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# Letter from the publisher

## Mid-summer musings

**T**alking about Back to School at the end of July is getting on my nerves. I'm not the only one. Our social media guru and columnist Danielle Sullivan and I had the same thought going.

It seems that we are pushing the marketing of things up further and further and the phrase itself is so worn out that we want to dispose of it and replace it with something else, but what? TV commercials and print ads are already overusing this tired expression.

The return to classes will mean summer's over and that a family's regular routine will resume. Vacations will be behind us and summer schedules and long days of light will



come to a close, as will the beaches. But not yet, and not now! We have weeks ahead of us of still lovely summer weather. Personally I love the beach!

There are great summer foods in the farmer's markets and food stalls with the first of the summer corn showing up in the last week or so. Peaches and nectarines have appeared and tomatoes too! Sunflowers are for sale and up in the loveliest places. To me they mean mid-summer.

New York is such a great place to be in the summer with many events taking place in every borough. Our calendars are full of wonderful things for every family to do wherever you live or want to play.

Signing up for our e-blasts and utilizing our website can help keep you in the loop about what's happening in every part of the city. Log onto [www.NYParenting.com](http://www.NYParenting.com) and sign up for the newsletter. Twice a week we will send you links to interesting articles and ideas for the weekend that will inspire you and your family. You'll also get a chance to win tickets and other prizes.

Speaking of winning, we are giving away a gorgeous Britax Affinity Stroller to some lucky family. Enter to win by clicking on the link [www.NYParenting.com/stroller](http://www.NYParenting.com/stroller) and make sure you fill out the form completely. That means also telling us why you would like to win it. Only city residents can enter, so don't tell your sister-in-law on the island or in Westchester. They are not eligible.

This issue has some great arti-

cles that we hope you enjoy. Allison Plitt has written an interesting piece on Smart Snack guidelines for the schools. Be sure to read it.

Whatever your plans are for the coming weeks, enjoy! If you're like me and you're hard at work except on the weekends, then make the most of those days. If the kids are away at camp or in a day camp nearby, they should be doing the same, relishing the summer time outdoors in all the ways that kids do.

Thanks for reading.

Susan Weiss-Voskidis,  
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New York Parenting Media has been recognized for editorial and design excellence by PMA.

New York Parenting Media is published monthly by New York Parenting Media/CNG. Subscription rate is \$35 annually. Reproduction of New York Parenting Media in whole or part without written permission from the publisher is prohibited. All rights reserved. Copyright©2014 Readership: 220,000. 2012 circulation audits by CAC & CVC.



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# Kindergarten 101

Help your child score a smoother transition into school

BY CHRISTA MELNYK HINES

**F**or many parents, kindergarten signals an important transition from the all-consuming baby and toddler years. Suddenly, your “baby” is expected to make more choices on her own, stay focused over a longer period of time, learn new skills, and navigate a social circle with less oversight from you. Plan ahead to pave the road to a happier kindergarten transition for all with these tips:

**Visit the school.** Before school begins, attend school orientations and meet the teacher to help your child grow familiar with his new learning environment.

**Calm kindergarten jitters.** Build excitement and optimism for school. Shop together for a new backpack or lunchbox, school supplies, and new clothes.

“Even if parents are feeling nervous, they should do their best not to portray that to their child,” says Kathy Weller, a kindergarten teacher. “Be very upbeat about the upcoming new experience.”

**Recognize friendly faces.** Before school starts, arrange play dates with future classmates. A few familiar faces on the first day may help calm any nervous butterflies.

**Read together.** Reading to your child teaches valuable listening skills and creates an opportunity to help your child prepare for the kindergarten experience. Check out books like “The Night Before Kindergarten” by Natasha Wing and “Kindergarten Rocks” by Katie Davis.

**Tackle a few skills.** While knowing his colors, the ABCs, and how to count to 10 will give your child a head start, work on other skills like teaching him to tie his shoes and knowing his full name, phone number, and birthday.

**Plan transportation.** Avoid transportation snafus by sticking to a plan and keeping your child (and the teacher) informed. If your child will ride the bus and is nervous, listen and reassure her. Drive the route ahead of time. Also, seek out a “bus buddy” for your child, whether a responsible older neighbor child or another bus-riding classmate. On the first day of school, arrive early at the bus stop. Introduce yourself and your child to the driver. Assure your child that you (or whoever you’ve designated), will be waiting for her when the bus returns after school.

**Get good eats and sweet dreams.** Make sure your new kindergartener gets plenty of rest and eats healthy meals, which will help

him better manage the stress of the transition and stay focused during school. Wake up a little earlier to avoid a rushed first day.

**Team up with the teacher.** Share insights about your child’s strengths with the teacher to help her understand what motivates and interests your child.

“Parents should approach school with the idea that the teacher has their child’s best interest at heart,” says Dr. Holly Schiffrin, an associate professor of psychology at the University of Mary Washington, who specializes in child development and parenting practices. “The parent should convey that they are on the same team as the teacher (even if they have different ideas about how to assist their child).”

**Reflect on the day.** Having a hard time getting your child to discuss his day?

“Keeping a daily journal of their day (with mom’s help) is a fun way to get your kids to talk about school,” says kindergarten teacher Wendy Hughes. “Ask your child to tell you some funny or interesting things that may have happened that day.”

**Manage adversity.** Every child is bound to have a rough day. Encourage her to resolve her own problems and take responsibility for her actions.

“Ask your child for her input and perspective, genuinely listen, acknowledge and empathize, and then shift the focus towards reaching solutions as a family and in unison with your teachers and school,” says parent coach Tom Limbert, author of “Dad’s Playbook: Wisdom for Fathers from the Greatest Coaches of All Time.” “Focus on giving your child the tools, morals, and lessons she will need when not in your presence, which will now be more and more often.”

**Mark the occasion.** Celebrate your child’s first day of school with a special outing after school like a frozen yogurt, dinner out or a play date at her favorite park. Who knows? You may find that initial celebration turns into an annual first-day-of-school tradition for your family.

*Freelance journalist Christa Melnyk Hines is a family communication expert, wife, and mom. She and her two sons plan to celebrate the first day of school with a trip to the ice-cream counter.*



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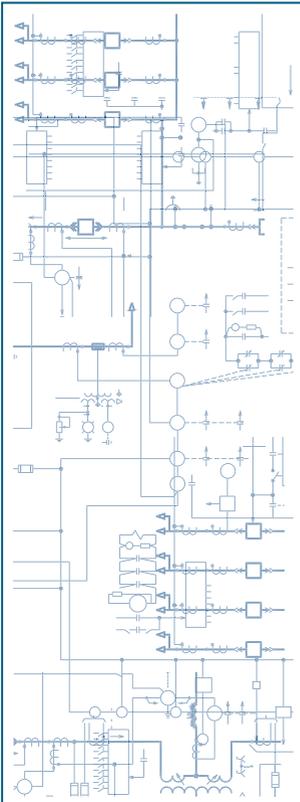
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EVERYTHING  
MATTERS

# Prep list

Is your  
child ready  
for school?  
Are you?

BY JUDY M. MILLER

**A**nticipation builds as the new school year approaches. Every year, my kids become antsy as the stores fill up with new backpacks, fun and colorful accessories, and the latest in locker and school supplies. And even though I am not ready to begin the process of letting summer with my kids slip through my fingers, I grudgingly give in and get to work. The excitement of and preparation for a new school year can be stressful for the parents and their children.

So, what can parents do to make the transition smooth for themselves and their children? Especially for the child who is attending a traditional school for the first time or going to a new school? Here are some ideas to get everyone ready for school.

**Schedule a visit.** Meeting the teacher and walking through the building does a lot to ease the stress of change. If your child's schedule requires changing classrooms and the use of a locker, take her to school and encourage her to physically walk through her schedule and become familiar with her locker. Your child gains a sense of the familiar and you, when you think of your child during the day, can be calm knowing where your child is. (Make and keep a copy of her schedule.)

**Get the paperwork done.** Mark this task off your to-do list early. Doing so allows you the time to address anything that may have been overlooked, like a copy of your child's inoculations. Make and keep copies in case paperwork is misplaced. Keep a folder at home for each of your children with all required school paperwork, class list, phone numbers, class schedule, and any other important papers. If you need something, you'll know where it is. Last-minute worries and misplaced paper add to stress. You're working towards smooth, yes?

**Take your child shopping.** Going shopping for school supplies is our annual first step of getting ready for



Gradually begin moving bedtimes and wake-up times back to school schedules. The excitement of the new school year, adjustment to class work and studying, and added expectations wears your child out.

school, part of our tradition for transitioning from summer back to school. In the early part of August we wade through the aisles with shopping carts and our lists of required school supplies. Each of my four kids has a copy of their list and runs through the aisles, grabbing the items on their list and throwing the supplies into the carts. I check what is in the carts against my master list. I also adjust supplies, to account for the myriad of school projects that will be pop up throughout the school year, and the items that may not go the distance during the course of the school year (extra poster board, erasers, folders, plastic rulers, highlighters, dry-erase makers).

**Checkups!** If your insurance allows, consider scheduling checkups in early to mid-summer. Seeing the dentist and doctor earlier, especially when inoculations are required, disassociates them with the start of the school. Middle and high school sports physicals will need to be completed before your child begins practices for her fall sports.

**Connect or reconnect.** Consider a simple get-together or picnic with school friends and families you may not have seen over the summer. Reestablishing friendships and catching up does wonders for everyone. This is a great opportunity for new families to get acquainted as well. If you are the new family, ask for a mentor family who has a child of the same age as yours. The mentor family can "hold your hand" as you and your child transition into the new school environment, answering questions and helping you become familiar

with the system.

**Move the clock up.** Summer is time to replenish. To slow and let down. Even if you work, your child, whether she has been at camp or at home, has been sleeping in and staying up later. Gradually begin moving bedtimes and wake-up times back to school schedules. Changing the schedule early should help you get some added sleep since you aren't staying up as late either. Help the younger kids say good bye to the fireflies and flashlight tag, and assist your middle or high-schooler with a small scavenger hunt or barbecue with friends. The excitement of the new school year, adjustment to class work and studying, and added expectations wears your child out.

**Go over expectations.** Sit down with your children and go over what you and your child's school expects of them. Some schools require signed agreements from the student that holds them responsible for their actions, like cheating, turning work in on time, responsibility, and treatment of other students. If these are required by your child's school, make sure you discuss the agreement and that your child understands what she is signing. If you or your child feels anything needs clarification, get it and keep a copy of the signed agreement.

**Organize and mark everything.** When you are shopping for school supplies with your child, get yourself some new supplies, too. I always get myself a new supply of sticky notes, permanent markers, highlighters, paint pens, and notebooks. I purchase storage bins if they are needed. Extra supplies go into the bins and are used by my kids as needed throughout the school year. My personal supplies go into the desk drawer, necessary for marking clothing, new backpacks and school supplies. Permanent markers won't work on every surface, so paint pens come in handy (and they come in white).

Moving through the steps of preparing your child to return to school allows you and your child to become ready for school. If you find you aren't there when the bus picks her up that first morning, remember, you'll see her sweet face across the dinner table later.

*Judy M. Miller is a freelance writer living in the Midwest with her husband and four children. She is the author of "What To Expect From Your Adopted Tween."*

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# Prenatal fitness

Amazing  
benefits for  
mother —  
and child

BY AMY GRIFFITH

**E**xercise during pregnancy is not only imperative to keep a mom-to-be fit and healthy, but it can also benefit the child's lifelong health. This is according to recent research from the University of Virginia School of Medicine, which determined that exercise during pregnancy has a distinct molecular consequence on the unborn child that essentially allows the child to be more fit. Other studies have shown that maintaining a healthy weight during pregnancy is tied to preventing childhood obesity, which has reached epidemic proportions in the U.S. Of course, prenatal fitness is also an imperative for the budding mom's own health with respect to both her physical and emotional well-being.

That said, while most understand that maintaining a pregnancy fitness regimen is beneficial, many women harbor erroneous fears and misconceptions about prenatal exercise or simply don't know the best way to go about integrating fitness into their daily lifestyles, both of which undermine and inhibit a pregnant woman's opportunity to optimize her health and fully enjoy the experience.

To help moms-to-be (with no applicable medical complications) gain expert-based knowledge and innate confidence relating to their fitness choices, below prenatal lifestyle expert, Amy Griffith, star of her own "Active Prenatal Yoga" Workout DVD, offers eight tips and truths to give di-

rection, debunk myths, and provide overall peace-of-mind to foster a fit, healthy and happy nine months:

- **Start now.** If a woman becomes pregnant and has not had a structured fitness routine beforehand, she can certainly start now — and should — since exercise develops muscle tone, can help prevent gestational diabetes, aids in digestion and can help regulate blood pressure. Just be sure to begin with some gentle forms of exercise. As the due date approaches, remaining active can also encourage the baby to move into proper position for birth. Even activity as simple as walking is hugely beneficial to a pregnant woman. She can even run, bike, dance, and strength train as long as it still feels safe for her body. Whatever modality of exercise she decides to engage in, it is always of utmost importance that she listen to her body and recognize individual limitations.

- **Exercise to release endorphins.** Exercise not only has countless physical benefits with keeping muscles toned, maintaining healthy body fat levels, and improving cardiovascular health among them, but it also releases endorphins that can help boost mood, improve self-esteem, reduce anxiety and depression, decrease stress, alleviate pain, and improve sleep. All of these can greatly enhance the lifestyle of a pregnant woman, helping her enjoy the overall experience.

- **Yes, "do abs."** Pregnant women still have them and will benefit from strengthening them in advance of

delivery. Exercising abs and the entire core group of muscles will help prevent back and posture problems caused by the growing stomach, will make pushing more effective pushing during labor, and will help the new mother recover quicker. For example, a pregnant mother in her second and third trimester will mainly be working her transverse abdominus, which wrap from front to back like a corset, and also the obliques. Keeping these muscles toned and active will help them to return to their pre-pregnancy state far sooner. Abdominal exercises during pregnancy can also reduce the risk of abdominal separation, which can lead to other physical ailments. Beforehand, be sure to research the safest types of abdominal exercise for the various trimesters and execute with proper form.

- **Try yoga:** Yoga is not just about gaining strength and flexibility, and finding calm in moments of stress; it also helps slow down our busy lives. Prenatal yoga is a very safe form of exercise. Executed with the use of props to support the pregnant woman as baby grows, the mother can maintain the standard yoga poses but in a modified way. Prenatal yoga also teaches the powerful connection of breath and movement, encouraging the woman to let go of tension trigger points in her body. All of these elements combine to cultivate a deeper understanding of how the woman's body moves, and what she can do to relax in an uncomfortable situ-



ation, both physically and mentally. Many of the elements of a prenatal yoga class can be utilized by the mother as she moves through labor and delivery, including poses to ease labor pains, breathing techniques, and meditation.

• **Cardiovascular exercise is a-ok.** The old theory of not allowing your heart rate to exceed 140 beats per minute is no longer supported by the medical community. There is about a 50 percent increase in blood flow when a woman is pregnant, so the heart works much harder to deliver all of these nutrients throughout the body and especially the placenta. While a pregnant woman who is exercising may tire out more quickly, there is no evidence that such exertion is harmful to her baby. The general rule of thumb is if a pregnant woman can continue to carry on a conversation while performing an exercise routine, then she is in a cardiovascular safe zone.

• **Set a fitness mantra.** A mantra is a positive intention — word or phrase that you come back to daily to “check in” and be reminded that everything is okay and on course. Setting a mantra will help you to trust your body, and accept the changes that are occurring

physically. It can help to quiet down the ego and encourage you to slow down and even accept the temporary fitness limitations. This is a key lesson to reiterate throughout pregnancy and can help to keep the pregnant woman safe while exercising. Some mantras are, “I accept,” “I trust,” and “I am strong.” These positive reminders carry throughout the pregnancy and the birth of the baby.

• **Massage to recover faster.** A carefully delivered massage from a prenatal massage specialist can alleviate pain in various parts of the body that can be caused by too much physical activity — exercise and otherwise. Massage stretches and loosens muscles that become tight as baby grows and the woman’s body changes. Massage will also benefit the pregnant woman as it relieves tension. A pregnant woman’s low back pain, headaches, sciatica, and swelling can all be eased by a trained massage therapist. When her body feels better, she is able to continue to keep herself healthy with regular exercise.

• **Meditate to de-stress.** Meditating can connect to a mantra you set or simply help to quiet down, clear your mind, calm your nervous system, and regulate your blood pressure. When employed in combination with a fitness regime, a pregnant woman can reap the rewards of both physical and emotional health. Pregnant women can quiet down fears and release them through the practice of meditation. When the mother lets go of fear, it opens her up to having a positive pregnancy and birth. Labor and delivery are certainly a physical experience, but many women say it is 90 percent mental. Allowing oneself to move inward and “step out of your own way” gives the body permission to do exactly what it knows how to do: birth baby! Meditation enables the mom-to-be to mentally surrender while exercise gives her physical strength and confidence.

*Nationally certified prenatal yoga instructor Amy Griffith is one of America’s leading prenatal fitness and lifestyle experts, providing free advice, including eBook and video content, to her army of followers and fans at [www.AmyGriffith-workout.com](http://www.AmyGriffith-workout.com). The above should not be construed as medical advice. Individuals should consult with their own physicians before starting any fitness or exercise regime.*

# Understand your child's brain

What neurology can teach you about parenting

BY ALLISON PLITT

**S**teven Jay Fogel, a longtime student of human behavior and development, explains in his new book — “Your Mind Is What Your Brain Does for a Living: Learn How to Make It Work for You” — the way our brain functions, the importance of parent-child attachments, and how our addictive use of technology has brought about a digital revolution.

He recounts his story of financial success at a young age, but that happiness still eluded him. Having studied with psychologists, educators and rabbinical scholars, Fogel has published this book to share his insights and experiences with others about how he found that inner joy.

## Brain function

Initially, Fogel dispels the myth that the brain functions like a computer. The brain does process information like a computer, but the likeness ends there.

“Every-day experiences reveal ways in which your brain operates in a most uncomputer-like fashion,” he writes. “Examples include visual illusions, the emotional basis of decision making, irrational approaches to problem-solving, and the unreliability of human memory.”

Fogel said for years neuroscientists believed that humans only used 10 percent of their brain, but now they have discovered that people use all parts of their brain. They have also discovered that the brain is fully developed around the time a person is 25 years old.

Neuroscientists, furthermore, did a study in which 3-month-old babies showed a distinct preference for a puppet that was helpful to another puppet instead of a puppet that hindered another puppet. They concluded from the study that the babies were innately able to sense right from wrong.

One term Fogel often refers to is “default programming,” which is created by emotionally impactful experiences we have growing up. In



his own words, Fogel describes “default programming” as “the wiring that we have been developing since infancy.” Past traumatic experience often leads to an adult responding to an event without rational thought or emotion.

Fogel’s book takes an optimistic stance about neuroscience because he writes, “Brain research has revealed that our brains are malleable, with the capacity to be shaped and reshaped, which scientists refer to as neuroplasticity.” Although our brain may be programmed to a default setting that is based on past experiences, Fogel said it is possible to be “mindful” in which you are aware of your present thoughts and actions in order to

make reasonable decisions that defeat old self-destructive behavior.

## Parenting

For parents, Fogel’s chapter about parent-child attachment stresses the importance of children feeling secure in their bond with their parents.

“If you have a good parent-child attachment, then the child can go off into the world with a strong feeling of self-worth, feeling confident that they can handle things,” he writes. “If a parent or caretaker is remote, unresponsive, or emotionally turbulent and insensitive to the child’s needs, the parent-child bond won’t be secure, and children raised in these circumstances will grow-up with a poor self-image and are likely

to have other problems as well.”

Fogel believes another crucial aspect of parenting are the messages that parents communicate to their children.

He explains, “If a child has a mother or a father or a caretaker or a sibling who is in that child’s daily life, and if that person is always saying that around every corner is disaster and that the child’s only choice in handling things is just going to be shooting himself or herself in the foot, how can that child go out into the jungle and expect to find berries? All that child is going to expect to find are snakes.”

The middle prefrontal cortex, located behind the forehead, provides the brain with higher cognitive functions, which are a result of a healthy parent-child attachment.

“The more attuned a parent is to his or her child, the safer the child will feel; the more secure the bond between parent and child will be; and the healthier the child’s development will be in the first seven areas the middle prefrontal cortex participates in that enable us to modulate ourselves mentally, emotionally, and physically. Thus, parents who are mindful in their relationships with their children provide secure attachments,” he writes.

Fogel lists the first seven areas of the middle prefrontal cortex, which are responsible for the following cognitive functions: regulating your body (vital organs such as your heart and other bodily functions to keep them in balance), attuned communication with people, emotional balance, response flexibility (taking in information, stopping and reflecting before you act), insight, empathy and modulating fear. When the parent-child attachment is strong, these cognitive behaviors function properly, giving the child a sense of well-being.

### Technology and the brain

Another topic Fogel broaches is our modern-day addiction to technology, which is making us less-mindful individuals. Fogel says humans are fear-based creatures, as we walk around with our smart phones anticipating upsetting e-mails and text messages. He credits the smart phone for creating the 13-hour-a-day work mode, where it is not uncommon for a boss to call an employee for a file at 7 pm.

In regards to e-mails and text messages constantly coming in on our smart phones, Fogel says that



Steven Jay Fogel

often the messages that come in make people become “activated,” by which he means a highly dramatic state of intense emotions catalyzed by our default programming.

Fogel advises, “Any time you get a digital communication that activates you, don’t answer it for two hours. You want to be able to detach yourself, so you can be mindful enough to consider different possibilities for your response and respond productively rather than defensively. Once you’ve sent an angry or otherwise intensely emotional e-mail, you can’t take it back. As the old saying goes, ‘Once the bullet leaves the gun, there’s not much you can do.’ So when a digital communication upsets you, take a deep breath, keep breathing, and think about what you want to communicate and the way that you want to communicate it.”

According to Fogel, there are two crucial points in his book that can change someone’s life. He says, “First, we are not the voice in our head. The voice in our head sounds like an authority to us, and we believe it’s always right, but it’s not. Sometimes what the voice tells us is actually wrong — because what the voice says is just the interpretation of our default programming. We, not the voice in our head, are the ones that have to make the decision about how we’re going to act.”

The second vital point to his book, Fogel says, “Is that our feelings are not facts. Just because we feel our boss doesn’t like us, it doesn’t mean he doesn’t like us. Just because we feel someone is wrong about something and that we’re right doesn’t mean that it’s true.”

For more information about Stephen J. Fogel, visit <http://stevenjayfogel.com/>.

Allison Plitt is a freelance writer who lives in Queens with her husband and young daughter. She is a frequent contributor to New York Parenting.

## CONTEST WINNERS!



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# Snacking smarter at school

BY ALLISON PLITT

**T**here is a revolution going on in our country's schools this year and it's not about the Common Core Standards. It's about ensuring that all food sold in schools (outside of the National School Lunch Program and the School Breakfast Program) adhere to the United States Department of Agriculture's Smart Snacks nutritional standards, in which schools must have transitioned to complete compliance by July 1.

To better understand the evolution of the Smart Snacks guidelines, it is important that parents and caretakers revert back to 1979, when the Department passed competitive food rules for the first time. Regulations limited sales of food with less than five percent of the recommended dietary allowances per serving for eight key nutrients. These products included soft drinks, chewing gum, and other sugar-based foods. These

items could not be sold in food-service areas during mealtimes but could be sold anywhere else in a school at any time.

President Obama signed the Healthy, Hunger-Free Kids Act of 2010, which required the Department for the first time in more than 30 years to establish national nutritional standards for all foods sold and served at schools any time during the day. This law exempts fundraisers from its compliance as long as they are approved by the school and are infrequent.

Three years later the Department proposed new competitive food rules and opened them for public feedback for 60 days. After public comment and revision, it published a revamp of school snack standards called "Smart Snacks in School" in June 2013 and informed all participating schools that they had 14 months in which to comply. The rules are in effect only during the school day and 30 minutes thereafter.

"I want us to imagine a new world. A world where healthy food is actually more convenient than junk food."

Helping United Mankind and Nutrition Healthy Vending Machines is one of the new merchants selling healthy food and beverages in schools across the nation. The company also published a "Smart Snacks In School Guide," which contains a summary of food and beverage rules as well as nutrient standards.

Any competitive snack food sold must be a fruit, vegetable, dairy product, protein-rich food (meat, beans, poultry, seafood, eggs, nuts, seeds), whole-grain rich food (first ingredient is a whole grain or product is 50 percent whole grains), or a combo food that has at least a quarter cup fruit or vegetable. All the competitive foods have nutrient limits in calories, sugar, sodium, and fat.

Competitive snack beverages are sold in limited portions and have limited calories. They include water, carbonated water, unflavored low-fat milk, flavored or unflavored fat-free milk and soy alternatives, 100-percent fruit or vegetable juice, and diet sodas. Caffeinated drinks can only be sold in high schools.

Sean Kelly, chief executive officer of Helping Unite Mankind and Nutrition Healthy Vending Machines, explains, "Kids consume up to 60 percent of their total calories from school and up to 40 percent of their caloric consumption comes from junk food. To exacerbate this problem, the nutritional education that we provide our kids in our society is negligible at best."

Some schools have already started selling healthful snacks at lunchtime either on the menu or from vending programs. As a result, these schools have already seen their students boost their overall daily consumption of fruit by 26 percent, vegetables by 14 percent, and whole grains by 30 percent. They also ate more fiber, calcium, and vitamins A and C.

Kelly believes there is a correlation between the declining academic

performance of the United States' students (ranked 17th among 50 other countries according to a study done by the Economist Intelligence Unit in 2012) and an increase in the processed food industry in our country.

"This isn't just about obesity and malnutrition," Kelley remarked. "It's also about the state of education in America. Maybe the reason our kids can't learn what we want them to learn is because they can't focus or retain information because they're falling asleep in class and they continually experience blood sugar-induced erratic energy swings as a result of poor nutrition."

According to Kelly, when people talk about the solving the obesity epidemic, they talk about educating people more about nutrition, getting people to eat less harmful food and more healthy food, and having people exercise more.

Kelly, who was a personal trainer while in college, does believe in those solutions, but he also adds one more component to the mix — easy and convenient access to healthy foods.

"The reality of the world we live in today is that it is very, very difficult to be healthy, but for a second, I want us to imagine a new world. A world where healthy food is actually more convenient than junk food. Where it's easy to access nutrition and nutrition is everywhere. Where convenience stores and vending machines and micro-markets bring nutrition directly to people rather than asking people to get educated about it and go and find it on their own," Kelly says.

He continues, "Where it's incredibly difficult to find and, therefore, eat those foods that are harmful to you, so you do so sparingly as was the original intention. Where everywhere you turn there are fresh foods, energy-sustaining health snacks, foods from the earth, healthy drinks, fruits and vegetables. In this world, it's almost impossible to consistently eat harmfully and, as a result, the problems related to obesity, malnutrition, even education, began to fade away. Access, therefore, is the answer."

To find out more about Smart Snacks in School, visit [www.smartsnacksinschool.com](http://www.smartsnacksinschool.com).

Allison Plitt is a freelance writer who lives in Queens with her husband and young daughter. She is a frequent contributor to *New York Parenting*.

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## Education

### DIRECTORY

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*Continued on page 18*

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# Education

## DIRECTORY

*Continued from page 16*

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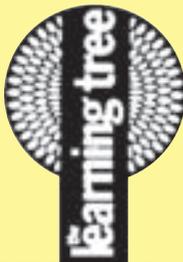
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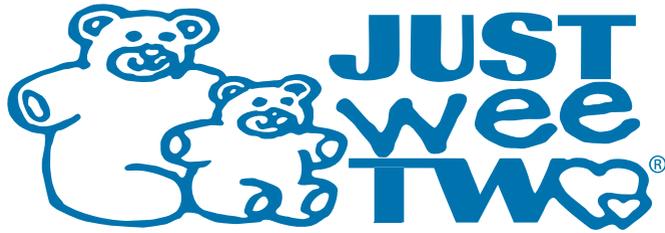
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# Rosie Pope

## Room for romance

A consummate multitasker offers tips for keeping the spark alive

BY TAMMY SCILEPPI

**S**ummertime and the livin' is easy? Well, not so much, especially after those long, hot, stressful workdays that inevitably turn into even longer, more hectic evenings at home. Now that the kiddies seem to be underfoot 24 hours, seven days a week, that hint of romance on a balmy summer night may easily go unnoticed.

When you and your partner are in the mood for love, but your little darlings won't go beddie-bye, how do you keep that spark alive?

Rosie Pope has some great tips. Along with mastering the art of looking fabulous and sexy in her stylish high heels — while pregnant — the popular parenting diva, and star of Bravo's hit show, "Pregnant in Heels" (where she's a maternity concierge), has also mastered the art of keeping things fun and romantic with hubby Daron, despite the daily chaos of family life.

Married 10-plus years, Rosie and her husband are facing the challenges of raising four adorable, active kids, (ranging in age from 7 years to only 4 months), while juggling full-time careers. The couple has lived in New York and the surrounding area since meeting in an elevator one day, and falling in love. It was an urban romance.

"Juggling my dual life as business owner and a mother of four is not something that I've mastered with total elegance," she says. "While it may at times look like that from the outside — thanks to a great blow out and some snazzy wedges — the inside is a hurricane of emotion! Like so many other mothers in America, I was not able to take the maternity leave that I would have liked. After all, I run my own business, so stopping work for months at a time really wasn't an option."

While maintaining her whole-

some image, the dotting mom has skillfully managed to channel her inner temptress (much to her hubby's delight), and reminds harried New York parents to work on keeping that spark alive — no matter what!

According to Rosie, it's all about that all-important date night — even when mom's exhausted and not really in the mood.

"Every night can be Friday! Don't wait till the weekend to have a special date — if the opportunity presents itself, seize the moment!"

Here, she offers NY Parenting's moms and dads her insights as a parent, so they can better balance motherhood (and fatherhood) with intimacy, and discusses how you and your better half can find time for amoré (every night!).

Rosie reveals her secrets to a healthy and lasting relationship and marriage:

**Communication:** Communicate — even when it's hard (and quite often, frustrating).

**Empathy:** Don't forget to think of things from your partner's perspective. (It's tricky, especially when he or she is annoying the heck out of you. But it's do-able and works wonders to foster a loving atmosphere).

**Work on intimacy!** It is unequivocally a very important part of your relationship, and it's kind of like going to the gym: you may not like feel like it, but you are always glad you did it!

**Feel good about yourself:** Do what you need to look and feel confident. Remember —





How does Rosie find time for date nights and late-night shenanigans with four demanding kids, her maternity shops, and a line of baby clothing she designs?

confidence is attractive!

**Tell your love story:** Everyone has one, so regularly remind yourselves of that moment you fell in love. Those feelings live on inside of you and you need to revisit them often.

So, how does Rosie find time for date nights and late-night shenanigans with four demanding kids, her maternity shops, and a line of baby clothing she designs? Well, it ain't easy, but she truly believes the trick is to "seize that moment!"

"Any night can be a date night once the kids are in bed," she says. "We are strict about their bedtimes, so we have time with each other most evenings. My husband is a fantastic cook, so we don't need to go out. I pour the bubbly, make the play list, and he

grills the fish.

"We work together, so we actually get to spend a lot of time together. It's less about the need for us to go out to special places and more about finding those key points everyday — to check in with each other on a personal level, rather than on a parenting or business subject."

She admits they're very lucky to have help at home, and grandparents that really help out a lot.

And what's Rosie's advice for single parents dating and bringing someone new into the family?

"Be honest with your children. My parents separated when I was very young and I think some of the difficulty I had growing up was being kept in the dark about relationships. And so when I learned of them, they were very serious, and it seemed so out of left field to me and made it hard for me to adjust or accept this new person. Kids can handle a lot when you are honest with them."

So, on those balmy nights when a hint of romance is in the air, she reminds couples to "keep it fun and often!" You can fill in the blanks.

*Rosie Pope stores: [55 Warren St. between W. Broadway and Church Street in Tribeca, (212) 213-3393, www.rosiepope.com] and [1265 Madison Ave. between E. 90th and E. 91st streets on the Upper East Side, (212) 608-2036].*



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# On Darwin and babies

Shouldn't we have evolved beyond tantrums?

BY TIM PERRINS

**H**ave you heard of the “terrible twos?” My daughter Hazel is a few months past her second birthday, and, personally, I think this time should be renamed the “beautiful twos.”

Ha! Just kidding — it's unbearable! One minute Hazel is saying “Daddy!” and spontaneously hugging my leg, but the next she's throwing herself on the floor and screaming “I don't want it!” because the piece of corn muffin I broke off for her is the wrong size. “I don't want the little one! I want a big one! Noooooo!”

Don't take this the wrong way. Most of the time I'm bowled over by how sweet she is, by how quickly she learns things, and how adorably she mangles the English language. Even her fits can be pretty funny. It's just that her sudden swings into tantrumland give me terrifying flashbacks to the days when she was an infant — to those nerve-piercing episodes when

tiny Hazel was screaming endlessly and I had to fight a heroic battle in my head to beat back the voice asking me, “Why are you doing any of this? You could be playing golf right now.” And I hate golf, so you can see how dire things must have been.

The other day, as Hazel was crying on the floor and I was reminiscing about those traumatic early days of parenting, I found myself wondering why infants take crying to such absurd lengths. I mean, from a Darwinian perspective, what good does it do to torture your parents by shrieking for hours on end? The conclusion I've come to is that Darwin didn't know what he was talking about.

I'm sorry, let me back up a bit: have you heard of this Darwin guy? Back in the “Olden Days” (that was the historical era before the internet and Starbucks)

a scientifically inclined fellow named Charles Darwin developed a theory called “Natural Selection,” which suggests that whichever variant of a plant or animal is best suited to its environs — due to its coloring, temperament, number of eyes or what-have-you — will have the best chance to thrive and further its species. Hence, an insect that happens to resemble a leaf or a twig will better survive in an environment full of carnivorous predators than will its cousin-insect that looks like a cheeseburger. That's why nowadays there are still plenty of green grasshoppers that blend into their leafy surroundings — but when was the last time you saw a beetle that looked like a Big Mac?

Sounds like this Darwin character was on to something, right? Well then, how do you explain human babies? At birth, little tiny humans are not equipped to handle much of anything. They can't walk like other newborn mammals. They have to rely on the adult humans for everything, so you'd think evolution would result in the flourishing of human babies who don't cry so incessantly that they cause their frazzled parents to seek relief by jumping off the nearest cliff. If this whole evolution thing has any merit, then shouldn't babies be much more well-adjusted by now?

Forget about “natural” selection for a minute. Throughout history, humanity itself has devised ways of selecting its own evolution. Take the ancient Spartans. They fancied themselves the toughest of human beings, and the auditions to become a new Spartan were pretty ruthless — any newborns who were sickly or feeble or otherwise

subpar were taken away and left on a mountainside to die. Now, the Spartans were ancient Greeks, who were supposed to be pretty enlightened. I hate to imagine what went on in the less-civilized parts of the world back then. It seems like this trait of excessive crying would've been “selected” out somewhere along the line, whether by natural means or otherwise.

So tell me, Mr. Darwin, how do you explain the fact that we're even still here, when *all* the babies of our species are clearly engineered to make their parents lose their minds? Shouldn't humans be extinct by now?

As a relatively new parent, I realize that I have a baby-centric perspective on just about everything, so maybe I need to take a broader view of this

## NEW DAD

“survival of the fittest” idea. Maybe it's not just babies who need to be tough. Maybe the

purpose of all that screaming is to weed out weak *parents*.

In my worst moments in those not-so-long-ago days as the parent of a newborn, there were times when the vicious cocktail of sleep deprivation and the endless wailing of an infant gave me the urge to seek out the nearest desolate mountainside. And yet, I didn't. Why? Well, it could be that evolution has made me just strong enough to handle that stuff.

Recently my wife and I took Hazel on a road trip to visit a goat farm. After driving for several hours on the highways and scenic country roads of upstate New York, we arrived and parked the car. Hazel, however, wanted nothing to do with the goats. As we approached the big red barn, she threw herself down onto the dusty gravel driveway, screaming: “I don't like it! I don't wanna go inna farm! Noooooo!” Fortunately, she loved playing on the tractor that was parked around back, so the trip wasn't a total waste.

Looking back on episodes like that, I can be happy that I have a willful and assertive child who will surely shape me into a strong and well-evolved parent. And for the record, those abandoned Spartan babies weren't always fated to a cruel demise. Reportedly, many of them were found and rescued by passing strangers — especially the ones who screamed the loudest.

*Tim Perrins is a part-time stay-at-home dad who lives with his wife and their highly selective toddler in Park Slope, Brooklyn. More of his thoughts about babies and other things that confuse him can be found at [www.RevoltOfTheImbeciles.blogspot.com](http://www.RevoltOfTheImbeciles.blogspot.com).*

# Overdosing on vitamins

## Learn the risks to your child

BY ALEXA BIGWARFE

**I**would never have thought that I could make my child sick from giving them too many vitamins. However, the Environmental Working Group is warning parents that we may be harming our children by feeding them too many vitamins and minerals, particularly vitamin A, zinc, and niacin. These are commonly added to “fortified” cereals and other foods.

Vitamins and minerals were originally added to everyday foods to protect children’s health, but the Food and Drug Administration’s percentage of daily values shown on food nutrition labels are for adults and exceed maximum safe levels for

children. The group states that the agency’s guidelines on what food companies should show on the nutrition facts label — the percentage of daily values — are inadequate. Furthermore, those calculated on products made for children still show the values for adults, not children.

Does it really matter if children “overdose” on vitamins and minerals? The answer is yes. Too much vitamin A can result in short-term health problems, such as brittle nails and hair loss. In the long term, over consumption of vitamin A can lead to liver damage and skeletal abnormalities. If pregnant women consume too much vitamin A, it can cause developmental abnormalities in the fetus.



Too much zinc can result in anemia and can, impair immune function.

Excess niacin or vitamin B3 leads to rashes and skin reactions, nausea and toxicity in the liver.

Children are much more at risk of overdosing on vitamins than adults.

Where are the biggest sources of these excess vitamins? The Environmental Working Group’s report states: “Fortified breakfast cereals are the No. 1 source of added vitamin A, zinc, and niacin in children’s diets.” In 23 of the cereals with the highest added doses, just a single serving would exceed the daily safe level of a child age 8 or younger. Most of those cereals in the highest ranges are not marketed toward children, but there are also high levels in snack bars (consumed by children) as well.

To be safe, make sure you know about these vitamins and minerals, and limit your children’s intake of foods fortified with vitamin A, zinc, and niacin to only 20-25 percent of the adult daily value.

*Alexa Bigwarfe is the mother to three young children. She is a strong advocate for all things related to children’s safety and health issues.*

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# Britax



## LIONS AND TIGERS AND TEENS

MYRNA BETH HASKELL

# Teens and politics

**M**ost teens are quite savvy with their cell phones, checking out the latest posts on Instagram, sending Snapchats, texting at lightning speed, or using GPS to find a friend's house. They are completely in tune with the latest apps and online trends, tapping into the most obscure social networking sites before the rest of the population catches on.

Could you imagine a world where teens cared more about their state senator's position on education reform than their friend's Instagram collage? In the 1960s, millions of young people across America became involved in politics due to their opposition to the Vietnam War. Since then, teens don't seem to be as universally involved in politics.

How can parents and educators encourage teens to become involved and passionate about the political and economic issues affecting our country?

### The youth demographic and voting statistics

Most experts agree that a knowledge of civic responsibility, U.S. political history, as well as registering to vote as soon as one turns 18 all contribute to a lifelong interest in government and politics. However, the youth vote and youth registration rates still lag far behind other age groups. According to the Center for Information and Research on Civic Learning and Engagement at Tufts University, 45 percent of registered youth aged 18 to 29 voted in the 2012 presidential election, while all other age groups voted at turnout rates of 60 percent and higher. In New York, the youth turnout vote was 42.4 percent as compared to 63.4 percent of registered voters above 30 years of age ([www.civicyouth.org](http://www.civicyouth.org)).

According to [Campusvoteproject.org](http://Campusvoteproject.org), "Despite widespread reports of overwhelming youth engagement in the 2008 election, young voters only made up about 19 percent of the electorate."

### What keeps young people from the polls?

"Young people don't vote right away because they don't see the im-



portance," explains Mary Ellen Balchunis, assistant professor of political science at La Salle University in Philadelphia. "Once they get their first paycheck, see the taxes taken out, have car payments, and pay health insurance premiums, they begin to realize that it is important who is in government."

Mary A. Evins, campus coordinator of the American Democracy Project and associate professor of history at Middle Tennessee State University, points out, "Some 18 year olds express that they aren't ready to vote yet, and some see voting as a chore and an inconvenience."

### What educators can do

"As a college professor, I know how to get young people involved in politics," says Balchunis. She reports that having discussions about issues that directly affect teens is key, such as staying on their parents' health insurance or lowering interest rates on student loans. Balchunis regularly invites political figures to visit her classroom. As a candidate for U.S. Congress, Balchunis has also worked with teens on the campaign trail and understands that teens will want to get involved if they can do something they are good at.

My daughter's U.S. government teacher helped her students get registered to vote. She passed out registration forms and hand-delivered them to the county board of elections office. Many of these students were then eligible to vote for the school budget in May.

### What parents can do

Young people should develop an interest in government and politics well before the age of 18. I used to take my kids to the polls with me at a young age so they could experience the democratic process first-hand. They watched their father and I vote in all types of elections — school, local, and national. Evins instructs parents to have frequent, thoughtful dialogues about community, state, national, and global issues. She also advocates visiting sites of local, state, and national governance.

"Parents who include civics education as part of regular family activities will help children grow naturally into understanding what their responsibilities are as good citizens," she adds.

Balchunis recommends, "Share the newspaper with them and watch the news with them."

### Tips and tales

Please share these tips from our past presidents with your teens (provided by: <http://www.cleanslatenow.org>):

- "Always vote for principle, though you may vote alone, and you may cherish the sweetest reflection that your vote is never lost." — John Quincy Adams, sixth U.S. president.

- "The future of this republic is in the hands of the American voter." — Dwight D. Eisenhower, 34th U.S. president

- "To vote is like the payment of a debt, a duty never to be neglected, if its performance is possible." Rutherford B. Hayes, 19th U.S. president.

### Share your ideas

Upcoming topic: How does a parent cope with an empty nest once their children are off to college or work?

Please send your full name, address, and brief comments to [myrna-haskell@gmail.com](mailto:myrna-haskell@gmail.com) or visit [www.myrnahaskell.com](http://www.myrnahaskell.com)

Myrna Beth Haskell is a feature writer, columnist and author of, "Lions And Tigers And Teens: Expert Advice and Support for the Conscientious Parent Just Like You" (Unlimited Publishing LLC, 2012). For details, visit [www.myrnahaskell.com](http://www.myrnahaskell.com).



## THE BOOK WORM

TERRI SCHLICHENMEYER

# Informative books that aren't boring

If your child knows he had an awesome summer and would like a little more time to enjoy, then read “Why Spacemen Can’t Burp” by Mitchell Symons and “Poo! What Is That Smell?” by Glenn Murphy, illustrated by Lorna Murphy, and he’ll know things he can share when he gets back to class.

In “Poo! What Is That Smell?” you’ll learn why the little things you do each and every day are incredible!

Use your eyes to read this book and learn that eyes first evolved more than 525 million years ago. Read why animals see differently than you do. Learn that “hearing is really just a sense of touch that works at a distance” and that snakes have ears! You’ll see how your tastebuds are linked to your nose, why some things smell horrible, why animals eat disgusting stuff, why you can feel different

surfaces with different parts of your body, and how you’re wrong if you think you have only four basic tastes.

Speaking of senses, have you ever noticed why the first sniff of something is more powerful than the second sniff? Or why triangular-cut sandwiches taste better than half-cut ones? The answers to those difficult questions — and more — are inside “Why Spacemen Can’t Burp.”

In this book, you’ll learn when it’s acceptable to say the word “ain’t.” You’ll find out why you rubbed your knee last time you bumped it hard.

You’ll learn which are the most difficult letters for a ventriloquist to learn, why killer whales have such a bad reputation, how long laughter has been around, why Mom could be right if she thinks you were raised by wolves, why your little fingers are “pinkies,” and what you can do much better than any adult you know.

You want your child to be up-to-speed when school starts soon. You want him to keep reading between semesters, too, but nobody said it had to be boring — two good reasons to find “Why Spacemen Can’t Burp” and “Poo! What Is That Smell?”

With quick paragraphs enhanced by cute illustrations and humorously presented paragraphs, these two books speak to the hearts of young readers who don’t necessarily want the involvement of

narrative chapters.

No, these trivia-type books are the kind that kids can pick up and put down at will. They’re out-of-order browse-able, contain something that will interest just about any child, and the price is right on both.

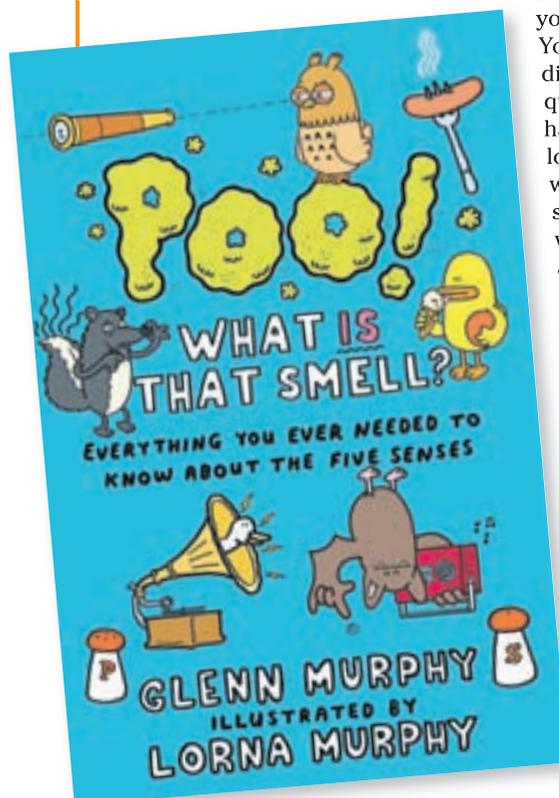
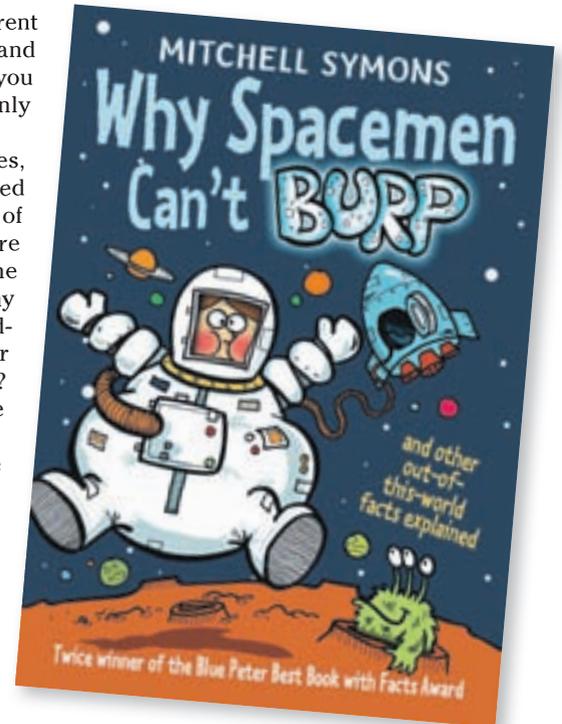
What’s not to like?

Be aware that there are Britishisms in the Symons book and bigger words in both, which makes them challenging for 7- to 8-year-olds, but still enjoyable for 9- to 12-year-olds. And if that sounds good, then “Poo! What Is That Smell?” and “Why Spacemen Can’t Burp” are books you know you need.

“Why Spacemen Can’t Burp,” by Mitchell Symons [272 pages, 2013, \$9.99].

“Poo! What Is That Smell?” by Glenn Murphy [158 pages, 2013, \$8.99].

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



# Travel writing teens

Kids get more  
out of a trip  
when they  
document it

BY SHNIEKA L. JOHNSON

**W**eekends away, school breaks or summer excursions abroad — traveling with kids takes planning.

The Family Travel Forum is a website that offers tips and first-hand examples of travel with children written by parents and kids.

The site encourages families to think ahead — like reviewing maps in weeks leading up to the trip.

By planning ahead to discover the sites and events that the destination has to offer, families can engage their older children in the research and encourage them to select some of the families' excursions. This is one of the great tips on the Family Travel Forum website.

Some other tips include con-

firming — in advance — the travel budget, the distance you're willing to travel, and the mode of transportation that will be used. On the

help with your child's development and growth, but could also earn them scholarship money for their education or future travel.



Scenes from teen travels: (Above) A friendship blossoms in Uganda. (Left) The teen author bonds with her host father in China.



day of your departure, be sure to pack plenty of snacks and quiet activities in a small bag or carry-on luggage to keep the children entertained during the travel to your destination.

Another great idea encouraged by the Family Travel Forum is to have children write and document their travel experiences in a journal or via a blog.

These activities will promote literacy and other artistic skills (i.e., photography, drawing, etc.), which will not only

## About the contest

Now in its eighth year, Family Travel Forum's merit-based contest is open to students ages 13 to 18 who are enrolled in junior high or high school or being home-schooled. Candidates submit a 600-word essay on any trip they have taken in the past five years

along with a photo or video. Family Travel Forum rewards the best posts with scholarship grants or travel prizes.

The top three essays are rewarded with cash (with first place receiving \$1,000; second place \$500; and third place \$250) and

25 honorable-mention winners receive travel gifts. Additionally, there is a prize for Best Video. These prizes are given by Family Travel Forum, along with the Society of American Travel Writers, our partner in this program.

This year, Family Travel Forum is offering two additional scholarships and more prize money

with its new sponsors I Love New York and the New York Travel Writers Association, increasing teen travel writers' chances to win.

Visit [http://myfamilytravels.com/Teen\\_travel\\_writing](http://myfamilytravels.com/Teen_travel_writing) to review the rules, requirements and prizes, and to find a link to the Scholarship Submission Form.

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“Documenting travel experiences contributes to overall literacy, and that as kids and teens enjoy sharing their experiences, this is both a fun and educational activity.”

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Family Travel Forum, the Society of Travel Writers, the New York Travel Writers Association and New York State’s Tourism Board (through the effective “I LOVE NEW YORK” travel campaign) have partnered for the past eight years to award grants and travel gifts to teen writers and bloggers ages 13 to 18. Thus, by encouraging your budding travel writer or photojournalist during your next family trip, it is possible that they could fund their own excursions in the future.

To get more information about the scholarship, Family Travel Forum, and traveling with children, I interviewed Fran Falkin, an editor for the website:

**Shnieka Johnson:** Why is it important to encourage kids and teens to document and write about travel experiences?

**Fran Falkin:** At Family Travel Forum we feel that documenting travel experiences contributes to overall literacy, and that as kids and teens enjoy sharing their experiences, this is both a fun and educational activity.

**SJ:** Is there a way to introduce writing and documentation at a younger age?

**FF:** Absolutely. Little ones can draw pictures in a travel journal and also dictate some words for a parent or older sibling to add, or they can make a collage of images from travel brochures or pictures printed from the internet.

**SJ:** Can this be done for trips both big and small? Even in “stay-cations?”

**FF:** Sure. It’s great for kids to connect with their own backyard. Last year’s scholarship topic asked teens to write about

why people should visit their hometowns, and we received a lot of great pieces.

**SJ:** What do you suggest to parents that want their kids and teens to write more?

**FF:** Kids really model their parents’ behavior, even when you think they’re ignoring you! Start your own family journal and give every child their own space to write on pages that you begin. You can start by noting that day’s activities, or your itinerary and hotel name if you’re on vacation. If kids only want to paste in their cut-out pictures, add postcards, ticket stubs, or other travel souvenirs, encourage them to add a caption explaining why that item is important to them. Soon you’ll have a big scrapbook that everyone will enjoy looking at. If your family is more comfortable typing, start an online blog together using a free service like <http://blogger.com>

**SJ:** Does technology play an important role? Or is a travel journal a sufficient start for young writers?

**FF:** Technology plays an important role in everything today. Teens love to tweet and share their pictures on Instagram, where they can write long captions. But, for story writing, the “travel journal” can be the old-fashioned bound notebook, or a tablet computer — whatever works for your teen.

**SJ:** Is there a larger number of teen travel writers and bloggers?

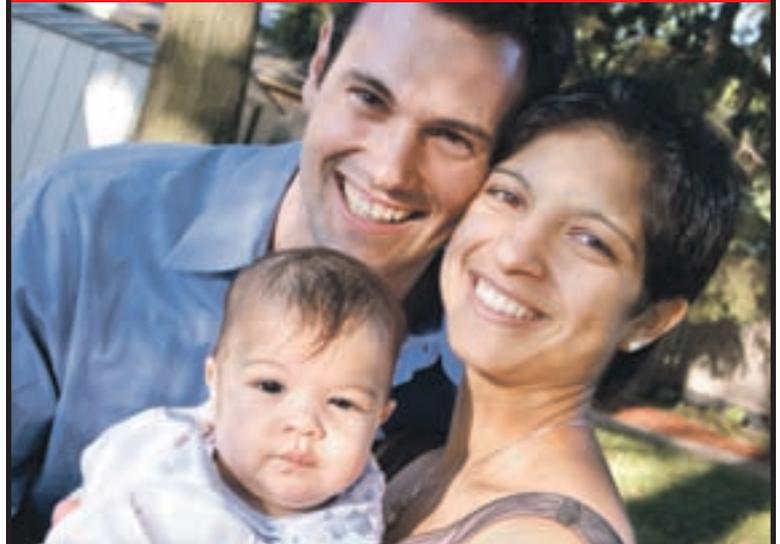
**FF:** Each year we receive several thousand applicants signing up for the scholarship from all 50 states, and most of them have never blogged before.

**SJ:** Tell me about the scholarship that you offer annually, how did it come to fruition?

**FF:** Family Travel Forum always encouraged kids to write about their family trips and at one time had a separate website called [kidtravels.com](http://kidtravels.com). In 2007, we realized that kids, especially teens, would be more likely to participate if there was a chance to win a prize, and so the Family Travel Forum Teen Travel Writing Scholarship was born.

*Shnieka Johnson is an education consultant and freelance writer. She is based in Manhattan where she resides with her husband and son. Contact her via her website: [www.shniekajohnson.com](http://www.shniekajohnson.com).*

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## ASK AN ATTORNEY

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# Affording home care

*My parents are in their early 80s and my father was just diagnosed with Alzheimer's. My mom is afraid that she will not have enough money to pay for his long-term care, but that she has too much money to qualify for government benefits. What should we do at this point?*

**“A**ging in place” is the generally preferred course of action for our parents’ generation, meaning that they would rather remain in their home as they age. Many people are concerned that they will not have assets sufficient to pay for their care either in their home or a facility. There are options available to New York State residents that can help defray the cost of care, and allow the elderly to obtain assistance without emptying their or their children’s pocketbooks.

Medicaid (not to be confused with Medicare, which provides health-insurance and prescription drugs for the elderly) is a joint federal and state program that is becoming increasingly relied upon as the long-term care solution for the middle class. Contrary to common belief, being on Medicaid does not mean that you receive substandard care. The Medi-

icaid program is simply a source of payment for those who qualify for it.

The Medicaid program is “means based,” meaning that you cannot have assets in excess of a certain amount to qualify. The asset threshold changes each year, and is \$14,550 for an individual for 2014.

### **Assets do not disqualify you from medicaid home care**

Many people believe that they are disqualified from Medicaid Home Care because they are over the maximum \$14,550 Medicaid asset allowance. This is a misconception. First, an applicant’s home is an “exempt resource” and does not count toward the maximum. Second, certain transfers can be made in anticipation of Medicaid, which would not necessarily disqualify an applicant from Medicaid Home Care Services. People commonly cite the “five-year look-back,” but do not know that the look back applies only to nursing home care and not home care in New York State. Many are also unaware that retirement accounts are exempt and do not count toward the threshold.

There are various ways of transferring assets in order to qualify for Medicaid. This is often necessary where a parent is “house rich,” but cash poor, and wants to avoid selling their house in order to obtain care. The methods are too many and too complex to list here, but these transfers can be accomplished and, in many cases, can yield a favorable result to help keep a parent in his home while providing him with care. You should always consult with an attorney before transferring your assets.

### **Income does not disqualify you from receiving Medicaid home care**

There is an income limitation on Medicaid applicants. The income limitation for a single applicant for 2014 is \$809 to \$829. Many people are under the false assumption that their

income is too high to allow them to qualify for Medicaid. Wrong again!

In New York State, eligible applicants can employ what is called a “Not-for-Profit Pooled Trust.” The Pooled Trust operates similarly to a “flex account” that you might have through your employer at work to pay for qualified medical expenses. With a Pooled Trust, your income in excess of the threshold gets sent to the Pooled Trust organization (a non-profit organization that “pools” excess income from many other people). You are the beneficiary of that excess income and it can be used to pay qualified expenses. As a result, your income is reduced sufficient for you qualify for Medicaid Home Care services, while allowing you to still reap the benefit of the excess income. There is an annual fee for the Pooled Trust, and thus there should be enough excess income to justify payment of the annual fee. In addition, your bills (only bills in the beneficiary’s name) must be submitted to the Pooled Trust each month for payment. Lastly, the Pooled Trust is not a savings account. Any assets that are remaining in the beneficiary’s account at the beneficiary’s death revert to the Pooled Trust. It is important to use as much as possible in the Pooled Trust each month.

In short, if one or both of your parents are concerned about the cost of long-term care and implementing long-term care solutions, a consultation with an elder law attorney is invaluable. The best time to start planning for these situations is before your parents become ill or injured, but even if you have not done so, it might not be too late.

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



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## JUST WRITE MOM

DANIELLE SULLIVAN

# 'Teacher won't let me use the bathroom!'

**W**ith school just around the corner, parents of small children are preparing their kids to feel comfortable and adjust to spending long days in the classroom. Often, one of the main things that young children worry about is the ability to use the bathroom during the day. Teachers who say no to children using the bathroom have always been a huge pet peeve of mine. I can't understand why a teacher would deny a child going to the bathroom; it's not only a normal body function, dare I say it's a personal right?

There are so many reasons why children should be allowed to use the bathroom at school when they need to, and the top reason is health. Kids' bladders are not as mature as adults and it's common sense that they will need to use the bathroom more often.

Furthermore, having a child hold his urine can be damaging. It can cause the child's bladder to overfill and leak urine, which only makes things worse. Once this happens, children can develop urinary tract infections, which in turn, can lead to an irritable or overactive bladder.

What astounds me is when teachers say they don't want the child to lose instruction time, but how can kids learn when they are worrying about having an accident? Even worse are the social and mental ramifications of having an accident in the classroom. How many adults are denied using the bathroom at work? What always bothers me is when children are denied personal rights simply because they are young.

One anonymous mom related a story about how her 7-year-old son was denied using the bathroom



after already using the restroom twice. He then had an accident and the teacher made him sit the rest of the day in soiled pants. The teacher didn't call the mom to bring another set of clothes.

I have taught in different classrooms before and I never viewed a bathroom break as a disruption.

A child will not miss much in the three minutes it takes to relieve himself. Part of being a good teacher and educator is being sensitive to a child's needs.

Some children are so shy, and can barely raise their hand to ask a teacher to use the bathroom.

When a teacher denies them, or says they don't allow it from the beginning, it can produce a

great amount of stress in these students. I have known quite a few children through friends of my own kids who have been unnecessarily stressed out over using the bathroom in school. If a child feels uncomfortable at school, how can he thrive?

Have rules, yes, and maintain order, for sure, but teachers, please allow your students to enjoy the mental and physical contentment they deserve.

*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 Sullivan on her blogs, Just Write Mom and Some Puppy To Love.*

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## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

# 'I'm vegetarian now!'

**D**o you remember “The Simpsons” episode when Lisa — the politically active 8 year old — became a vegetarian? It was the same day her mother served lamb chops for dinner after the girl had bonded with a lamb at the petting zoo.

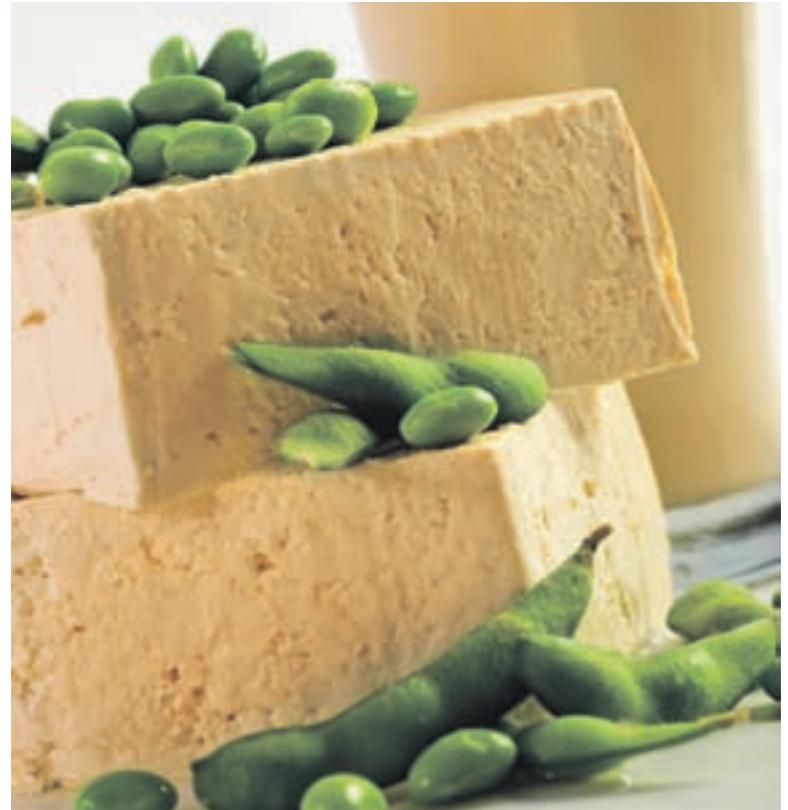
What if your own child suddenly announces, “I’m a vegetarian now”?

“A parent should have a conversation with their child about what their reasons are to be sure that their child is interested in vegetarianism for a legitimate reason,” says Rachel Meltzer Warren, author of “The Smart Girl’s Guide to Going Vegetarian.” “You don’t have to agree with the reason, but it’s important that your child has a responsible rationale for their choice.”

The majority of reasons are understandable. Kids are concerned about the environment, they think it’s a more ethical way to eat, or they simply do not like the taste or texture of meat.

Yet, some young people mistake vegetarianism as an easy way to lose weight or to achieve perfection. These are red flags for disordered eating, which is best to address as soon as possible.

People often shy away from the term “vegetarian” if they’re not 100 percent meat-free all of the time. Warren says it’s extremely common for a teen to be “veg curious.” They experiment with different parts of the vegetarian spectrum without of-



ficially choosing one defined label.

For example, there are red meat abstainers, pescetarians who eat no meat but do eat fish, and lacto-ovo vegetarians who eat dairy and eggs, but no meat.

### Peaceful coexistence

There’s no argument about the health benefits of shifting to a more plant-based diet, regardless of where

on the vegetarian spectrum your child is.

How to survive this change at the kitchen table without the muss and fuss of preparing two separate meals?

- The vegetarian can offer to make the family’s dinner every so often.

- Take one recipe. Set some of it aside to be infused with plant-based protein, and then toss some meat, poultry or seafood into the remaining portions.

- If a recipe calls for ground beef, try French green or brown lentils. These protein-packed legumes are terrific for mimicking the texture of ground meat in stews, chilies and casseroles.

- Tempeh is a good stand-in for cubed meat in stir-fry and curries, or it can be crumbled and used in place of ground meat in casseroles.

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

## Fignana smoothie

This sweet smoothie is a good source of iron and calcium, two nutrients that almost every teenage girl, veg or not, could use more of.

### INGREDIENTS:

- 1 medium banana, frozen
- 3 large dried figs, stems removed and soaked in water for at least 30 minutes
- 1 cup plain lowfat yogurt
- ½ cup lowfat (1 percent) milk
- 2 tsp. blackstrap molasses

**DIRECTIONS:** Place all ingredients

in blender and blend on high until smooth.

**VEGANIZE IT:** Replace vanilla yogurt and milk with nondairy substitutes such as soy, coconut, or almond yogurt and milks.

**NUTRITION FACTS:** 390 calories, 6 grams fiber, 18 grams protein, 3.2 mg iron, 0.8 mg zinc, 371 mg calcium, 0.57 mcg vitamin b12, 59 IU vitamin D, 37 mg choline.

Used with permission from The Smart Girl’s Guide to Going Vegetarian by Rachel Meltzer Warren. Sourcebooks Fire, 2014.



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# Calendar

AUGUST



## All aboard for adventure!

Take the Nostalgia Ride to the Rockaways by Rail on Aug. 3.

If you're heading to the beach this summer, don't miss your opportunity to get there in vintage style with a ride on the nostalgia train — featuring subway cars from the 1940s thorough '60s. You'll take the train from the New York Transit museum in Brooklyn, spend the day at Rockaway Park, and then return back to the museum at the

end of the day.

Nostalgia Ride on Aug. 3, at 11 am. Tickets are \$50 for adults, \$25 for children. Museum members pay \$35 for adults, and \$20 for children.

*New York Transit Museum (Boerum Place and Schermerhorn Street in Downtown Brooklyn, going to Rockaway Park, <https://51281.blackbaud-hosting.com/51281/To-the-Rockaways-by-Rail>)*

## Submit a listing

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

Send your listing request to [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!

## FRI, AUG. 1

### IN QUEENS

**Fizz-Boom Fridays:** Glen Oaks Library, 256-04 Union Tpke.; (718) 831-8636; [www.queenslibrary.org/event/fizz-boom-fridays](http://www.queenslibrary.org/event/fizz-boom-fridays); 2-4 pm; Free.

Learn science concepts through simple hands-on experiments with everyday materials and surprising results!

**Friday Sci-Day:** Glendale Public Library, 78-60 73rd Pl.; (718) 821-4980; [www.queenslibrary.org/event/friday-sci-day](http://www.queenslibrary.org/event/friday-sci-day); 2 pm; Free.

Children age 6 and up will explore selected science topics, with crafts, experiments and/or demonstrations. Preregistration is required.

**Arts and Crafts:** Broadway Public Library, 40-20 Broadway at Steinway Street; (718) 721-2462; [www.queenslibrary.org](http://www.queenslibrary.org); 2-3:30 pm; Free.

Children ages 8-12 will work on different crafts using various art techniques: papier-mache, clay, beading, painting and printing. Preregistration is required.

**Summer Movie Festival:** Langston Hughes Public Library, 100-01 Northern Blvd.; (718) 651-1100; [www.queenslibrary.org](http://www.queenslibrary.org); 2:30-4 pm; Free.

Ages 4 to 10 can bone up on their science knowledge with selected Magic School Bus episodes.

**"Girlz" Tech:** Corona Public Library, 38-23 104th St. between 38th and 39th streets; (718) 426-2844; [www.queenslibrary.org](http://www.queenslibrary.org); 3 pm; Free.

Girls in grade three and up are invited to explore the web and learn new things.

**Cooking Club:** Woodside Library, 54-22 Skillman Ave.; (718) 429-4700; [www.queenslibrary.org](http://www.queenslibrary.org); 3 pm; Free.

Children who will be entering grades four through seven will follow recipes and prepare simple dishes that they can enjoy sharing.



## Friendly competition

It's time to take the challenge, put on your trainers, and get up and go on the Family Adventure Race at Flushing Meadows in Corona Park on Aug. 2, 10 and 11.

Families from across the city will be competing in a healthy, one-hour dose of fun! The course includes 12 activity stations including javelin throw, jump rope, basketball free-throw, hurdles,

and a mini climbing wall. Awards will be given to the top three competitors in each age group. Cheer on your favorite teams!

Family Adventure Race, on Aug 2, 10 and 11 am. Admission is free.

*Fountain of the Planets near the Unisphere in Flushing Meadows Corona Park, [www.cityparksfoundation.org/sports/kids-fitness](http://www.cityparksfoundation.org/sports/kids-fitness)*

### FURTHER AFIELD

**Family Jam:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 3 pm; Free.

Celebrate summer and play, learn, build, and experience adventure.

**Learn and play:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 3-6 pm; Free with museum admission.

Children learn and play and strengthen developmental and language skills.

## SAT, AUG. 2

### IN QUEENS

**Adventure Race:** Fountain at the Planets, Unisphere, Flushing Meadows Corona Park; [www.cityparksfoundation.org](http://www.cityparksfoundation.org); 10 am; Free.

Take the challenge with javelin throwing, basketball free-throws, hurdles and a mini climbing wall.

**Saturday Science Lab:** Central Library, 89-11 Merrick Blvd.; (718) 990-0700; [www.queenslibrary.org](http://www.queenslibrary.org); 11 am; Free.

Children in grades first through sixth will execute awesome experiments, learn something new and enjoy educational fun at this wonder-

ful weekly lab.

### FURTHER AFIELD

#### Hans Christian Andersen Story

**Telling:** Hans Christian Andersen Statue, 72nd Street & Fifth Avenue, Manhattan; [hcastorycenter.org](http://hcastorycenter.org); 11 am; Free.

Listen to Andersen tales and other stories, folktales, and fairytales from around the world told by a group of brilliant storytellers.

**Cultural Connections:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Noon and 1 pm; Free with museum admission.

Hear the peaceful sounds of the mbira (an African thumb piano) with Kevin Hylton.

**Garden tour:** Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway, Brooklyn; (718) 623-7220; [www.bbg.org](http://www.bbg.org); 2-3 pm and 3:30-4:30 pm; \$12 (\$15 non-members).

Family friendly peek inside the gardens, learn about garden plots and make a tasty treat. Pre-registration required and online. Cancelled in case of inclement weather.

## SUN, AUG. 3

### FURTHER AFIELD

**Nostalgia Ride:** New York Transit Museum, Boerum Place at Schermerhorn Street, Brooklyn; (718) 694-1600; [www.mta.info/mta/museum](http://www.mta.info/mta/museum); 11 am; \$50 \$25 children (\$35 members \$20 children members).

Take a ride to the Rockaways aboard a vintage train.

**Cultural Connections:** Noon and 1 pm. Brooklyn Children's Museum. See Saturday, Aug. 2.

## MON, AUG. 4

### IN QUEENS

**Summer Sports Experience:** Detective Keith L. Williams Field House, 173rd Street at 106th Avenue; [www.nycgovparks.org/events/2014/08/04/summer-sports-experience-detective-keith-williams-park](http://www.nycgovparks.org/events/2014/08/04/summer-sports-experience-detective-keith-williams-park); 10 am-4 pm; Free.

It's just for kids, and it's a fun introduction to the fundamentals of sports.

**Simple Crafts:** Steinway Public Library, 21-45 31 St. at 21st Avenue; (718) 728-1965; [www.queenslibrary.org](http://www.queenslibrary.org); 11 am; Free.

Simple crafts for young children.

**Little Learners:** Glendale Public

*Continued on page 36*

# Calendar

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

## Continued from page 35

Library, 78-60 73rd Pl.; (718) 821-4980; [www.queenslibrary.org/event/little-learners](http://www.queenslibrary.org/event/little-learners); 11:30 am; Free.

Our summer storytime for toddlers and preschoolers focuses on early literacy practices and includes books, rhymes, songs, fingerplays and more.

**Media Mania Lab:** Corona Public Library, 38-23 104th St. between 38th and 39th streets; (718) 426-2844; [www.queenslibrary.org](http://www.queenslibrary.org); Noon; Free.

Children ages 10 and up learn to design video game mazes, make animations and short videos, and alter photos.

**Paper Engineering 101:** Glen Oaks Library, 256-04 Union Tpke.; (718) 831-8636; [www.queenslibrary.org/event/paper-engineering-101-build-a-geodesic-dome-with-karen-wellington](http://www.queenslibrary.org/event/paper-engineering-101-build-a-geodesic-dome-with-karen-wellington); 2 pm; Free.

Math teacher and origami wiz Karen Wellington will show children ages 6-12 how to use paper triangles to build a spherical container for storing precious items.

**Maker Mondays:** Glendale Public Library, 78-60 73rd Pl.; (718) 821-4980; [www.queenslibrary.org/event/maker-mondays](http://www.queenslibrary.org/event/maker-mondays); 2 pm; Free.

Children age 6 and up make crafts that encourage exploration, tinkering and creativity. Pre-registration is required.

## TUES, AUG. 5

### IN QUEENS

**Summer Sports Experience:** 10 am-4 pm. Detective Keith L. Williams Field House. See Monday, Aug. 4.

**The Fairy Tale Series:** Pomonok Public Library, 158-21 Jewel Ave. at Parsons Boulevard; (718) 591-4343; [www.queenslibrary.org/event/book-to-movie-the-fairy-tale-series](http://www.queenslibrary.org/event/book-to-movie-the-fairy-tale-series); 2:30 pm; Free.

Children will watch classic fairy tale films, then discuss the stories behind them.

**Summer Reading Crafts:** Howard Beach Library, 92-06 156th Ave.; (718) 641-7086; [www.queenslibrary.org/event/summer-reading-crafts](http://www.queenslibrary.org/event/summer-reading-crafts); 2:30 pm; Free.

Children ages 5-10 will create amazing things this summer!

**Science Fun Day:** Ozone Park Public Library, 94-24 Rockaway Blvd.; (718) 845-3127; [www.queenslibrary.org/event/science-fun-day](http://www.queenslibrary.org/event/science-fun-day); 4:30 pm; Free.

Children age 9 and up will learn basic science concepts through fun activities.

## WED, AUG. 6

### IN QUEENS

**Summer Film Fest:** Central Library, 89-11 Merrick Blvd.; (718) 990-0700; [www.queenslibrary.org/event/summer-film-fest](http://www.queenslibrary.org/event/summer-film-fest); 10 am; Free.

Families with children ages 4-12 are invited to view family friendly movies at this weekly film fest.

**Summer Film Fest:** Central Library, 89-11 Merrick Blvd.; (718) 990-0700; [www.queenslibrary.org](http://www.queenslibrary.org); 10 am; Free.

Films are appropriate for ages 4-12 and children must be accompanied by a parent or other adult caregiver. Tickets will be distributed at the door on a first-come, first-served basis.

**Summer Sports Experience:** 10 am-4 pm. Detective Keith L. Williams Field House. See Monday, Aug. 4.

**Mommy, Music and Me:** Alley Pond Park, 76th Ave. & Springfield Blvd.; (718) 229-4000; 10:30 am; Free.

Come and enjoy music and movement activities for children! This event is suitable for babies and children up to 7 years old. Please bring a blanket or low chair.

**Sister Rain & Brother Son:** Rockaway Beach, Beach 97th Street and Boardwalk; (718) 318-4000; [www.nycgovparks.org/events/2014/08/06/catskill-puppet-theater-presents-sister-rain-brother-son](http://www.nycgovparks.org/events/2014/08/06/catskill-puppet-theater-presents-sister-rain-brother-son); 11 am; Free.

Children will love this musical nature tale that features lots of audience participation.

**Pasta Party:** Whitestone Public Library, 151-10 14 Road; (718) 767-8010; [www.queenslibrary.org/event/pasta-party](http://www.queenslibrary.org/event/pasta-party); 3 pm; Free.

Children ages 3-12 will make a macaroni necklace.

**Story Meets Science:** South Ozone Park Library, 128-16 Rockaway Blvd. at 128th Street; (718) 529-1660; [www.queenslibrary.org](http://www.queenslibrary.org); 3 pm; Free.

Children in grades second through third will discuss books and do crafts with a science theme.

**Super Spellers:** Corona Public Library, 38-23 104th St. between 38th and 39th streets; (718) 426-2844; [www.queenslibrary.org](http://www.queenslibrary.org); 3:30 pm; Free.

Practice your word power at our spelling club for grades second and up.

**Jack & The Beanstalk:** Highland Park, Elton Street and Jamaica Avenue; (718) 235-4100; [www.nycgovparks.org/events/2014/08/06/jack-the-beanstalk](http://www.nycgovparks.org/events/2014/08/06/jack-the-beanstalk); 6 pm; Free.

Jack is looking for adventure, but what he gets is more than he bargained for.

### FURTHER AFIELD

**Plant walks:** Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway, Brooklyn; (718) 623-7220; [www.bbg.org](http://www.bbg.org); 5:30-6:30 pm; \$12 (\$15 non-members).

Children 8 to 12 years old discover the plants of the garden.

## THURS, AUG. 7

### IN QUEENS

**Lots of Science:** McGoldrick Public Library, 155-06 Roosevelt Ave., off Northern Boulevard; (718) 461-1616; [www.queenslibrary.org/event/lots-of-science-for-tots-and-parents](http://www.queenslibrary.org/event/lots-of-science-for-tots-and-parents); 11:15 am; Free.

Explore science with your child ages 2-5 by participating in some fun, age-appropriate experiments.

**Sparkly Explosion:** Far Rockaway Public Library, 1637 Central Ave. at Mott Avenue; (718) 327-2549; [www.queenslibrary.org](http://www.queenslibrary.org); 1:30 pm; Free.

This fun experiment will produce a sparkly explosion.

**Jason and His Portable Menagerie:** Central Library, 89-11 Merrick Blvd.; (718) 990-0700; [www.queenslibrary.org](http://www.queenslibrary.org); 2 pm; Free.

You won't want to miss Jason and his amazing collection of critters.

**Summer Science for Tweens:** Cambria Heights Public Library, 218-13 Linden Blvd. between 218th and 219th streets; (718) 528-3535; [www.queenslibrary.org](http://www.queenslibrary.org); 3 pm; Free.

Children entering grades fourth through sixth will conduct science experiments.

**Kirigami:** Long Island City Public Library, 37-44 21 St. at 43rd Avenue; (718) 752-3700; [www.queenslibrary.org/event/kirigami](http://www.queenslibrary.org/event/kirigami); 4 pm; Free.

Kirigami is a form of origami that requires less folding and allows cutting of paper.

**Creative Writing for Children:** Auburndale Public Library, 24-55 Francis Lewis Blvd. at 24th Road; (718) 352-2027; [www.queenslibrary.org](http://www.queenslibrary.org); 5:15 pm; Free.

Children ages 8-12 will receive a topic and be guided through the writing process step by step.

**Pajama Storytime:** Whitestone Public Library, 151-10 14 Road; (718) 767-8010; [www.queenslibrary.org/event/pajama-storytime](http://www.queenslibrary.org/event/pajama-storytime); 5:30 pm; Free.

Children ages 5-12 are invited to wear pajamas and bring their teddy bears to evening storytime. Milk and

cookies will be served.

**Disco Unlimited:** George Seuffert Bandshell, Forest Park Drive at 88 Lane; (718) 235-4100; [www.nycgovparks.org/events/2014/08/07/disco-unlimited](http://www.nycgovparks.org/events/2014/08/07/disco-unlimited); 7:30 pm; Free.

Boogie down to the sounds of the hottest disco show and dance band on the East Coast!

### FURTHER AFIELD

**Carousel:** Prospect Park Children's Corner, 452 Flatbush Ave. at Ocean Avenue, Brooklyn; [www.prospectpark.org/visit/places/carousel](http://www.prospectpark.org/visit/places/carousel); Noon-6 pm; Free.

Children 12 years and younger ride free all day every Thursday in August. Sponsored by Astoria Bank. Children must be accompanied by an adult.

## FRI, AUG. 8

### IN QUEENS

**Water Festival:** Bayswater Park, B. 32 Street and Beach Channel Drive; (718) 318-4000; [www.nycgovparks.org/events/2014/08/08/water-festival](http://www.nycgovparks.org/events/2014/08/08/water-festival); 11 am-1 pm; Free.

There will be water inflatables, bounce houses, cotton candy, popcorn, and giveaways.

**Fizz-Boom Fridays:** 2-4 pm. Glen Oaks Library. See Friday, Aug. 1.

**Friday Sci-Day:** 2 pm. Glendale Public Library. See Friday, Aug. 1.

**Arts and Crafts:** 2-3:30 pm. Broadway Public Library. See Friday, Aug. 1.

**"Girlz" Tech:** 3 pm. Corona Public Library. See Friday, Aug. 1.

**Cooking Club:** 3 pm. Woodside Library. See Friday, Aug. 1.

**Summer Science Adventures:** Long Island City Public Library, 37-44 21 St. at 43rd Avenue; (718) 752-3700; [www.queenslibrary.org/event/summer-science-adventures](http://www.queenslibrary.org/event/summer-science-adventures); 4 pm; Free.

Read, play and make crafts.

### FURTHER AFIELD

**Family Jam:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 3 pm; Free.

Celebrate summer and play, learn, build, and experience adventure.

**Learn and play:** 3-6 pm. Brooklyn Children's Museum. See Friday, Aug. 1.

**Peace Through Understanding:** Queens World's Fair Site and Park Nostalgia Ride: New York Transit Museum, Boerum Place at Schermerhorn

# Calendar

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

Street, Brooklyn; (718) 694-1600; [transitmuseumpress@nyct.com](mailto:transitmuseumpress@nyct.com); [www.mta.info/mta/museum](http://www.mta.info/mta/museum); 6:30 pm; \$50 (\$20 for members).

Take a trip back to 1964 to discover the grounds of the third major World's Fair held in Flushing Meadows, Queens. Walking tour through historic paths and mid-century modern architecture.

## SAT, AUG. 9

### IN QUEENS

**Saturday Science Lab:** 11 am. Central Library. See Saturday, Aug. 2.

**Boy Scout celebration:** Queens Botanical Garden, 43-50 Main Street; (718) 539-5296; [www.queensbotanical.org](http://www.queensbotanical.org); 1-4 pm; Free with garden admission.

Join Boy Scout Troop 17 and celebrate 100 years of continuously serving the youth of Elmhurst and the garden. Outdoor activities, exhibits and historical displays of scouting.

**"Princess Particular!":** The Secret Theatre, 44-02 23rd St.; (718) 392-0722; [www.secrettheatre.com](http://www.secrettheatre.com); 2 pm; \$15, \$10 (children).

Children and adults alike will enjoy watching the story of Princess Particular come to life on the stage.

### FURTHER AFIELD

**Circle Line Cruise's Pirate and Princess Party:** Circle Line, Pier 83 at W. 42nd St, Manhattan; (212) 563-3200; [www.circleline42.com](http://www.circleline42.com); \$28 adults, \$20 children 3-12.

The 75-minute tour is an opportunity for kids to cruise to the statue of liberty and back while enjoying live entertainment, interactive tour guides and kid-friendly food and drinks available for purchase. Boarding at 9:30 am, cruise begins at 10 am.

**Hans Christian Andersen Story Telling:** 11 am. Hans Christian Andersen Statue. See Saturday, Aug. 2.

**Great Jazz on the Great Hill:** Great Hill in Central Park, 106 Street and Central Park West, Manhattan; [www.centralparknyc.org/calendar/events/great-jazz-on-the-great-hill-080914.html](http://www.centralparknyc.org/calendar/events/great-jazz-on-the-great-hill-080914.html); 3-6 pm; Free.

An afternoon of live music by some of the best local Jazz performers.

**Perseid Meteor Shower:** Salt Marsh Nature Center, 3302 Avenue U, Brooklyn; (718) 421-2021; 9 pm; Free.

This wonder of the universe appears each year in August peaking Aug. 9 through the 13. The best place to see it is here.



## A particular princess

Princess Particular is a princress and she knows it.

Audiences of all ages will enjoy the family-friendly musical "Princess Particular" at the Secret Theatre on Aug. 9 and 23. It tells the story of a particular princess who actually doesn't want to be a princess at all. This new musical by Richard Mazda will delight with catchy songs and bright, colorful sets. Bring your princes and princesses to the Secret Theatre for a fun afternoon.

"Princess Particular" on Aug. 9 and 23 at 2 pm. Tickets are \$15 for adults, \$10 for children. Family four-pack of tickets available for \$40.

Secret Theatre [4402 23rd St. in Long Island City, (718) 392-0722, [www.secrettheatre.com/home.html](http://www.secrettheatre.com/home.html)]

Village Library, 72-31 Metropolitan Ave.; (718) 326-1390; [www.queenslibrary.org/event/paper-engineering-101-build-a-geodesic-dome-with-karen-wellington](http://www.queenslibrary.org/event/paper-engineering-101-build-a-geodesic-dome-with-karen-wellington); 2 pm; Free.

Math teacher and origami wiz Karen Wellington will show children ages 6-12 how to use paper triangles to build a spherical container for storing precious items.

**Maker Mondays:** 2 pm. Glendale Public Library. See Monday, Aug. 4.

**Spelling Bee:** Hillcrest Public Library, 187-05 Union Tpke at 188th Street; (718) 454-2786; [www.queenslibrary.org](http://www.queenslibrary.org); 4:30 pm; Free.

Compete in the Little League, ages 6-9, or Big League, ages 10-14. Winners will receive awards; all participants will get certificates.

participants will get certificates.

## TUES, AUG. 12

### IN QUEENS

**Summer Reading Crafts:** 2:30 pm. Howard Beach Library. See Tuesday, Aug. 5.

**Superhero Crafts:** Pomonok Public Library, 158-21 Jewel Ave. at Parsons Boulevard; (718) 591-4343; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm; Free.

Make a Wonder Woman magic bracelet, Batman coaster or Superman switch plate at this superhero craft afternoon! Refreshments will be served.

**Science Fun Day:** 4:30 pm. Ozone Park Public Library. See Tuesday, Aug. 5.

## WED, AUG. 13

### IN QUEENS

**Summer Film Fest:** 10 am. Central Library. See Wednesday, Aug. 6.

**Summer Film Fest:** 10 am. Central Library. See Wednesday, Aug. 6.

**Spider Web Art:** Far Rockaway Public Library, 1637 Central Ave. at Mott Avenue; (718) 327-2549; [www.queenslibrary.org](http://www.queenslibrary.org); 1:30 pm; Free.

Children age 5 and up will create a spider web replica.

**Magic Show With Prestino:** Flushing Public Library, 41-17 Main St. at Parsons Boulevard; (718) 661-1200; [www.queenslibrary.org](http://www.queenslibrary.org); 2 pm; Free.

This final "Fizz, Boom, Read" event is for children in grades first through sixth who participated in the Summer Reading program.

**Story Meets Science:** 3 pm. South Ozone Park Library. See Wednesday, Aug. 6.

**Super Spellers:** 3:30 pm. Corona Public Library. See Wednesday, Aug. 6.

### FURTHER AFIELD

**Plant walks:** 5:30-6:30 pm. Brooklyn Botanic Garden. See Wednesday, Aug. 6.

## THURS, AUG. 14

### IN QUEENS

**Lots of Science:** 11:15 am. McGoldrick Public Library. See Thursday, Aug. 7.

**Airbrush T-Shirt Workshop:** South Ozone Park Library, 128-16 Rockaway Blvd. at 128th Street; (718)

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# Calendar

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

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529-1660; [www.queenslibrary.org](http://www.queenslibrary.org); 3 pm; Free.

Participants will learn airbrush techniques and design their own T-shirts in this workshop presented in collaboration with Magical Productions.

**Summer Science for Tweens:** 3 pm. Cambria Heights Public Library. See Thursday, Aug. 7.

**Kirigami:** 4 pm. Long Island City Public Library. See Thursday, Aug. 7.

**Creative Writing for Children:** 5:15 pm. Auburndale Public Library. See Thursday, Aug. 7.

**Pajama Storytime:** 5:30 pm. Whitestone Public Library. See Thursday, Aug. 7.

## FURTHER AFIELD

**Carousel:** Noon-6 pm. Prospect Park Children's Corner. See Thursday, Aug. 7.

## FRI, AUG. 15

### IN QUEENS

**Fizz-Boom Fridays:** 2-4 pm. Glen Oaks Library. See Friday, Aug. 1.

**Arts and Crafts:** 2-3:30 pm. Broadway Public Library. See Friday, Aug. 1.

**Summer Movie Festival:** 2:30-4 pm. Langston Hughes Public Library. See Friday, Aug. 1.

**"Girlz" Tech:** 3 pm. Corona Public Library. See Friday, Aug. 1.

**Cooking Club:** 3 pm. Woodside Library. See Friday, Aug. 1.

**Summer Science Adventures:** 4 pm. Long Island City Public Library. See Friday, Aug. 8.

## FURTHER AFIELD

**Family Jam:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 3 pm; Free.

Celebrate summer and play, learn, build, and experience adventure.

**Learn and play:** 3-6 pm. Brooklyn Children's Museum. See Friday, Aug. 1.

## SAT, AUG. 16

### IN QUEENS

**Saturday Science Lab:** 11 am. Central Library. See Saturday, Aug. 2.

## FURTHER AFIELD

**Hans Christian Andersen Story Telling:** 11 am. Hans Christian An-

dersen Statue. See Saturday, Aug. 2.

**Aztec innovations:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11:30 am; Free with museum admission.

Children learn what chocolate, chewing gum and popcorn all have in common — it's the Aztecs. Children discover the food, culture, and architecture of this ancient culture.

## SUN, AUG. 17

### FURTHER AFIELD

**Aztec innovations:** 11:30 am. Brooklyn Children's Museum. See Saturday, Aug. 16.

## MON, AUG. 18

### FURTHER AFIELD

**Central Park Conservancy Film Festival:** Central Park, Mid-park at 69 Street, Manhattan; [www.centralparknyc.org/things-to-see-and-do/film-festival.html](http://www.centralparknyc.org/things-to-see-and-do/film-festival.html); 6:30 pm; Free.

Enjoy screenings of movies that celebrate filmmaking in New York City.

## TUES, AUG. 19

### IN QUEENS

**Summer Reading Crafts:** 2:30 pm. Howard Beach Library. See Tuesday, Aug. 5.

**End Of Summer Reading Party:** Broad Channel Library, 16-26 Cross Bay Boulevard; (718) 318-4943; [www.queenslibrary.org/event/end-of-summer-reading-party](http://www.queenslibrary.org/event/end-of-summer-reading-party); 3:30 pm; Free.

Celebrate the end of the Summer Reading program.

**Science Fun Day:** 4:30 pm. Ozone Park Public Library. See Tuesday, Aug. 5.

**Pajama Storytime:** Richmond Hill Public Library, 118-14 Hillside Avenue; (718) 849-7150; [www.queenslibrary.org/event/pajama-storytime-0](http://www.queenslibrary.org/event/pajama-storytime-0); 6 pm; Free.

Children under age 5 and their caregivers enjoy a special, bedtime-themed storytime. Each child will be able to make a teddy bear to take home.

## FURTHER AFIELD

**Central Park Conservancy Film Festival:** 6:30 pm. Central Park. See Monday, Aug. 18.

## WED, AUG. 20

### IN QUEENS

**Story Meets Science:** 3 pm. South Ozone Park Library. See Wednesday, Aug. 6.

**Magic Show With Prestino:** South Hollis Public Library, 204-01 Hollis Ave. at 204th Street; (718) 465-6779; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm; Free.

This final "Fizz, Boom, Read" event is for children who participated in the Summer Reading program.

## FURTHER AFIELD

**Central Park Conservancy Film Festival:** 6:30 pm. Central Park. See Monday, Aug. 18.

## THURS, AUG. 21

### IN QUEENS

**Summer Science for Tweens:** 3 pm. Cambria Heights Public Library. See Thursday, Aug. 7.

**Kirigami:** 4 pm. Long Island City Public Library. See Thursday, Aug. 7.

**Creative Writing for Children:** 5:15 pm. Auburndale Public Library. See Thursday, Aug. 7.

**Pajama Storytime:** 5:30 pm. Whitestone Public Library. See Thursday, Aug. 7.

## FURTHER AFIELD

**Carousel:** Noon-6 pm. Prospect Park Children's Corner. See Thursday, Aug. 7.

**Central Park Conservancy Film Festival:** 6:30 pm. Central Park. See Monday, Aug. 18.

## FRI, AUG. 22

### IN QUEENS

**Fizz-Boom Fridays:** 2-4 pm. Glen Oaks Library. See Friday, Aug. 1.

**Arts and Crafts:** 2-3:30 pm. Broadway Public Library. See Friday, Aug. 1.

**"Girlz" Tech:** 3 pm. Corona Public Library. See Friday, Aug. 1.

**Summer Science Adventures:** 4 pm. Long Island City Public Library. See Friday, Aug. 8.

## FURTHER AFIELD

**Central Park Conservancy Film Festival:** 6:30 pm. Central Park. See Monday, Aug. 18.

## SAT, AUG. 23

### IN QUEENS

**Saturday Science Lab:** 11 am. Central Library. See Saturday, Aug. 2.

**"Princess Particular!":** 2 pm. The Secret Theatre. See Saturday, Aug. 9.

## FURTHER AFIELD

**Hans Christian Andersen Story Telling:** 11 am. Hans Christian Andersen Statue. See Saturday, Aug. 2.

**Summer crafting:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11:30 am and 2:30 pm; Free with museum admission.

Children make a sun hat and learn how to stay cool in the shade.

## SUN, AUG. 24

### FURTHER AFIELD

**Summer crafting:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11:30 am and 2:30 pm; Free with museum admission.

Children make a sun hat and learn how to stay cool in the shade.

## MON, AUG. 25

### IN QUEENS

**Cupcake Decorating Workshop:** Pomonok Public Library, 158-21 Jewel Ave. at Parsons Boulevard; (718) 591-4343; [www.queenslibrary.org](http://www.queenslibrary.org); 2:30 pm; Free.

Children will learn about baking and decorating cupcakes.

**Pajama Storytime:** 6 & 6:30 pm. Richmond Hill Public Library. See Tuesday, Aug. 19.

## TUES, AUG. 26

### IN QUEENS

**Jewelry-Making Workshop:** Seaside Public Library, 116-15 Rockaway Blvd.; (718) 634-1876; [www.queenslibrary.org](http://www.queenslibrary.org); 3:30 pm; Free.

This exciting jewelry-making workshop is for the entire family.

**Explore The Cosmos!:** Pomonok Public Library, 158-21 Jewel Ave. at Parsons Boulevard; (718) 591-4343; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm; Free.

Watch an episode of "COSMOS: A Spacetime Odyssey" and create a planetary puzzle or take part in other space-themed activities.

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

## WED, AUG. 27

### IN QUEENS

**Story Meets Science:** 3 pm. South Ozone Park Library. See Wednesday, Aug. 6.

## THURS, AUG. 28

### IN QUEENS

**Summer Science for Tweens:** 3 pm. Cambria Heights Public Library. See Thursday, Aug. 7.

**Kirigami:** 4 pm. Long Island City Public Library. See Thursday, Aug. 7.

**Creative Writing for Children:** 5:15 pm. Auburndale Public Library. See Thursday, Aug. 7.

### FURTHER AFIELD

**Carousel:** Noon–6 pm. Prospect Park Children's Corner. See Thursday, Aug. 7.

## FRI, AUG. 29

### IN QUEENS

**Summer Science Adventures:** 4 pm. Long Island City Public Library. See Friday, Aug. 8.

### FURTHER AFIELD

**Back to school jam:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11 am; Free with museum admission.

Enjoy the last days of summer vacation with snacks, crafts, music and giveaways.

**Artpalooza:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11:30 am; Free with museum admission.

Children under 5 years old paint, draw, glue and weave to exploring and experiencing their inner artist.

## SAT, AUG. 30

### FURTHER AFIELD

**Hans Christian Andersen Story Telling:** 11 am. Hans Christian Andersen Statue. See Saturday, Aug. 2.

**NYC Unicycle Festival:** Governor's Island, Colonels Row, Manhattan; [www.nycunifest.com](http://www.nycunifest.com); Noon–5 pm; Free.

Two-day event featuring world-famous unicyclists performing stunts and giving lessons.



Photo by Gabriel Desblens

## The circus comes to the parks

The 2014 International Contemporary Circus Festival brings the circus to city parks on Aug. 19 through Aug. 21.

Families can gather for a fantastic evening under the stars to

enjoy world-class performers on stage, as well as strolling performers from Circus to Go by the Big Apple Circus. This evening brings the circus outside the tent and into the park, as part of the Summer-

Stage Kids series.

Aug 19 through 21, 7 pm. Free. *Marcus Garvey Park, (W. 122nd Street & Mount Morris Park Westin Harlem, [www.cityparksfoundation.org](http://www.cityparksfoundation.org)).*

## SUN, AUG. 31

### FURTHER AFIELD

**NYC Unicycle Festival:** Noon–5 pm. Governor's Island. See Saturday, Aug. 30.

## LONG-RUNNING

### IN QUEENS

**Farmer's Market Fridays:** Queens Botanical Garden, 43-50 Main Street; (718) 539-5296; [www.queensbotanical.org](http://www.queensbotanical.org); Fridays, 8:30 am–4 pm, Now – Fri, Nov. 21; Free.

Peruse local produce and specialty products at this seasonal market.

**HSBC Children's Garden Summer Session:** Queens Botanical Garden, 43-50 Main Street; (718) 539-5296; [education@queensbotanical.org](mailto:education@queensbotanical.org); [www.queensbotanical.org](http://www.queensbotanical.org); Daily, 9am–4pm; Now – Thurs, Aug. 21; fees vary.

The HSBC Children's Garden at Queens Botanical Garden offers hands-on discovery for ages 5 – 12

(children must be 5 years old by June 30). Children's imaginations and knowledge blossom as they plant and harvest vegetables and flowers. See website for session dates and fees. Registration required.

**Science 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, 9:30 am–5 pm, Saturdays and Sundays, 10 am–6 pm;; \$4, plus museum admission.

Children are encouraged to explore science through slides, seesaws, climbing webs, a water play area, sand boxes, and more, weather permitting.

**Rocket Park Mini Golf:** 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, 9:30 am–5 pm, Saturdays and Sundays, 10 am–6 pm;; \$6 (adults,) \$5 (children and seniors,) plus museum admission.

Golfers of all ages can learn about key science concepts such as propulsion, gravity, escape velocity, launch

window, gravitational assist, and more!

**Youth Adaptive Swim:** Roy Wilkins Family Center, Baisley Blvd & 177th St.; Fridays, 4 pm; Free with recreation center membership.

Children and teens with disabilities can practice swimming skills in this adaptive swim program.

**Sculpture Workshops:** Socrates Sculpture Park, 32-01 Vernon Blvd.; 718-956-1819; [www.socratessculpturepark.org](http://www.socratessculpturepark.org); Saturdays, Noon–3 pm, Now – Sat, Sept. 27; Free.

Children can create their own works of art at these one-of-a-kind workshops, where they will explore a different theme each week.

**Monday Movie Madness:** East Flushing Public Library, 196-36 Northern Boulevard; (718) 357-6643; [www.queenslibrary.org/event/monday-movie-madness](http://www.queenslibrary.org/event/monday-movie-madness); Mondays, 2 pm, Now – Mon, Aug. 25; Free.

Children can enjoy a different family-friendly movie at the library every

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week.

**Movie Mondays:** Rego Park Library, 91-41 63 Drive; (718) 459-5140; [www.queenslibrary.org/event/movie-mondays-0](http://www.queenslibrary.org/event/movie-mondays-0); Mondays, 2 pm, Now – Mon, Aug. 18; Free.

Children in kindergarten through fifth grade are invited to watch popular family friendly films each week.

**Summer Writing Club:** Glen Oaks Library, 256-04 Union Tpke.; (718) 831-8636; [www.queenslibrary.org/event/summer-writing-club](http://www.queenslibrary.org/event/summer-writing-club); Mondays and Tuesdays, 3–5 pm, Now – Tues, Aug. 19; Free.

Teens will be on hand to help younger readers write and decorate their own book reviews in this workshop.

**Book Buddies Summer Reading Club:** Ridgewood Public Library, 20-12 Madison St. at Forest Avenue; (718) 821-4770; [www.queenslibrary.org/event/book-buddies-summer-reading-club](http://www.queenslibrary.org/event/book-buddies-summer-reading-club); Tuesdays and Thursdays, 2 pm, Now – Thurs, Aug. 21; Free.

Children up to age 12 read books with a buddy.

**The Children's Rock Garden Project:** Whitestone Public Library, 151-10 14 Road; (718) 767-8010; [www.queenslibrary.org/event/the-childrens-rock-garden-project](http://www.queenslibrary.org/event/the-childrens-rock-garden-project); Tuesdays, 3 pm, Now – Tues, Aug. 26; Free.

Children ages 5-12 can bring in rocks from their own garden and paint them.

**Family Game Day:** Bay Terrace Public Library, 18-35 Bell Blvd. at 23rd Avenue; (718) 423-7004; [www.queenslibrary.org/event/family-game-day](http://www.queenslibrary.org/event/family-game-day); Tuesdays, 3:30 pm, Now – Tues, Aug. 19; Free.

Engage in some healthy competition at this weekly game time for families with children ages 4 and up.

**Science Fun Day:** Ozone Park Public Library, 92-24 Rockaway Blvd., off of 92nd Street; (718) 845-3127; [www.queenslibrary.org/event/science-fun-day](http://www.queenslibrary.org/event/science-fun-day); Tuesdays, 4:30 pm, Now – Tues, Aug. 19; Free.

Children age 9 and up will learn basic science concepts through fun activities at this weekly workshop.

**Summer Movie Wednesdays:** Far Rockaway Public Library, 1637 Central Ave. at Mott Avenue; (718) 327-2549; [www.queenslibrary.org/event/summer-movie-wednesdays](http://www.queenslibrary.org/event/summer-movie-wednesdays); Wednesdays, Noon, Now – Wed, Aug. 27; Free.

Children can watch screenings of their favorite movies each week.

**Fizz, Boom, Read!:** Douglaston/Little Neck Public Library, 249-01 Northern Blvd. at 249th Street; (718) 225-8414; [www.queenslibrary.org/](http://www.queenslibrary.org/)

## Stitch up a new skill

Take a stitch in time at the Cross-Stitch Circle at the Dimenna Children's History Museum from Aug. 3 through Aug. 31.

This unique drop-in workshop allows children ages 6 years and older to try their skills at one of the oldest forms of embroidery in the world.

Participants can learn the basics of this craft, or they can

make a handcrafted gift.

Cross-Stitch Circle on Thursdays, Aug. 3 through Aug. 31, from 3:30 to 5:30 pm. Free with museum admission.

*DiMenna Children's History Museum at the New-York Historical Society [170 Central Park West, between W. 76th and W. 77th streets, (212) 485-9273, [www.DimennaChildrensHistoryMuseum.org](http://www.DimennaChildrensHistoryMuseum.org)].*



event/fizz-boom-read; Wednesdays, 3 pm, Now – Wed, Aug. 20; Free.

Children in grades first through fifth will listen to stories and explore scientific ideas in this weekly program.

**Summer Science for Tweens:** Cambria Heights Public Library, 218-13 Linden Blvd. between 218th and 219th streets; (718) 528-3535; [www.queenslibrary.org/event/summer-science-for-tweens](http://www.queenslibrary.org/event/summer-science-for-tweens); Thursdays, 3 pm, Now – Thurs, Aug. 28; Free.

Children in grades 4-6 will conduct science experiments at this weekly workshop.

**Manga Drawing Time:** South Ozone Park Library, 128-16 Rockaway Blvd. at 128th Street; (718) 529-1660; [www.queenslibrary.org/event/manga-drawing-time](http://www.queenslibrary.org/event/manga-drawing-time); Thursdays, 4 pm, Now – Thurs, Sept. 25; Free.

Tweens and teens ages 10-17 can hone their skills and socialize with their peers at this weekly workshop.

**Summer Crafts:** Bay Terrace Public Library, 18-35 Bell Blvd. at 23rd Avenue; (718) 423-7004; [www.queenslibrary.org/event/summer-crafts](http://www.queenslibrary.org/event/summer-crafts); Thursdays, 4 pm, Now – Thurs, Aug. 21; Free.

Children ages 4-12 will make crafts relating to the Summer Reading theme.

**Creative Writing for Children:** Auburndale Public Library, 24-55 Francis Lewis Blvd. at 24th Road; (718) 352-2027; [www.queenslibrary.org/event/creative-writing-for-children-0](http://www.queenslibrary.org/event/creative-writing-for-children-0); Thursdays, 5:15 pm, Now – Thurs, Aug. 28; Free.

Children ages 8-12 will be given a topic and then guided through the creative writing process at this weekly workshop.

### FURTHER AFIELD

**Traveling in the World of Tomorrow:** The Future of Transportation at New York's World's Fairs: New York Transit Museum Gallery Annex at

Grand Central Terminal, 42nd Street and Park Avenue, Manhattan; (212) 878-0106; [www.grandcentralterminal.com](http://www.grandcentralterminal.com); Monday – Friday, 8 am–8 pm, Saturday and Sunday, 10 am–6 pm; Free.

This exhibition celebrates the 50th and 75th anniversaries of the 1939 and 1964 Fairs. With a variety of postcards, photos, ephemera and souvenirs, the exhibition shows how transportation was a symbol for the future, its potential effect on modern American life, and the technological advancements in transportation that American corporations claimed would make a better world possible.

**Dinosaur Safari:** Bronx Zoo, 2300 Southern Blvd. at Boston Road, The Bronx; (718) 220-5103; [www.bronx-zoo.com](http://www.bronx-zoo.com); Weekdays, 10 am–5 pm, Saturdays and Sundays, 10 am–5:30 pm, Now – Sun, Nov. 2; \$20.95 (\$16.95 children; Free for children under 3; \$18.95 seniors).

Mysteries Revealed features more than 30 dinosaur species and how scientists reconstruct the fossil pieces. The ride runs through the zoo and has fully animatronic dinosaurs as they move and snarl. The 40 foot T-Rex is joined by deinonychus, prodohadros, stegosaurus and edmontonia.

**Kids' Discovery Stations:** Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway, Brooklyn; (718) 623-7220; [www.bbg.org](http://www.bbg.org); Tuesdays – Saturdays, 10:30 am–12:30 pm, Now – Fri, Aug. 29; Free with admission to the gardens.

Families drop by for a craft and learn about plants, composting and garden stories.

**Art Kid:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Fridays, 11:30 am, Fri, Aug. 1 – Fri, Sept. 26; Free with museum admission.

Children 5 years and older explore a new style each week.

**Carousel:** Prospect Park Children's Corner, 452 Flatbush Ave. at Ocean Avenue, Brooklyn; [www.prospectpark.org/visit/places/carousel](http://www.prospectpark.org/visit/places/carousel); Thursdays – Sundays, Noon–6 pm, Now – Sun, Aug. 31; \$2 per ride (\$9 per book of five tickets).

Take a ride on the park's historic carousel.

**"As You Like It":** Central Park, W 103 St. and Central Park West, Manhattan; [newyorkclassical.org/whats-playing](http://newyorkclassical.org/whats-playing); Thursdays – Sundays, 7 pm, Now – Fri, Aug. 22; Free.

Audiences will enjoy this performance of Shakespeare's classic tale, as performed by the New York Classical Theatre, which is celebrating its 15th anniversary.

**Touch tank:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Wednesdays, Saturdays and Sundays, 11:30 am–12:30 pm and 2:30–3:30 pm, Now – Sun, Aug. 31; Free with museum admission.

Children of all ages touch a starfish, a horseshoe crab, or a sea snail.

**The Art of Math:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Saturdays and Sundays, 12:30 pm, Now – Sun, Aug. 31; Free with museum admission.

Children learn all about shapes, triangles, squares.

**Living History Tours:** Vanderbilt Museum Carriage House, 180 Little Neck Rd., Long Island; (631) 854-5579; [www.vanderbiltmuseum.org](http://www.vanderbiltmuseum.org); Saturdays and Sundays, 1, 2, 3, & 4 pm, Now – Sun, Aug. 31; \$5 plus museum admission.

Visitors will take a trip back in time to see what life was like for the famous family who once called the mansion home in the 1930s.

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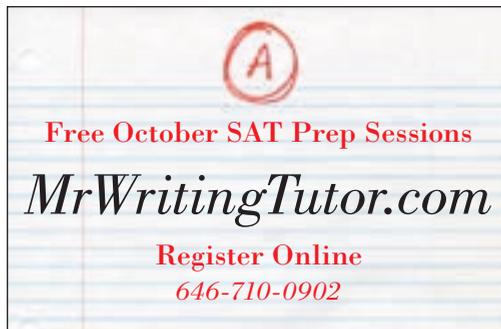
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# New & Noteworthy

BY LISA J. CURTIS



## Making a splash

Make this summer a memorable one for your little mermaid by surprising her with a Mahina MerFin from Australia. This fantastic beach and pool accessory is a rubber monofin — molded, in part, from recycled materials — that she will put both feet into and instantly transform from a biped into a mythical sea creature. (When she's ready to step ashore, your little mermaid will tug on the single flick release strap at the ankles.) The rubber flip-

pers come in three lovely marbled colors; choose from aqua marine, coral pink, or sunset orange. Judy Ishayik of Mary Arnold Toys on Manhattan's Upper East Side says that she has already re-stocked the fins twice this season — not surprising as her customers report attracting scores of admirers poolside. The MerFins come in children's sizes 12-2, 2-4, 4-6, 6-8, 8.5-10.5, and 10.5-12.5, and if mom wants to make waves on the beach, too, Ishayik can place a special order for adult-size MerFins.

*Mahina MerFins, \$89, www.maryarnoldtoys.com.*

## Just beet it

Most parents want to give the best foods to baby but they simply do not have the time — or personal chef.

Well, Beech-Nut has come out with a new-and-improved line of 40 jarred, pureed foods that will make parents and kids alike open wide for the chew-chew train. Our testers are fans of its flavorful “Just Honey-crisp Apples” and the “Beets, Pear & Pomegranate” blend. The purees are gently cooked, leaving color and flavor intact, and the 83-year-old company says they are free of artificial colors, flavors, or preservatives. These jars prompted us to pull out Jessica Seinfeld's 2007 cookbook, “Deceptively Delicious,”



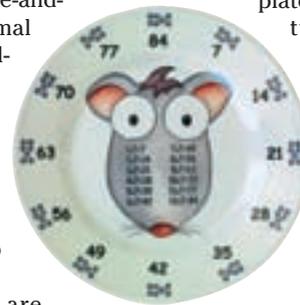
that has recipes for including vegetable purees in unexpected places (pancakes, quesadillas, brownies, etc.). Go ahead — reap the fruits of our tasty research.

*Beech-Nut baby food (4.25-ounce jar), \$1.09, www.beechnut.com.*

## These plates = success

The Multiples are melamine plates adorned with Wallace-and-Grommet-esque animal illustrations and multiplication equations! These dishes serve up math in a palatable way in a social setting that can't help but improve a student's relationship with numbers.

The Multiples are available in individual pieces or four-piece Curriculum Sets (in-



cluding a 9-inch plate, 6.5-inch plate, bowl, and a 10-ounce tumbler) in three versions: The Early Years (x1-x4), The Middle Years (x5-x8), and The Later Years (x9-x12).

Everything about these dishwasher-safe, BPA-free dishes is a plus!

*The Multiples four-piece Curriculum Set of dishes, \$34.99, www.themultiples.com.*

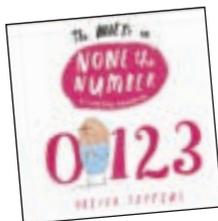
## 'None' better than Jeffers

When you read this book by Oliver Jeffers, you can count on laughing.

In the Brooklyn author-illustrator's latest — “None the Number: A Counting Adventure” — starring his lovable oval characters, the Hueys, Jeffers tackles the mathematical concept of “the number before one.” The counting book, particularly suited

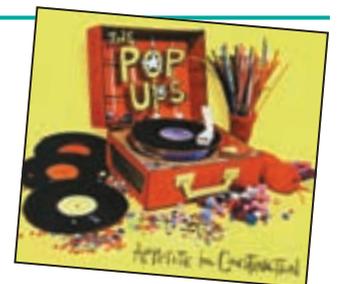
to tots ages 3 to 5, has his delightfully unexpected text — “Nine seagulls that are after Frank's French fries,” and enjoy! When it comes to “None the Number: A Counting Adventure,” we have zero complaints.

*“None the Number: A Counting Adventure” book by Oliver Jeffers, \$17.99, www.barnesandnoble.com.*



## Sounds like fun

When we heard that Brooklyn's the Pop Ups had a third CD coming out, it was music to our ears! Jason Rabinowitz and Jacob Stein — the talented duo that is the Pop Ups — will serve up their electro-pop “Appetite for Construction” on Aug. 19. It'll sate the cravings of parents yearning to hear fun, dance-able music that reminds them of their own carefree youth (“Block House” has tinkling echoes of Madonna's “Lucky Star”!). Even the lyrics have delightfully retro references — when brainstorming the possibilities in a square, they sing: “You could be a



window or a tooth, or a CD case for Sonic Youth.” Most importantly, their fanciful word play encourages wee ones to collage, build, and aim high, asking, “Are you more influenced by Frank Gehry or Rem Koolhaas?” We recommend this CD for listeners of all ages.x

*“Appetite for Construction” CD by The Pop Ups, \$14.98, www.thepopups.com.*

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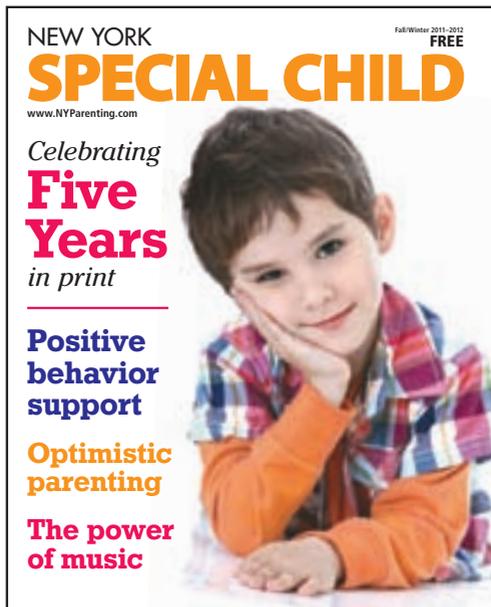
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