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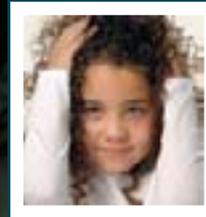
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Letter from the publisher

End of summer

August always seems to come so quickly and once that happens we all know there are only a few weeks left of the long days, and that soon vacations will be over and the kids will be back in school.



During these last weeks of summer, as parents, we often need to prepare for the fall and for the change in schedules and routines that September will bring. For many, there will be new school choices for the first time or for some, a new school for a new neighborhood. Whatever the circumstance, there are issues to address and plans to be made, so in this issue we try to cover some of them.

There is an article about packing kids off to college; the tearful days

of leaving your little one for the first time; smart shopping that will hold down costs; and our Annual Fall School Directory.

We haven't totally forgotten that it still is summer and there are also columns and articles that deal with summer eating, vacationing with baby, the woes of flip-flops, and safe BBQ behavior. August is a transition month and our editorial reflects it.

Before we know it, Labor Day will be here and the fall will be unfolding, but it isn't here yet. There still are weeks ahead of beach going, cooking out, vacationing and daylight savings time. Right now, there is the opening of the Summer Olympic Games in London and the thrills of that once

every four years celebration of youth, fitness, discipline and athletics, and the pride we all take in supporting the youngsters from our nation.

I have observed the Olympics through the lens of being outside of the U.S. and it's the same everywhere, with every country beaming with pride at the best of the best in sport representing their nation. Make sure your kids get to see it and although our TV coverage will only largely follow the US athletes, I'm told that online one can follow the entire competition. Our kids are more oriented toward the computers these days than the big screen so it should not be a problem to find. What a thrill!

Next month will launch the newest title in our parent coverage of the whole city, with *Manhattan Family* completing our five-borough reach. This is both daunting and exciting.

Fourteen years ago, we began *Brooklyn Family* and now we are completing our goal of bringing a quality parent guide to every parent in New York City. As the founding publisher, I am both overwhelmed and exhilarated at the same time. With our online presence at www.NYParenting.com and our daily messages and information through varied social media, through our magazines and our digital presence we will proudly continue to bring rich editorial and solid information.

Thanks for reading.

Susan Weiss-Voskidis,
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The cost of

Smart ways to save when shopping for back-to-school clothes

BY DENISE YEARIAN

Youth apparel is a billion dollar industry that peaks each fall with back-to-school clothes shopping. To get the biggest bang for your buck, begin with planning.

“The most common mistake shoppers make is buying too much on impulse when faced with a large selection, or buying too much of the wrong thing,” says family budgeting expert and consumer economist Dr. Pam Norum. “Although the plan-and-budget mantra may have an ominous ring, it’s really as simple as taking an inventory of what your child has and deciding what he or she needs.”

Scott Krugman, spokesman for the National Retail Federation, agrees.

“Before leaving home, have a game plan,” says Krugman. “Know what your child needs and what you want to purchase. Otherwise, you’ll be overwhelmed when you get to the stores.”

To do this, take inventory of your child’s closet with him. Determine what still fits, what needs to be replaced, and what items will be willingly worn again. This, says Norum, is critical for building on an existing wardrobe when you have a limited budget.

“Take special note of workable basic pieces — jeans, skirts, tops, other pants — and major color influences,” she says.

Next, make a shopping list of the basic items needed based on the closet inventory. Although this list should be your guide, leave some room for flexibility. Your child may see an extra special sweater that matches two or more basics in her wardrobe.

After taking inventory, establish a clothing budget for each child. While not every family can spend the estimated \$246 per child, it is important that you decide — before you go shopping — what you can afford to spend.

“Equally important is to know your price point,” says Krugman. “Are you going to spend \$15 for that

Girls vs. Boys

Statistics show that parents tend to spend more on girls’ clothing than on boys. This is due, in part, to girls’ higher interest in apparel. Girls’ clothing also tends to be slightly higher-priced than boys’ because of special details, such as lace, buttons, and fancy collars.

pair of jeans, or \$50?”

When budgeting, keep in mind that as a child’s age increases, so does the price. As children move into adolescence, parents can expect a gradual 25 percent hike in clothing prices, Norum warns.

“The combination of increased peer awareness and pure size — more fabric, construction, and fashion features — adds to the bottom line,” she says. Older children also tend to have a wider variety of social activities that require a more diverse wardrobe. Since adolescents are in the throes of growth spurts, it is best to spread purchases over a longer period of time.

And don’t forget about alterations. Those ankle-skimming pants or jeans can be easily made into shorts or capris. While a budget is partly about establishing spending limits, it is also about getting the most value for your money.

“Since elementary-age kids — 6 to 11 — tend to be more rough and tumble, value often comes from buying quality, durable clothing with easy-to-care-for features,” says Norum, who believes wearability is value. When assessing additions to your child’s wardrobe, consider these points.

- Durability.** Look for good enough quality to withstand repeated launderings while remaining colorfast and not shrinking. Check for reinforced stitching and well-sewn buttons and buttonholes. When purchasing knits, go with fabric that is more dense than loose,

with limited stretching. Keep in mind growth features such as elastic waistbands, adjustable straps, and longer shirt tails.

- Versatility.** Staples, such as jumpers for girls and khakis for boys, are great dress-it-up or dress-it-down pieces, as are various colored T-shirts. Mixing and matching with the basics — jeans, tops, and other pants or skirts — make a wardrobe work harder.

- Quality.** Getting the most value for your money means budgeting for quality. Backpacks and jackets, for example, are likely candidates for heavy wear and tear.

“For items like these, it’s a good idea to buy brands you trust,” says Krugman. “Some items, such as backpacks, even come with warranties.”

- Comfort.** Children need to be comfortable when they are in a learning environment. When trying on clothes in the dressing room, have your child sit, kneel, twist around, and bend over. Are the clothes tight anywhere? Do they ride up or fall down? Are they itchy? If so, it may distract your child while he is trying to learn. For most children, today’s clothing makes a lifestyle statement — one that can stoke an emotional standoff when needs versus wants enter the financial equation. There may be times when your child wants something more than your budget allows, or an item you simply find inappropriate.

“Conflicts are inevitable with children who don’t understand that clothes are subject to spending caps,” Norum says.

Krugman agrees.

“This is another reason why you should have a game plan before leaving home. You and your child will





fashion

know what the expectations are, and you may be able to avoid conflicts altogether.”

When conflicts over clothing do occur, seize the opportunity to discuss the reason for

spending limits with your child. This is usually tied to parents’ personal convictions about what is and isn’t extravagant.

“This is an important way to impart values and introduce ideas that will make the child a competent money manager as he or she grows up,” says Norum.

If the situation warrants, consider a compromise.

“This keeps fun and camaraderie in the picture as parents and kids plan for back-to-school,” she says. Norum recommends setting aside at least 10 percent of the overall budget. “That way, when you encounter an item that isn’t essential, but extra special, your child

has some freedom of choice.”

“This is a good way to approach it,” says Krugman, who offers yet another option. Let children use their own money to buy that must-have item, he says.

“Kids these days are spending more and more of their own money on back-to-school clothes. If they find something they want, and it isn’t in your budget, let them purchase it themselves.”

Overall, preparing a back-to-school wardrobe can be a fun and rewarding experience. The key is to plan ahead, establish a budget, and keep an open line of communication with your child.

Then you can shop for style with savings in mind.

Denise Yearian is the former editor of two parenting magazines and the mother of three children.

It is important that you decide — before you go shopping — what you can afford to spend.

Goodbye rituals

For tearful first days of school or day care

BY MICHELE RANARD, MED

When it's time to say "goodbye," that first day of school can be a doozy for young children. Separation anxiety is a very natural part of development, but how parents respond to it is critical in order for children to make a healthy transition and develop trust with caregivers and teachers.

What not to do

Parenting coach Liz Warrick says there are definite no-no's when it comes to saying "goodbye":

- Don't sneak away. Although it might be tempting, this actually creates more fear in your child, and it does not help your child learn to say "goodbye."

- Don't ask: "Is it OK for mom to

leave now?" There really is only one answer.

- Do not bribe your child with a treat. This creates a bad precedent for both you and your child, as you will have to always up the bribe to get the behavior you want.

- Don't linger.

Healthy goodbye rituals

Robin McClure, parenting expert and author of "151 Ways to Help Your Child Have a Great Day at School," suggests creating a parting ritual.

"Maybe it is a special hug or handshake, a kiss and a twirl, or a set verbal exchange between you (such as 'I love you best because...')," he suggests. Here are some other suggestions:

- A Jedi goodbye. Social worker and blogger Dana Aderhold came up with a clever, customized ritual.

"When my son was 4, he started a new preschool where he didn't know any of the other students. We created the 'Jedi Goodbye': when my husband or I dropped him off at preschool, we would do a secret light saber signal that was our goodbye ritual. It meant that 'the Force was with him' until we picked him up. He found this very reassuring."

- Consistent goodbyes. Mom, day-care owner, and blogger Nicole Dash says it's a good idea to say "goodbye" in the same way each day.

"If you help your child hang up his or her coat, and then give a kiss and hug before turning and leaving with a wave, then do not break that routine by one day sitting and playing." Also, Dash says consistent means it is important that you try not to shortcut the goodbye,

because you are running late.

- Low-stress goodbyes. Parents should keep their emotions in check. Dash says it's not a coincidence when your child chooses to melt down and cling to you on a day you are running late to a meeting.

"Never tell your child you are running late, or show signs of stress. This will place undue stress on your child and will make the morning miserable for everyone."

- Less-guilty goodbyes. There will be days your child will cry due to fatigue, a cold, etc.

"Whatever the reason, these sad goodbyes do not usually last longer than it takes you to get back into your car. It does not mean they hate you for leaving them in day care," says Dash.

- Positive goodbyes. Warrick says on the big day, keep smiling and stay positive.

"Remind your child of all the 'new and exciting things' they will do. If you are confident about your child's new environment, your child will be positive, too."

- Courageous goodbyes. Dr. Laura Markham has this advice when it is you shedding more tears:

"Have faith in your child, and in nature. Nature designed kids to hang onto their parents for protection, but to start exploring once they feel safe. Worrying about leaving your child at school is a way of saying you don't believe he can cope ... have faith in your child's inner strength to rise to the occasion and grow."

Michele Ranard has a husband, two sons, and a master's in counseling. She has a blog at <http://hellolovelyinc.blogspot.com> and <http://hellolovelychild.blogspot.com>.

Resources:

Aderhold, Dana. <http://edgeviews.wordpress.com>

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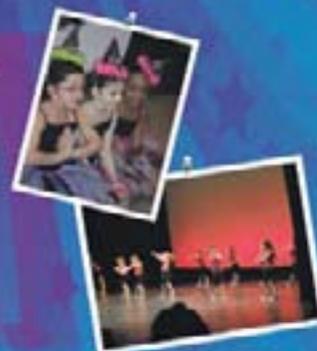
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MOMMY 101

ANGELICA SERADOVA

The big one!

How I'll be celebrating my daughter's first birthday

This month, my daughter Olivia turns 1, the Big 1! I can barely handle it. And in case you're wondering, yes, I'm planning a big, fat 1-year-old birthday party. Everyone will be there: family, friends, friends of friends, and if the wonderful ladies from her daycare center weren't going to Disney World, they'd be there, too.

It's not every day that your baby turns 1. It's a huge accomplishment — a milestone. She's learned so much recently; she dances and claps her hands whenever she hears music, she puts the phone to her ear and says, "Hello" (or at least that's what it sounds like she's saying), she shares her snacks and toys with the dog, and she's trying to walk. Her personality is shining through, and it's a fun time just being her mom.

It was just a few months ago that she outgrew her bassinet. That was bittersweet, because although she got to graduate to her crib, it also meant she was in her own room, not lying right beside me, where I could just open my eyes and see her. I didn't want to let her go, but my husband encouraged me into accepting that it was time.

When she started to hold her own bottle, that was a big deal, because I got some relief, and it made her a little more independent. She didn't need me as much. Sometimes I look at her while she's sleeping, and I see a kid, not a baby. Not too long ago, she took up just a tiny space in that crib, so tiny that I thought she would get lost in there. I find myself constantly asking her to slow down. Let me enjoy you as my baby.

Some of the best advice I've received as a new mom has been to enjoy every minute, because it goes by fast. These pearls of wisdom were so comforting to me in those first few months when I was overwhelmed

and anxious. It doesn't feel like it's going by fast to a mom who's learning to breastfeed or who just wants to sleep for at least one uninterrupted hour. I'm pretty sure I wrote that advice on a Post-It and placed it above Olivia's crib, for those middle-of-the-night sessions when frustration trumped every other emotion. It helped me understand that all too soon, my daughter will grow up, and I'll yearn for these simpler moments.

I recently took Olivia to a local diner for a mommy-and-me dinner, something my husband does occasionally when it's just the two of them. (Yes, I stole his little tradition.) Naturally, she got the attention of most of the diners. Halfway through our meal, I noticed she was staring intently at a couple of elderly women

who were sitting behind us. She did this for so long that I just had to acknowledge it and introduce her to them.

The ladies talked about their "babies," and how much they enjoyed being moms. Their babies were in their 50s now, but you would think they were talking about infants. One of them told me, "Whatever you do, enjoy this time in both of your lives."

I know I will, which is why I'm excited to celebrate her first birthday. I'm acknowledging all the "firsts" she's had in the past year, and I'm looking forward to a lot more. Maybe her party is more for me than it is for her. Will she remember her first birthday party? I doubt it. But it's my big day, too. Since her birth day, everything has changed for me.



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Smart secrets to packing for COLLEGE

What parents and students don't consider when getting ready for their freshman year

BY RISA C. DOHERTY

So soon after stressing over college applications, the ups and downs of acceptances and rejections, and the whirlwind of prom and graduation, the nuts and bolts of moving away to college are upon us.

Whether you're new to the idea of packing for a child spending months away from home, or are a parent of long-time sleep-away campers, packing for college can be very different from what you — and your child — expect. The kids think they are packing for nine months and three seasons, but that may not always be the case. Students who have cars, live close, or who have family returning shortly for Parents' Weekend can transport summer items home, and replace them with heavier bedding and clothing later. Other students may have to wait until Thanksgiving

or Christmas break, depending on how far away they are and how easily they can transport items home.

Some 18 year olds can appreciate the importance of packing in advance, and their ability to attack the task at hand may ease the burden a bit. Many girls are organized and plan their shopping and packing well in advance, taking over living rooms and basements everywhere. But others (generally boys), think packing two days before departure is sufficient. Either way, most students appreciate some parental assistance.

The lists

"What to bring" and "What not to bring" lists are generally found on every college website. Study both, as the colleges spend a lot of time confiscating halogen lamps, electric frying pans, hot plates, and toaster ovens, according to Colleen Bench,

director of the Parents Office at Syracuse University.

Even certain approved types of appliances may not pass muster without an energy star rating, according to Stacey Phelps, assistant director of Residential Life for Wesleyan University. At many schools, the fire safety issue also includes a prohibition against covering more than 35-square-feet of wall space.

Packing lists can also be found on numerous college-related websites and blogs, such as www.collegeconfidential.com, www.collegeprowler.com, as well as stores such as Bed, Bath & Beyond, Target, and The Container Store. Students can register online or go to their local store, zapping the barcodes on selected items with a handheld scanner. Then, they can pick up the items at the store location nearest the campus. (If they change their mind about an item, they are under no obligation to purchase it at the pick up.)

The store's list will likely include unnecessary articles. One list suggested a zip-up bed bug protector, a mattress pad, a mattress topper, and a padded mattress cover. Even for the flimsy college mattress, that was a bit much.

Of course, Bed, Bath & Beyond's "Pack and Hold" and The Container Store's "Click and Pick-up" or "Scan and Deliver" programs have limited utility for parents who prefer to pre-wash linens and towels, unless they plan to do a load of laundry when they arrive on campus.

Biggest mistakes

Overpacking is one of the biggest mistakes incoming freshman make. I had nightmares that we would be renting a U-Haul — it does happen.

Even students aware of the room

What to pack

Students' recommended items to pack:

- Melissa, Franklin & Marshall College: Light-up makeup mirror
- Molly, Franklin & Marshall College: Lap desk
- Jake, UMass Amherst: Credit card
- Jason, Boston University: Collared dress shirt
- Michael, Binghamton University: Phone
- Bobby, University of Pennsylvania: Mattress topper
- Andrew, University of Pittsburgh: Tie
- Alec, Johns Hopkins University: Ethernet cord
- Dana, Franklin & Marshall College: Heels
- Alana, University of Delaware: Power strip (only one outlet in her room)
- Nicole, SUNY Geneseo: Pictures of family and friends
- Emily, Binghamton University: Fan

Kara, St. Anselm College: Daily planner (blotter size or wipe-board)

Becky, Tufts University: 16-oz. double-cup coffee maker

Conor, Bard College: External hard-drive

Tommy, Cornell University: Snowboard

Rachel, Culinary Institute of America: Stepstool (for high closets and high lofted beds)

Top picks of college experts:

Boston University: Bed risers

Syracuse University: Fan

Wesleyan University: Khakis

University of Delaware: Rainboots with liners

Helpful hints from my family:

Don't forget your health insurance card, bed rest pillow (aka "husband pillow"), keychain, water bottle, duct tape, flashdrives, iPod speakers, food storage containers, hangers, and a very loud alarm clock.



dimensions might not get a full understanding of the space available, as the measurements sometimes vary from room to room in a dorm, where a wall juts out or a radiator gets in the way, says Bench.

Bench also recommends unloading the car and putting everything in its place before shopping that evening or the next day. She says that families who overbuy before seeing the layout are often stuck “standing on long return lines and missing out on valuable family time.” Returns need not be immediate, but it is important for even restrained shoppers to keep all receipts, as it is difficult to know in advance what will not be needed.

Residential Life directors stress the need to communicate with new roommates to avoid the purchase of duplicate vacuums, printers, coffee makers, carpets, and micro-fridges when space is at a premium. Bench suggests an actual conversation, not just a Facebook or e-mail exchange, so that roommates can get to know

each other and their personal likes and dislikes better. Some students like to coordinate their decor as well. In addition, Bench directs parents to the special Syracuse Facebook page designated for freshman parents, which is chock full of handy advice from veteran Syracuse parents.

The stores encourage the purchase of laptop locks and small lock boxes or safes, but Bench disagrees.

“If you could carry it into the room, someone else can surely carry it out,” says Bench. Locking mechanisms are only good if they are actually utilized or attached to something. Often students, like mine, do not use these devices, and many leave items out and doors open. Instead of focusing on which security items to buy, Phelps recommends parents have a conversation with their students about responsible behavior in the handling of their possessions.

The lists also advise parents to buy “extra-long bedding,” although twin-size jersey sheets can stretch to accommodate extra-long mattresses.

The length requirement applies to the sheets only; extra-long comforters work, but a regulation-sized twin comforter is adequate.

Forgotten things and extras

Lauren Kolodkin, Student Employee at Boston University’s Office of Housing and Residence Services, recommends students bring the essentials, ship things ahead, and order online those things they may have forgotten.

“Buy as you go,” she tells me, reminding students that the university, and most other schools, have major chain stores in close proximity. Syracuse University hosts shopping trips to major chain stores for new students.

Phelps even suggests that Wesleyan students wait to see their rooms before heading over to the local Home Depot to buy carpets.

Kolodkin advises parents and students to try to make the room “feel like home” by bringing photos

of friends and family, or posters of favorite bands and sports teams. A small plant can also be helpful, as well as festive Christmas lights, an electric menorah, or other holiday decorations. Although small fish tanks are usually permitted, it’s best to leave the boa constrictor at home.

According to students, hands-down the most important item brought to college is the laptop, with the cellphone a close second. Therefore, it is critical to take all reasonable steps to protect it from breaking, so the purchase of a padded laptop case and laptop bag is not excessive.

Many students headed to schools known for colder winters tend to forget to bring fans with them, not realizing how very hot August and September can still be.

Both of my kids have left cellphone chargers at school and at home. Parents should buy an extra one, so that the student need not bring it back and forth.

The emotional side of packing

Of course students — and parents — often end up overpacking because of a fear that they will not be comfortable away from home.

“Parents feel the need to equip [their students],” lest “they fear they are not being a good parent,” says Bench, referring to some parents’ compulsion to outfit their incoming freshman with everything but the kitchen sink.

“They have to have everything freshman year,” adds Phelps, who notes that “there is an emotional component to it. When they buy [too much] stuff, it is because they can’t separate.”

...

When helping your college-bound student pack, remember that, if all else fails, there is always the college bookstore for last minute items. In reality, our children are quite resilient and will survive, even if they do forget something. And, within hours, they will have legions of new friends from whom they can borrow what they need until UPS arrives!

Risa C. Doherty is an award-winning freelance writer, attorney, and two-time veteran of the college move-in process — special thanks to her college sophomore and recent grad. Read more at www.risadoherty.com.

Education

DIRECTORY

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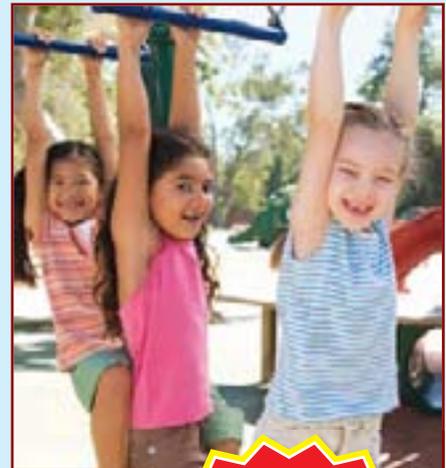
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Education

DIRECTORY

Continued from page 14

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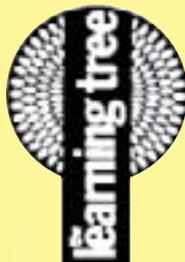
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Continued on page 18

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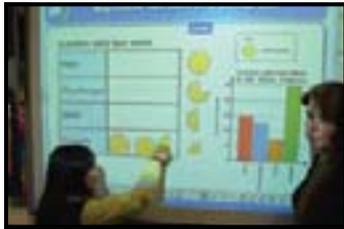
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Preparing a special needs child for a new school year

How to ease the jitters related to the transition to a new environment

BY REBECCA MCKEE

The countdown is on for September. School will be approaching within a month. For some, that is good news, and for others, it is the pits! Some children and teens look forward to a fresh start with brand-new books and a clean slate and always promising to use the very best handwriting each and every day. But for others, it means the end of summer freedom and fun. This transition can bring about a mixture of emotions.

Starting a new school is a sensitive time for all children. However, for those who have autism spectrum disorder or another special personality, anything new is incredibly daunting. It is the unknown. People who have a limited language base struggle with creating pictures in their minds of what future events may resemble; they have trouble imagining what school may be like in September. The inability to daydream about what the new classroom may look like, what their teacher's voice sounds like, and simply what to expect, affects their ability to self-prepare in a relaxed fashion.

People who have typical social skills receive information from others. Typical children are experts at watching the goings-on of upper grades in their schools. They are able to ask for and retrieve information from their peers. Your typical children and relatives already know the names of their future teachers. They have the ability to "chit-chat" and receive news in a childlike way. Typical people get their questions answered very easily. As a result, their anxiety level decreases.

If you have someone in your family with special needs, preparation for a new school year needs to be



more concrete. Here are some suggestions that may help:

- Visit and experience. Take the child or teen on a tour of the school before September arrives. Have him look inside the new classroom to enjoy a visual journey. If possible, allow a tactile visit, so he can explore some items within the classroom with careful hands. Have him navigate the recess yard while it is empty, quiet, and peaceful. Follow the route from locker to each period of classes.

- Visual support. Ask the new teachers for a personal photo, such as a headshot. Being able to look at a picture is a way to create an image of this new person in your child's mind.

- Schedule and plan. Record the school day schedule in a planner at home; pre-teaching your child when to expect gym, or music class, or recess, or other special in-

struction time will ease anxiety.

- Tracking time. Use a calendar at home to count down the days before school starts. Use a calendar or planner all year to record days off from school, vacations, or special presentations.

Realize that your child or teen is, in his own way, having these same thoughts as other children and adolescents. Due to his communicative level, he is holding onto these questions, as opposed to seeking out the answers. Following these tips will help to ease the jitters related to the transition to a new school year. Always modify suggestions to fit your child's specific needs. And, always, be courteous and respectful of your school's rules. This will lead to your child's team being super receptive and open-minded when you need their support in a unique area such as transition planning.

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Authoritative parents, resilient children

Science says you can help kids roll with the punches

BY MICHELE RANARD, MED

Last summer, my teenage son suffered a concussion from a criminal assault in a park near our home. The fact that the trauma occurred in broad daylight in a safe, pleasant area was startling and deeply distressing. Yet, my husband and I watched our son bounce back from the victimization swiftly, adapting to the stress and injury quite well.

While this was a dramatic example of resilience, in today's complicated world, our children face adversity daily. It is important that they develop this strength. In fact, author of "Mindsight," Dr. Daniel Siegel, says resilience should be the fourth "R" of

education, as important as reading, writing, and arithmetic.

Highly resilient kids

Resilience involves rising above difficult circumstances "while moving forward with optimism and confidence even in the midst of adversity," says expert Kenneth Ginsburg. Ginsburg says kids with high resilience possess:

- Competence: skills allowing them to test their judgments, make responsible choices, and face difficult situations.

- Confidence: gained by demonstrating their competence in real situations.

- Connection: with people who believe or love them unconditionally,

producing strong values and feelings of safety.

- Character: a fundamental sense of right and wrong to ensure they are prepared to make wise choices, contribute to the world, and become stable adults.

- Contribution: personal contribution and a sense of purpose.

- Coping: effectively coping with stress prepares them to overcome life's challenges.

- Control: a realization that they can control the outcomes of their decisions and actions.

Why parenting style matters

Across cultures, evidence-based research consistently shows authori-

tative parenting (not authoritarian, not permissive) to be an important protective factor for children and adolescents to develop resilience and thrive.

An innovative and successful program in Australia, Embrace the Future, promotes resiliency in part by educating parents and encouraging them to adopt an authoritative parenting style because:

- “Children are more receptive to parental influence with nurturance and parental involvement.”

- “Support and structure helps them develop self-regulatory skills, which enable children to function as responsible, competent individuals even when parents are not around.”

- “The verbal give-and-take characteristic of parent-child exchanges in authoritative families engages the child in a process that fosters cognitive and social competence, thereby enhancing the child’s functioning outside the family.”

Authoritative parenting characteristics

There is no agreed upon rule-book for authoritative parenting, but researchers, including Gwen Dewar, classify a parent as authoritative if she agrees with statements like these (Dewar, 2010):

- I take my child’s wishes and feelings into consideration before I ask him to do something

- I encourage my child to talk about his feelings.

- I try to help when my child is scared or upset.

- I provide my child with reasons for the expectations I have for him.

- I respect my child’s opinion and encourage him to express them, even if they are different from my own.

Parents are LESS likely to be judged authoritative if they agree with statements like:

- I let my child get away with leaving chores unfinished.

- I bribe my child to get him to comply with my wishes.

- I explode in anger toward my child.

- I punish my child by withdrawing affection.

Research findings on resilience

- Other adults can help. “The best documented asset of resilience is a strong bond to a competent, caring adult, which need not be a parent. For children who

do not have such an adult in their lives, it is the first order of business,” write Ann Masten and Marie-Gabrielle Reed in their article, “Resilience in Development.”

- There are multiple pathways to resilience, according to Masten and J. Obradovic, in their 2006 publication, “Competence and Resilience in Development.”

- Resilience is not just internal. “It is easy to make the mistake of blaming the victim when resilience does not occur, if one assumes that resilience arises only from internal capacities,” write Masten and Obradovic.

- No child is invulnerable. According to Masten and Obradovic, “There are levels of risk and adversity so overwhelming that resilience does not occur and recovery is extraordinarily rare or impossible.”

A few more tips

Authoritative parenting has been shown to have the best outcomes for children, in line with resiliency research. According to Embrace the Future, forming the foundations for developing resiliency, includes:

- Caring relationships. “Warmth, responsiveness and emotional closeness provide children with the sense of security, trust, and self-esteem fundamental to resiliency.”

- High expectations. “Clear boundaries provide the structure, discipline, and sense of self-efficacy children need in order to master important academic and life skills.”

- Opportunities for involvement. In decision making at home and in the community where they can learn to give back, children need opportunities to participate.

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

Resources:

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Siegel, Daniel. “Mindsight.” Bantam, 2010



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Flipping out

Flip-flops may be comfortable, but they have their limitations

BY KIKI BOCHI

By this point in the summer, you and your children are probably living in flip-flops and loving your foot freedom. But while some relaxation is positive, there's such a thing as too little structure — not only in how you spend your time, but in what you put on your feet.

Prompted by the enormous popularity of flip-flops, the American College of Sports Medicine decided to examine the limitations of this flimsy footwear. It found that, while flip-flops certainly have their place in our wardrobes, they do have their limitations.

"This study began with the observation that most people appear to be wearing them beyond their structural limit," said Justin Shroyer, lead author on the study. Not only that, but wearing flip-flops appears to change the way we walk.

That's right, your child's annoying shuffle while wearing flip-flops is not in your imagination.

The bottom line: flip-flops may hurt the wearer's feet and legs.

Researchers analyzed the gait of flip-flop wearers compared to their gait while wearing sneakers. They assessed the angles at which both types of footwear impact the floor and the force of contact during walking. They found a statistically significant decrease in the vertical (straight-down) force in flip-flop wearers. This decreased force may explain why people who wear flip-flops alter their normal gait — in some cases causing lower leg pain.

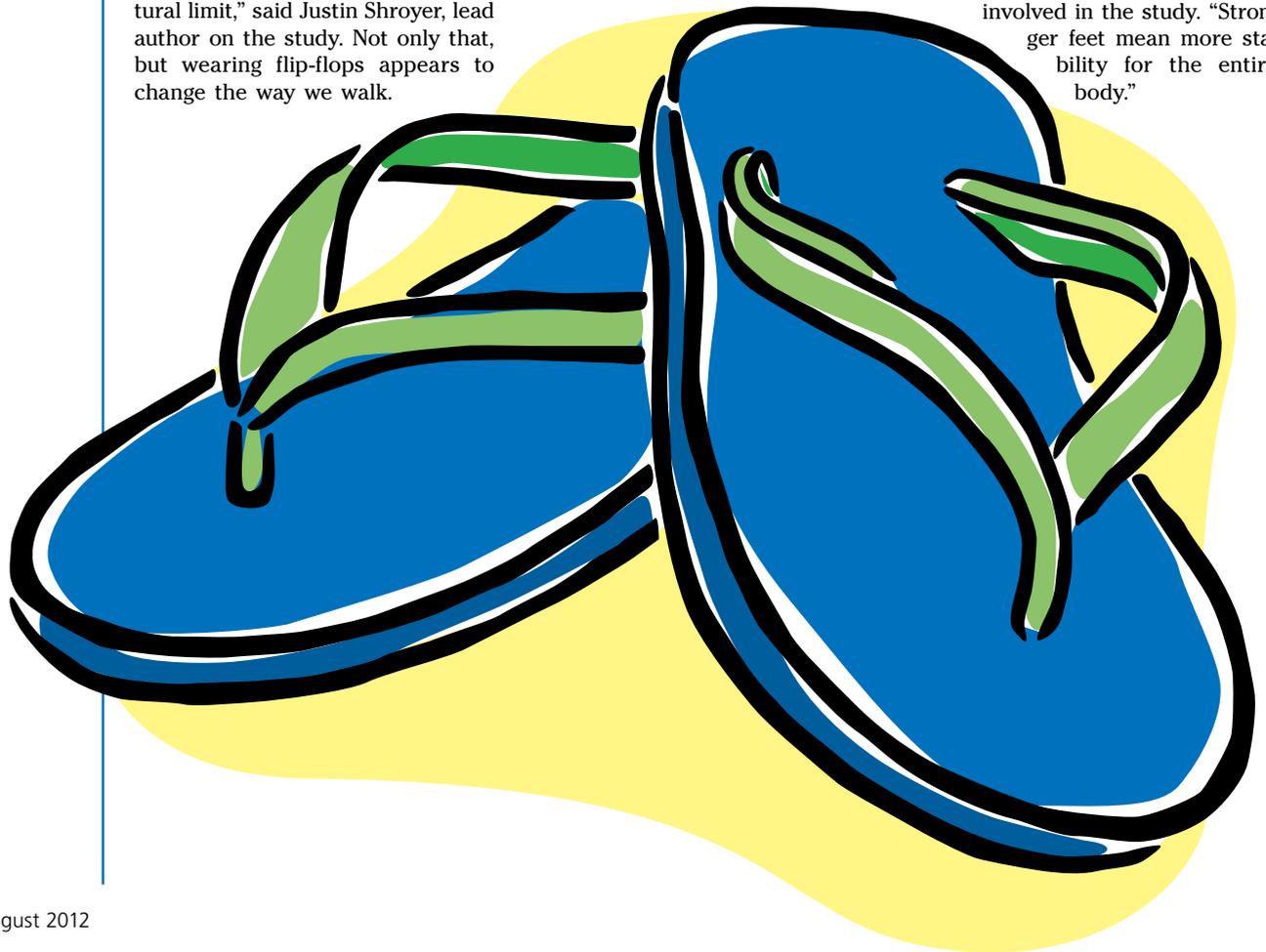
"Flip-flops are not designed for prolonged use or for walking long distances," Shroyer said when the

study was released. "They lack the support that a walking or running shoe provides. Flip-flops should only be worn casually and for shorter periods of time. They should not be a primary footwear choice."

With summer nearing its end, there's little chance of that. Most schools don't allow flip-flops. But it certainly is something to think about on those lazy days at home.

If your kids are the kind who rebel against the constraints of civilization, don't despair. A separate study by the American College of Sports Medicine found that going shoeless may be the best solution.

"Walking barefoot has its advantages, such as giving the intrinsic muscles of the foot more work and therefore making them stronger," said Wendy Miletello, PhD, who was involved in the study. "Stronger feet mean more stability for the entire body."



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Summer safety slip-ups

Tips to avoid
accidents at
BBQs and on
vacation

BY SANDRA GORDON

It's no surprise that accidents happen, even when we're trying to be careful. But because we're outside more and the days are longer, summer can be an especially dangerous time. According to SafeKids Worldwide, there's an 89 percent increase in children drowning in the summer months and a 45 percent surge in bike-riding deaths.

Fortunately, turning your child's summer into a safety zone is a matter of making a few precautionary tweaks. Here are some small risks you might be taking that can lead to big problems, and our tips for avoiding them.

...

Safety slip-up: Tossing charcoal after a BBQ. Cleaning out the grill and disposing of coals in a remote section of your yard, at the campground, or at the beach may seem like a good idea, because it's far away from everyone. Trouble is, kids run all over the place in the summer, and they're often bare-foot.

"Charcoal can get up to 1,000 degrees F," says John Drengenberg, the consumer safety director at Underwriters Laboratories, in Northbrook, Ill. Even if the coals don't look hot, they can retain their heat for hours. And it only takes a moment's contact with a scorching coal to seriously burn a child's



delicate foot.

Play it safe: Whether you're at home, at the beach, or camping, cool down hot coals before disposing of them. Douse them with a garden hose or a bucket of water after cleaning out the grill.

...

Safety slip-up: Keeping tiki oil within your child's reach. Toddlers and older kids are drawn to anything that looks like juice. Tiki oil, which is used to light torches,

comes in different colors, such as purple, blue, and red, and can easily be upturned and ingested.

Another common mistake parents of young children make: "They'll pour gasoline for the lawn mower into a smaller container, like a measuring cup, and leave that sitting around," says Rose Ann Soloway, RN, a clinical toxicologist at the National Capital Poison Center in Washington, D.C. In addition to being poisonous, "Kids can

“At pool parties, many parents assume somebody else is watching. Mom assumes Dad’s watching. Dad assumes Mom’s watching, and it’s easy to get distracted.”



swallow it or breathe it into their lungs, causing aspiration pneumonia, which can be fatal,” So-loway says.

Play it safe: Store tiki oil in its original container in a locked cabinet just like you do medicine and vitamins. This will keep it out of your child’s sight and reach. The same goes for gas, charcoal lighter fluid, antifreeze, and windshield wiper fluid. These containers don’t have child-resistant caps, which a determined toddler may be able to override anyway.

If you believe your child has ingested something potentially poisonous, call the Poison Control Center at (800) 222-1222. You’ll be connected with a nurse, physician, or pharmacist at a local center who is specially trained in recognizing and treating poisoning.

Safety slip-up: Assuming someone else is watching the kids.

“At pool parties, many parents assume somebody else is watching. Mom assumes Dad’s watching. Dad assumes Mom’s watching, and it’s easy to get distracted,” says Phyllis F. Agran, MD, MPH, professor emeritus of pediatrics at the UCI School of Medicine, in Irvine, Calif. Even a few unsupervised minutes in the water can be deadly for a young child.

Play it safe: Assign a supervisor. One of you needs to be officially on duty and concentrating on your child. At pool parties with children present, designate a supervisor and make it clear by saying to your spouse, for example, “OK, you’re on duty while I’m chatting with our friends.”

But don’t think it’s enough to make your older kids, who are having fun, too, keep an eye on your younger ones. Make that supervisor your spouse or another adult.

Safety slip-up: Letting your

older child ride his bike without a helmet. Studies show that kids, ages 11 to 15, tend to wear helmets less often than younger ones.

Play it safe: Be on helmet patrol.

A bike helmet can reduce the risk of bicycle-related traumatic brain injury by up to 88 percent. So, of course, you’ll want to make sure everyone — you included — is protected with a properly fitted helmet whenever you ride. Keep on your older child to always wear one.

Safety slip-up: Keeping the wading pool filled.

“Young kids can drown in an inch of water or less,” says Drenenberg, so don’t think the water in your child’s baby pool is harmless.

Play it safe: “Dump the wading pool when you’re done with it,” Drenenberg says. “And turn it upside down, so it doesn’t catch rain water.”

In fact, empty all outdoor containers of water after use, including five-gallon buckets and insulated coolers; they’re a formidable drowning hazard.

Safety slip-up: Leaving your medication on the hotel night stand.

“When we’re traveling, it’s often much easier for youngsters to get into things that might be safely stored at home,” says So-loway. We stow medication and vitamins in suitcases, on night stands — places that are accessible to children, she says.

Play it safe: If you don’t have access to a locked cabinet, store your medication and vitamins out of your child’s reach, just like you would at home. Do the same at Grandpa and Grandma’s house, too, and do a safety check. Make sure any medication or vitamins they take aren’t accessible to your child.



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Yoga 101

By using moderation and caution, you'll soon be striking a pose — safely

BY KIKI BOCHI

Yoga is a popular form of exercise, and for good reason. Often billed as the antidote to life in the fast lane, yoga's focus is on finding balance. What parent doesn't need that? Anyone can do yoga — even pregnant women and kids. Practiced correctly, it can provide excellent conditioning, exercise, and stress reduction. But is there a downside to this 5,000-year-old practice that has become one of today's hottest mind and body trends?

According to the American Academy of Orthopedic Surgeons, there is. Some of the more strenuous and complicated poses can cause injury to the neck, shoulders, lower back, or knees; those who are pregnant and individuals with severe osteoporosis, high or low blood pressure, and inner ear problems are at greater risk for injury.

"Yoga is a popular activity with many benefits," says Raj Rao, MD, a spokesperson for the academy. A good yoga program — one that slowly progresses to more difficult poses and more strenuous activity — can lower a person's heart rate, improve muscle and joint conditioning, decrease pain, and contribute to an overall sense of physical and mental wellbeing, he says.

"However, as in any activity," says Rao, "moderation and caution are key."

According to the U.S. Consumer Product Safety Commission, more than 7,369 Americans were treated in hospitals, doctors' offices, and emergency rooms for yoga-related injuries in 2010.

To avoid injury, the organization of orthopedic surgeons advises the following:

- Work with a qualified yoga instructor. Ask about his experience and credentials.
- Select the class level that is ap-



propriate for you. Start by taking a single beginner or introductory class before signing up for a series of classes. Also, consider taking yoga more than once a week. People who take just one class a week are more susceptible to injury.

- Warm up thoroughly before a yoga session, because cold muscles, tendons, and ligaments are vulnerable to injury. Also, make sure you cool down after your session to relax your muscles and restore your resting heart rate and breathing rhythm.

- If you are unsure of a pose or movement, ask questions. Your instructor should be able to suggest modified positions.

- Know your limits. Do not try positions beyond your experience or comfort level. Beginners should start slowly and learn the basics

first, focusing on gentle stretching and breathing rather than trying to accomplish difficult poses.

- Listen to your body. If you experience pain or exhaustion while participating in yoga, stop or take a break. If pain persists, speak to your doctor.

- Discuss any known injury or other condition with your yoga instructor prior to the class so that he can recommend pose modifications. This is especially important if you are pregnant.

- Wear appropriate clothing that allows for proper movement. Stay hydrated by drinking plenty of fluids.

- If you choose to use a yoga DVD at home, look for one that comes highly recommended by your doctor or other reliable sources, and start cautiously.



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HEALTHY LIVING

DANIELLE SULLIVAN

Healthy snacks for summer vacation

I love summer vacation as much as the next mom, possibly even more. However, one of the statements that drives me most crazy, after “I’m bored” (which was literally uttered from my youngest on the same day that school ended!) is “I’m hungry.”

In the summer, kids are home more, and they’re also extra active, so it seems at though they’re always looking for a snack. The problem is that the majority of snacks out there are completely unhealthy and filled with unnatural and processed ingredients.

Christine Feliciano of Brooklyn Heights relates to the dilemma. She is the mom of two growing and energetic boys, ages 5 and 8, who seem to be constantly hungry.

“Sometimes, I’m convinced they’re not really famished, just bored, so I try to distract them with an activity. But they certainly tend to get more hungry during the summer, because they are running, swimming, and skating so much.”

Snacks are an integral part of a healthy diet. Often, by the time kids are really hungry, it is too late and they will eat anything — and too

much of it, just like adults.

The key is to provide a variety of healthy snacks before they become ravenous.

Feliciano says she always has ice pops (made with fruit), yogurt, and popcorn ready to eat.

“I just learned recently that if I have ready-to-eat snacks, it makes my life and theirs much more pleasant. Boys especially get really hungry and when they want to eat, they want the food now!”

In addition to the typical healthy snacks such as fruit, yogurt, nuts, and pre-cut veggies, the American Academy of Pediatrics recommends that parents offer alternatives to typical fare and try something interesting. Here are some suggestions:

- Tofu
- Hummus
- Peanut butter with whole-grain crackers
- Pita bread with low fat dressings or dips
- Low-fat lunchmeats

By changing up the week’s snack offerings, you can also give your child some variety. Even adults grow tired of the same food selections when they are given time and time again.

One of the best snacks foods I’ve encountered this summer is GoBites, a blend of nuts, seeds, grains, fruits, and berries that create mini-meals that are easy to pack and eat on the go. My kids love them. Our favorite is the Tropical Gluten-Free Granola, 100 percent organic gluten-free granola made with cashews, coconut, mango, and bananas (GoBites.com). The younger ones don’t realize that what they are eating is completely natural and mostly organic; they just know they like the taste. They’re also good for busy moms and dads.

Danielle Sullivan, a Brooklyn-born mom of three, has worked as a writer and editor in the parenting world for more than 10 years. Sullivan also writes about pets and parenting for Disney’s Babble.com. Find her on Facebook and Twitter @DanniSullWriter, or on her blog, Just Write Mom.



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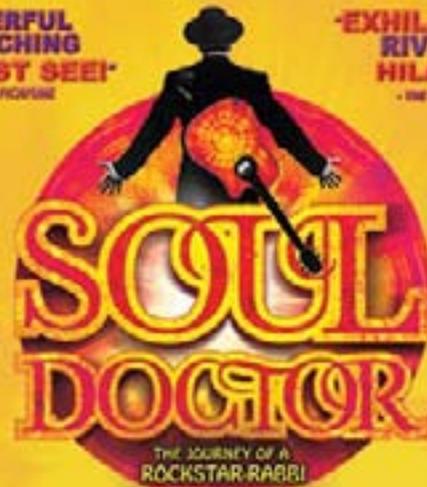
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GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Picky eater or feeding disorder?

Picky eating among young children is so commonplace, it is often a topic of conversation at cocktail parties and playgrounds: “My child won’t eat anything green,” or “My child eats only white foods.”

Most children outgrow this stage between ages 5 and 7. Yet, for a large percentage of developmentally delayed children, such as those born prematurely, and for the five percent of the rest of the population of toddlers and children, picky eating is a serious health problem.

What’s wrong?

Some children are so picky or feeding averse that they will consume only a few foods, such as crackers and certain types of juice.

How do you know what type of feeder your child is? A picky eater may reject certain foods, but still has a nourishing diet. Children with a pediatric feeding disorder may consume only three to four types of foods and reject entire food groups, resulting in too few calories and nutrients for healthy growth and development.

“Most kids experience food jags. A child with a feeding disorder will start omitting foods out of their repertoire instead of adding them,” says early intervention nutrition special-

ist Jennine Sidler, RD, of Primary Nutrition Specialists in Frankfort, Ill. “Often, the first sign of an eating disorder is they can’t look at the food.”

She points to numerous physical reasons a child rejects certain foods, including pain, malaise, immature motor skills, behavior or emotional problems, and parental or environmental factors.

“Most of the time, it’s physical — some type of surgery, reflux, GI pain, or negative reinforcement,” says Sidler. “Or they have autism, Asperger’s syndrome, Down syndrome or some type of development delay.”

When new foods frighten

Studies at the University of Pennsylvania’s Monell Chemical Senses Center found that many times children have aversions not to odors or tastes, but to food textures such as slimy or goeey.

“Generally, it’s the wet plant foods such as the fruit and vegetable group that the sensory kids avoid,” says Sidler, a mother of three, including one who is picky due to allergies.

Feeding problems are increasing due to the rise of disorders such as autism, sensory integration, and even prematurity.

“A feeding problem is often the

first clue a developmental disorder exists,” she says. “Most of the kids crave crunchy and eat a lot of the starch group. They’re completely omitting the fruit and vegetable group. A lot of times it feels like they’re eating a grasshopper. They can’t even touch it.”

Five tips for parents

- Children don’t naturally expand their food choices. The parents’ job is to offer healthful meals every day, and it’s up to the child to learn to eat them.

- Parents and even siblings should be role models. They should spend time teaching their child about the taste, texture, temperature, color, and nutritional value of food to make them feel comfortable with trying new foods.

“Parents need to sit down and eat with their kids. They have to be teachers of foods,” says Sidler.

- She recommends toddlers sit in a high chair to help support their posture, and that parents check to see if the chair has a spot for their feet.

“Don’t let them walk around, eat at a coffee table or even at a bar with their feet dangling,” says Sidler. Also, avoid eating in front of a television.

- Allow the child to explore texture.

“To expose them to a lot of textures, play with rice, sand or whipped cream,” says Sidler. “They need to get their hands dirty, because they don’t like to get their hands dirty.”

- Have fun with food. Sidler recommends providing a fun fork or spoon, or playing a game by hiding a blueberry inside a baked potato.

“Otherwise,” says Sidler, “they would never touch the baked potato.”

Christine M. Palumbo, RD is a nutritionist from Naperville, Ill. One of her three children still can’t stomach the texture of potatoes. Follow her on Facebook at Christine Palumbo Nutrition, on Twitter @PalumboRD or at ChristinePalumbo.com.



Mango Frocho Pop

Serves six
Preparation time: 10 minutes

INGREDIENTS:

1 cup mango, fresh or frozen
1 cup plain 2 percent Chobani Greek Yogurt
1 tsp lemon juice

3-5 Tbsp honey, depending on sweetness preferred

DIRECTIONS: Puree fruit, yogurt and honey to taste in a food processor until smooth, divide

the mixture among freezer-pop molds, stopping about one inch from the top. Insert the sticks and freeze until completely firm, about six hours. Dip the molds briefly in hot water before unmolding.

If you don’t have molds, a small paper cup with plastic wrap over the top and a freezer pop stick in center will work, too.

NUTRITION FACTS: 70 calories, 16 grams carbohydrate, 4 grams protein, 0 grams fat or cholesterol, 18 milligrams sodium, 1 gram fiber, 15 grams sugar

Recipe used with permission by chobani.com/kitchen.



LIONS AND TIGERS AND TEENS

MYRNA BETH HASKELL

A happy farewell

Prepare yourself for sending a child to college

My brother left for college a year before I did. I cried on and off during the ride home. This is not a good sign. It's also not a good sign that I welled up with tears at my son's last concert during the wind ensemble's performance of Frank Sinatra's "My Way." My son leaves for the big city in late August. He is leaving cow country and Mom's lasagna for a high-rise and a hot dog cart. I have a whole range of emotions — everything from excitement and pride to fear

time at college," explains Suzanne Howell, director of residential life and housing at Binghamton University.

It's normal for teens to want to spend time with friends before they go away, so put some dates on the calendar to make sure you get to spend time with them, too.

"To avoid hurt feelings, parents can set aside 'family time' — a vacation or weekly family dinner."

Parents should be involved in the physical preparation for college as well. Amy Przeworski, PhD, an assistant professor of psychology at Case Western Reserve University in Ohio, suggests that parents help their teens purchase necessities for college. She also recommends buying a special present that will remind a teen of home.

"This could be a picture frame with a family photo or a special print for their dorm wall," she says.

Keep it positive

Your teen surely has conflicting emotions as well, so you should encourage an optimistic outlook.

"It's not the end of the world if parents get a little teary when they drop their child off at college," advises Lisa Greenberg, PhD, a licensed psychologist and parenting expert in Madison, NJ. "On the other hand, if a parent is concerned about falling apart, it might be helpful to warn the student in advance."

Greenberg stresses that students shouldn't feel responsible for cheering their parents up, so parents should keep the focus on their teen's positive energy. Przeworski agrees.

"A teen leaving for college should be a joyful event," explains Przeworski. She says that it's typical for parents to feel sad, but they should try to emphasize the excitement surrounding going to college, instead of negative emotions.

Parents should also validate their teen's feelings.

"Most teens have mixed feelings about going to school. If a teen is worried, telling them not to worry does not help," reports Przeworski.

Instead, parents should tell their teen it's normal to have mixed emotions.

Communication changes

Parents will not have the same level of communication with the school or their teen.

"This is a point where parents need to take a step back from the center of their child's life," explains Greenberg.

"At the university level, communication goes directly to the student. Parents can set clear expectations with their teen about communication they expect to be notified of promptly (i.e. tuition, deadlines, grades, etc.) and communication their teen can choose not to share," suggests Howell.

Holding a young adult to a higher level of responsibility will help him have a more successful college experience.

Tips and tales

"Give a quick hug and kiss and then walk away. If you want to listen to music on the way home, make sure they are happy tunes."

— Beth Ackerman, Staatsburg, NY

"I thought leaving my first born at FIT in Manhattan would be a very sad day, but I brought a book to read on the way home. This kept me from dwelling on the fact that we just left her."

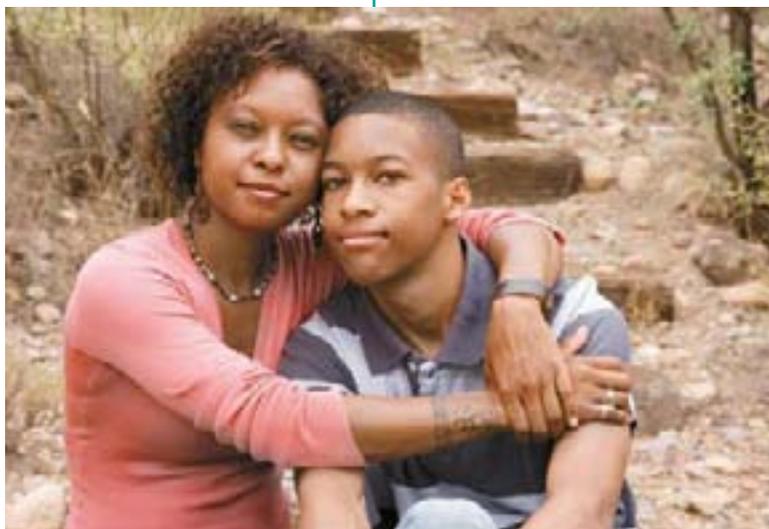
— Terri Brown, Mayfield, NY

Share your ideas

Upcoming topic: Suggest holiday chores your teen enjoys that help ease your stress during the holiday rush.

Please 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). See www.unlimitedpublishing.com/haskell for details.



and melancholy.

The next school year will surely bring enormous change for everyone involved — for my daughter who will be the lone child, for my husband and I who will have fewer school events to go to, and for our dog, my son's best friend, whom I envision sleeping by the door until my son comes home for Thanksgiving. I've been worried about this impending day for months now, but I'm determined to handle it well — with a detailed list and an upbeat attitude.

Be prepared

"As the summer gets into full swing, parents may notice differences in their son or daughter, themselves, and other family members as everyone prepares for the student's first



A TEEN'S TAKE

AGLAIA HO

High school advice

Suggestions for teens from someone still there

The transition from middle school to high school is a big challenge for us teenagers. It can be intimidating — a big world filled with new experiences. However, the first few steps into your new high school will be the beginning of a four-year-long adventure. It feels like just yesterday when I walked into my high school for the very first time. A grab bag of emotions overwhelmed me as I opened the heavy front doors of the place I would come to call home. I was very apprehensive. I didn't believe I would ever fit in. Yet, I was still eager for a huge chapter of my life to begin.

The commute

The biggest challenge I faced was the distance of my new school from my home. New York City has a wide range of public high schools scattered across the five boroughs. Most kids tend to stay in their own neighborhoods for early education, but many teens venture across the city for high school. Like many other public school students, I made the long commute into Manhattan from Queens. Navigating the subway at

7 am was a terrifying experience. My first few days turned into misery due to the tedious, hour-long journey. I even doubted my decision to choose a dream school so far from home!

However, with time, the trek into the city became special. I took pride in my newfound independence. Also, time on the train became a great place to do homework

(without distraction from computers and my parents). I also took time to socialize with friends who faced the same obstacle of living in another borough, and we bonded during our commute.

Time management

Additionally, with two hours spent on transportation alone, I found that it wasn't easy to juggle school, extracurricular activities, and friendship. With six classes my freshman year, there just seemed to be less time for fun. High school presented a lot more work, and I was constantly tantalized by the school's clubs and activities. I wanted to join everything and get to know people. Yet, older students often joke that in high school, you can only choose two: a social life, sleep, or good grades.

Learning time-management skills early helped me achieve the most. I have to admit that I did give up sleep for an afternoon with my friends. Planning ahead and knowing my own limitations, I learned to give and take. The school's extracurricular activities are like a buffet table. I don't need to eat everything that is offered. I can taste a little bit here and there. No matter what I choose to participate in, I'll be sure to find new friends. Still, I knew that academics were my top priority.

Teachers

Teachers play a huge role in high school, just like they do in middle school. I found that developing a good relationship with my instructors helped me overcome the challenges of freshman year. I often wish I reached out to my teachers earlier, when I was discovering difficulties. Most were willing to explain material and offer words of encouragement.

Still, there will always be less than desirable teachers. I had my share of questionable teachers in the past, but in high school, I handled the situation better. In high school, I had to work with what

was given to me. I often sought out resources to supplement some slacking teachers, such as Internet and online study groups. Rising above the drama of bad teachers and putting learning as my biggest concern, I was able to cope with the worst and still succeed.

Guidance counselor

Unlike a middle school guidance counselor, a high school counselor helps you navigate your four years. Eventually, he will write a recommendation for your college application. Needless to say, it is best to develop a rapport with him.

I regret not forming a stronger relationship with my guidance counselor during freshman year. However, during junior year, I have maintained a great bond with my guidance counselor. He clarified my graduation requirements and offered advice for what classes to take. He provided me with sincere college suggestions. Not only was his door always open for academic guidance, he also provided support for personal problems.

Discover yourself

The most important thing about high school is that it gives you a place where you can discover yourself. I've had the opportunity to take a variety of courses, and I've discovered things I never thought I'd like. In middle school, I detested history class, finding it dry and insipid. However, during my freshman year, I found a passion for history. I've also unlocked a hidden talent for chemistry. I even furthered my interest by taking electives and advanced courses in these subjects.

No matter where high school may take you, enjoy the journey. It can be the most stressful phase of your life so far, but it could also be the most exciting.

Aglaia Ho is a 16-year-old student from Queens who enjoys writing. Her work has been published in Creative Kids, Skipping Stones, Daily News-Children's Pressline, and The State of the Wild.



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DIVORCE & SEPARATION

LEE CHABIN, ESQ.

Nesting: The real benefits for children

As the relationship between Carlos and Maria, parents of four children, deteriorated, living under the same roof became almost unbearable. Both agreed that someone had to move out. But who? Their decision surprised friends and family alike: the kids would stay and the parents would take turns remaining in the home and living somewhere else.

Nesting and bird nesting refer to an arrangement in which children remain in the family home while the parents take turns being with the kids.

An unusual practice? Maybe, but Ron Ousky, a pioneer in the area of collaborative law (where each spouse has an attorney but the spouses and their lawyers agree to

stay out of court) and co-author of the book “The Collaborative Way to Divorce,” says he’s seen a “significant increase” in the number of clients who use nesting to get through the first few months after a divorce.

“I’ve found that, while bird nesting generally becomes difficult over time, it can be a useful bridge to get couples through this initial period, particularly if each parent has family or friends who will take them in during their ‘off-duty’ time.”

Not all parents are willing or able to stay with family or friends during or following a separation or divorce. An option for some is to set up two new homes, one for Mom and one for Dad, while maintaining the home where the children live — obviously a choice that may be expensive.

Other couples rent an apartment or house together and reside there on a rotating basis — when Dad is there, Mom is with the kids, and the other way around. It can be hard to feel at home while living this way. Many of your ex’s clothes and other personal belongings may remain in this home, even when he isn’t there. And, if you had housekeeping issues as a couple, more arguments over dirty laundry on the floor, dishes left in the sink, and throwing out the garbage may await you.

When it comes to the pros of nesting, Dr. Rahil Briggs, a child psychologist, assistant professor of Pediatrics at Albert Einstein College of Medicine, and director of Healthy Steps at Children’s Hospital at Montefiore, says that “the primary advantage of such an arrangement is to maintain some vestige of stability for the child,” something that’s “enormously helpful for children who thrive on routine and consistency.”

The disadvantage, Briggs said, can be the disruption it

causes parents “who are struggling themselves to maintain a stable, new routine.” She suggests parents “undertake a certain cost and benefit analysis to ascertain whether there are more advantages to nesting than disadvantages.”

Can nesting work for you and your family? If so, for how long, and when is it time to stop? These are personal decisions best facilitated by a therapist.

I will share that the idea of allowing children to stay in familiar surroundings, in their home, appeals to me. It seems fair. After all, the kids didn’t ask for or want the divorce; why should they pay for the choices of their parents? Yes, rotating in and out of a home shared with a soon-to-be ex is an unpleasant thought and causes anxiety; but don’t our kids have anxiety about moving back and forth from Mom’s house to Dad’s, and back again? Why should they bear this burden instead of us?

But, as a mediator, and as a divorced parent, I know that the question of nesting can be complicated. If considered at all, an honest exploration and evaluation are necessary. Would you be able to handle nesting? Would your spouse?

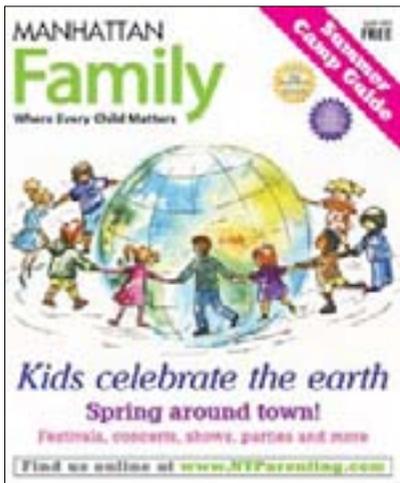
As parents, we need to take care of ourselves as well as our children. Spending more money than we can afford, or putting ourselves in a living environment likely to adversely affect our own mental health won’t make our kids feel more secure and loved.

For some, nesting can prove a viable option that helps children. For others, the burden is too great.

New York City- and Long Island-based divorce mediator and collaborative divorce lawyer Lee Chabin, Esq. helps clients end their relationships respectfully and without going to court. Contact him at lee_chabin@lc-mediate.com or (718) 229-6149, or go to <http://lc-mediate.com/home>.

Disclaimer: All material in this column is for informational purposes only and does not constitute legal advice. Discussing your particular case and circumstances with a legal professional before making important decisions is strongly encouraged.





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DEAR
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Family culture club

Three steps to create a happier home life

Every country, work environment, and family has a distinctive culture. Culture is a combination of the look, feel, and mood of an environment. How do people interact with each other? What do they do and not do? What do they talk about? What do they avoid? How much fun do they have? For families, a positive culture is the glue that keeps everyone close and is the motivator for kids to want to invite their friends over and to want to spend time at home!

So, what can families do to create a more meaningful and positive family culture? Here are three steps:

Describe your family culture now

Take a few minutes and write out three descriptive words to describe your current family culture. Try finishing this sentence: "Our family culture is..." (Examples: positive, relaxed, stressed, overworked, or chaotic.)

Then, ask each of your family members (including your kids and spouse) the same question. This will provide clarity on what your starting point is. There are no right and wrong answers to this question, but don't be surprised if your description of your family isn't the same. The descriptive words are just each person's perception, but will provide powerful clues for what to do differently to make it more meaningful.

Dream about what you WANT your family culture to be

Next, write out three words to describe how you would want your family culture to be (relaxed, organized, fun, playful, or safe, etc.). Ask your kids and spouse to do so as well, and don't be surprised if your kids say they want the family culture to be more playful and relaxed. (Those are common answers from kids and a good reminder for us parents.) Once you have everyone's answers, talk as a family and see if you can identify



your top three family values and character traits.

Think about solutions

Brainstorm as a family about what changes (big and small) need to happen to help cultivate a more positive culture. For example, if a family has decided it wants to have more fun, action steps could be:

- Kids and parents planning more "fun" activities.
- Kids helping out more with weekly chores to reduce parents' load, and therefore reducing the workload and having more time for fun.
- Parents not turning on their

home computer in the evening.

- Doing a movie and pizza night every Sunday night.

- Parents encouraging kids to bring friends over, giving them space and promising not to ask hundreds of questions.

Or, if a family has decided it wants to be more socially responsible, action steps could be:

- Volunteering as a family at a local charity.

- Everyone going through their clothes and giving unused items to a family in need.

When families do these three steps, it starts the process for members to feel part of a team where culture is purposeful and meaningful!



THE BOOK WORM

TERRI SCHLICHENMEYER

Tasty tidbits about a world of food

So you've got a growing gourmand in the house? Think you're raising the next Food Network superstar? Then make mealtime even better with "The World in Your Lunch Box" by Claire Eamer.

Starting with the humble sandwich, Eamer takes kids on an around-the-world and through-the-centuries tour of the foods they love to eat (and a few they might think are icky).

"Food doesn't have to be fancy to be interesting," she says.

Take, for instance, the sandwich.

Back in the 1700s, there was an earl who loved to gamble. He once gambled for 24 hours straight and when he got hungry, he asked for some slices of beef between pieces of bread. He was The Earl of Sandwich.

The earl was lucky, though. Once upon a time, poor people in Europe couldn't afford ingredients to make bread. Their main meal was a kind of stew known as pottage, made from whatever could be thrown into a pot: some beans or a little pork, maybe onions, vegetables, or wild root. Mostly, though, pottage was made of

barley, and they ate it for every meal.

There was a time in Europe when potatoes were the main food for poor people and prisoners because taters were cheap and easy to grow. But when a French army officer who had been a prisoner in Germany returned home, he brought potatoes to King Louis XVI. The royal family loved potatoes so much that Marie Antoinette used potato flowers to decorate one of her gowns.

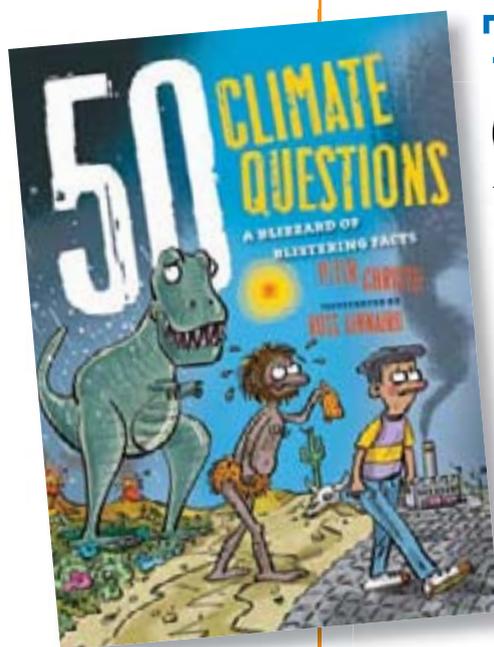
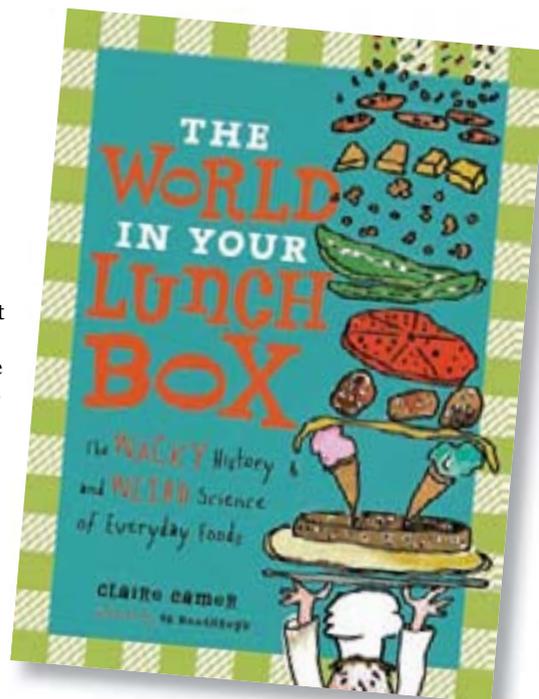
Tomatoes were once thought to be poisonous. Watermelons are 90 percent water and are sometimes used as canteens on desert journeys. Hot dogs were once made of "mystery meat" that was swept off the floor. And if you live in parts of Australia, you'd better be hungry. You just might find your plate filled with grubs!

Blend Eamer's stories together

gently with history and science, stir in artwork by Sa Boothroyd, serve it on an otherwise boring summer afternoon, and this book becomes a treat kids will relish.

I think budding young foodies and adults who love to eat will want to bite into it soon. For the 7- to 12-year-old who's epi-curious, "The World in Your Lunch Box" (Annick Press) is a recipe for fun.

"The World in Your Lunch Box," by Claire Eamer [121 pages, 2012, \$14.95].



Their climate questions answered

Chances are, your child has a few questions about global warming and climate in general. Maybe there are things you're wondering, too. For both of you, "50 Climate Questions" by Peter Christie has answers.

The book teaches children about global warming and climate change, starting with the Earth's beginning, when it was covered with a blanket of carbon dioxide that kept things awfully warm.

That didn't last, of course: the weather wobbled a lot, from "big chills" to tropical temperatures.

By melting science and history

Samples drilled from Chinese rocks prove that when the dinosaurs lived, the atmosphere heated the planet so much that if you'd taken a dip in the ocean, it might have felt like a hot tub.

The dinos had to adapt or die when that happened. Some of them stayed in warm places like all other reptiles, while others escaped to the South Pole or Australia. Some grew bigger, while others changed in other ways. But 65 million years ago, the dinosaurs were wiped out forever, which made way for mammals.

Climate caused forests to turn into grasslands, which made our ancestors start walking upright, which changed their diet and forced them to migrate to other continents. Civilizations were created and destroyed and history was changed by temperatures.

By melting science and history

together, Christie helps readers make sense of this important world issue and why climate change has actually been a good thing in the past. Christie also includes plenty of trivia, surprising facts, some experiments, and a quiz or two to get young brains thinking, while illustrations by Ross Kinnaird will keep them laughing.

Meant for kids ages 8 to 13, I think that a good number of adults will learn a thing or two from "50 Climate Questions" (Annick Press). If you're sweltering, freezing, or watching the skies this summer, this is going to be a hot book for you.

"50 Climate Questions," by Peter Christie [118 pages, 2012, \$14.95].

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.

Baby's first vacation

A dad tries to give his child all that his father gave him

BY TIM PERRINS

When I was a kid, my family often went to Cape Cod, Mass. for vacation. After arriving at our summer lodgings, we would leave the car and head out on bikes along the paved trails through the woods toward the coast. We watched tall trees give way to gnarled pines and beach heather as we neared the dunes, finally emerging into the bright sun along a sandy ridge to see the blue-green ocean stretched out to the horizon. I remember scrambling barefoot up the mountainous dunes; walking out across vast silt plains during low tide to hunt for shells and sea-smoothed stones in the shallow saltwater rivulets; and spotting crabs lurking in carpets of exposed seaweed.

Early this summer, my wife and I packed up the car for our first family vacation — a road trip from Brooklyn to the Cape with our 5-month-old girl and two eager dogs. It was a great trip overall, but there were difficulties as well, and not only the ones I anticipated.

Vacation with an infant is not particularly relaxing. For starters, little baby Bea is not a huge fan of the car seat. She fights against it like she's possessed. For the pups and me in the front seats it was somewhat tolerable, but I'm unclear how my wife (who spent the seven-hour ride in the back tending to the little one) retained her ability to hear. Or her sanity. Fortunately for all, each 20-minute freak-out was followed by a two-hour nap.

After surviving the journey, we unpacked and started settling in at our rental house. We were on vacation, but I still couldn't unwind. For some reason my childhood vaca-

tions loomed over me like a cloud. They are among my favorite memories, and I found myself wondering if I could provide equally wonderful experiences for my child.

Before this trip, I called my mom, and she gave me what details she could about the places we went to so long ago. My dad, though, was the real ringleader on our family's outdoor adventures — planning routes on topographic maps, and then taking a turn down some unknown road just to see where it would lead. But he's no longer with us.

Over the next few days, I was haunted by a feeling of something slipping away from me. There was a

faint sense of desperation as I pored over maps and searched the Internet, hoping to find the same places, or perhaps others as magical as the ones we traversed in my childhood.

As I drove the fledgling family toward the outer reaches of the Cape, the sandy spit of land narrowing, the ocean encroaching on either side, and those otherworldly dunes finally rising into view after all these years, little Bea took the opportunity to remind us, at full volume, how she feels about spending time in the car seat. You can never really relive the past, it seems.

It's not like I was worried about planning the perfect trip for our 5-month-old baby. Not only won't she remember it, but she's pretty content, no matter where we are, to grab my nose and kick me with her little monkey feet while squealing with delight. I wasn't just anxious about this vacation. I was feeling the pressure of a lifetime of getting things "right," of making the correct decisions and fostering an environment that will help her grow up resilient, caring, and confident. Based on my childhood, travel should be magical — and if I can't get a vacation plan right, what chance do I have with the rest of it?

Along with all that, there was the





The writer's daughter during her first summer trip to Cape Cod.

desire to do right by my dad. And nothing is a greater reminder of someone's absence than trying to fill his shoes. It all made for a lot of anxiety swimming around in my thoughts — the fading past, the uncertain future — while I was supposed to be relaxing.

Little Bea, meanwhile, seemed to be more wide-eyed and alert with every passing day. Half-way through the week, she turned all the way over for the first time. On our day trips, she looked out from her carrier with a big smile, her little arms dangling or suddenly flailing with gleeful excitement. We could be in the Grand Canyon or the grocery store — it's all a vacation for her.

Near the end of our week away, we decided on one more last-minute excursion. After missing a few turns and backtracking, we parked at a trailhead near a lighthouse, and set off with baby and dogs along a path that wound through gnarled trees and scrub brush.

Baby looked all around her and chattered happily, while the dogs pulled us along, excited to sniff every bit of unfamiliar vegetation. We emerged atop a cliff over the sea, and a steep wooden staircase

brought us down to a seemingly forgotten stretch of sandy coastline, recently exposed by the receding tide.

The dogs had never been to the ocean, and they bounded right into the shallow surf. They sniffed around the seaweed and driftwood on the silty shore, pawing at smoothed stones and shells.

There's a long road ahead with a lot of responsibility, but most of it, you take as it comes. Sure, there are things to worry about — but if you're never scared, then you're not paying attention. But once your anxiety about "getting it right" — whatever it is — has taken shape and you've examined it in your mind, it's OK to let it slip away, like a crumbling sandcastle that's gently swept back into the ocean by the incoming tide. Then you can breathe in the sea air, and feel the sun on your face and the salt water washing over your feet. After all, it's your vacation, too.

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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ASK AN ATTORNEY

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An estate plan for second marriages

I recently remarried. This is the second marriage for both me and my husband, and we each have a mixture of adult and young children from prior marriages. How can we provide for each other after one of us dies and protect our children's inheritance?

Second marriages can be the cause of much strife and estate disputes when one of the spouses dies. This question is commonly faced by second-time spouses and their children. Ultimately, how to resolve the issue depends entirely on the particular circumstances of your situation and your objectives.

The best way to avoid a potential dispute is to create an estate plan that meets your specific objectives and goals and memorialize that estate plan in your Last Will and Testament and, if desired, living trust. You should carefully review all of your assets and the designated beneficiary forms to make sure that they are consistent with your wishes. The best way to avoid a future dispute is to discuss that plan with your children so that they understand your wishes and goals. This will help ensure that your assets pass to the people you intended them to while still providing for your spouse.

New York law allows you to disinherit your children but not your spouse. Not completely, at least. Under New York law, your spouse is entitled to inherit at least one-third of your estate and assets. This is known as a "Right of Election." For elective share purposes, the gross estate can include both probate and non-probate assets that pass outside of your will, such as joint accounts or in-trust for accounts. ("Probate" assets are assets that are transferred through a Last Will and Testament, and are left to the individuals named in the Will. "Non-probate" assets



pass outside of the Will and are transferred to the individuals named on the beneficiary designation form, regardless of what the Will says.)

Even if you effectively disinherit your spouse by distributing probate and non-probate assets to your children during your lifetime, the surviving spouse can, in some circumstances, still elect to receive one-third of those assets. Life insurance, however, is not subject to the elective share, although it remains part of one's taxable estate.

Spouses can waive the "Right of Election" during their lifetimes either in a pre- or post-nuptial agreement or in a separate writing. During their lifetimes, many second spouses orally claim that they are not interested in their spouse's assets or estate. However, if this is not memorialized in writing that satisfies strict legal requirements (i.e. notarized or a stricter form of notarization called an "acknowledgment"), such an oral claim is not enforceable.

Without a Waiver of the Right of Election, the surviving spouse might claim his one-third, despite the supposed "plan" that you both agreed on.

Another scenario is where the surviving children expect the surviving spouse of their natural parent to "do the right thing" when the dece-

dent spouse left everything outright to the surviving spouse. This is not always possible, and, even if the surviving spouse is willing to do so, there may be adverse tax consequences to do so. A surviving spouse might have to use up her lifetime gift exemption in order to "do the right thing" and transfer assets to the children of the decedent spouse, which would

disadvantage their own children by requiring them to pay taxes when the surviving spouse dies.

Living and testamentary trusts offer a solution to this quandary. By creating and funding a living (sometimes called an *inter vivos*) trust during your lifetime, or establishing one in your Last Will and Testament, you can provide for your second spouse during his life while ensuring that the principal passes to your own children at the death of the surviving spouse, and not to his own children through his estate.

For example, the first spouse to die can transfer the property to a by-pass or Qualified Terminable Interest Property trust created through the Will or during his life. This trust allows the surviving spouse to use and enjoy property during his lifetime, but ensures that the property will pass to your children (or whom-ever you designate) at the death of your surviving spouse.

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

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It figures

BY CYNTHIA WASHAM

ODDS & TRENDS

62 Percent of school-age children who consider swimming their favorite summer pastime.

50 Percent of adults who yawn if they see someone else yawn.

5 Age when contagious yawning starts.

20 million Number of children every year who register for football, baseball, soccer, or another competitive youth sport.

70 Percent who quit by age 13 and never return.

\$35,915 Annual preschool tuition at New York's exclusive Ethical Cultural Fieldston School.

\$0 Tuition San Francisco's wealthiest parents pay for their toddlers to attend Ann and Gordon Getty's invitation-only Playgroup Preschool.

59 Percent of children who, given a time machine, say they'd use it to see their parents as kids.

62 Percent of American school children who say their favorite recess game is kickball.

6 Number of weeks students in Japan have for summer vacation, which always involves homework.

52 Percent of students from kindergarten through second grade who would include laptop computers for every student if they could create their own school.

10 Extra hours of learning per week students in rural Pope County, Ark. get watching math and science lessons on five ceiling-mounted screens in their school bus.

9½ Hours per day children in China typically spend at school, including a two-hour lunch break.



Sources: Scholastic.com, Factmonster.com, eschoolnews.com, ecfs.org, The New York Times, Familyeducation.com, Brokensecrets.com

Going Places

FRI, JULY 27

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

Children 10 to 12 years old learn how to care for the animals with an experienced zookeeper. Registration required.

Storytelling: Nassau County Museum of Art, 1 Museum Dr.; (516) 484-9337; www.nassaumuseum.org; 10–11 am; Free with museum admission (\$10 adults; \$8 seniors; \$4 students and children 4-12; free for members).

Children 3 to 5 years old and family listen to a reading and view the works of Marc Chagall, then create their own masterpieces. Limited to 20 children and an adult companion. Registration required.

Music and movement: Long Island Children's Museum, 11 Davis Ave. at W. Road; (516) 224-5800; www.licm.org; 11:30 am; \$3 with museum admission (\$2 for members).

Darlene Graham and Louie Miranda lead a fun filled performance. Suitable for children 3 years and older.

Summer games: Seaside Public Library, 116-15 Rockaway Blvd.; (718) 634-1876; www.queenslibrary.org; Noon.

Meet and play various board games. Suitable for all ages.

"Goldilocks and the Three Bears": Long Island Children's Museum, 11 Davis Ave. at W. Road; (516) 224-5800; www.licm.org; 1:30 pm; \$8 with museum admission (\$6 members) \$12 theater only.

The classic children's story comes to life. Stay after the show and meet the characters. For children of all ages.

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

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

Green teens: Long Island Children's Museum, 11 Davis Ave. at W. Road; (516) 224-5800; www.licm.org; 2–4 pm; Free with museum admission.

Teens lead visitors through an activity, craft or game with a different nature-related theme. Suitable for all ages.

Kite time: Long Island Children's Museum, 11 Davis Ave. at W. Road;



AP / The Canadian Press, Chris Young

'Call' on Carly Rae

Call me maybe, but definitely go see Carly Rae Jepsen perform as part of the Arthur Ashe Kids' Day on Aug. 25. The Canadian pop sensation will sing her hit single "Call Me Maybe" and other tunes at the Billie Jean King National Tennis Center.

This event also features performances by The Wanted and Mindless Behavior; interactive games; juggling workshops; storytelling; the Hess Express Obstacle Course; and the Xerox

Beat the Pro on Court 13. Kids' Day begins at 9:30 am, with the concert kicking off at 1 pm.

Tickets range from \$10 to \$44 and may be purchased at www.ticketmaster.com or by calling the box office at (718) 760-6200.

Arthur Ashe Kids' Day at Billie Jean King National Tennis Center, Arthur Ashe Stadium [United Nations Ave. N and New York Avenue in Flushing Meadows; (718) 760-6200; www.arthurashekids.com].

(516) 224-5800; www.licm.org; 2–4 pm; \$4 with museum admission (\$3 for members).

Children 3 years and older learn all about aerodynamics in a fun workshop, and then go and fly their kite.

SAT, JULY 28

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

Young Chefs: Peachy Keen: Alley Pond Environmental Center, 228-06 Northern Blvd; (718) 229-4000; 10:30 am; \$24 per child.

Children 7 to 12 years of age prepare

peach-based dishes. Pre-registration required.

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.

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 years and older accompanied by an adult (12 on their own) visit

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!

the museum and learn about moving images.

Down by the Bay: Alley Pond Environmental Center, 228-06 Northern Blvd; (718) 229-4000; 1:30 pm; \$12 members (\$18 non-members).

Pre-register. Learn about the sea life in the bay.

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

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

Family Day: Hearst Plaza at Lincoln Center, 70 Lincoln Center Plaza in Manhattan; (212) 875-5766; www.lcoutdoors.org; 2:30 pm and 4 pm; Free.

The Bindlestiff Family Cirkus is coming to town.

"Gold Medal Summer": The Scholastic Store, 557 Broadway between Prince and Spring streets; (212) 343-6166; www.scholastic.com; 3 pm; Free.

Children 6 and older celebrate the 2012 Olympics with this new novel by Donna Freitas; So break out the spandex and get ready to split, flip and twirl in a limbo tournament, run in a relay race, and then design a medal.

Ice Theatre: World Ice Arena, Perimeter Road, Flushing Meadows Corona Park; (212) 929-5811; itny@icetheatre.org; icetheatre.org; 7 pm; Free admission, skates \$5.

Performances by the Ice Theatre of New York ensemble, including guest artists from the competitive skating. The public is invited to skate after the performances. For directions, www.worldice.com/directions/.

Bat walk: Old Westbury Gardens, 71 Old Westbury Rd.; (516) 333-0048;

Going Places

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.

"Guys and Dolls": BroadHollow Theatre, 700 Hempstead Tpke.; (516) 775-4420; www.broadhollow.org; 8 pm; \$28.

Sing along with Nathan, Sky, Sarah, and Adelaide to "Luck Be A Lady," "Sit Down, You're Rockin' the Boat," and all the other classics in this Damon Runyon-inspired tale.

SUN, JULY 29

Nostalgia Ride: New York Transit Museum, 130 Livingston St. between Boerum Place and Schermerhorn Street; (718) 694-1600; www.nycharities.org/events/EventLevels.aspx?ETID=4994; 10 am-5 pm; \$50 (\$25 children; \$35 members; \$20 children members).

Take a R1/9 ride to Coney Island and visit the Big Apple's playground.

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

Animal Care Trainee: Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 10 am; \$21 each.

Children 8 to 12 years old help care for APEC's animals. Pre-registration required.

Bubble trouble: New York Hall of Science, 47-01 111th St. at Avenue of Science; (718) 699-0005 X353; www.nysci.org; 10:30 am-12:30 pm; \$8 (\$5 members) plus museum admission.

Design and make your own bubble blowing tool. Pre-registration is recommended.

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

It's back! Sculptors, get your pail, shovel and imagination in gear for the 17th annual event. Prizes and activities.

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

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

"Guys and Dolls": 2:30 pm. BroadHollow Theatre. See Saturday, July 28.

Little Makers: New York Hall of Science, 47-01 111th St. at Avenue of Science; (718) 699-0005 X353; www.nysci.org; 3-5 pm; \$8 plus museum admission.

Children tinker, design and create together, with paint, ink and oobleck. Pre-registration required.



'Golden' opportunity

Breathtaking athleticism, traditional costumes, and music are all at the Queens Theatre now through Aug. 5 as part of the Golden Dragon Acrobats show.

Recognized as the premier acrobatic touring company, the Golden Dragon represents the best of a tradition that began centuries ago. Impresario Danny Chang and choreographer Angela Chang incorporate traditional

dance, and ancient and contemporary music, to create a spell-binding production.

Performance times are July 27, 28, Aug. 1, 2, 3, and 4 at 1 and 7 pm, and July 29 and Aug. 5 at 3 pm. Tickets are \$32 for the family pack of four.

The Golden Dragon Acrobats at the Queens Theatre [14 United Nations Avenue South in Flushing Meadows, Corona Park; (718) 760-0064; www.queentheatre.org].

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

APEC Explorers: Alley Pond Environmental Center, 228-06 Northern Blvd. (718) 229-4000; 10 am; \$114 per child.

For those entering second- and third-grade and interested in nature. Pre-registration required.

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

For moms and children 7 years old 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 fluorescent paints preregistration required.

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

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

Teen workshop: Pomonok Public Library, 158-21 Jewel Ave. at Parsons Boulevard; (718) 591-4343; www.queenslibrary.org; 3 pm.

Based on the Sean Covey book, "The 7 Habits of Highly Effective Teens," the program helps young people to maximize their potential.

Math SAT prep: McGoldrick Library, 155-06 Roosevelt Ave. at Northern Blvd. (718) 461-1616; https://www.queenslibrary.org; 6 pm; Free.

When you go back to school in September will you be facing the SAT's? If so this is a workshop with a math teacher and coach. Pre-registration required.

TUES, JULY 31

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

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

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

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

Dream it, claim it: East Elmhurst Public Library, 95-06 Astoria Blvd. at 95th Street; (718) 424-2619; www.queenslibrary.org; 2:30 pm; Free.

For teens entering grades six through 12, this five week program helps them to prepare a portfolio, learn how to dress for success, how to properly communicate and land that dream job.

WED, AUG. 1

Pinkalicious: BroadHollow Theatre, 700 Hempstead TPKE. (516) 775-4420; www.broadhollow.org; 10 am; \$10.

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

APEC Explorers: 10 am. Alley Pond Environmental Center. See Monday, July 30.

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.

Little Makers: 10:30am-12:30 pm. New York Hall of Science. See Sunday, July 29.

Young Dancemakers Company: Peter Jay Sharp Theatre, 155 W. 65th St. at West End Avenue; (212) 864-5400; www.symphonyspace.org; 2 pm; Free.

Concert of original choreography created and performed by a city wide ensemble of urban teens.

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

Teens learn the art of anime and enjoy screenings of new anime movies.

Make goo: New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X353; www.nyscience.org; 3-5 pm; \$8 (\$5 members) plus museum admission.

Make a mysterious gooey substance and use your hands to discover how it acts like a solid and a liquid, pre-registration is recommended.

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

Librarians will be available to answer questions about library programs.

Role playing: Bayside Public Library, 214-20 Northern Blvd. at 215th Street; (718) 229-1834; www.queenslibrary.org; 3 pm; Free.

This program allows participants to create characters in both Villains and Vigilantes and Marvel Superhero RPG.

Aviator Cheer Camp: 5:00PM-8-

Continued on page 48

Going Places

Continued from page 47

:00PM. Aviator Sports and Events Center. See Tuesday, July 31.

"How to Train Your Dragon: Live Spectacular": Nassau Coliseum, 1255 Hempstead Turnpike at Earle Ovington Boulevard; (800) 745-3000; www.nassaucoliseum.com; 7 pm; \$32.50-\$149.50.

The smashing production takes off where the movie leaves off with acrobats, warriors, Vikings and yes, fire breathing dragons.

"Kung Fu Panda 2": Elmhurst Park, Grand Ave. at 79th St. (718) 520-5919; www.nycgovparks.org; 7:30-11 pm; Free.

It's that furry kung fu fighting bear. Bring a chair or blanket and popcorn.

THURS, AUG. 2

Cooking days: Socrates Sculpture Park, 32-01 Vernon Blvd. (718) 956-1819; www.socratessculpturepark.org; 3-6 pm; Free with museum admission.

Teens get hands-on tips on how to cook nutritious meals from Urban Chef Felix Castro.

"How to Train Your Dragon: Live Spectacular": 7 pm. Nassau Coliseum. See Wednesday, Aug. 1.

"The Three Musketeers": Cunningham Park, 73rd Ave. and Francis Lewis Boulevard; 8-10 pm; Free.

Movies under the stars presents this classic of swashbuckling heroes. Bring the blankets and popcorn.

FRI, AUG. 3

Storytelling: 10-11 am. Nassau County Museum of Art. See Friday, July 27.

Robin Hood: 12:30 pm. Bayway Arts Center. See Tuesday, July 31.

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

"The Amazing Adventures of Cavalier and Clay," by Michael Chabon.

Cooking days: 3-6 pm. Socrates Sculpture Park. See Thursday, Aug. 2.

"How to Train Your Dragon: Live Spectacular": 7 pm. Nassau Coliseum. See Wednesday, Aug. 1.

"Guys and Dolls": 8 pm. BroadHollow Theatre. See Saturday, July 28.

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

Animated movie.



BroadHollow 'Dolls'

Enjoying the smash Broadway hit "Guys and Dolls" at the BroadHollow Theatre is like traveling back to New York City in the 1930s and '40s.

The musical adaptation of Damon Runyon's short stories features Nathan, Sky, Sarah and Adelaide singing all the classics — "Luck be a Lady," "Sit Down You're Rockin' the Boat," and

more — born from this legendary show.

Performance times for "Guys and Dolls" are July 28, Aug. 3 and Aug. 4 at 8 pm, and July 29 and Aug. 5 at 2:30 pm. All tickets are \$28 at the door.

The BroadHollow Theatre [Elmont Memorial Library, 700 Hempstead Turnpike in Elmont; (516) 775-4420; www.broadhollow.org].

SAT, AUG. 4

Maker weekend: New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X353; www.nyscience.org; 11 am-4 pm; Free with museum admission.

Children engage in hands-on, open-ended play with Pop-Up Adventure Play, which uses every-day materials like cardboard boxes, tubes, string and fabric to create structures to play with.

Drop-In 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 years and older engage in hands-on activities making projects ranging from flipbooks and thaumatrope to stop-motion and computer animations.

"How to Train Your Dragon: Live Spectacular": 7 pm. Nassau Coliseum. See Wednesday, Aug. 1.

"Guys and Dolls": 8 pm. BroadHollow Theatre. See Saturday, July 28.

SUN, AUG. 5

Fleamarket: St. Raphael's church,

35-20 Greenpoint Ave. (718) 729-8957; 9 am-4 pm; Free.

Outdoor event, new and used items.

Maker weekend: 11 am-4 pm. New York Hall of Science. See Saturday, Aug. 4.

Studio Sunday: Museum of Arts and Design, 2 Columbus Circle at Eighth Avenue; (212) 299-7777; www.madmuseum.org; 2 pm; \$10.

Children 6 years and older get the 411 from a professional artist on how to explore the galleries and then a hands-on workshop to create works inspired by the selections. RSVP Required.

"Guys and Dolls": 2:30 pm. BroadHollow Theatre. See Saturday, July 28.

Concert: Central Library, 89-11 Merrick Blvd. (718) 990-0700; www.queenslibrary.org; 3 pm; Free.

Families are treated to a steel pan band concert when Steel Sensation, the Queens based ensemble performs.

"How to Train Your Dragon: Live Spectacular": 7 pm. Nassau Coliseum. See Wednesday, Aug. 1.

MON, AUG. 6

APEC Explorers: 10 am. Alley Pond Environmental Center. See Monday, July 30.

Open audition: Trinity Episcopal Church, 130 Main St. (631) 732-2926; www.minstrelplayers.org; 7:30 pm; Free.

For men, women and children ages 5 years and older for a production of the Christmas Carol to be performed in December. Bring resume and headshots.

TUES, AUG. 7

Pinkalicious: 10:30 am. BroadHollow Theatre. See Wednesday, Aug. 1.

Dream it, claim it: 2:30 pm. East Elmhurst Public Library. See Tuesday, July 31.

WED, AUG. 8

APEC Explorers: 10 am. Alley Pond Environmental Center. See Monday, July 30.

New parents: 10:30 am-noon. 92nd Street Y. See Wednesday, Aug. 1.

Anime workshop: 2 pm. Flushing Public Library. See Wednesday, Aug. 1.

Meet the librarian: 3 pm. Steinway Public Library. See Wednesday, Aug. 1.

Role playing: 3 pm. Bayside Public Library. See Wednesday, Aug. 1.

Little Makers: 3-5 pm. New York Hall of Science. See Sunday, July 29.

THURS, AUG. 9

Pinkalicious: 11 am. BroadHollow Theatre. See Wednesday, Aug. 1.

FRI, AUG. 10

Storytelling: 10-11 am. Nassau County Museum of Art. See Friday, July 27.

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

Animated movie, featuring the voice of Johnny Depp.

SAT, AUG. 11

Get Up and Go Family Adventure Race: Flushing Meadows Corona Park; 8:30 am.

Activities include: javelin throw, jump rope, basketball free throw, hurdles, and bench push-ups. Registration on first-come basis. Two races: ages 8-10 and 11-13. Near Fountain of the Planets.

Drop-In workshop: Museum of the Moving Image, 36-01 35th Ave.

Going Places

(718) 777-6888; www.movingimage.us; Noon–5 pm; Free with museum admission.

Children 7 years and older engage in hands-on activities making projects ranging from flipbooks and thaumatropes to stop-motion and computer animations.

SUN, AUG. 12

Nostalgia Ride: New York Transit Museum, 130 Livingston St. between Boerum Place and Schermerhorn Street; (718) 694-1600; www.nycharities.org/events/EventLevels.aspx?ETID=4995; 10 am–5 pm; \$50 (\$25 children; \$35 members; \$20 children members).

Take a combination of R19 trains and vintage buses to Rockaway Beach and Gateway National Park.

Little Makers: 10:30 am–12:30 pm. New York Hall of Science. See Sunday, July 29.

MON, AUG. 13

APEC Explorers: 10 am. Alley Pond Environmental Center. See Monday, July 30.

TUES, AUG. 14

Pinkalicious: 1 pm. BroadHollow Theatre. See Wednesday, Aug. 1.

WED, AUG. 15

APEC Explorers: 10 am. Alley Pond Environmental Center. See Monday, July 30.

Anime workshop: 2 pm. Flushing Public Library. See Wednesday, Aug. 1.

Meet the librarian: 3 pm. Steinway Public Library. See Wednesday, Aug. 1.

Role playing: 3 pm. Bayside Public Library. See Wednesday, Aug. 1.

Little Makers: 3–5 pm. New York Hall of Science. See Sunday, July 29.

FRI, AUG. 17

“Back to the Future”: Hudson River Park Pier 46, Christopher St. and the Hudson River; (212) 627-2121; www.hudsonriverpark.org; 8:30 pm; Free.

Alex Keaton like you have never seen him before.

SAT, AUG. 18

Show and tell: Nassau County Museum of Art, One Museum Drive; (516) 484-9337; www.nassaumuseum.org; 11 am–2 pm; Free with museum admission.

Share your collection of prized possessions with fellow collectors. Then create signage for your works with a wide variety of art materials.



Getting animated

Has your child wondered what it takes to make a cartoon? All of his questions are answered at the New York Hall of Science exhibit, “Animation,” running now through Sept. 2.

The 6,000-square-foot exhibit features characters from the Cartoon Network and allows children to explore the wonders of animation from concept to finished product, including story boarding, character design and drawing techniques, to movement, timing, filming, and sound. Larger-than-life graphics of popular

’toons provide a colorful backdrop to the exhibit, which also explores the history of animation. A screening room and cartoon museum are part of the fun.

The exhibit is open now through Sept. 2, Mondays through Fridays, 9:30 am to 5 pm, and Saturday and Sundays, from 10 am to 6 pm. Admission is \$11 for adults; \$8 for children, 2 to 17 years old, college students, and seniors.

The New York Hall of Science [47-01 111th St. at Avenue of Science in Corona; (718) 699-0005; www.nysci.org].

Grades pre-K to eighth-grade.

Maker weekend: 11 am–4 pm. New York Hall of Science. See Saturday, Aug. 18.

WED, AUG. 22

Role playing: 3 pm. Bayside Public Library. See Wednesday, Aug. 1.

Little Makers: 3–5 pm. New York Hall of Science. See Sunday, July 29.

THURS, AUG. 23

Ethan Bortnick and Kidz Bop: Peter Jay Sharp Theater, 155 W. 65th St. at Broadway; (212) 864-5400; www.symphonyspace.org; 7 pm; \$55 (\$39).

Kidz Bop stops by providing his own brand of family entertainment.

In Ghostly Japan: Hudson Guild Theater, 441 W. 26th St. between Ninth and Tenth avenues; (212) 932-9601; www.theatreartsjapan.org; 7 pm; Free.

Suitable for children 7 years and older. “Stories of Strange Things,” written by Eriko Ogawa, is based on the written works of Rampo Edogawa, Japan’s leading bizarre mystery writer and Yukumo Koizumi.

FRI, AUG. 24

In Ghostly Japan: 2 and 7 pm. Hudson Guild Theater. See Thursday, Aug. 23.

“The Smurfs”: Hudson River Park Pier 46, Christopher St. and the Hudson River; (212) 627-2121; www.hudsonriverpark.org; 8:30 pm; Free.

Papa Smurf to the rescue, yet again.

SAT, AUG. 25

Arthur Ashe’s Kids Day: Billie Jean King National Tennis Center, United Nations Ave. N and New York Avenue; (718) 760-6200; www.ticketmaster.com; 9:30 am – 3 pm; \$10-\$44.

Games and activities; the Hess Express Obstacle Course and Target Time; Xerox Beat the Pro event and lots of tennis tips; and a host of live entertainment.

Maker weekend: New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X353; www.nyscience.org; 11 am–4 pm; Free with museum admission.

Build a buzzer, make your own creation with ZOOB pieces and recycled materials.

Drop-in 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 years and older engage in hands-on activities making projects ranging from flipbooks and thaumatropes to stop-motion and computer animations.

In Ghostly Japan: 2 and 7 pm. Hudson Guild Theater. See Thursday, Aug. 23.

SUN, AUG. 26

Open House and Registration: Israel Center of Conservative Judaism, 167-11 73rd Ave. (718) 591-5353; 10 am.

Meet school administration and synagogue clergy.

Maker weekend: 11 am–4 pm. New York Hall of Science. See Saturday, Aug. 25.

In Ghostly Japan: 2 pm. Hudson Guild Theater. See Thursday, Aug. 23.

TUES, AUG. 28

Buzzy bees: Alley Pond Environmen-

Continued on page 50

Going Places

Continued from page 49

tal Center, 228-06 Northern Blvd. (718) 229-4000; 10–11:30 am; \$10 (\$16 non-members per child/adult pair).

Get the buzz on those furry yellow and black honey makers, play bee games and enjoy a bee story in the Story Circle. For children 4 to 10 years old.

SAT, SEPT. 1

Drop-in 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 years and older engage in hands-on activities making projects ranging from flipbooks and thaumatroscopes to stop-motion and computer animations.

LONG-RUNNING

Science Playground: New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X353; www.nyscience.org; \$4 per person, plus general NYSCI admission.

Weather permitting. Slides, seesaws, climbing webs, a water play area, drums, mirrors, sand boxes and more allow kids to explore science by playing.

Kinderzoo: Queens Zoo, 53-51 111th St. (718) 271-1500; queenszoo.com; Wednesday, 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 years old explore animal colors, families and diets through crafts, and games. Registration required.

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

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

Legends of Flight: New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X353; 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 practices. See the first public flights of the Airbus A380 and the 787.

Cartoon exhibit: New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X353; 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.



Promising 'Enterprise'

Beam yourself aboard the Intrepid Sea, Air and Space Museum, which is home to the Space Shuttle Enterprise, from now through Oct. 31.

The spacecraft is installed in the Space Shuttle Pavilion on the flight deck, and the exhibition allows visitors to walk directly underneath it or ascend to a viewing platform near the nose to get up close and take a look inside.

The museum also offers a view of seven full decks and four theme halls; a collection of 27 other aircraft, where guests experience the flight deck; and the 12,240-square-foot, interactive Exploreum, which contains a variety of hands-on activities that allow visitors to sit on

a bunk bed and get a taste of what it's like to live at sea, send out a message in Morse code, and try out a flight simulator.

The museum is open daily through Oct. 31; Monday to Friday, 10 am to 5 pm, and Saturday and Sunday, from 10 am to 6 pm. General admission is \$30 for adults; \$26 seniors and college students; \$23 children, ages 7 to 17, and veterans; \$16 children, ages 3 to 6, and free for active and retired military members, and children under 3.

The Space Shuttle Enterprise at the Intrepid Sea, Air and Space Museum at Pier 86, 12th Avenue at 46th Street in Manhattan; www.intrepidmuseum.org.

"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 altarpiece by Bartolo di Fredi, (1330–1410), will be displayed in its entirety. (Closed 7/4/12.)

Intrepid Air and Space Museum:

Intrepid Sea Air and Space Museum at Pier 86, 12th Ave. at 46th Street; www.intrepidmuseum.org; Weekdays, 10 am–5 pm, Saturdays and Sundays, 10 am–6 pm, Now – Wed, Oct. 31; \$30 general admission (\$26 seniors and college students; \$23 children 7 to 17 years old and veterans; \$16 children 3–6; Free for active and retired military and children under 3).

Come aboard and explore the 12,240 square foot interactive Exploreum, fea-

turing a variety of hands on exhibits as well as the Space Shuttle Enterprise which now has a permanent home in the museum.

"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, "Little Miss Muffet", this version tells the story of Molly Muffet, the descendant of the original Miss Muffet. Run time is approximately 50 minutes and is suitable for children 3 to 9 years old.

Le Carrousel: Bryant Park, W. 40th St. between Fifth and Sixth avenues;

www.nycgovparks.org; Daily, 11 am–8 pm; Now – Wed, Oct. 31; \$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.

Paddles and balls provided and all skill levels welcome.

Muttville Comix: Long Island Game Farm, 638 Chapman Blvd. at; (631) 878-6644; <http://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 years of age).

Canine comedy with Johnny Peers and his canine crew.

Golden Dragon Acrobats: Queens Theatre, Flushing Meadows Corona Park; Box Office 718-760-0064; Administration 718-760-0686; www.queens-theatre.org; Wednesdays – Saturdays, 1 pm and 7 pm, Sundays, 3 pm, Now – Sun, Aug. 5; \$32 (Family 4-Pack priced at \$100 for 4 tickets).

Breath-taking acrobatics and traditional music and costumes.

Storytime: The Metropolitan Museum of Art, 1000 Fifth Ave. at East 82nd Street; (212) 570-3894; metmuseum.org; Tuesdays – Fridays, 3–3:30 pm, Now – 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.

"Legally Blonde: The Musical": Bay-Way Arts Center, 265 E. Main St. (631) 581-2700; www.broadhollow.org; Friday, July 27, 8 pm; Saturday, July 28, 8 pm; Sunday, July 29, 2:30 pm; Wednesday, Aug. 1, 2 pm; Friday, Aug. 3, 8 pm; Saturday, Aug. 4, 8 pm; Sunday, Aug. 5, 2:30 pm; \$20 (\$18 seniors; \$14 students under 12).

Based on the hit movie of Elle Woods, but with fun music and a great cast.

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

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

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 three and up create fun projects.

Going Places

Storytime: Barnes & Noble, 176-60 Union TPKE. (718) 380-7077; Wednesdays and Saturdays, 11 am, Now – Wed, Sept. 19; Free.

Every Wed. and Sat. Children listen to a different author and theme then make a fun project.

Basketball clinics: North Meadow Recreation Center, 97th St. Transverse Rd. (212) 348-4867; www.nycgov-parks.org; Saturdays, Noon–2 pm, Now – Sat, Oct. 27; Free.

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

Art Trek: The Metropolitan Museum of Art, 1000 Fifth Ave. at East 82nd Street; (212) 570-3894; metmuseum.org; 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 to 12 years old take a new voyage around the globe every time they visit the museum.

Start with Art: The Metropolitan Museum of Art, 1000 Fifth Ave. at East 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 to 7 years old sketch, explore and listen to stories.

Family Sundays: Nassau County Museum of Art, One Museum Drive; (516) 484-9337; www.nassaumuseum.org; 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.

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

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

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.

Cunningham Park Concert and

Movies: Cunningham Park, 73rd Ave. and Francis Lewis Boulevard; Mondays and Thursdays, 7:30 pm, Now – Mon, Aug. 27.

Mitch Kahn sings songs that won the Academy Award; Three Musketeers, The Help, Captain America, Happy Feet 2, Close Encounters of the Third Kind.

Fitness: Thomas Jefferson Recreation Center, First Ave. at E. 112th Street; (212) 860-1383; www.nycgovparks.org; Tuesdays, 2012, Now – 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, Now – Tues, Aug. 28; Free.

Children 2 to 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.

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

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

Yak Packers: Ruben Museum of Art, 150 West 17 Street, between 6th and 7th 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.

Popup art: Pier 25, W. St. at N. Moore Street; Wednesdays, 3 pm, Now – 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.

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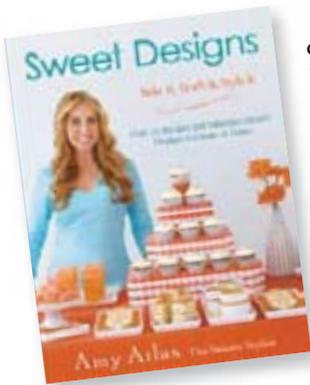
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New & Noteworthy

BY LISA J. CURTIS

Get ready to party



In the part cookbook and part crafting and decorating manual “Sweet Designs,” Amy Atlas reveals the secrets to creating 14 themed dessert tables. For her “Picnic in the Park” spread, she supplies all of the stunning photographs, sources, and instructions we need in order to “bake it, craft it, and style it” in our backyard, patio, or rooftop deck. There are recipes for a strawberry trifle; cherry pies; red zinger iced tea with wa-

termelon wedges; and more. There are also

do-it-yourself tips for making festive bunting and charming pinwheel favor boxes — and that’s just one chapter!

The book explodes with Atlas’s sugary concepts for birthdays, anniversaries, baby showers, a game night, movie night, or Halloween soiree.

Busy parents will appreciate her time-saving suggestions. For example, if you want the spectacle of a three-tiered, fondant-covered cake in the center of your dessert table, but can’t justify such an extravagance, make a fake cake — with one real layer you can cut and serve to your guests. Genius!

You’ll be turning to Atlas’s “Sweet Designs” for delicious inspiration all year long.

“Sweet Designs” by Amy Atlas (Hyperion), \$27.99. www.barnesandnoble.com.



Cute as a bottom

Nothing in the world is cuter than a baby. Unless it’s a bebe with a frilly diaper cover! And RuffleButts is one company that’s not afraid to exploit our compulsion to make our adorable bambinos even cuter. It makes diaper covers in a jaw-dropping variety of colors and patterns (Swiss dot, giraffe, cow, leopard) — even denim — so you can accessorize her every outfit.

And when the weather gets too chilly for bloomers alone, it offers a very popular line of frilled leg warmers and tights.

Before mothers of baby boys begin to feel left out, we’re thrilled to report that the manufacturers of cute couture have recently launched RuggedButts, its line of comfy, fashionable clothes “for the little guys.”

RuffleButts bloomers, \$12–\$21, and leg warmers, \$9–\$10. www.rufflebutts.com.

‘Hero’ worship

On this fantastic CD, the music of the Foo Fighters, has been translated into sweet lullabies with a mellotron, glockenspiel, and other soothing instruments by Andrew Bissell. Hopefully, these quiet instrumentals will help lull baby to sleep, but the familiar tunes will definitely help you to maintain your identity while the rest of your life is utterly transformed by your wakeful bundle of joy. Imagine how much nicer it will be to rock your little one till sunrise when you are whispering the lyrics to “Monkey Wrench,” “Learn to Fly,” and “My Hero.”

If that isn’t thrilling enough, on Aug. 28, Rockabye Baby will unleash a CD of lullaby versions of classic Kiss songs such as “Beth” and “Rock and Roll All Nite.”

Whether it’s a treat for you or a baby shower gift, Rockabye Baby is necessary for the preservation of any new parent’s sanity.

“Rockabye Baby! Lullaby Renditions of Foo Fighters” CD, \$16.98. www.rockabyebabymusic.com.



Dino-sandwich

If your kid would rather his sandwich not be from the crust-aceous period, you’ll love the DynoBytes sandwich crust cutter by Evriholder. The dinosaur-shaped device is easy to use; it smoothly pressed through a sandwich of chewy multigrain bread, cheddar and ham, leaving two perfect halves that reminded us of two Brachiosauruses with short necks. Whether you are making a sandwich for camp, the first day of school, or for a dino-themed birthday party, we think there’s a distinct possibility your little omnivore will quickly make his lunch extinct if it’s in this fun shape. The cutter can also be used to make cookies, and it’s Bisphenol A (BPA)-free.

DynoBytes sandwich crust cutter by Evriholder, \$4.61. www.amazon.com.



Photo by Lisa J. Curtis

Case for fun

Want to lure your little fashionista away from the television or video games with a toy that will engage her? Try vintage-inspired cloth paper dolls by textile artist Sally Manke for entertainment that’s kid-powered, rather than battery-powered.

Manke has created cotton fabric, reusable versions of classic paper dolls and bonded them to batting. In her set, two ready-to-play-with dolls (about 7- to 8-inches tall), six dresses and six hats come with their own quilted carrying case, available in “medium blue” and “mauve pink.” (All of the pieces can be hand-washed and must be laid flat to dry.) Each case has a front pocket to store the two dolls and inside pockets for stowing clothes and accessories. The case fastens with a ribbon tie, and then it’s ready to be toted to church, on a play date or road trip for hours of fun.

Cloth paper dolls and accessories in carrying case, \$25. SallyManke shop on www.etsy.com.



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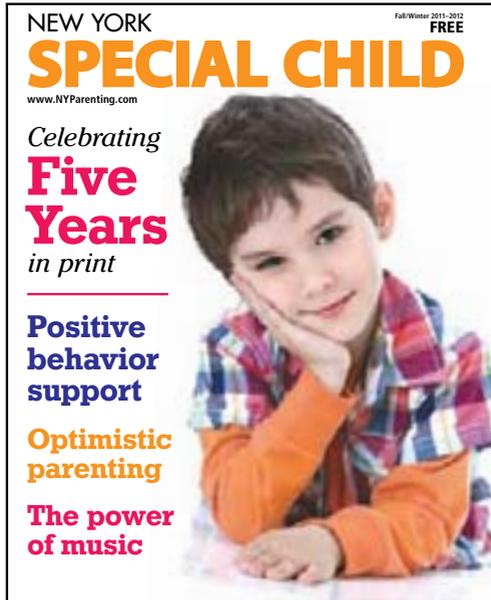
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