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NEW YORK Parenting

Queens Family
August 2018

Where every child matters



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Halfway through summer

The summer is half gone and it never fails to amaze me how fast the weeks fly. Winter never moves that fast. Right?

Your kids may still be away at camp or more than halfway through their day camp season. My daughter is a director of a popular day camp that's all outdoors and these last weeks have been a nightmare for them coping with the rain issues, especially at dismissal time when they are struggling to get the kids on the right buses.

Along with the Fourth of July week, many families take the end of August for vacation when the camps close and just before school begins. It's been pretty nice locally, except for the recent rainy days, and there have been some really exquisite beach days.



We've been to the beach quite a lot and even had some great meals on the Brooklyn Brighton Beach Boardwalk on some balmy evenings. Wonderful Russian food! Friday nights they have fireworks at The Cyclones in Coney Island and you can see them nicely too in Brighton. Going to a game at The Brooklyn Cyclones is

a great event for families. Affordable and scaled down to be a perfect family outing, the F train takes you right there.

Minor league baseball is hardly minor. I've been very impressed with the renovations to the Boardwalk at The Rockaways. The NYC Ferries can take you there from many locations around the boroughs and they're lots of fun! It's a very popular destination this summer, and impressively

from my point of view they have closed a small section for the nesting of some very small but endangered birds called Piping Plovers. Their chicks are apparently the size of cotton balls. Isn't that adorable?

However you and your family spend the end of summer, I sincerely hope it's a safe and happy one.

Make the most of the still long days and all the outdoor activities that go with it. Tennis anyone?

Thanks for reading.

Susan Weiss-Voskidis,
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Editorial inquiries, calendar information, advertising rates and schedules and subscription requests may be addressed to **New York Parenting**, One Metrotech Center North, 10th Floor, Brooklyn, N.Y. 11201.

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

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

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“I Can Do That! Erasable Art” by La ZOO

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“I Can Do That! Origami”

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build focus, encourage children to follow sequential directions, and enhance fine motor muscles.

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Ten tips to flush out potty mouth

BY DENISE YEARIAN

At one time or another, parents may have to censor their child's speech. When cursing or other inappropriate language erupts from your child's mouth, consider these 10 tips:

1. Recognize developmental level. Children under the age of 6 think in concrete terms, so use simple statements like, "That's not a nice word; we don't say it." Kids over age 6 think in the abstract, so use it to teach why certain words are unacceptable.

2. Ask and explain. Don't assume your child knows the meaning of the word or its inappropriateness. Ask him, and then explain that it is offensive and could affect how others perceive and receive him.

3. Avoid overreacting. Some experts suggest ignoring the first offense, others say to address it immediately. Whatever you choose, stay calm and in control. Overreacting clues kids in that these are emotionally charged words, and they could use it to leverage attention.

4. Set guidelines. Establish boundaries on what is and isn't ac-

ceptable speech.

5. Opt for alternatives. Brainstorm acceptable words to use in place of expletives. Also, if he feels frustrated or angry, encourage him to take time for self-reflection.

6. Be mindful of media. Monitor the content of the TV shows and movies you allow in your home. Even if your child seems engrossed in another activity, if he's within earshot, he is hearing it.

7. Don't joke around. Resist the urge to laugh or video record him swearing, so you can upload it on social media sites. This sends a mixed message and reinforces bad behavior.

8. Be a good role model. If your child says, "You say it!" don't deny it, justify it, or set double standards. Admit your mistakes and agree to stop. What's more, if regular house guests have a propensity to swear, ask them to curtail cursing in your home.

9. Define consequences. If the problem persists, establish consequences and be consistent, i.e. put 50 cents in a jar for every offense.

10. Praise positive changes. If swearing was a problem and your child is now making an effort to stop, give praise when he expresses himself appropriately.

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





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Education Choices

DIRECTORY

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Continued on page 14

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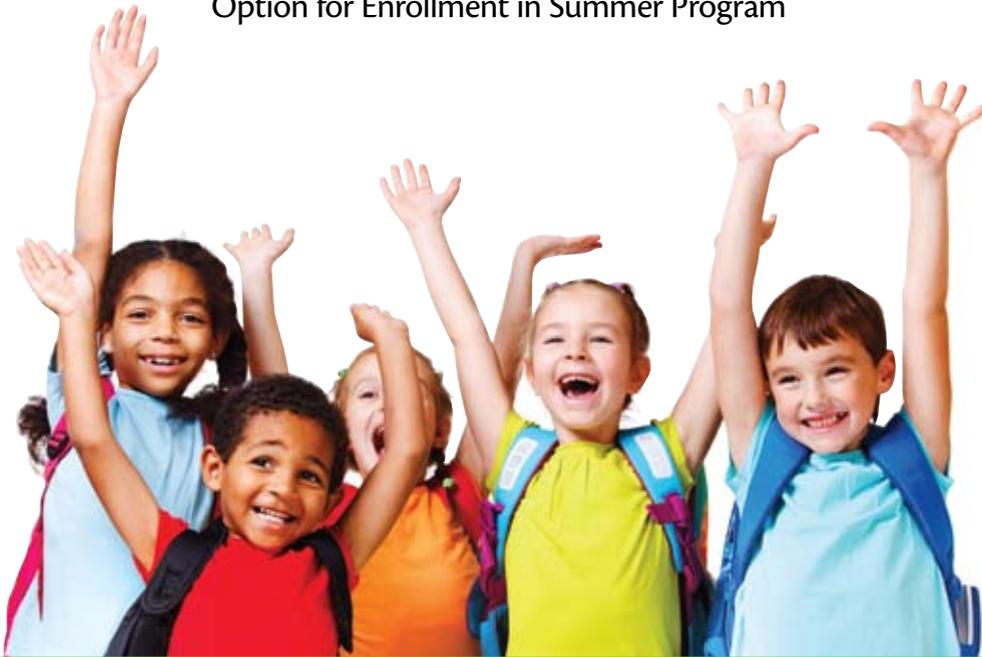
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Continued from page 12

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Long Island City

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NEW YORK
Parenting

Ditch the excuses: Here's why it's time to plan your estate

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Many people hesitate to do an estate plan properly. Here are some of the objections people raise and the reasons to push through those objections to get this item off your to-do list:

It costs too much

Often, the hesitation to move forward is cost. However, trying to save on estate planning through a “do-it-yourself” will is the true embodiment of “penny wise, pound foolish.” You may save yourself the legal fee on the front end, but your heirs will almost certainly pay for it on the back end.

For example, there are specific formalities to executing a will that could render it invalid and not admitted to probate by the court. A beneficiary who is also a witness would have to forfeit his or her inheritance in order for the will to be valid. Removing the staples means that someone will need to attest to how those staples were removed. Handwritten material on the will might not be viewed as part of the testamentary instrument.

When you pay a legal fee for estate-planning documents, you are not so much paying for the drafting of a document (the “it’s just a form” statement I hear from many potential clients) but rather for the knowledge and experience of the attorney whose guidance helps minimize problems.

The laws keep changing

Another objection is that the tax laws keep changing. The tax laws have changed since 2001, but the key is to have a document that is flexible enough to allow for the

change in the law. It is also important to review your documents every so often to ensure that they still meet your objectives.

Distribution dilemmas

If you're married, many people leave their spouse their assets. Yet, many wonder what will happen to those assets if the spouse is remarried. Others would prefer to not leave their spouse assets, and pass the assets on to their children. This can be the case where the spouse has his or her own assets sufficient to fund their care and lifestyle, or in a second marriage scenario.

You should also keep in mind that state law dictates whether there is a minimum that you must leave your spouse. In New York, for example, a spouse is entitled to a minimum of one-third unless he or she has waived their “right of election” — their right to elect to take one-third of the estate if the testamentary plan leaves them less than one-third. Once you've decided how much to leave your spouse, if you have children, the next questions you should ask are:

- Do I want to leave money equally to all of my children?
- Do I want to include my grandchildren in my beneficiaries, or should they wait to take from their parents?
- Am I charitably inclined and do I want to leave assets to charitable organizations, either outright when I die or in a charitable remainder trust?

The answers to these questions will depend on your wishes as well as the extent and nature of your assets. For example, the answer for a person whose primary asset is her or his business may have a very different plan than a couple with a house and the predominant amount of liquid assets in an IRA.

Guardian disagreement

This is one of the most common barriers I hear for couples hesitating on moving forward. My advice is for the couple to at



ASK AN ATTORNEY

ALISON ARDEN BESUNDER, ESQ.

least make the appointment with the estate-planning attorney to get an overview and move forward with the drafting of the documents, even if they have not finalized the decision to name a guardian for your children in the terrible, but yet, unlikely event that both parents have died.

However, the decision is not irrevocable. The person you name as guardian for your 18 month old is going to change when that baby is a tween or teenager. Once you have the foundation set by doing your estate-planning documents and having it in place, the change of guardian is an easy fix — my clients will often come in to execute a short “codicil,” basically an addendum to the will, to update the nomination of guardian. In this way, you don't have to reinvent the wheel, you're just doing a “refresh” that does not take a lot of time or incur a massive cost.

In January, many people call me, because their New Year's resolution is to take estate planning off their to-do list. There is a similar influx of calls on the other end of the calendar in December from people who had estate planning on their January to-do list and are determined to finish it before the year's end, and avoid it rolling over to the next year's list of resolutions. We find ourselves at the mid-point of the calendar, so despite the carefree days of summer, if you have had this on your list for a while, there is no time like the present to start the process!

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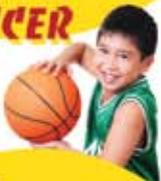
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Helping out

Benefits of volunteering at your child's school

BY MYRNA BETH HASKELL

Has your child's teacher asked for volunteers this year? If you have never offered your services, you may want to reconsider. Many elementary school teachers are eager to accept help from parents. Sometimes classes have as many as 25 or 30 students, and it can be a blessing to have an extra pair of hands. Even at the middle school and high school levels, parents are needed for a variety of reasons.

When my kids were still in school, I volunteered in many capacities, including Parent-Teacher Association president. My home office provided flexibility, which made it easier to find opportunities to help out during the day. However, there are plenty of ways parents can offer their assistance, even if they work during school hours.

Volunteering at your child's school will help your child as much as his teacher. He will realize that his education is just as important to you as it is to him. Having a relationship with school staff also makes it easier to address concerns or issues that may arise during the school year. It's a win-win for everyone.

Benefits of volunteering in the classroom

"Volunteering in your child's class gives you a delicious peek into your child's daily life," explains Dr. Eileen Kennedy-Moore, a psychologist, internationally published author of several parenting books, and co-author of the recently-released "Growing Friendships: A Kid's Guide to Making and Keeping Friends" (Aladdin-Beyond Words). "You'll be able to see how the teacher and students interact, pick up on the atmosphere in the classroom, and perhaps see a whole new side to your own child. Kids often behave very differently at school. Your chat-box at home may be on the quiet side at school, or your baby of the family may show an impressive degree of independence and resourcefulness in the classroom."

Christina Hibbert, founder of Motherhood Radio-TV and bestselling author of several books — including the award-winning "This is How We Grow" (Oracle Folio Books), says, "Volunteering can help you

Classroom volunteer etiquette

If you decide to volunteer, here is a short list of some dos and don'ts to consider:

- *Do* tell your child's teacher about any skills or hobbies you have.
- *Do* show up on time.
- *Do* refer to your child's teacher as Mrs. Smith (not Mary) in the classroom.
- *Do* wait for an appropriate time to ask about your child's progress (not in the middle of a messy art project).
- *Do* dress comfortably and appropriately.
- *Don't* ask for special favors.
- *Don't* overstay your welcome.
- *Don't* make a pest of yourself. (You are there to help out, not chat about a million other things.)
- When in doubt ... *ask!*

better understand your child's strengths and weaknesses, to see her at her best or at her not-so-best, and to get a feel for what she loves about school and where she might be struggling."

Better communication

By volunteering, I was able to have constructive conversations with my children about their school day. I was familiar with the daily class schedule, so I was able to ask the right questions. For instance, instead of the generic "what-did-you-do-in-school-today?" I would ask, "What was the topic for writer's workshop this morning?" Specific questions seem to generate an actual response instead of a vague, "Ah ... nothing."

Kennedy-Moore states, "Knowing more about your child's school environment is very helpful if your child doesn't usually tell you what's happening at school."

Communication with school staff might be easier as well.

"Volunteering can also help you build relationships with school personnel," Kennedy-Moore points out. "This can be useful for facilitating communication and addressing your child's needs."

Bonding aspect

Volunteering helps build strong relationships.

Hibbert elaborates, "Volunteering helps your child feel connected to you. As you participate in his world, he'll feel the love you have for him, and he'll know that you support him. Young children love to 'show off' their parent at school, because it makes them feel special having you there. You may also develop a stronger relationship with your child's teacher, and this will allow you to be more involved in your child's learning and progress in school."

Kennedy-Moore adds that your involvement at your child's school is also a catalyst for building community relationships.

"Volunteering also helps you get to know other parents who can be great sources of information about resources or opportunities for your child. Meeting other parents might even lead to family relationships that offer your child a special sense of connection to the school."

For those with less flexible work hours

Many parents don't have a flexible work schedule or the time to participate in classroom activities on a regular basis. If you want to volunteer, but your work schedule does not permit helping with activities in the class, ask your child's teacher if you can do something from home or attend evening activities and meetings.

"When my children were in elementary school, I worked a 45 to 55-hour work week," says Linda Witherwax, former Taconic Region PTA director in New York and current Volusia County Council PTA president in Florida. "What really helped me stay involved with my children's school was getting involved in the PTA." Witherwax believes this was a very good way to stay connected and to have updated information about what was going on at the school. "The principal attended all the meetings and talked about current issues and upcoming events. I got to meet other parents, which also helped me to stay connected and informed." She also suggests participating in evening events, such as back-to-school nights.

"If your work schedule gets in the way of



volunteering during the school day, don't worry! There are plenty of opportunities to pitch in on weekends or in the evening," says Kennedy-Moore. She suggests looking into the following:

- Administrative role to help with fundraisers.
- Organizational projects that can be done via e-mail.
- Doing a presentation about your career in your child's classroom on "Career Day."

Hibbert proposes volunteering for after-school activities.

"Perhaps you could be the team parent for after-school sports. You can volunteer at an after-school book fair or carnival, too." She also suggests helping with projects you can work on at home. "Teachers are usually more than willing to send home items you can help with, such as creating project pieces for school projects. You'll be pleasantly surprised by how many opportunities there are to volunteer after business hours."

Donations are always needed as well. "You can volunteer by donating needed classroom supplies or snack items," adds Hibbert.

Volunteering at the secondary level

When I was PTA president at my children's middle school, I was told that finding parent volunteers in secondary schools

is like finding a needle in a haystack. However, it's even more important that parents remain involved as their children get older. This is the time when things might go awry, and if there are problems, they certainly will be bigger ones.

It's important that teens understand that their parents are not "checking up" on them, but helping out, because they care about their teen's education and special interests.

Older students are capable of planning things on their own and running clubs. Therefore, you will probably be given a more supervisory type of role.

Witherwax claims that PTA is important at the secondary level as well.

"There seems to be so much more going on at the secondary level. There are often guest speakers from the district who share curriculum news."

At the high school level, there are usually student representatives talking about the specific events for each class, such as prom.

Joining booster clubs or serving as an advisor are great ways to show your support. I was the National Art Honor Society advisor when my daughter was in high school. I had a great rapport with the students, and my daughter was thrilled to have me volunteer in this capacity, because she knew that I also had an interest in art. It was a great way for me to share her love of fine art and meet other students with similar interests.

There are usually opportunities to volunteer at concerts, honor roll events, and sports events as well. At this level, students are usually from neighborhoods that are a greater distance away. So, an additional benefit is meeting the parents of some of the other teens whom you wouldn't have met otherwise.

Be sure to subscribe to the school's online newsletter or mass e-mails — if your teen is not talking about what is going on, you will still be informed.

"I had e-mail addresses for all my children's teachers," shares Witherwax. "E-mail was a popular means of communication with secondary teachers."

Studies show that your involvement in your child's school makes a difference at all levels. The cooperative alliance of parents and teachers who work together as a team is a formula for success. Find the time to get involved, and show your child how much you care about his education. Any level of participation is important. Your child can only benefit from your genuine interest.

Kennedy-Moore asserts, "Most importantly, volunteering at your child's school shows that you value education and care about helping to build the school community."

Myrna Beth Haskell is an award-winning author (www.myrnahaskell.com). She is also co-founder and managing editor of SANCTUARY (www.sanctuary-magazine.com).

Creative problem solving

Education reform to prepare kids for future challenges

BY DEBORAH BRADLEY-KRAMER

There has never been a greater need for education reform than the present moment. Educators and parents face an enormous challenge today in preparing present and upcoming generations for a rapidly changing and highly unpredictable future. In the next few decades, automation and artificial intelligence may make seemingly stable professions largely redundant. Changes to our climate may lead to sweeping migration and drastic transformation of economic production models. Technologies that seem cutting-edge and rich in opportunity may be entirely obsolete by the time today's kindergartner enters the job market. As a result, an educational model that was developed for the industrial era is likely to be entirely insufficient to the actual world our children and students will live in.

So how can we best prepare these children for the world they will inherit, whose parameters we can only guess at? The philosophy of education known as inquiry-based learning or phenomenon-based learning has been developed and applied with great success in countries such as Finland and Singapore that regularly score towards the top of global educational benchmarks such as the Programme for International Student Assessment.

Unfortunately, educators in U.S. schools often fail to teach our children how exciting and mesmerizingly beautiful the inquiry process can be — fixating on the destination rather than the journey of learning. If our nation's citizens are to acquire the skills necessary to remain competitive in an age of accelerating change, it is paramount that we urgently engage in a humanist approach to science, technology, engineering, and mathematics education reform to revolutionize our standings in the global knowledge economy.

So how does one teach creativity? One of the most effective ways to do this is through integrated, interdisciplinary investigation of problem, theme, or phenomenon, where learners become open to making unexpected connections. For example, a teacher may choose to extend an exploration of sustainable systems by challenging students to improve the overall energy efficiency of their own homes. A third-grader may tie together her under-

standing of energy loss, simple machines, and magnets to conceive of a device that will keep the door to the family refrigerator shut once and for all. Given the time to test, analyze, and redesign her invention, this child will not only have reduced her carbon footprint, but mom and dad's energy bill as well.

Now, imagine that your child attends a school where inquiry-based learning is encouraged. A first-grader is motivated by natural curiosity and asks: "Why are some ladybugs yellow?" Supported by enthusiastic interest from the rest of the class, the teacher orders several dozen ladybug eggs that the children raise in the classroom over the course of the next month. Your child and her classmates record observations of the ladybugs in interactive notebooks each day — watching as they hatch into some larvae, crystallize into some pupae, and emerge as adult ladybugs.

Together, the class develops a list of critical questions that they would like an-



swered. They form a variety of hypotheses that they test while they acquire and practice skills in measurement, mathematics, biology, and drawing that they need to record and analyze their data. Collaborative planning amongst your child's teachers results in supplemental activities involving reading, writing, engineering, multimedia design, visual and performance art, civil debate, public outreach, and much more.

Driven again, by the authentic interest of the class, the teacher facilitates a series of daily, mini-experiments. Does a ladybug prefer a wet or a dry habitat? What is the ideal temperature for a ladybug habitat? What is a ladybug's favorite food?

"But why are some ladybugs yellow?" one student asks again. As the insects begin to hatch, students see some yellow ladybugs, but then they switch to red. The students grapple with their observations in search of an explanation until finally, someone has the idea to put a hidden camera in the ladybug habitat. The following day, the teacher shows a video to the class that reveals a ladybug hatching from its pupae! Eagerly leaning forward, the class watches together and ... the new ladybug is yellow! Your child raises her hand to suggest skipping forward in the video and sure enough, the ladybug has turned red after several hours. Yellow ladybugs are just red lady-

So how does one teach creativity? One of the most effective ways to do this is through integrated, interdisciplinary investigation of problem, theme, or phenomenon, where learners become open to making unexpected connections.

bugs that have freshly hatched!

It is a different era, and we need fresh approaches to pedagogy and education. It is worth noting that in a 2013 study of Google employees, the seven most important qualities were: being a good coach, communicating and listening well, possessing insights into others, having empathy toward and being supportive of one's colleagues, being a good critical thinker and problem solver, and being able to make connections across complex ideas. These qualities are valuable in many fields

beyond technology.

A holistic approach to education creates minds able to rapidly acquire new modes of learning, develop new strategies, adapt to the needs of future quandaries, and fully explore their own passions. In this model, the individual interest and talents that make each child unique are not ignored, but rather, fully embraced in order to create a dynamic community of diverse learners. Autonomy, creativity, and lateral thinking are valued over rote memorization, creating students fluent in their ability to generate original ideas. Motivated not by grades, but by the natural curiosity that is present in every child, a humanist approach to education creates intrinsically motivated kids that simply love to learn.

A generation of creatively literate citizens is a non-negotiable requirement for future success. It is therefore important that students are taught how to teach themselves, how to define and solve their own problems, and how to work collaboratively towards meaningful goals; all skills that will empower them to become the innovators, leaders, and change agents of tomorrow.

Deborah Bradley-Kramer is MUSE Academy's Head of School. For more, visit <https://museacademybk.com>.




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Splash smarter

Tips for keeping it fun *and* safe at the water park

BY MYRNA BETH HASKELL

My family always enjoyed planning our annual summer vacation together. As our kids got older, our getaways needed to include their favorite summer activity — at least one day at a nearby water park. We would scout locations to be sure there was a park in the general vicinity, guaranteeing a day of unbridled splashing, tubing, and sliding. We have probably visited 15 over the years.

We found that there was always something for all of us to enjoy. I favored the lazy rivers, wave pools, and family tube rides. My husband and kids were more adventurous — enjoying free-fall type slides and water coasters.

Nothing beats the summer heat like a day full of wet and wild fun; however, as with most activities in and around water, there are safety precautions parents should take to ensure a healthy day at the water park.

Read park guidelines prior to visit

It's imperative to read the park's guidelines before you go. Information about picnic areas, swim diapers, first aid, electrical storm shelters, and other policies can usually be found on the park's website. If you have a question that is not answered in the guidelines, call ahead.

Wayne L. Franks, Jr., director of operations for Camelbeach Mountain Waterpark in Pennsylvania, says, "Camelbeach provides life jackets for free, which are available for all non-swimming guests. For our Kahuna Lagoon Wavepool, all guests under 48 inches in height are required to wear a life jacket and have a responsible chaperone within an arm's length of them at all times."

Foam toys or air-filled arm rings are not substitutes for U.S. Coast Guard-approved life jackets, and are usually not allowed at water parks.

There will be rules about attire as well.

"Footwear is encouraged for all guests while traveling from one attraction to the next," says Franks. "However, most footwear is restricted from being worn while riding, with the exception of aqua-socks or

Safety first

Parents may find additional safety information at the following websites:

- International Association of Amusement Parks and Attractions: <http://www.iaapa.org/safety-and-advocacy/safety/water-park-safety/tips>
- Healthy swimming tips: <https://www.cdc.gov/features/healthyswimming/index.html>
- The model aquatic health code: An all-inclusive model public swimming pool and spa code: <https://www.cdc.gov/mahc/>

water shoes. There is a shoe and garment rack available at all slides and attractions for guests to deposit their personal belongings while enjoying the ride," he adds.

Check restrictions on loose-fitting garments. Certain attractions may require swim shirts (fitted, flexible tees made for swimming) or bathing suit only (e.g. at Camelbeach, shirts are not allowed on the Vortex slide). Metal zippers and other adornments may not be permitted as well, so read the rules carefully.

Swim diapers are required for children who are not potty trained.

"Swim diapers must be worn by all guests who are not 100-percent potty trained. Swim diapers are available at our water park retail store," says Franks. Some water parks will not have swim diapers available for purchase, so parents need to come prepared with extras.

Requirements vary from park to park regarding unsupervised minors and age minimums for "supervisors." Remember, too, that lifeguards are there to protect guests from drowning or other attraction emergencies, not to supervise children.

Parents should also locate the first-aid office as soon as they enter the park.

Prevent bacterial infections

Some water parks have rides that utilize both chlorinated pools and adjacent fresh water areas (e.g. a lake). Swimmers need to take precautions while swimming in both fresh water and chlorinated pools.

Water park essentials pack list:

Pack the following items the night before you plan a trip to a water park to be sure you have the right supplies on hand:

- Sunscreen for body and face
- Hats and extra T-shirts (or water tees)
- Sandals or water shoes with treaded or rubber soles to prevent slippage
- Sunglasses with strap
- EpiPen if needed
- Band-Aids, anti-bacterial ointment
- Waterproof watch and camera
- Extra swim diapers
- U.S. Coast Guard-approved swim vest for non-swimmers, unless provided by park

"Bacteria and pathogenic amoebae are present in freshwater lakes and ponds and in improperly chlorinated swimming pools," explains Francine Marciano-Cabral, professor of microbiology and immunology at Virginia Commonwealth University. "In warm weather, pathogenic bacteria and amoebae divide rapidly in fresh water."

Marciano-Cabral discusses ways to prevent bacterial and amoebic infections.

"When freshwater lakes or ponds appear cloudy, it is best to avoid swimming there. When swimming in lakes and ponds, do not stir up the bottom. It is also important to keep the head above water as many pathogens can enter the nasal passages, or contaminated water can be swallowed. Use nose clips if children go to a water park where the water shoots up out of the ground."

Chlorinated water may contain bacteria.

"The problem with chlorinated pools is that in the hot weather, with the sun shining, the chlorine dissipates and the levels fall rapidly. So it is important that chlorine levels are checked frequently," Marciano-Cabral says. "Shoes are important to wear to prevent fungal infections to feet."

"To help limit the spread of infection, you should stay out of the water if you



have diarrhea or open wounds,” advises Dr. Melissa Winterhalter, a physician with the section of ambulatory pediatrics at Nationwide Children’s Hospital in Ohio. “Showering, even a quick, one-minute rinse before and after swimming, can help to decrease pathogens,” she adds.

Winterhalter recommends that parents change their babies and toddlers frequently, even if wearing swim diapers.

“Most swim diapers are made to hold the stool or urine output, but they will leak after extended time. Check the diaper often to be sure it doesn’t need to be changed — every 30 to 60 minutes helps prevent urine or stool leakage,” she says. “Changing should be done in the bathroom or in a diaper changing station, not poolside.”

Swim safety tips

According to the Centers for Disease Control and Prevention, “Drowning is a leading cause of unintentional injury or death among children 1–14 years old. Swimmers can prevent drowning by learning swimming skills such as floating, by wearing life vests, and by swimming under the supervision of parents, caregivers, or lifeguards who know cardiopulmonary resuscitation (CPR).”

“Always swim with a buddy and where

there is a qualified lifeguard on duty,” advises Franks.

Everyone should follow all posted height and weight restrictions and should follow the lifeguard’s specific instructions when riding the slides, tubes, and other attractions.

Parents should never leave a non-swimmer unattended, even if a lifeguard is nearby.

Hydration

When you’re frolicking in the water, it doesn’t always feel like you need to drink water.

“Most children don’t drink enough when they are at a water park or enjoying outdoor play,” warns Winterhalter. “As a guideline, try to take a break every hour in the shade to drink, rest, and re-apply sunscreen. Younger children may need more frequent breaks. If your child goes to the potty and their urine is dark or strong smelling, they need to focus on drinking more than usual and may need a longer rest.”

Sun safety

The Centers for Disease Control and Prevention reports, “Sunburn is not immediately apparent. Symptoms usually start about four hours after sun exposure, worsen in 24–36 hours, and resolve in three to five days.”

Therefore, parents should regularly

apply sunscreen, because burns may not be easily detected.

“Everyone should apply sunscreen of SPF 30 or greater any time they are outdoors and exposed to the potentially harmful rays of the sun,” Franks says. “Be sure not to forget your face, tips of the ears, and tops of your feet, as these are tender areas often forgotten and susceptible to severe sunburn.”

Of course, if you notice a sunburn developing, it is best to seek shade, drink water, and apply after-sun lotion to rehydrate the skin (e.g. one containing aloe).

Security and emergencies

Family members getting lost or separated is always a concern at any amusement park.

“At Camelbeach, we encourage all families and groups to have a pre-established plan for a meeting place if any one of their party happens to become separated,” says Franks.

Water parks have security teams trained to help reunite family members, so parents should point out staff uniforms, so their children can locate an employee or security personnel if they get lost or frightened.

John Poncy, a security expert and chief executive and quality officer of The Densus Group, suggests that parents teach their family members a five-point contingency plan that Poncy learned in the military. This can be modified for any amusement park or other crowded venue so that family members know what to do in case of separation or emergency:

G – Where leader is *Going*: Know which part of the park Mom, Dad, or an adult supervisor will be at any particular time

O – *Others* leader has with him or her: Who is with Mom in the toddler area?

T – *Time* leader will be gone: Know what time Dad plans to return to the wave pool or other specified meeting place.

W – *What* to do if the leader does not return on time: If Mom doesn’t return by 4 pm, go to the Security Office and wait for her there.

A – *Actions* in an emergency if leader is not present: If there is an emergency at your location (such as violent weather), wait for authorities or security personnel to give you instructions.

Poncy also reminds parents to help their children memorize phone numbers.

“Make them memorize your phone number, because if their phone dies and they need to use someone else’s phone, they will need to know the number to call.”

Myrna Beth Haskell is an award-winning author. She is also cofounder and managing editor of SANCTUARY (www.sanctuary-magazine.com).

How to expand the definition of beauty

Dove Self-Esteem Project helping girls embrace their bodies

BY SHNIEKA L. JOHNSON

Adolescent girls have to navigate a 24-hour news cycle of pop-culture trends interwoven with unrealistic beauty standards and body idealism. Subtle messages in magazines, on television, and throughout social media can negatively impact the self-esteem of even the most confident young woman. According to research facilitated by Dove, six in 10 girls believe that the media and advertisements set an unrealistic standard of beauty. The research also indicated that eight in 10 girls with low body confidence will opt out of important activities, like speaking up to voice an opinion or something as simple as raising a hand in class. Dove is on a mission to change that.

The Dove Self-Esteem Project launched more than a decade ago and continues to work to empower the next generation of girls, so they can embrace their own beauty. Young women should develop confidence and reclaim their power as women. So far, more than 20 million youth have participated in Dove's self-esteem education, reports the personal wash brand. The campaign offers materials, resources, and lesson plans for parents, teachers, and youth leaders to help girls reach their fullest potential. The resources are free.

The campaign has resulted in the company becoming the largest provider of self-esteem education in the world, reports Dove. Its Self-Esteem Project promotes positive conversations with girls and is meant to focus on adolescent girls. This is a time when young women are often bombarded with destructive messages in the media or even involved in toxic friendships at school. Now, experts have taken a look at the power of mentorship and the positive effects it has on a girls' adolescence and development. Many agree that one hour spent talking to a girl about beauty, confidence, and self-esteem can help change the way she sees herself. The effects could last a lifetime.

"An Hour With Her" is a short docu-



Debbie Allen, actress Chelsea Harris, and aspiring actress Caralyn Singleterry worked on the short film.

mentary film created by producer-writer Shonda Rhimes (creator of "Grey's Anatomy" and "Scandal"), director Debbie Allen ("Fame"), and Dove, in which actress Chelsea Harris ("Grey's Anatomy" and "Designated Survivor") shares the lessons that she learned participating in the Dove Self-Esteem Project 10 years ago. She mentors 17-year-old aspiring actress Caralyn Singleterry. The 4-minute film explores the power of mentorship and encourages women to spend an hour with a girl in their life. They find that their personal journeys are similar and

both had to confront negative thoughts related to their appearance. During their hour together, Chelsea and Caralyn discuss managing low self-esteem and coping with bullying. Although these experiences nearly held them back from their dreams, they persevered. By the end of the film, there is a sense of optimism, camaraderie, and confidence to disregard other people's definitions of beauty.

"It was truly moving to see the powerful mentorship develop between Chelsea and Caralyn as we filmed," said director Allen. "My experiences working in Hol-

lywood over the last few decades have allowed me to forge relationships like theirs — as both the mentor and mentee. It was a privilege to bring their stories to life with a 100 percent female crew beside me, each with their own stories and perspective that helped shape this film,” she added.

Dove Real Beauty Productions launched in 2017 with a mission to shift the power of storytelling. Real women are expanding the definition of beauty, not only in their homes, but in their communities and the greater world. The most recent film is inspiring intergenerational connection around beauty, confidence, and self-esteem. The production company is sending a powerful message confronting appearance-related negativity and embracing individual beauty in its content.

“Dove has always been committed to creating a world where beauty is a source of confidence, not anxiety,” said Amy Stepanian, marketing director of Dove. “As a global beauty brand, we have a responsibility to encourage the next generation to develop a positive relationship with their appearance in order to reach their full potential. We know that more than half of girls aged 10 to 17 are facing low self-esteem, and it’s leading them to



“It was truly moving to see the powerful mentorship develop between Chelsea and Caralyn as we filmed. My experiences working in Hollywood over the last few decades have allowed me to forge relationships like theirs — as both the mentor and mentee.”

— Director Debbie Allen

opt out of important activities in life. In moments like seeing Caralyn overcome her struggles with confidence and get back on stage to pursue her dreams of acting, we find our biggest inspiration,” she added.

Dove aims to inspire the next generation of girls to embrace their beauty, and it hopes to reach 40 million girls with self-esteem education by 2020. Parents,

mentors, teachers, and youth leaders can find resources, videos, and free downloadable lessons on the company’s website, dove.com. (Just click the Dove Self-Esteem Project tab.)

Shnieka Johnson is an education consultant and freelance writer, based in Manhattan, where she resides with her husband and son. Contact her via her website: www.shniekajohnson.com.



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Now I'm bugging out

The dreaded school e-mail about — lice

Surely one of the worst e-mail subject lines to receive from your child's school is "Head lice." A few years ago, that exact note landed in my inbox from my children's principal. I proceeded to click on the e-mail with a cautious mind, figuring that schools had the responsibility to regularly educate parents about the seasonal buggers, so I would probably find a simple cautionary advisement.

I clicked on it and read the first line:

"Dear Parents: One of your child's classmates had head lice."

Ugh! I start talking to myself out loud, something along the lines of "Oh ... my ... god. No."

I'm not sure which child this was referring to since I had two in the school at the time, and it didn't mention which grade. I was sincerely hoping it was my older OCD-ish daughter and not my younger, more laidback, will leave his clothes, hat, gloves, books anywhere son.

To say the thought of tiny, little bugs running along my children's heads disturbed me — not to mention having them invade our home — would be a massive understatement at best. I was already

itchy, literally, just reading the e-mail. I'm slightly suggestive, I suppose.

The principal cautioned us to check the heads of each family member that same day and also gave us instructions about what to do if we find the critters. Then he wisely advised us not to judge:

"It is absolutely nothing to do with the kind of parents that child has. It has nothing to do with cleanliness; in fact, head lice prefer a clean, healthy head to a dirty one. Anyone, adult or child, can get head lice."

Thankfully, my kids (knock on wood) have never had head lice. (Maybe they have dirty heads?) And every year that goes by, I feel like this is the year that our luck might run out!

Between the ever present bedbugs around the city, a nightly swarm of mosquitoes at dusk each night, and multiple, random raccoons and opossum scurrying around in my neighborhood — or just our family even riding the subway — I guess we should be lucky we don't pick up anything worse.

But every year, the morning after notes like these go home, there will be those that judge and gather in huddled groups



JUST WRITE MOM

DANIELLE SULLIVAN

whispering about the culprit. (And make no mistake, someone will make it their business to tell everyone which child it is.) And as much as I detest insects infesting any part of our home, let alone body, kids who get lice just have unfortunate luck, not any hygienic shortcoming.

Of course, that doesn't mean that I won't want to shave my kids' heads bald and throw out every bit of fabric in my house if they ever bring those buggers home!

Danielle Sullivan is a writer living in New York City. Follow her on Instagram @Deewrite.

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Feeding good

New cookbook aims to make meals easier for new moms

BY TAMMY SCILEPPI

Okay, it's time I came clean: When my sons were tots, I just didn't have the time, energy, or motivation for creative meal-making, or the know-how to prepare tasty baby- and toddler-friendly chow the old-fashioned way — from scratch.

Once my baby boys were introduced to solid food, they were fed every Gerber variety I could find on the supermarket shelf, along with other mushy staples, like mashed bananas, rice cereal, etc. As toddlers, they graduated to chunkier jar choices.

Isn't that what most moms — who weren't hippies — have been giving their youngins for decades?

I still talk about the mini food processor I bought many moons ago, during a passing make-my-own-baby-food phase. It's still sitting unused in the back of a kitchen cabinet.

Sure, my precious darlings always ate balanced, nutritious meals based on the recommended food groups ... that were hurriedly prepared when I came home

tired and stressed out from a long day at work. And, oh yeah, meatloaf was my specialty. We also ordered in a lot. I would tell myself that everything was made with lots of love. And that no one, including my hubby, went hungry.

Phew! So, now my secret is out there. And what a relief that I'm past those chaotic and exhausting years. Although I do feel sad that everything went by too quickly, and I didn't savor every single moment. I tried, but there was so much going on and life got in the way.

In these enlightened, organic times, many new parents enjoy making their own natural tot food and are committed to providing healthier options for their growing families. As their kids get older, most wouldn't be caught dead serving them oven- or microwave-ready frozen fish sticks with a side of tater tots and canned corn, or pasta with Ragu tomato sauce and salad for dinner, no matter how busy their day was.

My family survived despite my awkward attempts at cooking. And if you ask them today, they would probably say my lunch and dinner offerings were okay, but kinda

limited. In other words: B-O-R-I-N-G! Let's face it, the wow factor just wasn't there.

Recently, I came across a bunch of amazing, mouth-watering recipes from Queens author and mother of two, Aurora Satler. Her new collection of recipes "The Ultimate New Mom's Cookbook: A Complete Food and Nutrition Resource for Expectant Mothers, Babies and Toddlers" (Page Street Publishing) is specifically for pregnant and new moms. As a non-foodie, I have to admit that I was intrigued, and even wowed. I told myself, it was obviously too late for me, and sadly, my boys, now that they're making their own food choices. But nevertheless, I felt inspired by what I saw and thought: Perhaps I can make some of these attractive, healthy dishes anyway, 'cause everyone would love 'em — even my grown-up friends. So, I did, and they were a hit. The diverse recipes are easy to follow, and prep and cooking times aren't long.

Who could say "no" to brisket sliders with carrot cilantro slaw, or "our favorite fish tacos?"

While I appreciate the out-of-the-box, family-friendly ideas this young mom had come up with and the time she put into the creation of her beautiful 224-page cookbook — which is chock-full of 80-plus recipes for a growing familia, along with color photos that she took — I also feel a twinge of guilt, and I'm kinda jealous. Perhaps because Satler seems like a super mom and the kind of creative cooker I should've been had I had the inclination and culinary interest, and if, truth be told, I had carved out more time to make better meals for my family. And because creating simple, healthy, yummy dishes seems to come so naturally to her.

After all, having a flair for good cooking is a gift of sorts, and if you and your family sample her tempting offerings, I think you, too, will agree that her recipes rock!

As an Astoria resident and mother of future foodies, Jack, 3, and 1-year-old Lila, the author is raising her family in the most diverse area on the planet — "The World's Borough."

Being a health-conscious person and passionate foodie, as well as a former creative director, made her transition into cookbook author a smoother one, for sure.

Winner winner chicken dinner

Makes 1¾ cups

This is chicken soup for the baby's soul with tender chicken, sweet peas, carrot, and stars. It tastes pretty much like a creamed chicken pot pie. Dig in, baby!

INGREDIENTS:

¼ cup small, diced carrots (it is important to cut small for even boiling)

½ cup chicken stock

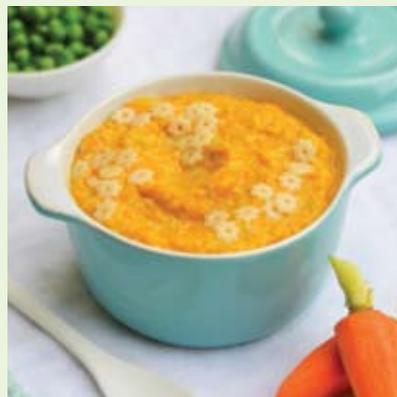
2 tablespoons frozen sweet peas

¼ cup diced, cooked chicken breast (oven-roasted chicken is great for tenderness)

1 cup cooked, star-shaped pasta (also called pastina or stelline)

DIRECTIONS

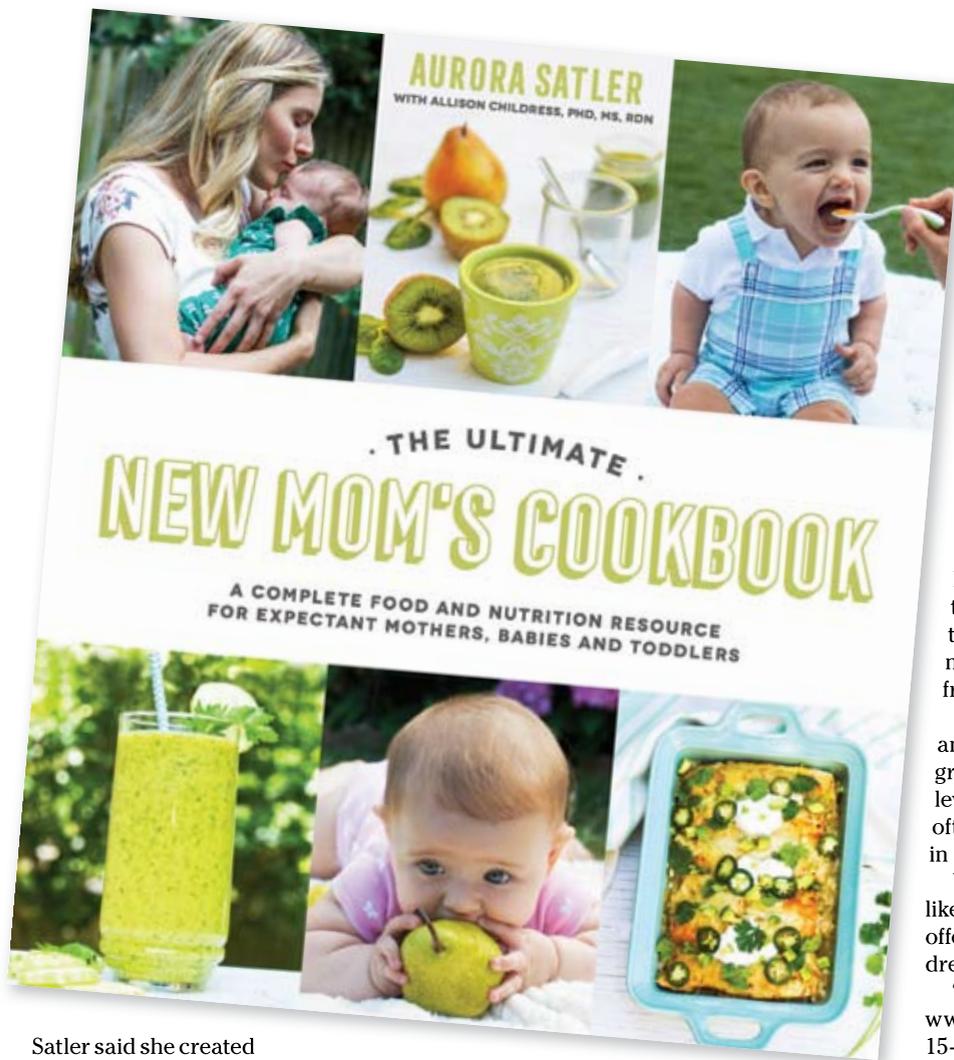
In a small stockpot, combine carrots with stock and bring to a boil. Once boiling, reduce to a low boil and cook for 20 minutes. Carrots should be tender and fall apart when tested by a fork. Add in



peas in the last five minutes. Then add in cooked chicken and ½ cup star pasta. Puree until just smooth then mix in the remaining stars.

Cool and serve, or freeze in individual portions for later use.

— An excerpt from "The Ultimate New Mom's Cookbook" (Page Street Publishing) by Aurora Satler and Allison Childress



Satler said she created the book after having her son, and finished it in her final trimester with her daughter, who was born last August.

“My inspiration was to create an all-inclusive manual for first-time parents to make the culinary journey from pregnancy through the toddler years so much simpler.

“I was sick of consulting over 10 sources to feed my husband, myself, and also my son, and wanted to put all the necessary dietary information in one place with an easy-to-read and fun format.”

She added: “This book was truly a labor of love. It was created to make the process of feeding a family easier. From pregnancy through the life of a growing child, parents go through so many culinary transitions, and these are on top of all the developmental milestones.

“It’s a period of sleepless nights, scrambling about, and really reorganizing your life to include a new and demanding member. I wanted to make easy recipes that would be as tasty as they were nutritious. I also wanted to create a book that had a longer shelf life than just the time of introducing solids.”

Another cool aspect is that all seven

recipe-filled chapters are designed to maintain a delicious and diverse diet for a long time, while helping to develop healthy eating habits from the very beginning. Check out her pregnancy and breastfeeding options, finger-food ideas, dips, salads, salsas, and more.

And let dads and the kids get in on the cooking fun as well. Teaching young children how to make healthy meals is really important.

Satler recalled that as a new mom she was overwhelmed, exhausted, and basically hungry all the time. And she was breastfeeding.

“I breastfed both my children and am still breastfeeding my daughter. I am very grateful I was able to do so,” she says, pointing out that the American Academy of Pediatrics recommends breastfeeding exclusively (when possible) for the first six months, then starting solids at six months of age.

Life for new parents is always hectic, and the author says she felt like she was “always a step behind and usually missing a meal” as she rushed about her day.

“When my son was born, I worked as

the creative director for Many Kitchens, an e-commerce site for artisanal food, and actually styled our first cookbook with him at my side. (I even wore him in a baby carrier for a couple shots),” recalled Satler.

“Along the way, I developed recipes for my family that made all the juggling a little easier.”

But what about eating out?

Like most New Yorkers, Satler admits she sometimes eats out or orders in, and says she doesn’t know a single parent who doesn’t.

“We live around some of the best restaurants in the world, and Queens offers so many diverse options. I feel incredibly lucky to live in Queens, where I have access to so many culinary traditions and flavors. It would be a sin not to indulge sometimes, and it also feels nice to leave the dishes for someone else from time to time.

“We are constantly discovering more amazing restaurants and markets. For groceries: Food Bazaar on Northern Boulevard has an incredible selection and is often my local go-to [supermarket] when in search of a hard-to-find ingredient.”

When shopping for and serving meals, like all parents, this busy mama likes to offer the healthiest options for her children.

“I often consult the Clean 15 (<https://www.activebeat.co/diet-nutrition/clean-15-the-15-lowest-pesticide-prone-forms-of-produce/2/>) and Dirty Dozen (<https://www.ewg.org/foodnews/dirty-dozen.php>) to avoid pesticides in the produce I purchase,” she notes, adding: “My book does not set out to say ‘you have to buy organic,’ since that is truly an economic decision.”

There are also a lot of gluten-free recipes, but the cookbook isn’t entirely gluten-free.

For her book, the author teamed up with Allison Childress, who is an assistant professor at Texas Tech University and chief clinical dietitian of the university’s Nutrition and Metabolic Health Institute.

“She supplied the nutritional information for each chapter as well as some great humor from being a mom herself,” says Satler, who explains that she used the “winners” from the first two years of her son’s life in creating recipes. “These are the meals we make time and again and continue to eat to this day.”

“The Ultimate New Mom’s Cookbook” (Page Street Publishing) by Aurora Satler and Allison Childress is available on Amazon.com.

Tammy Scileppi is a Queens-based parent and regular contributor to New York Parenting.



Five hobbies for you and your children

Hobbies are great tension busters, and they can also get creative juices flowing, which aids in stress reduction, mindfulness, and relaxation. In this respect, hobbies are not merely activities you can do when you have some free time, but rather, intended practices that foster good energy and usher happiness into your life.

More importantly, having hobbies has been shown to provide long-lasting and impactful health benefits, such as:

- Better brain health and less risk of dementia later in life
- Longevity and longer life
- Lower blood pressure
- Smaller waist circumference
- Lower body mass index
- More career and life success

The more we study biological health, the more we learn how much stress negatively impacts it, so just as we teach our kids to eat healthfully and exercise, we must teach our kids how to combat life

stressors. The best part is that we can learn new hobbies with our kids. Taking up a hobby with your child is a win-win situation and the bonding factor can often last throughout your lives.

Here are five hobbies that you and your child can enjoy. Each one provides its own unique approach to instilling peace and inspiration:

Crafting: From scrapbooking and pottery to crocheting and sewing, the benefits of crafting are many. First, they can aid in math skills, hand-eye coordination, and fine motor skills. Secondly, you have a finished product in the end. And you also can create beautiful memories and keepsakes through your masterpieces.

Gardening: Combining a physical activity with a project appeals to many. Gardening can be very physical with lots of stretching and bending, yet also less active — think of planting seeds in an egg carton on your windowsill. No matter which you choose, the benefits of bond-



HEALTHY LIVING

DANIELLE SULLIVAN

ing with nature are profound. Best of all, you can reap the rewards in the form of a delicious tomato or a gorgeous bouquet of flowers.

Bike riding or walking: If you're looking for a more active hobby, you can try walking or biking. These activities are easily accessible to most, require little to no training, and combine exercise with relaxation. Walking provides quiet time for in-depth talks. Often it is easier for kids to speak when you are engaging in an activity rather than sitting across the table from them. You can mix it up, too: If you want to get in a power walk, your child can bike alongside you.

Painting and drawing: Art is one of the purest means of expression that exists, and it can be enjoyed by nearly everyone. With just a few pencils or paintbrushes, you can get started. YouTube enables us all to become amateur artists. There are also learn-to-draw books of all kinds. Inexpensive supplies can be easily purchased at multiple stores either locally or online. Finished projects can be displayed all around the house ... or perhaps, even in local art shows.

Photography: It's all about perspective, and it's likely that your perspective is completely different than your child's. Photography helps capture a personal point of view. Best of all, you don't necessarily need to purchase a fancy camera to start out. You can very nicely capture beautiful photos on your phones. If photography becomes a greater interest, then cameras make great birthday presents.

Danielle Sullivan is a writer living in New York City. Follow her on Instagram @Deewrite.

Continuing to fight

Novelist talks about parenting a child with special needs

BY TAMMY SCILEPPI

In our June issue, writer Tammy Scileppi profiled Washington Heights–based author Maxine Rosaler, who drew on her own experiences of caring and advocating for her autistic son Benji when writing her book, “Queen for a Day: A Novel in Stories” (Delphinium Books). It’s one of the first books that uses humor to illustrate the daunting challenges of raising special-needs kids, www.nyparenting.com/stories/2018/6/queen-for-a-day-book-2018-06.html.

Here’s part two of Scileppi’s interview with Rosaler:

Tammy Scileppi: What do you think needs to be done to get kids like Benji a quality education?

Maxine Rosaler: You need to start with teachers and administrators who really care about what they do. As with everything else in life, character is what matters the most. And then parents have to do their own research and decide on what approaches would work best with their children.

Everything begins and ends with the parents. Parents with handicapped children have to rely on each other for information and recommendations for the schools and people who would work best with their children.

TS: What would you say are parents’ biggest fears and challenges?

MR: What will happen to our children when we die? I’m in the process of trying to peddle an essay I just wrote about that. There are so many threats that hang over the heads of our children. I want people to know about them. My hope is that if the right people understand more about the kinds of dangers our children are in, and how hard so many of us parents have worked, and what many of us, against all odds, have managed to accomplish, then maybe someone will be willing to step up to the plate and try to do something to help. Without us, our children are helpless.

TS: How do you feel (or how are you made to feel by others) as the parent of a special-needs child?

MR: For one thing, I have never identified myself as the parent of a child with “special needs.” I have never looked outside myself, in that respect. As far as how I am made to feel by others, there have been times when I have walked down the street with Benji, and I don’t like the way people look at him or me. As I said at the begin-



From left, Phil Margulies, Benji Margulies, Samantha Margulies, and Maxine Rosaler.

ning of [the chapter] “Route 94” — I hate the pity more than I hate the intolerance.

TS: Share some surreal situations you’ve experienced.

MS: I think the entire experience has been kind of surreal: Being thrown head first into this world you never even knew existed. Living in a constant state of emergency. Dealing with this incredibly inflexible bureaucracy. The cruelty, dishonesty, and incompetence of so many of the people I have met. The world that the parents of children with disabilities are forced to inhabit is a world fraught with miseries that other people can’t imagine.

TS: Talk about “searching for miracles, begging for the help of heartless bureaucracies, while arranging every minute of every day.”

MR: My early experiences were completely dominated by the fight. As far as searching for miracles were concerned, like many parents of children with disabilities, [my husband] Phil [Margulies] and I put all our money and all our hope into many things that turned out to be of little or no help: There was the behavioral therapy I described in “Queen for a Day” that promised a nearly 50-percent cure rate. And we tried diets and disgusting vitamin drinks for Benji. Things that made him suffer, that were of no use to him at all, and that ended up hurting him instead of helping him.

TS: Could you speak to this phrase from a review of your book by The Atlantic: “a struggle to prosper in the face of

bad choices”?

MR: I think [Atlantic fiction editor] C. Michael Curtis was referring to the ultimate optimism that somehow comes through in everything I write — although my writing, while often comical, is also often dark, in the end, somehow, I end up on the side of hope versus despair. Because I am — at heart — an optimist.

TS: What are the greatest joys that parents of special-needs kids can hope for?

MR: For us, there are the little triumphs that for any other parent would not seem like triumphs at all — to them, our little triumphs would seem pathetic, no doubt. Every time our children show any signs of progress, we rejoice.

TS: What is your book’s message?

MR: I want to tell parents to take care of themselves — partly so that they can take better care of their children, but also because they have a big burden to bear, and they deserve to give themselves a break. I also want them to accept the fact that they will always make mistakes. I want them to know that they have limits. And that they need to know what their limits are and to accept them. I also don’t want them to feel that their identities have to be consumed by the fact that they are the parents of children with disabilities. Mind you, none of this is advice I follow myself. To sum it up: I want them to learn, by [my “Queen for a Day” character] Mimi’s example, not to be like her!

Tammy Scileppi is a Queens-based, regular contributor to New York Parenting.

Calendar

AUGUST



Mikel Melcon

Latin American meets East Asia

It's a Global Mashup with Elena Moon Park and Sonia de los Santos at Flushing Town Hall on Aug. 12.

The talented pair mash-up a celebration of music from Latin America and East Asia.

Come dance and sing along to folk and children's songs in English, Spanish, Korean, Mandarin, Japanese, Tibetan, and Taiwanese, while explor-

ing the stories behind the songs and celebrating the common joys that tie everyone together.

Global Mashup on Aug. 12 at 1 pm. Tickets are \$14 (\$10 members; \$8 children and \$6 member children). For all ages. Reservations not required.

Flushing Town Hall [137-35 Northern Blvd. in Flushing, (718) 463-7700; www.flushingtownhall.org].

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Calendar

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WED, AUG. 1

IN QUEENS

"Sister Rain and Brother Sun": Lower Highland Playground in Highland Park Accessible, Jamaica Avenue and Elton Street; (718) 235-4100; <https://www.nycgovparks.org/events/2018/08/01/catskill-puppets-theater-presents-sister-rain-and-brother-sun>; 6 pm to 7 pm; Free.

When Sister Rain becomes jealous of Brother Sun and stops watering the Earth, Mother Nature and the audience must join forces to save the day.

Monthly Jazz Jam: Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; www.flushingtownhall.org; 7 to 10 pm; \$10 (Free for members, students and jamming musicians).

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

Movies Under the Stars - "Black Panther": Unisphere, Avenue of the Americas; (718) 393-7370; <https://www.nycgovparks.org/events/2018/08/01/movies-under-the-stars-black-panther>; 8 pm to 10 pm; Free.

A superhero known as Black Panther defends Wakanda, a technologically advanced country in Africa that has hidden itself away from the rest of the world. Now, he must face a dissident who wants to sell the country's natural resources to fund an uprising. You should arrive before 8 pm to get your spot. Feel free to bring a blanket to sit on; there will be a limited supply of chairs available. Bottled water is OK, but no glass. Reservations are not taken; space is available on a first-come, first-served basis. All are welcome!

FURTHER AFIELD

Fun Days: Cape May Lighthouse, Cape May Point State Park, New Jersey; (800) 275-4278; www.capemaymac.org; 9 am to 2 pm; Free to activities on the grounds (separate fee to climb the lighthouse: \$8 for adults and \$5 for children (ages 3-12)).

Family Fun Days provides kids with hands-on activities like pirate hat-making, along with performers and kid-friendly entertainment,



Learn tennis in the parks

Dust off those rackets and get ready for Tennis in the Parks as part of City Parks Foundation's Summer Sports program. From now until Aug. 28, the city's youngsters will get the opportunity to get tennis lessons from the pros. The program is for suitable for children up to 17 years old, and offers lessons at all skill levels, plus tournaments and leagues.

Classes are taught in the following locations:

• *Alley Pond Tennis Center (Union Turnpike, Grand Central Parkway and Winchester Boulevard) Tuesdays and Thursdays, 9 am to noon.*

days, 9 am to noon.

• *Astoria Park (Astoria Park South and 18th Street) Tuesday and Thursday, 9 am to noon.*

• *Cunningham Park (Union Turnpike and 193rd Street) Monday and Wednesday, 9 am to noon; and Tuesday and Thursday, 9 am to noon (Intermediate Level).*

• *Flushing Memorial Field (149th Street and 25th Avenue) Tuesday and Thursday, 1 pm to 4 pm.*

All classes are free, and registration is required online at: www.cityparksfoundation.org.

and adults may browse among the crafts vendors, all at the base of the lighthouse. Climb the 199 steps to the top and enjoy the best view of the Jersey Cape. Hosted by the Mid-Atlantic Center for the Arts & Humanities. Contact Cape May Historic Accommodations at www.capemaylodging.com, for lodging information.

THURS, AUG. 2

IN QUEENS

Instructional soccer: Playground for all Children, Flushing Meadows Park at Corona Avenue; (718) 393-7370; <https://www.nycgovparks.org/events/2018/08/02/summer-sports-experience-instructional-soccer>; 11 am to 12:45 pm.

Summer Sports Experience is an instructional youth program that teaches sports skills. Our knowledgeable Parks staff train kids in sports like baseball, basketball, flag football, futsal, lacrosse, soccer, Speedminton, track, ultimate frisbee, and volleyball.

The program covers basic and more advanced techniques. Summer Sports Experience is recommended for children ages 8-14. It is a drop-in program, so participants can stop by for one or more sessions, but kids who stay for the whole program will get the most benefit from it.

Instructional lacrosse: Playground for all Children, Flushing Meadows Park at Corona Avenue; (718) 393-7370; <https://www.nycgovparks.org/events/2018/08/02/summer-sports-experience-instructional-soccer>; 11 am to 12:45 pm.

Extended Summer Evenings: Queens Botanical Garden, 43-50 Main St.; (718) 539-5296; www.queensbotanical.org; 6 pm to 8 pm; Free with garden admission.

The garden has extended its hours so you can enjoy twilight at the garden every Thursday evening in July and August. Last entry to the Garden is at 7:45 pm. The Visitor & Admiration Building is open until 7:30 pm every Thursday evening, except for Aug. 16. During

Calendar

Our online calendar is updated daily at www.NYParenting.com/calendar

Extended Summer Evenings, guests are expected to follow QBG etiquette. Please read our rules in advance to enjoy your evening as much as possible: queensbotanical.org/etiquette.

Passport Thursdays – “The Wind Journeys” / “Los Viajes del Viento”: Queens Museum of Art, New York City Building, Flushing Meadows Corona Park; (718) 592–9700; www.queensmuseum.org; 8 pm; Free.

We’ve selected a series of films that explore the classic road movie genre — roadtrips, travel, (mis)adventures, or life-changing journeys, this theme resonates across cultures and ages. Arrive early to attend Masala Bhangra’s Bollywood dance workout classes from 7 to 7:45 pm, then get cozy on our picnic blankets for the feature film starting at 8 pm. Traveling musician Ignacio Carrillo goes on a mystical quest across the Colombian Caribbean to return his Devil-cursed accordion to the man who gave it to him. On the way, Ignacio is followed by Fermin, a spirited teenager determined to become his apprentice.

FRI, AUG. 3

IN QUEENS

Tie Dye: Juniper Valley Park Playground, 78th Street and Juniper Boulevard South; (718) 393–7370; <https://www.nycgovparks.org/events/2018/08/03/tie-dye-event>; 11 am to 1 pm; Free.

Come join us for an afternoon of tie dye with our Kids in Motion staff! Bring an article of clothing for the tie dye activity. All other supplies will be provided. For accessibility information, please contact us within three days of event at (718) 393–7370.

SAT, AUG. 4

IN QUEENS

Think Tank – Hidden Gems: Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229–4000; 1 pm to 2:30 pm; \$18 (\$24 non-members).

Ever wondered what makes a ruby red or a diamond crystal clear? Come experiment with minerals from glittering gemstones to shining metals. Watch things bubble, pop, move, and fizz, change, spread, grow and twist. Join us in answering the question “What happens if...” At the end of the program you can pick out a gemstone from the center’s collection to take home with you. Limited to eight participants. For ages 7–10.

Hands on History – Games Day: King Manor Museum, 153 Street and Jamaica Avenue; (718) 206–0545; 1 pm – 4 pm; Free.

We’ll be trying our hand at toys children would have played with more than 200 years ago, and learning all the ways they kept themselves busy without modern technology. Then visit the rest of the museum and learn about Rufus King — the Founding Father and early voice in the anti-slavery movement. Recommended for ages 3 and up, adults also

welcome!

On the Farm workshop: Queens Botanical Garden, 43-50 Main St.; (718) 539–5296; www.queensbotanical.org; 2 pm to 4 pm; \$18 Members (\$20 non-members) plus garden admission.

In this seasonal series of classes, learn the basic techniques of painting with watercolors with artist Chemin Hsiao. This workshop will take place on the QBG Farm and draw inspiration from the various vegetables grown like eggplant, tomatoes, peppers, and the pollinator garden that surrounds the farm’s perimeter. Recommended for adults and children ages 10 and up (accompanied by a participating adult).

SUN, AUG. 5

IN QUEENS

Adventure Course: Alley Pond Park, Cross Island Parkway and Grand Central Parkway; (718) 217–4685; www.nycgovparks.org; 9:30 am and 1 pm; Free.

Alley Pond Adventure Course is an outdoor adventure that fosters trust, problem-solving, and team-building right in your own backyard at beautiful Alley Pond Park in Queens. Be sure to check out the website before you go, and dress for an adventure. Please dress appropriately: no sandals, flip flops, or open-toed shoes are allowed. Our programs are appropriate for those ages 8 and older. The Adventure Course program lasts about two hours. Due to its popularity, we ask that you arrive at least half an hour before the start time of each program. Space is limited. A valid Photo ID is required for participants ages 18 and older.

Dye Plants: Queens Botanical Garden, 43-50 Main St.; (718) 539–5296; www.queensbotanical.org; 1 pm to 2 pm; Free with Garden Admission.

Visit the Herb Garden and QBG Farm, and learn about the plants we use to create botanical dyes.

Kayaking and Canoeing: Hallet’s Cove, 31-10 Vernon Blvd.; (718) 956–1819; <https://www.nycgovparks.org/events/2018/06/03/kayaking-canoeing>; 1 pm to 4 pm; Free.

LIC Community Boathouse offers free kayaking and canoeing (weather permitting) at Hallets Cove, located just north of the park. People of all ages are welcome to participate or volunteer. No prior boating experience is required and participants may sign up on a first-come, first-served basis. Minors (younger than 18 years old) must have a parent or guardian present. Well-behaved dogs are also welcome to accompany their owners! Life jackets are available for your four-legged family members. Please note: No RSVP is required; however, participants are encouraged to call (631) 542–2628 or visit licboathouse.org two hours prior to a scheduled paddle for updates and cancellations, especially during inclement weather.

Sundays on the Lawn: Queens Mu-

seum of Art, New York City Building, Flushing Meadows Corona Park; (718) 592–9700; www.queensmuseum.org; 1:30 pm to 4 pm; Free.

Join us for a new outdoor program featuring internationally renowned bands and musicians, plus free art-making classes and lawn games. Grab a picnic from the cafe and enjoy a stellar line-up of bands organized around the theme of call and response and calls to action by guest curator Ariana Hellerman. Art-making classes and lawn games start at 1:30 pm, music performances start at 3 pm. This week is Morocco and U.S. with the band Innov Gnawa.

MON, AUG. 6

IN QUEENS

Instructional Volleyball: Playground for all Children, Flushing Meadows Park at Corona Avenue; (718) 393–7370; <https://www.nycgovparks.org/events/2018/08/02/summer-sports-experience-instructional-soccer>; 2:30 pm to 4:30 pm; Free.

Cowpoke class with Hopalong Andrew: Book Culture LIC, 26-09 Jackson Ave.; <https://www.bookculture.com>; 4 pm; \$10.

At this new weekly, drop-in singalong, Hopalong Andrew plays “cowboy” music with interactive activities, perfect for young cowpokes and their grown-up sidekicks. He’ll get everybody to sing along, dance along, play along, and have an all-Americana good time.

TUES, AUG. 7

IN QUEENS

A Morning of Music with Darlene Graham: Alley Pond Park, Cross Island Parkway and Grand Central Parkway; (718) 217–4685; www.nycgovparks.org; 10:30 am to 11:30 am; Free.

Darlene Graham performs her upbeat songs with instruments, drums, parachutes, bubbles, and more! Please bring a lawn chair or blanket for this free event.

Summertime Rocket Show: Flushing Meadows Park, 111th Street and 53rd Avenue; (718) 760–6560; <https://www.nycgovparks.org/events/2018/08/07/mad-science-the-summertime-rocket-show>; 11 am; Free.

Take to the skies as the introduction to rocketry explains how and why rockets fly. You’ll witness real model rocket launches that soar several hundreds of feet into the air and deploy parachutes for their return. Bring a lawn chair or blanket.

National Night Out: Boardwalk, Beach 17th Street and Segrit Boulevard; (718) 868–3441; Noon to 9 pm and 2 pm to 3 pm; Free.

Barbecue and festivities celebrating community and police coming together for National Night Out Against Crime.

Calendar

Our online calendar is updated daily at www.NYParenting.com/calendar

WED, AUG. 8

IN QUEENS

Instructional Volleyball: 2:30 pm to 4:30 pm. Playground for all Children. See Monday, Aug. 6.

"The Wizard of Oz": Lower Highland Playground in Highland Park Accessible, Jamaica Avenue and Elton Street; (718) 235-4100; 6 pm to 8 pm; Free.

Join Dorothy, the Scarecrow, the Tinman, and the Cowardly Lion as they come to life in this theatrical production.

Watercolors on the Waterfront: LIC Landing Events Space, Borden Avenue and Center Boulevard Queens; casey@hunter-pointparks.org; 6:30 pm to 8 pm; Free.

Unleash your inner artist this summer and join us for Watercolors on the Water. Enjoy stunning sunset views while painting the famous New York City skyline or whatever else your heart desires! Donna Levinstone, an Long Island City-based artist, will be on hand to provide tips and help you create your own masterpiece. The event is free and all supplies are included!

FURTHER AFIELD

Fun Days: 9 am to 2 pm. Cape May Lighthouse. See Wednesday, Aug. 1.

THURS, AUG. 9

IN QUEENS

Extended Summer Evenings: 6 pm to 8 pm. Queens Botanical Garden. See Thursday, Aug. 2.

Passport Thursdays – "On the Road, Somewhere" / "Algún Lugar": Queens Museum of Art, New York City Building, Flushing Meadows Corona Park; (718) 592-9700; www.queensmuseum.org; 7 pm to 10 pm; Free.

The selection is from the Dominican Republic. After finishing high school, teenagers Oliver, Moises, and Hemingway go on a journey through the Dominican Republic in search of their calling. Politics, pop culture and national identity emerge as they embark on a carefree road trip before college, when the first steps into adulthood begin and everything they know will change.

FRI, AUG. 10

IN QUEENS

Mad Science Presents "Spin, Pop ... Boom!": Buz O' Rourke Playground in Crocheron Park, 33rd Road and 214th Place; (718) 352-4793; 10:30 am to 11:30 am; Free.

Are you ready for some fun science? This special event, "Spin, Pop ... Boom!" is all about awesome experiments! You will witness amazing feats of chemistry as we explore all sorts of spectacular reactions. You will marvel at our demonstrations as we release genies from bottles and spew massive columns of foam with the use of our cata-

lysts! So, get ready to be amazed while you learn, because at Mad Science, all education is entertaining!

Instructional Volleyball: 2:30 pm to 4:30 pm. Playground for all Children. See Monday, Aug. 6.

SAT, AUG. 11

IN QUEENS

Pond Pals: Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 10:30 am; \$15 (\$21 non-members).

It's show-and-tell at the pond! Children will see how the pond comes alive in the summer as they explore this special habitat. The program will include a nature hike to Windmill Pond, meeting pond animals, and making a pond diorama. For ages 5-7.

SUN, AUG. 12

IN QUEENS

Adventure Course: 9:30 am and 1 pm. Alley Pond Park. See Sunday, Aug. 5.

Sensory Perception Hike: Alley Pond Park Adventure Center, Alley Pond Park; (718) 217-6034; www.nyc.gov/parks/rangers; 11 am to 12:30 pm; Free.

Use all of your senses and explore the park, searching high and low for clues with the Urban Park Rangers as your guide. Our Urban Park Ranger hiking guides will introduce you to the hidden gems of New York City parks. For all hiking programs, we recommend wearing comfortable shoes or boots, and packing water and a light snack.

Global Mashup for Kids – Elena Moon Park and Sonia de los Santos: Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; www.flushingtownhall.org; 1 pm; \$14 or \$10 members, \$8 Children or \$6 member children.

Our very popular series returns for a fun-filled afternoon featuring Elena Moon Park and Sonia de los Santos in a mashup celebration of music from Latin America and East Asia.

Kayaking and Canoeing: 1 pm to 4 pm. Hallet's Cove. See Sunday, Aug. 5.

Sundays on the Lawn: Queens Museum of Art, New York City Building, Flushing Meadows Corona Park; (718) 592-9700; www.queensmuseum.org; 1:30 pm to 4 pm; Free.

Join us for a new outdoor program featuring internationally renowned bands and musicians, plus free art making classes and lawn games. Art-making classes and lawn games start at 1:30 pm, music performances start at 3 pm. This week is Puerto Rico with the band Ani Cordero.

MON, AUG. 13

IN QUEENS

Cowpoke class with Hopalong Andrew: 4 pm. Book Culture LIC. See Monday, Aug. 6.

TUES, AUG. 14

IN QUEENS

Puppets in the Park Presents – "The Big Good Wolf": Flushing Meadows Park, 111th Street and 53rd Avenue; (718) 760-6560; 11 am to noon; Free.

This modern-day fairy tale, starring classic characters from "The Three Bears" and "Little Red Riding Hood," finds Baby Bear and his friend Goldilocks making it their mission to help change the Big Bad Wolf into good. Please bring a low chair or blanket.

WED, AUG. 15

FURTHER AFIELD

Fun Days: 9 am to 2 pm. Cape May Lighthouse. See Wednesday, Aug. 1.

THURS, AUG. 16

IN QUEENS

Extended Summer Evenings: 6 pm to 8 pm. Queens Botanical Garden. See Thursday, Aug. 2.

FRI, AUG. 17

IN QUEENS

Chalaw Basiwali: Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; www.flushingtownhall.org; 8 pm; \$16, \$10 members and students.

A collaboration between Chalaw Basiwali, a native Taiwanese singer and songwriter, and Kilema, a Malagasy roots music master. The two musicians share their indigenous Austronesian roots, and the collaboration is a fusion of folk music with Bossa Nova rhythms. The clean sound of the acoustic guitar and driving percussion traverse an emotional spectrum from intense, deep expression and light-hearted joy.

SUN, AUG. 19

IN QUEENS

Adventure Course: 9:30 am and 1 pm. Alley Pond Park. See Sunday, Aug. 5.

Kayaking and Canoeing: 1 pm to 4 pm. Hallet's Cove. See Sunday, Aug. 5.

MON, AUG. 20

IN QUEENS

Cowpoke class with Hopalong Andrew: 4 pm. Book Culture LIC. See Monday, Aug. 6.

Calendar

Our online calendar is updated daily at www.NYParenting.com/calendar

TUES, AUG. 21

IN QUEENS

Egg Roll Making Workshop: Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; www.flushingtowhall.org; 6 pm; \$20 (\$15 members).

Make authentic egg rolls with chefs from Taiwan! Dr. Hsing-Lih Chou and chefs will demonstrate how to make Cantonese-style, Taiwanese-style, and Vietnamese-style egg rolls. No matter whether you are a meat-eater or a vegetarian, all are welcome to join us to cook these simple yet delicious treats that have a long tradition in Asia.

WED, AUG. 22

FURTHER AFIELD

Fun Days: 9 am to 2 pm. Cape May Light-house. See Wednesday, Aug. 1.

THURS, AUG. 23

IN QUEENS

Extended Summer Evenings: 6 pm to 8 pm. Queens Botanical Garden. See Thursday, Aug. 2.

FRI, AUG. 24

IN QUEENS

Full Moon Drumming – Mexico: Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; www.flushingtowhall.org; 7 pm to 9 pm; \$25, \$20 members (Space is limited to 20 participants; drums provided).

Celebrate the Full Moon with percussive rhythms and drumming styles of Mexican music in Flushing Town Hall's garden. Begin with a workshop led by George Saenz, music director, with Calpulli, who will demonstrate various Mexican rhythms on huehuetl drums, ayoyote shakers, and bombo, redoblante and pandero, then jam with the entire group under the full moon. All are welcome, from beginner to professional — just bring your enthusiasm!

SUN, AUG. 26

IN QUEENS

Adventure Course: 9:30 am and 1 pm. Alley Pond Park. See Sunday, Aug. 5.

Backpack give-away: First Presbyterian Church of Flushing, 150-20 Barclay Ave., (718) 359-0161; 11 am; Free.

The day begins with a mass at 11 am, with a lunch to follow; during which time the backpacks, filled with school supplies, will be given out to the first 50 children who present a ticket. Children must be accompanied by an adult guardian.

Kayaking and Canoeing: 1 pm to 4 pm. Hallet's Cove. See Sunday, Aug. 5.

Stitched up

Take a stitch in time at the Cross-Stitch Circle at the Dimenna Children's History Museum, now through Aug. 30. This unique drop-in workshop allows children age 6 and older to try their skills at one of the oldest forms of embroidery in the world.

Participants can learn the basics of this craft, or they can make a hand-crafted gift.

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

DiMenna Children's History Museum at the New-York Historical Society [170 Central Park West between W. 76th and W. 77th streets on the Upper West Side, (212) 485-9273, www.DimennaChildrensHistory-Museum.org].



MON, AUG. 27

IN QUEENS

Cowpoke class with Hopalong Andrew: 4 pm. Book Culture LIC. See Monday, Aug. 6.

THURS, AUG. 30

IN QUEENS

Extended Summer Evenings: 6 pm to 8 pm. Queens Botanical Garden. See Thursday, Aug. 2.

LONG-RUNNING

IN QUEENS

Tennis: Cunningham Park, Union Turnpike and 193rd Street; www.CityParksFoundation.org; Mondays – Thursdays, 9 am to noon, until Tues, Aug. 28; Free.

CityParks Tennis provides free tennis lessons to children, ages 6 to 17. Lessons for kids are offered at all skill levels. Opportunities include free beginner lessons, tournaments, leagues, excellence programs and special events. The program concludes with a fun tournament for beginners held at the Central Park Tennis Center, and the BNP Paribas Aces Tournament for intermediates held at Flushing Meadows Park in mid-August. Tuesday and Thursday sessions are for intermediate level players.

Insight Astronomy Photographer of the Year Exhibition: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X353; www.nyscience.org; Weekdays, 9:30 am to 5 pm, Saturdays, 10 am to 6 pm, Sundays, 10 am to 6 pm, until Fri, Aug. 31; Free with admission to the hall.

Produced by Royal Observatory Greenwich

and sponsored by Insight Investment, the 2017 Insight Astronomy Photographer of the Year competition brings together the best astrophotography images from around the world. The 31 prize-winning images on display reveal all manner of celestial spectacles and have been captured using a range of equipment, from sophisticated cameras and telescopes to mobile phones.

Science Playground: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; www.nyscience.org; Daily, 10:30 am to 4 pm, \$5 per person plus general admission to the hall.

The nation's largest science playground features 60,000 square feet of exhibits for children of all ages. Slides, seesaws, climbing webs, a water play area, drums, mirrors, sand boxes and more allow kids to explore science by playing. Weather permitting.

Rocket Park Mini Golf: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; www.nyscience.org; Daily, 10:30 am to 4 pm, \$6 for adults, \$5 for children and seniors, plus general admission to 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.

Farm and Compost Open Hours: Queens Botanical Garden, 43-50 Main St.; (718) 539-5296; www.queensbotanical.org; Wednesdays, 3:30 pm to 6 pm, until Wed, Oct. 31; Free with garden admission.

Drop in at the garden's farm and compost to see what's growing! Founded in 2013, our farm demonstrates the link between composting and sustainable farming in the heart

Calendar

Our online calendar is updated daily at www.NYParenting.com/calendar

of Queens. Our organically managed farm produces a diversity of herbs, fruits, vegetables, and other beneficial plants.

Tennis: Alley Pond Tennis Center, Union Turnpike, Grand Central Parkway and Winchester Boulevard; www.CityParksFoundation.org; Tuesdays and Thursdays, 9 am to noon, until Tues, Aug. 28; Free.

Tennis: Astoria Park, Astoria Park South and 18th Street; www.CityParksFoundation.org; Tuesdays and Thursdays, 9 am to noon, until Tues, Aug. 28; Free.

Nature Center Adventures: Fort Totten Visitor's Center, Ordinance Road at Shore Road; (718) 352-1769; www.nycgovparks.org; Thursdays – Sundays, Noon to 1 pm, until Sat, Aug. 18; Free.

Join our Adventure Guides, who lead free nature-related programs at our Nature Centers this summer. Nature Center Adventures connect New Yorkers of all ages to the natural world. Nature Center Adventure programs include scavenger hunts, nature crafts and games, and getting up close and personal with our nature center animals.

Tennis: Flushing Memorial Field, 149th Street and 25th Avenue; www.CityParksFoundation.org; Tuesdays and Thursdays, 1 pm to 4 pm, until Tues, Aug. 28; Free.

Fun at the Beach: Beach at 96th Street, Beach 96th Street and Shorefront Parkway; <https://www.nycgovparks.org/events/2018/08/03/summer-fun-at-rockaway-beach>; Fridays – Sundays, 10 am to 4 pm, until Sun, Aug. 26; Free.

Formerly vacant, the space at Beach 98th Street now hosts free lawn games, a kids' play area, activity and reading areas, a book-share program, and more! Summer Fun at Rockaway Beach is jointly sponsored by the Jamaica Bay-Rockaway Parks Conservancy, NYC Parks, and Queens Library, and was made possible by the help of Friends of Rockaway Beach.

Saturday Sculpture Workshops: Socrates Sculpture Park, 32-01 Vernon Blvd.; (718) 956-1819; www.socratessculpturepark.org; Saturdays, Noon to 3 pm, until Sat, Sept. 15; Free.

These free workshops are tailored for kids and their families and are operated on a drop-

in basis. Head to Sticks, the Park's outdoor education area, where children can work with a different artist each week, exploring innovative art mediums and a variety of subject matter. If arriving in a group of 10 or more, please contact us the week prior to your visit by calling (718) 956-1819.

Activity Table: Queens Botanical Garden, 43-50 Main St.; (718) 539-5296; www.queensbotanical.org; Saturdays and Sundays, 2 pm to 4 pm, until Wed, Oct. 31; Free with garden admission.

Family-friendly botanical themed arts and crafts activities.

Farmers Market: Down to Earth Cunningham Park Farmers Market, Cunningham Park parking lot off Union Turnpike; (914) 923-4837; info@downtoearthmarkets.com; www.downtoearthmarkets.com; Sundays, 9 am-2 pm, until Mon, Nov. 19; Free.

The market features local farms and food makers with fruits, vegetables, meats, and eggs straight from the farm, artisan breads, and baked goods, pickles, organic olive oil, and more.

theMarketplace

COUNSELING



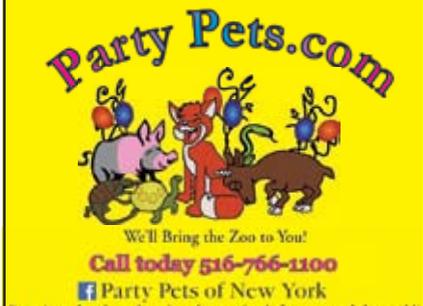
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The power couples

Double your nutrition with these duos

Picture this: You're about to pop something "healthy" into your mouth, perhaps some broccoli flowerets or roasted chickpeas. What if you could significantly boost the nutrients your body is about to receive? You can! A growing number of foods have been shown to have a "one-plus-one-equals-three" nutritional effect when eaten together.

For example, combining foods that contain carotenoids with a healthful fat makes it easier for the body to absorb the nutrients more readily. Some classic — and delicious — examples of this include tomatoes with extra virgin olive oil, or a crisp, green salad with added avocado or oil in the dressing.

Does your family enjoy guacamole? This popular dip is brimming with boosted nutrition. The fat in the avocado makes the lycopene in the tomatoes, the limonene in the lime, and other nutrients more bioavailable to you.

Let's look at some additional dietary duos your family can begin incorporating today:

Whole grain bread and nut butters. Whole grains are a good source of vitamin E, which helps to prevent cell damage from free radicals. Adding a healthy fat such as peanut or almond butter assists the body

to absorb this fat-soluble vitamin.

Banana and yogurt. Everyone knows yogurt contains probiotics, the good bacteria our bodies need for digestive and immune health. But these bacteria need "food" to munch on, which is where the prebiotics found in plant fibers come in. Bananas are rich in prebiotics, as are many other fruits, vegetables, whole grains and nuts.

Black beans and salsa. Garbanzo or kidney beans with bell peppers. Vegetarian chili with red bell peppers. Breakfast cereal with strawberries or kiwis. Spinach salad with mandarin orange. Spinach with lemon. These are all examples of pairing plant-based iron sources with vitamin C. The body can absorb only two to 20 percent of the non-heme iron found mostly in plant-based foods. Luckily, vitamin C boosts iron absorption by three- to six-fold.

Beef and broccoli for Chinese takeout. Roasted Brussels sprouts with crushed Brazil nuts. These are two examples of combining sulforaphane, a plant compound found in cruciferous vegetables, with the mineral selenium. When sulforaphane enters the bloodstream, it can inhibit the growth of tumor cells. Selenium, a mineral found in fish, meat, eggs, nuts (especially Brazil nuts) and mushrooms, binds with



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

proteins in our bodies to form antioxidant enzymes, which protect us from free radicals. Together, they're up to four times more effective than as single nutrients.

Garlic and chickpeas. Adding even a tiny amount of fresh garlic to these popular beans boosts the amount of iron the body can absorb by about 17 percent.

Tea with a squeeze of lemon. This classic combo is delicious hot or cold. Lemon boosts tea's levels of catechins — found in green, black, and white tea — that are available for your body to absorb, helping to stop cell damage.

Spice-rubbed grilled meat. Grilling over high heat brings out sublime meat flavors. But it also results in the fat forming a compound called malondialdehyde, linked to chronic diseases such as cardiovascular disease and cancer. Research published in the American Journal of Clinical Nutrition suggests adding an antioxidant-rich blend of oregano, rosemary, black pepper, paprika, and garlic as a rub on lean steaks or mixing it into burgers significantly reduces these damaging compounds.

Can't remember all of these pairings? No worry! The best way to spot synergy on your plate and to ensure a nutritious meal is to make sure it has a minimum of three colors and contains healthful fat from foods such as avocado, a healthful oil, or nuts.

Christine Palumbo, is a Naperville, Illinois-registered dietitian nutritionist and fellow of the American Academy of Nutrition and Dietetics. Her favorite dietary duo is spinach sautéed in olive oil with a squeeze of lemon juice and a touch of garlic. Find her at Christine Palumbo Nutrition on Facebook, @PalumboRD on Twitter, or ChristinePalumbo.com.



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