. report power problems by calling **1-800-75-CONED**
- C. call **1-800-75-CONED** if you see steam on New York City streets
- D. all of the above



ANSWER: D

A good rule of thumb for air conditioner use is to:

- A. open windows and turn off A/C when it's 70° or cooler outside
- B. run your A/C for one hour then close windows to trap the cool air
- C. run your A/C and leave windows closed until cold fall weather returns



ANSWER: A

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College road trip

Why you should hit the road *before* your senior applies

BY RISA C. DOHERTY

By the time your child is entering her junior year in high school, you should consider visiting colleges. Back in the last century, my folks never took me to visit any colleges until I was accepted, but it is a different world today.

One mother was incredulous when I told her that visiting a school might increase a student's chances of being admitted.

"They don't really look at minutes like that, do they?" she asked.

Yes, they do — sometimes. Most colleges will not admit it. These days, the college-admissions process is very competitive, and many even ask on the application if the student has visited the school or spoken to a representative. The schools want to know how effective their outreach is, but they may also use this data when they are having trouble deciding if they should admit a particular applicant.

Colleges want you to visit so that they can show you their facilities and encourage your child to apply and if accepted, to attend. Their goal is to have as many students apply as possible, accept a limited number and raise their yield by convincing the accepted students to attend. They are focused on filling their incoming class with the most qualified freshmen. Students should have their own reasons to visit: to see if they like the school, to ask questions, and, if possible, to interview.

"You can get a feel for where you will call home, learn about the academics, the surrounding area, [your preference for an] urban or rural [environment], and be able to narrow down the number of applications [you will submit]," says Tom Mariano, Assistant Dean of Admissions at Franklin & Marshall College.

Ask if the college encourages interviews and uses them in its decision-making process. Some offer interviews for informational purposes only; that is, for your information. Your child can avoid the extra stress

and ask questions by e-mail, on the phone or at an information session.

If your child is interviewing, have her prepare by going on the school's Web site and on collegeboard.com — this way she does not ask basic questions that show she did not spend any time researching the school. She should have some questions prepared for the interviewer — this is her chance to sell herself and charm the interviewer with her personality. Have her do her first interview at her safety school, as a practice run.

Before hitting the road, create a list. The initial selection of potential schools should be made taking into account cost, location, social

Visiting a campus will help your student think of questions and issues important to her, which she can't even think of asking until she's there.

life, and perhaps religious life on campus. Do research online to find out basic information like available majors and minors, male-female ratio, ethnic diversity, sports available, and geographic breakdown of the student body. Often, high school guidance counselors make useful suggestions. Once you have a list, you can plan your trip(s).

Many schools require students and their families to sign up in advance for tours and information sessions. Interviews require appointments. You will need to figure out how long each portion of your visit will last and schedule in a lunch break, if you are visiting more than one school. We always leave early to get in a tour, information session, interview and time to walk to parts of the campus not included on the tour — checking out the bookstore, the sorority houses, the surrounding

neighborhood and the Hillel House.

Athletes can arrange for a meeting with a coach, and all prospective students should try to make an appointment in advance to speak with a professor or teaching assistant in the student's chosen department, unless she is undecided. This way she can get a good idea of the available coursework in her area. Ask at the Admissions Office for a course catalogue from the previous year, which can usually be found online, as well, and see if there are limited offerings in the area of interest. I know of a student who transferred out of a school because he ran out of courses in his chosen department. In most schools, all majors are required to take some courses outside their area, so the prospective student should think about how much math and science or humanities she can stomach.

Some people prefer to visit the cold-weather schools (the "snow-belt" ones) in the winter to be sure their child will be happy there. Apart from my personal fear of driving during white-out conditions, one friend told her son he could not attend a particular cold-weather school because the door to her car froze shut during their winter visit. Many prefer to visit when school is in session, if possible, during high-school vacation time. Some visit while high school is in session and miss classes. Most schools will excuse the absence if the student provides proof of the visit.

Visiting a campus will help your student think of questions and issues important to her, which she cannot even think of asking until she is on campus. Tell your student to look at collegeconfidential.com, collegeproowler.com, and unigo.com to get the students' point of view, although, what other students post is not the gospel. Nothing replaces her being there and looking around herself.

About half of the schools I have had the pleasure of visiting (nine and counting) will show you a fake dorm



room, usually completely decorated by our friends at Bed Bath & Beyond. Some schools have the student guides share their own small abode with you. This will give you a better idea of how an actual college student lives and the opportunity to ask an actual resident specific questions about what it is like to live there, the cleanliness of the bathrooms, the reliability of the air conditioning (if you are lucky), etc.

Talk to students you see on campus, most of the time they will be very friendly and happy to help. Talk to other people taking your tour. I usually stalk other potential students with my daughter's major and ask where else they are applying, just so we leave no stone unturned. It's an opportunity to give and receive valuable information, and people are generally quite receptive.

When visiting a school be sure to ask about the commuter population. I have known students who have been excited about their first year

away, only to be left in a dorm, empty on weekends because all the locals go home.

Being able to eliminate a school or move one to the top of the list can be very important. Not only can your student save money by not applying to a school, but deciding if and where to apply early decision, which is binding, can help her to prioritize her selected schools. Students who apply early usually have an advantage. Also, most colleges ask the applicant to submit an essay describing why they have decided to apply to the school. These essays are much easier to write, having seen the school and learned more about it during a visit.

Know your student. Many teens are not ready to make an educated, adult decision like the selection of a college. Some do all the research and evaluate schools in a rational manner. Others judge schools by their proximity to the best shopping venues or how one student is

dressed. Most high schoolers can use guidance and input when weighing all the important factors.

Deciding where to apply and if one should apply early, while trying to calculate one's chances of being accepted, is a daunting and bewildering task. If your student is able to travel to most of the schools on her list, she has an advantage. Your student cannot control the school's decision-making process, but to some extent, visiting and marketing herself to the schools she determines may best match her needs can put her in the driver's seat.

Of course, showing interest in and visiting a school is a plus, but it will never get a student admitted with unsatisfactory grades, standardized test scores or lack of extra-curricular activities — so, as always, it's important kids hit the books!

Risa C. Doherty is an attorney, freelance writer and mother raising a high-school senior.

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Education

DIRECTORY

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718-565-2170 or www.achildsplatetoo.com

We want you to think of us as "nurturers, educators, and partners." The most important service one can give to a new parent/guardian is the assurance that they are leaving their baby in the safest most loving environment possible. Our curriculum for all students is designed like a step program. It begins with our infants and at the age of 2 our toddler student moves into the preschool program which is located on the second floor of our main building. The classes in the pre-school program help children to master skills such as using the potty, increasing language skills, gaining an interest in reading, exploring the five senses, improving social skills and using fine and large motor skills.

Statistics show that students who attend A Child's Place as a part of our infant/nursery program and remain in the program through pre-school and grade school, are academically ahead of children in public schools and identical private and catholic schools. A Child's Place Day School has classes from kindergarten to third grade.

Corpus Christi School

31-29 60th Street, Woodside, Queens, 718-721-2484

We offer small classes serving children in Pre-K (with half and full day programs) through the 8th grade. The early childhood program is personalized to fit the needs of each child. Programs include hands-on science labs, counseling, after school, physical education and a vibrant library. New students from public school coming into grades K-6 should ask about the Bishop's Scholarship Program.

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44-10 192nd Street, Flushing
718-888-9341 or www.crayonboxpreschool.com

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The preschool has been educating the youngest members of our community since 1998 and is run by a dedicated and professional staff. They always work with their families to give them the support and flexibility that is needed in today's fast paced and changing world.

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86-02 57th Ave. in Elmhurst, 718-397-5733

30-04 146th St. in Flushing, 718-445-1575

143-30 Cherry Ave. in Flushing, 718-445-8382

5805 7th Avenue, Brooklyn, 718-439-8816 or www.happydragonschool.com

Happy Dragon Children's Learning Center has been serving the Queens community for over thirteen years. They are currently registering children who were born in year 2006

Continued on page 14

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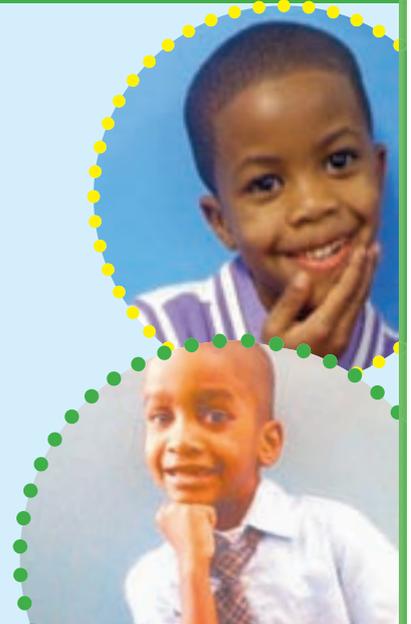
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Education

DIRECTORY

Continued from page 12

for free Universal Pre-K. They offer extend hour for UPK children. Their after-school for kids in grades K-7 offers an excellent advantage with an academic program as well as citywide and statewide test preparation. They pick up students from PS.13, 14, 20, 21, 22, 24, 32, 49, 58, 102, 206, 220. The pre-school program is for 2-5 year olds. Free nutrition hot and fresh food is provided which is funded by NYS. They accept ACS and HRA vouchers. School bus service is available.

ICCD Preschool

98-02 62nd Drive, Rego Park,
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ICCD Preschool offers an innovative program where children with disabilities learn and play alongside children without disabilities. Named as the 1999 Outstanding Early Childhood Program by the NYS Education Department, ICCD offers a unique preschool experience as well as free Universal Pre-K for children born in 2005. The program offers art, music, computers, an indoor gym facility and an outdoor playground. There are also field trips. Half and full day classes in small group sizes are offered. Children need not be toilet trained.

Immanuel Genius

163-15 Oak Ave. Flushing
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718-460-9991 or www.immanuelgenius.com

We offer full day and after school program year round, including exciting Summer Programs. Preschool (ages 2 to 6) children are introduced to beginning reading and writing, math and science, arts and crafts, music, dance (ballet), and sports (Taekwondo). The goal is to find each child's talents and abilities and help them discover the individuality.

The ample playground of 4000 square feet and easy access to Kissena Park directly across the street is the place for the children to observe and explore many different elements of nature. Teachers communicate with the parents on a daily basis through the student's home-school journal. They also have free UPK Program for all 4 year olds.

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The Kew Forest School

119-17 Union Turnpike in Forest Hills, 718-268-4667 extension 125 or www.kewforest.org

The Kew Forest School is one of Queen's oldest and finest independent day schools. Since 1918, this co-ed, college preparatory institution has provided students from Kindergarten through grade 12 with an academically challenging curriculum in a small, caring environment. Among its hallmarks are a diverse student body, small classes, a low student/teacher ratio and an outstanding record with college placements. There is a Lower (K-4), Middle (5-8) and Upper School (9-12).

Kew Forest also offers a breakfast program beginning at 7:30 a.m., and an After-School program.

The Learning Tree

74-15 Juniper Boulevard, Middle Village, 718-899-2020 or www.thelearningtree.org

The Learning Tree has been established since 1972. Their Middle Village location provides a safe, nurturing and creative environment. Age appropriate curriculum and positive social interaction are the schools key successful elements. Nursery, pre-kindergarten for children ages 2-5 and after-school programs are available. Summer Camp programs are also available for ages 2-14 with swimming on premises. Please contact for them for more information.

Continued on page 16



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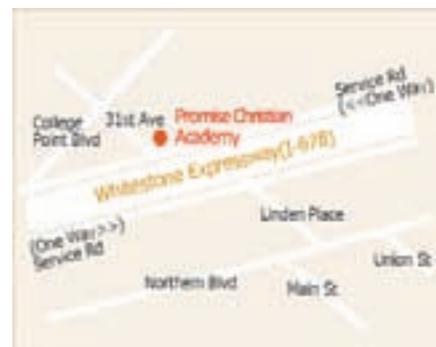
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Education

DIRECTORY

Continued from page 14

The Little Dolphin School

107-01 Cross Bay Blvd., Ozone Park, 718-641-7754 or www.littledolphin.org

We believe that children learn best through play and that each child develops differently. They service children 2-4 years of age offering nursery, pre-kindergarten, and Universal Pre-Kindergarten. They provide experiences in reading, mathematics, social studies, science, art, drama, as well as individualized instruction.

Their goal is to create a happy, well adjusted, learner in an exciting and nurturing environment.

Montessori School of New York International

347 E. 55th St.- Sutton Place, Manhattan
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3474 or www.montessorischoolny.com

We are celebrating our 40th year of serving the Park Slope, Brooklyn; Rego Park, Queens; and the Sutton Place, Manhattan communities! From the tender age of 2, children work joyfully toward being in harmony with their environment in time and place.

To calculate is a natural tendency of man. With this theory as a basis, math concepts are introduced from preschool so that children do excellently well in this area. Reading is also emphasized from the tender years, so Montessori children read fluently with good interpretation, and develop a taste for literature as well as learn to do research in all areas of academia.

Students benefit from a well-rounded program that includes swimming, gymnastics, drama, dance and foreign languages geared to develop multi-talented children. Children graduating from the school usually attend one of the competitive specialized high schools. To help prepare them for entrance tests, they experience a rigorous academic program. Please call the above numbers for admissions information.

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718-263-2622 or www.olqmschool.com

OLQM is a Catholic, parochial school with classes from preschool to grade 8. OLQM provides a quality education for children while assisting in the creative formation of each child.

The educational program promotes academic as well as spiritual growth based on the gospel message. Students explore their own strengths while challenged through a diverse instructional methodology. Its faculty recognizes the many cultures and customs of the community and fosters an atmosphere that appreciates each individual student.

Students learn in a comfortable environment with a strong and stable enrollment. Teachers utilize numerous methods that cultivate a nurturing environment in which the students feel safe, secure and free to express their talents. The school prepares students not only for the immediate future, but also provides them skills for long-term success.

Promise Christian Academy

130-30 31st Avenue, Flushing
718-461-4409 or email: cs@promisechristianacademy.com

Promise Christian Academy was established in 2000 with the dream of rising up future leaders for the community with both academic excellence and Christian moral and ethical values. Promise Christian Academy provides the opportunity for an alternative, non-public school education. They strive to provide an atmosphere that is optimum for higher learning by providing a great facility and a peaceful environment. The teachers are highly qualified with a low student to teacher ratio, assuring that each child is given quality care and nurturing. The Promise Christian Academy vision is to provide learning that will last a lifetime.

Resurrection Ascension School

85-25 61st Road, Rego Park
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Continued on page 18



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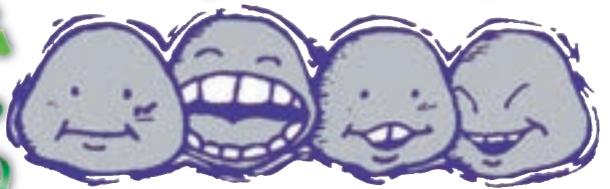
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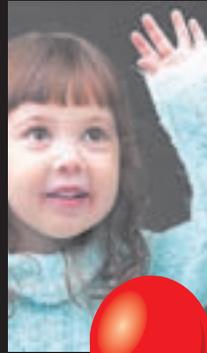


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Education

DIRECTORY

Continued from page 16

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Our diverse population allows our students to develop an appreciation of other cultures while celebrating what unites us—our faith in God. Students participate in student council, safety patrol, robotics, choir, altar services and sign language club.

The Before and After School Program is available to help working parents.

Samuel Field Y Early Childhood

58-20 Little Neck Parkway
718-225-6750 or www.sfy.org

The Samuel Field Y Early Childhood Department is comprised of programs that offer a variety of educational options. Families can choose an extended day, primarily for working parents, hours from 7:30 a.m. to 6:30 p.m.

Our Nursery School has flexible hours to meet your family's needs, call for more information. We have a program for 2 year olds that meets two mornings a week. This program offers a young child opportunities to socialize and learn. Our Universal Pre Kindergarten, a free program for families that reside in New York City, has been very successful. The hours are 9 a.m. to 3:20 p.m. or 9 a.m. to 11:30 a.m., with an option for a special wrap around program where we can extend your child's hours to suit your needs. Children need to be 3.9 as of September of the school year.

At our other site in Bay Terrace we also offer a Universal Pre Kindergarten program with Nursery School as well. You can contact Barbara Kossove, Nursery School Director at the Bay Terrace Center for further information, 718 423-6111. An Inclusion Class is another option. Children with mild special needs and typical children from the community learn as they work and play with each other. We have a music specialist, computer teacher and gym teacher for enrichment in

our curriculum.

Four outside playgrounds as well as a gym and all-purpose room provide spaces for physical development.

We are an established professional school, staffed with Early Childhood licensed teachers. Our high quality reputation in the community is well known for the past 50 years! For further information please call Phyllis Gresen, Director of Early Childhood programs at 718 225-6750 ext 246

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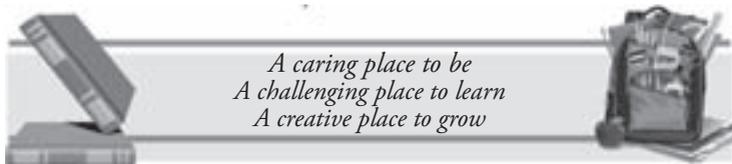
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Happy, minus 15 pounds

After six months of effort, Kathy achieves her diet goal

BY KATHY SENA

My secret goal has been hanging in the back of my closet — and I did it. After six months on my weight-loss plan, I'm wearing my favorite size-10 polka-dot dress again. Woo hoo! POLKA DOTS. Not something I've been wearing all that much for the past few years. But, here I am, 15.8 pounds thinner than I was when I started. And it feels good.

I'm definitely no "skinny Minnie" in this photo, but I just had to share my polka-dot victory! When you're a busy mom, getting into super-skinny jeans isn't always a realistic goal. Just getting to a healthy weight and feeling more energetic feels pretty darned good. I'll take it.

When I started this plan, my size-12 clothes were feeling pretty snug. But, now my size-10 pants are a bit in need of a belt — so color me happy. Here are the things I have found to be most helpful in my quest for a thinner, healthier body:

- I didn't drink my calories. I had a glass of wine now and then, but I gave up margaritas for six months, and I plan to save them for special occasions in the future — so I

don't start packing on fruity-cocktail poundage. I drank mostly water with my meals, in addition to skim milk or low-fat soy milk for breakfast. I gave up the high-calorie orange juice and grape juice that I used to drink almost daily. When I wanted fruit, I ate whole fruit for fewer calories and

a lot more fiber.

- I hit the road — walking the dog, walking with friends, walking to the mailbox down the street — I tried to hoof it whenever I could. I even got busy on our long-neglected treadmill, watching "American Idol" while I walked to the beat (had to get my Crystal Bowersox fix). And I got creative and added a special desk to my treadmill so that I could work on my laptop while walking. No, I couldn't exactly power walk while doing e-mail. But, slow and steady wins the race, and I got to where I could easily spend an hour on Facebook, e-mail, Twitter, etc. while walking at a steady 1.5 mph. Beats sitting on my behind in front of a desk!

- Working out — and sharing tips — with friends. Every woman needs a walking buddy like my friend, Ellen. When we start hoofing it, the time speeds by. It doesn't even feel like work, because we're having such a good time chatting. We also call each other to share diet suggestions and talk about our progress. Whether you tackle weight loss as part of a group or with the support of one special friend, I highly recommend the buddy approach.

- For the past six months, the book "Small Changes, Big Results" has been my companion. I can't recommend this book highly enough. Registered Dietitian Ellie Krieger has offered such encouragement and so many practical suggestions. She makes you feel as if you have your very own food guru by your side, encouraging you and sharing great tips.

Some final advice from Krieger: It's important to find the right amount of structure; to find a balance between indulging and keeping track. It's helpful to look at this time not as the end of something but as a time to decide how to hold onto this new way of eating and working out.

Yep, I'll slip up from time to time,



WEIGHING IN

Part 6 of a series

Krieger admits. We're all human. I'll just plan to get back on track. It's important to anticipate the challenges I'll be facing in the next six months or so, she says. Whether it's a summer vacation, back-to-school time or the holidays that

are a particular challenge, "it's important to have a 'Plan B,'" she says. "Stuff happens. You want to make the best of the situation."

On summer vacation, for example, "Have that pina colada, but enjoy hiking, going for long walks and experiencing where you are," she says. On one family vacation, for example, she indulged in a pina colada — and even an order of French fries. But she also enjoyed lots of fresh seafood and took classes at a local yoga studio. "It's all about balance," she says.

So here's my final weight-loss log:

Weigh-in number one: **147.0** (*my starting weight*)

Weigh-in number two: **144.6** (*lost 2.4 pounds total*)

Weigh-in number three: **139.0** (*lost 8 pounds total*)

Weigh-in number four: **135.6** (*lost 11.4 pounds total*)

Weigh-in number five: **134.4** (*lost 12.6 pounds total*)

Weigh-in number six: **131.2** (*lost 15.8 pounds!*)

Yep, it's the end. And the beginning, as I keep swigging the water, making healthier food choices and keeping my girlfriends close by for support (and entertainment!) as we all pull on our walking shoes (or e-mail each other from our treadmills) and head down the road together. Why not grab your friends and join us?

Kathy Sena is a freelance journalist specializing in family health issues. Her writing has appeared in the *Los Angeles Times*, *Newsweek*, *Woman's Day* and many other publications. Visit her parenting blog, *Parent Talk Today*, at www.ParentTalkToday.com.



Kathy in her polka-dot dress.

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FAMILY HEALTH

BY IVAN HAND, MD, FAAP
 Director of Neonatology,
 Queens Hospital Center

The importance of breastfeeding

World Breastfeeding Week is being celebrated from Aug. 1 through Aug. 7. This year's theme is the 10 steps to successful breastfeeding. Although the event is geared toward making breastfeeding a success in the hospital, there is much that you can learn and do to support breastfeeding.

Recommendations from the American Academy of Pediatrics

Breastfeeding is recognized as the best form of nutrition for infants from up to six months of age.

Beyond six months, complementary foods can be added, but breastfeeding should still be continued. Breastfeeding continues to benefit both mother and baby beyond 12 months of age, and in many populations breastfeeding is continued to 3 years and beyond.

The United States has set national goals in hopes that 75 percent of newborns will have been breastfed at the time of hospital discharge and at least 50 percent of all newborns will breastfeed until 6-months of age.

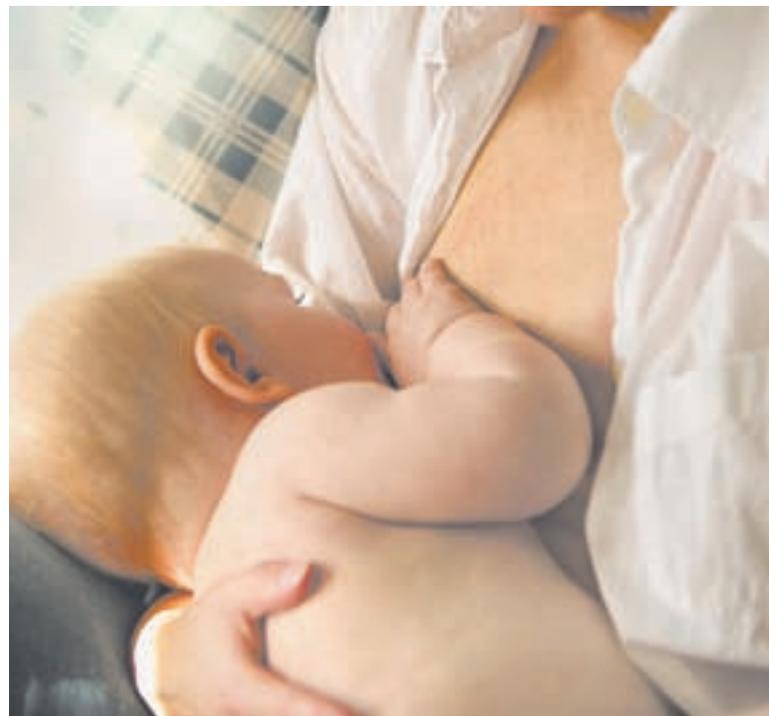
Infant benefits

Breast milk is completely natural and is ideal for nutrition in newborns. It contains products of the mother's immune system, including proteins and special sugars (oligosaccharides), that help with digestion and can prevent common illnesses and infections — such as ear infections.

In newborn intensive care units across the country, breast milk is the preferred nutrition for even the smallest premature infants.

Breastfed infants are less likely to develop allergic reactions, such as eczema and asthma, have lower rates of obesity and diabetes as the infant grows, and be smarter.

Several studies link intelligence with breastfeeding, and certain compounds in breast milk have been



shown to increase brain growth and visual acuity.

Maternal benefits

Apart from the satisfaction of the close bond with your baby, there are many maternal advantages to breastfeeding.

Producing breast milk uses 500 calories a day, and this caloric expenditure can be helpful in shedding any additional weight gained during pregnancy.

There is also evidence that breastfeeding helps prevent diseases such as cancer, arthritis and diabetes. In general, the longer you breastfeed, the more benefits you will obtain.

Breastfeeding support

It is very important for all of us to strongly support breastfeeding in our hospitals and community. If you are a woman of child-bearing age, you should discuss the benefits of breastfeeding with your doctor.

New York has passed a breastfeeding "Bill of Rights" that details the rights of the mother to know her feeding options, have 24-hour access to her baby while in the hospital and breastfeed at any location. We all need to take these steps to support breastfeeding and healthier families.

Celebrate

To celebrate the international week, JAMS Jamaica Avenue Festival will be all day on Saturday, Aug. 7, with health and wellness demonstrations, live music, hundreds of multi-ethnic vendors and rides for kids. The Queens Hospital Center will have its own breastfeeding fair on Tuesday, Aug. 3.

Queens Hospital Center breastfeeding fair [82-68 164th Street in Jamaica, (718) 883-3000] Aug. 3, 10 am–2 pm.

JAMS Jamaica Avenue Festival (Jamaica Avenue from Parsons Boulevard to 169th Street in Jamaica, no phone) Aug. 7, 11 am–6 pm.



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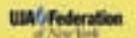
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Cruise control

Disney boats are fun for the whole family

BY ALLISON PLITT

This year, my husband and I wanted to take our first family vacation with our 4-year-old daughter, Chase. I was concerned about finding a vacation that would suit all of our desires for eight days — entertainment for our daughter, activities for all of us to enjoy and, most of all, babysitting services.

After some research and feedback from other families, we decided on a week-long Disney Cruise through the Western Caribbean.

When we arrived at Port Canaveral, via a Disney bus from the Orlando Airport, we checked-in while marveling at the size of our cruise liner, the Disney Magic. As we were waiting to board, Minnie Mouse appeared in her sailor's outfit. My daughter was awestruck with the adult-size version of her favorite cartoon character and agreed to stand in line to get her picture taken with her. However, she was too afraid when we finally reached



A terry cloth elephant was one of many "towelgami" creatures left on the bed.

the front of the line and instead, ran away in fear. My husband and I ended up having our picture taken with Minnie as our daughter sulked in the distance.

Once on the ship, the first thing Chase wanted to do was swim in the pool. There were three different pools on the deck — the children's pool, shaped like Mickey Mouse's head with a water slide; the family pool, with outdoor movies and entertainment and always very crowded; and the adults-only pool,

the quietest and least crowded, with a bar and jacuzzi (which appeared to be the only place on deck where you actually could relax!).

My daughter immediately jumped into the kids' pool and played in the water, but there were so many other children, she didn't have a lot of space. This didn't seem to bother her since she was used to fighting for space in crowded places, being raised in Queens. As soon as my husband got into the water to play with her, a bunch of kids spotted him and shouted "grown up!" Immediately, the children rushed toward him and climbed on him, like a human jungle gym. My husband played along for about 10 minutes and then escaped to the jacuzzi, where he sat for an hour to recuperate.

The food on the Disney Cruise was very good and the three restaurants on board had different cuisine themes every day. We were seated next to a nice family from Ohio, the Patels, a couple with a daughter a year older than Chase. We were told

that we would be seated at the same table with the Patels every night for dinner — which concerned me because I was afraid it would end in disaster if we didn't like each other.

Luckily, we all hit it off. Both of the Patels' parents were from India and had been to Jackson Heights many times to shop in the Indian stores and supermarkets and eat at the Indian restaurants. We spent a good amount of time exchanging stories of our experiences visiting the neighborhood.

I had always heard that when you go on a cruise, you gain 10 pounds, so I was conscientious about portion control at the meals. My husband, on the other hand, is very active and can lose weight quickly. While the Patels and I were careful not to overindulge, my husband ordered two entrees and two desserts every night. Needless to say, he became pretty well-known with the dining staff.

As the cruise progressed, the Disney characters made their rounds at the dining tables. They also appeared at different areas throughout the ship, and kids could be photographed with them and get their autographs. When my daughter met them, she calmed down and finally posed for the camera. Girls of all ages dressed up at night as the different princesses and the crew and staff usually addressed all the girls, whether or not they were in costume, as princesses.

This was the third Disney Cruise for the Patels and they gave us a lot of good advice about things we could do, like the evening theater shows that were Broadway-quality productions. We joined them some nights, and I thought the shows were wonderful — they left our daughter completely entranced, sitting on the edge of her seat, gazing at the stage and singing along, which made the people sitting next to us chuckle.

Every night when we came back to our cabin, our sheets were turned down with mints, a program of the next day's events and a towel sculpture, or "towelgami." The first night our daughter was afraid to come into the cabin when she saw a big lobster made out of terry cloth sitting on our bed. However, after several nights of being welcomed home by a swan, elephant and turtle, she



would run back to the cabin to see what creature awaited us, but mostly she was looking forward to eating the chocolate mint.

There were plenty of activities to do to work off all the calories we were consuming. My husband ran the jogging path on the ship's deck one morning. At the fitness center there were yoga and exercise classes, but my husband and I opted for the spa, where we worked up a sweat sitting in the sauna for two hours.

Every time the ship landed in a port, we would sign up for an off-shore excursion. Since my husband took a day trip in Cozumel to go scuba diving, I chose to take our daughter to Xcaret, an ecological swim park in Cancun. I had been to Xcaret before and loved the rivers that flowed through lagoons and underground caves.

When we arrived, our Mexican tour group company gave all the Disney guests life preservers, walked us into the river and assured us none of us would drown. As I was pulling my daughter through the river, since she could not swim, she screamed and hollered at the top of her lungs for her father. At the end of our river adventure, we stayed on the beach and had lunch. We were then given a couple of hours to venture off and see all the animals, birds and fish. Unlike the older chil-

dren on the tour, my daughter had no interest in seeing the wildlife. All she wanted to do was swim in the water and see how much sand she could put down her bathing suit.

At the next port in Nassau, I decided to put our daughter in the babysitting service for half the day. The ship had an entire floor devoted to children's activities where there were so many security measures to keep track of all the kids, it would take nearly 10 minutes to just drop off or pick up your child.

At Castaway Cay it was sunny and cool and we got a chance to enjoy the beach and go bike riding. When I asked one of the staff members on the island where I could throw away my trash, she took the sticky garbage from my hands and threw it out herself. If there was one outstanding feature of the entire Disney Cruise, it was the amazing level of customer service.

The last night of the trip was my daughter's fourth birthday and the dining staff came out with a cake and sang "Happy Birthday" to her. Before she blew out the candles, I told her to make a wish. Later that night when I asked her what her wish was, she said she wanted to go on another Disney Cruise.

Since my husband had just paid on board for a Disney Cruise for next year, her wish had, in fact, come true.

Broadway-quality evening shows feature beloved Disney characters. Mickey, Minnie and the gang also appear throughout the ship, ready to pose for photos.

'Home' in Queens

Raising my children in my family's old neighborhood

BY SHARON NOBLE

My brother and I were the only children in our family to grow up in the suburbs of Long Island, but we often returned to the "homeland" of our parents, Queens, to visit with family, go to a Met game ("Go Lee Mazzilli!"), stop by the New York Hall of Science — before the remodel and mini-golf course,

Because it's where I chose to raise my family.

Of course, living in Queens, like living anywhere, has its ups and downs.

When I complain about the lack of space we have for a family of five (which is daily), I remind myself that at one time there were three generations living in the exact same six-room apartment.

At that time, the neighborhood was mostly German, Italian and Polish.

These days, it is a true Queens melting pot. We live on a block with Albanians, Armenians, Croatians, Guyanese, Italians, Mexicans, Poles, Puerto Ricans, Taiwanese, and, yes, Germans. (Come to think of it, I really should have a pot luck night. Think how yummy that would be!)

That's one of the reasons I love raising my kids in Queens — they are exposed to so many cultures, languages and people of the world.

But the affection for the neighborhood is not mine alone.

My son also loves the fact that he attends the same elementary school that his great-grandmother, grandparents, aunts and sisters did. Although we are always moving forward, there is something warm and fuzzy about that nostalgia.

Which is another reason I love Queens — the memories I have of my childhood visits, like the walks I took with my grandfather through (believe it or not) Cypress Hills Cemetery.

Every time we came in from Long Island, I would rush in, give my grandmother a kiss, see what was waiting for me on the porch table (usually a ball or a penny my grandfather found) and immediately leave the house hand-in-hand with him. We would be gone for hours, looking at all the interesting names on the tombstones while we walked to my grandmother's favorite

tree — which is still there, overlooking Franklin K. Lane High School and the Manhattan skyline.

It may sound a bit morbid, but that's one of my fondest memories — and the reason I used to take my son, as an infant, on walks through the cemetery years later.

Cemetery walks aside, the best part of living on our block is the sense of community. We don't need to schedule play dates or have supervised play. It's like the "old days" when kids rang door bells or just went outside to see who was playing. This is our reality: there are more than 30 kids on our block! Neighbors look out for each other's kids and they are able to entertain themselves with old school games like hide and seek or tag.

And we love being close to everything — swimming lessons in Forest Hills, bowling in Whitestone or Astoria, pediatrician in Bayside, great-grandmother (Grammy) in Riverdale, grandma (Moma) in Manhattan and Grandpa on Long Island. Queens is central to so many cultural places — my children have been members of the Hall of Science, Wildlife Conservation Society, and the American Museum of Natural History for so long that they are all like homes away from home.

Of course, there are days when I can't stand the congestion, dirt, bad drivers, and all problems parking (the general lack thereof, the tickets, and the alternate-side). I sometimes think "There must be a better place to raise a family!"

But then I remember that I don't have to drive my teenager everywhere because of really good public transportation, I can run to the corner for a container of milk, and when my son watches movies like "Night at the Museum" or "Men in Black," he can visit the places featured in the films anytime he wants to.

Best of all, it's background of my family's own home movies, past, present and future.



Visiting "Grammy's Tree" at Cypress Hills Cemetery.

and, of course, meet everyone for dinner at Zum Stammtisch, the last surviving German restaurant.

My forefathers (and mothers), the Stoussels and Wehrmanns, were smart enough to settle in Glendale in the 1920s. Even then, they figured it to be the perfect place to raise a family. Both sets of great-grandparents purchased houses here, but the Stoussels' home — where my father grew up with his sister, parents and grandparents — is closest to me.

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SHARON C. PETERS, MA

Off the couch and into an active life



Dear Sharon,

We have two sons, ages 8 and 12. Our older son is a terrific soccer player and is slim and fit. Our youngest son is pudgy and overeats. He has the opposite personality and lacks activity. His favorite pastimes are reading, TV and video games, and he snacks constantly. What should we do? I am very concerned about him, his health and his future.

Dear Parents,

As a mom of three sons I have learned that children can be very different — even if they are siblings. It seems that your boys are no exception.

It is important for parents to view their children as unique individuals and praise each of their strengths, while sorting through effective ways to assist them with their challenges.

Your younger son is not alone — many children today tend to drift towards sedentary activities that are unfortunately accompanied by excessive snacking.

I suggest to parents confronting similar issues that they keep the following in mind:

Younger brothers often feel less competent than their older brothers — especially when it comes to physical prowess. Living with an older brother who is a slim, fit athlete can eat away at the younger boy's self-confidence.

I often suggest that parents spend

some relaxed time with a child, especially one who might have low self-esteem, before helping him with a problem. In your case, that might mean joining your son while he is reading books, watching TV or playing video games. Stepping into a child's world can help parents worry less, understand their child's point of view and reassure him that anxiety and suggestions are not the main component in parent-child interactions.

After relaxing with a child, parents usually find it easier to bring up difficult topics, like getting more exercise, playing fewer video games or eating healthier snacks. Sometimes parents are quick to offer solutions to complicated problems such as these. Parental advice can, of course, be useful, but it can be good to elicit a few of the child's suggestions as well. The ability to strategize with mom and dad can build a young one's confidence and produce some pretty good ideas!

It can also help for mom and dad to suggest some specific physical activities that they know their child will enjoy. For parents of siblings I often propose that they offer different kinds of activities for each child

— especially if ongoing comparisons between brothers or sisters are an issue. Children (and for that matter, adults) who have been sedentary often resist such suggestions at first, but it is often useful if parents try not to take an initial negative reaction too seriously.

It can be very important for adults to join their child in the activity, in part to make sure the experience turns out to be fun for their little one. Bike riding, swimming, walking, kite flying or roller blading are some pastimes that can provide great summer fun. If parent and child are interested in playing competitive games, it can be exciting and help build a child's self-esteem if the parents let the child win. A younger sibling, in particular, will benefit from doing better than the person he is playing.

Summers can be an excellent time to help a child develop a more active personality. Parents I know who have managed to appreciate the strengths of their sedentary children find that things improve by avoiding comparisons with more athletic siblings, enjoying their company, discussing their concerns and playing fun physical games together. Have fun!

Sharon C. Peters is a mother and director of Parents Helping Parents, 669 President St., Brooklyn (718) 638-9444, www.PHPonline.org.

If you have a question about a challenge in your life (no issue is too big or too small) e-mail it to Dear Sharon at SWeiss@cnglocal.com.



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Keeping families in a 'Safe Space'

Program helps those in need of counseling

BY ROB MACKAY

There's a new Safe Space — literally — and your invited to its grand opening.

This past July, Safe Space, which has been helping families in Queens since 1919, consolidated all of its Jamaica-based facilities into one headquarters at 162nd Street and Jamaica Avenue.

To celebrate the new digs, they'll open their doors to the public for the "Big Move and Homecoming at Safe Space" open house on Monday, Sept. 13, with face painting, games, and other fun activities for children. There will also be a free concert featuring Broadway actors and children from Safe Space's programs held at the Jamaica Performing Arts Center.

Founded as the Queensboro Society for the Prevention of Cruelty to Children, Safe Space has reinvented itself over the years, with two name changes and countless program changes to adapt to public needs since beginning operations in 1919. Along with its center in Jamaica, Safe Space also has facilities in Richmond Hill and Far Rockaway and runs services in partnership with six public schools in Southeast Queens.

The need for these services is overwhelming in Southeast Queens, which is Safe Space's catchment area.

A recent Citizens Committee for Children of New York study revealed that in 2008, Community District 12 (Jamaica-St. Albans) had the second-highest number of reported violent felonies; the most felony youth arrests (under 16 years of age); the second-highest number of reportedly abused children, and the most seriously emotionally disturbed youth. Meanwhile, the city reports that in



Students playing during out of school time, the after school program at PS 215 in Far Rockaway Queens.

2008 the rate of HIV infections in Jamaica was twice the overall Queens average.

Here are some examples of what Safe Space has accomplished:

Reuben

By the age of five, the trauma of watching his heavy-drinking father repeatedly beat his mother had

caused Reuben to disengage, refusing to make eye contact with other people or talk to anyone but immediate family.

Thanks to a referral from his teacher, he arrived at Safe Space NYC's Seen & Heard program in Far Rockaway and underwent individual and group therapy for about two years. Eventually, he started chat-



Philip Greenberg

Safe Space President and CEO Christina Molnar at the new offices in Jamaica

ting with his peers and talking on the phone.

Brenda

Pregnant and walking along Jamaica Avenue, Brenda was approached by a Safe Space outreach worker who discovered she had no support system, was not enrolled in prenatal care and had no idea how far along her pregnancy was. Brenda had only lived in the United States for a few months, and was unaware of the services that were available.

She enrolled in Safe Space's Community Health Workers Program in Jamaica and was immediately referred to the Queens Hospital Center for prenatal care, where she learned she was six months pregnant, had gestational diabetes, and was underweight. With help from the agency, Brenda applied for government assistance and received education on healthy eating. She even received a few necessary items for her baby at the agency's community baby shower.

At a later prenatal visit, Brenda was told that the pregnancy was going extremely well, she was at a healthy weight and had normal blood glucose levels. She later gave birth to healthy baby boy.

Magdalena

After running away from an abusive husband, Magdalena and her two children arrived at Safe Space with various health problems. The agency provided financial assistance for her to live in a new apartment and get back on her feet

while her children went to weekly counseling. Magdalena, a dialysis technician, attended counseling, group therapy and parent-education workshops. She left the program independent and ready to become a nurse.

...

Ruben, Brenda and Magdalena (real names have been changed to protect their identities) are three examples of the wide array of clients who come to Safe Space — a non-profit organization that serves more than 10,000 people a year, focusing on five service divisions: mental health, community health, family support, at-risk youth and school-based enrichment. The agency runs two licensed mental health clinics, provides counseling, case management and legal assistance to domestic-violence victims, does outreach and education related to AIDS, and offers prenatal and postnatal care. Safe Space also operates two drop-in centers for adolescents, ages 13-21, which offer youth programs and support services, and runs two 12-bed transitional-living facilities for homeless youth.

The Safe Space open house is expected to attract hundreds of people, including elected officials, civic leaders and neighborhood businesses.

The Big Move and Homecoming at Safe Space [89-74 162nd Street at Jamaica Avenue in Jamaica (718) 526-2400] and Jamaica Performing Arts Center [153rd Street and Jamaica Avenue in Jamaica (718) 658-7400]. Sept. 13, 4-8:30 pm. Free. For info, visit www.safespaceinc.org.

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LAURA GRAY

Demigod defeats self-doubt, disaster

Percy Jackson & the Olympians: The Lightning Thief

Rated: PG

Completing the grueling requirements for his lifeguard certification is proving to be more than your son can handle. He can swim the first 50 yards effortlessly, but the last 50 are just too much. He's ready to throw in the towel, until a buddy offers to train with him. The competition spurs both teens on. Before long, your son and his friend are front-crawling and breast-stroking their way to victory!

Overcoming self-doubt can be the key to success, as your son and the young hero of "Percy Jackson & the Olympians: The Lightning Thief" discover. Watch it at home with your kids 12 and older and discuss its rather weighty themes of parental abandonment, abuse and war with our Talk Together points. Then use our Play Together activity to reinforce the message: "Never underestimate yourself."

Now available on DVD, "Percy Jackson & the Olympians: The Lightning Thief" opens with the gods Zeus and Poseidon contemplating a major battle. Zeus' master lightning bolt has been stolen and he suspects Poseidon's son, Percy, is the thief. Poseidon vehemently defends his son, but Zeus plans to go to war against the boy unless the lightning bolt is returned.

Percy, however, is oblivious to



Percy Jackson stands triumphant with the trident belonging to his father, Poseidon.

his status as a "demigod" — the offspring of a god and a mortal. But his friend Grover and his teacher Mr. Brunner reveal his true identity to save him from the wrath of the gods. They rush to get him and his mother, Sally, to Camp Half-Blood, where he will be safe.

When they reach the camp, Sally is captured by the Minotaur. Percy fights the Minotaur but is seriously injured and awakes a few days later in the camp's infirmary. Grover gives him a tour of the camp and explains that he will be training for battle. He meets Annabeth, daughter of Athena, and Luke, son of Hermes. All the demigods have one thing in common: they have never met their "god" parent.

During his training, Percy discovers that water gives him magical power. When he learns that Hades is holding his mother hostage, Percy, Annabeth

and Grover set out to rescue her. Luke loans them his special shield.

When the friends get to Hades, Percy explains that he does not have the lightning bolt but begs for his mother's release. Suddenly, Hades spots the lightning bolt hidden inside Luke's shield. The friends narrowly escape and Percy returns the lightning bolt to Zeus. Poseidon explains that Zeus will not allow any of the gods to contact their half-mortal children in order to protect them. He expresses his love for Percy and encourages him to continue his training at Camp Half-Blood. Percy returns to the camp, confident of his supernatural abilities, as well as his father's love.

Talk together

Percy has never met his father when the movie begins. How does this make him feel? How do Annabeth and Luke feel about their "god" parents?

Percy's stepfather, Gabe, treats him and Sally very badly. Why does Sally stay with him? What are the consequences of her choice? What are some other ways Sally could have protected Percy?

Take a break from the summer heat with a family movie night! Check out our archives at www.cinematters.com and get some great ideas for fun with your favorite films!

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Play together: Down-home deity

You will need:

- Paper and pen
- Internet access or library

Fold a sheet of paper in half. On one side, write a list of all of your best attributes, such as honesty, intelligence and friendliness. Turn the paper over and ask a parent or

friend to list the outstanding attributes he or she sees in you. Open the paper and compare the lists. Are there some traits your friend listed that you did not realize you demonstrate? Using the list, research someone famous that you admire. What attributes do you

have in common? Are you honest like Abraham Lincoln? What character traits does he possess that you don't? How could you go about developing some of those traits? Real heroes started out just like you — sometimes awkward and unsure of themselves. But to succeed, never underestimate yourself!

A Living Hell

That's how going through a divorce has sometimes been described. Sadly, and in far too many cases, truer words were never spoken. Even more unfortunate is the fact that hiring the wrong lawyer will often contribute to that hell. In both emotional and financial terms, the toll it can take on those involved is like a nightmare come true. But it doesn't have to be that way.

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A graduate of Fordham University and New York Law School, Teresa is a member of the New York State Bar Association, the Queens Bar Association, the Family and Divorce Mediation Council of Greater New York, where she served for many years on the Board of Directors, and the New York State Council on Divorce Mediation. She is also an original member of the New York Association of Collaborative Professionals and a founding member of the New York Chapter of the Association of Family and Conciliation Courts where she serves as Treasurer.

The girl who wouldn't bathe

One mom's quest for her toddler's cleanliness

BY ANNA SEIP

A quote from Sylvia Plath's novel, "The Bell Jar," hangs on my bathroom wall: "There must be quite a few things that a hot bath won't cure, but I don't know many of them."

When my daughter, Lila, was an infant, she'd rest atop my chest like a little chick — belly down, legs tucked, as I bathed in the wee hours. It was

the only way to get her to go back to sleep.

As the steam rose around us, she stayed

dry on her perch. We'd float together in the tub — mother and daughter — united by the healing powers of a bath. And our ritual worked just as well at 5 pm as it did at 5 am.

"Wow," my husband would say, watching Lila and me take bath after bath, "what a Mommy's girl."

The rhythmic bathwater must have sounded much like a womb, and it calmed Lila even on her crabbiest days.

I completely understood why. I love baths — I take them when I'm happy and when I'm sad. A long, hot bath, a glass of cold Coke, and a best-seller is my idea of heaven. Add some bubbles, and I'll disappear into the tub for hours.

My little mermaid and I shared the tub with Bathtime Elmo, assorted rubber duckies, and a plastic submarine. I could dig it — I'd resigned myself to never taking baths alone again. And for a couple of years, that's how things floated on.

Then, one week, I took three baths in a row without Lila. Each time she heard water pouring into the tub, she ran from the bathroom in a panic. My husband was concerned — had we gotten soap in her eyes? Had she slipped underwater by accident?

Had she watched a scary movie about water? No, no, and no. Our daughter had simply transformed into a 2-year-old. Ignore it, I told my husband and in-laws: "Oh, she'll bathe when she's ready."

"Well, you've got to do something about it," my father-in-law said.

"Like what?"

"I don't know. But something."

"She'll take a bath when she's ready," I repeated, this time with no confidence at all.

I considered sending Lila to swimming lessons, just so she'd get an occasional rinse. What if she were schizophrenic? Don't schizophrenics hate to bathe? I called the pediatrician's office. After the receptionist finished laughing at me, she connected me to a nurse.

"She's 2," the nurse said. I could hear her shrug through the phone. "She's exerting her independence."

After a day at the playground with Lila, I took her sandals off and looked at her tiny, dirty feet.

"Would you like to play pedicure?" I asked.

"OK!" she said. "What's that?"

We gathered all the necessary supplies: a princess folding chair, a big bowl of soapy water and pink nail polish. I scrubbed the dirt from her toenails, all the while talking to her in a high-pitched voice: "You come here often? What's your name? You have good-lookin' toes!" Afterward, I proudly displayed her freshly painted feet to my husband.

"Wow!" he said to Lila. "Wouldn't it be fun to have clean hair and clean elbows and —"

"I no wanna take a bath!"

There was an upside to all this — whenever my husband and I wanted to have a private conversation, we retreated to the bathroom, where we knew Lila would never bother us.

But it was summer, and the girl-who-wouldn't-bathe began to smell a bit gamy. I sponged her down with soap and warm water — she tolerated that with some mild whining — but there was no getting near her hair. My solution was dry shampoo



powder, found in a beauty-supply store. Sure, the product was for old ladies who wait a week between appointments for a wash and a roller set, but it might be just strong enough for a stinky toddler.

My husband drew the line at dry shampoo. On his day off, he announced that he was giving Lila a bath. I left for my job and wished him luck. Half an hour later, I got this e-mail:

"The screaming that burst seven mirrors in our neighborhood was not a wildebeest in the death grasp of six lions. It was just the sound of a 2-year-old — whose hair smelled so bad from three straight days of near 90-degree temps that she was attracting flies — getting a bath. Her father finds it creepy that his wife uses aerosol 'soap' sprayed on bedridden patients. Father regrets the decision."

Oh, the melodrama. How bad could it be? I waited a week, then tried giving Lila a bath myself. When she slipped away like a greased pig, I gave up. There had to be an easier way.

I got the idea of putting her in her bathing suit and filling her kiddie pool with suds — an outdoor bath. Lila went for a tub in the sun. The neighbors asked if we were renovating our bathroom. I nodded and smiled. The bathing pool worked all summer, but as fall approached, I wondered what we'd do.

It became a joke in our house. The answer to any question revolved around not taking a bath. "Do you want a popsicle?" "I no wanna take a bath." "Let's put your pajamas on." "I no wanna take a bath." My husband asked me where I'd put the car keys. "I no wanna take a bath!"

I bought cool bath toys and kids' body wash with princesses on the bottle. Bought the kid her own towel, and a special visor to keep water out of her eyes and ears. Nothing worked.

At this age, Lila loved to talk about the things she liked: strawberries, princesses, snacks, kittens... "Is there anything you don't like?"

"Baths," she said instantly. "And bumblebees."

When she woke up scared after a bumblebee nightmare, I gave her a butterfly net to sleep with. That solved the problem instantly. Why wasn't there an instant solution to her fear of bathing?

Marshall, my older child, had never acted this way. He'd loved baths all along, starting each school morning lying supine in a tub of water, floating up to his nose and mouth. Now a tween, he'd graduated to showers.

A shower! That was it — give the 2-year-old a sense of control, the parenting books advise. I attached a handheld nozzle to the faucet and tried to sell Lila on the idea — which, I'm embarrassed to admit, I called a "princess rinse."

"No!" she screamed, running naked down the hall. "No princess rinse!"

I came to enjoy my time alone in the tub. I read, stayed up to my chin in bubbles — I got my privacy back. I wondered if Lila wanted her privacy, too.

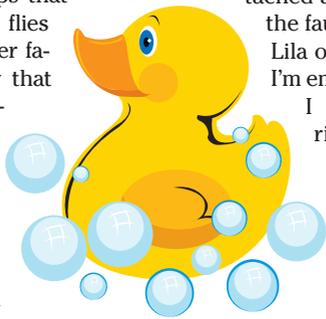
"You want to take a bath alone?" I asked, my brain filled with visions of myself hovering in the bathroom doorway.

"I no wanna take a bath!" Then, just as quickly as her fear of bathing had come, it was gone. I had my little mermaid back. We shared baths again as if nothing had ever happened. Are you kidding me? Was this all just a phase? Maybe it was just a period I had to ride out — albeit a less convenient one than, say, my son wearing a superhero cape for two years.

Yesterday, when I put before Lila her favorite lunch — peanut butter on an English Muffin — she wrinkled her nose. The next phase was already starting, and I was ready for it — filled with the faith that it would pass without any regard to how or when I wanted it to.

"I no like samwidges!" I looked in the fridge for an alternative and began counting the days till her third birthday.

Anna Seip is a mother of two who works as an editor at a college in Pennsylvania. She can be reached at annaseip@yahoo.com.



"She's 2," the nurse said with a shrug. "She's exerting her independence."



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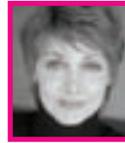
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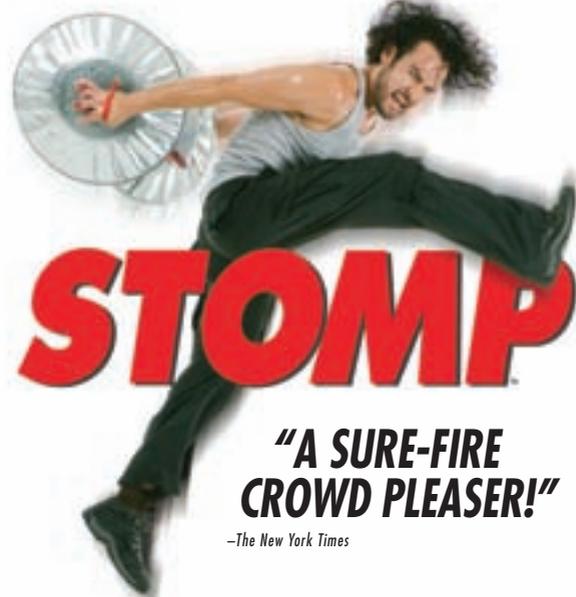
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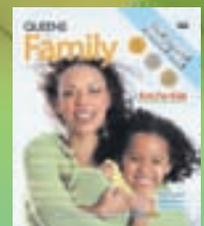


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Going Places

LONG-RUNNING

Children's Storytime: Barnes & Noble, 176-60 Union Turnpike; (718) 380-7077; Tuesdays and Thursdays, 10 am & 7 pm, Free.

Storytime fosters the love of reading with weekly children's storytimes and a cookie break.

Support Group: Central Queens YM&WYHA, 67-09 108th St. (718) 268-5011 X500; Dstar @cqjcc.org. www.cqjcc.org.

Coming Back from Cancer provides cancer patients a therapeutic exercise program including stretching to address range of movement limitation issues, core strengthening, resistance training and aerobic activity and is open to those who are currently in treatment or in any stage of recovery. For an interview or additional information about days, times and fees call Robin Budnetz.

Lizards and Snakes - Alive: American Museum of Natural History, Central Park West at W. 79th Street; (212) 769-5200; www.amnh.org. \$24 adults; (\$14 children; \$18 for seniors/ students).

See a diversity of legged and legless lizards representing more than 20 species from all over the world.

Amazon Exhibit: New York Hall of Science, 47-01 111th St. 718-699-0005; www.nysci.org; Daily, call for times; Now - Sun, Aug. 22; \$11 adults (\$8 children 2-17; college students with valid ID and seniors 62 plus).

Learn about the world's most biologically diverse river in Amazon Voyage - Vicious Fishes and Other Riches in this hands-on, bilingual exhibit on view.

Chase 2010 Latino Cultural Festival: Queens Theatre in the Park, Flushing Meadows Corona Park; (718) 760-0064; www.queens theatre.org; Daily, check for times, Now - Sun, Aug. 8; Call for fees.

The festival features 13 events including music, dance, comedy, spoken word, film, and family-friendly performances.

Children's Garden Session - Summer: Queens Botanical Garden, 43-50 Main Street; (718) 886-3800 X 230; rwolf@queensbotanical.org; www.queensbotanical.org; Tuesdays and Thursdays, 9:30 am - Noon, Now - Thurs, Aug. 19; Call for fees.

The "Green" program offers kids, ages 5 to 12 the opportunity to practice different sustainable gardening tech-



Tennis, anyone?

This month, all eyes will be on Arthur Ashe Stadium for the U.S. Open, where tennis greats like Andy Roddick and Serena Williams are usually on the top of their game. But on Aug. 28, it's all about the kids.

For the 15th annual Arthur Ashe Kids Day, pop superstars and tennis all-stars will converge on the stadium, for an all-day tennis and music festival for children and families, including interactive games and tennis clinics.

On the music front, the Jonas Brothers and Demi Lovato will perform, while kids will be the chance to hit with top tennis pros

niques, such as composting and mulching and learn about the reuse and recycling of materials. Tuesdays or Thursdays.

Sandcastle contest: Hither Hills State Park-Beachhouse, Old Montauk Highway; (631) 668-2554; www.nys-parks.com; Thursdays, 9:30-10:30 am,

like Rafael Nadal, Andy Roddick, Kim Clijsters and Novak Djokovic.

Other activities include an obstacle course, where kids can test their agility, balance, running and tennis skills, tennis clinics, and, for beginners, the opportunity to learn the game.

Face-painters, hair braiders and balloon artists will also be on hand, so there's sure to be something for everyone.

Arthur Ashe Kids Day at Arthur Ashe Stadium [Flushing Meadows Corona Park in Flushing, (800) OPEN-TIX], Aug. 28 from 9:30 am-4 pm. Tickets \$10-\$20. For info, visit www.usopen.org.

Now - Thurs, Aug. 26; Free.

Sand sculptors may use sand, water, and any other natural materials native to the beach. Each week's prizes will be awarded for the best sculptors and castles in several categories. Registration is held each Thursday from 9:30am-10:30am at the Hither Hills State Park Beachhouse.

Submit a listing

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

All you have to do is send your listing request to calendar@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!

Race to the End of the Earth:

American Museum of Natural History, Central Park West at 79th Street; (212) 769-5100; www.amnh.org; Daily, 10 am-5:45 pm; Donations suggested.

The exhibit recounts the most stirring tales of Antarctic exploration: the contest to reach the South Pole in 1911-1912. Highlights include photographs, paintings, and rare historical artifacts as well as actual items of clothing and tools; life-sized models of portions of Amundsen's and Scott's base camps; and a diorama featuring the largest of all penguin species alive today, the emperor penguin. There are also interactive and hands-on activities for all ages.

Friendship Group: Friedberg JCC, 15 Neil Court; (516) 766-4341; www.friedberg.org; Daily, 2-3 pm.

Friendship Group of Middle School meets daily for students with Disabilities and provides an opportunity for Disabled Middle School children in the community meet and enjoy events at the JCC. Come swim in the indoor pool, hang out in the renovated teen lounge and participate in exciting art projects.

Support Group: Mid-Island Y JCC, 45 Manetto Hill Road; 516-822-3535 X 326; www.miyjcc.org; Wednesdays and Fridays, 10 am - 2 pm.

Shabbat Respite program provides a supportive and nurturing environment for your loved one who is suffering from Alzheimer's disease or early onset dementia including socialization, cognitive stimulation activities, art therapy and more. Led by licensed social workers, coffee tea and a nutritious kosher lunch provided. To schedule an appointment or additional information call Doreen.

Astronomy Discovery Lab: New

Continued on page 40

Going Places

Continued from page 39

York Hall of Science, 47-01 111th St. 718-699-0005; www.nysci.org; Saturdays and Sundays, 1 and 4 pm, Now – Sun, Aug. 29; Free with General Admission.

View the night sky and learn more about constellations.

Training Group: The Animal Medical Center, 510 East 62nd St. (854)-230-6406; rsilverman@guidingeyes.org; www.volunteer.guidingeyes.org; Free.

Guiding Eyes for the Blind seeks volunteers to foster future guide dog puppies. All training, support and veterinary expenses are provided free of charge. Pre-placement classes are held at the Dog Spa in Chelsea at 32 West 25th Street. Required weekly raiser classes are held on Sunday evenings at the Center. Call for specific location & time.

"Captain Marbles and his Acting Squad": Theatres at 45 Bleeker - Green Room Theater, 45 Bleeker Street; (212) 260-8250; www.iseats.net; Sundays, 11 am, Now – Sun, Aug. 29; \$20.

Dancing, singing, acting and audience participation. For children three and up. (no show July 4).

Concert: Flushing Town Hall, 137-35 Northern Boulevard; (718) 463-7700; www.flushingtownhall.org; Sunday, Aug. 1, 2 pm; Thursday, Aug. 5, 8 pm; Friday, Aug. 6, 8 pm; Saturday, Aug. 7, 8 pm; Sunday, Aug. 8, 2 pm; Thursday, Aug. 12, 8 pm; Friday, Aug. 13, 8 pm; Saturday, Aug. 14, 8 pm; \$20 (\$30 VIP seats, \$15 members and seniors).

Music from Broadway musicals including Singin' in the Rain, The Wizard of Oz, Hello Dolly, The Sound of Music, South Pacific, Oklahoma, Titanic, Chicago, and many others.

Jewish Mysticism: Central Queens YM & YWHA, 67-09 108th Street; (718) 268-5011; www.cqycc.org; Wednesdays, 11:20 am, Now – Mon, Oct. 25; \$54 (non-members).

The course takes a closer look at traditional and modern interpretations of Jewish mysticism and is taught by Rabbi Irwin Goldenberg.

Support Group: Parkway Community Church, 95 Stewart Ave; (516)-395-8303; Wednesdays, 7:30 pm, \$7.

A dynamic discussion and support group for 40 plus individuals, who are widowed, divorced or single.

THURS, JULY 29

Contra Tiempo: Queens Theatre in the Park, Flushing Meadows Corona Park; Box Office 718-760-0064; Administration 718-760-0686; www.queens-theatre.org; 8 pm; \$35, day of (\$30 in advance).

Children 8 and up enjoy a performance by Urban Latin Dance Theater featuring the fusion of Salsa, Afro-Cu-



Get your Latin on

The Chase 2010 Latino Cultural Festival takes place at the Queens Theatre in the Park now through Aug. 8.

This is the 14th year of the festival, which features 13 events including music, dance, comedy, spoken word, film, and family-friendly performances.

July 29: Contra Tiempo, Urban Latin Dance Theatre. The group fuses Salsa, Afro-Cuban, West African and hip-hop styles to create an invigorating dance performance.

July 30: Yomo Toro Y Los Latino Del Son. Toro is considered the "Jimi Hendrix" of Salsa, a musical maestro and cultural icon for over 30 years. His special blend of music has thrilled fans of all ages.

July 31: Pistolera Moona Luna. This upbeat blend of inspirational and party music has the audience toe-tapping in their seats.

Aug. 1: Tango y Vida. Six dancers and seven musicians along with a singer and actor present the history of the Tango live.

Aug. 3: Alejandro Caceres Dance Company. This Chilean dancer and choreographer premieres a brand new piece that explores the perception of time.

ban, West African and hip hop styles.

Contra Tiempo: Queens Theatre in the Park, Flushing Meadows Corona Park; Box Office 718-760-0064; Administration 718-760-0686; www.queens-theatre.org; 8 pm; \$35, day of (\$30 in advance).

Children 8 and up enjoy a perfor-

Aug. 4: "Al otro lado." This movie chronicles the lives of young men in Sinaloa, the drug capital of Mexico; Open Mic Night plus Bonafide Rojas. Def Poetry Jam star Bonafide Rojas emcees this open mic night for poets and songwriters; Milonga-Los Chantas Tango Quartet. A tango dance party music.

Aug. 5: Leon Gieco. The voice of the Argentinian people, bringing his own brand of folk music to the Queens stage.

Aug. 6: Carlos Varela. A six-man electric band featuring Varela's powerful voice.

Aug. 7: Jorge Velosa. Colombian music.

Aug. 8: Susana Baca. Selections from her new CD, "Seis Poemas."

The Chase 2010 Latino Cultural Festiva, at the Queens Theater in the Park, Flushing Meadows Corona Park, Flushing, is sponsored by JP Morgan Chase, Time Warner Cable, Con Edison and DELTA. Tickets are available on-line at www.queens-theatre.org; by phone at (718) 760-0064, Tue-Sat, 12-6pm; or in person at Queens Theatre in the Park box office. For more information and complete listings of performances visit www.queens-theatre.org.

mance by Urban Latin Dance Theater featuring the fusion of Salsa, Afro-Cuban, West African and hip hop styles.

FRI, JULY 30

Canoeing: Fort Totten Park, Enter park - North of Intersection 212 Street and Cross Island Parkway; (718) 352-

1769; [Http://www.gov/parks/rangers](http://www.gov/parks/rangers); 11 am; free.

Basics of canoeing, space is limited for children 8 and up.

Concert: Queens Theatre in the Park, Flushing Meadows Corona Park; Box Office 718-760-0064; Administration 718-760-0686; www.queens-theatre.org; 8 pm; \$25 on day (\$20 in advance).

Yomo Toro Y Los Latino Del Son, with special guest El Topo. Appropriate for 8 and up.

SAT, JULY 31

Wildflower workshop: Kissena Park, 164th Street and Oak Street; 311; [Http://www.gov/parks/rangers](http://www.gov/parks/rangers); 1 pm; free.

Learn to identify Kissena Park's native flora and fauna.

"Pistolera" - Moona Luna: Queens Theatre in the Park, Flushing Meadows Corona Park; Box Office 718-760-0064; Administration 718-760-0686; www.queens-theatre.org; 2 pm; Free.

Upbeat inspirational music for ages 3 and up.

Camping: Cunningham Park, Union Turnpike and 197 Street; 311; [Http://www.gov/parks/rangers](http://www.gov/parks/rangers); 6 pm; free.

Families enjoy BBQ and a night hike.

SUN, AUG. 1

Birding for kids: Kissena Park, 164th Street and Oak Street; 311; [Http://www.gov/parks/rangers](http://www.gov/parks/rangers); 11 am; free.

Kids learn to identify robins, blue jays and starlings. Binoculars recommended. Learn to identify Kissena Park's native flora and fauna.

Fishing: Brookville Park, Brookville Boulevard and 144th Avenue; 311; [Http://www.gov/parks/rangers](http://www.gov/parks/rangers); 2 pm; free.

Equipment limited. First come-first served.

Street fair: Austin Steak Ale House, 82-72 Austin Street; 4-7 pm; Free.

Out-door fun for all ages.

"Tango y Vida": Queens Theatre in the Park, Flushing Meadows Corona Park; Box Office 718-760-0064; Administration 718-760-0686; www.queens-theatre.org; 7 pm; \$30 on day of (\$25 in advance).

The history of Tango in dance. Appropriate for ages 15 and up.

TUES, AUG. 3

Alejandro Caceres Dance Company: Queens Theatre in the Park, Flushing Meadows Corona Park; Box Office 718-760-0064; Administration 718-760-0686; www.queens-theatre.org; 7:30 pm; Free.

Continued on page 42

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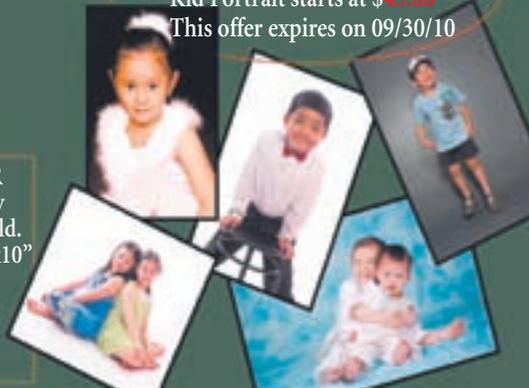
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Going Places

Continued from page 40

Chilean performers explore the perception of time, impulses and habits through dance. Appropriate for ages 15 and up.

WED, AUG. 4

Open Mic: Queens Theatre in the Park, Flushing Meadows Corona Park; Box Office 718-760-0064; Administration 718-760-0686; www.queens theatre.org; 7 pm; Free.

Bonafide Rojas, Def Poetry Jam star, emcees an open call to all poets and songwriters. Appropriate for ages 15 and up.

Los Chantas Tango Quartet:

Queens Theatre in the Park, Flushing Meadows Corona Park; Box Office 718-760-0064; Administration 718-760-0686; www.queens theatre.org; 8 pm; Free.

Enjoy a tango dance-party. Appropriate for ages 3 and up.

THURS, AUG. 5

Leon Gieco: Queens Theatre in the Park, Flushing Meadows Corona Park; Box Office 718-760-0064; Administration 718-760-0686; www.queens theatre.org; 8 pm; \$25 on day of (\$20 in advance).

The Argentinian folk/rock performer bring his socially conscious songs to the US. Appropriate for ages 15 and up.

FRI, AUG. 6

Canoeing: 11 am. Fort Totten Park. See Friday, July 30.

Concert: Queens Theatre in the Park, Flushing Meadows Corona Park; Box Office 718-760-0064; Administration 718-760-0686; www.queens theatre.org; 8 pm; \$30 on day of (\$25 in advance).

Cuban artist Carlos Varela enchants the audience. Appropriate for ages 15 and up.

SAT, AUG. 7

Adoption seminar: Family Focus Adoption Services, 54-40 Little Neck Parkway, Suite 4; (718) 224-1919; www.familyfocusadoption.org; 10 am; Free.

The ins and outs of adopting children and teens.

Science Workshop: Alley Pond Environmental Center, 228-06 Northern Blvd. 718-229-4000; www.alleypond.com; 10:30 am-12:30 pm; \$19 (\$15 members).

Acid rain is on the agenda for mad scientists in training. Limited to 8 participants.

Wet and wild: Alley Pond Environmental Center, 228-06 Northern Blvd. 718-229-4000; www.alleypond.com; 1:30-3:30 pm; \$15 (\$11 members).



Fun under the sea!

If "The Little Mermaid" or "Finding Nemo" leaves you aching for more underwater adventures, then the off-Broadway production of "ImaginOcean" is for you.

This magical, live black-light puppet show is full of characters to fall in love with, as three fish friends, Tank, Bubbles and Dorsel, set off on a journey that finds them singing, dancing, making new friends, and finding their courage.

In addition to the bright, vibrant sea creatures, the show fea-

tures musical styles ranging from swing to R&B to big band.

To really feel in the middle of it all, get as close to the stage as possible, as the puppets come out into the audience for a truly engaging underwater experience.

"ImaginOcean" at New World Stages [340 W. 50th St. between Eight and Ninth avenues in Manhattan (646) 871-1730], now through Nov. 14 with shows Wednesday at 11 am and 2 pm, Saturday at 11 am, 2 pm and 4:30 pm, and Sunday at noon and 3 pm. Tickets \$39-\$65. For info, visit www.ImaginOceanTheMusical.com.

Children 3 to 4 years old play sea shell and fish games. Snack included. Participants must be toilet trained, limited to 12 children.

Concert: Queens Theatre in the Park, Flushing Meadows Corona Park; Box Office 718-760-0064; Administration 718-760-0686; www.queens theatre.org; 8 pm; \$30 on day of (\$25 in advance).

Jorge Velosa and Los Carrangueros, Colombian music. Appropriate for ages 3 and up.

SUN, AUG. 8

Sneaky Snakes: Alley Pond Environmental Center, 228-06 Northern Blvd. 718-229-4000; www.alleypond.com;

10:30 am-Noon; \$17 (\$13 members).

Children 7-11 learn about reptiles. Then take home their very own wooden snake.

Concert: Flushing Town Hall, 137-35 Northern Boulevard; (718) 463-7700; www.flushingtowhall.org; 2 pm; Free.

The Channel Surfers performs songs from the 60's.

Trivia event: Kissena Park, 164th Street and Oak Street; 311; [Http://www.gov/parks/rangers](http://www.gov/parks/rangers); 3 pm; free.

Are you smarter than a Park Ranger?

Concert: Queens Theatre in the Park, Flushing Meadows Corona Park; Box Office 718-760-0064; Administration 718-760-0686; www.queens theatre.org; 7:30 pm; \$30 day of (\$25 in advance).

Susana Baca performs the music of Peru. Appropriate for ages 15 and up.

MON, AUG. 9

Summer Cheerleading Clinic: St. Agnes Academic High School, 13-20 124th St. (718) 353-6276; www.stagneshs.org; 12 p.m. \$75.

For seventh- and eighth-grade girls.

Auditions: Houghton Hall, Trinity Episcopal Church, 130 Main Street; (631) 732-2926; www.minstrelplayers.org. 7:30 pm; Free.

For the role of Louise Paradine in "Postmortem." Female 30's-40's. Must have classic 1920's theatre look. Physically demanding role.

Open mic poetry: Barnes & Noble, 176-60 Union Turnpike; (718) 380-7077; 7:30 pm; Free.

Join host Susan Yang.

TUES, AUG. 10

Summer Cheerleading Clinic: 12 p.m. St. Agnes Academic High School. See Monday, Aug. 9.

Storytime: Barnes & Noble, 176-60 Union Turnpike; (718) 380-7077; 10:30 am; Free.

Featuring the works of Judy Sierra, such as "Wild About Books".

WED, AUG. 11

Summer Cheerleading Clinic: 12 p.m. St. Agnes Academic High School. See Monday, Aug. 9.

Parent workshop: Friedberg JCC, 15 Neil Court; (516) 634-4192; khorowitz@friedbergjcc.org; www.parentingresourcenetwork.org; 10-11 am; Free.

"Is it Time to Go Back to School Already?" provides parents with tips for shifting from lazy summer days to school year hectic.

Kids fun day: Queens North Community Center, 23-40 Astoria Boulevard;

Continued on page 44



More Ooohs. New Aaahs.

Special thanks to; NYC Councilmen Dominic Recchia and Speaker Quinn, Bklyn Boro President Marty Markowitz, NYC Park's Dep't, CIDC, CB13, Bklyn Chamber of Commerce, Bklyn Tourism, Astella Development, Coney Island Museum

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Continued from page 43

Going Places

Continued from page 42

(718) 726-9790; 10 am–2 pm; Free.

Get ready for back-to-school, with activities including games, face painting, clown and balloon creations, arts and crafts, along with a special presentation by McGruff the Crime Dog and health screenings. Participants will receive free limited school supplies.

THURS, AUG. 12

Summer Cheerleading Clinic: 12 p.m. St. Agnes Academic High School. See Monday, Aug. 9.

Kids fun day: Queens South Community Center, 90-39 189th Street; (718) 217-1238; 10 am–2 pm; Free.

Get ready for back-to-school, with activities including games, face painting, clown and balloon creations, arts and crafts, along with a special presentation by McGruff the Crime Dog and health screenings. Participants will receive free limited school supplies.

FRI, AUG. 13

Summer Cheerleading Clinic: 12 p.m. St. Agnes Academic High School. See Monday, Aug. 9.

Canoeing: 11 am. Fort Totten Park.

See Friday, July 30.

SAT, AUG. 14

Edible Solar System: Alley Pond Environmental Center, 228-06 Northern Blvd. 718-229-4000; www.alleypond.com; 10:30 am–Noon; \$19 (\$15 members).

Young Chefs ages 7 – 10, discover the solar system. Create your own solar system model that you can take home and eat for dessert. All materials included. Limited to 8 participants.

Mad Scientists: Alley Pond Environmental Center, 228-06 Northern Blvd. 718-229-4000; www.alleypond.com; 10:30 am–Noon; \$19 (\$15 members).

Microscopic studies for children 8 to 12. Limited to 8 participants.

Star gazing: Alley Pond Environmental Center, 228-06 Northern Blvd. 718-229-4000; www.alleypond.com; 8–10 pm; \$12 (\$10 adult members; \$7 for children 7-12, includes info packet).

Astronomer Mark Freilich leads gazer on a tour of the universe visiting the moon, the summer Milky Way and the Red Giant Antares. For children 7 and older and adults. pre-registration required.

SUN, AUG. 15

Animal Care Trainee: Alley Pond Environmental Center, 228-06 Northern Blvd. 718-229-4000; www.alleypond.com; 10 am–Noon; \$16 (\$12 members).

Children 8-12 learn about animal care.

Animal-care trainee: Alley Pond Environmental Center, 228-06 Northern Blvd. 718-229-4000; www.alleypond.com; 10 am–Noon; \$16 (\$12 members).

For children ages 9 – 12.

TUES, AUG. 17

Storytime: Barnes & Noble, 176-60 Union Turnpike; (718) 380-7077; 10:30 am; Free.

Hear Laura Numeroff's book, "If You Give a Cat a Cupcake" and then enjoy an age appropriate activity.

WED, AUG. 18

The Wiggles: Nassau Veterans Memorial Coliseum, 1255 Hempstead Turnpike; (516) 794-9300; www.ticketmaster.com; 2:30 and 6:30 pm; \$35 pp - \$299 pp.

Sam, Murray, Jeff, Anthony and their friends Dorothy, Wags, Henry and Captain Feathersword come to Long Island.

FRI, AUG. 20

"Sleeping Beauty": East Rockaway Memorial Park, Atlantic Avenue; (718) 887-6304; www.plazatheatrical.com; 7 pm; Free.

Rain date, August 11 at 7 pm.

"Sleeping Beauty": East Rockaway Memorial Park, Atlantic Avenue; (718) 887-6304; www.plazatheatrical.com; 7 pm; Free.

Rain date, August 11 at 7 pm.

SAT, AUG. 21

Storytime: Barnes & Noble, 176-60 Union Turnpike; (718) 380-7077; 11 am; Free.

Read "Go Away Big Green Monster" and color and create your own.

Wet and wild: Alley Pond Environmental Center, 228-06 Northern Blvd. 718-229-4000; www.alleypond.com; 1:30–3 pm; \$15 (\$11 members).

For children ages 5 – 6. Limited to 12 participants.

MON, AUG. 23

Camp: Chabad of the Five Towns, 74 Maple Avenue; (516) 295-2478 X 13; www.chabad5towns.com; 10 am–3 pm; \$45 per day (\$170 for four days).

Friendship Circle is an action packed camp for children with special needs and their siblings, ages 4 to 16 years old.

TUES, AUG. 24

Camp: 10 am–3:30 pm. Chabad of the Five Towns. See Monday, Aug. 23.

WED, AUG. 25

Camp: 10am–3pm. Chabad of the Five Towns. See Monday, Aug. 23.

THURS, AUG. 26

Camp: 10 am–3:30pm. Chabad of the Five Towns. See Monday, Aug. 23.

SUN, AUG. 29

Fancy Nancy Party: Barnes & Noble, 176-60 Union Turnpike; (718) 380-7077; 12:30 pm; Free.

Have fun at an afternoon soiree filled with fun and fancy activities and a chance to win a special prize. 20 spots available - for children ages 4-7.

TUES, AUG. 31

Storytime: Barnes & Noble, 176-60 Union Turnpike; (718) 380-7077; 10:30 am; Free.

Youngsters enjoy stories about beginning a new school year.

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It figures

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SCHOOL SNIPPETS

58 Percent of South Korean school children who get tutoring outside of school.



25 Percent of American children.



1½ to 1¾ Average hours per night children ages 8 — 13 spend on homework.

3 Average hours per week parents spend helping with homework.

50 Percent of elementary-school students who eat fruit with their school lunch.

25 Percent of high-school students.

70 Percent of students who eat fruit when a cafeteria worker suggests it.



90,000 Number of students who took classes through the Florida Virtual School, a service providing high-school courses online.

71 Percent of schools in the U.S. that reduced time spent teaching subjects such as music, art and geography after the No Child Left Behind Act of 2001 tied federal funding to schools' progress in English and math.



15 Minimal minutes of recess time per day teachers say is needed to improve children's classroom behavior.

22 Percent of school districts nationwide that cut recess time in the wake of No Child Left Behind.

15 Percent of students who use cursive on the written portion of the SAT college entrance exam.

200 Number of British schoolchildren, some as young as 13, who were reported by their teachers to police as terrorism suspects.

Sources: Natural Awakenings, Education Week, The Center for Public Education, Current Events, Education Week, Nutrition Week, Newsweek, Boingboing.net

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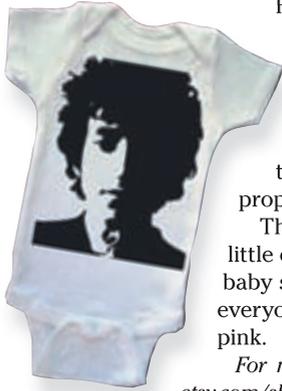
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New & Noteworthy

Lay, baby, lay

Finally, Bob Zimmerman's face can be plastered on your baby!

With onesies and T-shirts from Truly Sanctuary, the likeness of the mans more commonly know as Bob Dylan, along with those of Elvis Presley and Michael Jackson, are recreated in bold black and white graphics for the world to see.



For more colorful flare, there's a band onesie for Wilco, as well as a smiling ice cream cone that's the most child-appropriate.

They're great for your little one, or for your next baby shower. Because not everyone's into blue and pink.

For more info, visit www.etsy.com/shop/trulysanctuary.

Bathtime gets sweeter

You don't wash your child's face and hair with just any soap or shampoo. That's where products like Baby Oh Baby come in.

These organic, herbal shampoos, body wash, and lotions for babies are made with natural ingredients that will gently clean your newborn — and avoid tears in the process.

Though nothing can beat



that newborn smell, the products also have a soft natural scent derived from an oil blend of lavender, chamomile and orange.

For when your little one gets older, she can move on to Rainbow's kids line, which include shampoo, soap, hand sanitizer and, just for fun, bubble bath.

For more information, visit www.rainbowresearch.com.

For budding green thumbs

Need some "help" in the garden? Have your little one get an lesson in ecology thanks to this handy gardening tool set for children from Wrapables.

With these kid-sized shovels and picks, your child can easily dig up dirt, plant seeds, water the soil, and watch the plants come to life.

The tools can be stored and carried in a colorful nylon case, so you won't misplace a thing.

For more information on the Sagaform Kids Gardening Tool Set, visit www.Wrapables.com.



Money in the bank

Feed the pig!

It's never too early to start saving, and, with these personalized piggy banks, it's never been cuter.

With these — of course — pig-shaped banks, the pennies can start adding up.

Your child can make it her own too, by personalizing it with her name choosing from among 16 col-

ors for the name and polka dots, from apple green to sunshine yellow, as well as adding a bow or bow tie as she see's fit.

Just avoid the classic move of breaking the bank once it's all full; these little piggies are too precious to destroy.

For more info, visit www.etsy.com/CherryBlossomPaperCo.

Just in time

You might be a ways away from teaching your child how to tell the difference between the minute hand and the hour hand, but it's never too early to start. Besides, these clocks are too cute to pass up.

The designs perfectly evoke childhood, from the zoo animals of one, to the whimsy of a girl blowing a dandelion in another. Other graphics on these Kona Interiors-designed timepieces, include vibrant, multi-colored stripes, fairy tale-like castles, trucks, cute forest scenes, and flowers, perfect for many personalities.

The frames and hand colors can also easily be changed to match



your existing little one's theme. It'll be a piece you can treasure throughout childhood.

For info, visit www.etsy.com/shop/KonaInteriors.



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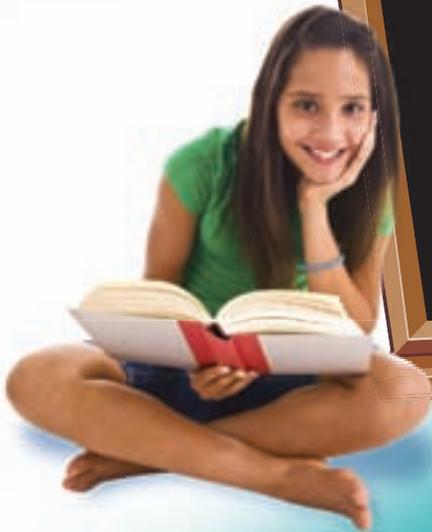
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