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# Letter from the publisher

## The end of summer

September is one of my favorite months, although when I was young I had real conflict with it like most kids. You want to go back to school and see your friends, but at the same time you don't want summer to end. For me, it was more



about the approach of winter than the loss of summer. The winters in Chicago where I grew up were pretty severe and I never looked forward to the harshness of that season. It used to be that way here in New York, too, as I recall. I've been here for many years now and it seems they get milder, or maybe my recall from youth just makes it seem that way.

Without a doubt, September brings a lot of great weather perfect

days and the irony is that most everyone is back in gear and unable to enjoy them to the fullest. Children look out the windows of their classrooms and see Indian Summer days that make one long for the summer that's past, or if they're lucky, they will

be doing great things after school that keep them outdoors a bit.

My daughter did everything, or it seemed that way to me, her personal chauffeur. She took gymnastics, swimming, dance, after school science, studied classical guitar, and was on a soccer team. Not all at once, I might add. That was a lot of organization for her mom, and I did it with gusto and professionalism while balancing my work life along side. The benefits for

her were huge and I was lucky that she was my one and only and I didn't have more than one to schedule.

Every year this issue presents an Activity/Afterschool Guide to help parents see the myriad of possibilities that exist around their communities that will enhance and intrigue the talents and potentials of their children. There are varied programs of all kinds and we urge you to sign your kids up for some of them, whatever their inclination and/or need. We have to provide a lot of extra stimulation for our children beyond their classrooms so they will become rounded human beings. We have to make certain their exposure is wide and stimulating. Education is about much more than reading, writing and arithmetic.

New York is a great place to be a parent raising children. There are

so many possibilities. Anyone who's bored here is not justified. There will be wonderful activities all month long throughout the five boroughs. We urge you to use our online calendar as well as our print publication to find out what's happening around our city. Log on to [www.NYParenting.com](http://www.NYParenting.com) and sign up for our e-blasts. They come twice a week and are chock full of information. We're proud of our website and think it balances our print products really well. There's something for everyone.

Thanks for reading.

Susan Weiss-Voskidis,  
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# Fashion & sense

## Peacocking around — with style and self-respect



BY MEAGAN J. MEEHAN

Every day that we leave our homes, we put on a show via our choice of apparel. What we wear in public tells a story about us. The dilemma that hangs over most parents' heads is trying to find the balance between supporting their child's or teen's sense of self — and maintaining a sense of clothing appropriateness.

The term “peacocking around” comes to mind when we consider fashion sense, styles, and trends. Like the gorgeous pheasant, human beings put on a show in public.

We don't have multicolored feathers, but we do have options of color and style in clothes, accessories, hair, and makeup. Unlike peacocks, whose males are bright and colorful, human females are usually keener on selecting outfits than males are.

Many see fashion and style as a pastime for young women. What we forget is that society uses fashion and uniforms to distinguish all sorts of people. Firemen, policemen, doctors, and delivery men can be identified quickly by glancing at their attire.

When we are not obliged to dress a certain way for work or special occasions, we choose what we will wear based on what we like. In other words, our personal preferences influence what we wear. People who are into certain sports, such as skateboarding, or music, such as rock, have established dress codes popular enough to warrant their own brands.

Some children put little thought into what they wear, while others have opinions from very young ages. Many parents might not particularly understand their child's desire to wear neon yellow nail polish or wear off-color T-shirts, but few have trouble of a larger proportion.

When dress code issues occur, it is usually indicative of deeper and more long-running issues between child-parent relationships, especially when the children have reached their teens. Studies have shown that the children who are most likely to rebel are those from strict house-

holds — and the first indication of rebellion usually takes the form of image projection by rebelling against dress code.

Many teens either fail to realize, or flat out do not care, that self-image is reflected in dress, as are others' perceptions of an individual. The outfit one wears does automatically convey a certain message to other people. Dressing preppy or hipster or trendy are generally considered “safe” styles, even if some fads border on the outrageous.

However, there can be real problems with apparel that comes across as somehow intimidating. Chances are good that the local grocery store owner will not be overjoyed to see someone ambling down the aisles of their shop with chains hanging off their jacket or their pants three sizes too large.

For girls, outfits that are too tight or revealing can lead to negative perceptions being formed about the wearer. It might not be fair to judge someone by their attire, but the hard truth is that people do this instinctively since, through the clothing they choose to wear, individuals convey messages about themselves. If those messages are perceived as derogatory or threatening, then others' responses are going to be negative and laced with suspicion.

Parents should try to teach children from the time that they are small — well before the rebellious teen years peak — about the dire importance of maintaining self-respect while developing a personal style. Not every outfit choice is going to be a parental favorite. There will always be those shorts which are too short and those pants which are too baggy. Yet it is not worth fighting over unless something about the attire is truly unacceptable. Making fashion mistakes is part of growing up.

Fashion fads and trends are started via trial and error. Peacocking around is part of life. As long as self-respect is factored into every outfit, then we should all feel free to strut our style freely.

*Meagan Meehan is a published author of poems, short stories, novels, and articles in numerous publications. She is also a cartoonist and an award-winning modern artist.*



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# Understanding migraines

BY JAMIE LOBER

**E**veryone has heard of migraines, but a person may not know if she has actually experienced one. Essentially, migraine is a primary headache, but there is no way to tell if a headache is primary or secondary without an exam. Secondary headaches are from concussions playing football or from a specific cause.

“A diagnosis for migraine is a diagnosis of exclusion, because there is not a blood test or a brain scan that can be done to definitively tell that you have a migraine,” said Cathy Glaser, president and co-founder of the Migraine Research Foundation. “An important takeaway is that migraine is not just a bad headache; it is a neurological disease.”

It is fairly easy to suspect migraine.

“Migraine comes with head pain and associated symptoms like nausea, vomiting, dizziness, sensitivity to touch, light, and smell,” said Glaser.

A person with migraine can have one or multiple symptoms, and unfortu-

nately, often gets accustomed to it.

“Migraine is not curable, so that means that you may end up having this horrendous pain periodically throughout much of your life,” said Glaser. It does not make the situation better, but sufferers should know they are not alone.

“Migraine is extremely prevalent, and we estimate that 36 million people in this country suffer from migraine and 10 percent of all school-aged children, which is a huge number of people,” said Glaser.

What causes the disease is not understood.

“The real answer is funding, research, and not finding a magic pill that does not exist,” said Glaser. A good first step is to make sure that you are identified as having a migraine and not something else.

“If your migraine symptoms are affecting your life to an extent that you determine they are interfering with your enjoyment of life or being able to do your job or take care of your child, or if your child is missing school as a result of them, it is essential to go to a headache specialist and get diagnosed properly,” said Glaser. Getting diagnosed is not as common as you would imagine, given the alarming statistics.

“Probably 50 percent of the 36 million Americans never get diagnosed, and many of them are making themselves worse by self-treating, because even the use of over-the-counter medication can make your headaches worse,” said Glaser.

Have strategies in mind for when you experience migraine.

“There are lots of lifestyle things you can do to treat headaches, but medicine is the best way to control them if they are really bad,” said Glaser. There are three kinds of treatments.

“There is abortive, which is used when you get the attack to try to stop or control it; preventive for people who get frequent headaches,

and they take medications daily to lessen the duration, frequency, and intensity if not prevent headaches; and complementary, which are lifestyle things like staying on a schedule,” said Glaser. This means being consistent in your habits.

“Do not miss meals, and eat at pretty much the same time every day; go to bed and wake up at the same time; and stay hydrated, because drinking a lot of water ensures that you do not get dehydrated or overheated, which are common triggers for attacks,” said Glaser.

It is also wise to keep moving.

“Aerobic exercise is helpful as is making sure that your weight is on the normal side and kept down,” said Glaser.

Find what works for you.

“Some people find relaxation therapies, acupuncture, massage, stress management, biofeedback, or cognitive behavioral therapy helpful,” said Glaser. A specialist can assist you in finding relief. Experts are hopeful that there may be better treatments in the future.

“Research is looking at trying to understand the underlying mechanisms of migraines, because we just know there is a genetic component to it but that is not the answer,” said Glaser.

There are many genes involved, and researchers hope to be able to target them in the future, because right now, medications only focus on alleviating symptoms. This concept is similar to when you have a cold and you take cold medicine to dry out your nasal passages, so you do not have a runny nose anymore, but it does not treat the cold.

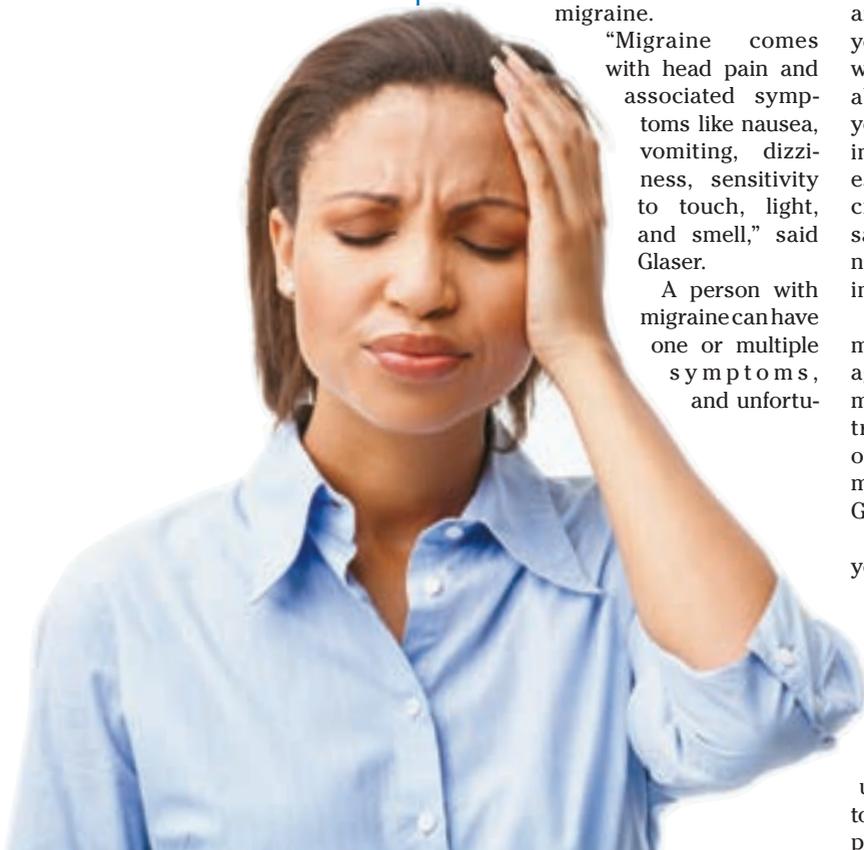
With the medical community hard at work, a cure may be within reach.

“We are optimistic with more money coming into research, but there is a misunderstanding and mischaracterization of the disease of migraine as a bad headache,” said Glaser. The key is to spread the word among friends and loved ones as to what they can do to heighten awareness.

“Step one is not treating it yourself,” said Glaser. “And step two is finding a qualified doctor, getting evaluated, and following his advice, so you can get help that is appropriate for the level of suffering that you have.”

*Jamie Lober, author of Pink Power (www.getpinkpower.com), is dedicated to providing information on women's and pediatric health topics. She can be reached at jamie@getpinkpower.com.*

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# Teacher trouble 101

How to  
manage  
child-teacher  
conflict

BY CHRISTA MELNYK HINES

**A**n elementary school child's disdain for her teacher may grow out of a variety of factors, like adjusting from a beloved former teacher's management style to a new teacher's approach. Other influences on a child's attitude toward her teacher include class size, peer competition, increased homework, more demanding and independent school work, as well as differences between home and school environments.

Take, for instance, 9-year-old Elora (whose name has been changed to

avoid conflict at school). One day, she came home from classes in a huff.

"I hate my teacher," she declared to her mother. But, when her mom pressed for details, Elora buried her head in her knees. So, her mother tried a different approach.

"I engaged her in a fun activity," she says. "Then, I lightheartedly asked questions like, who does she like the most at school, who does she like the least, followed by, 'Oh, how come?'" What I found out was that she felt like the teacher yelled at her."

If your child comes home grum-

bling about a new teacher, do some digging. Allow your child time to adjust to her teacher's expectations and rules. If complaints persist, ask objective questions, like: "How is the work for you? How are you getting along with the other kids?"

"By doing that, you can get a flavor of the environment rather than the situation," says Dr. Stephanie Mihalas, a child psychologist and a nationally certified school psychologist who frequently helps students and parents manage and resolve school conflicts. "You may get an idea that something else is happening that's triggering the 'meanness'

and then at that point, you have more information to call or e-mail the teacher.”

Review class work. Notice patterns like red marks and notes from the teacher on classwork. If your student struggles and seems afraid to ask questions, discuss appropriate times for her to talk to her teacher about the work and what types of questions she should ask.

Make real-world connections. A child may grow disenchanted with school and her teacher if she doesn't understand how the subject matter relates to real life. Due to increased pressure to focus on testing and assessments, teachers devote less classroom time for experiential learning opportunities or class projects.

That's where a parent can help.

“Engaging in the learning piece is key,” says Dr. Ashley Norris, assistant dean of the University of Phoenix College of Education.

On the weekends, integrate classwork into your daily errands. For example, if your child is learning about soil and climate in science, take her to the Saturday morning farmer's market. Practice multiplication skills to tally up the tip at a restaurant.

“Parents (then) become a partner with the teacher. Once that engagement starts to happen, the perception of the student-teacher relationship changes,” Norris says.

Recognize the signs of a child-teacher conflict.

“The single biggest factor is a change in grades. If grades are starting to slip, that's a huge indicator,” Norris says. Behavior changes can also indicate a problem, including disengagement at school, forgetting homework, and lack of effort.

Resolve a personality conflict, but rather than getting angry or defensive, take a calm, diplomatic approach when conferencing with the teacher.

“The last thing you want to do is instigate more conflict between the teacher and your child, and if you

start to pit sides, that's what ends up happening,” Norris says.

Also, ask if you can sit in during class one day.

“Your presence might change the nature of how your child acts, but it will give you a flavor of how the teacher teaches,” Mihalas says.

When do you contact administration? Only go over a teacher's head only as a last resort.

“One of the only times to bring in administration is if your child is covered by special education law and the teacher isn't following special ed law,” Mihalas says.

Other times you might seek help from administration:

- The teacher agreed on a set of interventions, but isn't following those strategies.
- Your child comes home crying every day.
- You talk with the teacher and are unable to resolve the issue.

Do you request a different teacher? Sometimes, a child's personality and a teacher's personality simply clashes. Unless the teacher is abusive, help your child understand that she's not always going to like everyone, stressing the importance of remaining respectful and learning how to manage personality differences.

“In my humble opinion, I don't think it's a good idea to show children that because there's a problem, then they need to move from that classroom,” Mihalas says.

Instead, teach flexibility by creating a link between friendships and getting along with others. For a younger child, you might say: “Everyone is different. Just as mommy and daddy do things differently, this is how your teacher is. It's really good to learn how to work with all different kinds of people.”

Only seek professional help if interventions at school are unsuccessful. Seek help from a child psychologist to rule out learning disabilities and anxiety.

*Freelance journalist Christa Melnyk Hines is a family communication expert. Connect with her at [www.christamelnykhines.com](http://www.christamelnykhines.com).*

## Questions to ask the teacher:

- Have you noticed my child struggling with a particular subject?
- Does she participate in classroom discussions?
- How does she seem to get along with her peers?
- How can we work together to help my child better adjust?

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# Healthy options for after-school snacks

Keep your  
child eating  
right with  
these nibbles

BY DENISE MORRISON  
YEARIAN

**W**hen your children come home from school with rumbling tummies, make snack time an extension of their nutrition plan by incorporating the same kinds of foods you would serve during mealtimes. Here are seven wholesome, yummy snack suggestions to get you started.

**Core nutrition.** Wash and core an unpeeled apple and place in a microwave-safe bowl. In the hollowed out center, add 1 teaspoon of low-fat margarine and sprinkle in cinnamon, nutmeg, and sugar substitute. Cover and cook for three minutes until soft. Add 1 tablespoon of chopped nuts or raisins to the core, if you want.

**Zesty best chips and salsa.** Spray a small, whole-wheat tortilla with olive oil. Add garlic powder, chili powder, or another spice, then bake at 400 degrees for four to six minutes. Increase salsa's texture, taste and nutritional value by tossing in diced tomatoes, avocados, mango, or pineapple.

**Stick 'em up!** Food on a stick is always fun. Insert bread, cheese, and lunch meat cubes onto a skewer; add grape tomatoes, olives, pickles, and lettuce leaves for a sandwich on a stick. Or, cut up firm fruits such as melons, pineapples, grapes, apples, and strawberries and slide them onto a stick. Sweeten the treat



by dipping one-third of the fruit into melted chocolate.

**On a roll.** Spread 1 tablespoon of hummus or low-fat cream cheese evenly over a small, whole-grain tortilla and top with diced vegetables; add herbs and spices if you want. Roll the tortilla shell tightly and insert toothpicks every half inch. Slice between toothpicks to make pick-up pinwheels. Turn this into a sweet rendition by using 1 tablespoon of peanut butter and chopped fresh fruit instead.

**Peanut butter passion.** Peanut butter is a favorite amongst kids. Top a chocolate rice cake with 1 tablespoon of peanut butter for that famous chocolate-peanut butter combo. You could also microwave 2 tablespoons of peanut butter for 15 seconds then add 2 tablespoons of water and whip with a fork until smooth. Serve it with fresh fruit or vegetables. Or mix one-quarter cup of each: peanut butter, honey, nonfat

dry milk, oats and rice cereal. Shape into 18 one-inch balls. Crush one-half cup of rice cereal in a zip-top bag, then drop in balls and shake until they are coated.

**Chill out!** Blend 1 small container of reduced-fat yogurt, 1 cup of frozen fruit and one-quarter cup of fat-free milk. Pour mixture into small paper cups, insert a Popsicle stick, and place in the freezer until solid. Or, break a graham cracker sheet in half, fill one side with 2 tablespoons of fat-free whipped topping, add chopped fruit, and cover with remaining cracker. Wrap in plastic wrap and freeze.

**Going bananas!** Bananas offer a bunch of options: Blend together a peeled, frozen banana, 2 tablespoons of oats, 1 tablespoon of peanut butter, and 1 tablespoon of low-fat milk. Gradually add milk in 1-tablespoon increments, blending after each addition, until the mixture is a smoothie consistency.

Another idea is to insert a Popsicle stick into each end of a peeled banana. Soften 2 tablespoons of peanut butter in the microwave. Roll the banana in peanut butter then in rice cereal, granola or sunflower seeds. Wrap in plastic and freeze eight hours or overnight. Or, slice a banana in half lengthwise, spread one tablespoon of peanut butter on one half, then sprinkle with granola. Place the remaining banana over it; eat and enjoy.

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

## More lip-smacking, healthy snacks

- Spray a tortilla with butter spray, sprinkle with sugar substitute and cinnamon, then bake until crispy.

- Top an English muffin, pita pocket, or mini bagel with tomato sauce, mozzarella, and veggies. Bake.

- Stuff a whole-wheat pita pocket with cream cheese and chopped vegetables, herbs, and spices.

- Layer berries and yogurt or

whipped topping in a parfait glass.

- Top a rice cake with whipped topping and fresh berries.

- Toast a high-fiber waffle until crisp, then cool, and cut in half. On one side, add a small portion of frozen yogurt and chopped fruit, then top with remaining waffle.

- Mix Chex cereal or popped popcorn with dried fruit, pretzel rounds, peanuts, and a limited amount of M&Ms or mini bitter-

sweet morsels.

- Spray olive oil over popped popcorn, then toss with taco seasoning mix, garlic powder, or a small portion of Parmesan cheese.

- Place Goldfish crackers in a bowl. Dip celery sticks into softened cream cheese, then into the crackers to "catch" a fish.

Healthy tip: Use whole grain and reduced- or low-fat ingredients when possible.

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## DOWNTOWN MOMMY

NOTOYA GREEN

# Opt-out generation wants to opt back in

I recall the first time I read an article entitled the “Opt-Out Revolution” in the New York Times. It was a trend piece written 10 years ago about high-achieving women who were leaving their careers to become stay-at-home moms.

When I first read this story, I was fresh out of law school working as a New York lawyer and full of career ambition. At the time, I remember wondering whether I could ever

quit the practice of law to raise a family. I also wondered what would happen to me if I did decide to “opt out.” Would I ever be able to practice again when the children were older?

With those questions in mind, I decided that opting out was not an option for me, but admired those women in the article greatly for their strength and for their choice, although I was convinced that I couldn’t make the same decision for myself.

Recently, a contributing writer to The New York Times, Judith Warner, followed up with some of these women and found that after many years, they wanted to go back to work. She also found that while some of them were able to go back to work with ease (although not in the same position or at the same salary), most struggled to find employment.

Well, it’s been 10 years since the “Opt-Out Revolution” was first published, and I have a lot more in common with these women than I ever would have thought. I am no longer a practicing attorney. I am now a mother and yet another professional woman who has “opted out” of the traditional work force to become a stay-at-home mom. Like many of these

women in the article, though, I am a stay-at-home mom who, at some point, would like to opt back in.

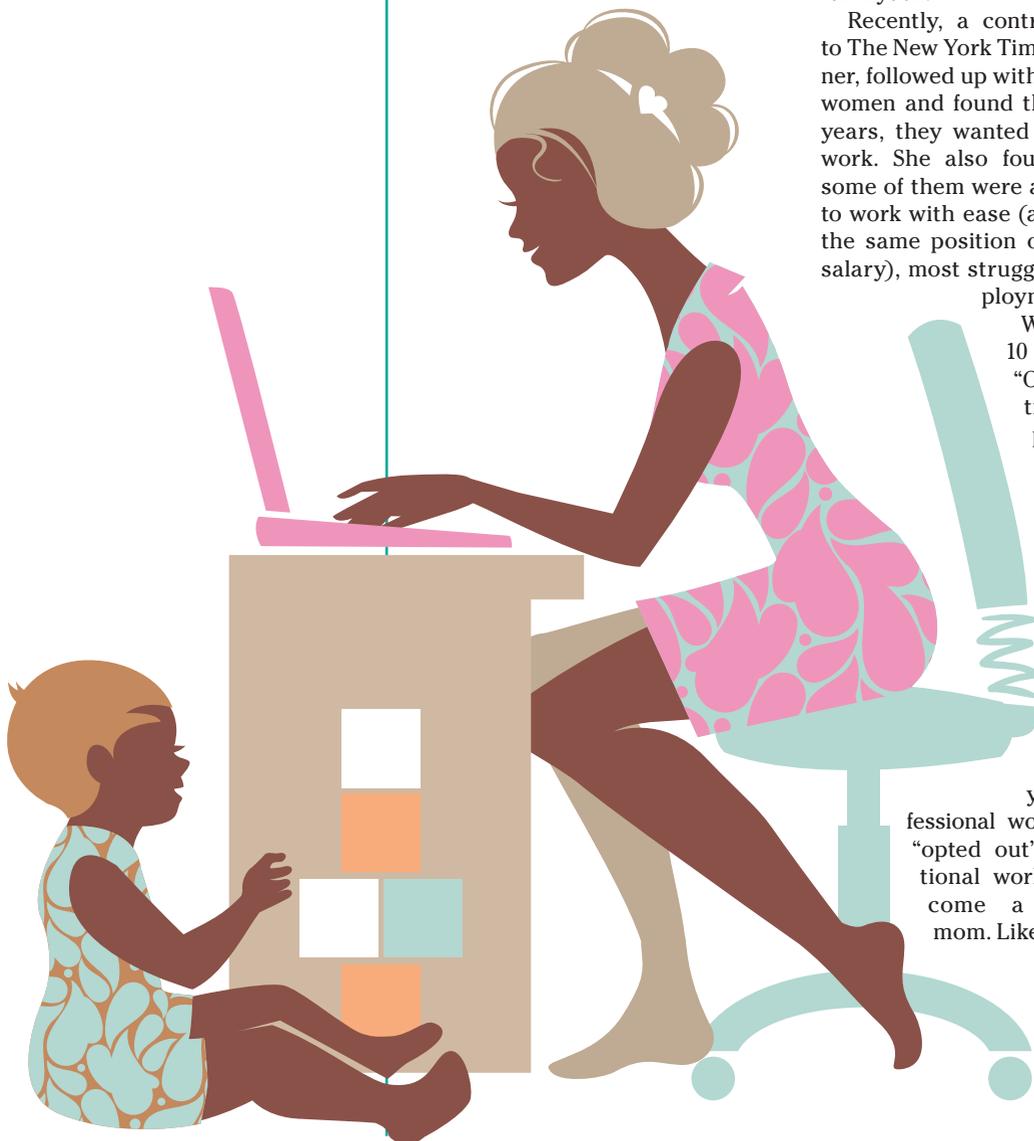
Before becoming a stay-at-home mom, I knew the consequences of my decision. I knew that many industries, such as law, could be very unforgiving of those who take time off, and finding employment after several years at home would be difficult. Now that I am a stay-at-home mom, I question the fairness of this and whether this makes sense for society.

In the United States, women make up the majority of college graduates. They also make up the majority of graduate degree holders. So with this said, does it make sense for society to lose parts of its most highly educated population indefinitely because traditional work life conflicts with family life — especially during those stages when our children are at their youngest and most vulnerable?

So, what are the solutions to this problem? I’m not sure, but here in New York City, the political cycle is heating up. During the next few days, candidates who are running for mayor will outline their positions on a variety of issues from transportation to housing, all of which are important. Someday soon, though, I would like for policy makers and would-be policy makers to talk about this very issue — the issue of women and work and family.

How can we as a society work to do a better job of retaining women in the work force — or at the very least, provide a means for women like those in the “Opt-Out Revolution” to opt back in?

*Notoya Green is a parenting expert and former Family Law attorney. You can read her blog at [www.tripletsintribeca.com](http://www.tripletsintribeca.com). You can also follow her on Facebook at [www.facebook.com/tripletsintribeca](http://www.facebook.com/tripletsintribeca) and on Twitter @NotoyaG.*



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# Romeo & Juliet had a baby

## Ballerina leaps between career & motherhood

BY TAMMY SCILEPPI

**P**rincipal dancer and former New Yorker Jennifer Kronenberg played opposite her real-life Romeo, hunky hubby Carlos Guerra, when she starred as Juliet in Miami City Ballet's \$1.5-million production of John Cranko's "Romeo

and Juliet," in 2011. Her stunning, glamorous image graced the cover of Dance magazine and dominated ballet posters when Miami City Ballet performed in New York City and in Los Angeles. Then in a three-week command performance that summer, the striking beauty starred in many key lead roles when the ballet company made its Paris debut at the Theatre du Chatelet.

Now at age 37, Jennifer Kronenberg Guerra is a mommy, and like many others out there, she's finding out that balancing family and work is a tricky business and requires fortitude — as well as a great support system. But she's embracing her new role with love, patience, and a ballerina's grace.

### Mommyhood

Adjusting to motherhood, while rehearsing and performing ballets, isn't an easy feat, and if Jennifer could somehow manage to pirouette and leap across the stage, with little Eva strapped to her back — and make it look graceful — she would probably pull it off. That's how devoted she is to her baby girl and how passionate she is about her craft.

The new mom describes her beautiful daughter as an extremely happy and friendly baby, but "very opinionated, with a fierce temper!

"Naturally, she has us both wrapped around her little finger, and we fear that even as united as we are, we may not stand a chance against her will when she gets older," confides Jennifer. "We're actually quite sure

we're in for some serious trouble!"

Apparently, the bouncy baby girl has an astounding amount of energy, hates napping, and already loves music and dance.

"Eva is such a tremendous joy and light in my life. She brings my husband and me incredible happiness every day, and has filled our hearts with an unbelievable amount of love. She is such a funny girl ... what a character! We actually wonder how it can be possible that she has already developed such a kooky sense of humor."

Jennifer says she couldn't resist dressing Eva in a tutu and ballet slippers on several occasions.

"We will put her in ballet classes in a few years if she continues to show an interest in moving and dancing, but we're adamant about not forcing her to dance if she doesn't want to," says Jennifer. "She will continue to be exposed to it through our careers, and I feel that if she wants to dance, she'll let us know."

### Returning to her roots

What's great about the former Queens girl is that despite her amazing talent and star roles, Jennifer is still a warm and friendly, down-to-earth person who never forgot her New York roots. She, Carlos, and Eva recently returned to New York City, where they saw the sights, had a chance to unwind in Central Park, and visited Jennifer's parents, who still live in Kew Gardens, where she grew up. The dancer also performed at a benefit hosted by Once Upon A Time, Inc., the Richmond Hill ballet school where her career began.

"I feel that growing up in Queens kept me very grounded. There was no extravagance. We lived in a nice,





Miami City Ballet's Jennifer Kronenberg and husband Carlos Guerra in *Romeo and Juliet*. (Opposite) Jennifer with baby Eva.

very middle-class neighborhood, on the top floor of a three-family home, on a quiet street, with a lot of families," Jennifer recalled. "I remember having lots of kids to play with (before I started ballet lessons). My dad was a lawyer, and then went into financial advising and investments, while my mom was a flight attendant for American Airlines."

The young ballerina-to-be went to public school, and took public transportation everywhere.

"Because there were no 'extras,' I had to earn the things I wanted, or earn an allowance to buy them on my own. I learned to be self-sufficient and independent at a very young age. Growing up in Queens also gave me a slightly tough outer shell, almost like a protective coat of armor. I think that is a characteristic

of a lot of New Yorkers, but most of us are really quite soft and sweet on the inside!"

Returning to her roots and her old 'hood brought back fond memories, and Jennifer said she was happy to see all her favorite Queens hang-outs still there, including Queens Center Mall in Elmhurst, Dani's House of Pizza in Kew Gardens, the Metro Soda Fountain on Metropolitan Boulevard, and the Midway Theater on Queens Boulevard.

### The back story

Little Jen seemed destined to dance. As a tutu-clad tot, she would perform in her parents' living room to the delight of family and friends. Her savvy mom noticed her daughter's potential and whisked her off to a local ballet school when she turned

7. Once Upon A Time Inc., now located at 111th Street off Jamaica Avenue in Richmond Hill, became Jennifer's home away from home until she was 17, and owner Teresa Aubel, Jennifer's main and most influential teacher, took her under her wing and helped shape her destiny.

In a recent interview, Aubel recalled her eager student's hard work, ability to stay focused and motivated, and her wit and humor. She said she knew all along that one day, Jennifer would become a master artist.

"The training at OUAT was very focused, very serious, but also a lot of fun," said Jennifer. "Although Teresa was a 'no nonsense' teacher, she always maintained a very warm and loving environment. She always told me that if I wanted to dance, I would, and to give the best of myself

to everything I did, whether it was dancing or school, otherwise I was just wasting time.

"I remember her saying I'd have all the time in the world to rest when I was dead, and that I should never just 'dabble' in things. She made me believe and understand that it wasn't enough to be a dancer, but that I should be an 'artist,' and she made sure her students were humble and considerate to one another."

After attending the Montessori School in Forest Hills, young Jen went to PS 99 in Kew Gardens and then to Russell Sage JHS 190 in Forest Hills-Rego Park; she graduated from Benjamin N. Cardozo High School in Bayside.

At 17, she was accepted to the world-famous School of American

*Continued on following page*

Continued from previous page

Ballet in Manhattan, where her most influential teacher was Susan Pillare.

## Her mentor

A year later, in 1994, she moved to Miami and started training with the city ballet's esteemed (former) artistic director and founder Edward Villella (from Bayside, Queens) — a huge star with New York City Ballet back in the 1960s and early 1970s.

Jennifer said it was a dream come true, and couldn't believe she had actually made it into a professional company.

"I was on a non-stop high for that entire first year."

Villella became her mentor and took a marked interest in Jennifer's dancing when she joined the company.

"Even though I was definitely not the strongest dancer in our group, he saw something special in me, and over the years he has added an entirely new dimension to my dancing," Jennifer said. She became a principal dancer in 2001.

"I always felt strongly about absorbing [and] maintaining the invaluable information he was passing on to us — all of this firsthand knowledge he had gotten from masters like George Balanchine and Jerome Robbins — and I felt a strong connection to his ideas about musicality and movement. I still do."

Both Miami City Ballet and Miami City Ballet School are acclaimed as one of the best dance companies and dance schools in the world.

"I will always be grateful for the wonderful career he helped me to build, and the greatest honor he could have given me was nominating me to be his successor, as director of MCB. Though I didn't ultimately get the position, being in the running was an amazing learning experience, and I am so grateful for having had that opportunity."

## Pas de deux on and off the stage

Carlos and Jennifer met at Miami City Ballet. She was the first partner he was paired with when he joined the company, and the first ballet they danced together was "The Nutcracker," in the roles of The Sugar Plum Fairy and her Cavalier. Since then, Jennifer says they have danced too many ballets together to count, but some of their favorites have been "Giselle," John Cranko's "Romeo and Juliet," Jerome Robbins's "Afternoon of a Faun," George Balanchine's "Diamonds" and "Who Cares?," and



Photo by Daniel Azoulay

Twyla Tharp's "Nine Sinatra Songs."

But "Romeo and Juliet" probably tops the list.

"It's the perfect balance of dancing and acting; so challenging and so rewarding at the same time. It was also a dream come true to dance it with my husband. That made it all the more romantic!"

## Along came baby

"I had a fantastic pregnancy, very little sickness, and in general, felt great. But I was exhausted and had headaches during the first trimester," says Eva's mommy. "The second two trimesters were lovely. I performed (actually, danced the lead role in "Coppelia," a three-act ballet) up until I was four-and-a-half months pregnant, and continued taking ballet class and exercising in the gym until a week before my due date. By then, I was just getting too big and uncomfortable.

"Eva was actually two weeks late, and I had to be induced. Despite my doctor's patience and best efforts, she was not budging." Jennifer said she had been having contractions for more than a week, and after the induction, the contractions got stronger but didn't get any more productive. "It seems they were not pushing her down far enough to cause me to dilate, and after 22 hours of labor I had barely even dilated one centimeter. By hour 23 there were still no promising signs that Eva would come out on her own, so the doctor decided it was best to do a C-section. I just knew I didn't want one; I wasn't prepared at all for what it entailed. It certainly wasn't the beautiful birth I had envisioned.

"I was frightened, sad, and felt like I had failed somehow, since I couldn't



While things might not have turned out so well for Romeo and Juliet (left), their real-life counterparts, Miami City Ballet principal dancers Jennifer Kronenberg Guerra and Carlos Guerra enjoy a day in Central Park with their baby daughter Eva.

have her naturally. I also feared I'd not be able to dance again; I couldn't move for days. I couldn't fathom dancing again."

Eva was born at 11:45 pm on Nov. 12, 2012, weighing 6 pounds, 11 ounces.

"She was extremely alert, and what a screamer!"

Freshly delivered, the new mom says she was overjoyed, but exhausted, and in a tremendous amount of pain.

"I was adamant about nursing her, but I was on so many pain killers that even that was a challenge — I couldn't stay awake long enough to keep her latched. It was so frustrating. Carlos spent three days and nights in the hospital, helping to care for us. (They will not let the baby stay in the room alone with mom after a C-section, mainly because mom can't move.) And I wanted to be with my baby, so I wouldn't let him leave."

## A balancing act

The new mom's recipe for keeping it all together?

"Patience, scheduling, and breathing. When I'm most exhausted, I try to remember how lucky I am to be able to have the baby I always wanted, and continue with the career of my dreams. That helps me go on every day."

So, what has a typical day been like for the ballerina since Eva came along?

Jennifer said a typical rehearsal day started at 10 am and ended at 6:30 pm, with a one-hour lunch break. She said her schedule hasn't changed so far, even now with the baby.

"I wasn't working so many hours when I first started a few months ago, but now I'm in the full swing of

things again. Eva used to come with us to the studio, but now that she's more active and awake most of the day, she stays at home with either her nanny or with Carlos's family. We will go home to see her if we're lucky to have a break for longer than an hour, and occasionally, we'll bring her to the company with us in the late afternoons, where one of the dancers will help keep an eye on her."

The ballerina says she plans to continue touring; luckily, most of the tours are within Florida and not too far from home.

"Scheduling, though, is a must, as is giving 100 percent of myself to whatever I'm doing at the moment, whether it's being a wife, mommy, or a ballerina. I don't see those roles as responsibilities, but rather as complementary parts of myself that make up who I am. That way, it doesn't seem so much like 'juggling,' but more like just 'being.'"

So, what are Jennifer's tips for new moms?

"Remember to breathe, and let things go. Give the best of yourself, but also know when to give yourself a break. Remember why you do what you do, and give yourself credit where and when credit is due. And, don't be afraid or too proud to ask for help!"

And how does she unwind?

"There is nothing better than sitting on the sofa, watching a movie with Carlos, and sipping a glass of wine. We don't often have time for that since the baby's birth, but we still try to make it happen whenever we can."

Jennifer Kronenberg's 2011 book, "So, You Want To Be a Ballet Dancer?: Making It in the Rough and Tumble World of Professional Ballet" [Kindle Edition], is available on amazon.com.

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*Continued on page 22*



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## Activity

### DIRECTORY

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## Activity

### DIRECTORY

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Continued on page 26

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## Activity

### DIRECTORY

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# Motherhood examined on the Upper East Side

A new city museum looks at the history of family life

BY RISA C. DOHERTY

**B**ack in 2003, Joy Rose researched the role of mothers in society and got permission to set up an exhibit in the window of her small Dobbs Ferry boutique, entitled “Mommy Girl Go-Go.” Prompted by the inquiry of a friend, she realized that there was no museum focusing on mothers and was determined to change that.

The Museum of Motherhood (MOM), which opened on Sept. 1, 2011 on the lower level of a building on E. 84th Street at First Avenue, was intended as a four-month-long, pop-up experiment, and it flourished, described by some “as a vibrant and vital part of the community.”

## The making of a museum

Rose says she modeled the museum after the National Women’s Hall of Fame in Seneca Falls in content, after the National Museum of Women in the Arts in structure, and after the Museum of Sex in trajectory of development, since they both started as storefronts.

The only one of its kind in the world, this 2,500-square-foot museum explores “the evolution of family and how rigorous academic study, broadly disseminated to the public, might inform future family decisions,” according to Rose.

The museum includes a play space, communal center, an exhibition space, and an archival facility, which houses a motherhood library. Kids’ art, mother-made art depicting pregnancy and birth, and exhibits detailing the history of the woman’s role in the family create the backdrop for a “warm and inviting space.”

## A learning center and family space

When I walked in, I was struck by the relaxed and welcoming atmosphere, and a sense of camaraderie I do not usually associate with a museum.

I asked if the label “museum” was a misnomer, because MOM is so much



Visitors can suit up in a pregnancy vest to better understand how it feels to carry the extra 30 pounds in the final trimester of pregnancy.

more than a traditional exhibition space with dusty displays. Rose explained that museums today need to offer more to stay relevant.

One section of the museum focuses on helping the visitor better understand pregnancy, birth, and infancy. The “Womb Room,” which is currently under construction, will be a room for quiet contemplation, where one can listen to the sounds of the womb.

Visitors can suit up in a pregnancy vest to better understand how it feels to carry the extra 30 pounds in the final trimester of pregnancy, and experience fetal movement and rib constriction. It resembles the lead apron used by dentists, with some additional curves.

Infant simulators look and feel like real babies. They burp, cough, cry, and recognize their assigned caregiver, giving museum-goers the opportunity to get a feel for parenting.

The museum has offered courses in doula instruction and hosts La Leche League meetings; “Conversation Circles,” programs for expectant parents and new parents; de-stressing workshops; art and play toddler programs; and an annual academic conference. This fall’s 12-week “Mother Studies” course will examine “the changing perceptions of mother in history” and the evolution of family.

One exhibit displays a turn-of-the-century parlor in Seneca Falls, home of the Women’s Rights Movement, and another popular exhibit analyzes

various domestic tasks by gender and compensation.

The "Moms of Rock" exhibit, which adds dashes of hot pink to one corner of the main room, displays artifacts from literature, music, fine arts, comedy, and theater, which focus on the theme of "mother culture," including the music of Housewives on Prozac, featuring Rose. The film "Momz Hot Rocks" plays in a loop and includes the Housewives on Prozac lyrics:

"I wipe the baby's chin with my college diploma and wonder how did I ever get here / I'm the queen of my kitchen late at night / Singin' the dishwasher blues."

Also in this exhibit, visitors will discover "momabilia" from Mamapalooza, an annual gathering of performers, artisans, and educators that takes place each May on Riverside Drive.

Unlike most traditional museums, which might initiate a follow-up discussion about a piece of art, an artist movement or an event in history, this museum sparks an ongoing conversation about our own lives, choices, the roles we play and the impact we will have on subsequent generations.

### MOM's visitors

Local mother and museum-goer Lynn Schaul says the institution fills a void.

"It is a gift to the Upper East Side," she tells me. "It is a great space to meet other moms and be with your kids."

She finds the space inspiring, and says, "It's not just about feminism [since] everyone is affected by motherhood." Schaul says the museum brings together people with different parenting perspectives. She liked the play space for her children, ages 4 and 10, but goes there sometimes by herself just "to hang out."

Medy Murphy also sees the museum as a discussion place, where mothers mingle and share parenting tips.

"It became my 'second home' last summer," she said, appreciating the safe, clean environment for her kids. "Living in the city, you don't have a lot of space."

The museum is not inhospitable to dads.

"We welcome fathers, mothers, and caregivers," Rose says, pointing out that Sunday is Family Day.

Murphy noted that men bring their children for play dates and, "are not intimidated, nor put off by

the artwork that pertains to motherhood."

Community Program Director Lisa Latcholia emphasizes that the museum is not about judgment, and mothers who breast feed, mothers who don't, working mothers, and mothers who stay at home, are all equally welcome.

A goal of the museum is "to give women their day" and then "to move forward." Rose recognizes the importance of youth in this pursuit. Consequently, she recruits college-age interns and interns from a local high school, one of whom mentioned how surprised she was at how much people do not know about motherhood. That sentiment was echoed by Latcholia, who told me how the story of the Suffragist Movement is new to many young people.

### The greater vision

During my visit, Rose pointed out that 82 percent of women have children, but most have little or no training for the job. She noted that although doctors do not perform operations after studying medicine for a mere nine months, expectant mothers often complete one Lamaze class and they are "on the job," with no real preparation for the challenges of parenthood.

Rose acknowledges that we are raising males differently now, and we seek a new understanding of the value of childrearing and the responsibility for it.

"We are raising young male and female feminists, but there is no template for taking that into domestic life."

She sees a great future for the museum, stressing that this is just a small piece of a much larger vision.

Museum-goers need not have children to benefit from a visit — being someone's child is sufficient. Still, as the mother of older children, I am a tad jealous of younger women, who can visit before the start of their mothering years. Although I would like my son to see the museum, my college-age daughter has already expressed interest, because she knows that a visit to MOM could better prepare her for the extraordinary role that may lay ahead of her.

*The Museum of Motherhood [401 E. 84th St. at First Avenue on the Upper East Side of Manhattan, (212) 452-9816, www.mommuseum.org].*

*Risa C. Doherty is an award-winning freelance writer. Read more at www.risadoherly.com.*

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DEAR  
DR. KARYN  
DR. KARYN GORDON

# Teenage daughters: Mystery to their dads

**Dear Dr. Karyn,**

I recently heard you on a radio show discussing the topic “20 things dads don’t understand about their teen daughters.” I only heard the last half, and I was completely glued to the radio. Can you share with me again the top 20? I want to share these with my husband, because I really believe he doesn’t get our four daughters at all. Thank you.

**Dear parent,**

Great question! The wonderful thing is that the top 20 list was created by a group of female teenagers. I received dozens of emails from teen girls and parents the following day telling me that the list was “very accurate.”

To all mothers and fathers: sit back, enjoy the read, and think about how many relate to you!

**Twenty things dads don’t understand about their teen daughters**

1. We are going to have boyfriends, face it

2. We can’t even go to the grocery store without being bombarded on how to look and dress

3. Yes, a bad hair day could result in a three-day bad mood

4. We may buy an unnecessary amounts of clothes, but shopping is more than shopping — it’s therapy

5. Some of us just may never be satisfied with our hair color

6. Even though I may switch friends week to week, I still expect you to remember their names

7. Getting into a fight with a present friend does not always mean it’s over. She just won’t be calling for the next hour

8. We think that we are amazing drivers, even though we’ve never had lessons from you

9. If a boy calls, please act as normal as possible. That means no jokes or my old nicknames

10. And if a boy comes to pick me up, the only necessary topics of discussion are: a. sports, b. sports, c. sports, and d. the fact that I will be returned safely and at a decent hour

11. Unfortunately, some of us don’t know that we look beautiful every day, so make sure you tell us, and mean it

12. You’ll never understand our online lingo, so please stop trying

13. At our age, you’re never going to convince us that your career is the best choice

14. Our room is our space, so please let us decorate it in as many non-damaging ways as possible

15. Dad, there are some things that you’ll be happy we just speak to Mom about

16. Beautification is a long-practiced process, that nearly always requires loud music. Please do not disturb us from this concentrative art

17. Our life, especially school, feels like a lot of pressures, and you are one of our toughest critics, so please just try to keep the criticism constructive

18. One of your hardest jobs is watching us grow up, but deep down we will always be your little girl

19. A teenage girl’s life is bumpy,

and we are going to need our strong and supportive fathers to keep us grounded

20. And finally, just remember that you were a teenager once, too

**Texting 101**

**Dear Dr. Karyn,**

Last month I watched you quiz parents and teens about how much of the [texting] lingo words parents knew. Can you highlight perhaps 10 to 15 words for me? I’m trying to understand my daughter’s language a bit more.

**Dear parent,**

Keep in mind that while it’s important for parents to learn the lingo — I would not suggest you use it.

Teens tend to be very protective of their “language” and may get annoyed at parents trying to be “cool.” See how many of these you know!

LOL: Laugh out loud

BRB: Be right back

G2G: Got to go

ROFL: Roll on the floor laughing

BTW: By the way

TY: Thank you

IC: I see

TTYL: Talk to you later

IMO: In my opinion

NVM: Never mind

JK: Just kidding

L8R: Later

WTG: Way to go

NP: No problem

CONVO: Conversation

<3: Love (looks like a heart)

YT: You there

WRUD: What are you doing

YTB: You’re the best

LYLAS: Love you like a sister

LYLAB: Love you like a brother

BTW: By the way

*Dr. Karyn Gordon is one of North America’s leading relationship and parenting experts. She is a regular contributor to “Good Morning America,” founder of dk Leadership, best-selling author of “Dr. Karyn’s Guide to the Teen Years” (Harper Collins), and motivational speaker to a quarter of a million people. Visit her at [www.dkleadership.org](http://www.dkleadership.org) and on Twitter: @DrKarynGordon.*





# What's in a name?

New baby?  
Remember, kids  
are judged by  
the monikers  
they're given

BY KIMBERLY CARLSON

**L**ast month, as pop culture buzzed about which name new parents William and Kate would give to the royal prince — and former British reality show contestant Katie Hopkins declared, “I do judge children by their names,” on a popular British morning talk show — I couldn't help but wonder what sort of judgments will be made about my children when school starts.

Every year, sites like nameberry.com regale us with tales of the “top 10 baby names,” as though they are as important as the stock market. In fact, although 2013 isn't even three-quarters of the way through, the site has already posted its list for this year! So what, exactly, IS in a name?

## Etymology

Friends, family, and even perfect strangers will proffer names to you for your unborn child — often unsolicited. Avidly, parents will write down names they like, and then research their history. I wanted my children's names — Nickolas and Sarah — to be a reflection of themselves. Trouble was, they weren't even born yet, so how could I choose wisely?

According to Laura Wattenberg, author of “The Baby Name Wizard,” the name you choose for your baby

reflects more about you than your child.

“The name doesn't belong to you — you're making the decision because your child can't do it for himself — but what you choose does say a lot about your personality,” she says.

## Name dropping

It may be true that my children's names say more about me than them, but it's not stopping college application boards from using their preconceptions about a name as part of their elimination process.

Dr. Hilary Levey Friedman, author of “Playing to Win, Raising Children in a Competitive Culture,” observed in her studies that “colleges will look at an applicant that participates in competitive lacrosse after school and immediately assume he is from an upper class. Same with names — you probably won't find ‘LaShawnda’ in competitive rowing or applying to Harvard.” Friedman acknowledges it's an unfair prejudicial assessment, but one that's made regularly.

## Kids can be cruel

Unfortunately, that gives far more credence to Hopkins's statement that she is merely “speaking the truth that most parents are thinking if not saying,” than I am comfortable with. Especially when she declares

openly that she won't let her children play with other children after school whose names are “too common,” like “Taylor” or “car names, like Mercedes,” because she fears a child “of that lower class” (meaning middle class, in her case) won't be appropriate as a playmate.

It's bad enough that children are mean to other children — creating terrible nicknames and taunts, without the parents openly discriminating as well.

## Different approach

My best advice to parents: choose the names you like. Then, teach your child respect for others. Remind him that he cannot judge a book by its cover, and he simply can't make an accurate assessment about others without getting to know them first.

If my daughter is ever denied the right to play at someone's house due to name discrimination, I shall simply remind her that friends like that aren't worth having. Hopefully, the majority of parents out there will agree with me and teach their children acceptance and tolerance to go with their healthy dose of decision-making.

*Kimberly Carlson is a freelance writer, author, and mother of two fantastic children, who are defining who they are and what their names mean to them every single day.*



## JUST WRITE MOM

DANIELLE SULLIVAN

# Living in the age of too much homework

**M**y kids might want to move. Schools in Maryland and Wyoming have banned homework. There is no homework in Finland, and last year, the president of France made a definite push to bar homework throughout the country.

It's interesting to say the least, and leads to a host of conversations about whether more work, more tests, and a heavy workload in general are appropriate or counter-effective.

I can say that in my circle and many others, parents have had it up to here with the homework load, even in grammar school. Many find it takes time out of an already-busy evening, and adds to the family stress. By the end of this month, I'm willing to bet we will be hearing similar sentiments among parent friends.

Whether in the schoolyard, at

work meetings, family gatherings, and on Facebook updates, many parents say that kids are just losing their minds over homework. Many of the parents I know say the workload expected in public and private schools is just ridiculous. I confess, I agree.

Kids are constantly pushed to do more, do better, and score higher. This philosophy is good on one hand, but can very easily go bad. Not every child can handle the pressure and not every kid wants to, even those who are considered gifted. That leads to an even larger issue at hand: does every kid need to be "advanced?" Or, can childhood be a nice blend of education and fun, with an emphasis on blend? Too many kids I know are doing schoolwork the whole day, stopping only to eat and shower, and then dropping into bed, exhausted.

On the rare occasion that my kids don't have homework, I think it's great, and I've never equated their lack of homework with learning less.

In addition, the amount of homework required varies greatly from school to school and teacher to teacher. Let's face it, depending on your child's teacher each year, your kid may get a hell of a lot or hardly any at all. My kids have had teachers who have given a ridiculous amount of unnecessary homework, and they have also had teachers who have assigned very little. My daughter had a junior high teacher who barely ever gave homework, but it remains the one class in which she not only learned the most, but also retained it — years later, and carried that knowledge into high school.

I'm not convinced that homework equals better or smarter students. (Do grades themselves even matter?

That is a larger issue.) When I was a kid, we had homework, but rarely on Fridays, and weekday homework was not overwhelming. Yet, somehow, we all managed to go on to careers in our respective fields and be productive.

An episode of the popular PBS show "Arthur" makes a similar point. In it, Mr. Ratburn unwillingly has a virtual helper that appears from a smartboard in the classroom. The robot was programmed by a company to have 98 percent knowledge of all things, which lead to a two percent failure rate. Things go downhill fast in Arthur's classroom. The show's creator, Mark Brown, used this episode to show how the educational system is relying more on systematic learning than actual teaching. Mr. Ratburn, a true teacher at heart, naturally detests the system.

This episode brings out something that I fear we overlook in this time of state tests, technology, and insane amounts of homework: teachers are people, and good teachers, who can actually convey their thoughts and ideas to students in an engaging way, are not robots. They are gifted educators; their job is not just a job, but a calling. When our kids are lucky enough to have these types of teachers, they don't need constant or heavy homework, because they actually learn enough and are engaged in school.

Furthermore, our kids are not robots and to mindlessly complete hours of daily homework for 10 months out of every year (plus large summer packets) seems nothing but robotic.

Going through the motions is not learning.

*Danielle Sullivan, a 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 blogs, Just Write Mom and Some Puppy To Love.*



# New school year gluten-free

BY DR. DUSTIN JAMES

**A**s summer wraps up, it is time to get ready for school. Besides the usual stress of friends, activities, and grades, some will face an even bigger challenge — sticking to a gluten-free diet.

At home, many of us have a fighting chance of monitoring what our child eats. At school, this type of control isn't possible.

There are several things that you and your family can do in advance to make this transition as smooth as possible.

## Go to the doctor

Make sure that you are seeing a health care professional for your child's gluten-free health needs. Many conditions that necessitate a gluten-free diet, like celiac disease and non-celiac gluten sensitivity, require regular health care follow-up.

Doctor's offices are also a great wealth of important gluten-free resources, such as dietitians, support groups, and blogs.

Be sure to ask your doctor for a note explaining your child's special dietary needs. It may also come in handy for a tax write-off at the end of the year.

## Education, education, education

While it seems next to impossible to educate a 3 year old on what is gluten-free and what is not, it never hurts to try. Ultimately, the best thing you can do for your child is to help her understand her condition and what makes it better.

Almost all families

with children who need a gluten-free diet make their household gluten-free. Little ones are sponges that learn best by observation. Chances are that they already know a lot about the types of foods they should avoid, and which are okay.

I recommend that my patients with celiac disease visit with a dietician at least once a year to review their diets and make sure that they are getting the proper balance of nutrients essential for their growth.

## People actually know what gluten-free means

All the hype behind gluten-free has done one thing — raised awareness of the condition. So, chances are that when you meet with a teacher or principal, you won't get that "deer in the headlights" look.

So instead of trying to prepare a dissertation on what gluten-free means, you should focus instead on your goals.

I recommend setting up a meeting with your child's teacher, principal, and cafeteria manager before school starts. You may be surprised to learn that they already have a gluten-free system in place. If not, just think of the

other kids you'll be helping if you help them set up a plan.

One aspect of eating gluten-free that many don't understand is that it is not truly a food allergy like a peanut allergy. With true food allergies, eating the foods (or inhaling food dust in very sensitive people) can lead to a sudden-onset, life-threatening swelling of the airway. If someone with celiac disease eats gluten, the immediate effects are much less obvious.

## Don't be afraid of the lunch lady

You don't have to stress about making your child's lunch every day. Many schools now offer a healthy selection of gluten-free foods. Some people advocate a special table for children with dietary restrictions, but I find that this often does more harm than good. Being singled out on day one as different makes for a difficult start to the new school year.

Also, keep in mind that despite your best intentions, you can't control the other children at school who may flaunt gluten-containing temptations. Remember, a child who understands her condition is always the best prevention.

## If it sounds too good to be true...

While hope is on the horizon in terms of ways to combat celiac disease in pill form, the only option right now is following a gluten-free diet. Avoid the enticement to take a dietary supplement that promises to digest gluten "before it becomes a problem." Just ask anyone with lactose intolerance, you can take all the Lactaid® in the world, but you'll still pay the piper if you eat dairy.

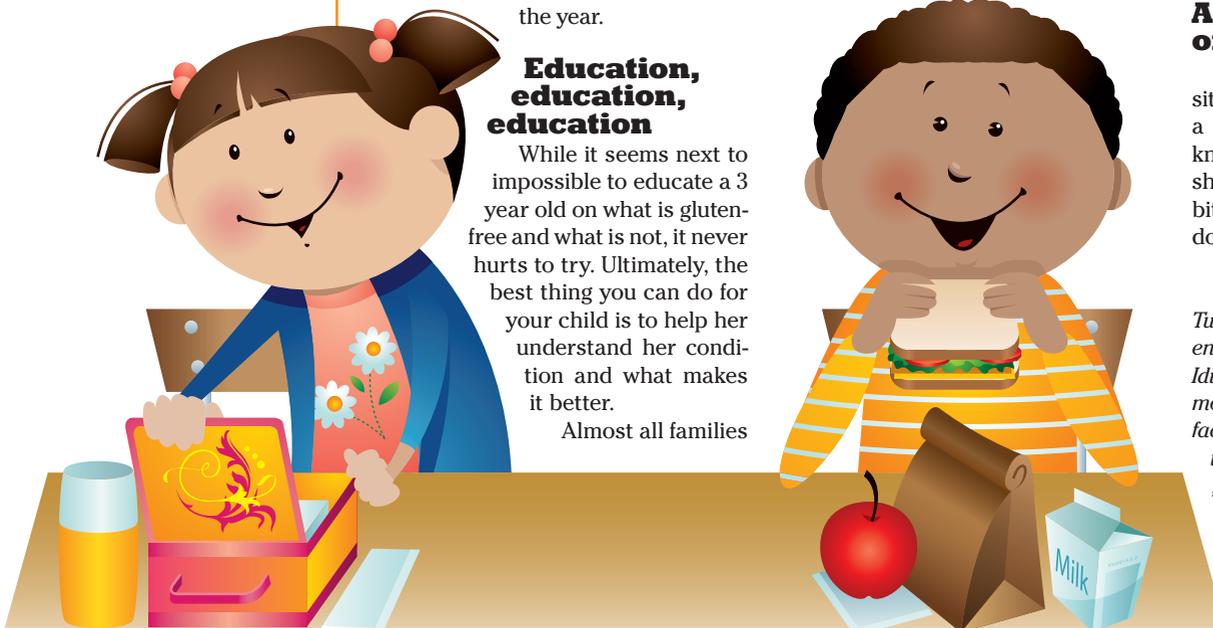
## A little bit isn't the end of the world

You don't want your gluten-sensitive child to eat a little gluten on a regular basis, but take comfort in knowing that medical studies have shown that if your child has a little bit of gluten here and there, she still does fine.

Here's to a great school year.

*Dr. Dustin James, known as The Tummy Doc, is a board-certified gastroenterologist and author of "The Complete Idiot's Guide® to Digestive Health." For more, visit [www.enteralhealth.com](http://www.enteralhealth.com), [www.facebook.com/enteralhealth](http://www.facebook.com/enteralhealth), [www.twitter.com/thetummydoc](http://www.twitter.com/thetummydoc), and [www.instagram.com/thetummydocchannel](http://www.instagram.com/thetummydocchannel).*

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## DIVORCE & SEPARATION

LEE CHABIN, ESQ.

# Your blended family

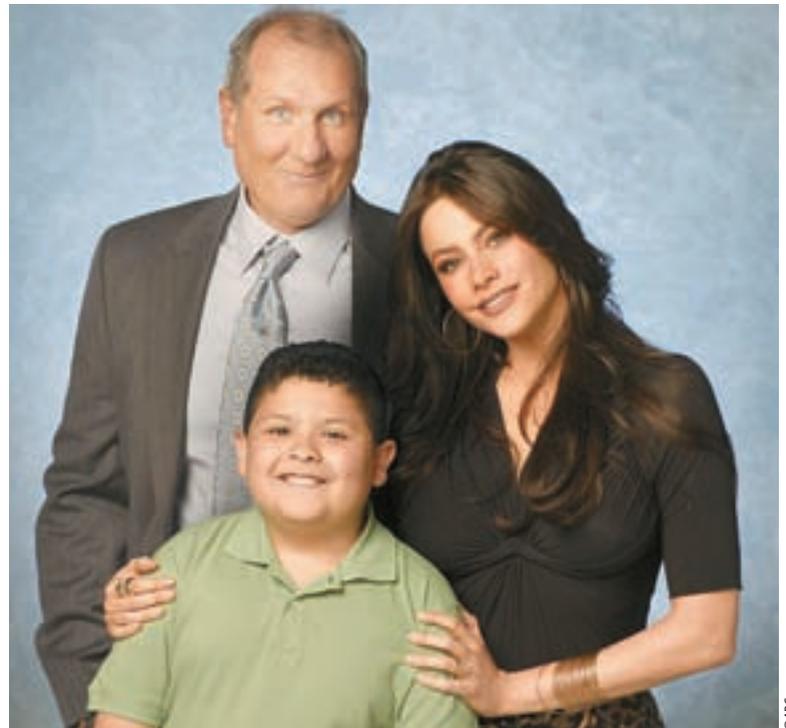
**J**ay, an older man, is married to Gloria, who is much younger and has a son from a previous relationship. Carol and Mike don't have the age difference to deal with, but the challenges they face as spouses and parents would seem to be significant: Mike has brought three children to their marriage — and Carol another three. From today's popular "Modern Family" to the 1960-70's "The Brady Bunch," with many other TV shows in between, the coming together of different families has been part of our onscreen culture.

With real-life divorce rates that remain high, remarriage and blended families have become much more common during recent decades. You probably know people in this situation. Unlike in comedies, where matters are usually resolved quickly and everything turns out alright, real-life adults may make serious mistakes with long-term implications for both themselves and their children. Fortunately, many parental blunders are avoidable; but know that preventing them may take courage and hard work on the parents' part.

Dr. Kristin Davin is a clinical psychologist in Manhattan who primarily works in the area of relationship and couples counseling. In speaking with me, she addressed what parents can do to allow families to blend as smoothly as possible.

Davin notes that blending families "is a process. While some may coalesce in a matter of months, for others, it can take a few years to fully blend; even then, the work may need to continue. Families may be frustrated that it takes this long, especially those whose members believe that there is a certain amount or range of time needed for separate families to become one. But each situation is unique, and no two families are the same."

Start with yourselves: It is very important for the parents to start by communicating with each other, and to understand and discuss "what they are like as individuals, their respective ideas on parenting, and their values — for instance, honesty and responsibility," she says. Are they in agreement on what they want for their new family?



The Pritchetts of "Modern Family."

Parents must realize that the spousal relationship is the primary relationship in the family. How well will they be able to work together as a couple? Can one spouse expect support from the other, even when they have differing views?

Davin introduces such questions to parents, who, without her assistance, might take the answers for granted. She helps them consider their feelings and attitudes and to talk about them openly.

"They've got to get their issues addressed, so they're on same page before implementing blending. How will discipline be handled? Who will do it, and who will follow up? It is important for the family that the couple have a joint front."

Otherwise, there is a real danger that, "the parents, who may come from different backgrounds and have dissimilar views, will be reactive, and the children will see that the parents are not unified."

Results may include parents being manipulated by the children and a greater distancing between the parents.

The adults need to consider how

they will continue to nourish and honor the bond between them.

Family meetings: Once the parents have reached this stage of discussion and understanding, Davin urges open communication with the children at a family meeting where they can share information and where children have an opportunity to express their feelings. Allowing the children to participate to some degree will "make them more invested and help them to feel more a part of this blended family," explains Davin. "Giving the kids a voice lessens their anxiety. By the parents doing more work at the front end, they will get better results at the back end."

*More with Kristin Davin next month. Contact Kristin Davin at (917) 715-6583.*

*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](mailto:lee_chabin@lc-mediate.com) or (718) 229-6149, or go to <http://lc-mediate.com/>.*

Disclaimer: All material in this column is for informational purposes only and does not constitute legal advice.



## A TEEN'S TAKE

AGLAIA HO

# Teens need to read newspapers, too

**R**eading the newspaper may seem a bit outdated in the electronic age. With the internet, television, and smartphones, current events have never been more accessible. Nevertheless, according to the American Press Institute, only one-third of all young people actually pick up a newspaper. Furthermore, many teens dedicate most of their time on social networks, playing games, e-mail, and video sites rather than online news networks. According to the same study, many teens spend less than five minutes a day reading an actual newspaper or browsing online news.

This is a startling statistic, especially when one thinks about our fast-moving world. Events are occurring all around the globe, every second of the day. For teens, being aware of the latest happenings is an important habit; reading the news broadens your horizons, keeps you in touch with reality, and can also be very interesting.

I will admit that there was a time

when the news did not interest me. Most headlines did not seem to affect me. If an event did not happen locally, it probably was not worth knowing about. My dose of current events came in conversations with family and friends. The exchange usually went a little like: "Did you hear about so-and-so happening in so-and-so?" "Nope, but now I have."

I have started to realize how important it is to be aware of current events. The more we know about the world around us, the faster we can move forward and respond appropriately to the changes in our society. My first real taste of the news came when I started clicking on the news tab on my homepage search engine. I stumbled upon a page that provided a summary of all types of news on various topics. The headlines were provided along with a brief description of the event. As I read through the page, I was shocked by the range of events happening in the world. So much was going on in our country, in other countries, and in the scientific world.

My small taste of current events was a huge reality check that was as fascinating as it was shocking. Several headlines whetted my interest and prompted me to read the entire articles. At first, my interest was relatively narrow. I preferred reading entertainment pieces and New York City news instead of stories about international affairs and the economy. Nevertheless, as checking up on the news became a daily routine, my interest slowly began to broaden. I soon found myself curious about other topics. I never would've guessed I would read through an article about Wall Street!

I definitely became more knowledgeable from reading the news, but at the same time, I was a bit uneasy. With stories about terrorism, war,

heinous crimes, and natural disasters, the news isn't always rated PG. I came across stories that I would've rather not known about. Sometimes, I was even frightened by the disturbing events happening around me. I was especially concerned by how commonplace these events were in society.

I've slowly overcome my fear and regained faith in humanity. It is always a pleasure to read a story about one who saved another's life or someone who had a lucky break. Newspapers are businesses and like all enterprises, they need to sell their stories. Sensational news of startling events always attracts more attention than a heartfelt, feel-good story.

I have learned that keeping up with the news does not have to be an arduous task. There are so many free sources that offer quick coverage on the most important stories. For teens, the internet is an effective source for the news. Many newspapers can be found online. Popular search engines also provide their own stories. I just make sure the article is coming from a trusted news provider, such as a local newspaper or TV station.

Staying up-to-date with current events is our responsibility. We are expected to know of the latest happenings so that we can respond accordingly to them. Without the news, we would be vulnerable and narrow-minded. We wouldn't know what is happening in other parts of the country or world. For young people, reading the news allows us to learn more about our world, be informed future voters, and prepare for the future. The news offers many lessons about the qualms of society that we, as the future generation, can help fix when we are older. Knowing about our world keeps us connected and allows us to progress.

*Aglaia Ho is a 17-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.*



# Calendar

SEPTEMBER



Marcos de Castro Photography

## Enjoy a picnic and a traditional Egyptian concert

**M**usic in the Garden concert series makes its fall debut with the ensemble Zikrayat performing on the outdoor stage at the Queens Botanical Garden on Sept. 7.

Zikrayat is an Arabic music and dance ensemble that performs classical music and the traditional dances of Egypt, Lebanon, and the greater Arab world.

Bring a blanket and pack a picnic to enjoy the beautiful grounds during the performance.

Zikrayat, on Sept. 7 at 6 pm. Admission is \$4 for adults, \$3 for seniors, \$2 for students and children 3 to 12 years old. Free for Garden members.

*Queens Botanical Garden [43-50 Main St. in Flushing, (718) 886-3800, [www.queensbotanical.org](http://www.queensbotanical.org)].*

# Calendar

## 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!

Send your listing request to [queenscalendar@cnglocal.com](mailto:queenscalendar@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!

## SAT, AUG. 31

**Let's Play Day:** St. Margaret's Church, Middle Village, 66-05 79th Place; (718) 894-3400; [www.Play4Autism.org](http://www.Play4Autism.org); 11 am–4 pm; Free.

Play4Autism Kidz Into Action's autism awareness event, featuring food, games, and more.

**Hunt for beach plums:** Sunken Meadow Park bathhouse, 25A Sunken Meadow Pkwy.; (914) 835-2153; [www.wildmanstevebrill.com](http://www.wildmanstevebrill.com); 12:30 pm; \$20 (\$10 children).

Join Wildman Steve Brill for a three-hour tour and search for edibles. Reservations required.

**Family camping:** Fort Totten Visitor's Center, Ordinance Road at Shore Road; (718) 352-1769; [www.nycgov-parks.org](http://www.nycgov-parks.org); 6 pm to 7 am; Free.

Join the Urban Park Rangers for a sleep out. Participants chosen by lottery.

## SUN, SEPT. 1

**Design zone:** New York Hall of Science, 47-01 111th St. at Avenue of Science; (718) 699-0005 X 353; [www.ny-science.org](http://www.ny-science.org); 10:30 am–5 pm; Free with museum admission.

Discover how math and science are used to solve problems and overcome design challenges.

**The Last Reef:** New York Hall of Science, 47-01 111th St. at Avenue of Science; (718) 699-0005 X 353; [www.ny-science.org](http://www.ny-science.org); 11:30 am and 2:30 pm; \$6 (\$5 students and seniors) plus museum admission.

Fly across tropical reefs, brush through a cloud of a million jellyfish and visit an alien world where the tiniest creatures live in this 3D theater presentation. Recommended for children 6 years and older.

## WED, SEPT. 4

**Toddler time:** Rosedale Public Library, 144-20 243rd St. at 145th Ave-



## Make a new friend today!

**M**ake a new friend with old friends when “Sesame Street Live” comes to the Nassau Coliseum on Sept. 13, 14, and 15.

Yup, it's Elmo, Grover, Big Bird, and the whole gang, welcoming Chamki, who is visiting Sesame Street for just one day. Grover has a long to-do list for his friend, but

Chamki has other ideas. She wants to have cookies with Cookie, sing with Abby, and do the Elmo Slide, with you know who.

Come and find out how Grover feels about sharing his friend.

It's a fun-filled, interactive day, including up close and furry interactions on the audience floor.

“Sesame Street Live Make a

New Friend,” Sept. 13, at 10:30 am; Sept. 14 at 10:30 am and 2 pm; and Sept. 15 at 10:30 am, 1:30 pm and 4:30 pm.

Tickets are \$22 and \$38. Limited number of Gold Circle seats \$62 and Sunny Seats at \$100.

*Nassau Coliseum [1255 Hempstead Turnpike in Uniondale, (516) 794-9300; [www.ticketmaster.com](http://www.ticketmaster.com)].*

nue; (718) 723-4440; [www.queenslibrary.org](http://www.queenslibrary.org); 11 am–2 pm; Free.

For children 18 months to 3 years old with a caregiver.

**Carnival:** Glen Oaks Public Library, 256-04 Union Turnpike; (718) 831-8636; [www.queenslibrary.org](http://www.queenslibrary.org); 1–5 pm; Free.

Children celebrate the grand opening of this new library with a storytime, henna hand painting, and hands-on activities.

**Play-doh party:** Fresh Meadows Public Library, 193-20 Horace Harding Expy. at Peck Avenue; (718) 454-7272; [www.queenslibrary.org](http://www.queenslibrary.org); 3:30–4 pm; Free.

For children in grades kindergarten through third grade.

## THURS, SEPT. 5

**Craft time:** Howard Beach Library, 92-06 156th Ave.; (718) 641-7086; [www.queenslibrary.org](http://www.queenslibrary.org); 3:30–5 pm; Free.

Children 4 to 12 years old make fun projects.

**Open mic:** Flushing Public Library, 41-17 Main St. at Parsons Boulevard; (718) 661-1200; [www.queenslibrary.org](http://www.queenslibrary.org); 6:30 pm; Free.

Teens are invited to share their written word.

## FRI, SEPT. 6

**Game day:** Queens Village Public Library, 94-11 217 St. at 94th Avenue; (718) 776-6800; [www.queenslibrary.org](http://www.queenslibrary.org); 3:30–4:30 pm; Free.

Children in first grade through sixth grade enjoy board and card games

with friends.

## SAT, SEPT. 7

**School festival:** Alley Pond Park, 76th Avenue and Springfield Blvd.; (718) 229-4000; Noon–3 pm; Free.

Beat the stress of going back to school with games, rides, crafts and giveaways.

**Star safari:** Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 8–10 pm; \$10 (\$16 non-members, \$7 children 9–12).

Join astronomer Mark Freilich for an evening of gazing at the stars.

## SUN, SEPT. 8

**Little Makers:** New York Hall of Science, 47-01 111th St. at Avenue of Science; (718) 699-0005 X 353; [www.queenslibrary.org](http://www.queenslibrary.org)

*Continued on page 38*

# Calendar

## Continued from page 37

nyscience.org; 10:30 am–2:30 pm; \$8 per family (\$5 for members).

It's harvest jam time. Children smash and stir this season's fruit into yummy jam. Pre-registration required.

**"Little Red Hood":** Weeping Beech Park, 143-35 37th Avenue; (718) 939-0647; 1 pm; Free.

A modern twist on an old story.

**Ready for school:** Barnes & Noble, 70-11 Austin St.; (718) 793-1395; www.barnesandnoble.com; 2:30 pm; Free.

Children hear stories from Dr. Seuss and his alphabet book, plus a fun activity.

## MON, SEPT. 9

**Music and movement:** Steinway Public Library, 21-45 31st St. at 21st Avenue; (718) 728-1965; www.queenslibrary.org; 1–2 pm; Free.

Children 1 to 3 years old play with Alice Klugherz.

## WED, SEPT. 11

**Toddler time:** 11 am–2 pm. Rosedale Public Library. See Wednesday, Sept. 4.

## THURS, SEPT. 12

**Back to school Jeopardy:** Hol-lis Public Library, 202-05 Hillside Ave.; (718) 465-7355; www.queenslibrary.org; 4–5 pm; Free.

Children in third grade through sixth grade engage in a trivia game for fun and prizes.

**Jewelry making workshop:** Central Library, 89-11 Merrick Blvd.; (718) 990-0700; www.queenslibrary.org; 4–5 pm; Free.

Children 6 to 12 years old make unique pieces to take home.

## FRI, SEPT. 13

**"Make a New Friend":** Nassau Coliseum, 1255 Hempstead Turnpike; (516) 794-9300; www.ticketmaster.com; 10:30 am and 1 pm; \$22 and \$38.

Elmo, Grover, Abby Cadabby and the whole Sesame Street gang in an all new live show. This fun-filled interactive learning experience includes timeless tunes, and lessons for all ages.

**Job fair:** Tolentine Hall, St. Nicholas of Tolentine Church, 150-75 Gothals Ave.; (718) 454-3027; 11 am – 3 pm; Free.

Civic groups present over 72 businesses offering employment opportunities.

**Game day:** 3:30–4:30 pm. Queens Village Public Library. See Friday, Sept. 6.

**Camping:** Cunningham Park, 73rd



## Simply a-Maize-ing

**T**he Amazing Maize Maze is back at the Queens County Farm Museum in Floral Park.

Every Saturday and Sunday from Sept. 21 through Oct. 27, at 11 am, your family can have fun getting lost in the museum's three-acre interactive corn maze.

The fun begins with a "stalk talk" to help prepare you and your family for the challenge of finding clues and solving puzzles as you make your way from the beginning of the maze to the end. After

wandering through the maze, you can really get into the harvest season by strolling through the pumpkin patch and picking out a gourd of your own. It's a family tradition that never gets old.

Amazing Maize Maze from Sept. 21 through Oct. 27, 11 am. Tickets are \$9 for adults, \$5 for children 4 to 11, and free for children 3 years old and younger.

*Queens County Farm Museum [73-50 Little Neck Pkwy. near 74th Avenue in Floral Park, (718) 347-3276, www.queensfarm.org].*

Ave. and Francis Lewis Boulevard; 6 pm – 7 am; Free.

Urban rangers celebrate the tradition of camping under the stars.

## SAT, SEPT. 14

**Sid the Science Guy:** Central Library, 89-11 Merrick Blvd.; (718) 990-0700; www.queenslibrary.org; 10 – 11 am; Free.

Children 3 to 5 years old learn all about science. Space limited, tickets

distributed on a first come, first served basis.

**"Make a New Friend":** 10:30 am and 2 pm. Nassau Coliseum. See Friday, Sept. 13.

**Hands-on history:** King Manor Museum in Rufus King Park, 150th Street and Jamaica Avenue; (718) 206-0545 X 13; www.kingmanor.org; Noon–3 pm; Free.

Children discover what school was like 200 years ago.

**Science lab:** Central Library, 89-11 Merrick Blvd.; (718) 990-0700; www.queenslibrary.org; Noon–1:30 pm; Free.

Children 6 to 12 year old have hands-on science fun exploring the physical world.

**Crafting with Shaun:** Socrates Sculpture Park, 32-01 Vernon Blvd.; (718) 956-1819; workshops@bignyc.org; www.bignyc.org/workshop; 12:30–2:30 pm; \$25.

Bring CDs and make a disco ball.

**Science challenge:** Central Library, 89-11 Merrick Blvd.; (718) 990-0700; www.queenslibrary.org; 2–3 pm; Free.

Families with children 5 to 12 take the plunge and act as Research and Development teams testing and building projects.

## SUN, SEPT. 15

**Little Makers:** New York Hall of Science, 47-01 111th St. at Avenue of Science; (718) 699-0005 X 353; www.nyscience.org; 10:30 am–2:30 pm; \$8 per family (\$5 for members).

Children transform recycled paper scraps into fun handmade paper. Pre-registration required.

**"Make a New Friend":** 10:30 am, 1:30 pm and 4:30 pm. Nassau Coliseum. See Friday, Sept. 13.

## Antique Motorcycle Show:

Queens County Farm Museum, 73-50 Little Neck Pkwy.; (718) 347-3276; www.queensfarm.org; 11 am–4pm; \$5.

Display of various makes and models that have been out of production for at least 10 years, music, tours and hayrides.

## MON, SEPT. 16

**Back to school:** Barnes and Noble, 23-80 Bell Blvd.; (718) 224-1083; www.barnesandnoble.com; 11 am; Free.

Children read books about ABCs and 123s.

**Music and movement:** 1–2 pm. Steinway Public Library. See Monday, Sept. 9.

**Book signing:** Fresh Meadows Public Library, 193-20 Horace Harding Expy. at Peck Avenue; (718) 454-7272; www.queenslibrary.org; 2:30 pm; Free.

Author Katherine Griesz discusses her book, "From the Danube to the Hudson," with teens about her experiences in World War II.

## TUES, SEPT. 17

**Robotics workshop:** Arverne Public Library, 312 Beach 54th St. at Rockaway Beach Boulevard; (718) 634-4784; www.queenslibrary.org; 4–5 pm; Free.

Yvonne Shortt teaches children

# Calendar

about robots using a laptop and robot parts.

## WED, SEPT. 18

**Toddler time:** 11 am–2 pm. Rosedale Public Library. See Wednesday, Sept. 4.

## FRI, SEPT. 20

**Game day:** 3:30–4:30 pm. Queens Village Public Library. See Friday, Sept. 6.

## SAT, SEPT. 21

**World Maker Faire:** New York Hall of Science, 47-01 111th St. at Avenue of Science; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); 10 am–5 pm; Call for admission.

Make, create, learn, invent, build and play. Requires Faire tickets.

**Sid the Science Guy:** 10–11 am. Central Library. See Saturday, Sept. 14.

**Queens County Fair:** Queens County Farm Museum, 73-50 Little Neck Pkwy.; (718) 347-3276; [www.queensfarm.org](http://www.queensfarm.org); 11 am–6 pm; \$8 (\$5 children under 12).

Traditional country fair with blue ribbon competitions crafts and more.

**"Cinderella":** Long Island Children's Museum, 11 Davis Ave. at W. Road; (516) 224-5800; [www.licm.org](http://www.licm.org); 11 am, 1 pm and 3 pm; \$12 (\$10 members).

Enjoy the perennial children's fairy tale with a zany godmother, a fancy ball, and of course, the glass slipper. Meet and greet with the cast.

**Science lab:** Noon–1:30 pm. Central Library. See Saturday, Sept. 14.

**Science challenge:** 2–3 pm. Central Library. See Saturday, Sept. 14.

## SUN, SEPT. 22

**Arts festival:** Aubrey Avenue, South Street and East Main Street; [www.obarwalk.com](http://www.obarwalk.com); 10 am–4 pm; Free.

Hands-on children's crafts, knitting, pottery, cooking, live music, story telling, dance and more.

**Fly fishing:** Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 10 am–noon; \$16 (\$21 non-members, \$7 children 8-12).

Come and learn the techniques of fly fishing from veteran fisherman. Suitable for children 8 and up, but must be accompanied by an adult.

**World Maker Faire:** 10 am–5 pm. New York Hall of Science. See Saturday, Sept. 21.

**Insect workshop:** Bayswater Park, Beach 35th Street and Beach Channel Drive; (718) 846-2731; 11 am; free.



Gift Photos

## Fairy tale ending

**C**inderella finds her prince at the Long Island Children's Museum on Sept. 21 and 28, as well as Oct. 5 and 6 in Plaza Theatrical's presentation of the perennial fairy tale.

Children of all ages will enjoy this magical tale of a princess, an evil step-mother, fairy god-mother, a handsome prince, and of course, a happy ending.

Children learn all about the creepy crawlies at the park.

**Queens County Fair:** 11 am–6 pm. Queens County Farm Museum. See Saturday, Sept. 21.

**Hands-on learning:** Barnes & Noble, 70-11 Austin St.; (718) 793-1395; [www.barnesandnoble.com](http://www.barnesandnoble.com); 11:30 am; Free.

Children 3 to 7 build puzzles and

After the production children have an opportunity to meet and greet the cast.

"Cinderella" on Sept. 21, 28, Oct. 5, and 6 at 11 am, 1 pm, and 3 pm. Tickets are \$12 and (\$10 for members).

*Long Island Children's Museum [11 Davis Ave. at W. Road in Garden City, (516) 224-5800; [www.licm.org](http://www.licm.org)].*

learn about size, numbers, animals and children around the world.

**Jewelry workshop:** The Shops at SkyView Center, 40-24 College Point Boulevard; (718) 460-2000; [elagasse@quinnandco.com](mailto:elagasse@quinnandco.com); [www.shopskyview-center.com](http://www.shopskyview-center.com); 2pm – 4pm; Free.

Make Your Own Pendant using natural materials.

## MON, SEPT. 23

**Music and movement:** 1–2 pm. Steinway Public Library. See Monday, Sept. 9.

## TUES, SEPT. 24

**Robotics workshop:** 4–5 pm. Arverne Public Library. See Tuesday, Sept. 17.

## WED, SEPT. 25

**Toddler time:** 11 am–2 pm. Rosedale Public Library. See Wednesday, Sept. 4.

## FRI, SEPT. 27

**Game day:** 3:30–4:30 pm. Queens Village Public Library. See Friday, Sept. 6.

**"The Perks of Being a Wallflower":** Sunnyside Library, 43-06 Greenpoint Ave.; 4:30 pm; Free. Screening of the teen movie.

**Hands-on learning:** Barnes & Noble, 70-11 Austin St.; (718) 793-1395; [www.barnesandnoble.com](http://www.barnesandnoble.com); 7 pm; Free.

Children 3 to 7 build puzzles and learn about size, numbers, animals and children around the world.

## SAT, SEPT. 28

**Sid the Science Guy:** 10–11 am. Central Library. See Saturday, Sept. 14.

**Paper making:** New York Hall of Science, 47-01 111th St. at Avenue of Science; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); 10:30–11:30 am; Free with museum admission.

Children with autism spectrum disorder, ages 3 to 5 years old work with recycled paper, fabric fibers, leaves and flowers. Pre-registration required.

**National Estuaries Day:** Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 11 am–3 pm; Free.

Celebrate the environment with craft projects, games, canoe rides and more.

**Craft and Fine Art festival:** Nassau County Museum of Art, 1 Museum Dr.; (516) 484-9337; 11 am–6 pm; \$7 (children under 12 free).

Local craftsman present their works, delicious foods, and lots of demos.

**"Cinderella":** 11 am, 1 pm and 3 pm. Long Island Children's Museum. See Saturday, Sept. 21.

**Science lab:** Noon–1:30 pm. Central Library. See Saturday, Sept. 14.

**Science challenge:** 2–3 pm. Central Library. See Saturday, Sept. 14.

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# Calendar

Continued from page 39

## SUN, SEPT. 29

**Walk to end Alzheimer's:** Flushing Meadows Corona Park, 56th Avenue and 111th Street; [www.alznyc.org/nyc/walktoendalzheimers/queens.asp#content](http://www.alznyc.org/nyc/walktoendalzheimers/queens.asp#content); [www.alznyc.org/nyc/walktoendalzheimers/queens.asp#content](http://www.alznyc.org/nyc/walktoendalzheimers/queens.asp#content); 9 am; Free.

Two-mile walk. Registration requested.

**Craft and Fine Art festival:** 10 am – 6 pm. Nassau County Museum of Art. See Saturday, Sept. 28.

## MON, SEPT. 30

**Health connection:** New York Hall of Science, 47-01 111th St. at Avenue of Science; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); 10 am–4 pm; Free with museum admission.

Children explore the role of evolution and natural selection.

## LONG-RUNNING

**EcoHouse at the Garden:** Queens Botanical Garden, 43-50 Main St.; (718) 539-5296; [www.queensbotanical.org](http://www.queensbotanical.org); \$4 (\$3 seniors, \$2 students, children).

The red-brick house-on-wheels displays energy-efficient lighting, water conservation, energy-efficient appliances, and heating and cooling systems.

**Bio Bus:** New York Hall of Science, 47-01 111th St. at Avenue of Science; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); Tuesdays – Fridays, 9:30 am–3:30 pm, Now – Fri, Sept. 20; Free with general admission.

Hop aboard the mobile research vehicle and learn about science.

**Inspirational tour:** New York Hall of Science, 47-01 111th St. at Avenue of Science; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); Tuesdays – Fridays, 9:30 am–5 pm, Saturdays and Sundays, 10 am–6 pm, Now – Fri, Sept. 6; Free.

Learn about the legendary Arthur Ashe through touch-screens and motion paintings.

**Tesla's world:** New York Hall of Science, 47-01 111th St. at Avenue of Science; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); Tuesdays – Fridays, 9:30 am–5 pm, Saturdays and Sundays, 10 am–6 pm, Now – Sun, Oct. 20; Free with museum admission.

Explore the life and works of the inventor Nikola Tesla.

**Playground:** New York Hall of Science, 47-01 111th St. at Avenue of Science; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); Weekdays, 10 am–5 pm, Saturdays and Sundays, 10 am–6 pm.; \$4 per person plus museum admission.

Children explore, discover and have fun in this outdoor playground with

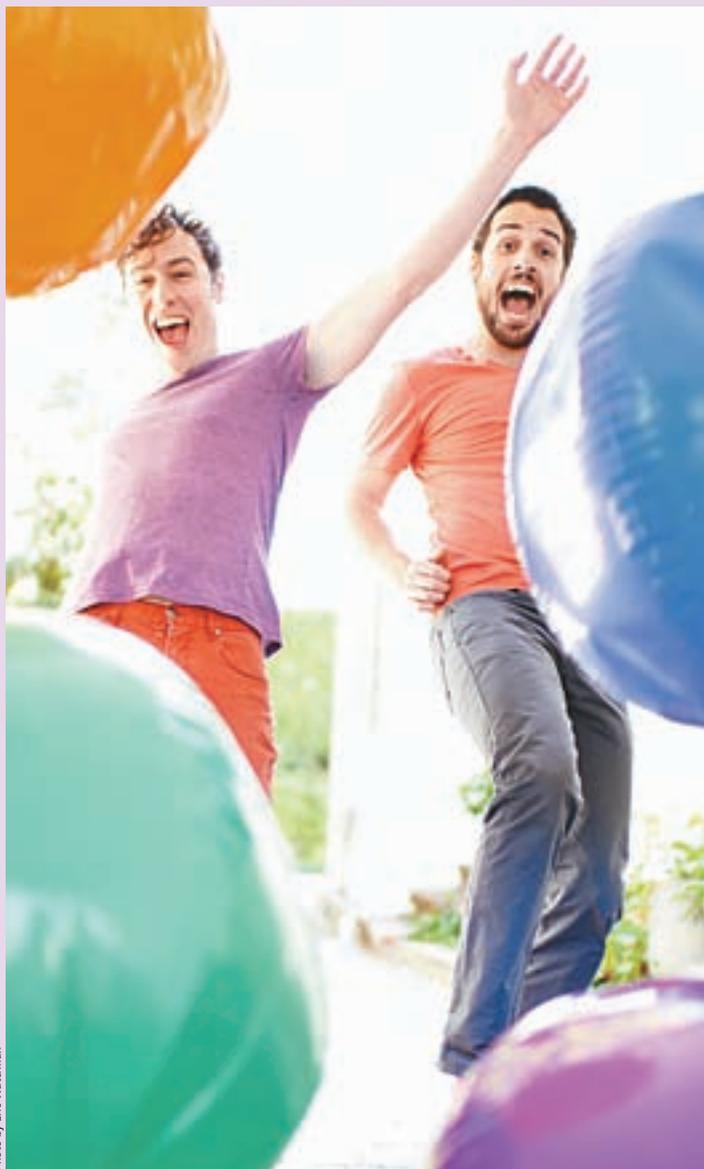


Photo by Eric Waterman

## Stop by to hear the Pop Ups

**H**op up for the Pop Ups in concert at the Museum of Jewish Heritage on Sept. 8.

Rock into the New Year with Jason Rabinowitz and Jacob Stein, the Pop Ups, for a special Rosh Hashana concert. The Brooklyn-based, too-cool-for-school indie rock band rocks out titles from its latest album, "Radio Jungle," and debut album "Outside Voices," to the delight of children 3 to 10

years old. Children can also make fun crafts.

The Pop Ups on Sept. 8 at 2 pm (craft-making from 1 to 4 pm). Tickets are \$10; \$7 for children ages 10 and younger; and \$7 for museum members (\$5 member children under 10).

*The Museum of Jewish Heritage [33 Battery Pl. at First Place in Battery Park City, (646) 437-4202; [www.mjhnyc.org](http://www.mjhnyc.org)].*

slides, seesaws and pits as well as fog machines. Each session lasts 45 minutes; weather permitting.

### Swinging with the All Stars:

Louis Armstrong House Museum, 34-56 107th St.; (718) 478-8274; [www.louisarmstronghouse.org](http://www.louisarmstronghouse.org); Tuesdays – Fridays, 10 am–5 pm, Saturdays and Sundays, Noon–5 pm, Now – Sat, Aug. 31; Free with museum admission.

Photos and memorabilia from Armstrong's personal collection will be on display at the museum.

**Space Junk 3D:** New York Hall of Science, 47-01 111th St. at Avenue of Science; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); Tuesdays – Sundays, 10 am–5pm.; \$6 (\$5 children) plus museum admission.

Children experience collisions, soar 22,000 miles above the earth and explore the challenges faced in protecting our planet, without ever leaving Queens.

**Nook and cookies:** Barnes and Noble, 23-80 Bell Blvd.; (718) 224-1083; [www.barnesandnoble.com](http://www.barnesandnoble.com); Saturdays, 10:30 am, Now – Sat, Nov. 2; Free.

Children listen to stories that come to life on a Nook, plus fun arts and crafts.

**Saturday sculpture:** Socrates Sculpture Park, 3205 Vernon Blvd.; (718) 956-1819; [www.socratessculpturepark.org](http://www.socratessculpturepark.org); Saturdays, Noon–3 pm, Now – Sat, Sept. 28; Free.

Participants visit with a different artist each week and create projects.

**Adventure course:** Alley Pond Park, 76th Avenue and Springfield Boulevard.; (718) 229-4000; Sundays, 10 am and 1:30 pm, Now – Sun, Nov. 3; Free.

Take the challenge that encourages a physical connection with nature. Trained staff help you through the course. Pre-registration required.

**Story time:** Barnes & Noble, 70-11 Austin St.; (718) 793-1395; [www.barnesandnoble.com](http://www.barnesandnoble.com); Wednesdays, 10:30 am, Sundays, 2:30 pm, Now – Sun, Nov. 3; Free.

Children hear stories from staff members and do a fun craft.

**Story time:** Barnes and Noble, 23-80 Bell Blvd.; (718) 224-1083; [www.barnesandnoble.com](http://www.barnesandnoble.com); Mondays, 11 am, Mon, Sept. 2 – Mon, Nov. 4; Free.

Join in for an exciting adventure at every turn of the page.

**The Amazing Maize Maze:** Queens County Farm Museum, 73-50 Little Neck Pkwy.; (718) 347-3276; [www.queensfarm.org](http://www.queensfarm.org); Saturdays, 11 am–4:30 pm, Sundays, 11 am–4:30 pm, Sat, Sept. 21 – Sun, Oct. 27; \$9 (\$5 children, Free for children under 3).

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## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

# How much 'energy' does a kid need?

**A**s any mom or dad will attest, most kids are full of energy. Why then, would parents want their children to consume caffeine for an energy boost?

The Food and Drug Administration recently began an investigation into why certain food and beverage companies are adding caffeine to products targeted at children. The agency is also looking into caffeine's safety. In a related development, San Francisco's city attorney sued Monster Beverage Corp., accusing the company of marketing its caffeinated energy drinks to children as young as 6.

A growing number of foods have added caffeine with labels referring to "the right energy" and similar phrasing. Caffeine is being added to trail mix, oatmeal, potato chips, chewing gum, jelly beans, beef jerky, hot sauce, trail mix, as well as energy drinks and energy shots.

The only time the Administration approved the added use of caffeine in a food or drink was for

colas back in the 1950s.

These companies say they are marketing their products to adults. Yet, many of the items, such as candy and gum, are attractive to children.

### A drug and its effects

Caffeine is a natural stimulant found in coffee beans, tea leaves, and cacao. When added to products, it must be included in the list of ingredients, but the amount doesn't have to be.

The Administration does not set caffeine limits for energy drinks, only for colas (capped at six milligrams per ounce).

Not much is known about the effects of caffeine on children. The American Academy of Pediatrics says caffeine has been linked to harmful effects on children's developing neurologic and cardiovascular systems. It can also affect sleep. In large amounts, caffeine can cause brain seizures and cardiac arrest.

A study published in the December 2010 *Experimental and Clinical*

*Psychopharmacology* discovered boys are more stimulated by caffeine than girls and that both genders have a preference for so-called junk food after consuming it.

As many caffeinated parents can attest, the compound is addictive and a sudden withdrawal produces a throbbing headache.

A single serving of any of these foods or beverages is unlikely to be harmful. But what about a child who consumes caffeine throughout the day?

Most health professionals say there is no role for caffeine in kids. Parents trying to control their children's caffeine intake should educate their children about what to look for. Packages that tout "energy" should raise a red flag.

*Christine M. Palumbo, registered dietitian, is a nutritionist from Naperville, Ill., who is on the faculty of Benedictine University. Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition, or Chris@ChristinePalumbo.com.*



### Blueberry sparklers

Makes 10 skewers

#### INGREDIENTS:

- 1 cup large fresh blueberries
- 1 cup white chocolate chips
- 1 teaspoon vegetable oil
- 2 tablespoons multicolor candy sprinkles

**DIRECTIONS:** On each of 10 bamboo skewers (eight inches long), spear eight blueberries. In a perfectly dry microwavable cup, stir chocolate chips and oil. Microwave on medium power 30 seconds; stir. Microwave 20-30 seconds longer; stir until the chocolate is smooth. Transfer melted chocolate to a resealable plastic bag. Snip a very small corner off the bottom of the bag. Drizzle the melted chocolate over the skewered blueberries and immediately roll lightly in sprinkles.

**NUTRITION FACTS:** 136 calories; 18 g carbohydrate; 7 g total fat; 6 g saturated fat; 0.4 g fiber.

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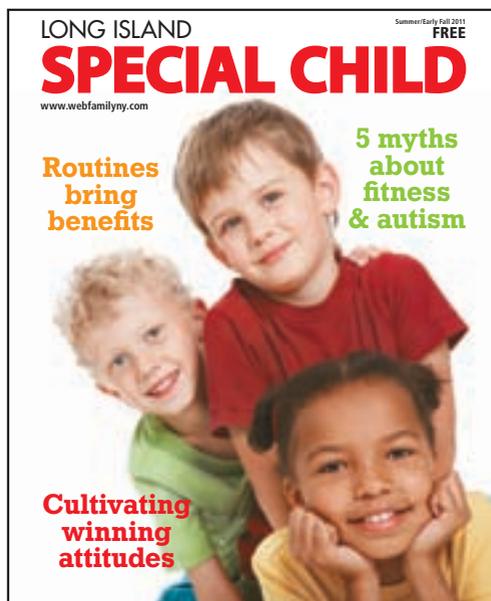
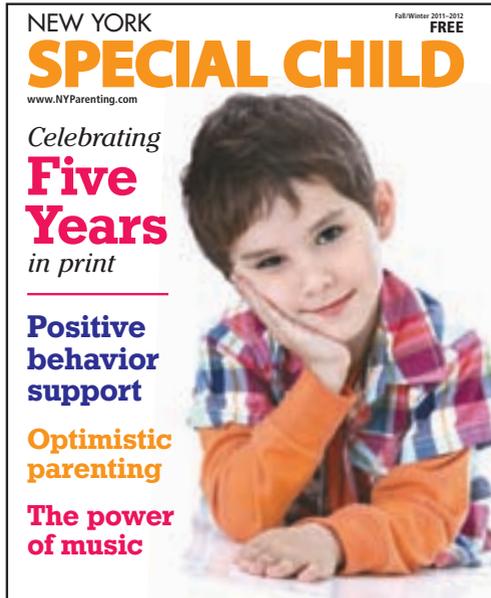
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