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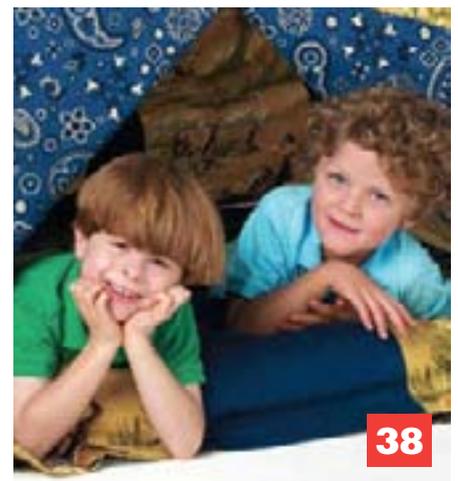
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FEATURES

- 6 Information overload**
How to sift through that flood of parenting advice
BY TIM PERRINS
- 12 Give your preschooler an edge**
Strategies to help him read his world
BY MICHELE RANARD, MD
- 20 Play ball!**
America's pastime is alive and well in my present
BY ROBERT TROTTA
- 22 'I can't eat that'**
Helping your child overcome the stigma associated
with having a food allergy
BY JOAN SCHMIDT
- 24 A better diet can improve behavior**
Why food dyes should make a parent see red
BY JANE HERSEY
- 26 Eat fat to be healthy?**
BY SANDRA GORDON

CALENDAR OF EVENTS

- 33 Going Places**
Find out what's going on in your town

COLUMNS

- 8 Mommy 101**
BY ANGELICA SERADOVA
- 28 Death by Children**
BY CHRIS GARLINGTON
- 30 Healthy Living**
BY DANIELLE SULLIVAN
- 31 The Book Worm**
BY TERRI SCHLICHENMEYER
- 32 Lions and Tigers and Teens**
BY MYRNA BETH HASKELL
- 38 New & Noteworthy**
The hottest new products

SPECIAL SECTIONS

- 10 Health Directory**
- 14 Preschool Directory**
- 18 Party Directory**

Letter from the publisher

Health is the buzz

Talk of health is everywhere. Our national focus on the President's Health Care Initiative has been tying up the conversation and hopefully with the recent Supreme Court decision we can move on and do what's necessary to implement universal coverage. The truth is that we need it because people are not in good health.



My contention is that over 60 years of processed foods, along with other pollutants in our air and water, has affected the general health in disastrous ways, and when more people realize that we truly "are what we eat and drink," there will be a surge in general health and a lowering of the weight fac-

tor for all Americans. There is little doubt that maintaining good health is more in our hands than in our doctors'. Our behavior and choices, for ourselves and our children, either create the foundation for a healthy life or succumb to the risks of unnatural elements.

This issue focuses on health and particularly on food, diet and vitamins and their role in keeping us healthy and vital. As parents, we set the tone and the patterns for our families. We determine what's on the menu from the very beginning. Are there going to be fresh fruits and vegetables in the fridge and on the plates, or are we ordering out or stopping at a fast food

place? Are we making our own baby food in a blender with fresh ingredients or buying jars of food with sugar and other additives? Do we read the labels or are we careless?

It's a big responsibility to be a parent. It's being the CEO and CFO of our families' corporation, and running the company is a big deal and takes planning, education and determination. So we should see "red" when we think there are food dyes in our kids' food. We should understand that not all fats are to be avoided and that good fats are necessary for good health.

This issue continues what will definitely be ongoing for us in our editorial effort; to recognize and focus on the complex factors that comprise good health. We need to be educated because much of this

just doesn't come naturally, and what other important responsible thing do we do in our lives without education and certification?

As we live longer we must find the secrets of staying in good health for a lifetime that increases with every generation. Good health; a path from day one that parents can do their utmost to provide for the new life that's been entrusted to their care and supervision. Let's take it seriously.

Thanks for reading and enjoy the summer!

Susan Weiss-Voskidis,
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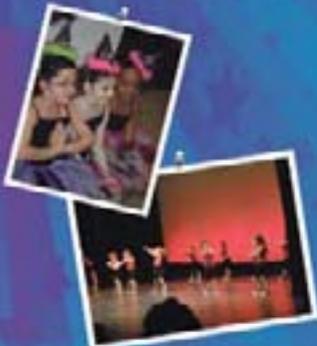


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Information OVERLOAD

How to sift through that flood of parenting advice

BY TIM PERRINS

Four months is a great age — our baby girl gives my wife and me a big, happy smile every morning. She's also discovered her upper vocal register, which explains her new hobby:

squealing and chirping like a baby pterodactyl.

Four months isn't such a long time, but it's been more than a year since the baby's arrival was heralded by a tiny plus-sign on a plastic dipstick, and it's incredible how much more I know about babies than I

did just a year ago. One of the most important things I've learned is that raising a baby includes learning to navigate the flood of information that washes over you as you begin the adventure of parenting — and what to do when there is no information to answer your questions.

As a new parent, you'll find some fantastic tips coming your way. Who knew that holding your baby with her tummy on your forearm — the way a super villain holds his cat — is a great way to calm her when she's upset?

You'll also receive advice that's a bit more subjective. There are all kinds of rules and imperatives: "You should do an hour of tummy-time every day, it's crucial for her development," and, "If you don't start sleep training in the first six weeks, YOU ARE DOOMED!"

Some suburb-dwelling friends insisted that we absolutely **MUST** get that magical device called a baby monitor, so we can always hear what she is doing.

"You can't live without it," they said. I don't doubt the wisdom of this for anyone who lives in big house, but is this really necessary for a couple living in the shoebox that passes for a typical New York one-bedroom apartment? Here in Brooklyn, we use electronic devices — TV, radio, air conditioner — to not hear what's going on in the other room.

Still, other recommendations are helpful — but incomplete. If you give birth in a hospital, you'll be shown a video about shaken baby syndrome. Its directive is simple:



There's plenty of useful information to help you, but most of it just doesn't reflect the stark reality you sometimes face as a parent.

don't shake the baby. (It sounds obvious, but until I saw the video, I wasn't fully aware of the awful gravity of that message. I hope that people who deliver in other locales have someone to impress this important decree upon them as well — a savvy midwife at a homebirth, or a recording of Mayor Bloomberg saying, "Always wear your seatbelt, and remember, never shake the baby!" for parents who give birth in the back seat of a taxi.)

I understand why you don't shake the baby, but the video came up short on the issue of "HOW do you not shake the baby?" When it's 3 am, the baby is screaming relentlessly, and you're barely conscious and exasperated to the point of feeling primitive Cro-Magnon reflexes starting to take over, how do you NOT shake the baby?

There's plenty of useful information to help you, but most of it just doesn't reflect the stark reality you sometimes face as a parent. There's a tendency to soften the rough edges, to downplay the ugly truth. You hear people say, "It's hard."

As far as I'm concerned, sudoku is hard. But this is on a different level — people should warn you up front that raising a baby can be so distressing that it can turn you into a bona fide caveman.

So, how do you deal with acute frustration and flashes of temper? How do you keep from becoming a caveman? How do you not shake the baby? Now that I have some first-hand parenting experience, I may as well contribute some advice of my own. Just keep in mind that I'm not a professional, so before attempting these techniques, you may want to consult a pediatrician or local law enforcement.

If — while dealing with a raging, inconsolable infant — you feel primeval urges rising like a

tide in your eyeballs, here's what you can do: quickly and gently put the baby down in a safe place and take several steps away. Can't shake the baby if you're not holding it! Next, swear out loud. That's right — get it out of your system. And don't feel stupid or ashamed — your baby doesn't speak English, and it's screaming too loud to hear you anyway. It's a scientific fact that when slipping through a time warp between our era and the Stone Age, a curse is the incantation that brings you back and closes the wormhole. After all, the power of speech is what separates us from our earliest ancestors.

Next, pop in some ear plugs. People have a hard time with this, because it makes them feel guilty, but as a parent, you're better off if you learn the difference between well-founded guilt and misguided guilt. You see, in prehistoric times, the baby had to get your attention from all the way in the back of the cave while you were outside banging rocks together or grilling a saber-toothed squirrel. Screaming with such shocking volume was a necessity for her. Today, however, those extra decibels serve no constructive purpose, so you can protect your hearing and sanity and still keep a clear conscience.

Finally, take several deep breaths, renew your sense of nurturing kindness, and get back to helping that helpless little baby.

I hope that's useful advice, but if not, that's fine, too. Every parent has to decide what applies to her own situation, and most things aren't set in stone. During a recent checkup, our pediatrician weighed in on the benefits of tummy-time for our baby: "It won't help her sit up any earlier or get into Harvard — it's just a fun activity for her to do."

Certain important things need to be done by the book, but just as often, you can stop obsessing and let your instincts be your guide. Even a caveman will know the right thing to do when faced with an adorable, squealing baby pterodactyl.

Tim Perrins is a part-time, stay-at-home dad who lives with his wife and their brand-new tiny human in Park Slope, Brooklyn. More of his thoughts about babies and other things that confuse him can be found at www.RevoltOfTheImbeciles.blogspot.com.

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MOMMY 101

ANGELICA SERADOVA

When is the right time to have kids?

Reflecting on my second-annual 30th birthday

Twenty-eight was my number. No, not that number! The perfect number, the age at which I wanted to have children. The age at which I felt I would be ready to finally become a mother. Well, this month I'll be celebrating my 31st birthday, and I'll be a mom to a 10 month old. Not too far off. I've been playfully dubbing it my "Second-Annual 30th." I get to celebrate the big 3-0 again, since I was 8-months pregnant the first time around, and needless to say, I was in no mood to move out of my air-conditioned room, let alone celebrate my birthday.

Did I feel more ready at 30 than I did at 28 to have a child? Absolutely. Do I ever still feel like I'm missing out? Yes. The truth is, no matter what age you choose to be a mother, it comes with sacri-

ifice. Younger mothers sacrifice their youth and freedom. Older mothers sacrifice their bodies and independence. Young or old, something that you once held dear — whether hanging out with your friends every week or taking that yearly trip to a new destination — might have to take a back seat for a while.

Back when I used to watch TV, I remember catching an episode of "Teen Mom." A teen was arguing with her mother over whether or not her mother could watch her baby while she went out and partied with her friends. This was a frequent event, and the teen's mother was at her wit's end. She gave her a lecture on how her partying days were over and how she needed to accept the responsibility of being a new parent.

Of course I agreed with the mother. The teen clearly needed to get her act together, but I can only imagine how difficult it is to be so young, watching your friends enjoying the things that define your youth, while caring for an infant. That can't be fun. Things like prom, dating, going to the beach, and just doing what young people do are no longer a part of your lifestyle. You're really forced to grow up once you become a parent, whether you're ready for it or not.

I really enjoyed my youth. I was always active in school, socialized with friends, and got to travel. I had the best college experience ever and even lived on my own for a while after I graduated. I did all the things you're "supposed to do" before having children.

By all accounts, having a baby at 30 should have been an easy transition. But sometimes I feel like a teen mom who just wants to run off with her friends. I would've had this feeling at 40 or 50, too, I believe. The word "mother" is synonymous with the word "sacrifice."

Maybe it's the realization that I have a child, maybe it's the fact that this will be my first summer as a mom. Either way, it still seems crazy. Instead of thinking that I'm missing out on happy hours by the seaport and fun weekend get-aways, I get to sign up for mommy-and-me swimming, have family picnics, and show my daughter how fun it is to blow bubbles on a warm, sunny day. I get to be the mom I've always wanted to be. And I'm pretty sure that spending my second-annual 30th with my daughter will be a really great gift.



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Give your preschooler an edge

Strategies to help him read his world

BY MICHELE RANARD, MED

We all want the inside scoop when it comes to opportunities that could lead to greater academic success for our children. But as well-meaning parents, sometimes we're vulnerable to the latest fad in the marketplace or alternative fast tracks.

That's why it's smarter to pay more attention to what experts on emerging literacy have to say rather than the latest hype. Their advice won't always have a novel ring to it or come with a free gift, but it will suggest steps to help your child get ready to read through daily experiences at home.

Opportunities to seize

In 2000's "Children's Learning Opportunities Report," Carl Dunst explains the opportunities for language development and early literacy in terms of incidental and intentional opportunities.

Incidental opportunities are watching leaves rustle while on a walk, blowing on food when it's too hot, or talking about body parts during bath time. Intentional activities might include story hour at the library or a trip to the zoo.



Dunst says children need activity settings matched to their interests and competencies to practice existing skills and learn new abilities. Suggestions from Dunst include:

Identify a preschooler's INTERESTS

- What makes your child smile or laugh?
- What makes your child happy and feel good?
- What are your child's favorite things?
- What is enjoyable to your child?
- What does your child work hard at doing?

Identify a preschooler's COMPETENCIES

- What gets and keeps your child's attention?
- What is your child good at doing?
- What "brings out the best" in your child?
- What does your child like to do a lot?
- What gets your child to try new things?

Everyday learning gives them an edge

Repetition during meal time, bath time, diaper changes, and bedtime story routines primes young children for later school success. Sound lazy or too simple? It's huge.

"Bridges to Literacy," by Sharon E. Rosenkoetter and Lauren Barton, encourages parents to think of building bridges to literacy by providing experiences that include print, responsiveness, repetition, modeling and motivation, and oral language.

Think PRINT

Reading time may be brief, but must happen every day to help kids explore new worlds, laugh across generations, and learn about amazing and ordinary things. Bonus: sharing stories can be a balm for irritable or fussy children.

Reading together should be relaxing and fun. It is much more than simply exposure to language, it's about creating happy reading memories that set the stage for a love of reading.

Stay RESPONSIVE

For early literacy, you want your child to learn that language is fun, that she can do it well, and that she can get results from using it.

Provide REPETITION

Provide routine schedules that use familiar phrases (such as "let's have some lunch" or "scrub-a-dub-dub") and cues at key times during the day. Nap and bedtime routines should be kept the same, and reading the same book over and over helps strengthen the foundation for later academic success.

Be a consistent MODEL and MOTIVATOR

It's important that your child sees you reading. Routines demonstrate that reading is important. At home, point out that you are reading the newspaper or a recipe. On car rides, be intentional as you point out signs on the road or the names on store fronts. It's also important to write and draw with your child.

"When children draw pictures, their verbal comments should regularly be written on the page and read aloud," writes Rosenkoetter and Barton.

Use ORAL LANGUAGE

Quantity matters, so talk a lot. Expose your child to as many words an hour as possible. Talk to her during work and play. Chitchat has a big payoff and translates into broader vocabularies and higher levels of reading later.

"From this foundation of basic learning and subsequent daily explorations with everyday people and objects, the young child builds many other understandings of self and others...Young children begin to 'read their world' and to have wider and greater impact upon it," writes Rosenkoetter and Joanne Knapp-Philo in "Learning to Read the World."

As parents, we can help them read their world long before they learn to read.

Michele Ranard has a husband, two children, and a master's in counseling.

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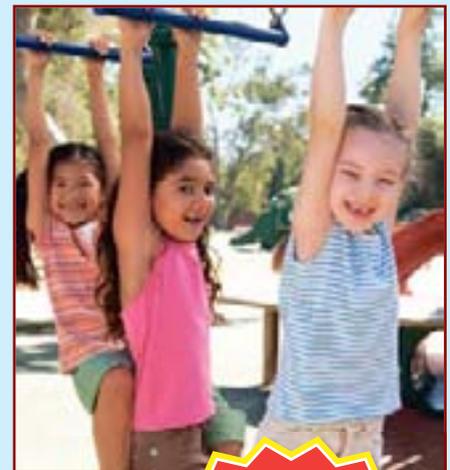
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Continued from page 14

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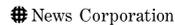
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BY ROBERT TROTTA

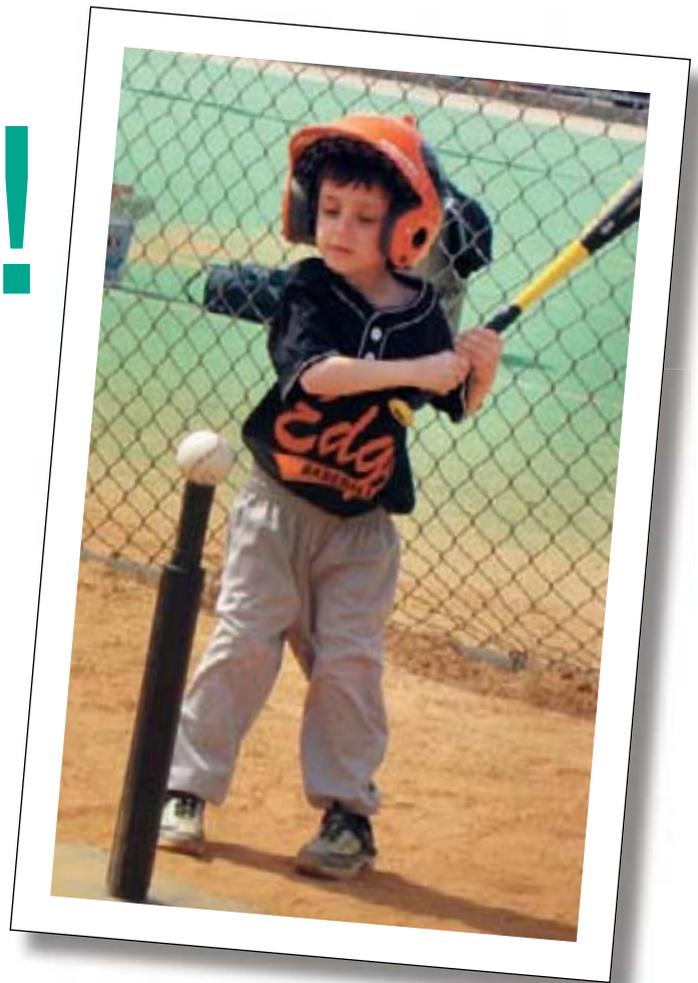
One of my favorite memories as a child was playing baseball. I was a timid lefty playing the outfield in the Ozone-Howard Little League. I was very shy around other people, but I didn't sit back when it came to snagging fly balls and making hard throws to an infielder. Playing also gave me the chance to bond with my dad, and I treasured that. Now that I'm a dad, I get to watch my son Matthew take his turn at bat.

As a player, I had a sharp eye at home plate, and my swing was pretty good, so I was usually lead-off batter, digging my cleats into the dirt with the hopes of getting a hit or earning a walk to first base. My fielding was probably better than my offense, and I usually played either centerfield or left field. I played at four fields in Queens — Charles Park in Howard Beach, Centerville Park, a field by North Conduit Avenue, and a beautiful field near Aqueduct Racetrack in Ozone Park.

I still remember many of the games, the nervousness I felt hours and minutes before running out on the field, the faces of my teammates — and of the opposing teams, managers that taught me aspects of the game and fundamentals of the sport, pizza parties held and trophies given at the end of a season, putting on that uniform, and oiling the glove to make it softer and easier to open and close when that white ball with the red stitching found its way into it.

One of my favorite parts of the game was, ironically, after the game. My father would take me to McDonald's, return to the field, eat a few cheeseburgers and French fries on a bench or in the dugout, and then give me some precious time in which he hit fly balls and grounders to me. It was a post-game ritual that I really treasured.

Of course, I played the game for the love of it, for the fun of it, for the team, and for myself. But I remember how important it was for me to make



my dad proud. When I got a hit, I would look for my father to see if he had a big smile on his face or a hand in the air, or if he was talking to another parent about the proud moment of seeing his son do well.

Just the same, I remember feeling bad when I made an error or struck out, thinking about how disappointed my dad could have been because I was not able to make a positive play with the bat or glove. Striking out without swinging the bat was easily the worst. If I was going to strike out, my father would always encourage me to go down swinging. But when you're a timid, peanut-sized kid facing a pitcher throwing bolts of lightning, it was very tempting to lift your front foot, move it away from the pitch, and watch the ball go right over the strike zone and into the catcher's mitt for an umpire's call of "Striike three — you're out!"

Fast forward a few decades later, and I have the joy and privilege of watching my son, Matthew, play Little League baseball near our home in Astoria. It is magical and has a little taste of *deja vu*.

Matthew is a timid, peanut-sized lefty who plays different positions at this early stage of the game. He has a great swing, a good arm, and his

biggest fan is his father. He looks terrific in his uniform, but his play on the field and his progress in such a short period of time is even more terrific. The season began as tee-ball, but Matthew is now hitting the baseball that is being pitched by the head coach. What an amazing thing it is to see his black-and-yellow aluminum bat make contact with a ball being thrown in his direction!

I never played on a squad with a professional team's name (ours were named after sponsors), but Matthew plays for the San Francisco Giants. Recently, Matthew had a game against the Oakland A's. I was so proud of the way he hit the ball and the focus he maintained on the field throughout the entire game (even if not too many balls were hit to him).

Each time he reached first base, I called his name very loudly and gave him a thumbs up. The smile he gave me reminded me of the smile I had whenever I made my father proud. It was like a Kodak moment that will last a lifetime.

Following the game, my wife and I stopped off at McDonald's to get Matthew a Happy Meal. To tell you the truth, I don't know who was happier.

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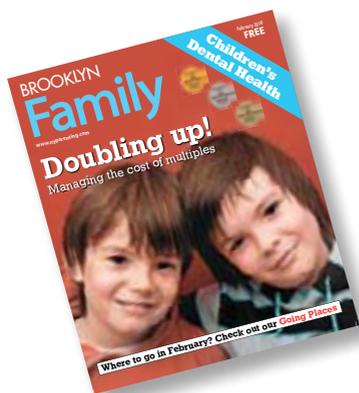
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‘I can’t eat that’

Helping your child overcome the stigma associated with having a food allergy

BY JOAN SCHMIDT

In the United States, one out of every 25 Americans suffers from a food allergy, and one in 20 has gluten intolerance. And out of those 15 million affected with food allergies, a vast majority are children, according to the Food Allergy and Anaphylaxis Network, an advocacy group.

The special dietary attention these young people require is not always welcomed by the afflicted, as they often feel stigmatized for being “different” from their peers. However, providing a safe environment for children who must follow a medically necessary diet can be a matter

of life and death for those who have a severe food allergy.

It is imperative that parents, school officials, teachers, and fellow students be marshaled to provide a safe and welcoming venue for these children. A unified front will insure that these kids become active and valued participants in the school community. In order to achieve this goal, knowledge is power and education is the key.

Daily challenges vary in type and intensity for kids with food allergies, sensitivity or intolerance. While constantly struggling with making safe food choices, some are bullied and ostracized because of their legitimate dietary constraints. Several

studies support the growing sense that these children experience significant social challenges.

The data demonstrates that even parents are often met with hostility and skepticism in school and other social situations when trying to explain their child’s specific dietary circumstances. Additionally, some of these families are made to feel that the food allergy or intolerance is a frivolous, self-indulgent fad invented and maintained by attention-seeking people. Unfortunately, there are occasions when non-food allergy parents picket schools that are taking proper allergy-safe precautions, believing that their children’s eating

The Golden Apple Rule lets parents and caregivers lead by example to boost their child's confidence.



"rights" are being subordinated in favor of the allergy sufferers.

Since our society uses food as a focal point in most celebrations, meetings, and social situations, awareness of allergy, food sensitivity, and intolerance is essential in creating settings that are truly all-inclusive.

"Generally speaking, the public awareness of food allergy in the U.S. has increased, and this has resulted in some real benefits to families," says Brian P. Vickery, MD, an assistant professor at Duke University School of Medicine in Durham, North Carolina. "For example, manufacturers are now required to put clearer labels on food items, many restaurants can provide better experiences, and schools are often more prepared to handle children with allergies. However, the situation is far from perfect. Many families continue to struggle over and over again with obstacles, limitations, skepticism, and judgment."

One effective and easy way for a family to overcome these struggles and boost the child's confidence, so she can feel that she fits in, is to follow the five steps of The Golden Apple Rule. Like that other golden rule, the Golden Apple Rule lets parents and caregivers lead by example. These steps, which can immediately be incorporated in the child's daily life, include:

- Advocate: Tell your child that it is important to speak up and inform friends, teachers, and teammates that she has a food allergy or intolerance that could potentially be fatal or make her very sick. Being an advocate for your child will teach her to effectively advocate for herself — an important life lesson she will take into adulthood.

- Positive attitude: Stay upbeat and confront your child's dietary limitations head on. As you remain positive and in control, the child's anxiety decreases as these limitations become a normal part of everyday life. This does not mean complacency, but rather vigilance with a smile.

- Provide a favorite snack: Give your child a favorite snack to be eaten at school or on the field. Then, several times a year, share

this treat with your child's fellow students and teammates to demonstrate that she eats delicious food everyone can enjoy. Sharing this preferred snack with classmates and friends can help your child feel better about her dietary needs. Also, give your child safe snacks to keep at school for those times when unexpected parties arise, so she is not left out of the celebration.

- Look, listen, and locate: Keep your eyes and ears open for any new information that will assist you in educating and raising awareness about food allergies, sensitivities, or intolerance.

- Empower: Speak frankly with your child about her dietary restrictions. Teach her to read and understand food packaging labels and, most importantly, tell her it is OK to say, "No, thank you," when she is offered a possibly unsafe food choice. This bolsters your child's confidence to participate in school and social environments and helps her to gracefully handle awkward peer-related situations that may arise.

• • •

Eating out, going to camp, and having fun in a myriad of places and settings is all possible for a child with a food allergy, sensitivity, or intolerance. But to engage in these activities SAFELY requires diligent planning, preparation, and education. In the end, though, it is all worth it when you see your child enjoying herself — just like everyone else!

Joan Schmidt is a registered nurse with a master's degree in business administration who has more than 20 years of healthcare experience. She owns and operates JCB Consulting Services Inc. — a company that offers gluten-free consulting services to food service venues, as well as individual client care — with her sister, Barbara Callanan. Schmidt lives on Long Island with her husband and two children. Her daughter was recently diagnosed with a tree nut allergy and her sister has celiac disease. Schmidt's passion is to educate and raise awareness about food allergies and celiac disease, ensuring safe consumption of food for all those affected. Contact her at joan@consultjcb.com and visit her on Facebook or www.consultjcb.com.

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A better diet can improve behavior

Why food dyes should make a parent see red

BY JANE HERSEY

Are you anxious about going to a store with your son because of fear he might throw a temper tantrum? Do you wish your daughter could concentrate long enough to do her homework or simple chores around the house? Are you afraid of being called by your children's school about one of your kids being disruptive in class or aggressive with other students? If you answered "yes" to any of these questions, you might be relieved to know that help may be as close as the kitchen table or your child's lunch bag.

The modern American diet is linked to many childhood health problems. Most people already associate a junk food-laden diet with obesity, but the effect food has on children's minds is just as important.

A growing body of scientific research has found that synthetic food dyes and certain other artificial additives found in processed foods, as well as pesticide residues in fruits and vegetables, can have profound effects on how children behave. A typical child's diet may also lack the essential fatty acids that have been associated with normal healthy behavior in children.

Cut out the food dyes

Synthetic food dyes are used in many foods, ranging from breakfast cereals and yogurt to pickles, marshmallows, and soft drinks, but these petroleum-based additives are even more common in foods marketed to children, because manufacturers



recognize that children are attracted to bright colors.

The connection between synthetic food dyes and children's behavior problems has been known since the early 1970s, when the late Dr. Ben Feingold discovered this link. Numerous studies have since confirmed the harmful effects of synthetic food dyes on the behavior of children with attention deficit hyperactivity disorder. And a more recent study, published in the British medical journal *Lancet*, showed that these additives can trigger hyperactive behavior in all children, not just those already diagnosed with ADHD.

This study prompted the European Union to require labels on foods containing synthetic food dyes to warn

that they "may have an adverse effect on activity and attention in children." In addition, the Chinese government has recently proposed a ban on artificial colors in foods, citing health risks for adults and children from long-term consumption of these chemicals. This is ironic, since most synthetic food dyes consumed around the world are made in Chinese petrochemical factories.

In the United States, a Food and Drug Administration panel recently concluded that synthetic food dyes can have a detrimental effect on some children's behavior, but the panel narrowly rejected requiring warning labels on foods containing these additives.

In the absence of warning labels, what can you do to help your kids avoid these harmful chemicals? Don't be tempted to buy brightly colored processed foods just because your child is attracted

to them. In particular, you should avoid foods containing synthetic food dyes (Red #40, Red #3, Yellow #5, Yellow #6, Blue #1, Blue #2, and Green #3).

Also, steer clear of processed foods with artificial flavors and the preservatives butylated hydroxytoluene (BHT), tertiary butylhydroquinone (TBHQ), and butylated hydroxyanisole (BHA). The Feingold Association's Foodlist and Shopping Guide includes thousands of brand-name foods that are free of these troublesome additives.

Feed them brain food

While most parents would intuitively prefer to limit the amount of fats in their children's diet so as to

prevent obesity, there are certain healthy fats that many children don't get enough of. The most important of these are the essential fatty acids omega-3 and omega-6, which are necessary for the brain to transmit signals between nerve cells in order to process information properly.

When you consider that 60 percent of a person's brain is made up of fats and fatty acids, the importance of having a proper balance of fats in the diet becomes all too clear.

Studies have found that many children with ADHD are deficient in essential fatty acids, such as the omega-3 fatty acid docosahexaenoic acid (DHA). Research published in the Journal of Developmental and Behavioral Pediatrics and the Journal of Attention Disorders has also shown that supplementation with essential fatty acids can result in a reduction of ADHD symptoms in some children.

A healthy diet for a child's developing brain should include several servings of foods that are rich in omega-3 fatty acids every week. One of the best sources for these nutrients is fatty fish, such as salmon or sardines. It is no coincidence that fish have been called "brain food" for generations. Other good sources of these essential fats include flaxseed, walnuts, and canola oil, as well as certain juices and milk products that are supplemented with omega-3s.

Pass on pesticides

The harmful effects of pesticides on the environment have been widely known since the publication of Rachael Carson's groundbreaking book, "Silent Spring," in the 1960s. Less well known are the effects these chemicals have on children's behavior.

In 2001, 73 million pounds of organophosphate pesticides were applied in agricultural and residential settings in the United States. These pesticides have been shown to cause hyperactivity and cognitive deficits in animal studies, and recent research has also linked them to behavioral problems in children. For example, a 2010 study published in the journal Pediatrics found an association between exposure to high

levels of these pesticides and ADHD symptoms in children. These results are not surprising, because organophosphate pesticides are potent neurotoxic chemicals designed to kill insects by interfering with their nervous systems.

You can avoid pesticides by purchasing organically grown fruits and vegetables in your supermarket's organic produce section, as well as by looking for organic frozen vegetables and foods made with organic ingredients.

Making these simple changes in your family's diet not only makes good sense health-wise, but you may also notice a marked improvement in your children's behavior and concentration.

Jane Hersey is National Director of the nonprofit Feingold Association and author of "Why Can't My Child Behave?" A former teacher and Head Start consultant, she has testified before the National Institutes of Health, the U.S. Department of Agriculture, and Congress about ADHD and diet. She frequently lectures at education associations, hospitals, medical groups, universities, and schools.

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Individual dietary needs vary and no one diet will meet everyone's daily requirements. Before starting any new diet, check with your doctor or nutritionist.

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Eat fat to be healthy?

BY SANDRA GORDON

Switch to skinny lattes. Learn to love nonfat cheese. No more butter! Sound familiar? If you're trying to lose weight by cutting out all the fat in your diet, here's food for thought: fat doesn't make you fat. Excess calories do.

"It's not total fat that matters. People need to be concerned about total calories," explains Artemis P. Simopoulos, MD, president of The Center for Genetics, Nutrition, and Health in Washington, DC and co-author of "The Omega Plan."

Another fat misconception? A no-fat or low-fat diet is the health gold standard. It isn't. In fact, studies, such as the Women's Health Initia-



Healthy fats for kids

Fishing for serving ideas? Here are kid-friendly ways to work more healthy, unsaturated fats into your menus.

- Canola oil: Use it for sauteing vegetables and lean meat. For salad dressings, use half canola oil, half olive oil (for flavor).

- Ground flaxseed: Use a couple of tablespoons as a topper for salads; blend into a morning fruit smoothie or sprinkle atop cereal at breakfast.

- Albacore tuna: Stir into lunch-time pasta salads; serve on toast with sliced avocados, a squirt of lime juice, and a dash of salt, or fold into your favorite dinner time casseroles.

- Walnuts: Add chopped walnuts to baked goods like banana bread, sprinkle on pancakes, or serve with an afternoon snack of cheese and crackers.

- Sardines: Sneak them into pasta sauce.

**Top
Tips**

tive, which involved 49,000 women, showed that a low-fat diet didn't significantly reduce the women's risk of heart disease, breast cancer, or colon cancer.

And consider: some types of fat, such as unsaturated fat, which comes from plant sources and fish, are actually good for you. Studies show that by watching your total calorie intake and eating more foods rich in unsaturated fat, you may lose weight and reduce your risk of disease. Read on to learn about this diet concept that may change your mind about fat forever.

Fat is your friend

Like a car, your body needs oil to run. Among its many duties: fat is a major energy source and helps your body absorb certain nutrients.

Fat also regulates your hormones, keeps your nervous system humming, and forms the membrane that surrounds each cell. It's also the staff of life for your brain and is necessary for brain development. In fact, young children shouldn't be offered low-fat foods.

"Until age 2, full-fat dairy products like whole milk, full-fat yogurt, and cheese rule," says Sarah Krieger, RD, a spokesperson for the American Dietetic Association in St. Petersburg, Fla.

That's because kids' rapidly developing brains thrive on the saturated fat these foods contain. But go ahead and make the switch to low-fat foods such as skim milk after your child's second birthday, when brain growth begins to subside. The rest of the family should

Like a car, your body needs oil to run. Among its many duties: fat is a major energy source and helps your body absorb certain nutrients.



stick to foods low in saturated fat, too.

Saturated fat — the fat found principally in meat, dairy products, and some tropical oils — has been shown to increase your risk of heart disease, because it raises the low-density lipoprotein (LDL), or “the bad” cholesterol, and triglyceride levels in your blood. The same holds true for another “bad fat” — trans fats — the man-made fat found in margarines and some manufactured foods, which also lower high-density lipoprotein (HDL), “the good,” protective cholesterol.

Help your heart

Unsaturated fat, on the other hand, the type of fat that comes mainly from vegetable, nut, and fish products, can help lower LDLs and blood pressure, raise HDLs, and prevent heart disease, stroke, and potentially deadly heart rhythm disorders. A little butter, ice cream, or a steak every once in a while is OK; everything in moderation.

But to keep your ticker in top shape, you can't beat a diet rich in unsaturated “healthy” fats. One landmark study in particular, the Lyon Diet Heart Study, dramatically proved this point. In the study, 302 heart attack survivors were assigned to a low-fat “prudent” diet, consisting of 30 percent fat.

Another similar group was assigned to a slightly higher fat diet that was based on a modified version of the traditional diet of the Greek island of Crete; it featured unsaturated fats like olive and canola oil.

Although you'd think those on the lower-fat diet would have won this round, the opposite proved true. Subjects on the Crete diet had an unprecedented 76 percent lower risk of dying from cardiovascular disease or suffering heart failure, heart attack, or stroke.

Healthy fat

For overall good health and to

lose weight, it's important to eat less saturated fat and trans fats and to try to make sure the fat you do consume is unsaturated. Keep in mind that you have to consume fat to be healthy.

Up to 35 percent of your total daily calories can come from fat (that's 700 fat calories on a typical 2,000-calorie daily diet), according to the National Academy of Sciences. Unsaturated fats such as omega-3 fatty acids, which are found in fish and fish oil, are essential fats. They're required for normal body functions, and you must get them from food because your body can't manufacture them.

“Omega-3 fatty acids have to be part of your diet continuously,” Simopoulos says. Moreover, if you don't eat enough fat, your body will make its own. “Eating a very low-fat diet can turn your body into a fat-making machine, and the type of fat your body manufactures is saturated fat.”

Super food sources of omega-3s and other types of unsaturated fat include canola and olive oil, flaxseed, walnuts, and fish, particularly fatty fish, such as salmon, mackerel, herring, lake trout, sardines, and albacore tuna, because it's packed with two types of omega-3 fatty acids: docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA), which your body readily uses. Plant sources of omega-3s like walnuts and flaxseed contain Alpha-linolenic acid (ALA), which your body doesn't use quite as efficiently. Nonetheless, as they say, it's all good — for you and your family.

To reduce the risk of environmental contaminants, mix up the menu and serve different kinds of fish from varied sources, such as wild and farm-raised salmon, tilapia, and lake trout, at least twice a week. (Kids and women of child-bearing age should avoid eating shark, swordfish, king Mackerel, or tile fish because these fish contain high levels of mercury.)



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DEATH BY CHILDREN

CHRIS GARLINGTON

Camp insectasaurus

To truly comprehend the splendor that is summer in the uncharted wilds of a Michigan Scout camp, you need to go back in time to a period when life was simpler, an era when man lived off the land, the age when dinosaurs were killed off by prehistoric mosquitoes the size of a Buick Regal.

As a fully gentrified urbanite, I only camp for two reasons:

- They're playing "Moves Like Jagger," because, who can resist that?
- There's a new iPhone.

Years of the easy life have left me unprepared for the real camping, which is what Scouts do, which is why we were in Michigan, fighting off

mosquitoes with baseball bats and small artillery.

When you or I or a small army of sugar-filled tweens show up in the woods, nature does not know we're only camping. Nature witnesses the arrival of 35 plump city boys and their sweaty fathers as appetizers and a well-basted main course. When we stepped out of our minivan, 77 bajillion mosquitoes, mites, flies, spiders, ants, beetles — and whatever those things are that look like walking lint — heaved a collective sigh, licked their proboscis, and swooped in for the kill, because **WE'RE NOT CAMPERS — WE'RE FOOD!**

Fortunately, it'll never happen again.

Scouting is about developing character. Scouts don't go into the woods to merely camp: they go into the woods to survive. I have no doubt there's some kind of "acceptable losses" percentage built into

their roster.

As an example of Scouting's idea of character building, I present you with their art installation we called "camp:" a wooden shipping pallet under a poorly repaired Vietnam War-era green canvas tarp.

It's 342 degrees outside, and the insect buzz is so loud my son covers his ears and yells at me to turn down the forest. I think he said that; I don't read lips.

All day we survived a canoe trip, an axe class, the port-a-potty poop saunas, an endless trudge through countless epic spider webs, and survived my son's impressive Saint Vitus scream-dance every time he walked through one.

At dinner there was a moment of perfect peace. We were standing in a 50-foot clearing, no spider webs, no swamp-water mosquitoes, no rattlesnakes — perfectly safe. My son opens his mouth to say — I'm absolutely convinced here — "Gosh, Dad, I can just feel the character building inside of me."

But as soon as he opened his mouth, something prehistoric flew into it.

He screamed, then ran face-first into an oak.

Later that night, as we lay in the dark wondering when we'd get mauled by a bear, Junior had to pee.

We opened the tent flap and shined our flashlights onto the ground.

It was writhing.

For a minute, I thought it had flooded, and we were floating down stream. That would have been better than the carpet of insects swarming under and around our tent. As far as the beam could shine there was a pulsing, roiling, ravenous ocean of bugs.

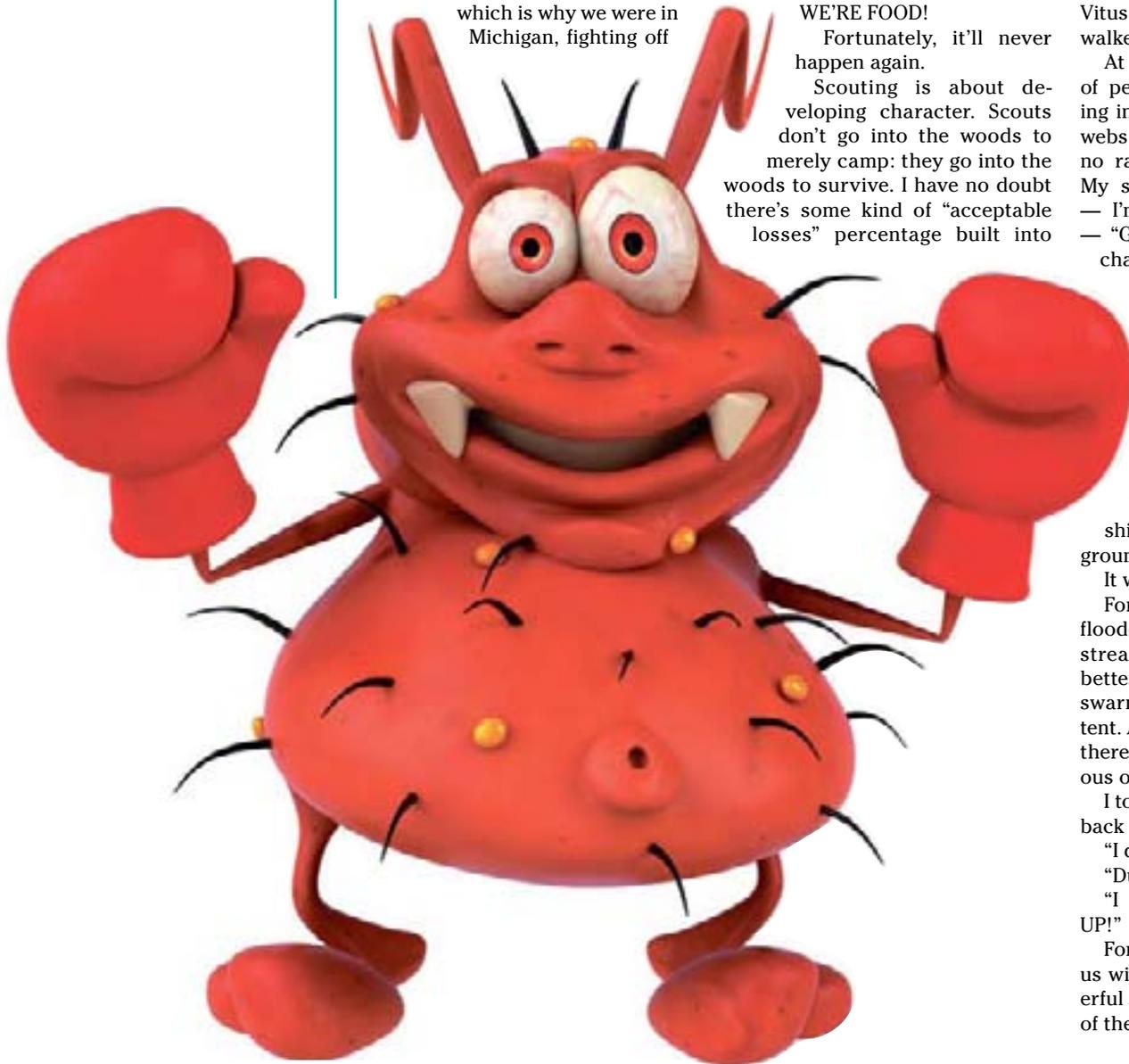
I told Junior he could pee out the back of the tent.

"I don't have to go anymore."

"Dude, it's OK..."

"I DON'T HAVE TO GO, SHUT UP!"

Fortunately, Scouts had imbued us with a pioneer spirit and a powerful sense of ingenuity. For the rest of the week, we slept in the van.



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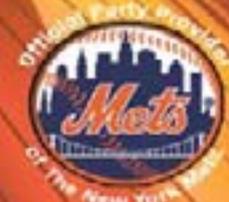
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HEALTHY LIVING

DANIELLE SULLIVAN

Tips to prevent food poisoning

Keep your child healthy this summer

Oh, summer. There is nothing quite like enjoying the lazy, hazy days of relaxing by the pool and beach. But summer also comes with its own special set of safety issues. And one such area of concern is food poisoning. The Centers for Disease Control and Prevention offers these sobering statistics: 48 million Americans (one out of six) get sick from food-borne illness each year, requiring 128,000 hospitalizations and causing about 3,000 deaths.

Most of us know the basic rules of food preparation — such as washing hands before and after touching food and not leaving meat out for longer than two hours — but there are also some less well-known rules.

Here are 10 tips advised by the American Academy of Pediatrics:

- Carefully examine any canned food (especially home-canned goods) for signs of bacterial contamination. Look for milky liquid surrounding vegetables (it should be clear), cracked jars, loose lids, and swollen cans or lids. Don't use canned or jarred goods showing any of these signs. Do not even taste them. Throw them away so that nobody else will eat them. (Wrap them first in plastic and then in a heavy paper bag.)

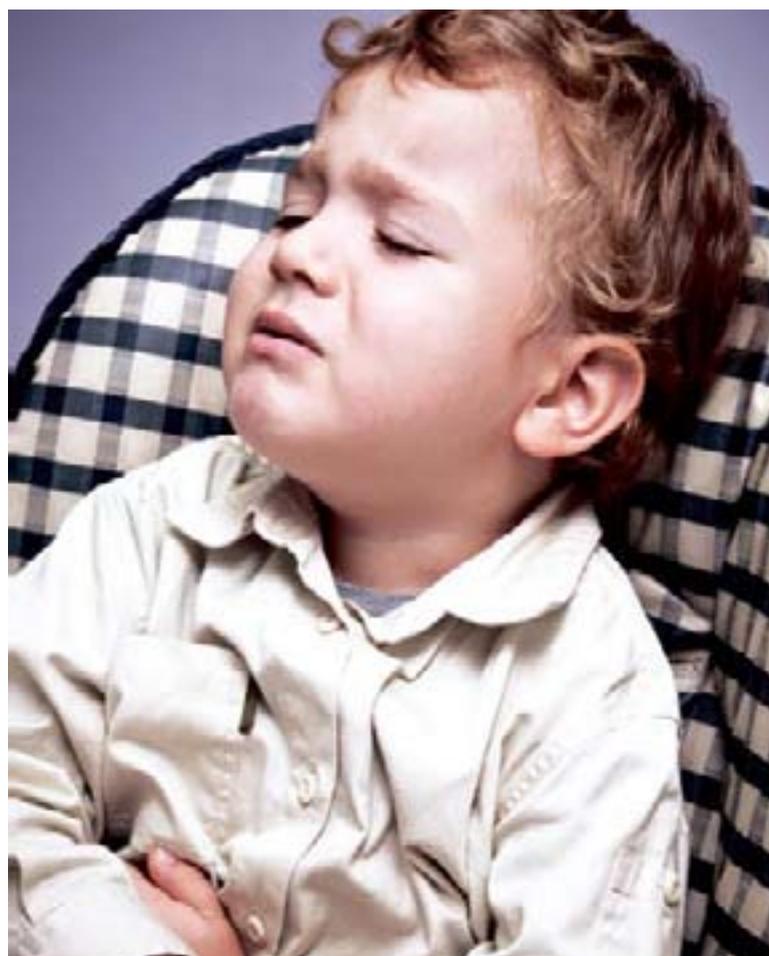
- Buy all meats and seafood from reputable suppliers.

- Do not use raw (unpasteurized) milk, or cheese made from raw milk.

- When making canned food at home, be sure to follow proper canning techniques to prevent botulism.

- Do not give honey to a baby under 1 year of age.

- Do not let prepared foods (particularly starchy ones), cooked and cured meats, cheese, or anything with mayonnaise stay at room temperature for more than two hours.



- Do not interrupt the cooking of meat or poultry to finish the cooking later.

- Do not prepare food one day for the next unless it will be frozen or refrigerated right away. (Always put hot food right into the refrigerator. Do not wait for it to cool first.)

- Do not eat wild mushrooms.

- When reheating meals, cover them and reheat them thoroughly.

If you suspect your child has been affected by a food borne illness, take your child to a doctor to rule out any serious condition, as food poisoning

can be life threatening. Once you are home, and treating your child with fluids and rest, look out for these signs of distress:

- Signs of dehydration

- Bloody diarrhea

- Continuous diarrhea with a large volume of water in the stool, or diarrhea alternating with constipation

- Sudden weakness, numbness, confusion, restlessness, tingling, or difficulty breathing.

If your child experiences any of these symptoms, call your pediatrician immediately.



THE BOOK WORM

TERRI SCHLICHENMEYER

Getting the scoop on poop

Whether you like it or not, poop happens, and children want to learn about it. That's where "Poopendous!," a new book by Artie Bennett, comes in. It teaches kids all about doo-doo, from the droppings of animals big and small to how humans in different cultures make use of waste.

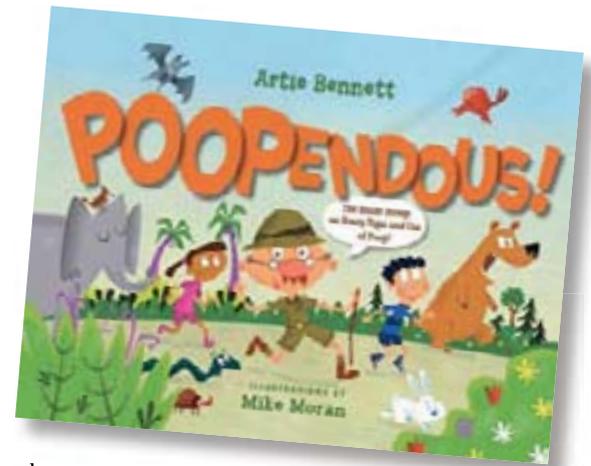
With "Poopendous!," kids will learn that, in the animal kingdom, poop can be round droppings (like that of rabbits) or tubular pellets (from raccoons). It can be white (like from birds) or cubed (such as Australia's wombat). It can be dry (from a camel) or flat and messy (like what cows leave behind).

Termites live in mounds of poop, and dung beetles use it as food. It can carry seeds around the world, and once the seeds are dropped, the poop will help plants take root

and grow. Farmers and gardeners use manure for that very reason. Monkeys sometimes like to throw poop, and people at fairs do it, too, (only they call it a "cowpie" or a "cow chip"). In either case, that poo is really far-flung dung. Yuck!

Poop can mark a trail, or it can mark territory. If you like to hike, droppings can tell you if animals may be nearby. Some people build houses out of poop, and others use it as fuel for cooking or to stay warm. Then there are those who use it as a souvenir or even for making j-ewww-elry!

Yes, indeed, "Poopendous!" is cute. The rhyming story about ca-ca, doo-doo, flop, guano, scat and dung will give your child piles of giggles.



But Bennett also teaches kids a smidge of science and a bit of biology, too — a benefit that doesn't wipe away the silliness one bit. Add illustrations by Mike Moran, which run poopendicular to the narrative, and you've got a book that kids will never want to leave behind.

Meant for children ages 5 to 7, I think this book might de-squirm the right preschooler, too. If your child wants the scoop on poop, "Poopendous!" is the book to scoop up.

"Poopendous!" by Artie Bennett [36 pages, Blue Apple Books, \$16.99] is recommended for kids ages 5 to 7.

Hitting the links

If you've got a kid who wants to be the next Tiger Woods, show him — or her — that practice makes perfect with a new book about a young golfer who grew up to be the first African-American man to build and own a golf course.

The new book "Twice as

Good" by Richard Michelson tells the story of Willie Powell, who — when he was told that he couldn't do something he wanted to do — worked harder to reach his goal.

Willie wanted to learn to play golf on the smooth lawns of The Edgewater Golf Course, but the golfers told him that "his kind" wasn't welcome there. He was used to that, though. He was often the only African-American boy wherever he went, but that didn't stop him. He went to Edgewater anyway, every chance he got.

Eventually, one of the golfers let Willie be his caddy, which meant carrying a heavy bag filled with golf clubs. That didn't stop Willie, either; in fact, he worked twice as hard, because being "good" at his job wasn't good enough to him. Soon, he was earning money being a caddy.

Then, one day, someone asked Willie to play a round of golf, and Willie loved it! From then on, every chance he got, he practiced. By the time he entered high school, he was one of the best golfers around. He even entered competitions.

Still, lots of white golfers didn't want Willie playing on their course.

They wouldn't let him join the club or share their clubhouse. But Willie had dreams — not only for himself, but for his baby daughter, too.

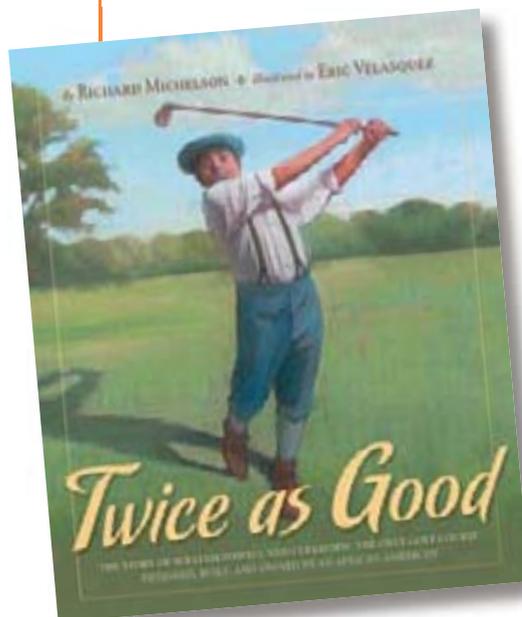
He knew that someday there would be a place where she could learn to play, too, and nobody would turn her away. Willie was sure there would be a course like that, even if he had to build it himself.

Based on the true story of Willie Powell, Michelson creates a kid-friendly story of perseverance in the face of racism with a boy who refuses to say "no" to his dreams. I liked that Michelson gives his young hero a graceful determination with no room for discouragement (which is very inspirational), and artist Eric Velasquez's illustrations fit Michelson's story to a tee.

If your 3-to-6-year-old loves a good read-aloud, this is one to put on the roster. For you, "Twice as Good" is a book that's hard to say "no" to.

"Twice as Good," by Richard Michelson [32 pages, Sleeping Bear Press, \$16.95] is recommended for kids ages 3 to 6.

Terri Schlichenmeyer has been reading since she was 3 years old, and she never goes anywhere without a book. She lives on a hill with two dogs and 12,000 books.





LIONS AND TIGERS AND TEENS

MYRNA BETH HASKELL

A penny earned is a penny ... spent

Help your teen learn the value of money

Does money fly out of your teen's hands faster than a cheetah chases its prey? Perhaps you thought that her new job was going to make her more money conscious; but instead, she has stocked her closet with more shoes.

It's true that some teens are thrifty, but many others have surely purchased items they really didn't need, because "it seemed important at the time." Without mortgage payments and heating bills, many teens find it hard to value a dollar.

Parents can learn from examining their own relationship with money to encourage their teens to become adept at financial matters.

Set an example

Your teen has been watching how you've handled money over the years. She has

listened to your conversations and has watched your spending habits. There is nothing more powerful than a teen realizing that her parents are fiscally responsible.

"You can set a good example by choosing to look for savings, clipping coupons, and comparing prices," says Lisa Reynolds, a savings specialist and Mom Saver-in-Chief at RedPlum (a provider of online and newspaper coupons).

The teen mindset

Parents have long been aware of this typical teen pitfall: wanting instant gratification. Advancements in technology have taught teens that information is sent and received almost instantaneously. Shopping is at one's fingertips, too. Today, you can click on a website and make a purchase in just minutes.

No wonder parents have a hard time teaching teens that some things are worth waiting for when so many tasks have become effortless.

Give guidance

Cathi Brese Doebler, author of "Ditch the Joneses, Discover Your Family: How to Thrive on Less Than Two Incomes," urges parents to set a standard for saving.

"We separate their earnings into three piles: 80 percent for spending, 10 percent for saving, and 10 percent for giving. We offer advice on good-spending decisions, and then let them make choices on how and when to spend their money."

She emphasizes that teens learn from consequences. For instance, when teens realize they can't buy something they really want because of an earlier, impulsive purchase, an important lesson is learned.

"Learning lessons when they are

young, over small amounts of money, is much better than learning lessons when they are older, over larger amounts of money," she says.

Some experts caution parents about enforcing specific rules.

"I don't think it is fair to force teens to save their allowance. Allowances are a learning experience, and it may be that some teens will learn the importance of saving after experiencing the consequences of not planning adequately," counsels Marietta Jelks, manager of the Consumer Action Handbook, a publication of the Federal Citizen Information Center.

Tips and tales

"My daughter has a checking account with a debit card for spending on things she wants and gas for her car. The other is a savings account that she cannot touch. When she gets her paycheck, at least half of the money goes into her savings. This method helps her live within her means."

Moncia Bowles-Relyea, Hyde Park, NY

"Teach teens to go to the clearance rack. Compare the costs at consignment shops versus sales at department stores."

Fran Sarigianis, Staatsburg, NY

Share your ideas

Upcoming topic: Latest on "sexting" — how parents can ensure their teen is using his cell appropriately and legally.

Send your full name, address, and brief comments to myrnahaskell@gmail.com, or visit www.myrnahaskell.com.

Myrna Beth Haskell is a feature writer, columnist and author of the newly released book, "Lions and Tigers and Teens: Expert advice and support for the conscientious parent just like you" (Unlimited Publishing LLC). Visit www.myrnahaskell.com.



Going Places

LONG-RUNNING

Science Playground: New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X 353; www.nyscience.org; \$4 per person, plus general NYSCI admission.

The nation's largest science playground features 60,000 square feet of exhibits for children of all ages. Slides, seesaws, climbing webs, a water play area, drums, mirrors, sand boxes, and more allow kids to explore science by playing.

Legends of Flight: New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X 353; www.nyscience.org; Daily, 9:30 am–5 pm; Now – Sun, Sept. 2; \$6 (\$5 children, students and seniors).

Get an insider's view of modern aircraft building. See the first public flights of the Airbus A380 and the Boeing 787.

Cartoon exhibit: New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X 353; www.nyscience.org; Weekdays, 9:30 am–5 pm, Saturdays and Sundays, 10 am–6 pm, Now – Sun, Sept. 2; \$11 (\$8 children 2–17, college students and seniors).

A 6,000 square exhibit features characters from the Cartoon Network, including larger than life graphics, animation from concept to finished product, storyboarding, character design and drawing.

"The Adoration of the Magi": Museum of Biblical Art, 1865 Broadway between W. 61st and W. 62nd streets; (212) 408-1500; www.mobia.org; Tuesdays – Sundays, 10 am–6 pm, Now – Sun, Sept. 9; Free.

The beautiful early Italian Renaissance alterpiece by Bartolo di Fredi, (1330–1410), will be displayed in its entirety. (Closed July 4.)

Storytime: Barnes & Noble, 176-60 Union TPKE. (718) 380-7077; Wednesdays and Saturdays, 11 am, Now – Sat, Aug. 25; Free.

Children listen to a different author and theme each week.

Arts and crafts: Lakeshore Learning Store, 2079 Hillside Ave. at Marcus Avenue; (516) 616-9360; mgermain@lakeshorelearning.com; www.lakeshorelearning.com; Saturdays, 11 am – 3 pm, Free.

Children 3 and up create fun projects.

Art Trek: The Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd



Fairy good news

Bibbidi-Bobbidi-Boo its "Cinderella" at Alley Pond Park on July 20.

Plaza Theatrical Productions presents this classic children's fairy tale in the park. So bring your chairs, your blankets, and get ready to sing along with Cinderella. Meet her mean step-sisters, step-mother, and wonderful fairy god-mother who swishes

her wand and grants Cinderella her fondest wish — a handsome prince and a happily-ever-after-ending.

"Cinderella" on July 20 from 10:30 to 11:30 am. Admission is free.

Alley Pond Park [76th Avenue and Springfield Boulevard in Little Neck, (718) 352-4793, www.nycgovparks.org].

Street; (212) 570-3894; metmuseum.org; Sunday, July 1, 2:30 pm; Tuesday, July 3, 3:30 pm; Thursday, July 5, 3:30 pm; Saturday, July 7, 2:30 pm; Tuesday, July 10, 3:30 pm; Thursday, July 12, 3:30 pm; Tuesday, July 17, 3:30 pm; Thursday, July 19, 3:30 pm; Saturday, July 21, 2:30 pm; Tuesday, July 24, 3:30 pm; Thursday, July 26, 3:30 pm; Saturday, July 28, 2:30 pm; Tuesday, July 31, 3:30 pm; Thursday, Aug. 2, 3:30 pm; Saturday, Aug. 4, 2:30 pm; Tuesday, Aug. 7, 3:30 pm; Thursday, Aug. 9, 3:30 pm; Free with museum admission.

Children 5–12 take a new voyage

around the globe every time they visit the museum.

Le Carrousel: Bryant Park, W. 40th St. between Fifth and Sixth avenues; www.nycgovparks.org; Daily, 11 am–8 pm; \$2 per ride.

Fashioned to complement the park's French style, this classic ride features brightly colored animals and French cabaret music.

Ping Pong: Bryant Park, Sixth Ave. and W. 42nd Street; www.nycgovparks.org; Daily, 11 am–7 pm; Now – Sun, Sept. 30; Free.

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!

Paddles and balls provided and all skill levels welcome.

Muttville Comix: Long Island Game Farm, 638 Chapman Blvd. at; (631) 878-6644; www.longislandgamefarm.com; Weekdays, Noon and 3 pm, Saturdays and Sundays, Noon, 2 and 4 pm, Now – Mon, Sept. 3; \$16.95 (\$14.95 seniors and children and free for children under 2).

Canine comedy with Johnny Peers and his canine crew.

Start with Art: The Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street; (212) 570-3894; metmuseum.org; Tuesdays, Thursdays, Saturdays and Sundays, 3:30–4:30 pm, Now – Thurs, Aug. 30; Free with museum admission.

Children 3-7 sketch, explore, and listen to stories.

"The Amazing Max and the Box of Interesting Things": The MMAC Theater, 248 W. 60th St. between Amsterdam and West End avenues; (212) 239-6200; www.telecharge.com; Saturdays, 4:30 pm, Now – Sat, June 30; \$29.50 (\$49.50 VIP seating).

The magic show with a mind of its own. Magician Max Darwin makes objects appear out of thin air.

"Guys and Dolls": BayWay Arts Center, 265 E. Main St. (631) 581-2700; www.broadhollow.org; Sunday, July 1, 2:30 pm; Friday, July 6, 8 pm; Saturday, July 7, 8 pm; Sunday, July 8, 2:30 pm; Wednesday, July 11, 2 pm; Friday, July 13, 8 pm; Saturday, July 14, 8 pm; Sunday, July 15, 2:30 pm; \$20 (\$18 seniors and students \$14 youth under 12).

Sing along with Nathan, Sky, Sarah, and Adelaide to "Luck Be A Lady," "Sit Down, Adelaide to "Luck Be A Lady," "Sit Down,

Continued on page 34

Going Places

Continued from page 33

You're Rockin' the Boat," and all the other classics in this Damon Runyon-inspired tale.

Children's activity table: Queens Botanical Garden, 43-50 Main St.; (718) 886-3800; www.queensbotanical.org; Sundays, 1-4 pm, Sun, July 1 - Sun, Sept. 2; Free with admission to the gardens.

Children have a great time with hands-on crafts and activities.

"Little Miss Muffet's Monster Sitting Service": The Swedish Cottage Marionette Theatre, West Dr. at 79th Street Transverse; (212) 988-9093; cityparksfoundation.org/swedishcottage.html; Mondays, Tuesdays, Thursdays and Fridays, 10:30 am and noon, Wednesdays, 10:30 am, noon and 2:30 pm, Now - Sun, Aug. 26; \$8 (\$5 children under 12).

Based on the nursery rhyme, this version tells the story of Molly Muffet, the descendent of the original Miss Muffet. Run time is approximately 50 minutes and is suitable for children 3-9.

Poetry workshop: Barnes & Noble, 176-60 Union Tpke. (718) 380-7077; Mondays, 7:30 pm, Free.

Budding poets perfect the craft with Bob Trabold and Amanda Konstantine Perlmutter.

Fitness: Thomas Jefferson Recreation Center, First Ave. at E. 112th Street; (212) 860-1383; www.nycgovparks.org; Tues, July 3 - Tues, Aug. 28; Free for center members.

Teens get helpful hints on how to stay flexible and use gym equipment from staff.

River tots: Pier 46, Charles St. and West Street; (212) 627-2121; www.nycgovparks.org; Tuesdays, 10 am, Tues, July 3 - Tues, Aug. 28; Free.

Children 2-5 years old learn about nature in an urban setting.

Stars of tomorrow: Hudson River Park Pier 45, Christopher St. and the Hudson River; (212) 627-2121; www.hudsonriverpark.org; Tuesdays, 6:30-8:30 pm, Now - Tues, Aug. 21; Free.

Talented students from the New School Jazz and Contemporary Music and Mannes College The New School for Music perform Bach to Bebop. (Except July 3).

Yak Packers: Rubin Museum of Art, 150 W. 17th St. between Sixth and Seventh avenues; (212) 620-5000 X 344. www.rmanyc.org; Wednesdays and Thursdays, 10:30-11:30 am, Now - Thurs, Oct. 25; \$10 (\$5 seniors and students; free for children under 12 and members).

Children 2 to 4 years old explore the exhibits and collections, play, listen to stories, and crafts.

Golden Dragon Acrobats: Queens Theatre, Flushing Meadows Corona Park; Box Office (718) 760-0064; Ad-



Time to think pink

Broadhollow Theater is feeling rosy on July 9 and 12, Aug. 1, 7, 9, and 14 when "Pinkalicious" comes to town.

The title character, Pinkalicious, wants everything in her signature color, but when she overdoes it on bubble-gum colored cupcakes, she finds out that too much of a good thing is not so good. She soon discovers that the best way to be in the pink is to just be herself. Check out

the latest musical adventure of Pinkalicious, based on the series of children's books by Victoria Kann, with your little pink-sters. Suitable for children of all ages.

"Pinkalicious," on July 9 at 12:45 pm, July 12 at 10:30 am, Aug. 1 at 10 am, Aug. 7 at 10:30 am, Aug. 9 at 11 am, and Aug. 14 at 1 pm. All seats for all performances are \$10.

Broadhollow Theater [700 Hempstead Tpke in Elmont, (516) 775-4420, www.broadhollow.org].

ministration (718) 760-0686; www.queenstheatre.org; Wednesdays - Saturdays, 1 pm, 7 pm, Sundays, 3 pm, Thurs, July 5 - Sat, Aug. 4; \$32 (Family four-pack priced at \$100).

Chinese acrobatic touring company, the Golden Dragon Acrobats represents the best of a time-honored tradition that began more than 25 centuries ago combining award-winning acrobatics, traditional dance, spectacular costumes, ancient and contemporary music, and theatrical techniques to present a show of breathtaking skill and spellbinding beauty.

Memories and art: Langston Hughes Public Library, 100-01 Northern Blvd. (718) 651-1100; www.queenslibrary.org; Thursdays, 6 pm, Now - Thurs, July 12; Free.

Adults, teens, and children share culture and backgrounds through creative writing and crafts.

Shababa Fridays: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; Fridays, 9:30-10:15 am, Fri, July 6 - Fri, Aug. 24; \$10.

Karina and Coco lead shabbat in playful interactive activities — for newborns to 3 years old.

Art on the High Line: The High Line, W. 23rd St. at 10th Avenue; (212) 206-9922; www.nycgovparks.org; Saturdays, 10 am-noon, Sun, July 1 - Sat, Aug. 25; Free.

Families are invited to drop in and experiment with unique materials and create their works of art to take home.

Basketball clinics: North Meadow Recreation Center, 97th St. Transverse Rd. (212) 348-4867; www.nycgovparks.org; Saturdays, Noon-2 pm, beginning Sat, July 7; Free.

Children 9-17 get help with the B-ball game.

Storytime: The Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street; (212) 570-3894; metmuseum.org; Tuesdays - Fridays, 3-3:30 pm, Tues, July 10 - Thurs, Aug. 30; Free with museum admission.

Children 3 to 7 years old listen to a story, then go and find the art on a treasure hunt in the galleries.

Wild Wednesdays: The High Line, W. 14th St. and 10th Avenue; (212) 206-9922; www.nycgovparks.org; Free.

Children watch a butterfly grow, touch a wriggle worm, or watch seeds fly.

Popup art: Pier 25, West Street at N. Moore Street; Wednesdays, 3 pm, Thurs, July 5 - Thurs, Aug. 30; Free.

Together with the Children's Museum of the Arts, Pier 25 offers art-appreciation activities for children 1 to 15 years old, including fine art and media, and early childhood art workshops.

Family Sundays: Nassau County Museum of Art, 1 Museum Dr.; (516) 484-9337; www.nassaumuseum.org; Sunday, July 22, 1 pm; Sunday, July 29, 1 pm; Sunday, Aug. 5, 1 pm; Sunday, Aug. 12, 1 pm; Sunday, Aug. 19, 1 pm; Sunday, Aug. 26, 1 pm; Sunday, Sept. 2, 1 pm; Sunday, Sept. 9, 1 pm; Sunday, Sept. 16, 1 pm; Sunday, Sept. 23, 1 pm; Sunday, Sept. 30, 1 pm; Sunday, Oct. 7, 1 pm; Sunday, Oct. 14, 1 pm; Sunday, Oct. 21, 1 pm; Sunday, Oct. 28, 1 pm; Sunday, Nov. 4, 12 pm; Free (\$2 parking fee).

Take a docent-led tour of the museum and then be creative and make fun art projects.

Kinderzoo: Queens Zoo, 53-51 111th St. (718) 271-1500; queenszoo.com; Wednesday, July 25, 9 am; Thursday, July 26, 9 am; Friday, July 27, 9 am; Saturday, July 28, 9 am; Monday, Aug. 27, 9 am; Wednesday, Aug. 29, 9 am; Thursday, Aug. 30, 9 am; Friday, Aug. 31, 9 am; \$250 (\$275 non-members) for each week session.

Children 4 to 5 explore animal colors, families and diets through crafts, and games. Registration required.

SUN, JULY 1

Fleamarket: St. Raphael's church, 35-20 Greenpoint Ave. (718) 729-8957; 9 am-4 pm; Free.

Outdoor event with new and used items.

Festival: Astoria Park, Ditmars Boulevard between Shore Boulevard and E. 19th Street; (718) 728-7820; nycgovparks.org; Noon-11 pm; Free (cost of rides separate).

The Showboat Circus: Waterfront Museum & Showboat Barge, Hudson River Park at Pier 25; (718) 624-4719 X 11; www.nrhss.org; 1 and 4 pm; \$15 (\$12 children).

Come right up to the best circus ever aboard the historic Waterfront Museum on "The Lighterage Era."

MON, JULY 2

Toddler time summer camp: Queens Zoo, 53-51 111th St. (718) 271-1500; queenszoo.com; Noon-1 pm; \$90 (\$110 non-members) all four sessions.

For children 2 to 3 years old with a caregiver. Learn about zoo life through games and crafts. Registration required.

Going Places

Craft club: Broadway Library, 40-20 Broadway; (718) 721-2462; www.queenslibrary.org; 12:30 pm.

Children meet and make exciting projects. Materials and instruction provided.

Crafts: Hollis Library, 202-05 Hillside Ave. (718) 465-7355; 2 pm; Free.

Children 6 to 11 create projects from recyclable items.

TUES, JULY 3

Toddler time summer camp:

Noon-1 pm. Queens Zoo. See Monday, July 2.

WED, JULY 4

Meet the librarian: Steinway Public Library, 21-45 31st St. at 21st Avenue; (718) 728-1965; www.queenslibrary.org; 3 pm; Free.

Librarians will be available to answer questions about the 2012 Summer Reading Program.

Game day: Howard Beach Library, 92-06 156th Ave. at 92nd Street; (718) 641-7086; www.queenslibrary.org; 4 pm; Free.

Teens and tweens meet for some friendly competition playing Wii, checkers, chess, and other board games.

THURS, JULY 5

Toddler time summer camp:

Noon-1 pm. Queens Zoo. See Monday, July 2.

FRI, JULY 6

Bessie's Big Shot: Ft. Totten Park, 102 Duane Rd. at Underhill Road; (718) 352-4793; www.nycgovparks.org; 10:30 am; Free.

Children follow Bessie on her big day at the circus.

Toddler time summer camp:

Noon-1 pm. Queens Zoo. See Monday, July 2.

Book Discussion Group: Flushing Public Library, 41-17 Main St. at Parsons Boulevard; (718) 661-1200; www.queenslibrary.org; 1 pm; Free.

"Little Bee," by Chris Cleave.

SAT, JULY 7

Storybook stroll: Old Westbury Gardens, 71 Old Westbury Rd. (516) 333-0048; www.oldwestburygardens.org; Noon; Free with general admission (\$10; \$8 seniors; \$5 for children 7 to 17, and free for children under 6).

Children enjoy a frosty treat and listening to Ezra Jack Keats' "The Snowy Day."

Treasure Box: Socrates Sculpture Park, 32-01 Vernon Blvd. (718) 956-1819; www.socratessculpturepark.org; Noon-3 pm; Free with museum



Powwow excitement

Come on down to the biggest powwow ever at Queens County Farm Museum. The Thunderbird Festival is open from Friday July 27 to Sunday July 29.

This is the 34th annual celebration, one of New York City's oldest, of the American Indian mid-summer powwow.

More than 40 Indian nations will meet in the apple orchard to dance, compete, and share their heritage.

There will also be arts, crafts,

jewelry, and food.

The powwow will wow you on July 27 from 7 to 10 pm, July 28 from noon to 5 pm and 7 to 10 pm, and July 29 from noon to 5 pm.

Admission is \$10 for adults (or \$15 for an all-weekend pass), and \$5 for children 12 and under and (or \$7 for an all-weekend pass). Free for Farm Membership PLUS.

The Thunderbird Festival at Queens County Farm Museum [73-50 Little Neck Pkwy in Floral Park, (718) 347-3276, www.queensfarm.org].

admission.

Linda Ganjian teaches children how to decorate a box with Persian rug motifs.

"Jungle Party" and "Moody Monsters": The Scholastic Store, 557 Broadway between Prince and Spring streets; (212) 343-6166; www.scholastic.com; 3 pm; Free with admission.

Little hands do big activities to welcome two new activity books that are full of stickers, finger puppets, puzzles, and party hats. Recommended for children 3 to 6 years old.

SUN, JULY 8

Robert Austin Magic Show: Sunken Meadow State Park, Sunken Meadow State Parkway; (631) 269-4333; 2 pm; Free.

Bring your chairs and blankets and sit down for an afternoon of magic.

MON, JULY 9

Pinkalicious: BroadHollow Theatre,

700 Hempstead Tpke. (516) 775-4420; www.broadhollow.org; 12:45 pm; \$10.

She loves pink and wants everything in her life to be pink.

Pet workshop: Long Island City Public Library, 37-44 21 St. at 43rd Avenue; www.queenslibrary.org; 2:15 pm; Free.

Budding naturalists are to how to properly care for an unusual pet. Pre-registration is required.

TUES, JULY 10

Bessie's Big Shot: Columbus Park, Mulberry St. at Bayard Street; www.nycgovparks.org; 10:30 -11:30 am; Free.

Children 2 to 8 years old share in Bessie's big day as she gets a chance to be in the circus.

Healthy eating: South Hollis Public Library, 204-01 Hollis Ave. at 204th Street; (718) 465-6779; www.queenslibrary.org; 2 pm; Free.

Learn how to teach your children healthy eating habits.

Summer reading program: Hillcrest Public Library, 187-05 Union Tpke. at 188th Street; (718) 454-2786; www.queenslibrary.org; 2 pm; Free.

Teens 13-17 are invited to join in for arts and crafts, entertainment events, special projects, and, of course, books.

"Despicable Me": Pembroke Avenue Community Garden, 25200 Pembroke Ave. at Glenwood Street (212) 333-2552; www.nycgovparks.org; 8-10 pm; Free.

Hot popcorn, a great movie, and outdoors.

WED, JULY 11

Mommy, Music, and Me: Buz O'Rourke Playground, 214th Place and 34th Avenue; (718) 352-4793; www.nycgovparks.org; 10:30 am; Free.

For moms and children 7 and younger.

Summer Fun: Carambu: Athens Square, 30th Avenue at 29th Street; (718) 728-7820; www.nycgovparks.org; 10:30 -11:30 am; Free.

Live music with children friendly tunes.

New parents: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 10:30 am-noon; \$10.

Director Sally Tannen leads discussion of new parents and their experiences. Babies welcome.

Sound painting: New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X 353; www.nyscience.org; 3-5 pm; \$8 per family (\$5 member family).

Be a composer and conductor and paint with sound.

Game day: St. Albans Library, 191-05 Linden Blvd. (718) 528-8196; www.queenslibrary.org; 4 pm; Free.

Teens and tweens play card and board games, Playstaton2 and Wii.

Resume writing: Arverne Public Library, 312 Beach 54th St. at Rockaway Beach Boulevard; (718) 634-4784; www.queenslibrary.org; 4 pm; Free.

Teens and young adults 16 to 24 get help in preparing their resumes.

The Gizmo Guys: Guild Hall, 158 Main St. (631) 324-0806; 5 pm; call for tickets.

Allan Jacobs and Barrett Felker, the Gizmo Guys, amaze and amuse children.

Mr. Ameoba & the Geos: Highland Park, Jamaica Avenue and Elton Place; (718) 235-4100; www.nycgovparks.org; 7 pm; Free.

Interactive fun games with kooky characters.

THURS, JULY 12

Pinkalicious: 10:30 am. BroadHollow

Continued on page 36

Going Places

Continued from page 35

Theatre. See Monday, July 9.

Jewelry workshop: Broadway Library, 40-20 Broadway; (718) 721-2462; www.queenslibrary.org; 6 pm; Free.

Make eco-friendly projects out of rescued plastic bags and umbrella frames. All materials provided. Pre-registration is required.

FRI, JULY 13

Summer games: Noon. Seaside Public Library. See Friday, July 6.

Happy hour: 4 pm. Flushing Public Library. See Friday, July 6.

SAT, JULY 14

Moving Image workshop: Museum of the Moving Image, 36-01 35th Ave. (718) 777-6888; www.movingimage.us; Noon-5 pm; Free with museum admission.

Children 7 and older accompanied by an adult (12 on their own) visit the museum and learn about moving images.

Plexiglas mobiles: Socrates Sculpture Park, 32-01 Vernon Blvd. (718) 956-1819; www.socratessculpturepark.org; Noon-3 pm; Free with museum admission.

Staff from Free Style Arts Association teach children how to create their own mobile.

Picnic: Old Westbury Gardens, 71 Old Westbury Rd. (516) 333-0048; www.oldwestburygardens.org; 1 pm; \$20 (includes one accompanying adult).

Bring your teddy and an adult for an afternoon of finger foods, crafts, and games. For children 3 to 6. Pre-registration and pre-payment required.

The Garbage-Men: New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X 353; www.nyscience.org; 1-3 pm and 4 pm; Free with museum admission.

Make music with garbage, be inspired by a group of 10th graders who play music from the '50s, '60s, and '70s. Then go to a workshop and make instruments out of recycled materials.

Yoga: Sunnyside Library, 43-06 Greenpoint Ave. 2 pm; Free.

Get the benefits without leaving your chair. Suitable for every age and fitness level.

Dance: Lincoln Center, 70 Lincoln Center Plaza; (212) 875-5000; www.lincolncenter.org; 3-4:30 pm; Free.

Children get an afternoon of lessons in ballroom, salsa, swing, merengue and tango from teacher Rodney Lopez. Suitable for the whole family.

Dragons and dinosaurs: The Scholastic Store, 557 Broadway between

Prince and Spring streets; (212) 343-6166; www.scholastic.com; 3 pm; Free with museum admission.

Children 4 and older learn all about the big "D's," pretend dig for dinos, and then create a Chinese Paper Dragon. For children 3 to 6 years old.

Camping: Cunningham Park, 73rd Ave. and Francis Lewis Boulevard; 6 pm; Free.

Join with the Urban Park Rangers for a night under the stars. Space limited, families chosen by lottery.

SUN, JULY 15

Ice cream, you scream: New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X 353; www.nyscience.org; 10:30 am-12:30 pm; \$8 (\$5 members) plus museum admission.

Little ones invent their own flavors and shake up a batch of homemade ice cream. Pre-registration is recommended.

Scavenger Hunt: Kissena Park, Rose and Oak avenues; (718) 846-2731; www.nycgovparks.org; 11 am-2 pm; Free.

Children connect with nature and search for clues.

Grupo Chonta by Diego Obregon: Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; www.flushingtownhall.org; 2 pm; Free.

Concert co-presented by La Teraza, featuring the sounds of the Pacific coast of Colombia and Afro-colombian traditions.

"Cinderella": Caumsett State Park, West Neck Road (631) 423-1770; 3 pm; Free.

Bring your lawn chairs and blankets and enjoy a performance of the classic fairy tale.

MON, JULY 16

Zoo explorer: Queens Zoo, 53-51 111th St. (718) 271-1500; queenszoo.com; 9 am-3 pm; \$300 (\$325 non-member).

Children 8 to 9 explore the world of wildlife through games, creative projects, and animal encounters. Registration required.

Andes Manta: Rochdale Park (JHS 32), Guy R. Brewer Boulevard and 137th Avenue; www.nycgovparks.org; 10:30-11:30 am; Free.

The performer shares his music of the Andes as part of the SummerStage Kids project.

Craft club: 12:30 pm. Broadway Library. See Monday, July 2.

Summer reading: St. Albans Library, 191-05 Linden Blvd. (718) 528-8196; www.queenslibrary.org; 2 pm; Free.

Teens 12 to 17 read the classics and

books of personal interest.

Tie-dye arts and crafts: St. Albans Library, 191-05 Linden Blvd. (718) 528-8196; www.queenslibrary.org; 2 pm; Free.

Teens turn a plain white bandanna, T-shirt, or bag into a work of art.

TUES, JULY 17

Zoo explorer: 9 am-3 pm. Queens Zoo. See Monday, July 16.

Summer reading program: 2 pm. Hillcrest Public Library. See Tuesday, July 10.

Dream it, claim it: 2:30 pm. East Elmhurst Public Library. See Tuesday, July 10.

WED, JULY 18

Zoo explorer: 9 am-3 pm. Queens Zoo. See Monday, July 16.

Storytelling: Buz O'Rourke Playground, 214th Pl. at 34th Avenue; (718) 352-4793; www.nycgovparks.org; 10:30-11:30 am; Free.

Sponsored by Barnes and Noble, children 10 and younger read a story and then do a fun craft.

New parents: 10:30 am-noon. 92nd Street Y. See Wednesday, July 11.

Robin Hood: Bayway Arts Center, 265 E. Main St. (631) 581-2700; broadhollow.org; 11 am; \$10.

Enlist with Robin Hood and his merry men and help him rescue Maid Marian from the evil sheriff.

Meet the librarian: Steinway Public Library, 21-45 31st St. at 21st Avenue; (718) 728-1965; www.queenslibrary.org; 3 pm; Free.

Librarians will be available to answer questions about the 2012 Summer Reading Program.

Ice cream, you scream: 3-5 pm. New York Hall of Science. See Sunday, July 15.

Resume writing: 4 pm. Arverne Public Library. See Wednesday, July 11.

THURS, JULY 19

Zoo explorer: 9 am-3 pm. Queens Zoo. See Monday, July 16.

Summer reading: Flushing Public Library, 41-17 Main St. at Parsons Boulevard; (718) 661-1200; www.queenslibrary.org; 2 pm; Free.

Teens 12 to 17 make fun crafts. Pre-registration in Summer Reading Club required.

Rock 'n' paint: Pomonok Public Library, 158-21 Jewel Ave. at Parsons Boulevard; (718) 591-4343; www.queenslibrary.org; 3 pm; Free.

Name a rock after yourself, paint on a few meaningful sayings and make a fun project to keep or give to a friend.

"Happy Feet 2": Grover Cleveland Playground, Grandview Ave. at Stanhope Street; www.nycgovparks.org; 8-10 pm; Free.

Pack a basket, bring a blanket, and get ready for a fun night of dancing penguin feet.

FRI, JULY 20

Zoo explorer: 9 am-3 pm. Queens Zoo. See Monday, July 16.

"Cinderella": Alley Pond Park, 76th Ave. and Springfield Boulevard; (718) 352-4793; www.nycgovparks.org; 10:30-11:30 am; Free.

Plaza Theatrical Productions presents the classic fairytale. Suitable for all ages.

Summer games: Noon. Seaside Public Library. See Friday, July 6.

Happy hour: 4 pm. Flushing Public Library. See Friday, July 6.

"Superman": Hudson River Park Pier 46, Christopher Street and the Hudson River; (212) 627-2121; www.hudsonriverpark.org; 8:30 pm; Free.

SAT, JULY 21

Mud art: Socrates Sculpture Park, 32-01 Vernon Blvd. (718) 956-1819; www.socratessculpturepark.org; Noon-3 pm; Free with museum admission.

Chakaia Booker teaches children how to use clay.

Eco Fair: Broadway Library, 40-20 Broadway; (718) 721-2462; www.queenslibrary.org; 1 pm; Free.

Learn how to live green and save money at the same time. Exhibitors from local green organizations, eco-crafts, giveaways, and more.

Yoga: Sunnyside Library, 43-06 Greenpoint Ave. 2 pm; Free.

Get the benefits without leaving your chair. Suitable for every age and fitness level.

"The Smurfs": Rockaway Beach Park, Beach 32nd Street and Beach Channel Drive; (718) 318-4000; www.nycgovparks.org; 6-10 pm; Free.

Bring a blanket, pack a basket, and get ready for Papa and the whole gang.

"It Happened One Act": Houghton Hall Theatre at Trinity Episcopal Church, 130 Main St. (631) 732-2926; www.minstrelplayers.org; 8 pm.

A one-act play festival written by playwrights from across the U.S. presented by the Minstrel Players of Northport.

Going Places

SUN, JULY 22

"It Happened One Act": 3 pm. Houghton Hall Theatre at Trinity Episcopal Church. See Saturday, July 21.

MON, JULY 23

Junior keeper: Queens Zoo, 53-51 111th St. (718) 271-1500; queenszoo.com; 9 am-3 pm; \$300 (\$325 non-member).

Children 10 to 12 learn how to care for the animals with an experienced zoo-keeper. Registration required.

Summer reading: St. Albans Library, 191-05 Linden Blvd. (718) 528-8196; www.queenslibrary.org; 2 pm; Free.

Teens 12 to 17 read the classics and books of personal interest.

Arts and crafts: St. Albans Library, 191-05 Linden Blvd. (718) 528-8196; www.queenslibrary.org; 2 pm; Free.

Make a Dream Big Bracelet.

Teen workshop: 3 pm. Pomonok Public Library. See Monday, July 9.

TUES, JULY 24

Junior keeper: 9 am-3 pm. Queens Zoo. See Monday, July 23.

Recess Monkeys: Rufus King park, 153rd Ave. at Jamaica Avenue www.nycgovparks.org; 10:30-11:30 am; Free.

Seattle band of elementary school teachers who share their brand of Kindie Rock.

Summer reading program: 2 pm. Hillcrest Public Library. See Tuesday, July 10.

Dream it, claim it: 2:30 pm. East Elmhurst Public Library. See Tuesday, July 10.

WED, JULY 25

Junior keeper: 9 am-3 pm. Queens Zoo. See Monday, July 23.

Hip Pickles: Buz O'Rourke Play-ground, 214th Pl. and 34th Road; (718) 352-4793; www.nycgovparks.org; 10:30-11:30 am; Free.

Interactive drumming and musical fun for children of all ages.

New parents: 10:30 am- noon. 92nd Street Y. See Wednesday, July 11.

Meet the librarian: Steinway Public Library, 21-45 31st St. at 21st Avenue; (718) 728-1965; www.queenslibrary.org; 3 pm; Free.

Librarians will be available to answer questions about the 2012 Summer Reading Program.

Bubble trouble: New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X 353; www.nyscience.org; 3-5 pm; \$8 (\$5 mem-



Hands-on summer fun

Little ones get creative with finger paints, crafts, and other fun activities at the Children's Activity Table at the Queens Botanical Gardens on Sundays through September 2 from 1 to 4 pm.

Visit the gardens and have your tykes explore their artistic side with the garden's staffers.

Activities at the table are free

with garden admission.

Children's Activity Table at the Queen's Botanical Gardens, now through September 2 from 1 to 4 pm. Free with paid Garden Admission, \$4 for adults, \$3 seniors, and \$2 for students with ID and children over 3 years old.

The Queens Botanical Gardens, 43-50 Main St. in Flushing, (718) 886-3800, www.queensbotanical.org.

bers) plus museum admission.

Design and make your own bubble blowing tool.

Resume writing: 4 pm. Arverne Public Library. See Wednesday, July 11.

THURS, JULY 26

Junior keeper: 9 am-3 pm. Queens Zoo. See Monday, July 23.

Stargazing: Old Westbury Gardens, 71 Old Westbury Rd. (516) 333-0048; www.oldwestburygardens.org; 8:15 pm; \$5 general (\$free for children under 17 accompanied by an adult).

Grab a flashlight, stroll through the grounds, and then join with a member of the Astronomical Society of Long Island and view the galaxies and planets.

FRI, JULY 27

Junior keeper: 9 am-3 pm. Queens Zoo. See Monday, July 23.

Summer games: Noon. Seaside Public Library. See Friday, July 6.

Teen happy hour: Flushing Public Library, 41-17 Main St. at Parsons Boule-

vard; (718) 661-1200; www.queenslibrary.org; 2 pm; Free.

Hang with friends, play video games, and listen to music.

Jazz concert: Nassau County Museum of Art, 1 Museum Dr.; (516) 484-9337; www.nassaumuseum.org; 3 pm; \$15 (\$5 members; \$10 students and children 12 and younger).

Music for all ages.

Happy hour: 4 pm. Flushing Public Library. See Friday, July 6.

"Hugo": Hudson River Park Pier 46, Christopher Street and the Hudson River; (212) 627-2121; www.hudsonriverpark.org; 8:30 pm; Free.

Based on the Brian Selznick's novel, "The Invention," about a boy who lives alone in the Paris railway station.

SAT, JULY 28

Thunderbird Festival: 10 am-10 pm. Queens County Farm Museum. See Friday, July 27.

Herb garden: Socrates Sculpture Park, 32-01 Vernon Blvd. (718) 956-1819; www.socratessculpturepark.org; Noon-3

pm; Free with museum admission.

Children learn all about the healing properties of herbs.

Yoga: Sunnyside Library, 43-06 Greenpoint Ave. 2 pm; Free.

Get the benefits without leaving your chair. Suitable for every age and fitness level.

Bat walk: Old Westbury Gardens, 71 Old Westbury Rd. (516) 333-0048; www.oldwestburygardens.org; 7:30 pm; \$5 general (\$free for children under 17 accompanied by an adult).

Look for bats and learn about the night creatures.

SUN, JULY 29

Thunderbird Festival: 10 am-5 pm. Queens County Farm Museum. See Friday, July 27.

Bubble trouble: 10:30 am-12:30 pm. New York Hall of Science. See Wednesday, July 25.

Sandcastle contest: Rockaway Park Beach, Beach 117th Street and Rockaway Beach Boulevard; (718) 318-4000; www.nycgovparks.org; Noon-2 pm; Free.

Get your pail, shovel and imagination in gear for the 17th annual event. Prizes and activities.

Haitian Beats: Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; www.flushingtownhall.org; 1 pm; Free.

Sung in French Haitian Creole to a background of African rhythms. Compa Music is high energy and fun to dance to.

Randolph Matthews, Lucky Bob: Magic Juggling Comedy and Little Club Heads: Springfield Park, 147th Ave. at 184th Street; www.nycgovparks.org; 4-7 pm; Free.

Presented by Disney, SummerStage Kids provides a full day of family fun with music, dance, and juggling.

MON, JULY 30

Mommy, Music and Me: Fort Totten, Fort Totten; (718) 352-1769; 10:30 am; Free.

For moms and children 7 and younger.

Arts and crafts: St. Albans Library, 191-05 Linden Blvd. (718) 528-8196; www.queenslibrary.org; 2 pm; Free.

Make a black-light T-shirt, with florescent paints. Pre-registration required.

Summer reading: St. Albans Library, 191-05 Linden Blvd. (718) 528-8196; www.queenslibrary.org; 2 pm; Free.

Teens 12 to 17 read the classics and books of personal interest.

TUES, JULY 31

Robin Hood: Noon. Bayway Arts Center. See Wednesday, July 18.

New & Noteworthy

BY LISA J. CURTIS

Best in the galaxy

You and your kids will have a blast making frozen treats with the Rocket Pop Molds by Tovolo.

Kids love their cool shape — atomic age-style rocket ships — and parents love that they can control what goes into them, whether it's pureed fruit, juice, yogurt, or ice cream. Choose well, and your kid will be enjoying a dessert that doesn't have any artificial colors, flavorings, sugar, or preservatives.

The set includes six sleeves and handles and one base to anchor the



pops while they are firming up in your freezer. The molds are sturdy and smooth, making it easy to slide the pop out. They can be cleaned on the top shelf of the dishwasher, and they are free of the chemical Bisphenol A (BPA). These molds are a delicious idea that you'll enjoy again and again, all summer long.

Rocket Pop Molds by Tovolo, in blue or orange, \$12.25. Visit www.amazon.com.

Up to the tusk

Before Disney's "The Lion King," Jean de Brunhoff immortalized his wife's story of an elephant king in his book "Histoire de Babar," published in 1931. Last month, Entertainment

One released the adventures of the pachyderm, son of an elephant who sacrifices herself to a poacher to save the herd, to a new generation of children through the



two-DVD set, "Babar: The Classic Series."

This set preserves the original animated series that debuted on HBO in 1989.

While the loss of Babar's mother and his grief could be unsettling for some young viewers, the rest of his youthful adventures are largely charming and brimming with moral lessons.

"Babar: The Classic Series: The Complete First Season" set of 2 DVDs, \$19.98. Unrated. Visit www.amazon.com.

Wayward seafarer

There are some books you love to read to your child, and some he prefers, but we think you'll both agree that Carrie Clickard's "Victricia Malicia: Book-Loving Buccaneer" will be considered a treasure. In this tale, illustrated by Mark Meyers (of "Ballpark Mysteries" fame), young Victricia just can't embrace the family business of swashbuckling. Instead, she yearns for books and dry land.

Clickard's rhyming tale is a joy to read aloud, and she introduces her readers (ages 4–8) to a boatload of

pirate terms.

She vanquishes a sea serpent and is hailed a hero, but she stays true to her dream and opens a bookstore on an island. Her independent spirit is an inspiration to all.

"Victricia Malicia: Book-Loving Buccaneer" by Carrie Clickard (FlashLight Press, \$16.95). Visit www.victriciamalia.com.



Howdy, pardner!

The best toys are the ones that encourage your little one's imagination to run wild, and with the Old West Khaki TeePee, he'll be dreaming of the Wild West in no time. At 4-and-a-half feet tall and wide, this teepee offers plenty of room for your little buckaroo to share his adventure with a pardner. Made of cotton, drapery-weight fabric that's suitable for indoor use, the teepee features a vintage, Western-style pattern. (It's also available in Denim Stripe, Fancy Flowers, and other patterns.) Flexible PVC pipe "poles" provide sturdy but lightweight construction.

The teepee is easy for a child to carry, as it's only 9 pounds, no assembly is required, and storage is as easy as collapsing an umbrella and sticking it under your bed. Accessories such as pillows are available. Recommended for toddlers to tweens.

Old West Khaki TeePee by TeePee for Me, \$288. Visit www.teepee-forme.com.



Creole celebration

"Songs in the Shade of the Flamboyant Tree: French Creole Lullabies and Nursery Rhymes" is a hardcover book illustrating the 30 folk songs on its accompanying CD that are a welcome departure from our usual diet of kindie rock. The tunes are recorded with acoustic instruments and sung in French Creole by adults and kids.

Author Chantal Grosleziat explains that up until the 1980s, Creole — derived from French, African languages, and Amerindian terms — was "banned in church, on the radio, in government, and especially in school." The CD preserves the Creole songs that celebrate life's passages and rituals from the tropical isles of Guadeloupe, Haiti, Marti-

nique, and Reunion.

The publisher, Secret Mountain, claims that "Songs in the Shade" is appropriate for 2- to 7-year-olds, but we advise parents to page through

the illustrations by Laurent Corvaisier before showing it to their children, because some could be frightening to sensitive kids in the same way that some English nursery rhymes have alarming narratives.

The translations and notes in the book help parents to explain the meaning of the songs, and the music can certainly be enjoyed without the provocative illustrations.

"Songs in the Shade of the Flamboyant Tree: French Creole Lullabies and Nursery Rhymes" book with CD, \$16.95. Visit www.amazon.com.



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