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# NEW YORK Parenting

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23



16

## FEATURES

- 6 Mom: A role to be cherished**  
BY GAYLA GRACE
- 8 The bond of motherhood**  
This Mother's Day, celebrating the connection we share  
BY CAROLYN WATERBURY-TIEMAN
- 10 Too old for camp?**  
How to get your teen involved in a service project  
BY SARA MARCHESSAULT
- 12 Four things to look for in a summer day camp**  
BY KATHLEEN DUFFY
- 16 15 books to help kids understand LGBTQ issues**  
BY CINDY HUDSON

## COLUMNS

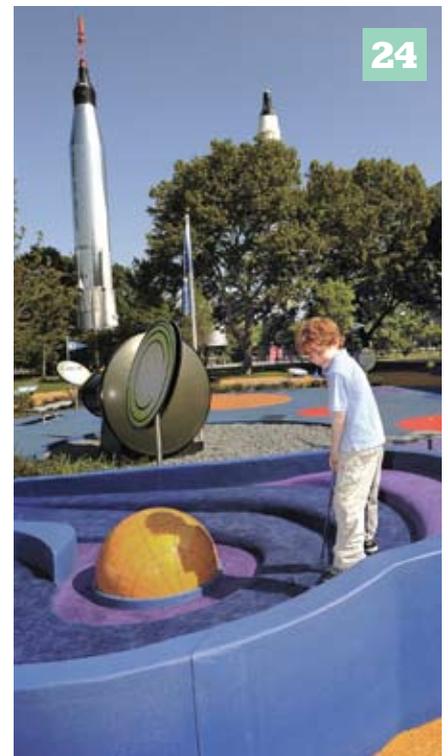
- 18 Family Financial Planning**  
BY ANTHONY N. CORRAO
- 20 Ask an Attorney**  
BY ALISON ARDEN BESUNDER, ESQ.
- 22 Divorce & Separation**  
BY LEE CHABIN, ESQ.
- 23 Healthy Living**  
BY DANIELLE SULLIVAN
- 30 Good Sense Eating**  
BY CHRISTINE M. PALUMBO, RD

## CALENDAR

- 24 May Events**

## SPECIAL SECTIONS

- 14 Arts for Kids Directory**
- 19 Montessori Directory**
- 29 The Marketplace**



24

# May is for Mom

The responsibilities of being a Mom these days are more complicated than ever. With a preponderance of urban Moms working outside the home, whether having vital careers or seeking that necessary paycheck, it's more intrinsic than ever to be A Super Mom.



Kids seldom go off to their neighborhood school, or rather it's not always the norm. Many schedules have to be worked out, meals have to be established and drop off and pick up arranged. Every one of these women deserves a standing ovation. I know because I have been one of them. This issue presents a number of really good articles, with a few of them celebrating mothers.

Of course it's definitely the time of year when you should be making the summer camp or program decisions for your kids. It's time to decide what they will be doing and where they will be doing it. Lots of good ideas in this issue, from our advertisers to the advice of our columns and articles.

Springtime in New York. Who doesn't love this time of year? The trees are in bloom with blossoms and all the bulbs are up everywhere you look. It's so refreshing to take off the heavy coats and boots and lighten up. The kids are loving it too! I see them in the parks and in the playgrounds and one gets the full sense of new found freedom from watching their play.

I wish every mother a Happy Mothers' Day, whether she's the mother of another mother and now a grandmother or pregnant with her first child and waiting for the birth day. It's an amazing thing to be someone's mother, and for sure has been the most illustrious part of my life. I'm certain that every mother could echo that sentiment.

Have a great month and thanks for reading.

Susan Weiss-Voskidis,  
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# Mom

## *A role to be cherished*

BY GAYLA GRACE

**A**t 38 weeks pregnant, Jenn eagerly awaited the birth of her first child. Her pregnancy had gone well and she looked forward to what lay ahead as she arrived for her routine doctor exam. With little warning, and a racing heart, she was ushered to a nearby hospital for a more extensive ultrasound. The doctor said the baby appeared to have quit growing and needed to be examined further. After several tests, Jenn learned the baby girl she had carried for nine months would arrive with heart complications that would affect her for the rest of her life.

Upon admittance to the hospital for delivery to begin, Jenn was understandably beyond anxious, but she wasn't prepared for the emotions she experienced when the baby arrived. Regardless of the challenges she knew were ahead, she felt an unconditional love that far surpassed any of her expectations. Within the next few years, Jenn and her husband welcomed two more children. And all were — not surprisingly — embraced with an immense love.

Parents so often take the privilege of parenthood for granted, instead of a role to be cherished. (Yes, no one can possibly cherish every moment. Certainly there are many non-magical moments during parenthood.) It's easy to overlook the important role we play, but the influence we have as parents can't be denied. We teach, we nurture, we counsel, we discipline, we taxi, we solve problems, we ease

drama, we nurse wounds, and more. While the preschool years have days that never end, the teenage years have days that take flight. Before we're ready, our babies begin to drive, graduate from high school, start college, and venture out on their own.

Time runs out for those positive parenting moments we intended to have. The daily influences we take for granted to mold our children change to parenting snapshots via text messaging, late-night conversations, and crisis intervention.

Parenthood provides meaning to life we wouldn't otherwise experience. Although

not easy, life without children wouldn't be the same. The lessons we learn while raising children aren't taught in school: how to make it through a long day after enduring a colicky baby all night, how to rid your child of lice without setting her hair on fire, how to stay calm when the school administrator reports your teenager has skipped school, or how to alleviate the intense fear of your new driver getting in an accident. As our kids grow older, we learn how to let go when our 18-year-old leaves for college and how to move on when our young adult announces wedding plans.

Parents offer unending selflessness with little guarantee of what lies ahead. We endure heartache and disappointment; we celebrate victories and accomplishments. We refuse to give up when our child goes astray, or turn our back when our child rebels.

Parenthood never truly ends. Whether your parent lives next door or out-of-state, she's always a phone call away. When my job ended in my young adult years, my mom was the first to know. When my children were born, she celebrated with me. When I endured a difficult divorce, she walked with me. When I struggled as a single parent, she encouraged me. When I celebrated marriage again with a new family, she congratulated me.

Now, as my parents approach their sunset years, I seek to be there for them. Our roles have reversed as I watch the effects of Alzheimer's grip my mother's failing mind, and I take over the driver's seat to help my dad with errands. The caretaker role goes full circle: sacrificial love and devotion without end.

My friend, Jenn, cherishes the joy of raising three babies. All of her children are loved immeasurably and she genuinely has an unending appreciation for a role she'll never take for granted. Plan for the future, while simultaneously living in the moment as you celebrate your extraordinary role. Affirm your value and commit to be a positive influence as you guide and nurture your children. No one else can play the role only you have been granted.

*Gayla Grace is a freelance writer, a wife, and a mom to five children. She considers it a privilege to be called mom.*



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# The bond of motherhood

This Mother's Day, celebrating the connection we share

**BY CAROLYN WATERBURY-TIEMAN**

**A**s the youngest of four, and considerably younger than her sisters and brother, my mother's early life on the family farm consisted primarily of staying out from under foot. She found refuge in the home of a neighbor lady who had seven children. Apparently with seven of her own, one more hardly made a difference, especially when all this little one wanted to do was help with the babies. My mother learned to cook, sew, clean, churn butter, make soap, plant, harvest, and preserve food from her mother, but she learned patience, tenderness, and affection from a woman named Maude.

Witnessing the pleasure Maude derived from her children had a profound

impact on my mother. She found a model for the kind of mother she longed to have and longed to be. Becoming a mother herself became paramount. She married my father days after graduating from high school and one month shy of her 18th birthday. They were introduced and courted primarily through letters while he was in the Navy with her brother during the Korean War. One year and three months after their wedding, she gave birth to her first child. Her dream of becoming a mother had been realized.

Surprisingly, having children was not the first priority my mother had for her three daughters. We were expected to get "an education." I complied and became a dedicated student. When it came time for college, I didn't realize there was a choice about whether or not to go, only

where to go. Going to school became such a familiar, comfortable way of life that I kept on going. I met my future husband while working on a master's degree and married him while we were both pursuing doctorates.

While I spent years in post-secondary education studying child development and family relationships in preparation for becoming a marriage and family therapist, becoming a mother had never been more than a fleeting notion. There simply wasn't time. But that changed when a little girl named Mallory entered our lives.

Her father was a fellow doctoral student. He needed help transporting some new furniture to his apartment. We had a truck, so we volunteered. We knew he was married, but we didn't realize

they had a baby. She was not quite two months old, with big blue eyes, and curly, strawberry blond hair. The first time I held her, there was something special between us. My husband and I spent the next two years falling in love with this child. For the first time, we found ourselves longing for one of our own.

Nearly three years later, after graduate student health insurance finally offered coverage for pregnancy (coded as a “planned illness,” but that is a whole other article), childbirth, and postnatal care, we discovered we were expecting. Ours was to be the first grandchild on both sides of the family, so to say this news was met with excitement would be a vast understatement.

The morning I went into labor, we called my parents on the way to the hospital. About seven hours later, within minutes of our son being born, while still in the delivery room, my parents arrived. They drove from Beattyville, Ky. to Athens, Ga. in record time. Having raised three children and helped countless others raise theirs, my mother was, once again, in her element. She would be the first to say that the only thing better than being a mother was becoming a grandmother. After 29 years in a parent-child relationship, we shared the bond of

We must support and encourage one another in our efforts to become the best mother we can be — the mother our children need.

motherhood.

With Mother’s Day approaching, my thoughts turn to these early days of motherhood and I’m reminded how important it is to:

- Recount our personal “becoming a mother” story.
- Discover models or mentors for becoming the mother we want to be.
- Become a parenting partner with our spouse.
- Learn as much as we can about child development and parenting, not just from parenting books. Some of the greatest lessons I’ve learned have come from mothers I admire in literature.
- Remember to parent by the child, not by the book, because no matter how much we know or how much experience

we have, every child is unique. Our parenting must be adjusted accordingly.

• Celebrate the bond of motherhood. There are as many ways to be an excellent mother as there are mothers. We must support and encourage one another in our efforts to become the best mother we can be — the mother our children need.

One of the most meaningful examples of this last item occurred a few years ago when working at my son’s school. I discovered an envelope in my mailbox containing this hand-written message:

“Dear Carolyn, I want to thank you for being such a great mom. You probably barely know who I am, but I have seen you with your boys at various school events and your dedication has at times been inspiring to me. I’m sure you’ll get lots of appreciation from your own family, but know that your love for them spreads beyond ... Happy Mother’s Day! An Anonymous Parent.”

Such is the nature of all love.

*Carolyn Waterbury-Tieman is a resident of Lexington, Ky. She has been married for 29 years and has two sons. She spent 15 years in various agencies and clinics as a family therapist and parent educator and has written extensively on the topic of parenting. To contact her, please e-mail parent4life@yahoo.com.*



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# Too old for camp?

## How to get your teen involved in a service project

BY SARA MARCHESSAULT

**I**t's finally happened. The kids are no longer excited about summer camp. They may be complaining that camp is for little kids or that none of their friends are going. We parents may agree, but still want our kids to have a summer with some structure.

Thankfully, there are alternatives. One in particular can be incredibly beneficial to adolescents — that is the summer of service.

You may have heard of “service learning.” It's a current buzzword in education. The idea is that students will engage in a service project as part of the regular curriculum and reflect on what they learn as it relates to a class or classes. More and more service learning is popping up in classrooms around the country, particularly at the high school and college level.

Instead of sending your older teen to summer camp, a service project can give her summer structure and engage the mind in an experience that might be different from how she learns during the regular school year.

In addition, your son or daughter starts to develop marketable skills. Even volunteer roles that seem simple — such as selling concessions, emptying trash cans at a local music festival, or sorting donated goods at a food bank — require elements of working on a team, following directions, and using math skills in the real world. Volunteer work can be added to a resume and discussed as examples of experience during job interviews.

Depending on the service project, your child may have the added benefit of moving in new circles and meeting people from different walks of life. You just never know when an experience will lead your child to a career choice he had never thought of, a network connection that someday might result in a great internship or job, or even simply a chance to shine on his own.

So, how can you get started?

### Decide

This seems simple, but sometimes talking to teens feels complicated, right? What if instead of arguing about whether or not he or she heads to camp, you



were able to ask: What would you like to do instead? Engage in a conversation where you each lay several options on the table.

If your teen wants to relax and hang out with friends, you can negotiate how he or she will manage time over the summer as you select a service experience. The first step is initiating the conversation and putting it on the table as an alternative to summer camp.

### Selecting a project

Next comes the exciting part: selecting a project. You can choose an organization that already offers work to volunteers, such as a residential home for the elderly, homeless shelter, or library. Residential communities for the elderly may have volunteers come in to read, help residents use the computer, or share other skill sets. Homeless shelters take volunteers to help sort donations, serve food, or again, help with computer skills. Your public library may be a great place to volunteer. Shelving books, reading to kids, helping patrons locate specific media, or even tutoring for family literacy programs are all possibilities.

Another resource is the United Way (www.unitedway.org). It can help connect you with projects going on in the summer

in your community.

For students looking for something right before college or during summer breaks, AmeriCorps (www.nationalservice.gov/programs/ameriCorps) is an option. This organization is similar to the Peace Corps. Volunteers have an age limit and make a commitment to serve, but instead of international travel, all of the service projects are here in the U.S.

Check out what's going on in your community. Research local online calendars for festivals or concerts that will need volunteers, then visit their websites for more details. Remember that even though an event may be scheduled for just one day, sometimes volunteers are needed weeks in advance.

Finally, one more possibility is to create your own service project. Does your son or daughter have a cause he or she feels passionate about? Encourage research on the presence of a group in your community that supports a cause your child expresses interest in. Then talk about ways to get involved. How can he or she use a current skill set to support a cause? What new skills can be learned?

### Document the service

Once the service work has started, it's important to document the experience.

This can be a written journal, or even an audio or video log. When it's time to refer to these service experiences in an interview or on a college entrance essay, the details will have already been captured. Encourage your teen to record what she does, how she does it, and what she is learning. This will help her recall the service experience in greater detail in the future.

Keeping notes on the service experience can also turn a simple volunteer post into a high-level service learning activity. When we take the time to reflect through writing, we can start to make connections between the experience and our prior knowledge. When a young person has a moment of "Ohhh, this is why it's important to know how to use fractions" something incredible happens, and he just may get excited about learning. And in that case, bravo parents, for encouraging a summer well spent.

*Sara Marchessault is the former owner of a summer camp for middle-school girls and author of "Beyond Pen and Paper: 33 Experiments in Journaling." She has spent many hours getting to know young people, listening to their dreams and their fears, and encouraging them that their parents are on their side. When she isn't playing with her own kids, Marchessault is a writer, publisher, and teacher.*





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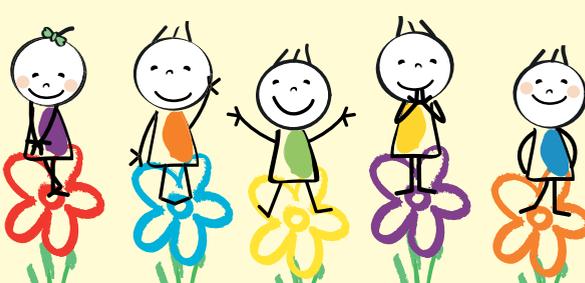
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# Four things to look for in a summer day camp

BY KATHLEEN DUFFY

**W**ith an overwhelming landscape of summer day camp opportunities for kids in New York City, it can feel impossible to select the right one for your child. As a camp director for more than seven years, I have learned what components are key to an engaging, safe, and fun experience. Here are some tips on what to look for when choosing a summer day camp:

## Leadership

You want to be sure the environment is right for your child, and much of that comes down to who is in charge. Ask leaders if the camp has been accredited by the American Camp Association — those with accreditation must meet rigorous guidelines regarding program quality and the health and safety of campers.

Find out counselors' experience level and training procedures, and if their goals for the summer align with your own. Research shows that kids with positive adult role models develop better self-esteem, so strong leadership is of the utmost importance.

## Location, location, location!

It's important to consider where your child will spend his time. Think about the commute, and ask if camp buses are available. Visit the campus and assess safety and privacy measures as you walk around. It's a bonus if your camper has the opportunity to meet new friends right in his own neighborhood.

## Developmental opportunities

Strong social-emotional skills have benefits both in the classroom and in life, and

a national study from The American Camp Association demonstrates that camp is a unique setting for this type of development. Camp is a great opportunity for your child to build skills like self-awareness and responsible decision-making, especially if it offers the right mix of activities. Which leads us to...

## Selection of activities

Team sports, dance, cultural activities, creative writing, and gardening offer opportunities for growth and provide children with the chance to shine outside of a formal classroom setting. Group activities also provide kids with a common purpose and a sense of belonging, which helps kids develop resilience — another critical life skill.

*Kathleen Duffy has been director at Asphalt Green for seven years. Asphalt Green offers summer day camps for kids at its Upper East Side and Battery Park City campuses.*



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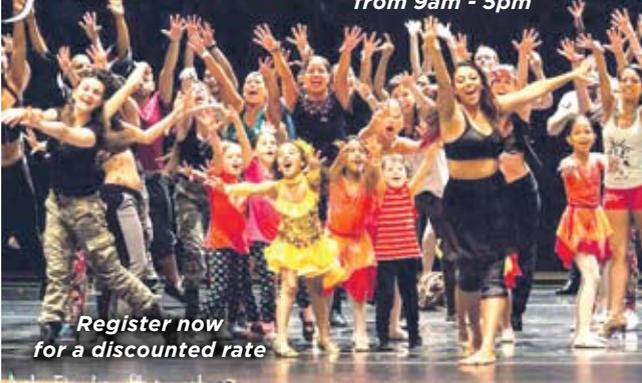
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**Spring 2017**

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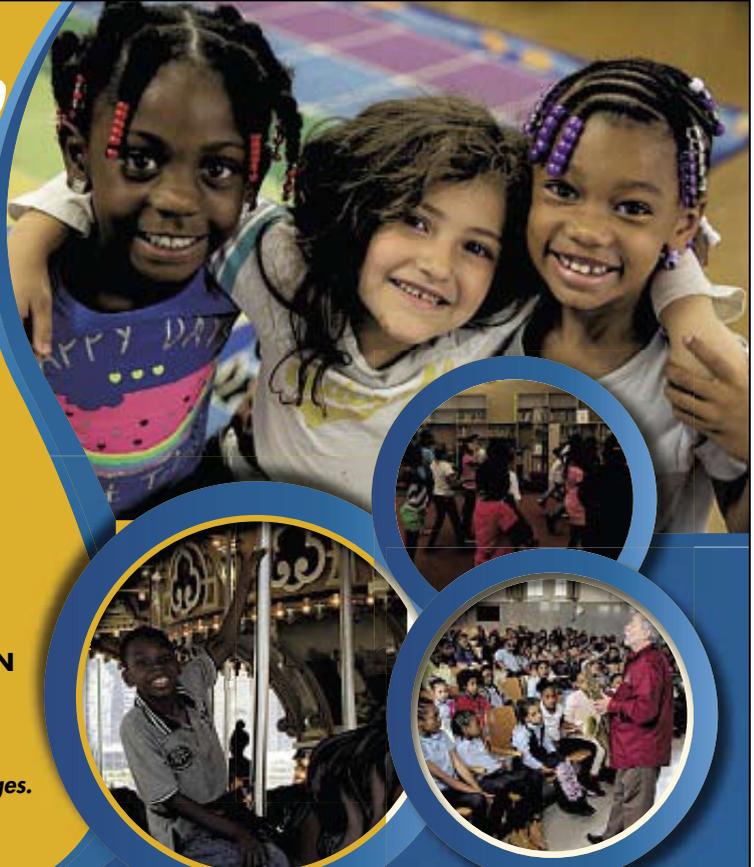
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# 15 books to help kids understand LGBTQ issues

BY CINDY HUDSON

Someone I know once said, “The beautiful thing about books is that you can find all of humanity in their pages.” And yet, until recently, there hasn’t been much emphasis on books that have diverse characters, particularly when it comes to lesbian, gay, bisexual, transgender, or queer issues.

Why is it important for kids to read books that have characters representing a wide range of humanity? Donna Gephart, author of “Lily and Dunkin,” which tells the story of a transgender girl, says, “Reading about LGBTQ characters allows young readers to walk in someone else’s shoes and gain empathy, which naturally leads to understanding, compassion, and kindness — something so needed in today’s world.”

It’s also important for anyone questioning his identity to see characters strug-

gling with issues similar to his. Gephart says a transgender woman once told her that having positive role models could have saved her a lot of suffering when she was younger.

“We all need and deserve mirrors in the books we read to affirm and validate our existence, to let us know we’re not alone in this world, and to provide role models, so we can envision a bright future,” said Gephart.

Here are 15 titles, ranging in appropriateness from toddlers to teens, where readers can find a variety of lesbian, gay, bisexual, transgender, or queer characters.

## Picture books

Introduce the concept of diversity to children ages 4 to 8 with these titles:

“**My Dad is a Clown**” by José Carlos Andrés and Natalia Hernandez. This bilingual (English and Spanish) story is told

by a boy who has two dads, one of whom works to make people laugh in his job as a clown.

“**Morris Micklewhite and the Tangerine Dress**” by Christine Baldacchino and Isabelle Malenfant. Other kids make fun of Morris for donning a tangerine dress. But with support from his mom and an active imagination, he helps them see that outward appearances aren’t as important as what’s inside.

“**The Great Big Book of Families**” by Mary Hoffman and Ros Asquith. Families come in a variety of types and sizes, and this book celebrates that diversity.

“**It’s Okay to Be Different**” by Todd Parr. Bright colors and funny drawings highlight differences of all kinds, including skin color, family makeup, disability, and more, while getting the message across that these differences are all just fine.

“**And Tango Makes Three**” by Justin Richardson, Pete Parnell, and Henry Cole. This tale about two male penguins given the chance to hatch an egg is based on the real-life story of Roy, Silo, and baby Tango, who live at the penguin house in the Central Park Zoo.

## Middle grade

Ages 9 to 13 is a time for kids to begin exploring their individuality and how it fits into the big picture. Try these reads:

“**Lily and Dunkin**” by Donna Gephart. Timothy knows that deep inside he’s really Lily, but how does he show his true self to the rest of the world without getting hurt?



**“Will Grayson, Will Grayson” by John Green and David Levithan.** A random meeting between two high school boys with the same name, one gay, one straight, changes both their worlds in unexpected ways.

**“The You I’ve Never Known” by Ellen Hopkins.** Ariel isn’t sure if she’s more attracted to boys or other girls, and she’s afraid to share her conflicted feelings with her dad, who claims Ariel’s mom left him for another woman.

**“Ask the Passengers” by A. S. King.** A story that explores the issue of sexual identity and what defining it means not only to the teen, but to the people surrounding her as well.

**“If I Was Your Girl” by Meredith Russo.** Amanda wants to start a new life in a new town by moving in with her estranged dad. But as a transgender female, she finds the issues of having friendships and dating difficult to navigate.

**“Symptoms of Being Human” by Jeff Garvin.** It’s hard enough being a teen who’s gender fluid, but when your dad is running for Congress, it means everything about your life will eventually end up in the spotlight.

*Cindy Hudson writes about books, reading, and family literacy at MotherDaughterBookClub.com.*

**“The Best Man” by Richard Peck.** Archer learns a lot from all of the male role models in his life, including his grandpa, his dad, his uncle — who happens to be gay — and his substitute teacher, Mr. McLeod, who dates Uncle Paul.

**“George” by Alex Gino.** A tender story about someone who sees herself as a girl even though the world sees her as a boy. With the help of a friend, and inspiration from “Charlotte’s Web,” she finds a way to express who she really is.

**“Drama” by Raina Telgemeier.** A graphic novel that highlights the “drama”

that can occur in middle school, when kids are learning how to navigate budding interest in romance and relationships.

**“Lumber Janes” by Noelle Stevenson and Shannon Watters.** This graphic novel series is about the adventures of five female friends who attend summer camp and end up battling monsters and solving a mystery.

### Young adult

Teens ages 14 and older are ready for edgy content that addresses issues directly:

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# Saving for college

**S**tudy hard, get good grades, go to college. My parents said this to me, and their parents said it to them. Historically, a college education has been the path to upward mobility and a better life. This still remains true, but with the cost of college increasing so rapidly, many worry that the dream may drift out of reach. Think about it: According to The College Board, tuition, room and board, and fees for one academic year at a four-year public college have grown from \$8,439 in 2000–2001 to more than \$20,000 this year. For private institutions, that total has nearly doubled to \$46,000 per year.

I have seen families go to extremes to send their children to college. Some have taken out loans so large that it will be years before they are repaid. Others have borrowed from their retirement savings. While at first it appears easy to borrow against one's 401(K), it is important to remember that these funds must be paid back, and not doing so can have serious consequences for your own retirement plans. Some families hope to rely on loans taken out by the child, but this can saddle a young college graduate with an immense debt burden when he is just starting out on his own. Astonishingly, the New York Federal Reserve reported student loan balances were \$1.31 trillion as of Dec. 31, 2016 — a record high level.

Planning ahead can keep you from raiding your retirement funds or over-borrowing to pay for college when the time comes. Borrowing too much can have an effect on your retirement plans and your child's life goals. Fortunately, there are options available to parents to help them prepare for the cost of college before that happens. Here is a brief overview of some of the education funding options available:

## 529 Plans

529 plans are state-sponsored education savings accounts. Parents, grandparents, and others can contribute to these accounts regardless of how much they earn. The maximum that can be contributed is relatively high, currently \$375,000 in New York.

These accounts allow your money to grow tax-deferred (meaning you won't pay taxes on growth in the account). Withdrawals from the account also won't be subject to federal tax, and in most cases, state tax, as long as withdrawals are used



for qualified education expenses, such as tuition, and room and board. These accounts can be used to pay for college, vocational school, or graduate school.

If you withdraw the money for any reason besides qualified education expenses, you'll be taxed at your current income tax rate plus incur a 10-percent penalty. If plans change, and your child doesn't need the money for her education, you can change the beneficiary at any time to a sibling or other family member. Depending on where you live, some states, including New York, give residents a state tax deduction for contributing to the account.

## UTMA, UGMA, or custodial accounts

Money contributed to a Uniform Gift to Minor's Act or Uniform Transfer to Minor's Act by anyone is for the benefit of your child. You can contribute to these accounts regardless of how much you earn and there is no maximum contribution limit.

When your child becomes an adult, at either 18 or 21 years old depending on each state's law, these funds will automatically become hers and can be used for any purpose she wishes — not just for college. Earnings in these accounts are not tax-deferred like 529 plans, but subject to taxes like an ordinary investment account.

However, because these accounts are owned by your child, earnings are generally taxed at the child's (usually) lower tax rate rather than the parents' rate.



## FAMILY FINANCIAL PLANNING

ANTHONY N. CORRAO

### Coverdell Education Savings Accounts

Tax treatment of Education Savings Accounts is similar to 529 accounts. Money inside this account grows tax deferred and withdrawals are not subject to tax if used for qualified education expense. The definition of qualified education expenses for these accounts includes primary and secondary schooling, not just college.

Parents who earn too much money won't be able to contribute to these accounts. If you have a modified adjusted gross income more than \$110,000 for a single person and \$220,000 for a married couple, you aren't eligible to invest in these accounts. And the maximum annual contribution amount is fairly low, only \$2,000 per year for each beneficiary.

...

An important issue to consider is what assets you own and what assets are owned by your child. Ownership of assets is important because it can affect your family's ability to receive financial aid. I'll address these issues in my next column. Before buying a 529 plan or any investment, you should inquire about the particular plan and its fees and expenses. Always consult your own tax advisor when considering investing in any of these plans.

*Anthony N. Corrao is an independent advisor with Corrao Wealth Management. For more than 25 years he has helped families with their financial goals by developing financial, educational, and retirement planning strategies.*

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# Montessori

## DIRECTORY

### Countryside Montessori School

354 Lakeville Rd 516-406-3623  
www.Cmsgn.com

Serving children 18 months through 6 years old. We offer half days (9:00 am-12:00 pm) and full days (9:00-3:00 pm). We have early drop off at 8:00 am and after school programs until 4:0 pm each day. Our multi aged classrooms helps the children learn from their peers and become more independent. We have two toddler classrooms (ages 18 months-3 years old) and two primary rooms (ages 3-6). We change diapers and help with toilet training for our toddlers. All of our children enjoy the outdoor playground each day. During the summer we run an 8 week summer camp. Each week has a different theme and children spend a good portion of the day in the playground.

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67-04 Austin St., 718-275-0173;  
718-275-3102 <http://www.fhmontessorischool.com>

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# Estate tax liabilities for non-U.S. citizens

**S**pring has sprung, and this month we have answers to two questions for you to ponder as you enjoy the warmer weather!

*I am a Canadian citizen living in New York. I have heard that estate taxes for non-U.S. citizens can be much greater. What is my estate tax liability as a Canadian?*

For U.S. citizens or U.S. residents (both of which are referred to in this summary as “U.S. residents”), the current exemption from federal estate tax is \$5.49 million per person for 2017. The federal exemption increases slightly every year for a cost of living adjustment. A resident for estate tax purposes is someone who resides in the United States for the long-term. For estate tax purposes, it is defined as follows: “A person acquires a domicile in a place by living there, for even a brief period of time, with no definite present intention of later removing therefrom. Residence without the requisite intention to remain indefinitely will not suffice to constitute domicile, nor will intention to change domicile effect such a change unless accompanied by actual removal.”

If you are in the US on a contract basis with a specific and planned end-date to return to your country, you are not considered a U.S. resident. People who are non-U.S. citizens and non-U.S. residents are subject to estate taxes for any assets in the U.S. that exceed \$60,000. “U.S. assets” include any real property within the U.S., any U.S. bank accounts and U.S.-based stocks and securities, whether the account is held in or outside of the U.S. Life insurance policies are not considered U.S. assets.

Also, non-U.S. residents cannot take advantage of a marital deduction and the whole of any joint asset is included in the predeceased spouse’s estate (as opposed to only 50 percent inclusion for a U.S. resident).

However, the U.S. has tax treaties with many countries that override these rules, including with Canada. The U.S.–Canada

tax treaty allows Canadian residents to take advantage of the federal exclusion amount (\$5.49 million for 2017). If, like many people, you are a Canadian citizen and non-U.S. resident at the time of your death, the Executor of your estate will need to file a specific form to take advantage of this (IRS Forms 706-NA and 8833).

For New York State, under a change in the law effective April 1, 2017, the exemption is \$5.25 million per person and will increase each year until it matches the federal exemption in 2019. If you are a New York resident, an estate tax return must be filed if you are over the exclusion amount. You receive a deduction for any assets that are not New York assets. If you are not a New York resident but have assets in New York, you will only need to file a New York estate tax return if the assets in New York are over the exclusion amount.

If you are concerned about estate taxes, you should consult an attorney and accountant to better understand your estate tax liability based on your assets and the tax laws affecting you.

*I opened an Uniform Transfer to Minors Act account for my child when she was young and now she is about to turn 18 years old, and I am concerned about turning over the account to her, which now has more than \$50,000.*

Many parents open bank accounts pursuant to the Uniform Transfer to Minors Act when their children are young in order to save monetary gifts from grandparents, or to save for the children’s future college expenses. However, many parents do not realize that when the child turns 18, he or she is entitled to possession and control over that money, and can use it in whatever way he or she desires. The law does not require that the child use that money for college, but requires that it must be turned over to the child when that child turns 18 years old. In some cases, the account does not turn over to the child until he is 21 years old. The title of the account



## ASK AN ATTORNEY

ALISON ARDEN BESUNDER, ESQ.

should indicate whether the account is held until age 18 or 21.

New York law provides that a transfer made pursuant to the act is irrevocable and the custodial property is vested in the minor child at the time of transfer. As custodian of the account, you are obligated to inform the minor of those assets at the time the account completely vests in the minor. The statute does, however, state that the custodian “shall transfer in an appropriate manner the custodial property to the minor,” which provides some options for steps you may take if you are concerned about turning over a large account to your child:

### Use the funds for the minor’s benefit

Until the minor is 18, you can use the funds for his benefit. If you are also the parent of the minor, you may not use funds for items that are part of your existing support obligations to your child (such as food, clothing and shelter), but you may use the account to pay for “luxuries” such as private school, extracurricular activities, camp, or a new computer.

### Transfer the assets to the minor

When the minor is 18, you can retitle the account into an account in his name. You can, with the minor’s permission, be named a co-signer or receive duplicate statements to see how the minor spends the money.

Disclaimer: This column is provided by Arden Besunder P.C. and New York Parenting Media as a public service to inform readers of legal issues. It is not intended to advise. Since legal issues vary with an individual’s situation and needs, one should consult with an attorney. It is impossible to cover all aspects of the law in an article. Please be advised that the laws are constantly changing. The content in this article reflects the current law. Nothing contained in this article is intended as advice and does not create an attorney-client relationship between the reader and the firm. Individual consultation with an attorney is required to determine the specific facts and circumstances of any particular situation. A written retainer agreement between you and the firm is required before any attorney-client relationship may be created. Circular 230 Disclosure Notice: To ensure compliance with Treasury Department rules governing tax practice, we inform you that any advice contained herein (including in any attachment) (1) was not written and is not intended to be used, and cannot be used, for the purpose of avoiding any federal tax penalty that may be imposed on the taxpayer, and (2) may not be used in connection with promoting, marketing or recommending to another person any transaction or matter addressed herein.

You may incentivize your child to use the funds responsibly by stating that you will pay for college with other funds if she keeps the funds for graduate school (as one example) or you may even use “strong-arm” tactics to state that you will reduce her inheritance if she uses the funds irresponsibly.

### Purchase an income-producing asset

You can use your discretion under “appropriate manner” to use the funds to purchase an asset that the minor would not be able to easily liquidate once she receives it at age 18, such as income-producing real property or an annuity. This is not recommended because it could be later reviewed as a breach of fiduciary duty. Fiduciary obligations include that a fiduciary must transfer assets to a beneficiary upon the termination of a fiduciary duty in a manner that is easily converted to cash. If, however, the minor consents in writing, this may help protect against a later claim.

### 529 Plan

You may transfer the account proceeds into a newly created 529 Plan for the minor’s benefit. This will require liquidating any stocks or securities in the account because a 529 Plan can only be funded with cash. This may trigger capital gains

taxes if the assets have increased in value significantly.

However, transferring the funds to a 529 Plan will allow you to continue to be the custodian of the funds until the funds are completely withdrawn, thereby allowing you to withhold it to pay for college. But, if your child requests the funds at any time for any purpose, you will need to release the funds or she may petition the court to receive the funds pursuant to your obligation as fiduciary of the account since you used those assets to fund the 529 Plan.

### 2503(c) Trust

If you want to continue to hold the funds, you could create a living trust for the minor’s benefit under Internal Revenue Code § 2503(c). The terms of the trust can be drafted to allow you, as Trustee, to make discretionary distributions and forced distributions at set ages, so the funds stay under your control until you believe your child is able to handle the account on her own.

In order to deter future claims of breach of fiduciary duty, the trust should allow the minor a one-time withdrawal right, where she is afforded the opportunity to withdraw the funds up to the full amount when she turns 18 years old. Your child will have a 30- or 60-day window to do so.

If she does not exercise her withdrawal right, the funds stay in trust pursuant to the trust agreement. If your child does not exercise her right of withdrawal, the trust would then be considered a “self-settled” trust and any creditor of your child could potentially reach the funds to satisfy a judgment. If instead of setting up a new trust you keep the funds in the account after your child becomes 18, she could demand the funds at any time. As discussed above, you can try to incentivize your child to not exercise her right of withdrawal in your discussions with her.

• • •

Each situation is different and fact specific, and whether a particular option is right for you depends on your particular situation. If you have or are considering an account and are concerned about turning over the account to your child when she turns 18 or 21, you should speak to an attorney to discuss your options and which option is best for your situation.

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



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## Understanding your rights as a client

**R**ecently, I was invited by a therapist to join her and one of her patients during a session (with the patient's consent, of course). My role was to be that of a consultant who would provide information and answer questions. I gladly accepted the opportunity, on the condition that it was clear to the patient that she would not be hiring me as her attorney to represent her.

I met with the therapist and "Mary" (not her real name) the next day, having learned that Mary had a case involving custody and child-support. One issue concerning Mary was her lawyer; she had one, but had doubts about how the attorney was handling her case.

One question I asked was whether he had provided Mary with the Statement of Client's Rights and Responsibilities. Mary said, "No," unaware that such a thing existed.

What is this document, and does it matter if a lawyer gives it to clients?

According to the New York Codes, Rules and Regulations's Procedure for Attorneys in Domestic Relations Matters, "This Part shall apply to all attorneys who, on or after Nov. 30, 1993, undertake to represent a client in a claim, action or proceeding, or preliminary to the filing of a claim, action or proceeding, in either Supreme Court or Family Court, or in any court of appellate juris-

diction, for divorce, separation, annulment, custody, visitation, maintenance, child support, or alimony, or to enforce or modify a judgment or order in connection with any such claims, actions or proceedings."

Courts have held that attorneys cannot collect their fees if they have failed to follow the rules regarding the statement or provide a written retainer agreement that includes certain information. Lawyers may even have to return fees that clients have paid.

You can read the statement in full at <http://www.nycourts.gov/divorce/part1400.shtml>. Here is some of what you will find:

- You are entitled to a written retainer agreement which must set forth, in plain language, the nature of the relationship and the details of the fee arrangement. At your request, and before you sign the agreement, you are entitled to have your attorney clarify in writing any of its terms, or include additional provisions.

- You may refuse to enter into any fee arrangement that you find unsatisfactory.

- Your attorney may not request a fee that is contingent on the securing of a divorce or on the amount of money or property that may be obtained.

- Your attorney may not request a retainer fee that is nonrefundable. That is, should you discharge your attorney, or



### DIVORCE & SEPARATION

LEE CHABIN, ESQ.

should your attorney withdraw from the case, before the retainer is used up, he or she is entitled to be paid commensurate with the work performed on your case and any expenses, but must return the balance of the retainer to you. However, your attorney may enter into a minimum fee arrangement with you that provides for the payment of a specific amount below which the fee will not fall based upon the handling of the case to its conclusion.

- You are entitled to receive a written, itemized bill on a regular basis, at least every 60 days.

- You are expected to review the itemized bills sent by counsel, and to raise any objections or errors in a timely manner. Time spent in discussion or explanation of bills will not be charged to you.

- You are entitled to be kept informed of the status of your case, and to be provided with copies of correspondence and documents prepared on your behalf or received from the court or your adversary.

- You are entitled to make the ultimate decision on the objectives to be pursued in your case, and to make the final decision regarding the settlement of your case.

As a client, you have rights. You should wonder about a lawyer who doesn't share them with you.

*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.



# Raising a peaceful child

**P**arenting happy kids in a world that is so often fraught with unhappiness and chaos is an uphill battle. And while it is certainly a challenge to remain positive and hopeful, it can be done. In fact, you might say, it needs to be done first and foremost. Otherwise, how will our kids ever be optimistic, hopeful, and filled with peace?

Parenting is so much more about taking care of the physical day-to-day demands, like good nutrition and health, homework, and after-school activities. Those things are quite important, but sometimes the psychological needs are greater, because without a healthy and mindful outlook, the other things won't be possible.

Kathy Walsh, parenting expert, educator, and author of the award-winning "Joyohboy" book series says intention is everything. Walsh is the founder of Peace Place for Kids, and has been teaching mindfulness to schools and workshops throughout the country for more than 20 years.

"Intention is a force that sets everything in motion. How often do we think about and write down our intention for raising our children? What could be more important? When you are clear about your intention for raising your children, other decisions become easier to make," she says.

If you want your kids to be stable and peaceful people, it all starts with your behavior and attitudes. Read on for Walsh's

tips for raising peaceful kids:

## 1. Be aware of your actions

Model the behaviors that you want them to copy. Children mirror you. Be aware of your actions when you are in front of them, and model the behavior that you want them to mirror.

## 2. Encourage them to look at things in a not-so negative way

Always start and end your day with gratitude. Gratitude is not just a habit; make your bed, brush your teeth, and be grateful every day. Gratitude is the gift that keeps on growing. It is the key to a joyful life. It is hard to complain and feel grateful at the same time.

## 3. Acknowledge their feelings

We have to acknowledge them, not bury them. This is how behavioral problems happen. Things happen in life and a healthy response is how we grow emotionally. Teach your children that when we show love, it comes back to us. It is the gift that keeps on giving. It's just that simple.

## 4. Be mindful

Life is 10 percent what happens to you and 90 percent how you react. This captures the essence of mindful parenting. Teach your children that how they see



## HEALTHY LIVING

DANIELLE SULLIVAN

things is more than half the battle. They have a choice whether to look at life in a positive way or not. The more positive they are, the better their life will be. Life will be a reflection of their thoughts and what they put out they get back.

## 5. Practice non-judgment

When you are showing gratitude, you are not judging others. People can feel that, and it is contagious. When you are grateful for them, they in turn become more grateful for your presence. Choose your words carefully.

*Danielle Sullivan, a mom of three, is a writer and editor living in New York City.*

# Calendar

MAY



Boon Wong

## UniverSoul Circus comes to Queens

UniverSoul Circus comes to Roy Wilkins Park now through May 7.

This highly interactive combination of circus arts, theater, and music spans genres including pop, classic R&B, Latin, hip-hop, jazz, and gospel. It embraces and celebrates the unique and familiar aspects of pop culture globally by bringing them center stage with a cast of international performers.

Suitable for all ages.

In addition to the performance itself, all audience members attending a UniverSoul Circus performance at Roy Wilkins Park are encouraged to bring donations of some much-needed items for home-

less families through various shelters in the city, such as toiletries (lotions, deodorants, toothpaste, etc.), laundry soap (individual packs), reusable water bottles, children's sunglasses, baby wipes, diapers, and first aid kits. Drop your donation in one of the "giving bins" at the show.

UniverSoul Circus, now through May 7, weekdays to Fridays, 10:30 am and 7 pm; Saturdays, noon, 4 pm, and 7:30 pm; Sundays, 12:30 pm, 3:30 pm, and 6:30 pm. Tickets range \$16–\$40.

*Roy Wilkins Park (Merrick and Baisley boulevards in St. Albans, [www.universoulcircus.com](http://www.universoulcircus.com)).*

## 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!

### WED, MAY 3

#### IN QUEENS

**Jazz jam:** Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; [www.flushingtownhall.org](http://www.flushingtownhall.org); 7 pm to 10 pm; \$10 (Free for members).

Jazz jams are a fun way to hone your skills and jam with your peers. Join the house band led by saxophonist Carol Sudhalter. All are welcome, regardless of instrument (vocalists, too!). Don't play? Come listen!

### FRI, MAY 5

#### IN QUEENS

**Digital Media Lab:** Museum of the Moving Image, 36-01 35th Ave. (718) 777-6888; [www.movingimage.us](http://www.movingimage.us); 4 pm to 6 pm.

Teens dive into the world of Snapchat and explore its use as a storytelling tool. For teens 14 years and older.

**Taiwan meets Jamaica:** Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; [www.flushingtownhall.org](http://www.flushingtownhall.org); 7 pm; \$16 (\$10 members & students).

We're mashing up two cultures on one stage with an open dance floor! Saxophonist, singer, and composer Stephanie Chou's music combines classical and Chinese influences with jazz, and Jamaican artist Owen Romeo and his group Tribal Legacy, present an array of Caribbean music. Each band plays a set, then the two meet and jam.

### SAT, MAY 6

#### IN QUEENS

**Sheep shearing:** Queens County Farm Museum, 73-50 Little Neck Pkwy. (718) 347-3276; [www.queensfarm.org](http://www.queensfarm.org); 11 am to 4 pm; \$5.

Ever see a sheep get a haircut? It's that time of year, when our sheep get trimmed. Come for loads of fun activities and demonstrations.

**Learn to ride:** Paul Raimonda Playground, 48th Street and 20th Road; (718) 393-7370; 11 am to 1 pm; Free.



## Game of golf has gravity

Fore! Rocket Park Mini Golf is back at the New York Hall of Science.

Putt your way through a nine-hole miniature golf course that teaches the science of spaceflight.

Players will explore key science concepts such as propulsion, gravity, escape velocity, launch window, gravita-

tional assist, and more.

Rocket Park Mini Golf, open daily now through November from 10 am to 4 pm. Tickets \$6 plus admission to the hall.

*New York Hall of Science [47-01 111th St. in Flushing Meadows, (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org)]*

Bring a bike, a child, and a helmet for this free fun event! Show your kids, ages 5 or older, how to ride a two-wheeler. Registration required.

**Hands-On History:** King Manor Museum in Rufus King Park, 89th Avenue and Archer Avenue; (718) 206-0545; [www.nycgov-parks.org](http://www.nycgov-parks.org); 1 pm to 4 pm; Free.

This old house provides children a glimpse of old-fashioned fun. Learn about Dave the Potter, an early African-American artist, and create papier mâché bowls inspired by his ceramic works of art.

**Doll making workshop and tea party:** Flushing Town Hall, 137-35 North-

ern Blvd.; (718) 463-7700; [www.flushingtownhall.org](http://www.flushingtownhall.org); 2 pm; \$20 (\$18 members and students). Plus \$10 doll-making kit.

Dress in your teatime finery, bring your inner child, and create your own doll! Award-winning children's author, illustrator, and educator Timothy Bellavia leads this workshop for all ages, genders, and backgrounds, inspired by notable global mothers. It also includes a tea party with snacks, read aloud, book signings, and special red carpet photo-op. For ages 4 years old and up.

**Golden songs:** Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; [www.flushingtownhall.org](http://www.flushingtownhall.org)

# Calendar

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[flushingtowndhall.org](http://flushingtowndhall.org); 7:30 pm; \$16 (\$10 members and students).

Shanghai Memories shares songs of the 1930s and '40s. Narrated and hosted by Zhou Yi, this performance by Ba Ban Chinese Music Society is a demonstration of the cultural melting pot that existed in Shanghai during World War II, presenting traditional Shanghai music infused with Western influences from jazz and popular music of the day. It paints a vintage scene, depicting Shanghai as the Paris of the East.

## SUN, MAY 7

### IN QUEENS

**Bird Walk:** Queens Botanical Garden, 43-50 Main St.; (718) 539-5296; [www.queensbotanical.org](http://www.queensbotanical.org); 9:30 am to 10:30 am; Free with garden admission.

Register for one or multiple free nature walks in this special series with New York City Audubon! Spot and identify creatures of flight and learn how Queens Botanical Garden provides important resources for birds — like water, shelter, and insects to eat. Registration is required.

**Story time and craft:** Queens Botanical Garden, 43-50 Main St.; (718) 886-3800; [info@queensbotanical.org](mailto:info@queensbotanical.org); [www.queensbotanical.org](http://www.queensbotanical.org); 2 pm to 3:30 pm; Free.

Bring your little nature lovers to the garden for a relaxing afternoon featuring seasonal nature-inspired stories, followed by a botanically themed craft activity. Recommended for ages 10 and under.

### FURTHER AFIELD

**Asian-American Heritage Festival:** Ellis Island National Park, New York Harbor, Manhattan; [www.statuecruises.com](http://www.statuecruises.com); Noon; Free — but must purchase ferry ticket.

The National Park Service in partnership with Nai-Ni Chen Dance Company presents the festival with ceremony and performances in The Great Hall of Immigration at Ellis Island. The event showcases traditional and contemporary Asian-American Music and Dance.

## SAT, MAY 13

### IN QUEENS

**Learn to ride:** Basketball courts at Baisley Pond Park, 150th Street and North Condoit Avenue; 11 am to 1 pm; Free.

Bring a bike, a child, and a helmet for this free fun event! Show your kids, ages 5 and older, how to ride a two-wheeler. Please pre-register.

**Family program:** Museum of the Moving Image, 36-01 35th Ave.; (718) 777-6888; [www.movingimage.us](http://www.movingimage.us); Noon to 4 pm; Free with museum admission.

Moving Image Studio is the museum's drop-in space where visitors of all ages can create media and other projects. Stop by and design your own scene from a classic



## Drones fly in the sky

**Drones: Is the Sky the Limit?** the new exhibit opens on May 10 at the Intrepid Sea, Air, & Space Museum.

The exhibit explores pilotless aircraft and the history of drone technology, from its modern-day origins in World War I and its military development to its current applications in solving complex humanitarian and commercial challenges.

Visitors will be able to fly actual drones and watch the first-person viewpoint of a drone racing, and get up-close and personal with Volantis, the world's first "flying dress," designed by global superstar Lady Gaga in collaboration with TechHaus. Also on display is a prototype of an Amazon cargo vehicle designed for home delivery of online shopping orders.

Explore the use of drones in police and fire departments, and see how

technology creates new perspectives for photographers, artists, filmmakers and stage productions. Plus, learn about its contributions to conservation and humanitarian efforts, and consider what the future holds — from the possibility of personal flying cars to space exploration.

**Drones: Is the Sky the Limit?** beginning May 10 on weekdays, 10 am to 5 pm; Saturdays and Sundays, 10 am to 6 pm. General admission \$33 adults, \$31 seniors, \$24 children 5 to 12 years old, and free for children under 5. Retired and active-duty military members free. New York City residents, (must show valid ID) \$19 adult and seniors, \$17 for children ages 5 to 12, and free for children 4 and younger.

*Intrepid Sea, Air & Space Museum (Pier 86 at 46th Street and 12th Avenue, [www.intrepidmuseum.org](http://www.intrepidmuseum.org)).*

story, or an original story of your own, from costumes to choosing a cast and location. Activities include drawing your own original costume designs, animating and recording dialogue for a scene, and mask making. Recommended for ages 5 and up and their adult companions.

**"From My Mother's Mother:"** Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; [www.flushingtowndhall.org](http://www.flushingtowndhall.org); 7:30 pm; \$10 (Free for members, students, and moms).

Celebrate Mother's Day with a chamber opera about a Korean tradition where Korean women, post-birth, are given seaweed soup, which is prepared by their own

mother, and believed to assist in recovery. This story, composed by Jeeyoung Kim, deals with love and reconciliation through one mother providing something to help her daughter, only to face rejection. Performance in Korean with English subtitles.

## SUN, MAY 14

### IN QUEENS

**Mother's Day brunch:** Queens Botanical Garden, 43-50 Main St.; (718) 886-3800; [qbgmothersday2017.eventbrite.com](http://qbgmothersday2017.eventbrite.com); [www.queensbotanical.org](http://www.queensbotanical.org); 10 am and 1 pm; \$55 per adult (\$30 per child).

Treat mom to a delicious farm-to-table

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brunch at Queens Botanical Garden! Featuring a sumptuous menu by Bartleby & Sage Catering, guests will enjoy freshly made hot dishes from an Italian Market menu, muffins, scones, fair-trade coffees, teas, and more. Includes one complimentary glass of wine for adults and organic milk and apple juice for children. Cash bar for sodas and alcoholic beverages. Reservations required.

**"Cinderella Samba":** Forest Park Visitor Center, Victory Field at Woodhaven Boulevard between Forest Park Drive and Myrtle Avenue; [www.cityparksfoundation.org/event/cityparks-puppetmobile-presents-cinderella-samba-2](http://www.cityparksfoundation.org/event/cityparks-puppetmobile-presents-cinderella-samba-2); 10:30 am to 11:30 am; Free.

This contemporary twist on the classic "Cinderella" fairy tale is presented by The CityParks PuppetMobile and sets the timeless tale in the lush landscape of Brazil, where, thanks to the help of her fairy godmother, Cinderella attends Rio de Janeiro's biggest Carnaval gala and dances the samba with Prince Paulo.

**Family Day:** Manton Playground, 135th Street and 83rd Avenue; (718) 393-7370; [www.nycgovparks.org](http://www.nycgovparks.org); 1 pm to 4 pm; Free.

Join NYC Parks and Council member Rory Lancman for an afternoon of games, crafts, an animal show, inflatables, and more!

## FRI, MAY 19

### IN QUEENS

**Parent Support Group:** Queens Museum of Art, New York City Building, Flushing Meadows Corona Park; (718) 592-9700; [www.queensmuseum.org](http://www.queensmuseum.org); 11 am to 12:30 pm; Free.

Parent-led support group for parents and caregivers affected by autism. The group will use mindfulness-based approaches to explore reducing anxiety from stressful situations. Support tools will be developed for parents to share, learn, and explore methods for self-care and coping. To register, contact facilitator Jacqueline Moore at [jaxbydesign@gmail.com](mailto:jaxbydesign@gmail.com). Registration required. Please note — this is designed for parents and caregivers only.

**Digital Media Lab:** 4 pm to 6 pm. Museum of the Moving Image. See Friday, May 5.

**Thailand meets Tahiti:** Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; [www.flushingtownhall.org](http://www.flushingtownhall.org); 7 pm; \$16 (\$10 for members, students).

Deum Band presents traditional and contemporary dance music from Thailand, and Josh Cho and Le Bandu Barracud presents authentic Tahitian music. Each band plays a set, then the two meet and jam.

## SAT, MAY 20

### IN QUEENS

**Traditions festival:** King Manor Museum



## Kids get all dolled up

It's all about the dolls at a doll-making workshop and tea party at Flushing Town Hall on May 6.

My Mom, My Doll, and Me invites you to dress in your teatime finery, bring your inner child, and create your own doll! Award-winning children's author, illustrator, educator, and Flushing Town Hall Space Grantee Timothy Belavia leads this workshop for all ages, genders, and backgrounds, inspired by

notable global mothers. It also includes a tea party with snacks, a read aloud, book signings, and special red carpet photo-op. For ages 4 years old and up.

My Mom, My Doll and Me on May 6 at 2 pm. Tickets are \$20, and \$18 for members and students, plus a \$10 doll-making kit.

*Flushing Town Hall [137-35 Northern Boulevard in Flushing, (718) 463-7700; [www.flushingtownhall.org](http://www.flushingtownhall.org)].*

in Rufus King Park, 89th Avenue and Archer Avenue; (718) 206-0545; [www.nycgovparks.org](http://www.nycgovparks.org); 10 am to 4 pm; Free.

Explore the traditions of the manor.

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

Wake up your inner explorer with a new mini-festival celebrating outdoor adventure, native folklore, and a richer relationship with the natural world! Join us for a variety of earthy art and awareness activities from Trees New York, SacredWaters, and Embodied Learning, as well as compass work and orienteering with wilderness guide Sam Combs. In addition, local organizations will share their upcoming outdoor programming, and attendees can enjoy Native American cultural presentations.

**Family program:** Noon to 4 pm. Museum of the Moving Image. See Saturday, May 13.

**Tim Kubart & The Space Cadets:**

Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; [www.flushingtownhall.org](http://www.flushingtownhall.org); 1 pm workshop, 2:15 pm show; \$7 (\$4 chil-

dren; Free members with tickets to show).

The artist leads a family workshop in the making of paper bag puppets and then helps children bring their puppets to life. A memorable shared family experience.

**Family Day:** Turtle Playground, 138th Street and Main Street; (718) 393-7370; [www.nycgovparks.org](http://www.nycgovparks.org); 1 pm to 4 pm; Free.

Join NYC Parks and Councilmember Rory Lancman for an afternoon of games, crafts, an animal show, inflatables, and more!

**Story time & craft:** 2 pm to 3:30 pm. Queens Botanical Garden. See Sunday, May 7.

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

Tim Kubart and special guests sing about all new adventures — the kind you can find in your home and in your heart, with your friends and with your family, in the little moments we live every day.

# Calendar

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

## SUN, MAY 21

### IN QUEENS

**Traditions festival:** 10 am to 4pm. King Manor Museum- Rufus King Park. See Saturday, May 20.

**Creative Spectrum Art Social:** Queens Museum of Art, New York City building, Flushing Meadows Corona Park; (718) 592-9700; [jax@jaxbydesign.com](mailto:jax@jaxbydesign.com); [www.queens-museum.org](http://www.queens-museum.org); 10 am to 11 am; Free.

Engage in a creative project where families can enjoy making hands-on art projects together! This program is designed for families affected by autism, especially children ages 5-13. The goal of this workshop, facilitated by Jacqueline Moore, is to provide a creative space for children with disabilities, where they can explore a variety of creative outlets of expression. Advanced registration is required.

**"Hart Island Requiem":** Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; [www.flushingtownhall.org](http://www.flushingtownhall.org); 2 pm; Free.

This is an experimental, immersive, and investigative theater piece that highlights stories of those who have died and are buried in Hart Island, a public burial ground located in the Bronx, with music by Tidtaya Sinutoke. Suitable for teens.

## TUES, MAY 23

### IN QUEENS

**"Cinderella Samba":** Painters Playground Park, Dieterle Crescent between 65th Drive and Aldertoj Street; [www.cityparksfoundation.org/event/cityparks-puppetmobile-presents-cinderella-samba-2](http://www.cityparksfoundation.org/event/cityparks-puppetmobile-presents-cinderella-samba-2); 9 am to 10 am; Free.

## THURS, MAY 25

### IN QUEENS

**"Cinderella Samba":** ARROW Field House, 35-30 35th Street; [www.cityparksfoundation.org/event/cityparks-puppetmobile-presents-cinderella-samba-2](http://www.cityparksfoundation.org/event/cityparks-puppetmobile-presents-cinderella-samba-2); 11 am to noon; Free.

## FRI, MAY 26

### IN QUEENS

**Le Vent du Nord:** Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; [www.flushingtownhall.org](http://www.flushingtownhall.org); 7 pm (8 pm concert); Free with online RSVP.

Performances of French-Canadian and Celtic dance tunes, traditional songs, and original compositions. Vocals and fiddle, accordion, and hurdy-gurdy. A pre-concert Quebecois dance class taught by Dave Harvey of NYC Barn Dance will get your feet ready for the fun. RSVP required.



## Asian-American culture

Celebrate Asian-American heritage at Ellis Island on May 7.

The National Park Service in partnership with Nai-Ni Chen Dance Company presents the festival with a ceremony and performances in the island's Great Hall of Immigration.

The event showcases traditional and contemporary Asian-American music and dance, with performing artists from the community, including the Nai-

Ni Chen Dance Company, the Chinese American Chorus of New York, the New Asia Chamber Music Society, the Chinese American Music Ensemble, and the Children's Orchestra Society.

Suitable for all ages.

Asian-American Heritage Festival, May 7 at noon. Admission is free, but most purchase ferry ticket.

*Ellis Island National Park (New York Harbor; [www.statuecruises.com](http://www.statuecruises.com)).*

## SAT, MAY 27

### IN QUEENS

**Family program:** Noon to 4 pm. Museum of the Moving Image. See Saturday, May 13.

**Tinkering Weekend:** New York Hall of Science, 47-01 111th St. (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); 1:30 pm to 3 pm and 6 pm to 7:30 pm; Free with admission to the Hall.

Families build, explore, and create together in this free, drop-in workshop. Recommended for ages 5 and older.

## SUN, MAY 28

### IN QUEENS

**Tinkering Weekend:** 1:30 pm to 3 pm and 6 pm to 7:30 pm. New York Hall of Science. See Saturday, May 27.

## LONG-RUNNING

### IN QUEENS

**Rocket Park Mini Golf:** New York Hall of Science, 47-01 111th St. (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); Daily, 10 am to 4 pm, \$6 plus admission to the Hall.

Putt your way through a nine-hole miniature golf course that teaches the science of spaceflight. Players will explore key science concepts such as propulsion, gravity, escape velocity, launch window, gravitational assist,

and more.

**UniverSoul Circus:** Roy Wilkins Park, Merrick and Baisley boulevards; [www.universoulcircus.com](http://www.universoulcircus.com); Tuesdays - Fridays, 10:30 am and 7 pm, Saturdays, Noon, 4 pm, 7:30 pm, Sundays, 12:30 pm, 3:30 pm, 6:30 pm, Until Sun, May 7; \$16 to \$40.

This highly interactive combination of circus arts, theater, and music spans genres. It embraces and celebrates the unique and familiar aspects of pop culture globally by bringing them center stage with a cast of international performers.

**Science in the Park:** Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; Sundays, 1 pm to 2:30 pm, Until Sun, June 25; Free.

Join Alley Pond Environmental Center and New York Hall of Science for fun, free, hands-on science programming in Alley Pond Park. Topics include pond exploration, engineering, insects, and flight. This program is suitable for children ages 7 to 11. No class on May 28.

**Stacks After School program:** Queens Library at Arverne; Queens Library at Baisley Park; Queens Library at Briarwood; Queens Library at Cambria Heights; Queens Library at Corona; Queens Library at East Elmhurst; Queens Library at Far Rockaway; Queens Library at Flushing; Queens Library at Jackson Heights; Queens Library at Laurelton; Queens Library at Lefferts; Queens Library at Lefrak City; Queens Library at Long Island City; Queens Library at Queens

# Calendar

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Village; Queens Library at Richmond Hill; Queens Library at Ridgewood; Queens Library at South Hollis; Queens Library at South Jamaica; Queens Library at Ozone Park; Queens Library at Woodside; (718) 990-0728; [www.queenslibrary.org/services/stacks-after-school-program](http://www.queenslibrary.org/services/stacks-after-school-program); Weekdays, 3 pm to 5:30 pm, Until Fri, June 23; Free.

Children 6 to 14 years old have an opportunity to improve their education through structured and unstructured activities that enhance science, technology, engineering, and math along with literacy activities. Each child must commit to the full year program, have a valid Queens Library card, and the permission of a parent or guardian.

**Make it Friday:** New York Hall of Science, 47-01 111th St. (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); Fridays, 2:30 pm to 5:30 pm, Until Fri, June 2; Free with admission to the Hall.

Join us in Maker Space Friday afternoons to explore different materials, concepts, and ideas while making and tinkering with your family. Activities cover a wide range of topics including simple circuits, wind-powered

racers, hand sewing, and much more. Drop in and see what we're working on!

**Digital Media Lab:** Museum of the Moving Image, 36-01 35th Ave. (718) 777-6888; [www.movingimage.us](http://www.movingimage.us); Friday, April 21, 4 pm; Friday, May 5, 4 pm.

Teens dive into the world of Snapchat and explore its use as a storytelling tool. For teens 14 years and older.

## FURTHER AFIELD

**"The Princess, The Emperor, and the Duck:"** Swedish Cottage Marionette Theater, W. 79th Street and West Drive, Manhattan; (212) 988-9093; Tuesdays – Sundays, 10:30 am and 2 pm, \$12 (\$8 for children under 12).

The Swedish Cottage Marionette Theatre presents three classic tales from Hans Christian Andersen "The Princess and the Pea," "The Emperor's New Clothes" and "The Ugly Duckling." For children ages 3 to 9.

**Neiman Marcus Family Sundays:** Nassau County Museum of Art, 1 Museum Dr., Long Island; (516) 484-9338; [nassau-museum.org](http://nassau-museum.org); Sundays, 1 pm to 4 pm, Until

Sun, July 9; Free with museum admission.

Be inspired by the works in the galleries and explore new art materials. Talk about and make art together. During the showing of Feast for the Eyes, family art projects will draw inspiration from the exhibition's many works showing food and feasting, restaurants, and dining. New projects featured every week.

**Drones – Is the Sky the Limit?:** Intrepid Sea, Air & Space Museum, Pier 86 (46th Street and 12th Avenue), Manhattan; [www.intrepidmuseum.org](http://www.intrepidmuseum.org); Weekdays, 10 am to 5 pm, Saturdays and Sundays, 10 am to 6 pm, beginning Wed, May 10; \$33 (\$31 seniors; \$24 children 5–12; Free children under 5; military, free).

The exhibit explores pilotless aircraft and the history of drone technology, from its modern-day origins in World War I and its military development to its current applications in solving complex humanitarian and commercial challenges. Visitors will be able to fly actual drones and watch the first-person viewpoint of a drone racing, among much more.

# the Marketplace

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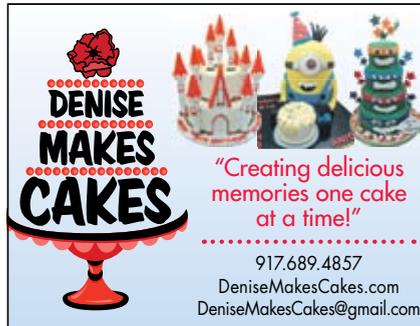
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## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

# Lessons from mom

**O**ur mothers taught us much more than cooking during our times together in the kitchen. Often something much deeper was being passed along. I've asked several local registered dietitian nutritionists to weigh in on the topic:

Growing up, our home was very food-oriented. My mother is Finnish with a bit of English and Irish; my dad was Italian. Mom learned to create Italian cuisine that my father's family loved and also cooked her own traditional meals. Our family always had a big organic garden where we grew tomatoes and other vegetables and everyone was involved in the cooking process. Mom taught us how to make our own tomato sauce that I still make today. Flavoring with fresh, locally grown produce and taking the time to cook as a family is a gift!

— Linda Arpino,  
Life Focus Nutrition, LLC

When I was growing up, my mother used to have a tried-and-true principal she used when working off a cookbook. She said, "If one recipe doesn't work in a cookbook, probably most of them won't work." Through the years, I have found that some cookbook authors may not have tested all their recipes or may not have used measuring spoons, cups, or scales. This would lead to proportions that may not be correct, which is crucial — especially when baking. So Mom was right — if one recipe

doesn't work from a cookbook, most recipes probably won't work.

— Marlisa Brown,  
President of Total Wellness Inc.

My mother taught me about love — the love of music and family. Oftentimes my mother would have gospel music playing in the background while she cooked. I would anxiously pull up a chair at the kitchen table — not to help cook — but to hear stories about her and my uncles. When they were young, my uncles sang in a gospel quartet, and mom played the piano for her Sunday school. She was the youngest of her siblings and her stories always centered around how her brothers took care of her. Thanks to Mom, I love and appreciate all types of music and understand the importance of a strong family bond.

— Constance Brown-Riggs,  
author "The African American Guide to Living Well with Diabetes."

Standing in the kitchen side-by-side with my mom while helping her cook for the holidays, she would say, "This is for Grandpa." Curious, I would ask her why we were cooking a separate pot of stuffed cabbage for him. She explained that Grandpa had diabetes and cannot eat foods with sugar. So we always made a low-sugar version for Grandpa. When we served the holiday meal, Mom would hand me two serving bowls and say, "This one is for Grandpa, this is for everyone else." Today,

we are aware that it's the total amount of carbohydrate that affects blood glucose levels, although we still encourage reducing added sugar. When I invite people over to my home for a meal, I always consider the special nutritional needs of my guests. Thanks, Mom, for teaching me this valuable lesson.

— Bonnie R. Giller,  
Dietetics & Nutrition, P.C.

I can't say I learned how to be a chef from my mom, but I can say that I learned the importance of a family meal and how a few great recipes can create memories, make a cold day warmer, and gather lots of "Mmmms" at the dinner table. My mom cooked with a lot of packaged ingredients; think Good Seasons Italian dressing, Lipton Cup-of-Soup, and Duncan Hines cake mix. But the outcomes were delicious. Now I make the same foods with my kids, but I do it my way. I use organic and local ingredients and cook from scratch, but the end result is the same: Full bellies, big smiles, and lots of warm memories.

— Amy Shapiro,  
founder of Real Nutrition NYC

The lessons our mothers taught us weren't just about food and cooking; they were about life. Why don't you prepare a cherished recipe soon to celebrate and honor the women who taught you so much?

*Christine M. Palumbo is a registered dietitian nutritionist and Fellow of the Academy of Nutrition and Dietetics in Naperville, Ill. Her mother taught her the joy of eating, how not to waste food, and the value of a pot of soup bubbling on the stove.*

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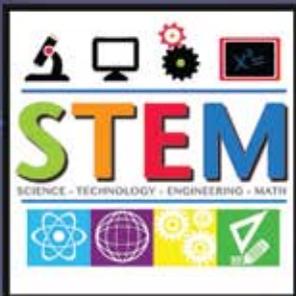
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