

May 2016  
**FREE**

QUEENS

# Family

Where Every Child Matters

**11 secrets of**  
*happy*  
*momms*

**Not-perfect**  
**pregnancy**

The bumps on the  
baby-bump road

**Redefining**  
**motherhood**

When your child  
becomes an adult



PARENTING  
MEDIA ASSOCIATION

★ 2016 GOLD ★  
*Award Winner*

Design & Editorial  
Awards  
Competition

Find us online at [www.NYParenting.com](http://www.NYParenting.com)

**NEWLY RENOVATED • NEWLY HEATED POOLS**



**NEW**

## Park City Swim School

(Onsite Registration & Discounts for Members)

Recreational Activities • Pool Parties

**718-830-9634**

**212-769-0201**

# Enjoy Queens' **LARGEST** outdoor heated pools

40'x80' **HEATED** Olympic Pool

25' Round **HEATED** Kiddy Pool

24'x20' Shaded Area

Cabanas • Umbrellas

Lounge Furniture • Tables

# OPEN HOUSE

**May 7, 14, 15, 21 & 22**

**11 am-3pm for preregistration**

**Pools Open May 28 to September 5**

**Onsite Registration Daily**

**Register By May 27th to receive**

**2015 swim rates**

**In person registration starts May 28th**



**Hurry Up And Save!**

Mention  
Queens Family  
to receive

**25% OFF**

For New Three Person  
Family Memberships

**Park City Swim Club**

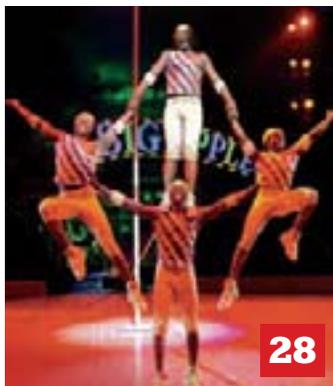
98-00 62nd Drive • Rego Park, NY 11374

718-830-9634 • 212-769-0201 • [www.parkcityswimclub.com](http://www.parkcityswimclub.com)

# Family May 2016



16



28



34

## FEATURES

- 6 Redefining motherhood**  
Your new role as the mother of a grown child  
BY MYRNA BETH HASKELL
- 8 11 secrets of happy moms**  
Motherhood can be stressful, but you can stay positive  
BY CHRISTA MELNYK HINES
- 10 Our big wins!**  
New York Parenting wins a dazzling dozen in international contest
- 12 The Montessori mind**  
How this educational approach promotes mindful learning  
BY MALIA JACOBSON
- 16 Communication in the digital age**  
How has the texting phenomenon affected family connections?  
BY MYRNA BETH HASKELL
- 18 You've gotta have arts**  
What kids really learn from an arts education  
BY LELA NARGI
- 23 Pregnant & afraid**  
A not-so-perfect pregnancy  
BY ALLISON PLITT
- 24 NYC beach clubs:**  
**You can get used to this**  
Getting a real resort experience — within city limits  
BY JAMIE BLATMAN
- 25 For love of the game**  
This family really likes baseball!  
BY ROBERT TROTTA

## COLUMNS

- 22 Just Write Mom**  
BY DANIELLE SULLIVAN
- 26 Divorce & Separation**  
BY LEE CHABIN, ESQ.
- 34 Good Sense Eating**  
BY CHRISTINE M. PALUMBO, RD

## CALENDAR

- 28 May Events**

## SPECIAL SECTIONS

- 14 Montessori Focus**
- 20 Arts for Kids Directory**
- 33 The Marketplace**

## CARTOON

- 14 Dabney and Son**



12

# Proudly we salute our writers and designers

It was so exciting to attend the recent *Parenting Media Association* Annual Convention and Awards Dinner in Indianapolis. We were treated so beautifully by our hosts at *Indy's Child*, and our conference got off to a great start by



being whisked for an early evening reception to their Children's Museum, which happens to be the largest Children's Museum in the world. Indeed, it was really special. Many in our group also attended the opening night game of their minor league baseball's team.

Then we got down to business and had an informative and educational two days of great speakers and interactive workshops. Being

a part of the parenting media model is a truly satisfying and stimulating ongoing learning curve. Our businesses have grown alongside the sociological and technological developments of the last decade or so and have morphed from strictly

print magazines to the digital realities that are an intricate part of all our lives.

The final night was our Awards Dinner and *New York Parenting* proudly won 12 Awards of Excellence, and I was the lucky person who got to accept them. As the Publisher and Editor, I have had the good fortune to select the creative team around me, and what a team it is. So many fine talented people

whose hearts are in the right place all the time. The winners this year that I need to single out are Tammy Scileppi, Shneika L. Johnson, Lisa J. Curtis, Lee Chabin, Lyss Stern, Alison Arden Besunder, and the amazing Danielle Sullivan, who won three awards! So proud of all of them, as well as the many other great contributors, who to me are all award winners. Lastly, I want to congratulate our Art Director Leah Mitch for her fine work on our covers (three wins! including two GOLDS!).

Our first magazine, *Brooklyn Family*, is now in it's 17th year and the others are not far behind. It has been a marvelous collaborative effort and couldn't have been done at all without the mentoring and patience of Cliff Luster, who has "had my back" throughout these years. I

am grateful to him and to the other terrific people, some of who have moved on, who have contributed to our effort.

Finally, I want to wish all of you a very Happy Mother's Day! Being a mother is the best thing that has ever happened to me. As I always say to my daughter, "I missed you so much before you got here!" Right?

Thanks for reading!

Susan Weiss-Voskidis,  
Publisher/Executive Editor  
Susan@nyparenting.com

## Community News Group

**CEO:** Les Goodstein  
**PRESIDENT & PUBLISHER:** Jennifer Goodstein

## New York Parenting

**PUBLISHER / EXECUTIVE EDITOR:**  
Susan Weiss  
**PUBLISHER / BUSINESS MANAGER:**  
Clifford Luster  
**OPERATIONS ASSOCIATE:**  
Tina Felicetti  
**SALES REPS:** Alexis Benson, Erin Brof,  
Jay Pelc, Stephanie Stellacio, Shanika Stewart  
**ART DIRECTOR:** Leah Mitch  
**WEB DESIGNER:** Sylvan Migdal  
**GRAPHIC DESIGNERS:** Arthur Arutyunov,  
Daria Avvento, Gardy Charles, Yvonne Farley,  
Earl Ferrer, John Napoli

**MANAGING EDITOR:** Vince DiMiceli  
**ASSISTANT EDITOR:** Courtney Donahue  
**COPY EDITORS:** Lisa J. Curtis,  
Shavana Abruzzo  
**CALENDAR EDITOR:** Joanna Del Buono

## Contact Information

**ADVERTISING: WEB OR PRINT**  
(718) 260-4554  
Susan@NYParenting.com

**CIRCULATION**  
(718) 260-8336  
Tina@NYParenting.com

**EDITORIAL**  
(718) 260-4554  
Family@NYParenting.com

**CALENDAR**  
(718) 260-2523

**ADDRESS**  
New York Parenting Media/CNG  
1 Metrotech Center North  
10th Floor  
Brooklyn, NY 11201

[www.NYParenting.com](http://www.NYParenting.com)



The acceptance of advertising by **New York Parenting** does not constitute an endorsement of the products, services or information being advertised. We do not knowingly present any products or services that are fraudulent or misleading in nature.

Editorial inquiries, calendar information, advertising rates and schedules and subscription requests may be addressed to **New York Parenting**, One Metrotech Center North, 10<sup>th</sup> Floor, Brooklyn, N.Y. 11201.

**New York Parenting** can also be reached by calling (718) 260-4554, e-mailing Family@NYParenting.com or by visiting our website, NYParenting.com.

Join the conversation on Facebook.

**New York Parenting** has been recognized for editorial and design excellence by PMA.

**New York Parenting** 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©2016 Readership: 185,000. 2015 circulation audits by CVC.



# YOUNG PEOPLE'S

SINCE 1972

Day Camps are

# OUT OF THIS WORLD



**Days Filled With Fun & Excitement!**

- ☺ For Boys & Girls 4-15
- ☺ 2-8 Week Programs Available
- ☺ Operated by Licensed Teachers & Administrators
- ☺ Special Union Member Rates
- ☺ Exciting Trips & Fun Activities
- ☺ Sports, Arts & Crafts, Swim Lessons & More
- ☺ Academic Program Available

**NEW S.T.E.M. PROGRAM: SCIENCE, TECHNOLOGY, ENGINEERING & MATH**



Highest Quality, Lowest Rates!



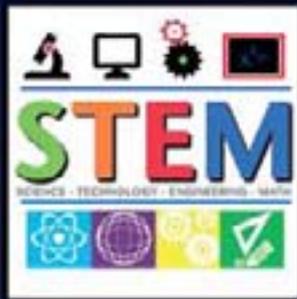
## OPEN HOUSE

**SAT., MAY 7<sup>TH</sup> &  
SAT., MAY 21<sup>ST</sup> 2016  
1:00PM - 3:00PM**

JIB LANES

67-19 Parsons Blvd. • Flushing, NY 11365

**CALL 1-800-856-1043**



Ask About Our Premium Program



**FREE Transportation**  
Covering ALL of Queens

[www.queenscamp.com](http://www.queenscamp.com)





# Redefining motherhood

Your new  
role as the  
mother of a  
grown child

BY MYRNA BETH HASKELL

**M**y daughter and I were lounging by the fire pit talking about college, friendships, what holds a marriage together, and world peace. It suddenly hit me. The beautiful, young woman beside me — tanned from her summer job as a lifeguard and s'mores sandwich in hand — was all grown up. The funny thing? I realized I was listening differently. I genuinely craved her opinion on the big stuff. I also realized that I needed her, too. It was a revelation — an “aha moment.” I suppose I was also staring.

“Mom. What are you staring at?”

“I’m realizing you’re all grown up, and it’s amazing,” I answered.

“I mean, duh, mom!”

There it was ... the teenager still inhabiting part of her psyche. This

was comforting, so I had to chuckle. I know she thinks I’m being oversentimental and goofy, but someday she’ll understand and experience this with her own child.

I found that I suddenly wanted all the answers. Would this be the beginning of a new type of relationship between us? Would there ever be a day when she wouldn’t need my wisdom? My role as her mother was changing, but I am still her mother after all.

What’s a mom to do?

According to Dr. Deborah Gilboa, author of “Get the Behavior You Want ... Without Being the Parent you Hate” (Demos Health, 2014), mothering changes with time.

“Our kids all need parents no matter what their age.” She explains that the needs change, and that most adult children are looking more for

respect and love, not for rescue or unsolicited guidance.

Mothering is an ever-changing job, indeed, and one of the most difficult ones, too.

“As our kids grow and gain more autonomy, we often still expect to be in control of their lives in a way that they do not expect or want,” explains Gilboa. “The change here is to a constantly evolving and ongoing conversation about our expectations and our child’s, so that each person is treated respectfully and with clear boundaries.”

When moms have kids in college, things might get particularly difficult because college students are used to setting their own rules and living independently. However, rules associated with respect for one another, no matter what a child’s age, should be ongoing. Not long ago, I was visiting my parents the weekend of my 30th high school reunion. I told my mother where I was going and approximately what time I’d be home so that she wouldn’t worry. At this point in my life, I understood a mom’s worry quite well.

“Curfews don’t make as much sense if your child spends part of her time on her own, but it is totally reasonable to ask for (and receive) a call to let you know when you can expect that child home,” Gilboa advises.

Even if parents are still supporting a child financially (due to the cost of college or the burden of a new residence), there needs to be a transition plan in order for an adult child to become completely independent.

“Phasing ourselves out of a caretaking role is the biggest change as we parent older kids and young adults,” Gilboa states.

There is a common goal amongst moms. Simply stated, that goal is to give our children wings and to set them free as individuals who can navigate the world solo as respected and useful members of society. However, you will still be Mom, forever and always; and this means you are there to lend an ear or a shoulder when needed, to be a perennial cheerleader, and to regularly remind your child how much she is loved.

For more information:

- FamilyEducation.com
- <http://life.familyeducation.com/young-adult/parenting/51079.html>

*Myrna Beth Haskell is an award-winning author, columnist, and feature writer. Her work has appeared in national and regional publications across the U.S., as well as internationally. For more information, please visit: [www.myrnahaskell.com](http://www.myrnahaskell.com).*

**SAVE 10%** on Sleepaway or Day Camp Label Pack with code **QFCAMP10**

# KIDS WILL BE KIDS.

Control the camp cabin chaos with Mabel's Labels.

Camp cabins are messy places. If you want to make sure everything you pack for camp returns back home again, don't leave it up to your kid. Label their gear with Mabel's Labels instead!

Personalize your camp labels online at [mabelslabels.com](http://mabelslabels.com) or by phone at **1-866-30-MABEL**.

Offer valid until July 31, 2016. Coupon may be used only once, has no cash value, cannot be combined with other offers or promotions and is not applicable towards taxes, express shipping, discounted products or Write Away Labels.



mabel's labels

**A FUN AND FLEXIBLE SUMMER PROGRAM FOR CHILDREN ENTERING PRE-K - 8TH GRADE!**

## Summer at Kew-Forest!



- Flexible Scheduling
- Academics & Recreation
- Before/After Camp Care
- Cooking
- Hands-on Science
- Swimming
- Field Trips and More!

**June 27 - August 12**

**Mon. - Fri., 9 - 4:30**



**Call or email for more information!**

**(718) 268-4667 ext. 108 - [summer@kewforest.org](mailto:summer@kewforest.org) - [www.kewforest.org](http://www.kewforest.org)**

# 11 secrets of happy moms

Motherhood can be stressful, but you can stay positive

BY CHRISTA MELNYK HINES

**W**e know that happiness is an emotion that can come and go. But how do we recapture that bubbly feeling amid the challenges and stresses of parenthood? Here are a few tips from moms for staying positive and feeling good:

## **Lean on community**

Several moms polled for this article agreed that moms' night outs with their friends help them feel more optimistic. And science proves it. Studies find that time spent bonding with friends boosts a woman's level of oxytocin, a natural hormone that reduces stress. Check out mothers' groups in your area if you are struggling to build a support network.

## **Commit to healthy living**

Women who make time to care for their bodies enjoy a stronger self-image and feel more self-confident and energetic. Exercise, try to get adequate sleep, schedule regular massages, and make healthy food choices to feel your best.

"I know that when I am reasonably well-rested and happy, I am absolutely more patient, energetic, and empathetic to everyone in my household," says Erica Wilson, a mom of one.

## **Take time for personal pursuits**

Whether you like surfing Pinterest, training for a 5K, or simply taking a warm bubble bath, moments stolen throughout the week contribute to our overall sense of well-being.

"I try to take at least a few minutes



"I know that when I am reasonably well-rested and happy, I am absolutely more patient, energetic, and empathetic to everyone in my household."

a day outside. I close my eyes, take deep breaths, and listen to the sounds," says Melanie Werner, a mom of one.

### **Nourish yourself**

During the rush of the week, most of us throw meals together just to get our hungry crew fed. If you enjoy cooking, find a day when you can slow down and relish the preparation. The process of chopping and measuring ingredients is meditative and soothing. Create a feast to delight all of the senses by serving your meal on a table laid out with your favorite dishes and cheerful flowers.

### **Laugh**

Family life can be funny. Kids say hilarious things. Pay attention and write those gems down. Next time you need a lift, read them. Need more ideas? Look at funny family videos or photos, hang out with lighthearted friends, watch a silly movie, or read a humorous book.

### **Follow a spiritual practice**

Studies find that people who lean on an inner belief system are happier. You don't have to be religious to be spiritual. You can feel a connection to spirituality through helping others, nature, yoga, music, art, personal meditation, or journaling.

Michelle Hovick, a mom of one, says the "Elevation" church app is one of her favorite spiritual gateways to a mood shift.

### **Practice gratitude**

In a gratitude study at Eastern Washington University, researchers found a positive correlation between gratitude and happiness.

"We have found that grateful individuals tend to be happy individuals and that grateful thinking improves mood," the researchers report. Try writing down three

things you are thankful for each day — small moments count too.

### **Get a groove on**

Whether she participates in a Jazzercise class or switches on upbeat dance tunes in her kitchen, Jessie Mallicoat, a mom of three, says, "If I'm in a bad mood, I put on some 'dancy' music and it usually helps."

In fact studies find that dancing boosts the body's feel-good endorphins. Dancing has even been found to reverse depression and increase self-confidence.

### **Set boundaries**

Moms who are happier make conscious decisions on a daily basis about who and what is allowed into their lives. Switching to this way of thinking is empowering. You don't have to be harsh or hurtful to accomplish this goal. Politely decline invitations that don't fit with your priorities and limit interactions with negative individuals.

### **Access good childcare**

Seek reliable childcare in order to feel secure pursuing personal interests, maintaining routine health check-ups, and for date nights with your partner. A positive marriage contributes to the overall emotional health and happiness of your family. Having trouble finding a sitter? Check out SitterCity.com, Care.com, and ask other parents for references.

### **Avoid comparison**

Parenting philosophies that work well in one family may not work well in another. Thanks to the influx of information at our fingertips, parents have no shortage of advice. Decide which strategies make sense for your family. And beware of spending too much time on social media if you're starting to feel like you don't measure up.

"Being happy with yourself and how you parent is key to accepting other moms and how they parent, which creates a more supportive parenting community all around," says Mandy Yokim, mom of two.

*Freelance journalist Christa Melnyk Hines and her husband are the parents of two boys. She finds happiness while exploring new destinations with her family, spending time with her book club friends, and cooking. She is the author of "Confidently Connected: A Mom's Guide to a Satisfying Social Life."*



## **SPEECH PATHOLOGY & SWALLOWING DISORDER SERVICES OF LONG ISLAND**

### **Specializing in the Treatment and Correction of:**

Language Disorders • Memory & Auditory Processing Difficulties  
Fluency • Voice Disorders • Motor Planning Disorders  
Deviate Swallowing which Contributes to Orthodontic, Pedodontic and Periodontic Problems  
Tongue Thrust • Feeding and Swallowing Problems / Aversions  
Thumb and Finger Sucking • Articulation Disorders • Oral Facial Muscle Weakness

### **Specialized Therapy Approaches Including**

PROMPT Therapy • Individual Feeding Therapy  
Augmentative Communication Evaluations & Therapy

**PARTICIPATING WITH MOST MAJOR HEALTH INSURANCE COMPANIES**

**444 LAKEVILLE ROAD  
LAKE SUCCESS, NY 11042**

**718-640-6767**

**WWW.LISPEECHANDMYO.COM**

## **THE WORLD'S BEST TECH SUMMER CAMP**



**SAVE \$100**

Visit [dig.ma/queensfamily](http://dig.ma/queensfamily) online for savings code.

**Concordia  
College**

July 11 - July 29

**New York  
University**

July 4 - August 5

**Stony Brook  
University**

June 20 - July 1

**DIGITAL MEDIA Academy.org**

© 2016 DMAC

# Our big wins!

## New York Parenting wins a dazzling dozen in international contest

**N**ew York Parenting/CNG made its own headlines recently when our chain of Family glossies broke our previous records at the prestigious, inter-continental media competition, winning 12 awards for keeping mom, dad, kids, and parenting advocates informed and entertained.

New York Parenting received two golds, four silver, and six bronze medals at the Parenting Media Association's annual Editorial and Design Awards Competition, which celebrates excellence in journalism, design, and photography in parenting publications around the U.S., Canada, and Australia.

The sensational sweep was an all-time record high, although we have been contest winners for the last 15 years. New York Parenting publishes in print every month *Manhattan Family*, *Brooklyn Family*, *Bronx-Riverdale Family*, and *Staten Island Family*. *New York Special Child*, a magazine devoted to the issues of special needs children, is printed twice a year, and all are found online at *NYParenting.com*.

"We're so proud," said Susan Weiss, publisher and editor, who accepted the plaudits at the P.M.A. Annual Convention in Indianapolis earlier this month. "Columns, articles, covers! Brooklyn, Manhattan, Queens, Bronx, and Staten Island, all five magazines won, and one of our silver award-winning articles created a tremendous buzz on the internet."

Among the columns singled out for honors were "New & Noteworthy" by Lisa Jean Curtis, "Healthy Living" by Danielle Sullivan, "Divorce & Separation" by Lee Chabin, and "Fabulyss Finds" by Lyss Stern. The accolade-worthy articles included "Misty Copeland — Breaking Down Barriers" by Shnieka L. Johnson, Tammy Scileppi's "Telling Their Stories—Healing Scars (Teens and Domestic Violence)" series, and Sullivan's "Teen Disease You've Never Heard About," an investigative feature on Postural Orthostatic Tachycardia Syndrome that went viral online.

Weiss and art director Leah Mitch — a perennial winner — clinched the gold for their "Super Dads" front cover



Publisher and editor Susan Weiss and the 12 awards from the Parenting Media Association's annual competition.



featuring a cute tot, and a cover illustration on a holiday issue of a gold star directing readers' eyes to children.

"This simple yet effective illustration tells the story of holiday traditions," determined the judges.

*New York Parenting's* own birth was an entrepreneurial conception.

The chain grew from a single

magazine Weiss — a globe-trotting former actress and restaurateur—created after moving to Brooklyn from Manhattan with her baby and discovering Brooklyn was a parenting-magazine desert.

"There was only one magazine and I thought it was provincial," she says. "I wanted a quality parenting publica-



tion that was sophisticated, had quality content and design, and excellent distribution." That was 17 years ago, and since then we've added the other boroughs and grown our digital presence, naturally.

Weiss's string of victories are a huge win for the entire CNG family, said CNG's president and publisher.

"I am thrilled to see the hard work and dedication Susan and her team bring to creating our Family magazines each month recognized with 12 awards," said Jennifer Goodstein. "The variety of awards shows that the magazines are hitting the right notes."

# BIG APPLE CIRCUS

## THE GRAND TOUR



**MORE 'OMG' AND 'LOL' FOR LESS!**

**SAVE UP TO \$25! USE CODE: BIGAPPLE**

**MAY 15 – JUNE 12**

**CUNNINGHAM PARK  
QUEENS, NY**



**TICKETS AT [BIGAPPLECIRCUS.ORG](http://BIGAPPLECIRCUS.ORG) OR CALL 888-541-3750**

# The Montessori mind

How this educational approach promotes mindful learning

BY MALIA JACOBSON

**Y**oung children aren't usually known for intense concentration. To the contrary, kids are expected to bounce from one activity to another with the attention span of a gnat. That's why parents are surprised by what they see when they tour Eton Montessori School in Bellevue, Wash.: Children as young as 3 happily engaged in independent, focused work for long stretches.

Parents are just as surprised by what they don't see — no lecturing teachers prodding reluctant kids to complete assigned work.

"Our children are self-motivated. Our teachers don't stand over them, telling them to be quiet and get back to work," says Feltin, who founded Eton School in 1978.

This ability to focus at a young age is a hallmark of Montessori education, but it's revolutionary to parents who haven't seen a Montessori classroom in action.

Montessori learning is hardly novel — Maria Montessori's first school opened its doors in 1907. But a trend toward mindfulness in education is sparking new interest in this century-old style of education, and new science is showing how this type of learning benefits today's young minds.

## Mastering mindfulness

In the past decade, organizations like Mindfulness in Education Network, Association for Mindfulness in Education, and Mindful Schools have sprung up, training teachers, hosting conferences, and producing research aimed at helping children become more focused, motivated, and intentional in the classroom.

Just what is mindfulness, exactly, and why does it matter? MindfulSchools.org paints mindfulness as a deep, in-the-moment focus, char-



Educational pioneer Maria Montessori

acterized by self-awareness and internal motivation. In a world filled with chaotic distraction, advocates of mindfulness say it can be a salve for the conflict, impulsiveness, and stress plaguing modern students and schools.

Dr. Steven J. Hughes, a pediatric neuropsychologist specializing in attention, concentration, planning, and organizing — a set of traits known as executive functions — defines mindfulness as "sustained positive engagement." Other scientists refer to a "flow" state of prolonged, energized work that produces both calm satisfaction and profound joy in learning.

## Whole body, whole mind

Maria Montessori didn't coin the term "mindfulness," but she was an early advocate for sustained focus and internal motivation. Her meth-

ods deliberately encourage intense concentration as the best context for early learning.

Montessori's approach to motor development actually stimulates cognitive development and deep concentration, says Hughes. When children begin Montessori education at age 3 or 4, they work on motor-skills activities like sweeping, polishing silverware, and pouring. These aptly-named "practical life" activities prepare kids for greater independence and self-reliance in daily tasks, but there's something bigger going on — the development of higher cognitive functions essential to concentration and attention.

Montessori tasks like wiping a table or washing dishes develop fine-motor control, but they also activate areas of the pre-frontal cortex essential to executive function, which paves the way for greater concentration and focus, he says.

"Dr. Montessori wrote about the close relationship between cognitive development and motor development in 1949. Fifty years later, scientists made the same connection."

This whole-body approach is part of the reason numerous studies show that Montessori-educated children have an academic edge over children educated in traditional classrooms, he says.

## Happy work: Environment, schedule, and shared focus

One way Montessori promotes focus is through a carefully-prepared environment, a key component of Montessori learning. In Mon-



---

Maria Montessori was an early advocate for sustained focus and internal motivation. Her methods deliberately encourage intense concentration as the best context for early learning.

---

tessori classrooms, specially-designed materials — from child-size brooms to lacing cards to counting beads — are prepared to be aesthetically appealing and accessible for young children; simplicity, beauty, and order are paramount.

“Montessori environments are designed to be attractive and appealing, and to allow children to make a choice. Children get to look around and choose what they want to do,” says Feltn.

This important act of choosing one’s own activity promotes sustained engagement, says Dee Hirsch, president of the Pacific Northwest Montessori Association and director of Discovery Montessori School in Seattle. Montessori-taught children choose their own work from a palette of developmentally appropriate options that grow progressively more complex and challenging.

Montessori schools incorporate concrete learning goals into a child’s educational plan, but children are free to choose when and how to complete their work within a specified time frame.

“That act of choosing is what allows a child to make a whole-hearted commitment to their work.

It’s what makes Montessori education child-centered,” says Hirsch.

When children are motivated by their own interests, deep concentration is a natural result, she says: “Kids are choosing what they want to focus on.”

During a 90-minute work period, children can take their work through its beginning, middle, and end. Working through this natural sequence promotes competence and mastery; children can repeat the activity as many times as they want, without being told to hurry up and move on to something else.

Though the terms focus and concentration conjure up images of a child working alone, mindfulness is not always a solo pursuit. Montessori-style learning helps kids learn the fine art of shared concentration by encouraging them to engage in tasks with a classmate or two — a critical skill in the age of teamwork.

### **Mindful together**

How does this Montessori-style mindfulness benefit children? Greater confidence, longer attention spans, and natural self-motivation are a few of the rich rewards, according to Feltn.

“What’s so wonderful is the confidence they gain. Their attention spans have been lengthened. They’re going to meet their academic goals, but they’ll do it more naturally because their motivation comes from within.”

But mindfulness isn’t something teachers can achieve for students — like every other outcome in Montessori learning, students have to work toward it themselves.

“They’re not going to reach that state of mindfulness unless they get there themselves,” says Hirsch. “We can’t take them there, but we can go there with them.”

*Malia Jacobson is a nationally published freelance writer specializing in parenting. She’s working on adopting Montessori-inspired principles of mindfulness at home.*

# Montessori Special Focus



**Forest Hills Montessori School**

Serving Nursery to 6<sup>th</sup> Grade



- Small, mixed aged classes
- Individualized learning
- French/Music/Yoga

Now Registering for  
**Summer Camp**  
for 3-5 year olds

67-04 Austin Street, Forest Hills, NY 11375

**718-275-0173**

[fhmontessorischool.com](http://fhmontessorischool.com)

## Forest Hills Montessori School

67-04 Austin Street  
718-275-0173; 718-275-3102  
[www.fhmontessorischool.com](http://www.fhmontessorischool.com)

Our school is devoted to the education of children 3 through 12 years of age. Based on the non-discriminatory philosophy of Dr. Maria Montessori, the school is carefully prepared to nurture the mental, emotional and physical well-being of each child. Dr. Montessori described her teaching as a "Help to Life". We at Forest Hills Montessori consider it to be a "Way of Life".

Our preschool classes are designed to help the child from three to six years of age. Montessori is based

on the child's developmental needs for freedom within limits. Our classrooms are different from other pre-schools in many ways. Conventional teaching methods are known to have the approach of either teacher to child, or teacher to group. Montessori includes a third factor: the environment.

Our elementary school has an emphasis on self-directed activity on the part of the child and clinical observation on the part of the teacher. It stresses the importance of adapting the child's learning environment to his or her developmental level, and of the role of physical activity in absorbing academic concepts and practical skills.

# Digital CAMP GUIDE

Check it out on [nyparenting.com](http://nyparenting.com)

## Dabney and Dad

BY PAUL MEKLEIN



See new cartoons at [DabneyandDad.com](http://DabneyandDad.com)

Like us on

facebook

or follow us on [twitter](https://twitter.com)

Facebook Search: NYParenting

**OPEN HOUSES**  
Wednesdays, 9:00 AM  
Children welcome, No RSVPs

Cultivating Success  
in Every Child

Nursery to Grade 12 • Independent • College Prep School

**CATCH A WAVE**  
at  
**Garden School Summer Camp**  
We Make Summer Easy & Fun!

Fine Arts / Academics / Sports / Technology

**Garden School Summer**  
June 27th - August 19th • Nursery - 13 Years Old  
Half/Full Days • 7:30 am-6 pm Available  
Choose As Many Days or Weeks As Needed

- ✓ Swimming Pool • Lessons
- ✓ Flexible Scheduling
- ✓ Special Events
- ✓ Drop-In Available
- ✓ Lunch & Snack Included
- ✓ Door-to-Door Transport

**Register Before We Fill Up!**  
33-16 79th St., Jackson Heights, NY 11372  
(718) 333-6363 • gardenschool.org

**BLUE DOLPHIN**  
SUMMER DAY CAMP

**OPEN HOUSE**

St. Nicholas of Tolentine 80-22 Parsons Blvd. Queens NY

Camp Hours  
Mon-Fri  
7am - 6PM

Thursday May 5th, 4:00pm - 6:00pm  
Thursday May 26th, 4:00pm - 6:00pm  
Saturday June 4th, 11:00am - 1:00pm

TRANSFORMERS .. Ages 3-5  
TRAILBLAZERS .. Ages 6-11  
PIONEERS .. Ages 12-15

**Ages 3 to 15**

ROLLER SKATING  
ARTS & CRAFTS  
DORNEY PARK  
LASER TAG  
BASKETBALL  
BOWLING  
FISHING  
SWIMMING  
We accept A.C.D. & 1199 & T.W.U. Members

TAEKWONDO  
CARNIVALS  
BASEBALL GAMES  
GAGA BALL  
CAMP AMERICAN IDOL  
GO CARTS!  
TENNIS  
KARAOKE

**Building a better Future, one child at a time**

[WWW.BLUEDOLPHINCAMP.COM](http://WWW.BLUEDOLPHINCAMP.COM)  
**(718) 847 - 6470**

**THE NEW LEADER IN YOUTH SPORTS DEVELOPMENT YEARS IN THE MAKING...**

**GC SA**  
GOLDCOASTSPORTSACADEMY

*growth through sports*

**QUEENSBOROUGH COMMUNITY COLLEGE**  
IN BAYSIDE QUEENS

FROM THE PEOPLE THAT HAVE BROUGHT  
YOU THE BEST IN DAY-CAMPS FOR OVER 15 YEARS.

- Premier individualized coaching for **EVERY** athlete from beginner to advanced, **AGES 5-16** with customized post-academy training plans.
- **YOUR CHILD** will learn **EVERY DAY** from coaches who have developed players in the pros today!
- **LOW** enrollment for maximum **ONE-ON-ONE** coaching time.
- Led by **NATIONALLY** recognized coaches that bring **YEARS** of experience.

#1 Draft Pick    Olympic Gold Medalist    Federer's Coach    MLS All-Star    US Goalkeeper  
**KARL-ANTHONY TOWNS**    **SUE BIRD**    **PAUL ANNAGONE**    **JOZY ALTIDORE**    **BRAD GUZAN**

**TEAM TRAINING AVAILABLE**

**BASKETBALL ACADEMY**    **TENNIS ACADEMY**    **SOCCER ACADEMY**  
**GC SA**    **GC SA**    **GC SA**  
GOLDCOASTSPORTSACADEMY.. GOLDCOASTSPORTSACADEMY.. GOLDCOASTSPORTSACADEMY..

**NOW THE OFFICIAL TRAINING CAMP OF THE NY COSMOS**

GIVE YOUR SON OR DAUGHTER THE BEST OPPORTUNITY TO MAKE THEIR TRAVEL, MS, OR HS TEAMS!  
**GCSA WILL BE OPEN SELECT WEEKS JUNE 27-AUGUST 26**

**WWW.GOLDCOASTSPORTSACADEMY.COM**

# Communication in the digital age

How has  
the texting  
phenomenon  
affected family  
connections?

BY MYRNA BETH HASKELL

**T**exting literally drives me nuts. I press the wrong letter all of the time. I get frustrated because I want to send a long-winded message, and the darn thing keeps auto-correcting me. I'd much prefer to send a real note via my computer or just pick up the landline (Shh ... I still have one of those).

I know I sound ancient, but what has the world come to? No one uses words anymore. We've graduated to emoticons and abbreviations. For a person who makes a living with words, this is downright depressing!

I can't even get a hold of my kids normally anymore. If I want to hear from my son, who now lives on his own in the big city, I have to send him a text to tell him to check his e-mail. My younger daughter even thinks e-mail is antiquated. It's as if telephones and normal correspondence never existed. Try asking a 14-year-old to send a thank you note. You have to remind him that you mean put a pen to paper and a stamp on an envelope!

Has the digital world morphed our communication skills into bits and bytes for the long haul? We know that texting is not going away. The ease, convenience, and instan-

taneous response aspects of texting are just too enticing. According to the findings of a September 2014 Gallup poll, "Texting is the most frequently used form of communication among Americans younger than 50."

So, what does this say about communication between family members? Does living in the same household somehow trump the new techno talk? No matter what you prefer — texting or real-time, verbal banter — it's time to examine if this new form of communication is for better or for worse.

## What's missing in a text?

We've all read books that have excited various emotions. However, texting is communication a la shorthand, so much is lost in the translation.

"Face-to-face conversations allow us to notice cues about the other person's emotions, such as eye contact, facial expression, tone of voice, body posture, and the timing and intensity of response," says Heather Leneau Bragg, a learning specialist and author of the book "Learning Decoded: Using Your Child's Unique Learning Style to Improve Academic Performance." "Texting cannot offer these important pieces of informa-

tion, which can be key to understanding, communication, and connecting with others."

"Texting certainly makes it easier to avoid real communication and having to say something directly to someone's face," says Rebecca Levey, family tech expert, host of ParentingBytes (a CBS podcast exploring parenting in the digital age), and co-founder of KidzVuz (a media company posting reviews of products by kids and for kids). She explains that this is one of the reasons why it's much easier to bully via text.

How many times have you personally experienced a misunderstanding when texting (or even e-mailing) is involved? Perhaps you are very angry with your teenage daughter who is late for dinner because she is hanging at a friend's house. If you text, "You need to get home," she might interpret this as I should start thinking about getting home, instead of I better leave right now. However, misinterpretation is not the only issue. Should we also worry that the tech generation has lost the ability of effortless, in-person, social conversation?

"When children (or adults) become more dependent on texting as communication, they often become averse to spontaneous conversation. Live conversations involve more vulnerability, with little opportunity to hide emotions and reactions. Being able to have live conversation is a foundational ability for meaningful connection," Bragg continues.

Levey points out that there could be a decrease in independence with some children because of the too readily available communication. In other words, kids might be less likely to fend for themselves if they can instantaneously request help from Mom instead.

## Maintaining family connection

"If communication is suffering,

## When texting provides safety

Let's not forget that texting can also provide an invaluable safety net. Cellphone users should be aware of the availability of the following safety services, features, and notifications. Sometimes, during widespread emergencies, text messages may go through when phone calls do not:

**College students:** Sign up for your campus emergency text notification system.

**Parents:** Register for your public school's notification system and allow text notification if offered.

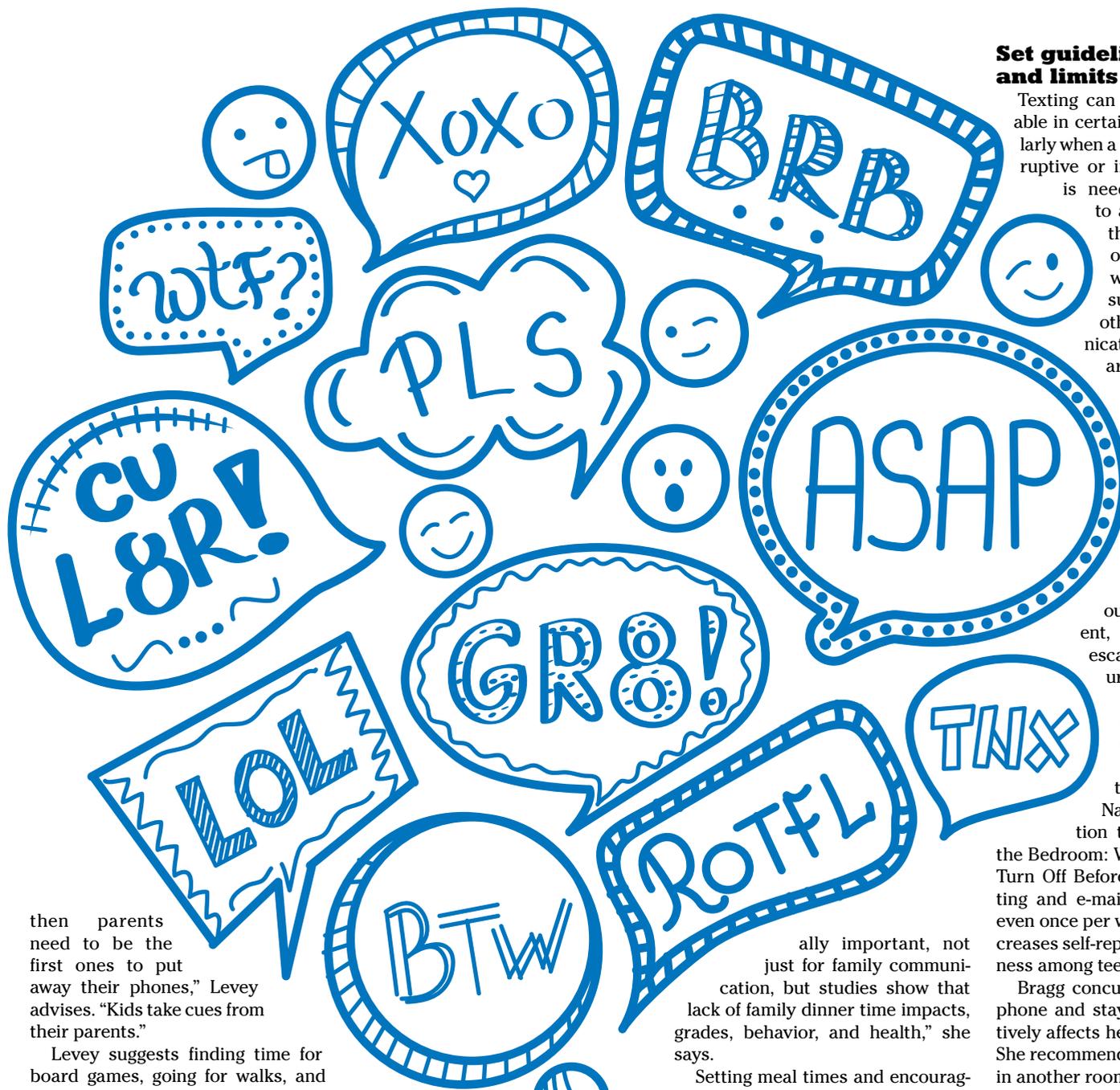
**Hospital emergency rooms:** Some allow consumers to access emergency room wait times via text — check with your local hospital.

**Wireless Emergency Alerts:** This public safety system allows customers who own certain wireless phones and carriers to receive text-like messages alerting them of imminent safety threats

(i.e. extreme weather, Amber alerts, and other national emergencies).

**Text-to-911:** In the future, this service will be available throughout the U.S. For updates to service areas: [www.fcc.gov](http://www.fcc.gov)

**Crisis TextLine (71741):** Trained crisis counselors assist those in crisis via text. Local churches, community centers, and health networks sometimes offer similar services. Note: Teens, in particular, often prefer to text, rather than talk about problems.



## Set guidelines and limits

Texting can be useful and desirable in certain situations, particularly when a phone call can be disruptive or immediate assistance is needed. Problems tend to arise when texting is the predominant form of communication, or when texting becomes such an obsession that other modes of communication and socialization are lost.

“Tech is awesome in moderation. Look for the ‘happy medium,’” Bragg states. “Being able to shelve the phone as often as possible allows more opportunities to connect with our children. Be present, not checked-out or escaping elsewhere,” she urges.

Texting before sleep can also become a problem.

According to an article published by the National Sleep Foundation titled “Electronics in the Bedroom: Why it’s Necessary to Turn Off Before you Tuck In,” “Texting and e-mailing after lights out, even once per week, dramatically increases self-reported daytime sleepiness among teens.”

Bragg concurs that checking the phone and staying up to text negatively affects healthy sleep patterns. She recommends that phones be left in another room at bedtime.

Texting can be a safety hazard in certain situations, or even downright rude. All family members should refrain from texting while:

- Driving
- Sitting in a class or lecture
- Operating machinery
- Attending an event where silence or attention is expected (i.e. churches, concert halls, funerals, etc.)
- Eating meals with others
- Crossing the street
- Having a conversation with someone

*Myrna Beth Haskell is an award-winning author, columnist, and feature writer. Her work has appeared in national and regional publications across the U.S., as well as internationally. For more information, please visit: [www.myrnahaskell.com](http://www.myrnahaskell.com).*

then parents need to be the first ones to put away their phones,” Levey advises. “Kids take cues from their parents.”

Levey suggests finding time for board games, going for walks, and cooking together as options for hanging out and spending quality time.

“If a parent doesn’t prioritize that time, then they can’t expect the kids to,” she says.

Bragg states, “Family can and should be the safest place to work on communication, connection, vulnerability, and conflict resolution. Important conversations should happen face-to-face, not via text.”

When communication happens via text as opposed to in organic conversation, “Children are less likely to learn compassion and empathy, as well as how to interpret non-verbal cues such as body language, gesture, and tone of voice,” Bragg clarifies.

Bragg also explains that texting can reduce the amount of interaction we have with our children during

family rituals, such as meals, bath time, and bedtime. Establishing these rituals builds and maintains familiarity and connection.

“It is prime time for understanding each other and what makes each family member tick.” She warns, however, that dinner conversations should not be about stressful issues. “This is a time to share about each other’s lives and not the best time to grill your child on his latest test grade or rule infraction.”

Levey claims that family dinner has been in jeopardy for quite some time, due to parents working longer hours and kids participating in more after-school activities.

“Taking back family dinner is re-

ally important, not just for family communication, but studies show that lack of family dinner time impacts, grades, behavior, and health,” she says.

Setting meal times and encouraging everyone (even young children) to participate, such as setting the table and helping with cooking, will strengthen family connection.

Even when it is literally impossible to sit for dinner together — because of conflicting work schedules, for instance — finding time on weekends for a family breakfast or planning other activities where everyone participates — sans phones — will encourage intimacy and family bonding. Some families also opt to have regular family meetings, where everyone has a chance to talk about something that’s bothering them or to share something they want feedback on. This is a two-way street: both parents and children should share what is going on in their hearts and minds.

# You've gotta have ARTS

## What kids really learn from an arts education

BY LELA NARGI

**I**t's a late evening in early December and I'm sitting with my tween daughter in a stiflingly heated, baldly lit, packed-to-the gills auditorium near Coney Island, waiting for Mark Twain Junior High School's winter concert to begin.

We've come out to see my daughter's friend sing with her seventh-grade choral class — the same friend who, a week earlier, joined me to watch my daughter dance in a production of "The Nutcracker." It promises to be a long night, with three grades' worth of choral, band, and orchestra performances — each. But I'm used to these sorts of engagements. As the parent of a kid who's been lucky enough to attend public schools that vigorously buck the current trend of defunding arts programs, I've been sitting in on biannual music, dance, drama, photography, and broader "talent" shows since my daughter was in pre-K. I hardly give the enterprise any thought.

Arts education has been a big educational talking point for years, but possibly never more than since the advent of the test-driven Common Core curriculum. Across the country the arts have been cast aside in favor of reading comprehension and science, technology, engineering, and mathematics subjects — as well as the high-stakes tests that supposedly determine a child's competency in them. Yet the findings of multiple studies champion the ability of painting, drumming, ballroom dancing, and playwriting to enhance creativity, fine motor skills, and even language development in our kids —

with even more significant and lasting boons for low-income children. Many parents with kids who have access to arts classes through school accept these benefits as a given. But those particular skills are not on my mind as the lights in the auditorium dim and the first orchestral group streams onto the Mark Twain stage.

The students are wearing the customary on-stage uniform of white shirts and black bottoms. They march purposefully out from the wings in a steady and orderly manner, delicately carrying their instruments. They quietly find their seats, set their music on their stands, and follow along with their section leaders in tuning their instruments. When Jamie Baumgardt, Mark Twain's strings teacher, appears on stage they stand, then await her cue to sit again. As anyone who's ever watched an orchestra knows, this is business as usual. But if you've ever spent any time with a large group of rabid tweens and teens, you know how exceptional this sort of behavior is.

And if you're an educator, you know it even more acutely. I've listened to my sister-in-law, a 20-year veteran of elementary school classrooms, bemoan the mounting inability of her students to sit still and focus. She chalks it up to the use of smartphones and tablets, devices that encourage them to eschew human interaction and reward them for making fast, unconsidered decisions. For years my husband taught literature to city community college students and every night came home with frustrated stories of kids who didn't know how to behave in his

classroom: they truly didn't know they shouldn't text and take phone calls, didn't know they shouldn't gobble sandwiches and bags of candy, didn't know they shouldn't listen to music through one headphone as he led them (or attempted to lead them) in discussions of Kafka and Chinua Achebe. Children are losing their understanding of basic courtesy, and in the process, are becoming ever more removed from their peers and larger society. With this loss, life becomes less pleasant and more challenging for all of us. Because the loss is palpable everywhere we go. Think of the people texting through movies. Refusing to let you pass as you haul heavy grocery bags down the sidewalk. Shoving you aside to get onto the subway car first.

And this is what I'm thinking about as the strings students finish their performance, again await Ms. Baumgardt's cue to rise, and quickly, silently take their bows and leave the stage. An orchestra has many governing rules. To survive and thrive in this setting, an orchestra member not only has to know them, but she has to tacitly agree to follow them. As these rules govern how members of an orchestra treat their leaders, their equals, and the audience that has come to see them — in addition to expectations for their own personal responsibility to practice — an orchestra, quite simply, offers a blueprint for how to behave in a society.

"My music students learn professionalism and that, regardless of the context of the setting, there are times and places to be professional," Ms. Baumgardt tells me. "Running around in the park you can be kids



and throw Frisbees. But in a professional setting there are expectations. What values should musicians have that translate to the rest of their lives?"

Plenty.

Do we want our children to be able to make eye contact with friends and strangers as they politely converse with them? Do we want them to be able to show empathy for others, both locally and globally? Do we want them to understand the positive influence of their hard work, not only on their own development, but on the achievements of an affiliated group? Thanks to the efforts of Ms. Baumgardt and other teachers of music, dance, drama, and plastic arts such as sculpture and drawing, they're getting an excellent footing.

"I show them that being commit-

ted leads to success, and that can make you feel great about yourself," says Ms. Baumgardt. "But it's also about the bigger picture. The efforts they contribute, in the long run, are going to make everyone successful."

In some cases, that even includes their own parents. As my daughter's friend takes the stage with her fellow singers, a dad sitting in front of me becomes animated. After snapping the obligatory photos with his stage-obscuring iPad, he begins to wave his arms over his head, trying to get his kid's attention. She ignores him. He tries again. And again. She finally acknowledges him with the meagerest of nods. By behaving professionally, as she's been taught, she's given her own father a subtle clue about how to behave with professionalism and courtesy. Hopefully, that tiny trend will radiate.

Regardless of all the important behaviors that arts programs teach our kids (when they're fortunate enough to have them), just the very fact of their existence is important in our children's development. My daughter is here tonight to show support for her friend, just as her friend came out to support her a week earlier. The older they get, and the more serious about their various artistic pursuits, the more supportive they become for each other. Empathy (in the plastic arts, critiques would be miserable without empathy) is built right into the framework.

And empathy — along with discipline, listening skills, manners, and the ability to articulate and to work as a team — will serve these kids whether or not they eventually choose careers in any arts-driven field. Sarah, a violinist in Ms. Baumgardt's eighth-grade ensemble, wants to be a doctor — and feels the emotional connection she's developed to music will help her have an emotional connection to her future patients. Tricia, an eighth-grade violist, thinks teamwork and intuition are the two lessons she's learned from music that will be most valuable to her possible future career as a children's dentist. Ultimately, the goal of arts education is not to churn out professional artists. As Mark Twain's principal, Karen Dittola, puts it so succinctly, "By helping children learn these crafts, we're helping them grow as people."

There isn't any goal finer.

*Lela Nargi is a Brooklyn-based journalist who writes about parenting, travel, books, and food. She's also the author of "The Honeybee Man" and other books for children.*

Established  
41 Years



## Register Now Summer Camp

You May Sign-Up for 1-5 Days Per Week  
Full Day/Half Day/Single Classes  
July 5th - August 12th, Mon - Fri • Ages 3-14

Summer Camp  
Full Day/Half Day



Full Day Camp • 9:00am-5:00pm  
Early drop off (8am) and Late pick up (6pm) Included

Half Day Camp/Theatre Camp  
9:00am-1:30pm or 12:30pm-5:00pm

### AIR-CONDITIONED

#### ACTIVITIES:

Art & Crafts, Gymnastics, Drama On Camera,  
Vocal, Dance  
All Boy's Group

#### THEATRE CAMP:

Children will put on a favorite Broadway Musical

Summer Dance Classes  
Single Classes - 5:30pm-9:30pm



Summer Dance & Drama and Vocal Classes  
Ballet, Tap, Jazz, Creative Movement, Acrobatics, Drama  
& Vocal and Triple Threat

188-22 Union Turnpike, Fresh Meadows, NY  
68-02 Metropolitan Ave Middle Village, NY

718.479.8522

[www.americandanceanddrama.net](http://www.americandanceanddrama.net)

## BIRTHDAY PARTIES:

For all ages:

Disco, Gymnastics, Dress Up, Princess Parties, Arts and Crafts.

1 Party at a time • Huge Party Room (over 3,000 sq.ft.) • Disco Laser Lights • Bubble/Fog Machine

Face Painting • Arts/Crafts • Tattoos • Cotton Candy Magicians • Gymnastics • Disco • Dress-Up

Princess Parties - Hostesses be come your favorite fairy tale princess!

## Arts for Kids

### DIRECTORY

#### American Dance & Drama Studio

188-22 Union Turnpike Fresh  
Meadows, NY 11366  
718-479-8522

www.

[americandanceanddramastudio.com](http://americandanceanddramastudio.com)

Our students become part of an ever-growing family. Our insights, standards and philosophies gained through years of knowledge and "know how" are what we are able to provide to students. Our staff of loyal and loving teachers follows our philosophy: to allow everyone to grow at American Dance and Drama. We constantly adapt new techniques, styles and trends leading the way - all the way from winning competitions, landing that role on Broadway or getting that fresh young face and name up in lights. We are structured with a uniquely multifaceted program that has something for everyone. The young budding talent to the most advanced student, it all happens under one roof. We offer a plethora of training and services including; Training for Broadway, theater, T.V., Ballet, films and Dance companies, commercials, industrial - for a cultural background & much, much more! For recreation, we provide a safe and fun environment to grow up in with a warm caring and positive staff.

#### Joe's Music Center & Performing Arts, Inc.

114-04 Farmers Blvd,  
St. Albans, NY 11412  
550 Remsen Avenue,  
Brooklyn, NY 11236  
718-454-3036

[www.joesmusiccenter.org](http://www.joesmusiccenter.org)

Premiere music and dance school for all ages. We offer musical instruction for all instruments, vocals, dance education in all genres and musical theater. Our retail division, Joe's Music Store provides rentals and purchases for Instruments and accessories. Established in 1998, we have proudly

served over 4,000 students in Brooklyn, Queens, Bronx and Long Island. We are blueprint certified, our instructors are university trained and teach based on the Common Core Standard requirements. Services have expanded to include an academic enrichment program; math, science/lab experiments & visual arts. Students have received virtuoso scholarship awards and have been placed in the National Society of High School Scholars. We are licensed contractor for the Department of Education and proudly partner with all schools, religious organizations, early childhood facilities, sororities, fraternities and more. Bands available for hire.

#### Kimmy Ma ARTStudio

190-19 Union Turnpike,  
Fresh Meadow  
646-209-9352

[www.kimmyma-artstudio.com](http://www.kimmyma-artstudio.com)

ARTStudio is dedicated for art instructions in paintings and drawings. Spring session, now-June, 7 days a week, for various age and ability level learners. Explore artistic development in art theory/history and techniques for after school & weekends. Summer mornings with private & semiprivate fine art lessons, peer aged small group welcome. Early registration by appointment only. Summer ART Clubs with Mrs. Ma 7/7-8/13 T/W/TH, ideal for serious independent and responsible learners, explores fundamental concepts in fine art. 12:50-3:30PM for age /9-MS/HS, weekly medium based & ability level instructions, plus Summer 7/12-8/16, (6) Sundays architecture & illustration with qualified instructor, 10 am-12 pm for age 6-8.5 & 1-3:30pm for age 9+. Please visit [www.kimmyma-artstudio.com](http://www.kimmyma-artstudio.com) for detailed curriculum and tuition. Tel: 646-209-9352. Curriculum is thoughtfully planned by Mrs. Ma, Master of ART in the School of Education NYU since 1996.



## Online Activity Guide

Check it out on

[www.NYParenting.com](http://www.NYParenting.com)

# Advertise with us!



BROOKLYN  
**Family**

MANHATTAN  
**Family**

QUEENS  
**Family**

BRONX/RIVERDALE  
**Family**

To place an ad in our line of **Family** publications, please call **(718) 260-4554**



**Kimmy Ma**  
**ARTStudio**  
"Launch Creative Minds"

**Enroll NOW For Summer!**

**Annual Art Show & Open House**  
5/21-22 @ 10am-2pm • All welcome!!

**Summer AM - Art & Literacy for Younger Beginners:**

7/5-8/12, (M-F) 9:30-12, 6 weeks, age 5-8  
Incorporate Reading & Art Making!

**Summer PM - Fine Art (Advanced Beginners/Intermediate):**

7/5-8/11 (T/W/TH), 1-3:30pm, age 9+  
Explore drawing and painting in classically training format!

**Summer Weekend Beginners Programs (age 7.5+):**

Acrylic Paintings: 7/16-8/13 (5) Saturdays, 10am-12noon  
Drawing/Illustration: 7/10-8/7, (5) Sundays, 10:30am-12:30pm  
Watercolor & Acrylics: 7/10-8/7, (5) Sundays, 1-3pm

Download curriculum: [www.kimmyma-artstudio.com](http://www.kimmyma-artstudio.com)  
Lead Curriculum Designer: Mrs. Ma, NYU,  
Master of ART, School of Education (1996)  
190-19 Union Turnpike, Fresh Meadows • 646.209.9352



**MUSIC & DANCE LESSONS**

**FOR ALL AGES!**

## Joe's Music & Dance Academy Summer Camp

Session 1: July 5 - July 29 & Session 2: August 1 - August 26

Piano • Violin • Guitar • Vocals • Theory Classes • Academic Enrichment  
Musical Theater • Dance • Visual Arts

Certified Teachers\*

Monday-Friday 9am-3pm  
Early drop-off / Late pickup available

### ACADEMY LOCATIONS

114-04 Farmers Blvd. | 550 Remsen Ave.  
St. Albans, NY 11412 | Brooklyn, NY 11236  
718-454-3036 | [www.joesmusiccenter.org](http://www.joesmusiccenter.org)

**Joe's Music Store**  
114-02 Farmers Blvd.  
St. Albans, NY 11412 | 718-454-3030



## JUST WRITE MOM

DANIELLE SULLIVAN

# Cross on the green?

## New York's streets are getting more dangerous

If you're like many New Yorkers, you've likely noticed the various cameras installed on busy streets in an attempt to identify and fine speeding drivers. With the quick flash of a camera light, a speeding car's license plates are photographed and a summons is mailed home to the offender. You've also likely heard complaint after complaint about the cameras' existence, such as, "It's all for the city to find ways to get extra money." These speeding cameras do, in fact, require the speeding drivers to pay a fine, but they are actually there to save lives.

When we were kids, we learned to "cross on the green and not in between" and by following this rhythm,

we were supposed to be safe on the city streets. Drivers cannot always see people darting out into the middle of the street, but that is not the way many people end up getting hit by cars. Countless pedestrians wait for the green light, look both ways, and proceed to walk across the street while obeying all traffic rules and are hit when cars turn on them. In the first three months of this year, 19 pedestrians were killed by cars while crossing the street.

There is no doubt that drivers have become more aggressive. Just ask any parent, or even better, crossing guard, outside any city school during morning school drop-off. I see it at my son's school, which is located on an otherwise quiet block fully monitored by competent and caring crossing guards (this is not a given, trust me). Between 7:45 and 8:10 am, the cars are sharply turning, zooming past double parkers, and often driving recklessly. You would think people

would be more careful outside a school when hundreds of kids are out in the streets, but it seems that they are just angrier and in a hurry, as is evident by their non-compliance to even stop or slow down, not to mention their gestures and rants. Some cars do not even stop for crossing guards who are poised out in the streets risking their own lives. (A parent turned the corner of the school this past week while staring down at her phone, and nearly ran right over our crossing guard.) Once the kids get into school, the traffic drops dramatically, although you will always find incompetent drivers no matter what time it is.

A few years ago, my son and I were hit while crossing the street. Thankfully, while we suffered injuries, we are still here. I can't explain the horror of watching your 7 year old go

down face first on the concrete. It's something I have replayed in my head way too many times. We were across the street from my home. My son had just gotten off the school bus and we crossed while other kids and moms crossed at the opposite corner. This busy corner has an elementary school on it and everyday, the cars trying to get to the Belt Parkway turn haphazardly onto people trying to cross the street with the green light. Residents here advised (after the fact) to not even cross at the corner; but rather walk up to the next street and cross, where there are not as many drivers turning to get down to the highway. Now keep in mind, the highway is a good five blocks or so down from me, so they will still encounter various lights before then. Still, they are in a hurry.

As a result of this, I am hyper vigilant every single time I cross the street. A day does not go by that I don't see a driver get "this close" to a pedestrian crossing, or zoom through a red light when the pedestrian has already received the green light to walk. I have drilled into my kids' heads the need to wait for the green, but then look around. Do not ever blindly step out just because you get a green light. Long before kids learn defensive driving, they must learn defensive walking. And the last time I remember, pedestrians had the right of way, but that just does not happen anymore.

Could it be that besides just really bad drivers, of which there are many, our self-obsessed culture has infiltrated nearly every aspect of life? People are less willing to wait, less likely to empathize for the other person, and everything has to happen now. So I welcome the speed cameras. If they cause people to slow down and pay attention I'm all for it. We wouldn't need them if people acted responsibly behind the wheel, and they can help save lives.

*Danielle Sullivan, a mom of three, is a writer and editor living in New York City. Sullivan also writes about pets and parenting for Disney's Babble.com. Find Sullivan on her blog, Some Puppy To Love.*



# Pregnant & afraid

Author's tale of a not-so-perfect pregnancy

BY ALLISON PLITT

**I**n Nadine Bubeck's debut book, "Expecting Perfect: My Bumpy Journey to Mommyhood," the West Coast newscaster-turned-mompreneur describes her first pregnancy from its conception until she is finally at home with her child. Bubeck and her husband are both admitted "perfectionists" who want everything to be smooth sailing through her pregnancy. But while striving for a flawless pregnancy, they, unfortunately, encounter many rough roads along the way.

Before Bubeck begins her novel, her obstetrician and gynecologist Dr. JulieAnn Heathcott writes in the forward that her patient develops the condition called placenta previa. So while the reader knows right away that Bubeck will develop this condition — in which the placenta partially or wholly blocks the neck of the uterus, thus interfering with normal delivery — the way she leads up to that moment in her pregnancy, and how she endures it, creates suspense as her story unfolds.

The placenta is a vital organ to the fetus during pregnancy. According to WebMD, "The placenta is the organ created during pregnancy to nourish the fetus, remove its waste, and produce hormones to sustain the pregnancy ... The placenta supplies the fetus with oxygen and nutrition and removes waste from the fetus and transfer it to the mother. The fetus is attached to the placenta by the umbilical cord ... and is usually attached to the upper part of the uterus, away from the cervix, the opening which the baby passes through the delivery."

Placenta previa occurs when the placenta lies low in the uterus, partly or completely blocking the cervix. Dr. Heathcott describes the positioning of the previa into three different categories:

"A marginal previa occurs when the placenta comes close to the cervix but does not cover it; a partial previa has part of the cervix cov-



Author Nadine Bubeck with her husband and son.

ered by the placenta; and a complete previa occurs when the entire cervix is covered by the thicker part of the placenta. A complete previa is the most worrisome for causing maternal hemorrhage and the most dangerous for risking the life of the mother and the unborn child."

Placenta previa is usually first diagnosed in mothers during an ultrasound at 18 to 20 weeks. In most mothers, as the baby grows and the uterus stretches upward, the placenta migrates with the uterus and ends up clearing the cervix, creating a space for the child to be delivered.

Bubeck, however, was diagnosed with a complete previa, in which her placenta remained near her cervix until she was ready to conceive. This situation happens in about one in 200 pregnancies. Bubeck finds out about her placenta previa during her 20-week ultrasound. She is told not to engage in any strenuous exercise or stay on her feet for long periods of time. She is told that if she can deliver her baby at 34 weeks or later, she will have a chance at giving birth to a healthy child.

While the doctor's forward indicates that Bubeck successfully delivers her child, the days leading up to the 34-week mark are chaotic. Like a news reporter, Bubeck delivers

all the medical facts about what is happening to her body and adds to it an emotional roller coaster when she starts to hemorrhage at the end of her second trimester. She discloses absolutely everything that happens to her and her body during what seems to be a nightmarish pregnancy. As she dates each entry she recalls, the book reads like a diary, thanks to her candid writing style.

The book has pictures in the middle of it which show Bubeck, her husband, and newborn son happily leaving the hospital together, so I'm not giving away the ending

to the story. I did, however, feel surprised by the amount of stress she endures when her baby is wheeled off to the neonatal intensive care unit after her caesarean birth.

Although she does deliver her son at a safe 34 weeks, her baby still struggles with some health issues. Her depiction of her baby's condition in the neonatal intensive care unit really shows how emotionally debilitating it can be for parents when they deliver pre-term babies.

While on bed rest, Bubeck spends a lot of time discussing her relationship with her husband, how they met, and their love and respect for each other. She also discloses her difficult childhood when her parents divorced. She writes her story with the perspective of someone who has endured a painful experience, but has learned, like her other family members, that in the end anger and resentment give nobody relief.

By the time the book ends, you're cheering for Bubeck and her family to have "a happily ever after" following a harrowing pregnancy that is assuaged by a very capable hospital staff, as well as a supporting and loving family.

Allison Plitt is a frequent contributor to NY Parenting and lives in Queens with her 10-year old daughter.



# NYC beach clubs

## You can get used to this

Getting a real resort experience — within city limits

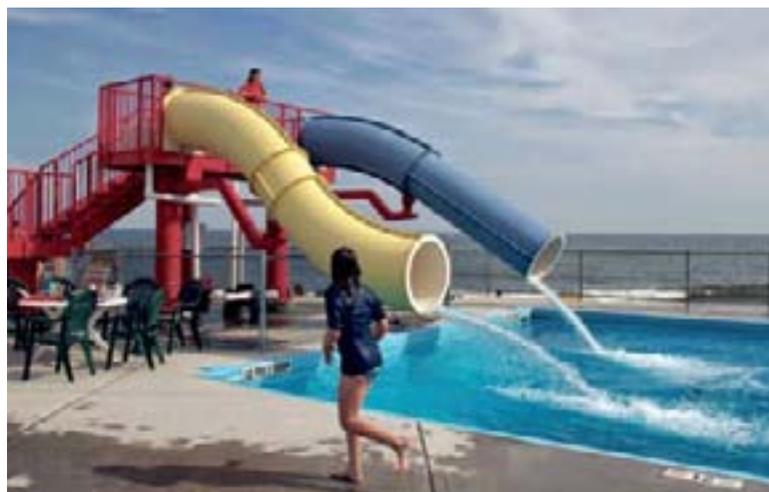
BY JAMIE BLATMAN

*What are your summer plans in the Big Apple? Maybe you'll take the family on a day trip to the shore, stroll one of the city's numerous parks, or even acquaint yourself with the heat of a "tar beach." Others may take the family on a week-long vacation to see relatives or a famous mouse in Orlando.*

*For those looking for more, there are beach clubs. Jamie Blatman, the general manager of the Silver Gull Beach Club and Breezy Point Surf Club, provides an insider's look into these rare local getaways.*

**A**lmost unique to the northeastern coastline and with only three left in the five boroughs, beach clubs are a truly magical summer oasis. Growing up in Brooklyn, I was fortunate to enjoy these clubs on hot and humid summer days — thanks to my parents. Beach clubs are worlds within themselves, and you'll make friends you keep forever and enjoy a certain freedom that is lost within the city.

These beach clubs are seaside resorts. You can rent a cabana or locker (don't think high school gym) and spend the entire summer at the beach enjoying the ocean breezes and all the features these clubs have



to offer. All this for less than you'll pay for your family to visit Orlando for just one week!

So what do you get for your summer? A short drive to Breezy Point, where the Silver Gull Beach Club and Breezy Point Surf Club are located, transports you to a life you can only imagine. There are multiple swimming pools, some heated, some with water slides, and even a kiddie pool with a pirate ship — talk about adventures! Live music hits the stage on the weekends. Free day camp for the kids is available during the week, and the beach is open all week long.

Maybe you're a sports enthusiast; these clubs offer tennis courts with optional instruction, plus basketball, paddleball, softball, and bocce. Or, you can choose to work out in the fitness centers with complimentary group classes.

Maybe you just want to relax with a cocktail while the kids are off at camp or playing with their newfound friends. What could be better than an oceanfront tiki bar with the best frozen drinks in town? These clubs can also provide breakfast through dinner, and more, in one of the many food outlets. (Pizza is their specialty — remember, this is still New York City.)

You'd think these places are something right out of a movie, and you'd be right! The 1980s classic "The Flamingo Kid," starring Matt Dillon, was

filmed at the Silver Gull Beach Club, one of the two still located in Breezy Point. Not much has changed since then — you still have valet parking and acres of free parking, cabana attendants looking to meet all your needs, and a group of lifeguards making sure your swims — whether pool or ocean — are safe.

Still want more for the family? Well there's plenty! Maybe you'd enjoy music bingo by the pool or a trivia contest on the deck. How's your cannon ball or belly flops? Clubs have a contest for that, too! Popular paint and wine nights — with soda for kids — are fun for the whole family.

When the day comes to an end, you can enjoy dinner with the family in the main restaurant or one of the themed dinner events, like the Clam and Lobster Bake, Prime Rib and Bingo Night, or one of the poolside barbecues.

Just minutes from anywhere in the city, you just might want to check out one of the beach clubs while there's still space available for this summer.

*Silver Gull Beach Club [1 Beach 193rd St. in Breezy Point, (718) 634-1500, info@NYSilverGull.com]. Breezy Point Surf Club [1 Beach 227th St. in Breezy Point, (718) 634-2500, info@NYBreezyPoint.com]. Sea Gate Beach & Cabana Club [3700 Surf Ave., (718) 372-4477, info@seagatebeachclub.com].*



(Top and above) Scenes from Silver Gull Beach Club in Breezy Point, Queens.

# For love of the game

BY ROBERT TROTTA

**W**hen it comes to America's pastime, the Staley family of Astoria, Queens, expects to take the sport far into the future. Originally from Ohio, they've been living in New York for 10 years, where Parents Rebecca and Nathaniel have three kids — two girls and one boy — and baseball is a big part of who they are, literally.

Their oldest daughter, Paige, 9, was named after Baseball Hall of Famer Satchel Paige. Their middle child, Gehrig, 7, was named after ... you probably guessed it: New York Yankees' Lou Gehrig, another legend and Hall of Famer. Last May the Staleys were blessed with a third child, a baby girl, and the pattern had to continue. So what name would they choose for the fifth member of their family? Would it

be Morgan, after Cincinnati Reds legend Joe Morgan? No. Did they go with Ruth, their new "babe?" Not quite.

They decided on Reese, after Brooklyn Dodger Hall of Fame short-stop Pee Wee Reese! All three children were born here in New York.

"Growing up in Ohio, baseball was always my favorite sport," recalls Nathaniel. "In high school, I had to write a term paper, and since there was already so much history with the Yankees, I decided to choose Lou Gehrig. I told friends that Gehrig would be an awesome name for a boy. Ironically, years later, when my son was born, that idea back then came into fruition."

Seeing how much baseball was a part of Rebecca and Nathaniel's lives while they were dating and even after they were married, it was Rebecca's mom who suggested to consider the



name Paige when the couple's first child was born. It was a suggestion they embraced and put into action.

As for Reese, Nathaniel said that choice was a combination of simply thinking "it was a cool name" and the historical relevance it had to New York City and baseball.

Now with spring in the air and baseball season here, Paige is getting ready for her girls' softball season and Gehrig is warming up as he prepares for Little League. As for Reese, she'll enjoy watching and

cheering on her sister and brother, until she's old enough to put on a glove and swing a bat on her own.

All members of the family have a genuine love for the game. The family trips to games include, but extend beyond, Citi Field in Flushing, Yankee Stadium in the Bronx, and MCU Park in Coney Island, home of the Brooklyn Cyclones. In a nutshell, if it's a baseball game, they're there.

"Our next draft pick," stated Rebecca with a smile, "will be of a four-legged variety."

**THAT PHYSICS SHOW**

**FAMILY FUN FOR ALL AGES!!**

at the ELEKTRA THEATER  
866-811-4111 | 300 W 43rd ST  
for GROUPS and INFO: 212-967-8278

[www.THATPHYSICSSHOW.com](http://www.THATPHYSICSSHOW.com)

**A Hilarious Night of Laundry, Laughs and Liquor!**

**ONE FUNNY MOTHER**

A Great Gift for Mother's Day

Dena Blizzard's new show is a great "Girls Night Out" or "Date Night" for anyone who IS a Mom, HAS a Mom or is MARRIED to a Mom.

Leave the kids at home and have an amazing night out.

OneFunnyMother.com    **N** Telecharge.com 212-239-6200  
New World Stages, 340 W 50th St.



## DIVORCE & SEPARATION

LEE CHABIN, ESQ.



# Listening in

## When eavesdropping affects a contentious custody battle

**A** father calls his ex-wife on the phone. He hears her voice, and her boyfriend's in the background. The line is open, but the ex-wife doesn't realize it. The father stays on the line as the boyfriend yells at and threatens the father's 5-year old son. The father begins recording the conversation.

Is this father breaking the law?

According to the recently decided Court of Appeals (the state's highest court) case of *People v. Badalamenti*, no. The father is allowed to do this (the case was actually about the admissibility of the recording in a case against the boyfriend).

Recording conversations without consent is, in fact, against the

law, and out of the seven judges hearing the case, three believed that the father had broken the law, since the ex-wife and boyfriend were unknowingly recorded without giving consent. But four other judges, who comprised the majority, found otherwise.

The majority opinion acknowledges that none of the participants in the conversation gave the father consent to record it. However according to the majority, the definition of "consent" in this case includes "vicarious consent" on behalf of a minor child.

That is to say, under certain circumstances, a parent can be treated as if he has been given consent by a minor child, even though in reality the consent has not been given.

For a parent or guardian to be "given" this vicarious consent, though, the court must determine that the parent believed in good faith that making the recording was necessary to serve the best interests of the child, and that there was an "objectively reasonable basis" for this belief. The majority of judges believes that with these constraints, parents won't be able to record any discussions just because they feel like it.

They go on to back up their opinion by pointing out that other cases decided by federal courts have recognized vicarious consent.

The dissenting judges, not surprisingly, take a very different view.

Judge Stein, writing for the dissenting judges, notes that the majority's purpose to protect children is "laudable."

However he says there are certain accepted guidelines that judges must follow when interpreting a statute. Judges do not have the authority to go beyond those principles; to go further is to make the law, rather than interpret it. Making laws is the legislature's role.

Stein believes that our legislators know that "the most prevalent form of illegal eavesdropping occurs in the context of marital or family relations," including custody disputes. Since legislators know this, he says, they would have included the vicarious consent exception, if that had been their intention.

The dissenting judges make additional and strong points that there isn't room to set out here. But, the majority rules.

The court's decision may lead to many more parents recording conversations. But before you do it, you might want to talk with your lawyer.

*New York City and Long Island-based divorce mediator and collaborative divorce lawyer Lee Chabin helps clients end their relationships respectfully and without going to court. Contact him at [lee\\_chabin@lc-mediate.com](mailto:lee_chabin@lc-mediate.com), (718) 229-6149, or go to <http://lc-mediate.com/>. Follow him on Facebook at [www.facebook.com/lchabin](http://www.facebook.com/lchabin).*

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

Like us on

facebook

or follow us on

twitter 

Facebook Search: NYParenting



**"INNOVATIVE AND WONDROUS"**  
-THE STAR-LEDGER

**STOMP**  
ESTABLISHED IN 1994 NYC

STOMPONLINE.COM  




**Gazillion  
Bubble  
Show**

**"IT WILL BLOW YOUR MIND"**  
-OPRAH

Telecharge.com • 212.239.6200  
GazillionBubbleShow.com  
 New World Stages, 340 W. 50th St.  
For groups or birthdays call 866.642.0849

**"THE WOODSMAN**  
is an elemental reimagining of L. Frank Baum's World of Oz.  
The puppets are fanciful and gorgeous; the spectacle is handmade,  
infused with breath and light."  
*The New York Times*

**"★★★★★**  
Evocative and haunting."  
*Time Out New York*

**"MARVELOUS!**  
Overflows with vivid  
imagery and emotion."  
*New York Magazine*





**DISCOVER HOW THE TIN MAN LOST HIS HEART.**  
**THEWOODSMANPLAY.COM**

Telecharge.com | 212-239-6200 | New World Stages 340 W. 50th St. 

PHOTO: BAWWGO

# Calendar

MAY



## Circus gets 'Grand'

The Big Apple Circus is returning to Queens with its brand-new show "The Grand Tour," running from May 15 to June 12.

"The Grand Tour" opens the 38th season of the Big Apple Circus, and transports the audience to the Roaring '20s, the dawn of

the modern travel age.

With every seat less than 50 feet from the stage, audiences will be awed by the world-class entertainers as they perform breathtaking acts. Clowns, jugglers, acrobats, and aerialists from Africa, Asia, Australia, Europe, and North

and South America appear with ponies, puppies, and more. The troupe sets off on its own whirlwind adventure, accompanied by the live, seven-piece Big Apple Circus Band at each performance.

Big Apple Circus "The Grand Tour," Tuesday through Sunday,

May 15 to June 12. Show times are scheduled from 11 am through 6:30 pm and tickets prices start at \$25.

Cunningham Park [73rd Avenue and Francis Lewis Boulevard in Fresh Meadows, (800) 922-3772, [www.big-applecircus.org](http://www.big-applecircus.org)].

## Never miss a great event!

Sign up for our FREE newsletter and get twice-a-week ideas for you and your family right in your mailbox. [NYParenting.com](http://NYParenting.com)

# Calendar

## 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!

## SUN, MAY 1

### IN QUEENS

**Birdwatching:** Ridgewood Reservoir in Forest Park, Highland Boulevard and Vermont Place; (718) 235-4462; [www.nycgovparks.org](http://www.nycgovparks.org); 8 am to 10:30 am; Free.

Start the day with early morning bird watching and learn about our fine feathered friends.

**Little Makers:** New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; <http://nysci.org>; 10:30 am to 12:30 pm; \$8 per family (\$5 members) plus Hall admission.

Sensation Sand Play. Children ages 18 months and older mix simple household ingredients to make a batch of moldable play sand.

**Science in the Park:** Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 1 pm to 2:30 pm; Free.

Hands on science programming including, exploration, engineering, and flight.

**Tinker it Sundays:** New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; <http://nysci.org>; 1:30 pm - 3:30 pm and 3:30 pm to 5 pm; Free with admission to the Hall.

Kids can build, explore, and create at these free workshops.

### FURTHER AFIELD

**Sakura Matsuri:** Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway, Brooklyn; (718) 623-7220; [www.bbg.org](http://www.bbg.org); 10 am; \$20 - \$25 (Free for children 12 and younger).

The 35th annual Cherry Blossom festival features traditional and contemporary Japanese dances, performances and customs.

**Tulip festival:** Heckscher Museum of Art, 2 Prime Ave., Long Island; (631) 351-3250; [heckscher.org](http://heckscher.org); 11 am to 5 pm; \$2 (free for members).

Explore the museum and take a tour with a docent.

**Making art:** Heckscher Museum of



## For little sculptors

Saturday Sculpture Workshops at Socrates Sculpture Park are back. Children ages 5 to 13 and their families can explore the park and their artistic talents in this weekly workshop where children meet local artists and use various materials to create fun projects.

Art, 2 Prime Ave., Long Island; (631) 351-3250; [heckscher.org](http://heckscher.org); Noon to 4 pm; Free with museum admission.

Children of all ages are invited to create a colorful, mixed-media mask to celebrate spring and wear at the festival.

## FRI, MAY 6

### IN QUEENS

**"Minions":** Maurice Park in Frank Principe Park, Maurice Ave. and 54th Avenue; (718) 393-7370; [www.nycgovparks.org](http://www.nycgovparks.org); 7 pm to 9 pm; Free.

Bring a chair, don't forget the popcorn and get ready for movie nights.

**Villalobos Brothers workshop and concert:** Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; [www.flushingtownhall.org](http://www.flushingtownhall.org); 7 pm to 9 pm; \$16 (\$10 members for students).

Founder member of Mazarte Dance Company Martha Zarate will join the Villalobos Brothers for a workshop prior to the concert, in which the audience will learn some of the basic dance steps for traditional folk songs from the State of Veracruz, Mexico in the Son Huasteco and Son Jarocho styles.

The workshops meet on Saturdays, May 7 through May 30 from noon to 3 pm and are free.

*Socrates Sculpture Park [32-01 Vernon Blvd. between 10th and 11th streets in Long Island City, (718) 956-1819, [www.socratessculpturepark.org](http://www.socratessculpturepark.org)].*

## SAT, MAY 7

### IN QUEENS

**Nature walk:** Ridgewood Reservoir's Vermont Place, Jamaica Avenue and Warwick Street; (718) 235-4462; [www.nycgovprks.org](http://www.nycgovprks.org); 8 am to 10:30 am; Free.

Catch the warbler and get a walk out in the park.

**Learn to ride:** Rosemary's Playground, Forest Avenue between Madison and Woodbine streets; (718) 393-7370; 11 am to 1 pm; Free.

For adults and mature teens and tweens who are ready to ride. It doesn't matter how old you are, we'll get you rolling in no time. With our safe, easy, effective method, Learn to Ride students learn how to balance, pedal, start, stop, and steer a bike, as well as adjust a helmet for proper fit. Most kids learn to ride in one session, but even if they don't, they can join us for another free class!

**Sculpture Workshop - Whatever Floats Your Boat:** Socrates Sculpture Park, 32-01 Vernon Blvd.; 718-956-1819; [www.socratessculpturepark.org](http://www.socratessculpturepark.org); Noon to 3 pm; Free.

Ian Gerson helps children create miniature toy boats and rafts from a variety of materials. Children test out

their sailing vessels in the kiddie pool. For children 5 to 13 years old and their families.

**Sport and Fitness day:** Rockaway Beach, Beach 17th Street and Seqirt Boulevard; (718) 393-7370; [www.nycgovparks.org](http://www.nycgovparks.org); Noon-3 pm; Free.

Join in for a day of obstacle courses, races, rockwall climbing, zumba, spinning and more.

**Science in the Park:** Little Bay Park near the comfort station in the parking lot off the front gate to Fort Totten Park; (718) 352-4793; [nycgovparks.org](http://nycgovparks.org); 1 pm to 2:30 pm; Free.

Explore the bay — grab a seining net and learn about all the creatures that live in the sea. Pre-registration required.

**"The Mighty Ducks":** George U. Harvey Park Hockey Rink, 20th Avenue and Whitestone Expressway; (718) 393-7370; [www.nycgovparks.org](http://www.nycgovparks.org); 8 pm to 10 pm; Free.

Come and watch the screening of this great kids movie. Bring a blanket, and don't forget the popcorn.

## SUN, MAY 8

### IN QUEENS

**Little Makers:** New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; <http://nysci.org>; 10:30 am to 12:30 pm; \$8 per family (\$5 members) plus Hall admission.

Kids design and make paper flowers to create a beautiful flower bouquet.

**Tinker it Sundays:** 1:30 pm - 3 pm and 3:30 pm - 5 pm. New York Hall of Science. See Sunday, May 1.

### FURTHER AFIELD

**Celebrating Family:** Heckscher Museum of Art, 2 Prime Ave., Long Island; (631) 351-3250; [heckscher.org](http://heckscher.org); 11 am to 5 pm; Free for members - (\$5 activity fee per child for non members).

Celebrate Mother's Day, by exploring the museum exhibitions. Parents and grandparents are invited to visit the museum admission free on "their" special day.

## THURS, MAY 12

### IN QUEENS

**"Aladdin":** Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; [www.flushingtownhall.org](http://www.flushingtownhall.org); 6 pm; Free.

Join the students of Junior High School 189, for their magical production, directed by musical theater teacher Daryl Ware. All your favorite characters return, including Aladdin, Jasmine, Iago, Jafar, the Genie, and more, in the Broadway Jr. version of this classic.

# Calendar

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

Continued from page 29

## FRI, MAY 13

### IN QUEENS

**"Aladdin":** 6 pm. Flushing Town Hall. See Thursday, May 12.

## SAT, MAY 14

### IN QUEENS

**Birdwatching:** Ridgewood Reservoir in Forest Park, Highland Boulevard and Vermont Place; (718) 235-4462; [www.nycgovparks.org](http://www.nycgovparks.org); 11 am to 12:30 pm; Free.

Start the day with early morning bird watching and learn about our fine feathered friends.

**Learn to ride:** Juniper Valley Park, 80th Street and 79th Street; (718) 393-7370; <http://nycgovparks.org>; 11 am to 1 pm; Free.

Adults, mature teens, and tweens who are ready to ride. It doesn't matter how old you are, we'll get you rolling in no time. With our safe, easy, effective method, Learn to Ride students learn how to balance, pedal, start, stop, and steer a bike, as well as adjust a helmet for proper fit. Most kids learn to ride in one session, but even if they don't, they can join us for another free class!

**Sculpture Workshop – Geological Pets:** Socrates Sculpture Park, 32-01 Vernon Blvd.; 718-956-1819; [www.socrateessculpturepark.org](http://www.socrateessculpturepark.org); Noon to 3 pm; Free.

Aiysha Mayfield leads children on a tour of the park to explore the topography, collect rock samples, and then make pet rocks to take home. For children 5 to 13 years old.

**Storytime and craft:** Queens Botanical Garden, 43-50 Main Street; (718) 539-5296; [www.queensbotanical.org](http://www.queensbotanical.org); 2 pm to 3:30 pm; Free.

Bring your little nature lovers in for a relaxing afternoon featuring nature-inspired stories, followed by a botanically themed craft activity. Generously sponsored by the World Flower Children's Foundation.

### FURTHER AFIELD

#### Scout Day – Science in Motion

**Day:** Intrepid Sea Air and Space Museum, Pier 86 at W. 46th Street and 12th Avenue, Manhattan; (212) 245-0072; [www.intrepidmuseum.org](http://www.intrepidmuseum.org); 11 am to 2:30 pm; call for tickets.

Spend the day with museum educators and learn about the science involved in problem solving on an aircraft carrier. Be inspired by the machines and inventions — from aircraft elevators to steam catapults — that have made advancements in aviation and life at sea possible. Workshops take place between 11 am and 2:30 pm. During Science in Motion Day, Cub Scouts will work on their Science Belt Loops and



Sterling and Francine Clark Art Institute, Williamstown, Mass.

## Make a print inspired by Degas

The exhibit "Edgar Degas: A Strange Beauty" is now on view at the Museum of Modern Art through June 14. The museum offers a Printmaking Workshop on Tuesday afternoons to coincide with the exhibit.

Edgar Degas is best known as a painter and chronicler of ballet, yet his work as a printmaker reveals the true extent of his rest-

less experimentation. In the mid-1870s, Degas was introduced to the monotype process — drawing in ink on a metal plate that was then run through a press, typically resulting in a single print. The exhibition includes approximately 120 rarely seen monotypes — along with some 60 related paintings, drawings, pastels, sketchbooks, and prints.

Participants of all ages and abilities are invited to make their own monotype inspired by the exhibit.

Printmaking Workshop on Tuesdays, now through June 14, from noon to 3 pm. Free with admission to the museum.

*Museum of Modern Art [11 W. 53rd St. between Fifth and Sixth avenues in Midtown, (212) 708-9400; [www.moma.org](http://www.moma.org)]*

Academics Pins while Boy Scouts will work on their Aviation Merit Badges.

## SUN, MAY 15

### IN QUEENS

**Little Makers:** New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; <http://nysci.org>; 10:30 am to 12:30 pm; \$8 per family (\$5 members) plus hall admission.

Kids ages 18 months and older learn to tie-dye and transform.

**Freshwater fishing:** Kissena Park, Rose Avenue and Oak Avenue; (718) 352-1769; [www.nycgovparks.org](http://www.nycgovparks.org); 1 pm to 2:30 pm; Free.

Catch and release is a great way to get outdoors and discover nature. For children 8 years and older.

**Tinker it Sundays:** 1:30 pm –3 pm and 3:30 pm to 5 pm. New York Hall of Science. See Sunday, May 1.

## FRI, MAY 20

### IN QUEENS

**"Rocky":** John Golden Parking Lot,

32nd Avenue and 215th Place; (718) 352-4793; [www.nycgovparks.org](http://www.nycgovparks.org); 8 pm to 10:30 pm; Free.

Enjoy an outdoor screening in your car to watch this Sly Stallone classic. The first 75 pre-registered vehicles will be allowed in — all others will find a seat on the grass. Pre-register at Councilman Paul Vallone's office (718) 619-8611.

## SAT, MAY 21

### IN QUEENS

**Sculpture Workshop – Gigantic sculptures:** Socrates Sculpture Park, 32-01 Vernon Blvd.; 718-956-1819; [www.socrateessculpturepark.org](http://www.socrateessculpturepark.org); Noon to 3 pm; Free.

Linda Ganjian leads a workshop where children make gigantic sculptures small by using pipe cleaners, fabric, trim, and cardboard. For children 5 to 13 years old.

**"Celestial Being":** Flushing Town Hall, 137-35 Northern Boulevard; (718) 463-7700; [www.flushingtownhall.org](http://www.flushingtownhall.org); 2:15 pm; \$13 (\$10 members; \$8 children; \$6 member children).

Celeste is having a hard time at school; she can't seem to make any friends in her class, so she decides she must be from outer space. With her hand-made spaceship, and a new boy in school, her adventures take a new turn. From the award-winning Green Thumb Theatre, "Celestial Being" explores the world of a young girl with a big imagination and her struggle of making social connections. As we see the world through her eyes, and the tremendous color and joy that her inner world presents, we realize that seeing things differently can be a wonderful gift.

**Gather at the Campfire:** Alley Pond Park, Cross Island Pkwy & Grand Central Pkwy; (718) 217-4685; [www.nycgovparks.org](http://www.nycgovparks.org); 6 pm to 7:30 pm; Free.

Urban Park Rangers invite you to sit around a roaring campfire for an evening of s'mores, games, and storytelling. Space is limited and registration is required. If necessary, a lottery will be run to select participants. Selected parties will be notified of meeting locations and other details.

## SUN, MAY 22

### IN QUEENS

**Little Makers:** New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; <http://nysci.org>; 10:30 am to 12:30 pm; \$8 per family (\$5 members) plus Hall admission.

Edible Play Dough Kids play with food to explore new ingredients and mix up a batch of their own edible play dough.

**Seining:** Broad Channel Ball Fields, W. 22nd Street and Cross Bay Boulevard; (718) 352-1769; [www.nycgov-parks.org](http://www.nycgov-parks.org); 1 pm to 2:30 pm; Free.

Catch-and-release fishing is a great way to get outdoors and discover nature. Rangers teach the ethics of fishing and the ecology of our waterways on every fishing program. Get ready to get your hands wet; seining programs use nets to catch fish. All equipment is provided; this program is recommended for ages 8 years and older. Participation is first-come, first-served.

**I Wan Jan Puppetry Workshop:** Flushing Town Hall, 137-35 Northern Boulevard; (718) 463-7700; [www.flushingtownhall.org](http://www.flushingtownhall.org); 1 pm; \$12 children (\$7 member child).

Master puppeteer Lee-Chiu Kuang leads this children's workshop where participants can paint their own hand puppet based on classical Chinese puppetry designs. Participants get to keep their puppet. Master Lee also instructs participants on manipulating Chinese hand puppets for maximum drama.

**Science in the Park:** 1 pm to 2:30 pm. Alley Pond Environmental Center. See Sunday, May 1.

**Tinker it Sundays:** 1:30 pm - 3 pm and 3:30 pm to 5 pm. New York Hall of Science. See Sunday, May 1.

**I Wan Jan Puppetry performance:** Flushing Town Hall, 137-35 Northern Boulevard; (718) 463-7700; [www.flushingtownhall.org](http://www.flushingtownhall.org); 2:15 pm and 4 pm; \$13 (\$10 members/\$8 child; \$6 child members).

Fourth-generation master puppeteers from Taiwan, I Wan Jan, present a mesmerizing, traditional hand puppet show based on Peking Opera. This non-verbal piece tells the tale of a young couple's chance meeting at a festival that has puppets juggling, performing martial arts and much more.

### FURTHER AFIELD

**Family hour:** Heckscher Museum of Art, 2 Prime Ave., Long Island; (631) 351-3250; [heckscher.org](http://heckscher.org); 1 pm to 2 pm; Free for members (Museum admission for non-members: \$5 activity fee per child).

For families with children ages 5 to 10 join museum educator Tami Wood for a family-friendly tour. Families experience the exhibition through close looking, lively conversation, and hands-



## Can you spell FUN?

Get your spelling bee hats on for the "The 25th Annual Putnam County Spelling Bee" at the Good Shepherd United Methodist Church from May 5 through May 28.

The Astoria Performing Arts Center presents this fun play, where each member of a group of middle schoolers is eager to win the spelling bee. Through spelling and hilarious song, the struggles and dreams of the participants are revealed and explored. A tuneful score and lyrics by William Finn and

a heartfelt funny book by Rachel Sheinkin leaves the audience laughing and spelling up a storm.

"The 25th Annual Putnam County Spelling Bee," May 5 to 28. Thursdays and Fridays at 8 pm and Saturdays at 2 pm and 8 pm. Tickets are \$12-18 and may be purchased online or at the box office one-half hour prior to performance.

*The Good Shepherd United Methodist Church (30-44 Crescent St. between 30th Road and 30th Drive in Astoria, [www.apacny.org](http://www.apacny.org)).*

on gallery projects. Registration is recommended. Space is limited.

## WED, MAY 25

### FURTHER AFIELD

**Fleet Week:** Intrepid Sea, Air, and Space Museum, Pier 86 at W. 46th Street and 12th Avenue, Manhattan; (212) 245-0072; [www.intrepidmuseum.org](http://www.intrepidmuseum.org); 10 am to 5 pm; Free to service members; Call for tickets.

Celebrate Fleet Week at the Intrepid Museum! Join in for a special lineup of programs, performances and interactive displays as we honor our service men and women. Watch the parade of arriving ships, and explore the U.S. Naval Academy Yard Patrol Craft that will dock at the pier. Catch a free screening of "Top Gun" on the flight deck, kicking off the Summer Movie Series. Over the weekend, discover an array of hands-on activities offered by various military partners on the pier, and enjoy

World War II-era music performed by live bands. And don't miss an evening of music and swing dancing on the flight deck on Saturday, May 28. Three of New York City's best big bands will battle it out — James Langton's New York All-Star Big Band, the George Gee Orchestra, and Gordon Webster Big Band. There will also be a vintage fashion show and contest, a 1940s photo booth and more. Don't miss the Memorial Day celebration on May 30.

## THURS, MAY 26

### FURTHER AFIELD

**Fleet Week:** 10 am to 5 pm. Intrepid Sea, Air, and Space Museum. See Wednesday, May 25.

## FRI, MAY 27

### FURTHER AFIELD

**Fleet Week:** 10 am to 5 pm. Intrepid

Sea, Air, and Space Museum. See Wednesday, May 25.

## SAT, MAY 28

### FURTHER AFIELD

**Fleet Week:** 10 am to 6 pm. Intrepid Sea, Air, and Space Museum. See Wednesday, May 25.

## SUN, MAY 29

### IN QUEENS

**Little Makers:** New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; <http://nysci.org>; 10:30 am to 12:30 pm; \$8 per family (\$5 members) plus Hall admission.

Bugging Out. Children ages 18 months and older explore insect habitats and use recycled materials to design and create a home for friendly creepy crawlies.

**Basic Canoeing:** Alley Pond Park, Cross Island Pkwy & Grand Central Pkwy; (718) 217-4685; [www.nycgov-parks.org](http://www.nycgov-parks.org); 1 pm to 2:30 pm; Free.

Trained Rangers will lead you on canoe adventures that range from the gentle waters of protected lakes to the challenging open waters of rivers and bays. All canoe programs are for ages 8 years and older. Participation in a mandatory safety review led by a trained Ranger is required. This basic canoeing program is great for all skill levels. First-come, first-served. The line to participate may close prior to 2:30 pm, due to demand.

**Science in the Park:** 1 pm to 2:30 pm. Little Bay Park near the comfort station in the parking lot off the front gate to Fort Totten Park. See Saturday, May 7.

**Tinker it Sundays:** 1:30 pm - 3 pm and 3:30 pm - 5 pm. New York Hall of Science. See Sunday, May 1.

**Storytime and craft:** 2 pm to 3 pm. Queens Botanical Garden. See Saturday, May 14.

### FURTHER AFIELD

**Fleet Week:** 10 am to 6 pm. Intrepid Sea, Air, and Space Museum. See Wednesday, May 25.

## MON, MAY 30

### IN QUEENS

**Sculpture Workshop - In the Neighborhood:** Socrates Sculpture Park, 32-01 Vernon Blvd.; 718-956-1819; [www.socratesculpturepark.org](http://www.socratesculpturepark.org); Noon to 3 pm; Free.

Explore the community with Yana Dimitrova and discover what makes a community a home. Then, design your own ideas with found objects, paper, and various materials. Great for chil-

*Continued on page 32*

# Calendar

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

Continued from page 31

children 5 to 13 and their families.

## FURTHER AFIELD

**Fleet Week:** 10 am to 6 pm. Intrepid Sea, Air, and Space Museum. See Wednesday, May 25.

## TUES, MAY 31

### IN QUEENS

**"The Grand Tour":** Cunningham Park, 73rd Avenue and Francis Lewis Boulevard; (800) 922-3772; [www.bigapplecircus.org](http://www.bigapplecircus.org); 11 am; \$12.50 to \$37.50.

Big Apple Circus Embraces Autism has joined with world-renowned autism spectrum disorders experts to adapt "The Grand Tour" for families with members on the spectrum and create a joyful experience for all. The adapted show includes the same world-class artistry as the full performance with a shorter running time, adjusted lights and sound, a calming center, pictorial social narratives, and specially trained staff and volunteers to assure a memorable event for everyone!

## LONG-RUNNING

### IN QUEENS

**Rocket Park Mini Golf:** New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; <http://nysci.org>; Mondays and Wednesdays - Fridays, 9:30 am to 5 pm, Tuesdays, 9:30 am to 5 pm, Saturdays and Sundays, 10 am to 6 pm.; \$6 (\$5 children) plus admission to the hall.

The game reveals that the same laws of motion and gravity that guide the path of a spaceship control the motion of golf balls here on Earth. In this nine-hole miniature golf course, players will explore key science concepts such as propulsion, gravity, escape velocity, launch window, gravitational assist, and more. Recommended for ages 6 and older.

**"UniverSoul Circus":** Roy Wilkins Park, Merrick Boulevard and Baisley Boulevard; [www.ticketmaster.com](http://www.ticketmaster.com); Tuesdays - Sundays, 10:30 am to 7 pm, Now - Sun, May 15; \$15 to \$35.

Interactive combination of circus arts, theater, and music. Under the single ring big top they combine circus arts, theater and music. The show is fresh, funky, bold, fun and challenges your imagination like no other circus. It embraces and celebrates the unique and familiar aspects of urban pop culture globally by bringing them center stage with a cast of international performers that reflect the cultural diversity of the world in which we live.

**"Southeast Queens":** Roy Wilkins Park, 177th Street and Baisley Boulevard; (718) 723-1800; [www.BlackSpectrum.com](http://www.BlackSpectrum.com); Fridays and Saturdays,



## Cheers to cherries!

It's the annual Cherry Blossom Festival on Randall's Island on May 14.

The Randall's Island Park Alliance is hosting its annual celebration of the beautiful blooms with live musical performances, games, exhibitions, face painting, and more.

Also celebrated this year is the annual Flow art exhibition, fea-

turing tours of new installations, in partnership with the Bronx Museum's Artist in the Marketplace program.

Cherry Blossom Festival on May 14 from noon to 4 pm; free.

*Randall's Island (Field 62-63, Wards Meadow Loop on Randall's Island, [www.nycgovparks.org/events/2016/05/14/cherry-blossom-festival](http://www.nycgovparks.org/events/2016/05/14/cherry-blossom-festival)).*

8 pm, Sundays, 4 pm, Now - Sat, May 7; \$25.

The play with music takes one back to the days of innocence in Southeast Queens when bus rides cost a quarter, house parties and backyard barbecues were filled with the sounds of Motown, and Count Basie and James Brown hailed Queens as home. Southeast Queens will have you reminiscing about old friends and places. It's not just a show, it's a musical history book!

**"The 25th Annual Putnam County Spelling Bee":** The Good Shepherd United Methodist Church, 30-44 Crescent St. at 30th Road; [www.apacny.org](http://www.apacny.org); Thursdays and Fridays, 8 pm, Saturdays, 2 pm and 8 pm, Thurs, May 5 - Sat, May 28; \$18.

The Astoria Performing Arts Center presents this fun play where each member of a group of middle schoolers is eager to win the spelling bee. Through spelling and hilarious song, the struggles and dreams of the participants are revealed and explored. With a tuneful score and lyrics by William Finn and a heartfelt funny book by Rachel Sheinkin, this show leaves you laughing and spelling up a storm.

**Family Workshop:** Museum of the Moving Image, 36-01 35th Ave.; (718) 777-6888; [www.movingimage.us](http://www.movingimage.us); Saturday, April 23, 12 pm; Saturday, May

7, 12 pm; Saturday, May 14, 12 pm; Saturday, May 21, 12 pm; Free with museum admission.

Drop-in space where visitors of all ages can create media and other projects. Stop by for a fun-filled afternoon of play and game design activities inspired by the museum's collection of classic video games. Activities include animating classic arcade characters, making your own mini arcade cabinet, and more. Recommended for ages 6 and up, accompanied by an adult.

**"The Grand Tour":** Cunningham Park, 73rd Avenue and Francis Lewis Boulevard; (800) 922-3772; [www.bigapplecircus.org](http://www.bigapplecircus.org); Tuesdays - Sundays, 11 am to 6:30 pm, Sun, May 15 - Sun, June 12; \$25 - \$69.

Big Apple Circus returns for the company's 38th season in Queens featuring high-flying acrobats, lovable clowns, the Wheel of Wonder, ponies, puppies and more! This all-new show transports audiences to the advent of the modern travel era, when the most adventuresome began touring the world in ships, planes, trains, and automobiles. Be amazed by world-class entertainers as they perform breathtaking acts from the four corners of the globe. Clowns, jugglers, acrobats, and aerialists from Africa, Asia, Australia, Europe, and North and South America set off on a whirlwind adventure, accompa-

nied by the live, seven-piece Big Apple Circus Band at each performance.

## FURTHER AFIELD

**Dinosaurs Among Us:** American Museum of Natural History, Central Park West at W. 79th Street, Manhattan; (212) 769-5200; [www.amnh.org](http://www.amnh.org); Daily, 10 am to 4 pm; Free with museum admission.

The exhibit features ancient, rarely seen fossils, and life-like models, including a 23-foot-long feathered tyrannosaur (*Yutyrannus huali*) and a small four-winged dromeosaur (*Anchiornis huxleyi*) with a 22-inch wingspan and vivid, patterned plumage. Visitors will encounter a tiny dinosaur whose sleeping posture precisely echoes that of a living bird, an extinct-dinosaur nest containing remains of the adult that guarded the hatchlings, and the fossil cast of a relative of Triceratops that had simple feathers on its body.

## Beneath the Ice Immersion Dome installation:

American Museum of Natural History, Central Park West at W. 79th Street, Manhattan; (212) 769-5200; [www.amnh.org](http://www.amnh.org); Daily, 10 am to 4 pm; Now - Fri, May 27; Free with museum admission and members.

The Milstein Science Series presents this exhibit that takes visitors on a deep dive into Antarctic waters to explore a hidden world beneath the ice. Once thought to be low in species diversity, the Antarctic is now known to be home to a rich variety of life. This immersive dome experience showcases a surprising and visually stunning array of marine life that flourishes on, around, and underneath the Antarctic ice.

**A Year With Children 2016:** Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street, Manhattan; (212) 423-3500; [www.guggenheim.org](http://www.guggenheim.org); Mondays, 10 am to 5:45 pm, Tuesdays, Wednesdays, Fridays and Sundays, 10 am to 5:45 pm, Now - Sun, June 12; \$25 (\$18 seniors/students; Free for members and children under 12).

Now in its 45th year, Learning Through Art presents the annual exhibition organized by the Sackler Center for Arts Education that showcases select artworks by students in grades two through six from 12 public schools, representing each of New York City's five boroughs.

**The Titanosaur:** American Museum of Natural History, Central Park West at W. 79th Street, Manhattan; (212) 769-5200; [www.amnh.org](http://www.amnh.org); Daily, 11 am to 5 pm; Free with museum admission.

The cast of the largest dinosaur that ever walked the earth is now on exhibit. The 122-foot long dino is residing on the fourth floor. This giant herbivore belongs to a group known as titanosaurs, and weighed about 70 tons.

# theMarketplace

## PARTY PLANNING

**Best Clowns**  
 Clowns • Costume Characters  
 Princess Parties • Magicians  
 Face Painters • Balloon Art  
 Caricaturists • Toddler Games  
 Cotton Candy & More  
**1-800-75-CLOWN or 212-614-0988**  
 Bi-Lingual Performers Available  
 Private & Corporate Events  
 All Boros, L.I. & Westchester  
[www.bestclownsnyc.com](http://www.bestclownsnyc.com)

## PARTY PLANNING

**DENISE MAKES CAKES**  
 "Creating delicious memories one cake at a time!"  
 917.689.4857 • [DeniseMakesCakes.com](http://DeniseMakesCakes.com)  
[DeniseMakesCakes@gmail.com](mailto:DeniseMakesCakes@gmail.com)

## PARTY PLANNING

**MAGIC AND COMEDY with Rico**  
 718 434-9697 • 917 318-9092  
 Available For All Occasions

## PARTY PLANNING

**Party Pets.com**  
 We'll Bring the Zoo to You!  
 Call today 516-766-1100  
 Party Pets of New York  
 Experience hands-on learning about animals from around the world!

## PARTY PLANNING

**PARTY RENTAL**  
 POPCORN MACHINE  
 COTTON CANDY MACHINE  
 LOUNGE RENTAL FURNITURE  
 SPEAKER RENTAL  
 TABLECLOTHS AND MORE...  
 Call: 917-202-9494

## PARTY PLANNING

**Make-up Artist**  
 Weddings • Events  
 All Occasions  
 Children's Face Painting  
 Birthdays • Parties  
 Henna Tattoos • Glitter Tattoos  
 Face Painting  
**Daniela Reweni**  
 347-944-8739  
[dortiel@yahoo.com](mailto:dortiel@yahoo.com)

## PARTY PLANNING

**PARTY TIME EXPRESS**  
 Let us bring the party to you!  
[www.party-time-express.com](http://www.party-time-express.com)  
 917-771-1259

Clowns  
 Princesses  
 Super Heroes  
 Costume Characters  
 Pop Stars  
 Magicians

Silly Magic  
 Balloon Art  
 Face Painting  
 Glitter Tattoos  
 Dance Games  
 Cotton Candy

## PARTY PLANNING

**PUPPIES BROUGHT TO YOUR NEXT BIRTHDAY...**  
 Really, Really Fun  
 Totally Interactive!!  
 Great for ages 1 1/2 to adults  
 call 718-258-2342  
 to book your next puppy party  
[www.PUPPYPARTY.com](http://www.PUPPYPARTY.com)  
 pick the puppy you want

## PRESCHOOL

**The Learning Station**  
 Infants, toddlers and school age  
 Montessori inspired teaching  
 • Preschool: 18 months – 4 years  
 • Afterschool Program  
 • Tutoring  
 • Enrichment Classes  
 • Spanish Instruction  
 • Flexible Full and Part Time  
 Now Enrolling for Summer & Fall 2016  
 Call to schedule a tour: 347-523-0906  
[thelearningstationastoria@gmail.com](mailto:thelearningstationastoria@gmail.com)  
[tlsmontessori.com](http://tlsmontessori.com) • 31-32 47th St. 1st Fl. Astoria

**STAY CONNECTED**  
 To advertise with us please call 718-260-2587



## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

# Kick the competition with nutritious meals

**T**here's a reason why soccer is the second most popular childhood sport in the US: It's easy to learn, a good workout, and fun. And whether your child plays with your local park district or an elite club league, what he consumes can impact performance.

Young children who are learning the game and are on the field just a few times a week can maintain their usual diet.

"For little ones who are just starting out playing soccer, there really isn't much more needed than three healthy meals a day and normal healthy snacks," says registered dietitian nutritionist Jill Castle, author of "Eat Like a Champion: Performance Nutrition for Your Young Athlete."

"However, in middle school and high school, the demands of soccer increase, and this may translate to an extra snack after a long practice that provides a carbohydrate source and a protein source. These two nutrients help reload the muscles with glycogen, the preferred energy source for muscles, and promote repair of muscle tissue."

### Game day

A nourishing breakfast is a must on game day. A morning meal allows



athletes to stay ahead of their nutritional needs all day. Often, when athletes skip breakfast, they get behind in calories and nutrients. This may affect their athletic performance and cause them to be hungrier later, resulting in poor food choices and even overeating.

Lunch is the mid-day nutritional boost kids need to either prepare for competition or recuperate from morning events. Lunch should provide an array of food groups, such as protein foods, dairy, grains, fruit,

and vegetables.

Naturally, fluids are also very important for the athlete all day long, with dehydration being one of the big culprits in poor athletic performance.

Travel soccer presents its own set of challenges.

"The best tip I can give is to be prepared with food on hand. Having a variety of different healthy snacks packed up and ready to travel is ideal, because it allows athletes the ability to avoid the concession stand where we know most of the choices there may be unhealthy," suggests Castle. "Bring a cooler of fruit, veggies, and hummus or other dip, yogurt, granola, cheese, crackers, nut butters, 100-percent juice, small bottles of sports drinks."

All day tournaments require more substantial fare such as sandwiches, cold pasta salads, and green salads.

With the growing emphasis on player wellness that includes carefully planned nutrition, eating well may give your child an edge over the competition.

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

### Smoky chipotle mac and cheese

Serves 10

#### INGREDIENTS:

- 1 lb box cellentani (or any hearty pasta)
- ½ cup butter
- ½ cup all-purpose flour
- 2 chipotles in adobo, minced
- 4 cups shredded 3-cheese blend
- 4 cups whole milk
- 2 pks of Nasoya Chipotle TofuBaked
- 1 small can diced green chilis, drained
- ½ can fire-roasted, diced tomatoes, drained
- ½ tsp pepper



**DIRECTIONS:** Cook pasta to al dente (approx seven minutes), shock in cold water, drain, and set aside.

In a medium sauce pot, combine but-

ter and flour. Cook on medium, stirring until smooth and slightly toasted. Slowly add milk while stirring and continue to simmer until sauce is bubbly. Stir in cheese until melted and smooth. While still hot, stir in chipotles, Chipotle TofuBaked, chilis, fire roasted tomatoes, and drained pasta. Season with pepper and serve.

#### NUTRITION FACTS: 580

calories, 49 g carbohydrate (3 g fiber, 8 g sugar), 27 g protein, 31 grams fat (18 g saturated), 75 mg cholesterol, 610 mg sodium, 20% DV vitamin A, 8% DV vitamin C, 50% DV calcium, 20% DV iron.

Adapted from and used with permission by Nasoya.

# St. Joseph Catholic Academy

Serving the Parishes of St. Joseph, Most Precious Blood, Corpus Christi, Our Lady of Mt Carmel, St. Patrick, and St. Rita

## OPEN HOUSE

**Tours Available**

**Monday to Thursday, May 23–26  
9 a.m. to 11 a.m.**

- Nursery, PRE-K FOR ALL, Kindergarten, Grades 1 to 8
- Extended Day: Mornings at 7:15 a.m., After School from dismissal until 5:45 p.m.
- Religious Instruction with Emphasis on Gospel Values and Service to Others
- New York State Standards and Common Core Curriculum (ELA, Mathematics, Social Studies, Science - Hands-on Lab Period in Grades 1–8)
- Spanish, Art, Music, Physical Education, Yoga and Mindfulness
- High School Regents Courses at Monsignor McClancy High School for Qualifying 8th Graders
- Newly Renovated Science Lab/Classroom and Computerized Library
- Resource Room and Title I Remedial Services in Reading and Math, P/T Social Worker
- Full Time Guidance Counselor and Nurse
- Small Classes, Co-curricular Clubs and Activities, CYO Sports Program
- SMARTBoard Wireless Interactive Technology in ALL Classrooms (Nursery to Grade 8)
- iPads and E-textbooks in Grades 5-8
- RENZULLI Differentiated Learning – Gifted and Talented Program
- Residency Programs in Theatre and Modern Dance
- Outdoor Playground and Gross Motor Skills Room for Early Childhood Programs



**Financial Assistance Available to Qualifying Families**

**Children of All Faiths Are Welcome**

**28-46 44TH STREET, LONG ISLAND CITY, NY 11103  
www.stjosephsch.org • 718-728-0724**

Introducing the newest member  
of the Oasis Family



World  
Institute for  
Youth  
Entrepreneurship

- THE PREMIER youth entrepreneurship camp for middle to high schoolers
- Day Camp & Residential options available
- Recognized by experts as the top program in its field
- Campers' ideas are incubated into a viable business

Visit our website TODAY:

[www.WIYEleaders.com](http://www.WIYEleaders.com)

# Oasis

## DAY CAMP

### in BAYSIDE

at Queensborough Community College

- Traditional Day Camp for kids ages 5-11
- Early Start Imagination Camp for pre-K kids ages 3-5
- Teen Travel for emerging teens ages 12-14
- 8:30am-5:30pm with extended hours available
- Beautiful outdoor facilities & ample air-conditioned indoor space
- Sports, Visual & Performing Arts, Outdoor Adventure & Red Cross Swim Instruction
- Hot Lunch & Transportation available
- Low Ratios with Mature Staff
- Flexible enrollment for 2-8 weeks



#oasisbayside  
#oasisdaycamps

Join us at our next Info Session!

Saturday May 14th • 11:00AM • Campus tour - 12:30PM

Queensborough Community College • Library Room 14

Visit us online or call to RSVP today!

**OASISCHILDREN.COM** (646) 519.5055

