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NEW YORK Parenting

Queens Family
November 2018

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Thanksgiving thoughts

Who doesn't love Thanksgiving? It's my favorite holiday as holidays go. It's for everyone no matter your background, religion, country of origin or ethnicity. It has universal appeal as Americans or residing in America, and celebrates our harvest, friends and family, and being fortunate to have food and sustenance. The one negative about it is that here in NY it's getting colder and that it ushers in the winter!



Still, it's a wonderful time for friends and family to share traditions and to be thankful and generous to others who may be in need. It's a terrific time to volunteer to help bring meals to neighbors who may either be alone or unable to be mobile. There are many organizations, both citywide and local, where your efforts will not go unappreciated.

Having your kids participate in volunteer projects is a wonderful learning tool and will put in motion a spirit of community that will forever impact their lives. Our article on Thanksgiving Traditions gives a number of good ideas for ways to "give back". Myrna Beth Haskell is one of my favorite of our writers and I am thankful for her. I am also thankful for the many other wonderful talented people who write for us and are on our small but devoted staff.

I am also thankful to be a parent. I have never gotten over the miracle of new life and the awesomeness of the opportunity

and responsibility inherent in this role of guide, leader and caregiver. Once again, as I often say, "love is the answer".

Wishing all of you a Happy Thanksgiving and a good month in spite of earlier darkness, colder weather and heavier clothing. The good news is pumpkin spice, sweet potato pie and roasted veggies.

Happy Holiday! Thanks for reading.

Susan Weiss-Voskidis,
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Short Stuff

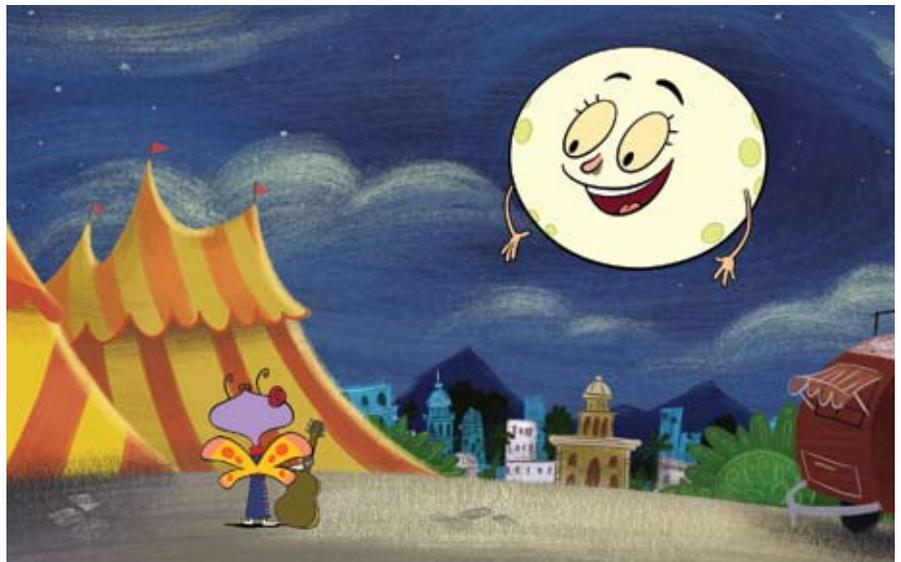
Celebrating cultural diversity

On Nov. 21, PBS Kids will premiere “Let’s Go Luna!,” a new animated series about a group of three animal friends who traverse the globe with their parents’ circus performance troupe. At each stop, the trio learns about the differences and similarities of their global community with the help of their friend Luna the Moon — voiced by Judy Greer — who shares the language, music, and culture of the local region.

With a curriculum focused on fostering appreciation for cultural diversity, promoting global stewardship, and developing social and civic skills, “Let’s Go Luna!” is multifaceted and can help parents:

Expose your kids to geography and culture. As the trio travels through cities around the globe — from London to Cairo to Beijing — the show serves as a learning tool to help preschoolers understand the many countries, faces, and cultures that make up the world.

Encourage exploration and curiosity. From celebrating the cacao bean’s importance to Mexico to learning about the different types of paper and importance of recycling in Tokyo, the show helps children recognize the cultural significance of the things they use and see every day.



Promote global stewardship. Appreciating the planet through conservation and sustainability are important parts of being a world citizen. “Let’s Go Luna!” shows the importance of regularly taking care of one’s own environment (i.e. water, plants, and animals) by demonstrating the interconnection between humans and the

natural world.

Help children understand that they may have more similarities than differences with those from other cultures. The show emphasizes the importance of encouraging compassion and understanding different cultures at an early age to promote acceptance and inclusion.



Connect with local moms

Join our Facebook sisterhood to find moms in your neighborhood for advice, community, and commiseration at <https://www.facebook.com/groups/nypmoms>

This operation was a success

The numbers are in! Volunteers of America-Greater New York announced that 20,000 children who live in New York City shelters went back to school this year with backpacks brimming with every imaginable school supply thanks to the efforts of record numbers of volunteers and corporate partners who took part in its 15th annual Operation Backpack initiative.

Operation Backpack — a community service of Volunteers of America-Greater New York — ensures that every child living in a New York City homeless or domestic violence shelter who needs one gets a new backpack filled with supplies that help them start school more confident and prepared. This year, Volunteers of America-Greater New York was proud to have expanded the program to include shelters that provide housing to runaway youth.

Throughout the summer, everyday New Yorkers and a record-breaking 2,000 volunteers and 332 corporate partners con-



tributed to the success of the program by donating money, advertising space, backpacks, school supplies, and thousands of hours of hands-on work stuffing backpacks in a cavernous warehouse space generously provided by RXR Realty. Among this year’s first-time partners were the New York City Police Department’s Transit Bureau, which sent 40 officers to the warehouse to fill and quality-control backpacks and help children from one of Volunteers of America-Greater New York’s family shelters pick out their school supplies.

Districts 27 - 29

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P.S. 52

Theme: Magnet School for Innovation, Exploration and Engineering
 Address: 178-37 146th Terrace, Jamaica, NY 11434 (District 29)
 Telephone: 718.528.2238 www.ps52magnet.org

October 30, 2018 3:00 pm- 4:00 pm
 November 13, 2018 9:00 am- 10:00 am
 December 4, 2018 6:00 pm- 7:00 pm

P.S. 195

Theme: The Academy of Multimedia Arts and STEM
 Address: 253-50 149 Avenue, Queens, NY 11422 (District 29)
 Telephone: 718.723.0313 www.ps195magnet.org

November 27, 2018 9:00 am- 10:30 am
 December 18, 2018 9:00 am- 10:30 am
 January 9, 2019 9:00 am- 10:30 am
 January 29, 2019 9:00 am- 10:30 am

P.S. 316 Queens Explorers

Theme: Magnet School for Global Conservation and Service Learning
 Address: 90-07 101 Avenue, Queens, NY 11416 (District 27)
 Telephone: 718.558.7088 www.qemagnetschool.org

November 17, 2018 9:00 am- 10:00 am December 5, 2018 5:00 pm- 6:00 pm
 January 3, 2019 9:00 am- 10:00 am

P.S. 62

Theme: Magnet School for Computer Science and Innovation
 Address: 97-25 108 Street, Queens, NY 11419 (District 27)
 Telephone: 718.286.4460 www.ps062.org

November 14, 2018 9:00 am- 10:00 am
 December 12, 2018 9:00 am- 10:00 am
 January 8, 2019 9:00 am- 10:00 am

P.S. 254

Theme: Magnet School for Leadership Development and the Arts
 Address: 84-40 101 Street, Queens, NY 11418 (District 27)
 Telephone: 718.520.7878 www.ps254q27.com

November 2, 2018 9:00 am- 10:30 am
 December 4, 2018 9:00 am- 10:30 am
 January 4, 2019 9:00 am- 10:30 am

For additional information call
 the schools or contact:
 Jenna Krueger-Utter, Magnet Director
 Email: jkrueger2@schools.nyc.gov
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How safe is your food for the holidays?

As we “turn the page” to November and feel the chill in the air, our thoughts turn to special meals unique to the holiday season. But how many of us stop to consider the importance of keeping those foods safe?

For many families, the kickoff to holiday cooking is Thanksgiving; turkeys are lovingly prepared and served along with a host of side dishes and desserts. Yet, holiday cooking extends all the way to New Year’s Day. So consider these five tips as you plan your holiday cooking:

Plan ahead and make space in the fridge. For many of us, our refrigerators are crammed throughout the year. But look out when it’s time to fit in ingredients for holiday feasts. Before the big shopping trip for the holiday meal, take an inventory of what you have. Perhaps create a few meals where you can use up items and make room? Toss any expired items and wipe down all the shelves. A clean fridge with room for holiday-themed foods is safer and less stressful.

Wash your hands, but skip washing the bird. Should meat and poultry be washed before cooking? No. Many people believe washing or rinsing raw meat and poultry

makes it safer. The problem? Cross-contamination is likely to occur if raw meat is washed or rinsed, because bacteria can splash onto the sink and counters. The good news is that bacteria on the surface of meat or poultry are easily destroyed by cooking at the proper temperature.

Use a food thermometer. A tip-sensitive digital thermometer can show you the temperature of cooked meat lightning fast. It’s the most reliable way to indicate if a meat is done. Turkey should be roasted to 165 degrees, while meats such as beef, lamb, and even pork are done at 145 degrees. Ground meat, however, should be cooked to 160 degrees.

Say “no” to raw cookie dough. In addition to the well-known risk of salmonella from an uncooked egg, now raw flour is being implicated in food-borne illness. Last November, a study published in *The New England Journal of Medicine* found that a type of *E. coli* bacteria can thrive in dry food such as flour. So avoid tasting uncooked flour dishes. And be sure to wash your hands in warm, soapy water after touching flour, such as when dredging meats or veggies.

Steer clear of rancid foods. Those pack-



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

ages of crackers or cookies crammed back in the pantry might be too old to serve to your unexpected guests. If you notice a grassy or paint-like odor from a packaged food item, the fat is oxidized. Oxidized fats and oils can lead to serious health problems. Other possible rancid foods include an old bag of nuts, whole-grain flour, or the huge container of vegetable oil you bought at the warehouse club that has been sitting there for too long. So give these foods the “sniff test” before serving.

Rules for leftovers

Around holiday time, I typically field questions from people about how long foods last. Here are some easy rules of thumb:

Two hours from oven to refrigerator. Refrigerate (or freeze) what’s leftover within two hours of cooking. Otherwise, toss.

Two-inches thick to cool it quickly. Store food in shallow containers two-inches deep or less to speed the chilling.

Four days in the fridge. Use up leftovers within four days, or freeze them. One notable exception is dressing and gravy, which should be consumed within only two days.

By following these common-sense rules of thumb, you can celebrate Peace on Earth with your loved ones — without getting sick from food-borne illness this holiday season.

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

Districts 25 and 30 
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More than just a feast

Special traditions and ways you can give back this Thanksgiving holiday

BY MYRNA BETH HASKELL

On the first “Thanksgiving Day” in 1621, the Pilgrims and Wampanoag probably ate wildfowl, venison, and products made from corn grain, such as bread. In 1863, President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November, and, at that time, our country desperately needed a day of thanks to unite us during a time of extreme strife. The original harvest celebration between the Native Americans and the settlers has become a symbol of giving thanks for the gifts we have and celebrating family and friendship. Of course, the Thanksgiving feast has changed over the years. Typical dishes now include turkey, mashed potatoes, candied yams, and an assortment of pies for dessert.

However, Thanksgiving has also morphed into a celebration that is so much more than a feast. Although we often think of stuffing our faces, football, and out-of-town visits, many families across the country have opted for out-of-the-box celebrations that highlight their creativity while emphasizing their love of family and community.

The holiday can also become an important learning experience for your kids as well. Show them that Thanksgiving is about being thankful for the people we hold dear, not about money and stress.

Families share their special traditions

I spoke with many families about their special traditions and have chosen those ideas that encompass the spirit and values of our modern Thanksgiving Day,



such as community service, family traditions, forgiveness, thankfulness, and sharing:

We participate in Turkey Trots. This is a 5K run or walk. There is one in Rhinebeck, New York, that benefits Ferncliff Forest. However, there are many others around New York and elsewhere. When we were in Ohio for one Thanksgiving, we participated in a Turkey Trot which benefited the Autism Society. They usually start around 9 am. If you run, you are done in about 30 minutes, and, if you walk, about 50 minutes. This still gives you time to shower and cook. We have done it several times now. Some of us walk and some of us run. Each year, we get some friends to join us.

Information about the YMCA Buffalo Niagara Turkey Trot: www.ymcabuffaloniagara.org/annual-events/ymca-turkey-trot/registration-and-runner-info/

Compton family – Hyde Park, New York

We've been holding a family and friends Turkey Bowl for decades now. We start early in the morning, and we're usually done by 11 am. We use real football jerseys, and we even have a referee. We split everyone up into teams of about 15 with both adults and kids, ages 5 to 55. This event is held in all kinds of weather, including snow. We have a pot-luck breakfast, including donuts, bagels, and cider.

DeLisio family – Kingston, New York

Giving back

Families wishing to volunteer or donate to a worthy non-profit organization can find information at the following websites:

Salvation Army: <http://satruck.org/>
Provides shelter, clothing, nutritional, social and spiritual assistance through its multi-faceted programs and services.

Any Soldier: <http://anysoldier.com>
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Feeding America: <http://www.feedingamerica.org/find-your-local-food-bank/>

Find a local food bank.

Meals on Wheels America: <https://www.mealsonwheelsamerica.org>

Meals on Wheels America is the oldest and largest national organization supporting the more than 5,000

community-based senior nutrition programs across the country that are dedicated to addressing senior hunger and isolation. Meals on Wheels delivers meals to individuals who are unable to purchase or prepare meals on their own.

Other options for donating your time or resources:

- Local nursing home — read or sing to the residents
- Local prison — usually accepts baked items
- Local children's home or orphanage
- Community clean-up

Of course, choosing a more regular schedule to offer your time or resources is a great resolution as the year comes to an end. Thanksgiving and other holidays only come once per year, but people are in need year round.

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Unlikely heroes teach kindness

BY TAMMY SCILEPPI

The hippies were all about peace and love. And we can sure use some more of that these days. Kindness, too.

Philanthropist and “kindness advocate” Marie Unanue wholeheartedly agrees. She recently debuted her first kids’ book series, “The Adventures of Phatty and Payaso” (iUniverse), featuring a main character and hero, Max, who is a child on the autism spectrum.

In the book, which is illustrated by Edgardos Miranda-Rodriguez, an overweight tabby cat, Phatty, is best buds with Payaso, an American bobtail feline. When Phatty realizes a large hawk has plans to rob his home, he ventures into Central Park in search of the zookeeper to help him capture that feathered villain. Shortly after this daring cat leaves the safety of his cozy apartment, his worried friends head out to the park to look for him.

Readers of all ages can truly enjoy this fun, whimsical story, but the author feels it provides parents and educators with an opportunity to reinforce the concept of treating others respectfully, and to model vital character traits children need to develop so they can live more balanced lives.

“It focuses on helping kids find their own strengths and building on that,” Unanue explains. “Those parents that have read the book, or know what I have tried to do with this story, have felt the excitement and are hopeful that this will be the beginning of many stories where a child with special needs not only saves the day but is included and embraced by the other characters.”

These skills, Unanue says, are being studied by Character Lab, a nonprofit organization founded in 2013 by Angela Duckworth, author of “Grit: The Power of Passion and Perseverance,” Dave Levin, and Dominic Randolph. These researchers found that children today are having difficulty developing several of these skills.

“They have discovered that character strengths are malleable, and surprisingly little is known about how they can be intentionally cultivated,” she explains. “Characterlab.org has not only been instrumental in



my writing process, but they were also vital to incorporating actual character skills into my characters. They helped me understand how these skills are formed, how essential they are, and what they mean to a child’s future. My book focuses on several of these traits, with the intention to help children develop them through reading.”

These skills are:

Curiosity: Taking an interest in an ongoing experience for its own sake; finding subjects and topics fascinating; and exploring and discovering.

Gratitude: Being aware of and thankful for the good things that happen and taking time to express thanks.

Grit: Finishing what one starts and persisting in a course of action in spite of obstacles.

Self-control: Regulating what one feels and does in the service of goals and standards; being disciplined; and controlling one’s emotions.

Social intelligence: Being aware of the motives and feelings of other people, and oneself.

Zest: Approaching life with excitement and energy; not doing things halfway or halfheartedly; living life as an adventure; and feeling alive and activated.

Unanue has also launched a campaign to help youngsters and families incorporate more kindness into their lives through her #LetsAllBeKind challenge. She visits schools and supports literacy initiatives all over the country with donations of books and curriculum materials, while partnering with organizations that support the welfare of families by donating profits from her books.

“We wanted to come up with a fun way for kids to get involved and came up with the ‘Kindness Challenge,’ where kids can be a kindness ‘advoCATE’ in conjunction with the book,” says Unanue. “I’m trying to encourage the use of social media for a positive message with hashtags such as #BeAKindnessAdvoCATE and #LetsAllBeKindChallenge.”

To participate, kids can post a photo of themselves with the sign and share something they did that was kind. They can work

together with their family to come up with a plan and then engage in the act of kindness together. Once they're ready, they hashtag the photo and share their story.

Having a special-needs child as the hero, Unanue says, allows children to see that they have more in common with an often marginalized group of people than they think.

"When I started writing the book, I realized quickly that it would be an excellent opportunity to show all kids that even though someone may be unique or different, they still have the same desire to be included, treated kindly and befriended," she says. "I want to stop the stigma that 'different' is a negative connotation."

And Unanue is making sure that every child has the opportunity to read this book and learn its important lessons.

"We want to make sure every library has a copy and that any child that wants to read this book, but can't afford it, has a way to get a copy, so we are also sending it to any organization that needs or wants books to give out. So far, we've been partnering with many local libraries in New Jersey, New York, and other states, with the organization 2000 Libros, the national program ReadingPartners.org, and other foundations that have a literacy-driven mission."

How to be a 'kindness advocate'

A kindness advocate, according to Unanue, is "someone that has made the decision to live kindly, be kind, and make it his or her mission to share the message and the magnitude of the importance of spreading kindness." There is no age limit, there are no restrictions, no specialized training, or reason every person can't become a kindness advocate, according to the author. Being kind feels good, costs nothing, and being an advocate means you can take a moment to do any of the following:

- Be patient with others.
- Be kind to the elderly.
- Be kind to animals.
- Be supportive of your classmates.
- Be inclusive by being sure to include everyone in your games or plans.

• Be kind to those kids that struggle to fit in.

• Be aware of what makes someone a bully and be sure never to bully or manipulate your friends.

• Be willing to volunteer.

• Be courteous and be sure to say "please" and "thank you."

• Be conscious of others and their feelings.

• Be watchful of how you talk about others. Be sure not to spread gossip or meanness.

• Be the best you that you can be.

• Be willing to make a positive difference in someone else's day.

• Be prepared to help out family and friends in need.

• Be sure to have a positive attitude.

• Be understanding, compassionate, sympathetic, and empathetic.

As for what readers will take away, Unanue says it is that kindness always wins.

"I don't care what the situation is, kindness will always come out on top. If your moral compass is always facing north, you can't go wrong. Doing the right thing and being kind isn't always the easiest road to

take, but it will be the most rewarding. The old saying of 'kill them with kindness' rings true; it's hard to fight or find fault with someone that just responds with kindness in every situation."

Tammy Scileppi is a Queens-based freelance writer, parent, and regular contributor to NY Parenting.

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Rapping possibilities

Dee-1 and loan company teach college planning in Queens

BY TAMMY SCILEPPI

National hip hop recording artist, motivational speaker, and former middle-school teacher Dee-1 joined forces with Sallie Mae to tell students at Hillcrest High School in Queens about the importance of college planning and financial literacy.

Dee-1 and representatives from Sallie Mae paid a visit to Hillcrest in September as part of the Bridging the Dream Tour, a nationwide journey to promote college applications and saving for higher education. Sallie Mae's Bridging the Dream Scholarship Program was introduced as well.

The New Orleans native, born David Augustine 29 years ago, performed his hit song, "Sallie Mae Back" (which he wrote to celebrate paying off his student loans), as well as his newest single, "Intelligence," for the nearly 2,000 high-school students. Sallie Mae employees also offered advice and resources to the teens.

Dee-1 started rapping as a student at Louisiana State University. During the mid-2000s, the artist released his first two mixtapes, then a third the year he graduated and began teaching mathematics at a middle school in Louisiana.

In 2009, he decided to stop teaching and follow his passion: music. That led to his self-released "David & Goliath" debut album. After several more mixtapes, his popularity grew big time. Fans couldn't get enough of that down-to-earth underdog vibe, which made his music unique.

In addition to being a featured speaker for corporate events, church programs, youth groups, and industry events, the rapper has appeared on "The View," ESPN, Fox News, and hundreds of local TV, radio, and digital outlets across the country.

His seven-state, 10-city tour with Sallie Mae began on Sept. 18 in California and concluded on Oct. 5 in Greenville, S.C. In total, Team Dee-1 reached more than 10,000 high school students with his positive message.

He spoke with NY Parenting readers about the tour and why it's so important for young people to be financially literate and start college-planning early.

Tammy Scileppi: Please tell our readers why you became involved with the Bridging the Dream Tour.

Dee-1: I've spoken to high-school students all over the country, and they are



Rapper Dee-1 and Sallie Mae spread the word about planning and saving for college.

hungry for information about going to college, but that's not enough. We need to give them the tools and knowledge to create a game plan to pay for it, and ultimately, graduate. And that's what this tour is all about. Together, with Sallie Mae, we are committed to empowering and inspiring students to develop that plan, better understand what's out there to help pay for college, and how to borrow responsibly.

TS: What was your experience like?

Dee-1: Already, we've visited schools out west, in the south, and now, the northeast, and the energy, interaction, and reception have been amazing. We have met some incredible students with great potential. Most of them will be the first in their families to attend and graduate college. However, too many of them have concerns about how to pay for college, whether they're ready, and general fears about the unknown.

It's such a rewarding feeling to see and experience how my story and message resonates with so many of them. By the

end of my show, not only are they inspired and motivated, they realize that college is within reach, and if Dee-1 can do it, so can they.

TS: What was your message?

Dee-1: Using my own story and experiences, I spoke about the importance of planning for college and managing finances responsibly. I also want these kids to understand it's not just about going to college; it's about graduating from college! During the tour, I talked about scholarships, which are available for just about any interest, and encouraged high-school counselors and community leaders to nominate deserving juniors or seniors for Sallie Mae's \$25,000 Bridging the Dream Scholarship.

The Bridging the Dream Scholarship program recognizes students who have excelled both inside and outside of the classroom, but whose financial circumstances or other obstacles in life may not allow them to pursue a college education. Recipients will be announced later this year.

TS: Describe the reaction at Hillcrest.

Dee-1: Hillcrest has raised the bar for other schools on this tour. The engagement, participation, and overall enthusiasm of the staff, faculty, and students was just incredible.

The students were hyped! They were a little shy at first, but they came around, and we had a good discussion about the importance of a college education.

TS: Talk about your collaboration with Sallie Mae.

Dee-1: It sounds like an unlikely partnership, but the reality is, we both share the same mission: inspiring our young people to reach college. We've visited high schools and youth groups across the country to promote college planning and financial literacy and we've awarded \$190,000 in scholarships and student loan payments.

TS: Any advice for our parent readers?

Dee-1: My message is simple: Support and encourage your child's desire to attend college by helping them to create a plan for saving and paying for college. That plan should include filling out the Free Application for Federal Student Aid, researching and applying for scholarships, and having a basic understanding of the costs associated with attending college.

Tammy Scileppi is a Queens-based writer, parent, and regular contributor to NY Parenting.

Preparing for college

Antoine Oakley, director of corporate communications at Sallie Mae, shared his advice about how parents and teens can prepare for college.

"We know that families who have a plan to pay for college are better prepared to meet the costs of college and ultimately, they save more and borrow less," he said. "Sometimes, the hardest part is simply getting started. The good news is there are free resources out there, like Sallie Mae's college-planning calculator, that can get you on the right track."

In general, he said, Sallie Mae advises students and families to follow a three-step approach to paying for college:

Start with money you won't have to pay back. Max out on money that doesn't have to be paid back, like scholarships and grants. Apply for as many as possible and do it early. Check out free resources like Scholarship Search by Sallie Mae (<https://www.salliemae.com/college-planning/tools/scholarship-search/>), home to more than five million scholarships collectively offering more than \$24

billion, as well as the College Planning Calculator (<https://www.salliemae.com/college-planning/tools/college-planning-calculator/>), which can help students and families create a customized plan.

Next, explore federal student loans. Get in line for the more than \$120 billion the government sets aside in scholarships, grants, and federal student loans by completing the FAFSA.

Consider a responsible private student loan to fill the gap between your available resources and the cost of college. If you need to borrow for college, do it responsibly. Understand how much you need to fund your education, not a lifestyle. Look at the starting salary of whatever career you plan to pursue, and don't let your debt exceed that amount.

"Financial literacy and college planning are keys to saving, planning, and paying for college, and parents can play an important role in their child's future by discussing finances, setting expectations, and developing a comprehensive plan to help them figure out how to make the dream of a higher education a reality," Oakley said.



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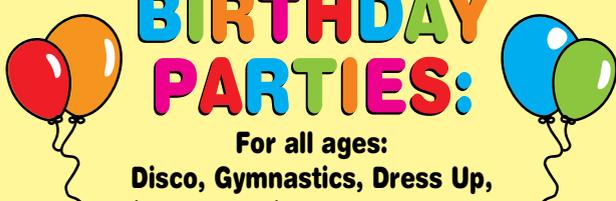
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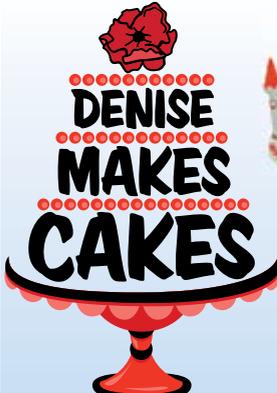
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Lost voices

Why victims of sexual harassment don't speak up

BY CHERYL MAGUIRE

People want proof. Due to the popularity of true-crime TV shows, juries expect to see hard evidence like DNA, blood splatter, or ligature marks to prove the accused is guilty. In cases of sexual harassment or abuse, there may not be any forensic evidence available. This lack of proof can leave the victim feeling like it's not worth telling anyone about the incident or even wondering if a crime actually occurred.

Consider the following situation: A young woman had a casual, consensual sexual relationship with her boss. She ends up dating someone else, but her boss continues to send her sexually explicit text messages. When she doesn't respond, her boss embarrasses her during a business meeting. He then promotes someone she supervises. A reporter who is privy to this encounter, asks the woman if she experienced sexual harassment. It isn't until this moment that she begins to consider, "Was I sexually harassed?" Even though this is the premise of the recently released fiction paperback, "Startup," by Doree Shafir, similar scenarios have occurred in workplaces across America.

Sexual harassment and abuse can be difficult to identify. Often, the harassment starts out gradually with a sexual joke or seemingly innocuous comment about another person. It may then evolve to touching, grazing, or "accidentally" brushing up against a woman's body. This slow progression leaves the victim feeling confused and even accepting of the inappropriate behaviors since it occurred over time.

A meta-analysis of 10 years of research about workplace sexual harassment conducted by Lilia Cortina and Jennifer Berdahl found that "less than one-third of victims informally discuss sexual harassment with supervisors, and less than 25 percent file formal sexual harassment complaints with their employers."

If sexual harassment is considered a crime, then why do victims fail to report it when it happens? There are a variety of reasons why women don't speak up, according to research studies and feedback from victims:

They blame themselves

Supermodel Ashley Graham recently

revealed that she experienced sexual harassment at the young age of 10, by the son of her parent's friend. She never told anyone about the incident when it happened. At the time, she asked herself, "Did I do something to provoke that?" Lady Gaga had a similar reaction when she experienced sexual assault at age 19. She thought to herself, "Did I do something wrong to bring this on myself? What did I do?"

This is a common question victims ask themselves. In an interview with LiveScience, Yolanda Moses, an anthropology professor at the University of California, Riverside, stated, "There's an outdated cultural belief that good women don't get raped. Such beliefs can lead victims to think that the sexual assault might have been their own fault."

They feel embarrassed

Research published by Marjorie R. Sable in the Journal of American College Health in 2006, found one of the main reasons women fail to report sexual assault is due to feelings of "shame, guilt, and embarrassment." In American culture, children are taught to regard their genitals as private. Many parents even refer to it as "private parts."

This belief causes some women to feel embarrassed when they are sexually harassed or assaulted. Furthermore, the assailant may use offensive or degrading language, which the victim may feel embarrassed to repeat to other people, resulting in not reporting the incident.

They fear that no one will believe them

In 2017, Bill Cosby was on trial for sexually assaulting Andrea Constand, but it resulted in a mistrial. More than two dozen women have accused Cosby of drugging and raping them. Barbara Bowman claims she is one of the women who was raped by Cosby. Bowman told a lawyer about the incident, but he accused her of making the story up. She continued to tell people for over a decade, yet no one believed her. In 2006, her story was in People Magazine and, later, in Newsweek, yet no one seemed to care. People didn't want to believe Cosby could be capable of raping someone, since he was a famous and respected actor.

Behavior is considered acceptable

In some work environments, men's inappropriate or illegal sexual behaviors towards women are considered acceptable, which only perpetuates their actions. Since July 2016, more than 20 women, including hosts Gretchen Carlson and Megyn Kelly, stated they experienced sexual harassment while working at Fox News.

During the lawsuit, Andrea Tantaros stated, "Fox News masquerades as a defender of traditional family values, but behind the scenes, it operates like a sex-fueled, Playboy Mansion-like cult, steeped in intimidation, indecency, and misogyny." Research supports Tantaros' perception. In a 2010 research paper in the Journal of Social Issues, Illinois State University Professor of Psychology John B. Pryor found sexual harassment is more likely to occur in workplaces where men perceive the social norms as permitting such behavior.

Lack of consequences

There are situations when the assailant of sexual harassment or abuse receives either little or no ramifications. In March 2016, Brock Turner, a Stanford University student, was convicted of three counts of sexual assault. Despite these serious charges and a 12-page victim-impact statement, he was only sentenced to six months in jail, but released after three months. This lenient sentence sends a message to women that it might not be worth reporting sexual harassment or rape, being subjected to invasive medical exams, and reliving the experience in court, if the accused doesn't receive any significant consequences.

Another example of a person receiving no consequences for their alleged sexual misbehavior is the actor Casey Affleck. Two women filed sexual harassment suits against him in 2010. People were outraged over the fact that he won an Academy Award despite the sexual claims. They took to Twitter with comments such as one by Feminist Frequency who stated, "People who commit sexual harassment should lose their jobs, not be celebrated with honor and prestige." Another person on Twitter, Preston Bradsher, commented, "Women get fired for reporting sexual harassment and men win awards for committing it."



where the harasser won't find it and attempt to destroy it.

Even if you are unsure if you want to report it, document everything, so you have a record of it. Having an account of what happened, can increase your likelihood of winning a court case.

Report it. If you decide you want to file a sexual harassment claim in court, you need to first report the incident to either your human resources department or a similar person in management. If the incident occurred in a school setting, the procedure can vary depending on the state you live in. According to Title IX of the Educational Amendment of 1972, all schools receiving federal funding must investigate sexual harassment complaints. In order for this to occur, you must report it to a school official. If nothing results from the complaint, you can file one with the U.S. Department of Education's Office for Civil Rights.

File a complaint. If you reported the incident to the proper person at your workplace and nothing improved, then your next step would be to file a complaint with the U.S. Equal Employment Opportunity Commission. It will either attempt to resolve the issue for you or "issue you the right to sue."

Talk to a lawyer. After you have completed the earlier steps and you still are experiencing harassment, try discussing the case with a lawyer who specializes in sexual harassment cases. A lawyer can file a sexual harassment claim against your employer on your behalf. If you win the lawsuit, you could receive reinstatement of your job (if you lost it), lost wages, damages for emotional distress, attorney costs and fees, and requirement of the employer to implement sexual harassment policies and training.

...

If more women reported sexual harassment and assault, it would be less stigmatized in the United States. Also, when women come forward, it gives other women the courage to admit it, as was seen in the case of Bill Cosby or Fox News with dozens of women coming forward in each case.

Bradsher's comment on Twitter, "Women get fired for reporting sexual harassment, and men win awards for committing it," speaks to the current cultural norms in our society. The best way to change these perceptions is by having more women openly discussing and reporting sexual harassment.

This article was originally published in BloodandMilk.com.

Cheryl Maguire holds a master's degree in counseling psychology, and she is the mother of three children (Twitter: @CherylMaguire05).

Fear of retaliation

A common reason women don't report sexual harassment in the workplace is due to fear of retaliation. In a New York Times story about the sexual harassment cases at Fox News, more than a dozen women admitted to experiencing sexual harassment but didn't report it due to fear of retribution or of being fired.

There is a valid reason women fear losing their job, since some women actually do get fired after making a claim. In 2002, researchers Mindy E. Bergman and Patrick Palmieri of the University of Illinois at Urbana-Champaign published their finding in the Journal of Applied Psychology that reporting sexual harassment often does trigger retaliation, which can cause the victim to experience lower job satisfaction and psychological distress.

What can you do if you experience sexual harassment or assault?

Even though it may be difficult to report sexual harassment, it is important to do so to prevent it from continuing to happen to you and other people. The more people speak up, the less acceptable sexual harassment behaviors will become.

Here are some steps you can take if you experience sexual harassment or assault:

Document it. If you experience sexual harassment, it is important to document as much information as possible. You should write down the date, details of what happened, where it happened and people who were present. If there are sexually inappropriate written documents such as e-mails or text messages, print copies of them. You should keep all the information at home or a safe place

What can we teach boys?

Sexual assault is *typical*? Calling on men for a #NotMe movement

BY CAROLYN WATERBURY-TIEMAN

I generally refrain from commenting on social media and news-outlet posts. Don't get me wrong, it's not that I don't have opinions, just ask my husband. I simply choose not to engage in the public debate, which all too often turns ugly and counterproductive.

However, as a female, daughter, sister, wife of 33 years, mother of two sons, and aunt to 14 nieces and nephews, I cannot stand by and fail to react to the statement made in September by Gina Sosa during an interview with Randi Kaye on CNN. Sosa, sitting alongside four other women, all supporting Brett Kavanaugh's appointment to the Supreme Court after his testimony following the sexual-assault allegation by Christine Blasey Ford, made the following statement: "We're talking about a 15-year-old girl, which I respect. I'm a woman, I respect. But we're talking about a 17-year-old boy, in high school, testosterone running high. Tell me what boy hasn't done this in high school? Please, I would like to know."

Regardless of political affiliation or position on Kavanaugh's confirmation, this is disturbing. It is a statement that was casually made as if it were absolute fact. In actuality, it is merely Sosa's personal opinion. While that, in and of itself, is worrisome, what is more worrisome is the lack of public outcry or reaction. I have been waiting a month now, to hear from someone, anyone, who is as irate as I am at the notion that all 17-year-old males are perpetrators of sex-

ual assault. This unfortunate declaration normalizes behavior that is not merely unacceptable, but, in fact, criminal.

What does this suggest to 17-year-old boys? It suggests they are incapable of exercising self-control due to the presence of

testosterone in their bodies. Not only does such a suggestion invite dangerous repercussions, it is utter nonsense. And what does this suggest to 15-year-old girls? If they are around 17-year-old boys, they should just expect this to happen? I don't think so!

With all we know about the devastating consequences of sexual assault, this kind of attitude must not prevail. Surely, we have not become so immune to the depiction of violence and sexual assault in the media that we are willing to accept it as expected behavior from our sons. No thank you! Not me!

Where are the males bold enough to stand up and proclaim, "Not me! I did not — at the age of 17, or any other age — commit sexual assault"? Where are the men willing to challenge their peers and declare the sexual objectification of women was not, is not, and never will be okay? Where are the men who are confident enough to say,

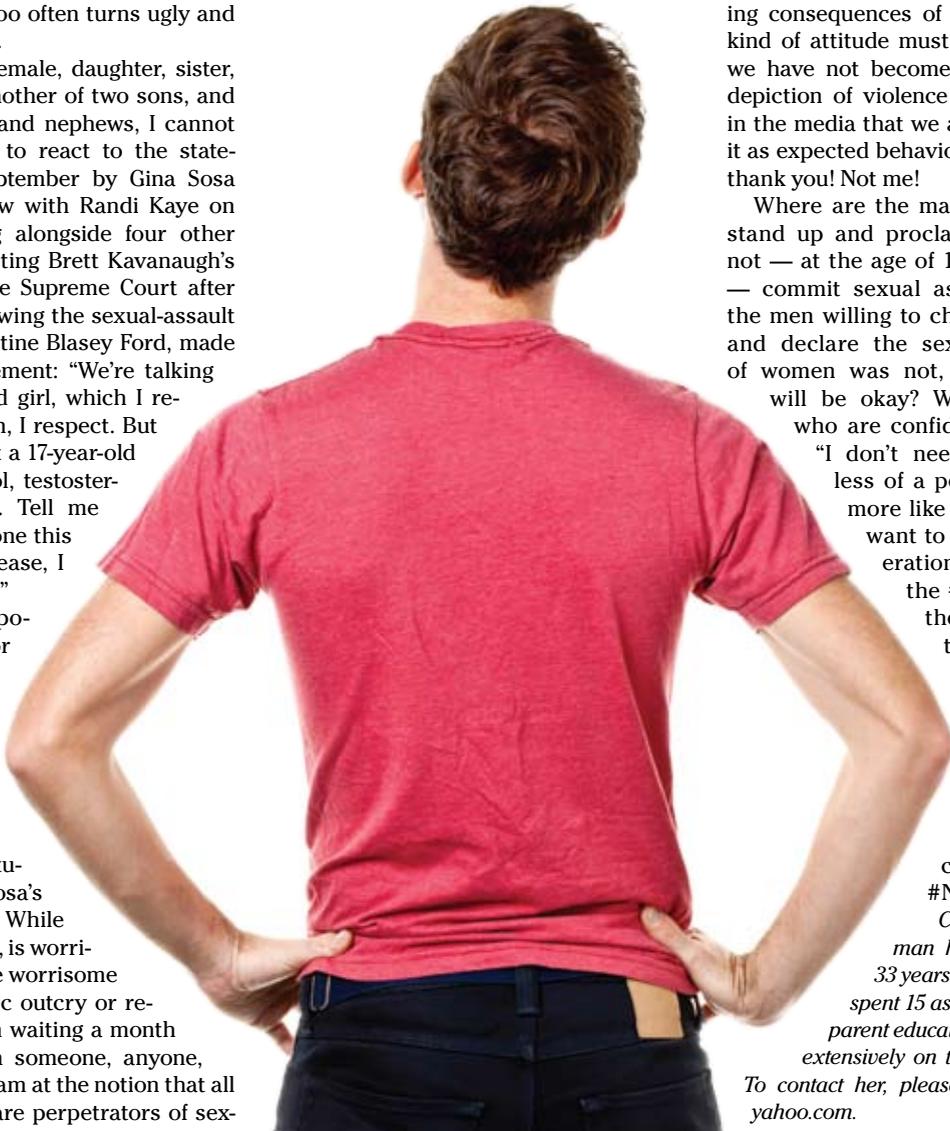
"I don't need a woman to be less of a person, so I can feel more like a man"? If we truly want to prevent future generations from belonging to the #MeToo Movement, then we must include the voices of those who can proudly say, "Not me!"

The grounds for starting a movement seem clear.

Gentlemen, consider yourselves challenged. #NotMe #NotAt17NotEver

Carolyn Waterbury-Tiemán has been married for 33 years and has two sons. She spent 15 as a family therapist and parent educator and she has written extensively on the topic of parenting.

To contact her, please e-mail parent4life@yahoo.com.



How much homework help is too much?

My daughter is in fourth grade. I want to be a homework support for her, but how much help is too much?

Homework is meant to be done with a certain amount of autonomy. At the elementary level, teachers typically use homework as both a form of assessment and review, so they really want to see what the child can do — not the parent.

Many children like to know that someone is around for them in case any questions do arise, so being in close proximity to your child while she is completing her homework is a good idea. Look it over after she has completed it by herself. Doing so holds her accountable while still upholding her feeling of independence. Keep in mind, having a few questions per assignment is appropriate. It is okay to help your child if you feel that she is struggling with



something and to have her go back and look something over and try to correct it. However, if you find that she is having a hard time independently answering 50 percent of the homework assigned more than 50 percent of the time, this is a good time to reach out to the teachers and let them know the amount of help she is needing at home.

In general, if you're ever worried that you may be helping your child too much



TIPS FROM A TEACHER

LAUREN ROSEN

or too little, reach out to the teachers and ask them their homework-help policy. Then, you can work together to make sure your child is getting the most out of her homework.

Lauren Rosen (MrsLRosen@gmail.com) has been teaching in Manhattan private schools for 10 years, and she lives in Manhattan with her husband and daughter.

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The upsides of battling nightmares

BY SANDI SCHWARTZ

It's the middle of the night, and you're in a deep sleep. You hear a loud cry of "Mommy!" or feel a touch on your arm. At first, you're not sure if this is all part of your dream. Eventually, you wake up and realize your child is frightened and needs you. Then, you stumble into her room in a total daze, faced with the challenge of needing to comfort your little one after she's had a nightmare.

Given this middle-of-the-night drama, it may be shocking to learn that nightmares in childhood are actually normal and play a positive role in kids' emotional growth and coping skills. About half of all young children experience nightmares,

especially 2-to 6-year-olds. Children are particularly prone at these ages, because this is when they're developing fears and imagination, and trying to learn the difference between fantasy and reality. Nightmares tend to peak by 10 years of age, and then they usually decrease.

Children's nightmares stem from many different types of experiences that cause emotional responses, such as hearing a scary story, watching a frightening movie, worrying about school, struggling socially, or reacting to a family change or crisis like a new sibling or divorce. Facing new milestones — potty training, moving out of a crib, learning to ride a bike — can also cause bad dreams. Eating too close to bedtime, some medications, and sleep prob-

lems can also lead to nightmares. What is also interesting is that experts have found that fear is not the only emotion that can trigger nightmares; confusion, guilt, disgust, and sadness are also culprits.

Nightmares typically happen in the second half of the night, during rapid eye-movement sleep. Because of this timing, children usually can remember their dreams when they wake up. REM sleep stimulates the parts of the brain used in learning. Some scientists believe that dreams are the cortex's effort to find meaning in the signals received during this stage of sleep. This process could be beneficial to our children, even if they may be scared temporarily from a troubling dream.

As a reaction to stress, nightmares help our children work through their emotions or traumatic events. They consolidate bad feelings into a concrete memory that can be more easily processed, filed away, and forgotten. Michael Nadorff, assistant professor of psychology and sleep behavior medicine specialist at Mississippi State University, equates nightmares to having our own exposure therapy to review and confront experiences, so we can overcome our fears about them. A recent video published by New York magazine effectively presents how nightmares transform fears into something positive.

In addition, when our children have bad dreams, we can gain insight into their deepest thoughts and concerns. Rosalind Cartwright, PhD, professor emeritus of psychology at Rush University in Chicago, explained how nightmares are like having an internal therapist, helping surface one's deep-rooted emotions and fears. It's almost like revealing a secret emotional code that we may not be privy to during the day. By connecting with our children after a nightmare, we can help them work through their issues so that they feel better.

Comforting our children in the moment is important, so they can express how nightmares make them feel and realize that they're okay. When they're upset, go

to their bedroom and give them physical contact like a hug or back rub until they calm down. Ask them to talk about the nightmare, but don't push too hard if they don't want to discuss it. Console them verbally by saying, "I understand your dream must have been scary, but it was not real. Mommy sometimes has bad dreams, too. You're okay. I am here to comfort you. I love you, and you are fine."

If they want to check under the bed or in the closet for monsters, go along with this exercise. Once they have calmed down, tuck them in with their favorite blanket or stuffed animal and reassure them that you will be down the hall if they need you again. If they argue with you about going back to sleep, explain that they need to get their rest, so they can enjoy the next day. Provide an example of something fun for them to look forward to.

You can continue to address the nightmare the next day by encouraging them to express themselves. Consider getting creative like drawing or painting pictures, journaling, reading stories and discussing them, or acting them out with puppets. Look for patterns in the themes of their nightmares to try to understand what the stressor may be. The most important thing is to encourage your children to talk it out, so that they address what's bothering

them while they're awake.

How do we know when nightmares become a problem? There are nightmares, and then there are chronic night terrors and Nightmare Disorder. Here are some signs to look out for to make sure your kids aren't experiencing something more serious:

- Are the nightmares significantly interfering with sleep?
- Are your kids avoiding bedtime, because they are so worried that they will have a nightmare?
- Are the nightmares getting worse and occurring more frequently?
- Are they impacting your child's school day and interaction with family and friends?
- Are they repeatedly waking up with detailed recollections of long, scary dreams that involve threats to their survival, security, and physical well-being?

If you notice these issues persisting, then it's important to speak to your pediatrician about what is going on. It may be time to explore treatment options such as therapy to address stress and anxiety, or a sleep study for a more detailed evaluation.

Sandi Schwartz is a freelance writer and blogger and mother of two (www.happysciencemom.com and www.sandischwartz.com).

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Keep the bond

Nurturing long-distance grandparent relationships

BY MYRNA BETH HASKELL

I grew up with grandparents who lived in another state. Although New Jersey was not exactly the other side of the continent, our home in New York was a two-and-a-half-hour car ride, so visits had to be planned in advance. When my brother and I were toddlers, my parents took us almost every weekend for visits. Once we were teenagers, my retired grandparents usually made the trek due to hard schedules on our end.

At the time, I didn't think of the relationship with my grandparents as a long-distance one. It was the only one I knew, and we all made it work. We shared birthdays, holidays, and special occasions. We also talked by phone regularly. I had friends whose grandparents lived up the street, but I never felt that the relationship they had with their grandparents was more special than mine.

According to an AARP Bulletin, "A little over four in 10 (43 percent) of grandparents have to travel over 200 miles to see their grandchildren who live furthest away from them." The number one reason for grandparents not seeing their grandchildren enough was distance (67 percent). Yet, this same study indicated that most grandparents feel they play a very important role in the lives of their grandchildren. Therefore, it seems that many grandparents are finding creative ways to bridge the distance.

Special circumstance: When grandparents reside in a nursing home or assisted-care facility

As an expert in the eldercare industry, Carla Sutter suggests some preparation for children before visiting grandparents in a nursing home:

Bridge item: Give the grandchild something they can "hand" to Grandma, such as a drawing or painting he made. This helps to break the ice but can also serve as an alternative to a hug that the child might not be comfortable with in this unusual environment.

Use books to educate: Show pictures to the grandkids ahead of time. A nursing facility will have lots of residents

in wheelchairs, hooked up to oxygen, etc. Prepare them visually for what Grandpa will look like, so it is not a surprise.

Why grandparents are special

According to KidsHealth (Nemours Foundation, kidshealth.org), "Establishing a bond with grandparents can benefit kids in many ways. Grandparents can be great role models and influences, and they can provide a sense of cultural heritage and family history. Grandparents provide their grandkids with love, have their best interests at heart, and can make them feel safe."

"Parents have to make sure kids are doing the right things," says Dr. Laura Markham, a parenting expert and author of "Peaceful Parent, Happy Kids" and "Peaceful Parent, Happy Siblings" (TarcherPerigee). "When grandparents are not the permanent caregiver, they can be the child's cheerleader without getting involved with everyday rules and expectations, such as doing homework and eating vegetables," Markham adds.

Carla Sutter, master of social work, director of Franchise Operations at Synergy HomeCare Franchising, LLC ([\[gyhomecare.com\]\(http://gyhomecare.com\)\), explains, "The grandparent relationship is that one extra-special bond that can really make a difference in a child's life. Grandparents don't have the same ego, because they're not directly involved. If something goes wrong, they are not the ones who are viewed as messing things up."](http://www.syner-</p></div><div data-bbox=)

Sutter describes a moment when a parent might say, "You never let me go out wearing that!" "Grandparents are not as uptight about the little stuff," explains Sutter. She also points out that a positive relationship with a grandparent translates to strong relationships with older adults in the community and an understanding and comfort with aging.

Grandparents are the link to family traditions. They also serve as historians. Grandparents are interesting, because to the grandkids, they lived so long ago, that their past is retro cool, so grandkids want to hear all about it. I used to love when my grandma would tell me stories about her childhood — especially when she'd regale me with secrets about her first crushes and sneaking out to go to a dance even though she was grounded.

Long-distance: The positives and negatives

"It depends on how often you see the child and which end of the continuum you are on," Markham explains. "There are different challenges for all grandparents. For those far away, there is a huge challenge to maintain intimacy. On the other hand, a grandparent who provides regular care has to enforce the parents' rules, even if a little TV or sugar is okay in her own mind."

Sutter agrees. "There are positives and negatives to all relationships. If the role is to discipline and be a structure-maker, you might lose some of the 'sparkle' of that grandparent relationship. Instead of looking at long-distance relationships as a negative, find opportunities to engage with your grandchild in special ways to make sure the relationship is maintained."

Staying connected

"Technology is key," Sutter states. With Skype, FaceTime, and other apps, grandchildren can talk face-to-face with grandparents who live far away. However, many



grandparents are not tech savvy. Parents and older children can serve as guides when it comes to making grandparents comfortable with technology, Sutter offers.

Markham describes creative ways to use technology for communication.

"Sometimes grandparents don't know what to say to a child they don't see often." She advises asking the parents to suggest a book their child loves. Grandma can read the book to her grandchild online. "Kids need the visual. Sing songs to them such as 'Heads, Shoulders, Knees and Toes' — something silly. Laughter is a great ice breaker."

Another idea is to share mealtime. "Schedule your video call during a meal. Conversation is more natural during meal time when kids are comfortable and used to conversing." Markham also recommends online games that grandparents and grandchildren can participate in together, such as chess or fantasy sports leagues.

Technology isn't the only way that grandparents can nurture a long-distance relationship, however. It just takes a little effort and ingenuity.

"You don't always want your connection to be about stuff. I'm a big believer in

writing," Sutter shares. "There's something special about getting snail mail. Everyone's lives are extremely busy, and many grandparents are still working. I like the idea of doing a postcard back-and-forth to share knowledge and experiences."

Sutter suggests sending postcards with photos of animals or locations that might be very different from where grandchildren live. "Send these to your grandchildren with a line about the animal or place you've seen." She says grandkids can make scrapbooks of the postcards. For young children, grandparents can ask Mom or Dad to send a postcard back with the grandchild's drawing of something she saw.

Markham also advocates snail mail as an alternative way to stay connected.

"Grandparents can start a progressive story. They write the first paragraph. The grandchild responds with the second paragraph, and so on." She also recommends sending cartoons and jokes back and forth via snail mail. Parents can fax or text photos and answers back. This is easier on busy parents with young children who can't handle the correspondence on their own.

Markham proposes working on long-distance projects together as well. If a

grandchild likes to sew, for instance, collaborate with her on a quilt project. Sew individual squares remotely. During a visit, sew the squares together to make a complete quilt.

Of course, whenever possible, schedule in-person visits.

"Plant a tree for your grandchild. Each time he visits, take his photo by the tree." Markham reports that this is a great way to show a grandchild that he is special and to document his growth and maturation.

How the parents can help

Parents play an integral role in nurturing long-distance grandparent relationships. Sharing stories about their parents and revealing their own emotional connection helps kids learn the importance of staying connected with family.

Parents can help by preparing their children for visits with Grandma.

"Before the visit, you can use Skype to help the child warm up to the grandparent before they arrive," Markham recommends. "After the visit, send along the photos you took. Parents can also laminate picture books for their children to flip through."

Older kids love to be in charge. Markham reports, "Ask teens and older kids to print out the photos and make a book out of them." Older kids are also great with photo apps and can make collages and post on Instagram.

Markham advises that one-on-one time with a grandparent is extremely important, and parents should encourage it. She says this helps to develop a unique bond.

"Parents are a key factor. However, grandparents should try not to burden the parents with the responsibility," warns Sutter. Instead, she suggests that grandparents encourage simple ways to respond to gifts and messages. For instance, if a grandparent sends a gift, instead of expecting the parent to help their young child write a thank you note, you can ask them to snap a photo of the child with the gift.

Many parents have the additional challenge of having local grandparents on one side of the family and long-distance grandparents on the other. In this case, Sutter proposes setting up special time to reconnect with the grandparents your children haven't visibly seen. "At the holidays, for instance, ask the long-distance grandparents to arrive ahead of time to rekindle the relationship before everyone else arrives."

*Myrna Beth Haskell is an award-winning author, columnist, and feature writer. Her work has appeared in publications across the U.S. as well as internationally (www.myrnahaskell.com). She is also co-founder and managing editor of *Sanctuary* (www.sanctuary-magazine.com).*

Costly mistakes to avoid when applying for financial aid

In my experience, most parents believe that once their child has started college and received her financial-aid offer, they can stop paying attention to future financial aid requests. Often overlooked is that financial-aid offers generally are in effect for one academic year and must be renewed every year. Simply put, families must reapply for financial aid each year a child will be in college.

Making a single incorrect financial decision during your child's college years could upend years of proper planning. These are some of the most common mistakes that should be avoided:

Making withdrawals from IRA accounts

Normally a distribution from a traditional Individual Retirement Account prior to age 59.5 would incur a 10-percent penalty. If the distribution is used for qualified higher education expenses, it is exempt from the early distribution penalty. However, income tax on the distribution would still need to be paid. Additionally, the income from the IRA distribution would increase your total taxable income and decrease your potential financial aid.

For a ROTH Individual Retirement Account distribution, a similar policy applies. There would be no penalties incurred or income tax due, but the distribution would be considered non-taxed income on the following year's Free Application for Federal Student Aid form and could potentially decrease your potential financial aid.

Under both of these scenarios, the withdrawal of funds from your traditional or ROTH Individual Retirement Account would increase your total income (taxable and non-taxable). This would increase the amount of your Expected Family Contribution and could decrease the amount of aid you might receive.

Liquidating assets at the wrong time

The application bases Expected Family Contribution on income and tax data of the prior-prior year before attending college. This is referred to as the base year. What



is the prior-prior year? Rather than looking back just one year at a family's financial information to determine the contribution number, tax information from two years ago (prior-prior year) is reviewed to determine aid.

That means that the base year now runs from the second half of your child's high school sophomore year through to the first half of the student's junior year. Put another way, the base year is the calendar year before a student enters his senior year of high school. Parents who have invested for years in stocks, mutual funds, and other investments who plan to liquidate these assets to pay for college need to take special care of the timing of the sale of these assets. Depending on when assets are sold, this could affect the amount of aid available to your child in future years. Why? Because when an investment is sold, and a capital gain is realized, that gain will be included in the parent's following year income tax return. That capital gain amount will increase the parent's earning and thus their contribution number.

Grandparent gifts at the wrong time

It's nice when a grandparent wants to help her grandchild pay for college. But if a grandparent gives money to a grandchild



FAMILY FINANCIAL PLANNING

ANTHONY N. CORRAO

from a 529 plan at the wrong time, it can have a dramatic impact on the amount of aid a student can receive.

A 529 plan owned by grandparents is a useful college-planning tool. Assets in a grandparent-owned 529 plan are not reported on the Free Application for Federal Student Aid, but some colleges may ask a student to include them in the College Scholarship Service Profile, the financial aid division of the College Board. Research the difference when applying for financial aid.

When a grandparent withdraws funds from a 529 plan to pay for a grandchild's tuition, that amount is reportable the following year as the student's non-taxable income on the application. The student's non-taxable income would increase the amount of his Expected Family Contribution, which could lower the amount of aid available to him. The best advice here is to have open conversations with your child's grandparents in order to best coordinate timing to maximize financial-aid benefits.

Planning for college costs is an ongoing process. One simple mistake or oversight could ruin years of savings and careful planning. Consult with me, another financial advisor, or your accountant for advice before making a costly mistake.

Anthony N. Corrao is president of wealth management and director of corporate education at Manhattan Ridge Advisors. For more than 25 years, he has helped families towards their financial goals by developing financial, educational, and retirement-planning strategies.

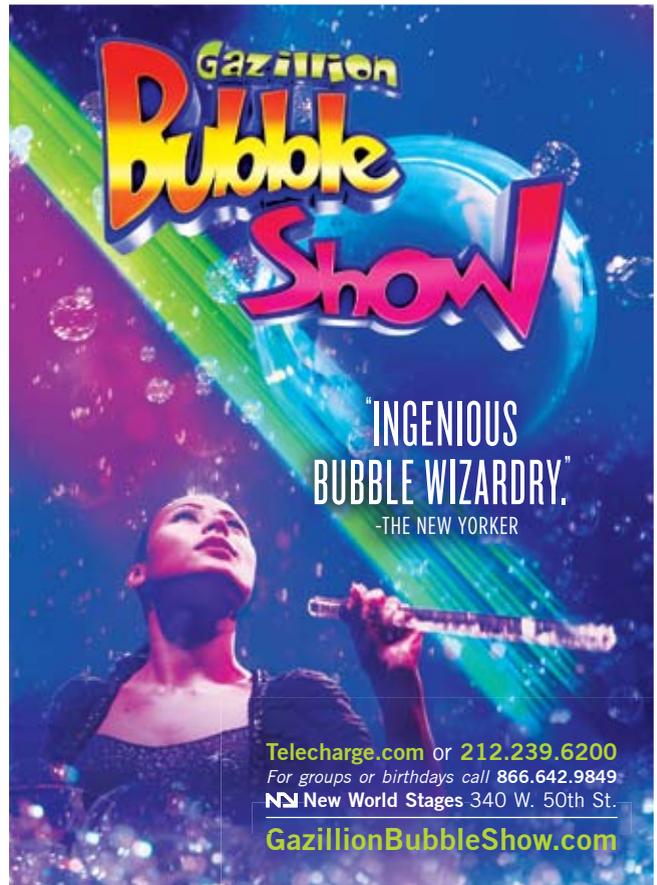
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NOVEMBER



Associated Press / Diane Bondareff

Working up to the turkey

Get ready for the annual Macy's Thanksgiving Day Parade, ushering in the holiday season on Nov. 22.

The giant event features balloons, floats, marching bands, performance groups, and loads of entertainers.

The 2.5-mile march kicks off at W. 77th Street and Central Park West, winding its way downtown to the viewing stands in front of the world-famous Macy's of Herald Square.

Children of all ages will love watch-

ing the marchers and goggling at the giant balloons floating high above the avenue. Bringing up the rear as always is the ever-popular Mr. and Mrs. Santa Claus, with Rudolph at the head. Santa and sleigh heralds the end of the parade and the beginning of the holiday season.

Thanksgiving Day Parade, Nov. 22 from 9 am to noon. Free.

Macy's Herald Square (Broadway and W. 34th Street in Midtown).

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Submit a listing

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

Send your listing request to queenscalendar@cnglocal.com — and we'll take care of the rest. Please e-mail requests more than three weeks prior to the event to ensure we have enough time to get it in. And best of all, it's FREE!

THURS, NOV. 1

IN QUEENS

Horticulture Volunteer Days: Queens Botanical Garden, 43-50 Main St.; (718) 539-5296; info@queensbotanical.org; www.queensbotanical.org; 9 am – 12 pm; Includes Garden admission.

Help keep QBG clean, green, and growing! Join our horticulture staff for an engaging, educational day where you will learn gardening basics and work hands-on with our plants. Volunteers must be at least 16 years old.

CityParks Street Hockey: Wayanda Park, Hollis Avenue and Roard Lane; (718) 760-6999; www.nycgovparks.org/events/2018/10/11/cityparks-street-hockey; 3:30 pm to 4:30 pm; Free.

City Parks Foundation, in partnership with the New York Islanders, is offering free, weekly instructional street hockey program for kids ages 8–12 in local neighborhood parks. Youth will learn basic hockey skills such as stickhandling, passing, shooting and core life skills, such as safety, teamwork, and sportsmanship.

Museum Makers: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; www.nyscience.org; 3:30 pm to 5:30 pm; Free with admission to the hall.

Explore the museum's exhibits through the eyes of scientists. Ask questions, collect data, uncover patterns, and design and create your very own exhibit. Recommended for children ages 5–8 years old and their families. Light dinner will be provided after each workshop. Participation in all seven workshops is required. Preregistration is required.

FURTHER AFIELD

Home School Day: Long Island Museum, 1200 NY-25A, Long Island; (631) 751-0066 X 212; <https://longislandmuseum.org>; 1 pm to 3 pm; \$5 (per student; \$20 per family; parents free).

Homeschooled students learn about Revolutionary War figure and silversmith Elias Pelletreau. Use maps, images, and masterfully crafted silver objects to investigate the important role that craft and trade played

History, arts and crafts

Come learn about history at Hands on History and make your own rag rug on Nov. 3 at King Manor Museum.

Children get a dose of history as well as an arts and crafts event, and learn all about the decorations and furniture inside 19th-century homes. Make your own miniature rag rug to take home, then visit the rest of the museum and learn about Rufus King — Founding Father and early voice in the anti-slavery movement.

Hands on History, Nov. 3 from 1 pm to 4 pm. Free. Recommended for ages 3 and older.

King Manor Museum [153 Street & Jamaica Ave. in Jamaica; (718) 206-0545].



during this era in American History.

FRI, NOV. 2

IN QUEENS

Jamaica Farmers Market: Down to Earth Jamaica Farmers Market, Parsons Boulevard between Jamaica and Archer avenues; 160th Street off Jamaica Avenue; (914) 923-4837; info@downtoearthmarkets.com; downtoearthmarkets.com/markets?region=Queens&market=Jamaica+Friday+Farmers+Market; 8 am.

Shop for locally grown fruits and vegetables and eggs, honey and baked goods on Fridays and Saturdays from 8 am to 4 pm. On Fridays we are on Parsons Boulevard between Jamaica and Archer Avenues and on Saturdays on 160th Street off Jamaica Avenue.

Queens Botanical Garden Farmers Market: Queens Botanical Garden, 43-50 Main St.; (718) 539-5296; info@downtoearthmarkets.com; www.queensbotanical.org; 8:30am; Free entry.

Shop for locally grown fruits and vegetables and eggs, honey and baked goods.

SAT, NOV. 3

IN QUEENS

Jamaica Farmers Market: 8 am. Down to Earth Jamaica Farmers Market. See Friday, Nov. 2.

Family Program Access Mornings: Museum of the Moving Image, 36-01 35th Ave.; (718) 777-6888; www.movingimage.us; 9:30 am to 10:30 am; \$5 (Free for children under 3 and members).

Join us for exclusive museum access for

families on the autism spectrum. This early access hour, before the museum is open to the general public, will allow visitors of all ages to explore the exhibitions and participate in art making projects, facilitated by museum educators. Reservations required. If participating families are interested in staying on after 10:30 am to further explore exhibitions or to attend the 11 am Sensory Friendly family matinee, the Access Mornings ticket may be applied toward admission or membership.

Sing along: Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 352-1769; 10:30 am to 11:45 am; \$18 per participant.

Enjoy live music and learn some new animal songs! Meet live animals featured in the songs and make an instrument to play at home. For ages 4–6 (drop-off class). Limited to 12 participants. Children must be able to use the bathroom independently.

Art of Indoor Bonsai Workshop: Queens Botanical Garden, 43-50 Main St.; (718) 539-5296; info@queensbotanical.org; www.queensbotanical.org; 11 am to 2 pm; \$90 members, \$100 non-members.

Students learn about bonsai traditions, artistic design principles, bonsai horticulture, and both short- and long-term maintenance. Each participant will leave with a finished bonsai potted into a bonsai pot, working with a tropical or sub-tropical tree that can grow well in apartments. All materials included, recommended for adults and children ages 10 and up (accompanied by participating adult). Registration required.

Prototyping Lab: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; www.nyscience.org; 11 am to 4 pm;

Calendar

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

Free with admission to the hall.

Test out new engineering and design activities in our Design Lab area.

Wildlife Weekend: Queens County Farm Museum, 73-50 Little Neck Pkwy.; (718) 347-3276; www.queensfarm.org; 11 am to 4 pm; \$9 for all ages (Free for farm members).

Have fun learning about interesting critters at this pay-one-price event! Admission includes the Frogs, Bugs, and Animals show, hayrides, animal feeding, and pony rides (80-pound rider limit).

Hands on History – Make Your Own Rag Rug: King Manor Museum, 153 Street and Jamaica Avenue; (718) 206-0545; 1 pm – 4 pm; Free.

Join us at King Manor to learn about decorations and furniture inside 19th-century homes. Make your own miniature rag rug to take home, then visit the rest of the museum and learn about Rufus King, Founding Father and early voice in the anti-slavery movement. Recommended for ages 3 and up, adults also welcome!

Teen Program: Museum of the Moving Image, 36-01 35th Ave.; (718) 777-6888; www.movingimage.us; 4 pm to 6 pm; Free with museum admission.

These events are a unique opportunity to get exclusive access to the museum, to share in your favorite kinds of media-making, or to experiment with something new. We work with everything from vintage arcade games to web-based hacking tools as we explore the museum's collection in fun and innovative ways. All levels of experience are welcome. Plus, there's pizza. Recommended for children 14 and older.

SUN, NOV. 4

IN QUEENS

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; 9 am–2 pm; 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.

Fall Community Volunteer Day: Queens Botanical Garden, 43-50 Main St.; (718) 539-5296; info@queensbotanical.org; www.queensbotanical.org; 10 am to 1 pm; Free with registration.

Roll up your sleeves and keep the garden clean and green! Led by staff, volunteers will participate in a variety of gardening activities.

High School Fair: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; www.nyscience.org; 11 am to 1 pm;



A tale about a lost tail

Aesop's Fable comes to life at the 14th Street Y theater when "Fox Fables" hits the stage on Nov. 3 and 4.

Theater for Young Adults and WonderSpark Puppets presents this puppet adaptation of an Aesop's Fable — about a fox who loses his precious tail and, with it, his identity. He tries to be

several other animals instead — with hilarious results — before realizing the moral lesson of this ancient story.

"Fox Fables," Nov. 3 and Nov. 4, at 11 am and 1 pm. Tickets are \$14. For all ages.

14th Street Y Preschool [344 E. 14th St. in the East Village, (646) 395-4325].

Free with admission to the hall.

Middle school students and their parents or guardians can learn about different New York City high schools and the opportunities they offer. Participants will have the chance to talk with representatives from schools who are ready to answer your questions about the application process, deadlines, requirements, school life and more. Free with museum admission.

Wildlife Weekend: 11 am to 4 pm. Queens County Farm Museum. See Saturday, Nov. 3.

Hanging Planter Macrame

Workshop: Queens Botanical Garden, 43-50 Main St.; (718) 539-5296; info@queensbotanical.org; www.queensbotanical.org; 1 pm to 4 pm; \$25 member, \$30 non-member.

Learn the basics behind macramé, textile produced by knotting. Join Melissa Taylor of terra and twine to get an idea of what it takes to design your own piece. This class will focus on creating a hanging planter and QBG will provide a selection of ideal plants for you to design your piece around! Recommended for adults and children ages 10 and up (accompanied by participating adult).

Gather around the campfire: Alley

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

Pond Park, Cross Island Parkway and Grand Central Parkway; (718) 217-4685; www.nycgovparks.org; 6 pm to 7:30 pm; Free.

Our bright and talented Urban Park Rangers are what make our Weekend Adventure programs so amazing. Each season we feature some of the Rangers' favorite Weekend Adventure experiences. Join us around a campfire for an evening of stories, songs, and fun activities.

WED, NOV. 7

IN QUEENS

Open House: Scholars Academy, 320 Beach 104th St.; (718) 474-6918; www.scholarsnyc.com/about-us/ms-admissions; 8:30 am to 10:30 am.

Prospective students entering sixth, seventh, and eighth grades will have an opportunity to attend an information session and tour of Scholars Academy to learn about admission, courses of study, and educational opportunities available. Reservations are required in advance; confirmation is needed for admittance to the building. Print and bring your registration ticket to gain entry; adults must have a valid photo ID. Only 2 adults and the prospective student may attend; siblings and other children are not permitted to attend due to space constraints.

THURS, NOV. 8

IN QUEENS

Open House: 8:30 am to 10:30 am. Scholars Academy. See Wednesday, Nov. 7.

SJU Veterans Day 2018: St. John's University, 80-00 Utopia Pkwy.; communityrelations@stjohns.edu; 1:30 pm; Free.

Singer and songwriter Theresa Sareo will perform a special tribute honoring members of the military. In D'Angelo Center, room 416. Light refreshments will be served following the ceremony for registered veterans and their families.

CityParks Street Hockey: 3:30 pm to 4:30 pm. Wayanda Park. See Thursday, Nov. 1.

Museum Makers: 3:30 pm to 5:30 pm. New York Hall of Science. See Thursday, Nov. 1.

FURTHER AFIELD

Hands-On Art – Making

Revolutionary Images: Long Island Museum, 1200 NY-25A, Long Island; (631) 751-0066 X 212; <https://longislandmuseum.org>; 4:30 pm to 5:30 pm; \$10 (non-members).

Learn the elements of art and use different materials to create your own masterpiece, using the Elias Pelletreau exhibition as your inspiration. Recommended for students in grades kindergarten through four. Member discount available. Price shown is non-



Learn games of the past

Spend the day learning about games historically played by Native Americans at Kissena Park on Nov. 10.

Join the Urban Park Rangers for a fun afternoon of games inspired by Native American history and culture.

Native American Games on Nov. 10, 11 am to 12:30 pm. Free. Recommended for older children.

Kissena Park [Rose Avenue and Oak Avenue in Flushing, (718) 846-2731; www.nycgovparks.org/events/2018/11/10/native-american-games].

member cost per session. Sign up for any four Hands-On Art or Museum Adventures sessions to receive program discount.

FRI, NOV. 9

IN QUEENS

Jamaica Farmers Market: 8 am. Down to Earth Jamaica Farmers Market. See Friday, Nov. 2.

Queens Botanical Garden Farmers Market: 8:30 am. Queens Botanical Garden. See Friday, Nov. 2.

Open House: 8:30 am to 10:30 am. Scholars Academy. See Wednesday, Nov. 7.

SAT, NOV. 10

IN QUEENS

Jamaica Farmers Market: 8 am. Down to Earth Jamaica Farmers Market. See Friday, Nov. 2.

Native American Games: Kissena Park, Rose Avenue and Oak Avenue; (718) 846-2731; www.nycgovparks.org

[events/2018/11/10/native-american-games](http://www.nycgovparks.org/events/2018/11/10/native-american-games); 11 am to 12:30 pm; Free.

Join the Urban Park Rangers for a fun afternoon of games inspired by Native American history and culture.

Prototyping Lab: 11 am to 4 pm. New York Hall of Science. See Saturday, Nov. 3.

Wildlife Weekend: 11 am to 4 pm. Queens County Farm Museum. See Saturday, Nov. 3.

"Superman": Museum of the Moving Image, 36-01 35th Ave.; (718) 777-6888; www.movingimage.us; 11 am; \$15 (\$11 seniors and students; \$9 children 3-17 and free for children 3 and younger and members) includes admission to museum.

Scening of the 1978 flick starring Christopher Reeve, Margot Kidder, and Gene Hackman. Recommended ages 8 and up.

Kathak, Bhangra, and Beyond: Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; flushingtownhall@gmail.com; www.flushingtownhall.org; 1 pm to 4 pm; \$20 (\$15 members and students and free for teens).

Calendar

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

Celebrate Diwali, the festival of lights, with this all-ages festival and dance party, featuring Kathak classical dancer Abha Roy and Basement Bhangra's DJ Rekha. Each artist will introduce you to her form and invite you to learn traditional Kathak dance moves and bhangra folk dances mixed with hip-hop. Then hit the dance floor! Also join us for cooking workshops, and henna painting, with Indian handicrafts and Indian foods for sale.

SUN, NOV. 11

IN QUEENS

Farmers Market: 9 am–2 pm. Down to Earth Cunningham Park Farmers Market. See Sunday, Nov. 4.

Wildlife Weekend: 11 am to 4 pm. Queens County Farm Museum. See Saturday, Nov. 3.

"Superman": 11 am. Museum of the Moving Image. See Saturday, Nov. 10.

Ranger's Choice Storytime: Astoria Park, 19h Street and Hoyt Avenue North; (718) 352–1769; www.nycgovparks.org/events/2018/11/11/rangers-choice-storytime; 1 pm to 2:30 pm; Free.

Join the Urban Park Rangers for an afternoon of storytime and enjoy sharing your nature-related stories with the Rangers.

Veteran's Day Concert: Voelker Orth Museum, 149-19 38th Ave.; (718) 359–6227; administration@vomuseum.org; www.vomuseum.org; 2 pm; \$12 general, \$10 members and students, and free for veterans.

Stephen Josephs, flautist and composer, returns to the museum with his ensemble this Veteran's Day bringing us an afternoon of spirited music. His virtuosity from pop to jazz to classics make his performances a delight. Light refreshments served after the performance.

MON, NOV. 12

IN QUEENS

"Superman": 11 am. Museum of the Moving Image. See Saturday, Nov. 10.

TUES, NOV. 13

FURTHER AFIELD

Little Playtimes: LEGOLAND Discovery Center, Westchester, 39 Fitzgerald St., Westchester; (866) 243–0770; <https://westchester.legolanddiscoverycenter.com>; 10 am–2 pm; \$24 for an adult and child, children 2 and under free.

Have a LEGO play date! Little ones build their curiosity with LEGO bricks while parents mingle together. Activities include story time, Animal Bingo and Farmers Workshop. Check website for schedule.

THURS, NOV. 15

FURTHER AFIELD

Museum Adventures – Winter on the Farm: Long Island Museum, 1200 NY-25A, Long Island; (631) 751–0066 X 212; <https://longislandmuseum.org>; 4:30 pm to 5:30 pm; \$10 (non-members).

Discover what it was like to grow up on a Long Island farm in the 1800s. Visit the Blacksmith Shop and historic barn and try your hand at some 19th-century chores! Recommended for students in grades kindergarten through four. Member discount available. Price shown is non-member cost per session. Sign up for any four Hands-On Art or Museum Adventures sessions to receive program discount.

FRI, NOV. 16

IN QUEENS

Jamaica Farmers Market: 8 am. Down to Earth Jamaica Farmers Market. See Friday, Nov. 2.

Queens Botanical Garden Farmers Market: 8:30 am. Queens Botanical Garden. See Friday, Nov. 2.

SAT, NOV. 17

IN QUEENS

Jamaica Farmers Market: 8 am. Down to Earth Jamaica Farmers Market. See Friday, Nov. 2.

Prototyping Lab: 11 am to 4 pm. New York Hall of Science. See Saturday, Nov. 3.

"Liyana": Museum of the Moving Image, 36-01 35th Ave.; (718) 777–6888; www.movingimage.us; 11 am; \$15 (\$11 seniors and students; \$9 children 3–17 and free for children 3 and younger and members) includes admission to museum.

A combination documentary about orphaned children in Swaziland and illustrated heroic tale of a fictional young girl named Liyana. This 2017 film by Aaron Kopp and Amanda Kopp brings to life a collective story created from the imagination of the children who work with acclaimed storyteller Gcina Mhlophe, while also documenting the real lives of the young storytellers dealing with challenges of losing their parents, HIV, and violence. Recommended for ages 10 and up (contains challenging subject matter that may be too mature for younger viewers).

Wearable Art Workshop – Designing Totes: Voelker Orth Museum, 149-19 38th Ave.; (718) 359–6227; administration@vomuseum.org; www.vomuseum.org; 1 pm; \$5 members, and \$6 general.

As we head into the holiday season, designer Phyllis Ger leads a workshop on decorating tote bags you can use for your own schlepping or to give as gifts. Get tips and inspiration to make something fabulous at

the workshop — and perhaps you'll set up a home workshop for further design explorations. Workshop suitable for adults, teens, and tweens.

Teen Program: 4 pm to 6 pm. Museum of the Moving Image. See Saturday, Nov. 3.

Leonids Meteor Shower: Boardwalk, Beach 116th Street and the Boardwalk; (718) 352–1769; www.nycgovparks.org/events/2018/11/17/astronomy-leonids-meteor-shower; 6 pm to 7:30 pm; Free.

Urban Park Rangers will be your guides to the solar system, discussing the science, history, and folklore of the universe. Astronomy programs feature the use of telescopes and binoculars to observe specific astronomical events. Originating near the constellation Leo, the Leonids Meteor Shower produce up to 15 meteors per hour during peak viewing.

SUN, NOV. 18

IN QUEENS

Farmers Market: 9 am–2 pm. Down to Earth Cunningham Park Farmers Market. See Sunday, Nov. 4.

"Liyana": 11 am. Museum of the Moving Image. See Saturday, Nov. 17.

Wilderness Skills – Fire Making: Seuffert Bandshell Parking Lot at Forest Park, Forest Park Drive; (718) 846–2731; www.nycgovparks.org/events/2018/11/18/wilderness-skills-fire-making; 6 pm to 7:30 pm; Free.

Our Urban Park Rangers are well-versed in outdoor lore. Learn tips and tricks that will enhance your knowledge of the natural world, and might just save your life. Learn primitive and modern methods for making fire safely and responsibly while exploring the great outdoors. Recommended for ages 8 years and older.

TUES, NOV. 20

FURTHER AFIELD

Little Playtimes: 10 am–2 pm. LEGOLAND Discovery Center Westchester. See Tuesday, Nov. 13.

THURS, NOV. 22

FURTHER AFIELD

Macy's Thanksgiving Day Parade: Macy's, 34th Street and Broadway, Manhattan; 9 am to noon; Free.

Get ready to enjoy the best known parade in the city. The balloons will fly high as dancers, twirlers, and, of course, celebs walk the walk down Broadway. Bringing up the rear will be the jolly old elf himself, Santa, along with Mrs. Claus.

Calendar

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

FRI, NOV. 23

IN QUEENS

The Alley Giant: Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 352-1769; 10 am to 11:30 am; Free.

Don't shop on Black Friday, come and meet a tree that is the tallest and oldest living organism in the city. The Alley Giant is estimated to be between 350 and 450 years old.

TUES, NOV. 27

FURTHER AFIELD

Little Playtimes: 10 am-2 pm. LEGOLAND Discovery Center Westchester. See Tuesday, Nov. 13.

LONG-RUNNING

IN QUEENS

Tutoring: Rochdale Village Inc., Community Center, 169-65 137th St.; (718) 525-2800 X 14; Jshaw@rochdalevillage.com; www.rochdalevillage.com; Tuesdays and Thursdays, 10 am, Free.

One-on-one tutoring and homework help.

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, until Fri, Nov. 30; \$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.

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, until Fri, Nov. 30; \$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.

Family Program Moving Image

Studio: Museum of the Moving Image, 36-01 35th Ave.; (718) 777-6888; www.movingimage.us; Sunday, Nov. 4, 10 am; Saturday, Nov. 10, 11 am; Sunday, Nov. 11, 11 am; Saturday, Nov. 17, 11 am; Sunday, Nov. 18, 11 am; Saturday, Dec. 1, 11 am; Sunday, Dec. 2, 11 am; Saturday, Dec. 8, 11 am; Sunday, Dec. 9, 11 am; Saturday, Dec. 15, 11 am; Sunday, Dec. 16, 11 am; Free with museum admission.

Moving Image Studio is the museum's drop-in space where visitors of all ages can create media and other projects. Families are welcome to stop by and experiment with puppet making and animation inspired by The Jim Henson Exhibition and the core exhibition Behind the Screen. Recommended for ages 4 and up and their adult companions.

GingerBread Lane: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; www.nyscience.org; Weekdays, 9:30 am to 5 pm, Saturdays, 10 am to 6 pm, Sundays, 10 am to 6 pm, Sat, Nov. 10 - Mon, Jan. 21, 2019; Free with general admission to the hall.

Visitors marvel at homemade gingerbread houses made entirely of edible gingerbread, royal icing, and candy. The houses are drafted, designed, baked, planned, built and decorated by creator Jon Lovitch over the course of an entire year. GingerBread Lane has won the Guinness World Record for

2013, 2014, 2015 and 2016 for the largest gingerbread village.

FURTHER AFIELD

"Frozen" on Broadway: St. James Theatre, 246 W. 44th St., Manhattan; (866) 870-2717; frozenthemusical.com; \$100 and up.

A musical worth melting for! If you loved the movie "Frozen," you'll love seeing Anna, Elsa, Kristoff, and Olaf come to life on stage to tell the timeless tale of two sisters who are pulled apart by a mysterious secret. Of course, there's the classic song "Let It Go," plus many new numbers for this new production.

Ocean Wonders -- Sharks! New York Aquarium, 602 Surf Ave. between W. Eighth and W. Fifth streets, Brooklyn; (718) 265-3448; www.nyaquarium.com; Daily, 10 am; Free with admission to the aquarium.

The new exhibit will amaze visitors as they journey through nine galleries breathtakingly eye-to-eye with sharks, rays and hundreds of species of ocean wildlife.

The Big Bolt: Long Island Children's Museum, 11 Davis Ave. at West Road, Long Island; (516) 224-5800; www.licm.org; Wednesdays and Fridays, 10:15 am and 12:15 pm, Thursdays, 10:15 am and 12:15 pm, Saturdays and Sundays, 11:30 am and 2 pm, Thurs, Nov. 15 - Sun, Dec. 30; \$7 (\$9, non-members; \$12 theater only).

Jimmi is a confident, curious girl and aspiring engineer who loves to build and explore the neighborhood with her friendly dog Conrad. Her curiosity can sometimes get her into trouble, though. While visiting a local construction site, Jimmi decides to take a big, important-looking bolt home with her. A hilarious chain of events unfold, involving a confused mail carrier, a melodramatic opera singer, and an overly confident construction supervisor.

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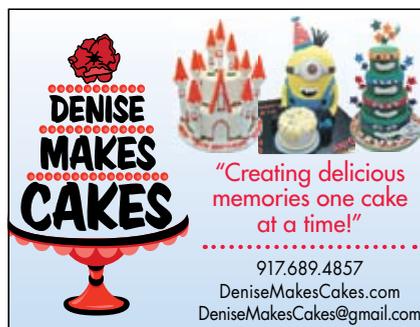
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JUST WRITE MOM

DANIELLE SULLIVAN

Six ways to help out local dogs right now

The bond between a dog and his owner is a strong one, built over many years. It is an attachment that might only be understood by those that have experienced the unconditional love and support that dogs provide. Most of us cannot imagine treating our dogs with anything but caring and love, but sadly, that is not always the case, and many dogs silently suffer at the hands of their owners. Yet we can all work to help abused and abandoned dogs right in our own neighborhood. Here are six ways to start!

1. Look around. The first step in helping stop abuse is in noticing that it is taking place. Take notice of the sometimes subtle signs of animal abuse and cruelty. Do you see a dog that is out all the time, even during scorching hot temperatures or incredibly freezing temps? Do you notice there is a dog that looks extremely skinny and never has water available? Do you have a neighbor that always seems to be screaming at his dog? If something doesn't seem right, it probably isn't.

Trust your instincts.

2. Tell someone. When you see abuse, report it to the proper authorities in your area. In many cases, that will be the police. In certain areas, there are special organizations, such as the American Society for the Prevention of Cruelty to Animals, which will investigate your report. Write down every occurrence in detail. Note the date, time, and weather conditions. The more detailed and accurate you can report your claim, the better chances of immediate help and possible conviction. Remember that the use of social media often helps, too. So if you are reporting a company that is harming their animals in some way, you will most likely get immediate attention through the use of social media. Even private cases have been recognized and helped in this way.

3. Get vocal. Join animal organizations to help pass humane laws to help improve the lives of animals. Get vocal on Twitter and Facebook, join online groups, and attend meetings in your area. When speaking with family and friends, let them know

about ways they can help animals — or at the very least, not hurt them.

4. Support rescue-dog organizations.

There are so many agencies that do outstanding work to help animals, and they all need our support. There are also many organizations dedicated to rescuing, rehabilitation, and re-homing abused dogs. By patronizing or donating just the cost of a few cups of coffee per month, you can help fund food, medical care, and basic necessities for many dogs. Monetary donations are always welcomed, but often, these organizations are in dire need of practical items, such as disinfectants, blankets, paper towels, tissues, dog food, etc.

5. Teach a child to love animals. Most dog owners fondly remember growing up knowing the love of their dogs. Children learn so much from having pets. They also learn how to treat those animals from watching their parents and family. When you teach a child that animals are beautiful beings that need our protection, you not only change the life of a child, but also the life of every animal that child encounters over a lifetime.

6. Volunteer. Dog rescues need people to help, plain and simple. Most are publicly funded and just do not have the manpower needed to handle the large volume of animals they take in. You can walk dogs, clean cages, and speak with potential adopters. Every little bit helps when it comes to helping get homeless dogs into permanent homes.

Dogs do so much for us; it's only right that we do all we can for them!

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



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