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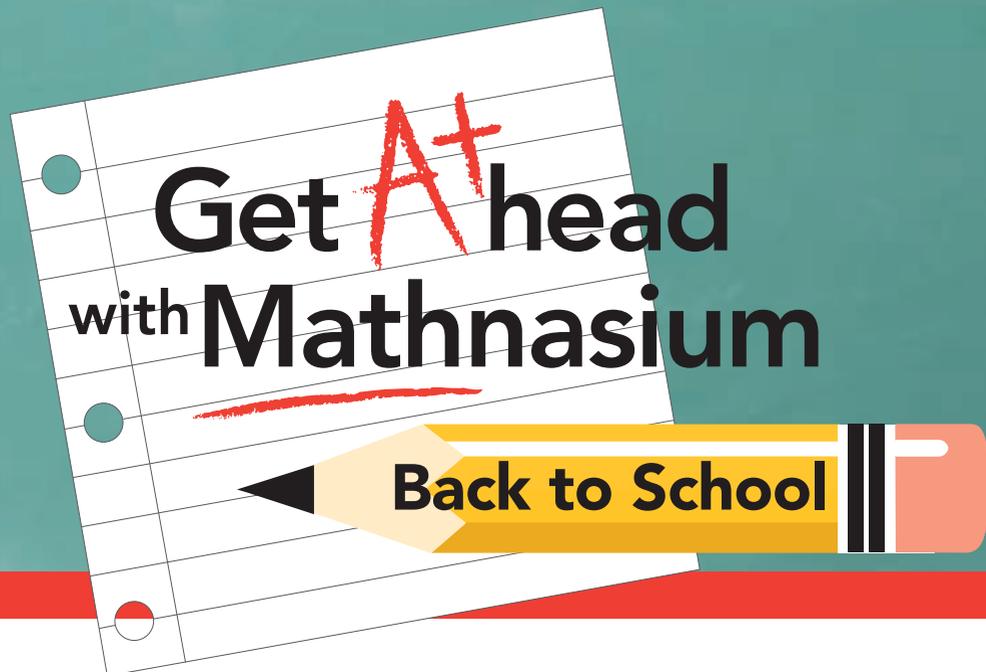
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30



18

FEATURES

- 6 Fashion & sense**
Peacocking around — with style and self-respect
BY MEAGAN J. MEEHAN
- 10 Teacher trouble 101**
How to manage child-teacher conflict
BY CHRISTA MELNYK HINES
- 12 Healthy options for after-school snacks**
Keep your child eating right with these nibbles
BY DENISE MORRISON YEARIAN
- 16 Motherhood examined on the Upper East Side**
A new city museum looks at the history of family life
BY RISA C. DOHERTY
- 18 What's in a name?**
New baby? Remember, kids are judged by the monikers they're given
BY KIMBERLY CARLSON
- 33 New school year, gluten-free**
BY DR. DUSTIN JAMES

COLUMNS

- 8 Healthy Living**
BY DANIELLE SULLIVAN
- 14 Mommy 101**
BY ANGELICA SEREDA
- 26 Ask an Attorney**
BY ALISON ARDEN BESUNDER, ESQ.
- 27 Death by Children**
BY CHRIS GARLINGTON
- 28 The Book Worm**
BY TERRI SCHLICHENMEYER
- 30 Dear Dr. Karyn**
BY DR. KARYN GORDON
- 32 Just Write Mom**
BY DANIELLE SULLIVAN
- 38 Good Sense Eating**
BY CHRISTINE M. PALUMBO, RD



10

SPECIAL SECTIONS

- 20 Activity Directory**
- 37 The Marketplace**

CALENDAR

- 34 September Events**



33

Letter from the publisher

The end of summer

September is one of my favorite months, although when I was young I had real conflict with it like most kids. You want to go back to school and see your friends, but at the same time you don't want summer to end. For me, it was more



about the approach of winter than the loss of summer. The winters in Chicago where I grew up were pretty severe and I never looked forward to the harshness of that season. It used to be that way here in New York, too, as I recall. I've been here for many years now and it seems they get milder, or maybe my recall from youth just makes it seem that way.

Without a doubt, September brings a lot of great weather perfect

days and the irony is that most everyone is back in gear and unable to enjoy them to the fullest. Children look out the windows of their classrooms and see Indian Summer days that make one long for the summer that's past, or if they're lucky, they will

be doing great things after school that keep them outdoors a bit.

My daughter did everything, or it seemed that way to me, her personal chauffeur. She took gymnastics, swimming, dance, after school science, studied classical guitar, and was on a soccer team. Not all at once, I might add. That was a lot of organization for her mom, and I did it with gusto and professionalism while balancing my work life along side. The benefits for

her were huge and I was lucky that she was my one and only and I didn't have more than one to schedule.

Every year this issue presents an Activity/Afterschool Guide to help parents see the myriad of possibilities that exist around their communities that will enhance and intrigue the talents and potentials of their children. There are varied programs of all kinds and we urge you to sign your kids up for some of them, whatever their inclination and/or need. We have to provide a lot of extra stimulation for our children beyond their classrooms so they will become rounded human beings. We have to make certain their exposure is wide and stimulating. Education is about much more than reading, writing and arithmetic.

New York is a great place to be a parent raising children. There are

so many possibilities. Anyone who's bored here is not justified. There will be wonderful activities all month long throughout the five boroughs. We urge you to use our online calendar as well as our print publication to find out what's happening around our city. Log on to www.NY-Parenting.com and sign up for our e-blasts. They come twice a week and are chock full of information. We're proud of our website and think it balances our print products really well. There's something for everyone.

Thanks for reading.

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Fashion & sense

Peacocking around — with style and self-respect



BY MEAGAN J. MEEHAN

Every day that we leave our homes, we put on a show via our choice of apparel. What we wear in public tells a story about us. The dilemma that hangs over most parents' heads is trying to find the balance between supporting their child's or teen's sense of self — and maintaining a sense of clothing appropriateness.

The term “peacocking around” comes to mind when we consider fashion sense, styles, and trends. Like the gorgeous pheasant, human beings put on a show in public.

We don't have multicolored feathers, but we do have options of color and style in clothes, accessories, hair, and makeup. Unlike peacocks, whose males are bright and colorful, human females are usually keener on selecting outfits than males are.

Many see fashion and style as a pastime for young women. What we forget is that society uses fashion and uniforms to distinguish all sorts of people. Firemen, policemen, doctors, and delivery men can be identified quickly by glancing at their attire.

When we are not obliged to dress a certain way for work or special occasions, we choose what we will wear based on what we like. In other words, our personal preferences influence what we wear. People who are into certain sports, such as skateboarding, or music, such as rock, have established dress codes popular enough to warrant their own brands.

Some children put little thought into what they wear, while others have opinions from very young ages. Many parents might not particularly understand their child's desire to wear neon yellow nail polish or wear off-color T-shirts, but few have trouble of a larger proportion.

When dress code issues occur, it is usually indicative of deeper and more long-running issues between child-parent relationships, especially when the children have reached their teens. Studies have shown that the children who are most likely to rebel are those from strict house-

holds — and the first indication of rebellion usually takes the form of image projection by rebelling against dress code.

Many teens either fail to realize, or flat out do not care, that self-image is reflected in dress, as are others' perceptions of an individual. The outfit one wears does automatically convey a certain message to other people. Dressing preppy or hipster or trendy are generally considered “safe” styles, even if some fads border on the outrageous.

However, there can be real problems with apparel that comes across as somehow intimidating. Chances are good that the local grocery store owner will not be overjoyed to see someone ambling down the aisles of their shop with chains hanging off their jacket or their pants three sizes too large.

For girls, outfits that are too tight or revealing can lead to negative perceptions being formed about the wearer. It might not be fair to judge someone by their attire, but the hard truth is that people do this instinctively since, through the clothing they choose to wear, individuals convey messages about themselves. If those messages are perceived as derogatory or threatening, then others' responses are going to be negative and laced with suspicion.

Parents should try to teach children from the time that they are small — well before the rebellious teen years peak — about the dire importance of maintaining self-respect while developing a personal style. Not every outfit choice is going to be a parental favorite. There will always be those shorts which are too short and those pants which are too baggy. Yet it is not worth fighting over unless something about the attire is truly unacceptable. Making fashion mistakes is part of growing up.

Fashion fads and trends are started via trial and error. Peacocking around is part of life. As long as self-respect is factored into every outfit, then we should all feel free to strut our style freely.

Meagan Meehan is a published author of poems, short stories, novels, and articles in numerous publications. She is also a cartoonist and an award-winning modern artist.

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HEALTHY LIVING

DANIELLE SULLIVAN



A new baby — and too many visitors!

One of the most exciting parts of having a new baby is when your family and friends meet this special little person. It is heartwarming to have your loved ones hold and love your child, particularly for the first time. But, honestly, after the birthing experience, most moms want to go home and rest and recover, not host a gaggle of relatives who simply can't take the hint that mom needs some sleep.

Blogger Amy Morrison of *Pregnant Chicken* recently wrote a piece outlining tips for new parents for visitors. In it, Morrison churned out gems that I only wished I had followed, like “Go to people that you think will overstay their welcome — don't have them come to you,” and “Don't let anyone stay with you that you can't cry in front of or you can't tell to shut up.”

In the “put them to work” section, Morrison points out the fact that, “Not everyone is comfortable around babies but really want to help, so give them the satisfaction

of doing something for you and just enjoy it and thank them.” Invaluable advice.

Behind most of her suggestions is the reasoning that now is the time to make your wants and needs known. There is nothing like the drain and strain of new parenthood mixed with the insane hormonal surges to drown out your otherwise pleasant persona. But, it's also a good idea to set rules for self-care from the onset of motherhood. That is perhaps one of the biggest things that many women, who are typically people-pleasers, forget to do.

On the flipside, guests need to be sensitive to the new mom. Those who have never given birth themselves and don't really know what it's like might not realize the trials of new parenthood, but any mother knows how taxing it is. They should know better than to overstay their welcome or go on and on about their own latest drama, while you are desperately trying to not collapse from exhaustion.

Most new moms list their in-laws

as the primary source of conflict. It is one thing to have your own mom stay with you when you are vulnerable and feeling horrible, but it is entirely another to have a critical mother-in-law hovering over your every move. Of course, some women report that their own mothers are the critical ones.

Don't forget to enlist your husband's help in the visitor department. Your spouse can take over when you need some quiet time, and also to fend off would-be visitors. Someone needs to keep watch so that you can both get to know this precious little person alone and in peace. And then when you feel like having guests, invite away — but let it be up to you!

Danielle Sullivan, a mom of three, has worked as a writer and editor in the parenting world for more than 10 years. Sullivan also writes about pets and parenting for Disney's Babble.com. Find her on Facebook and Twitter @DanniSull-Writer, or on her blogs, Just Write Mom and Some Puppy To Love.

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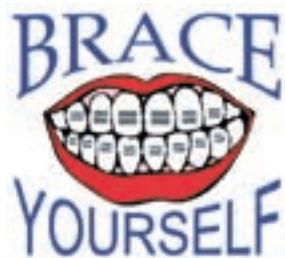
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Teacher trouble 101

How to
manage
child-teacher
conflict

BY CHRISTA MELNYK HINES

An elementary school child's disdain for her teacher may grow out of a variety of factors, like adjusting from a beloved former teacher's management style to a new teacher's approach. Other influences on a child's attitude toward her teacher include class size, peer competition, increased homework, more demanding and independent school work, as well as differences between home and school environments.

Take, for instance, 9-year-old Elora (whose name has been changed to

avoid conflict at school). One day, she came home from classes in a huff.

"I hate my teacher," she declared to her mother. But, when her mom pressed for details, Elora buried her head in her knees. So, her mother tried a different approach.

"I engaged her in a fun activity," she says. "Then, I lightheartedly asked questions like, who does she like the most at school, who does she like the least, followed by, 'Oh, how come?'" What I found out was that she felt like the teacher yelled at her."

If your child comes home grum-

bling about a new teacher, do some digging. Allow your child time to adjust to her teacher's expectations and rules. If complaints persist, ask objective questions, like: "How is the work for you? How are you getting along with the other kids?"

"By doing that, you can get a flavor of the environment rather than the situation," says Dr. Stephanie Mihalas, a child psychologist and a nationally certified school psychologist who frequently helps students and parents manage and resolve school conflicts. "You may get an idea that something else is happening that's triggering the 'meanness'

and then at that point, you have more information to call or e-mail the teacher.”

Review class work. Notice patterns like red marks and notes from the teacher on classwork. If your student struggles and seems afraid to ask questions, discuss appropriate times for her to talk to her teacher about the work and what types of questions she should ask.

Make real-world connections. A child may grow disenchanted with school and her teacher if she doesn't understand how the subject matter relates to real life. Due to increased pressure to focus on testing and assessments, teachers devote less classroom time for experiential learning opportunities or class projects.

That's where a parent can help. “Engaging in the learning piece is key,” says Dr. Ashley Norris, assistant dean of the University of Phoenix College of Education.

On the weekends, integrate classwork into your daily errands. For example, if your child is learning about soil and climate in science, take her to the Saturday morning farmer's market. Practice multiplication skills to tally up the tip at a restaurant.

“Parents (then) become a partner with the teacher. Once that engagement starts to happen, the perception of the student-teacher relationship changes,” Norris says.

Recognize the signs of a child-teacher conflict.

“The single biggest factor is a change in grades. If grades are starting to slip, that's a huge indicator,” Norris says. Behavior changes can also indicate a problem, including disengagement at school, forgetting homework, and lack of effort.

Resolve a personality conflict, but rather than getting angry or defensive, take a calm, diplomatic approach when conferencing with the teacher.

“The last thing you want to do is instigate more conflict between the teacher and your child, and if you

start to pit sides, that's what ends up happening,” Norris says.

Also, ask if you can sit in during class one day.

“Your presence might change the nature of how your child acts, but it will give you a flavor of how the teacher teaches,” Mihalas says.

When do you contact administration? Only go over a teacher's head only as a last resort.

“One of the only times to bring in administration is if your child is covered by special education law and the teacher isn't following special ed law,” Mihalas says.

Other times you might seek help from administration:

- The teacher agreed on a set of interventions, but isn't following those strategies.

- Your child comes home crying every day.

- You talk with the teacher and are unable to resolve the issue.

Do you request a different teacher? Sometimes, a child's personality and a teacher's personality simply clashes. Unless the teacher is abusive, help your child understand that she's not always going to like everyone, stressing the importance of remaining respectful and learning how to manage personality differences.

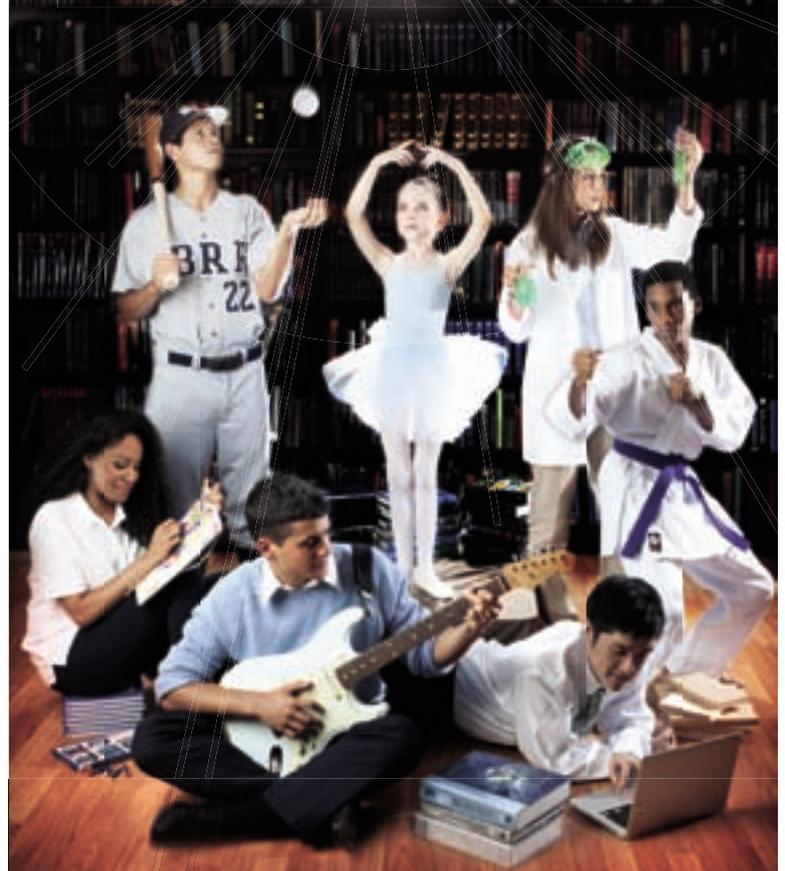
“In my humble opinion, I don't think it's a good idea to show children that because there's a problem, then they need to move from that classroom,” Mihalas says.

Instead, teach flexibility by creating a link between friendships and getting along with others. For a younger child, you might say: “Everyone is different. Just as mommy and daddy do things differently, this is how your teacher is. It's really good to learn how to work with all different kinds of people.”

Only seek professional help if interventions at school are unsuccessful. Seek help from a child psychologist to rule out learning disabilities and anxiety.

Freelance journalist Christa Melnyk Hines is a family communication expert. Connect with her at www.christamelnykhines.com.

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Questions to ask the teacher:

- Have you noticed my child struggling with a particular subject?
- Does she participate in classroom discussions?
- How does she seem to get along with her peers?
- How can we work together to help my child better adjust?

Healthy options for after-school snacks

Keep your
child eating
right with
these nibbles

BY DENISE MORRISON
YEARIAN

When your children come home from school with rumbling tummies, make snack time an extension of their nutrition plan by incorporating the same kinds of foods you would serve during mealtimes. Here are seven wholesome, yummy snack suggestions to get you started.

Core nutrition. Wash and core an unpeeled apple and place in a microwave-safe bowl. In the hollowed out center, add 1 teaspoon of low-fat margarine and sprinkle in cinnamon, nutmeg, and sugar substitute. Cover and cook for three minutes until soft. Add 1 tablespoon of chopped nuts or raisins to the core, if you want.

Zesty best chips and salsa. Spray a small, whole-wheat tortilla with olive oil. Add garlic powder, chili powder, or another spice, then bake at 400 degrees for four to six minutes. Increase salsa's texture, taste and nutritional value by tossing in diced tomatoes, avocados, mango, or pineapple.

Stick 'em up! Food on a stick is always fun. Insert bread, cheese, and lunch meat cubes onto a skewer; add grape tomatoes, olives, pickles, and lettuce leaves for a sandwich on a stick. Or, cut up firm fruits such as melons, pineapples, grapes, apples, and strawberries and slide them onto a stick. Sweeten the treat



by dipping one-third of the fruit into melted chocolate.

On a roll. Spread 1 tablespoon of hummus or low-fat cream cheese evenly over a small, whole-grain tortilla and top with diced vegetables; add herbs and spices if you want. Roll the tortilla shell tightly and insert toothpicks every half inch. Slice between toothpicks to make pick-up pinwheels. Turn this into a sweet rendition by using 1 tablespoon of peanut butter and chopped fresh fruit instead.

Peanut butter passion. Peanut butter is a favorite amongst kids. Top a chocolate rice cake with 1 tablespoon of peanut butter for that famous chocolate-peanut butter combo. You could also microwave 2 tablespoons of peanut butter for 15 seconds then add 2 tablespoons of water and whip with a fork until smooth. Serve it with fresh fruit or vegetables. Or mix one-quarter cup of each: peanut butter, honey, nonfat

dry milk, oats and rice cereal. Shape into 18 one-inch balls. Crush one-half cup of rice cereal in a zip-top bag, then drop in balls and shake until they are coated.

Chill out! Blend 1 small container of reduced-fat yogurt, 1 cup of frozen fruit and one-quarter cup of fat-free milk. Pour mixture into small paper cups, insert a Popsicle stick, and place in the freezer until solid. Or, break a graham cracker sheet in half, fill one side with 2 tablespoons of fat-free whipped topping, add chopped fruit, and cover with remaining cracker. Wrap in plastic wrap and freeze.

Going bananas! Bananas offer a bunch of options: Blend together a peeled, frozen banana, 2 tablespoons of oats, 1 tablespoon of peanut butter, and 1 tablespoon of low-fat milk. Gradually add milk in 1-tablespoon increments, blending after each addition, until the mixture is a smoothie consistency.

Another idea is to insert a Popsicle stick into each end of a peeled banana. Soften 2 tablespoons of peanut butter in the microwave. Roll the banana in peanut butter then in rice cereal, granola or sunflower seeds. Wrap in plastic and freeze eight hours or overnight. Or, slice a banana in half lengthwise, spread one tablespoon of peanut butter on one half, then sprinkle with granola. Place the remaining banana over it; eat and enjoy.

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

More lip-smacking, healthy snacks

- Spray a tortilla with butter spray, sprinkle with sugar substitute and cinnamon, then bake until crispy.

- Top an English muffin, pita pocket, or mini bagel with tomato sauce, mozzarella, and veggies. Bake.

- Stuff a whole-wheat pita pocket with cream cheese and chopped vegetables, herbs, and spices.

- Layer berries and yogurt or

whipped topping in a parfait glass.

- Top a rice cake with whipped topping and fresh berries.

- Toast a high-fiber waffle until crisp, then cool, and cut in half. On one side, add a small portion of frozen yogurt and chopped fruit, then top with remaining waffle.

- Mix Chex cereal or popped popcorn with dried fruit, pretzel rounds, peanuts, and a limited amount of M&Ms or mini bitter-

sweet morsels.

- Spray olive oil over popped popcorn, then toss with taco seasoning mix, garlic powder, or a small portion of Parmesan cheese.

- Place Goldfish crackers in a bowl. Dip celery sticks into softened cream cheese, then into the crackers to "catch" a fish.

Healthy tip: Use whole grain and reduced- or low-fat ingredients when possible.

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MOMMY 101

ANGELICA SEREDA

It takes a village

Living closer to family makes a child's life richer

Since moving closer to my family a few months ago, I've noticed how much I had missed spending time with them. We used to be separated by a 45-minute trip, but now, I'm five minutes driving distance from both of my parents; a great advantage when you need a last-minute sitter!

I didn't notice it so much before, but since spending all this extra time with my family, I realize how great it is. My parents tell me how happy they are to be able to see their granddaughter more often.

Every now and then, we'll drop in and have dinner or even have a quick chat and just that little bit of time makes a difference.

I feel like Olivia really knows everyone, and they get to see her

grow up. My siblings get to play with their niece, and we even see our extended family a lot more, too.

Weekends are filled with family BBQs, picnics, and play dates with other kids. I realize how being closer to family has helped her be (even more) social.

When I was younger, I was lucky enough to live with my grandfather for some time, and he was a very active granddad. We played together, ate together, talked — and his favorite — took walks together. We walked everywhere, and he talked to me about life. He even let me play solitaire with him, one of his favorite pastimes.

As a result, we were very close, and I'm sure my mom loved the fact

that I got to know and love her father as much as she did.

I've always believed that "it takes a village to raise a child." When I was living further away, I didn't know what I was missing. Now, I would hate to move away from my family.

I love that Olivia gets to watch afternoon cartoons with her grandfather. She has pajama parties with her grandmother, and my sister loves taking her to the park. My brother, her godfather, is always playful, but firm with her when she misbehaves.

At least once a week we have a big family dinner, and when my husband and I want to have a date night, we have the most qualified babysitters in town.



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Motherhood examined on the Upper East Side

A new city museum looks at the history of family life

BY RISA C. DOHERTY

Back in 2003, Joy Rose researched the role of mothers in society and got permission to set up an exhibit in the window of her small Dobbs Ferry boutique, entitled “Mommy Girl Go-Go.” Prompted by the inquiry of a friend, she realized that there was no museum focusing on mothers and was determined to change that.

The Museum of Motherhood (MOM), which opened on Sept. 1, 2011 on the lower level of a building on E. 84th Street at First Avenue, was intended as a four-month-long, pop-up experiment, and it flourished, described by some “as a vibrant and vital part of the community.”

The making of a museum

Rose says she modeled the museum after the National Women’s Hall of Fame in Seneca Falls in content, after the National Museum of Women in the Arts in structure, and after the Museum of Sex in trajectory of development, since they both started as storefronts.

The only one of its kind in the world, this 2,500-square-foot museum explores “the evolution of family and how rigorous academic study, broadly disseminated to the public, might inform future family decisions,” according to Rose.

The museum includes a play space, communal center, an exhibition space, and an archival facility, which houses a motherhood library. Kids’ art, mother-made art depicting pregnancy and birth, and exhibits detailing the history of the woman’s role in the family create the backdrop for a “warm and inviting space.”

A learning center and family space

When I walked in, I was struck by the relaxed and welcoming atmosphere, and a sense of camaraderie I do not usually associate with a museum.

I asked if the label “museum” was a misnomer, because MOM is so much



Visitors can suit up in a pregnancy vest to better understand how it feels to carry the extra 30 pounds in the final trimester of pregnancy.

more than a traditional exhibition space with dusty displays. Rose explained that museums today need to offer more to stay relevant.

One section of the museum focuses on helping the visitor better understand pregnancy, birth, and infancy. The “Womb Room,” which is currently under construction, will be a room for quiet contemplation, where one can listen to the sounds of the womb.

Visitors can suit up in a pregnancy vest to better understand how it feels to carry the extra 30 pounds in the final trimester of pregnancy, and experience fetal movement and rib constriction. It resembles the lead apron used by dentists, with some additional curves.

Infant simulators look and feel like real babies. They burp, cough, cry, and recognize their assigned caregiver, giving museum-goers the opportunity to get a feel for parenting.

The museum has offered courses in doula instruction and hosts La Leche League meetings; “Conversation Circles,” programs for expectant parents and new parents; de-stressing workshops; art and play toddler programs; and an annual academic conference. This fall’s 12-week “Mother Studies” course will examine “the changing perceptions of mother in history” and the evolution of family.

One exhibit displays a turn-of-the-century parlor in Seneca Falls, home of the Women’s Rights Movement, and another popular exhibit analyzes

various domestic tasks by gender and compensation.

The "Moms of Rock" exhibit, which adds dashes of hot pink to one corner of the main room, displays artifacts from literature, music, fine arts, comedy, and theater, which focus on the theme of "mother culture," including the music of Housewives on Prozac, featuring Rose. The film "Momz Hot Rocks" plays in a loop and includes the Housewives on Prozac lyrics:

"I wipe the baby's chin with my college diploma and wonder how did I ever get here / I'm the queen of my kitchen late at night / Singin' the dishwasher blues."

Also in this exhibit, visitors will discover "momorabilia" from Mamapalooza, an annual gathering of performers, artisans, and educators that takes place each May on Riverside Drive.

Unlike most traditional museums, which might initiate a follow-up discussion about a piece of art, an artist movement or an event in history, this museum sparks an ongoing conversation about our own lives, choices, the roles we play and the impact we will have on subsequent generations.

MOM's visitors

Local mother and museum-goer Lynn Schaul says the institution fills a void.

"It is a gift to the Upper East Side," she tells me. "It is a great space to meet other moms and be with your kids."

She finds the space inspiring, and says, "It's not just about feminism [since] everyone is affected by motherhood." Schaul says the museum brings together people with different parenting perspectives. She liked the play space for her children, ages 4 and 10, but goes there sometimes by herself just "to hang out."

Medy Murphy also sees the museum as a discussion place, where mothers mingle and share parenting tips.

"It became my 'second home' last summer," she said, appreciating the safe, clean environment for her kids. "Living in the city, you don't have a lot of space."

The museum is not inhospitable to dads.

"We welcome fathers, mothers, and caregivers," Rose says, pointing out that Sunday is Family Day.

Murphy noted that men bring their children for play dates and, "are not intimidated, nor put off by

the artwork that pertains to motherhood."

Community Program Director Lisa Latcholia emphasizes that the museum is not about judgment, and mothers who breast feed, mothers who don't, working mothers, and mothers who stay at home, are all equally welcome.

A goal of the museum is "to give women their day" and then "to move forward." Rose recognizes the importance of youth in this pursuit. Consequently, she recruits college-age interns and interns from a local high school, one of whom mentioned how surprised she was at how much people do not know about motherhood. That sentiment was echoed by Latcholia, who told me how the story of the Suffragist Movement is new to many young people.

The greater vision

During my visit, Rose pointed out that 82 percent of women have children, but most have little or no training for the job. She noted that although doctors do not perform operations after studying medicine for a mere nine months, expectant mothers often complete one Lamaze class and they are "on the job," with no real preparation for the challenges of parenthood.

Rose acknowledges that we are raising males differently now, and we seek a new understanding of the value of childrearing and the responsibility for it.

"We are raising young male and female feminists, but there is no template for taking that into domestic life."

She sees a great future for the museum, stressing that this is just a small piece of a much larger vision.

Museum-goers need not have children to benefit from a visit — being someone's child is sufficient. Still, as the mother of older children, I am a tad jealous of younger women, who can visit before the start of their mothering years. Although I would like my son to see the museum, my college-age daughter has already expressed interest, because she knows that a visit to MOM could better prepare her for the extraordinary role that may lay ahead of her.

The Museum of Motherhood [401 E. 84th St. at First Avenue on the Upper East Side of Manhattan, (212) 452-9816, www.mommuseum.org].

Risa C. Doherty is an award-winning freelance writer. Read more at www.risadoherly.com.



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What's in a name?

New baby?
Remember, kids
are judged by
the monikers
they're given

BY KIMBERLY CARLSON

Last month, as pop culture buzzed about which name new parents William and Kate would give to the royal prince — and former British reality show contestant Katie Hopkins declared, “I do judge children by their names,” on a popular British morning talk show — I couldn’t help but wonder what sort of judgments will be made about my children when school starts.

Every year, sites like nameberry.com regale us with tales of the “top 10 baby names,” as though they are as important as the stock market. In fact, although 2013 isn’t even three-quarters of the way through, the site has already posted its list for this year! So what, exactly, is in a name?

Etymology

Friends, family, and even perfect strangers will proffer names to you for your unborn child — often unsolicited. Avidly, parents will write down names they like, and then research their history. I wanted my children’s names — Nickolas and Sarah — to be a reflection of themselves. Trouble was, they weren’t even born yet, so how could I choose wisely?

According to Laura Wattenberg, author of “The Baby Name Wizard,” the name you choose for your baby

reflects more about you than your child.

“The name doesn’t belong to you — you’re making the decision because your child can’t do it for himself — but what you choose does say a lot about your personality,” she says.

Name dropping

It may be true that my children’s names say more about me than them, but it’s not stopping college application boards from using their preconceptions about a name as part of their elimination process.

Dr. Hilary Levey Friedman, author of “Playing to Win, Raising Children in a Competitive Culture,” observed in her studies that “colleges will look at an applicant that participates in competitive lacrosse after school and immediately assume he is from an upper class. Same with names — you probably won’t find ‘LaShawnda’ in competitive rowing or applying to Harvard.” Friedman acknowledges it’s an unfair prejudicial assessment, but one that’s made regularly.

Kids can be cruel

Unfortunately, that gives far more credence to Hopkins’s statement that she is merely “speaking the truth that most parents are thinking if not saying,” than I am comfortable with. Especially when she declares

openly that she won’t let her children play with other children after school whose names are “too common,” like “Taylor” or “car names, like Mercedes,” because she fears a child “of that lower class” (meaning middle class, in her case) won’t be appropriate as a playmate.

It’s bad enough that children are mean to other children — creating terrible nicknames and taunts, without the parents openly discriminating as well.

Different approach

My best advice to parents: choose the names you like. Then, teach your child respect for others. Remind him that he cannot judge a book by its cover, and he simply can’t make an accurate assessment about others without getting to know them first.

If my daughter is ever denied the right to play at someone’s house due to name discrimination, I shall simply remind her that friends like that aren’t worth having. Hopefully, the majority of parents out there will agree with me and teach their children acceptance and tolerance to go with their healthy dose of decision-making.

Kimberly Carlson is a freelance writer, author, and mother of two fantastic children, who are defining who they are and what their names mean to them every single day.



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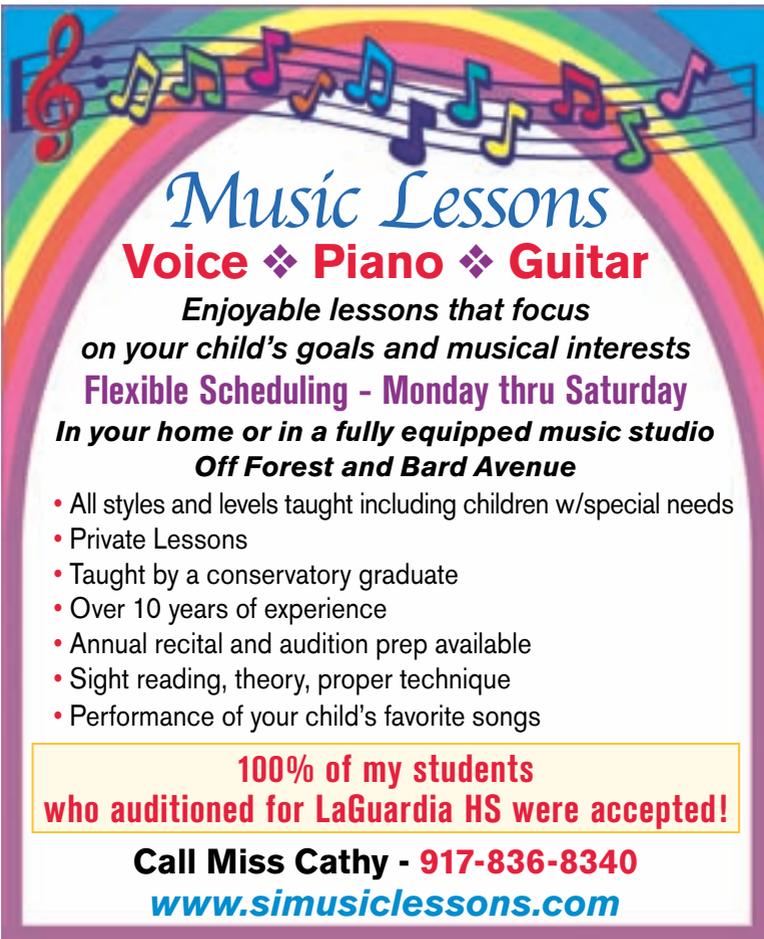
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Continued on page 24



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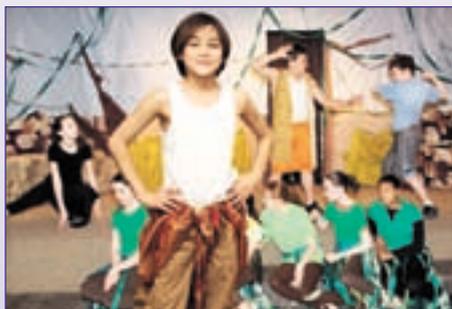
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Activity

DIRECTORY

Continued from page 22

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How to register to be an organ donor

Iwould like to be an organ donor but am not familiar with the process. How can I ensure that my wishes are carried out?

The decision to make a posthumous organ donation may prove difficult for many, but the process of doing so is simple. In New York state, you can indicate your intention of being an organ donor on your driver's license or at the Board of Elections. You can also register to be an Organ and Tissue Donor in your state's registry. A third opportunity is in your estate planning documents, such as a health care proxy or your last will and testament. Lastly, as with most objectives relating to health care and estate planning, it can be beneficial to mention your intentions to your family members, so that they know that you would like to be an organ donor, even if they cannot find your documents.

When registering to be an organ donor, you can choose which organs you wish to donate, as well as which organs you wish to exclude.

Organ donors and their families are not subject to a fee for making a donation. There is also no age restriction on being a donor, and all individuals, regardless of age or medical history, are eligible.

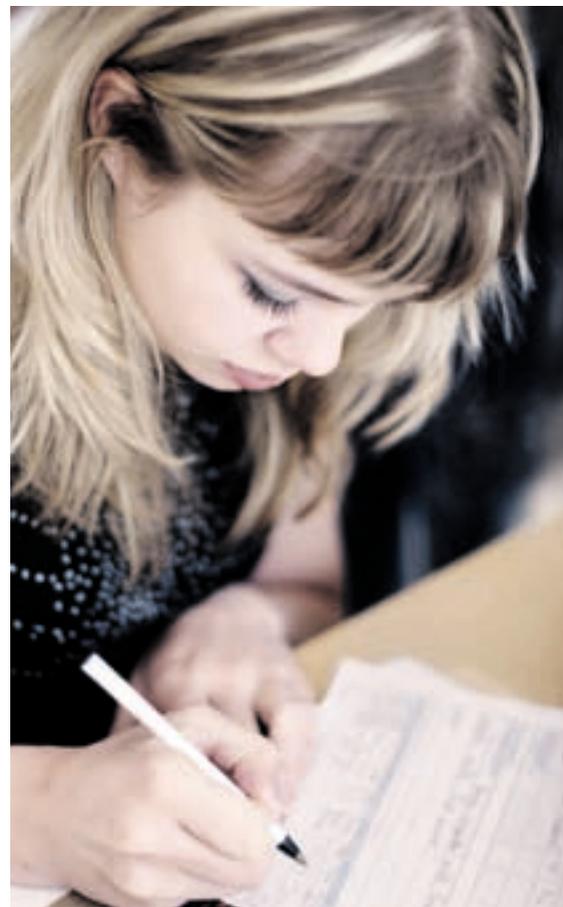
Some people wish to leave their organs, tissues, or their bodies to an institution for the purpose of research or science. If you wish to donate your entire body, you should contact the medical organization of your choice directly and make arrangements. Total body donation is usually not an option if you choose to be an organ and tissue donor, although eye donations may still be accepted. Medical professionals rely on such posthumous donations for the purpose of researching diseases

and developing new treatments, therapies, and cures for future generations.

There is no eligibility cutoff, although some individuals suffering from chronic or contagious diseases, drug abuse, or morbid obesity have been rejected. Interested individuals can register online or contact the desired institution directly.

You can also find out if a particular religion has a stated position on the subject of organ and tissue donation before making your decision.

It is important to note that donor registration should not impact the medical care you will receive. Many donors have indicated their intentions before they fall victim to an illness or accident. Medical professionals will make every effort to save the life of an individual, regardless of whether that individual's organs or tissues could save another life. If the potential donor is still unresponsive after all options have been exhausted, he is tested for brain death, and is declared brain dead only if he is unable to breathe and is completely devoid of brain activity. Only after brain death has been confirmed will the



potential donor's organs be eligible for harvesting.

For more information, visit www.organdonor.gov/index.html and www.donatelifenc.org/content/frequently-asked-questions.

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

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DEATH BY CHILDREN

CHRIS GARLINGTON

Raised by Google

There are vital rites of passage fathers and sons must go through together, the most important milestones of a father's journey. I have experienced exactly none of them.

One was stolen by my wife, a titanic disaster on her part and all I'm going to tell you is he was 3 and it involved aiming.

All other benchmarks of tradition were ripped from my clawed, grasping fingers by my arch-rival, the un-father, a sinister, soulless substitute. My son was raised by Google.

It's my fault. I gave him unre-

stricted access to the internet.

There are parents tearing this article out of the magazine in pediatric offices all over Chicago to provide the state's Department of Children and Family Services evidence of my madness and neglect, but I tell you, the worst thing to come out of it is an affinity for high brow knock-knock jokes, Zen Buddhism, the ability to trounce me in the recollection of arcane '70s-era rock trivia — and that Google is his real father.

Google does everything better than me.

Take fishing. Classic dad. I took him out to the middle of a lake to teach him how to tie his

hook with a secret fisherman's knot handed down through my family, an heirloom knot.

I reach for his rod, employing my raspiest McQueen.

"Let me show you how to tie that hoo..."

He whips his lure out into the lake like he's on Bass Pros.

"I tied it on with an eight-fold Japanese blood knot."

"Who taught you that?"

"Googled it."

Later on, I take a long look at the darkening sky, note the stumpy quality of the waves and see all the locals packing it in. Years of expe-

rience have taught me these are sure signs an NFL game is on in five minutes. Awesome, I'd like to see Google teach him...

"Dad, you see how the swans are tucking their heads into their wings?"

"Birds are stupid, son."

"Aaaaactually, they know it's about to rain so hard they won't have time to make it to shore."

"That's idioti...[THUNDEROUS DOWNPOUR]. How'd you know that!?"

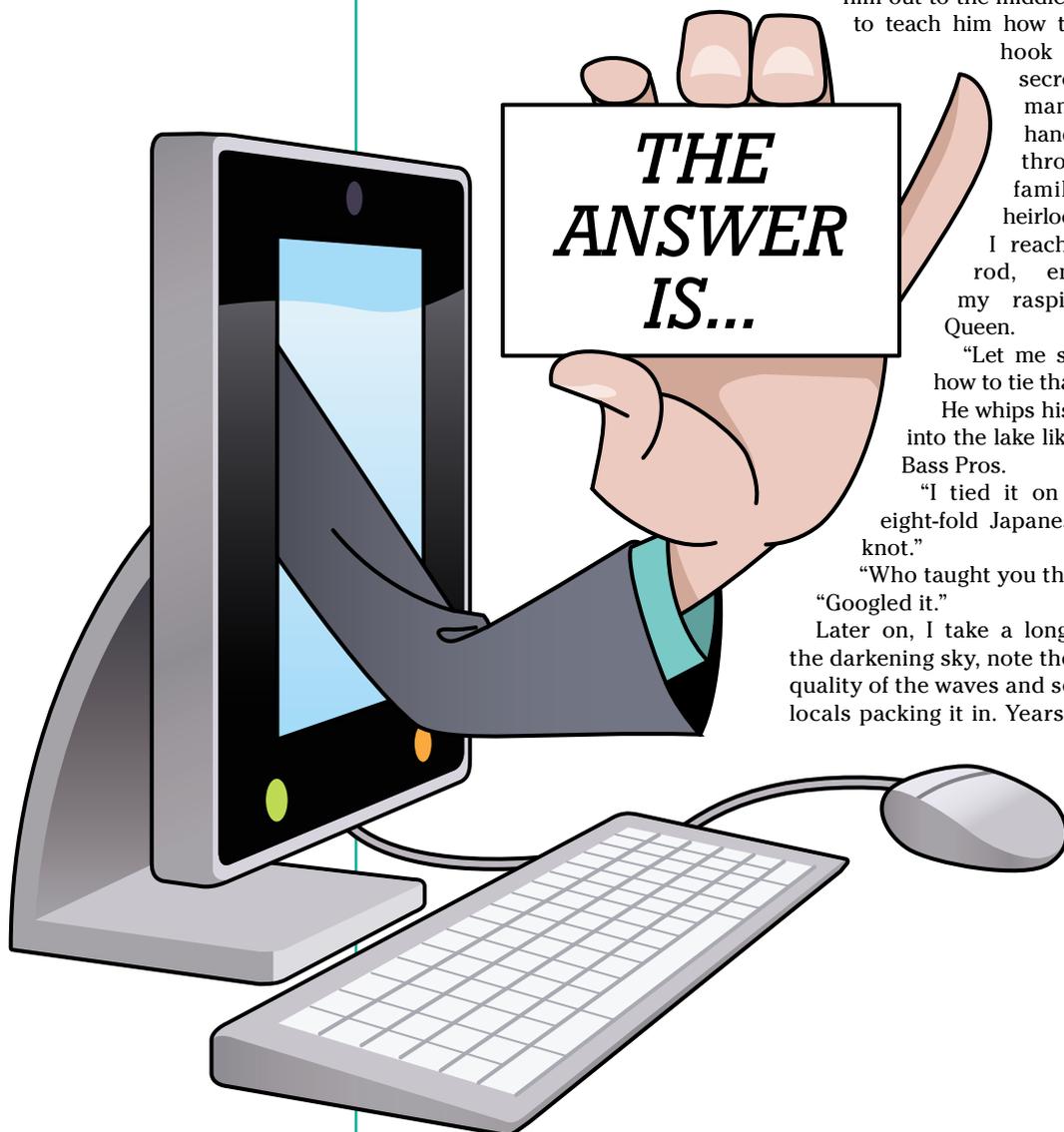
My son pauses as if he's taking a moment to compose a response, to level his tone so as not to insult me. Quietly, he says "I Googled it, Dad," squinting into the distance. "I Googled it."

Google is like a greedy stepfather stealing all my thunder. Meaningful moments are shot down before I can get the words out of my mouth with, "Googled it, Dad! I DON'T NEED YOU, I HAVE GOOGLE!"

Google tells him stories, it shows him cool Zippo lighter tricks, it can teach him anything through a series of simple step-by-step videos, it's never wrong, and it never sleeps. Google's a better father than I'll ever be.

But I'm not going down without a fight. I'm not entirely useless. I'd like to see Google give him a hundred bucks and a ride to Six Flags.

Christopher Garlington lives in a standard two kids, wife, dog, corner-lot, two-car dream package. He drives a 2003 Camry, sports a considerable notebook fetish, and smokes Arturo Fuente Partaga Maduros at the Cigar King as often as possible. His stories have appeared in Florida, Orlando, Orlando Weekly, Catholic Digest, Rortor, Another Realm, The Dead Mule School of Southern Literature, South Lit, and other magazines. His short story collection, "King of the Road," is available on Amazon. His column "My Funny Life," was nominated for a national humor award. He is the author of the infamous anti-parenting blog, Death By Children; the anti-writing blog, Creative Writer Pro; and co-author of "The Beat Cop's Guide to Chicago Eats."





THE BOOK WORM

TERRI SCHLICHENMEYER

Check out four reads from Carole Roman

Right about now, your child has her plate full. She's got school on her mind. She's thinking about new teachers, new friends, and new things to learn. She's got a backpack filled with supplies she has to have — so why not get her something she'll get to love? Why not look for these cute books by New York City author Carole P. Roman?

If your little one loves to do "what Mommy does," then Roman's "I Want to Do Yoga Too" is just perfect.

In this book, Young Hallie goes with her mother to yoga class, because she hates being sent to the kids' area with the other children. She wants to do yoga like Mommy! But the lady who runs the kids' area, Robin, knows what Hallie likes, and who knows? It might just be yoga, too.

...

For a true staycation — without even leaving the room — Roman's "If You Were Me and Lived in ... South Korea" is a great story to have.

Using words and concepts that 5-to-8-year-olds will easily understand, this instructional book helps kids understand the South Korean culture. Korean words are included, which is fun for kids who love to show off their new-found knowledge, and there's a helpful glossary and pronunciation guide in the back, to make sure they do it with flair.

...

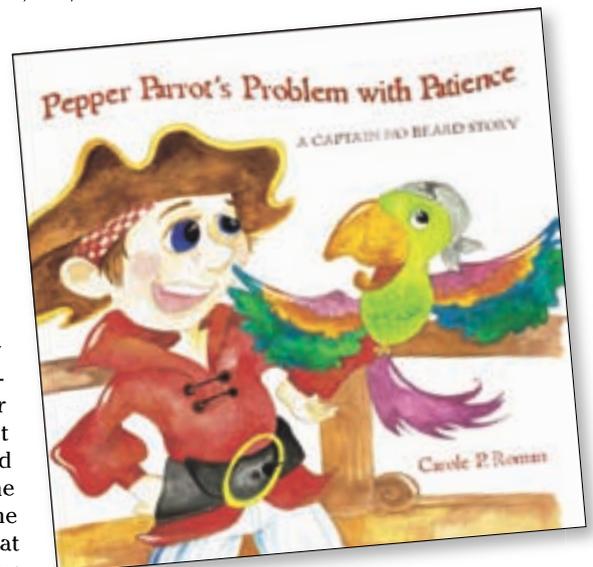
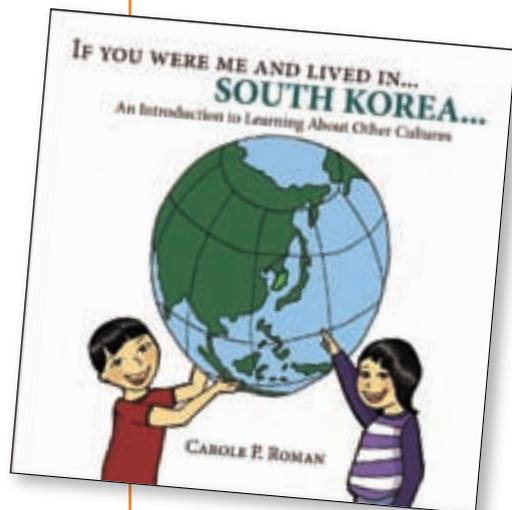
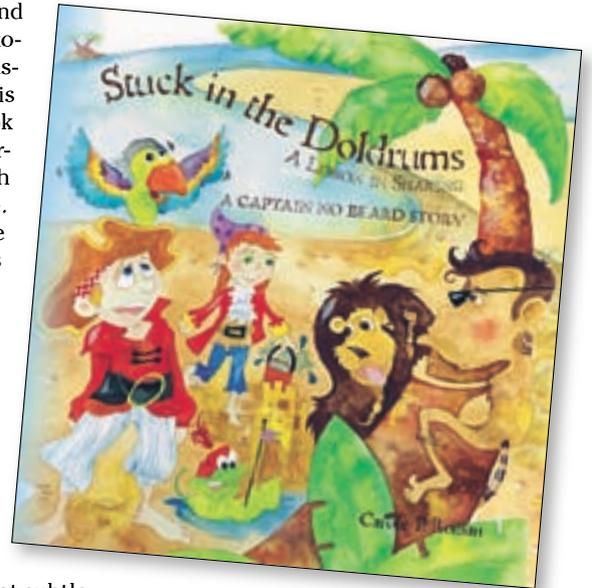
So, who says that subtle lessons have to be boring? Nobody, that's who, so come join the Captain No Beard crew!

In "Stuck in the Doldrums: A Lesson in Sharing," the captain and his crew are stuck, which makes them fussy and grumpy. The captain gets bossy, and he leaves his crew. Who needs 'em, anyhow?

As it turns out, HE does! Captain No Beard learns a good lesson in teamwork and sharing, which your child will easily learn, too, once he reads this book.

...

And finally, if your little one needs a dose of patience, then read Roman's "Pepper Parrot's Problem with Patience," which is another Captain No Beard story. In this book, fiery Pepper the Parrot lives up to her name. She doesn't like anything, and she argues with the whole crew. It's time for Pepper to see that patience is a virtue



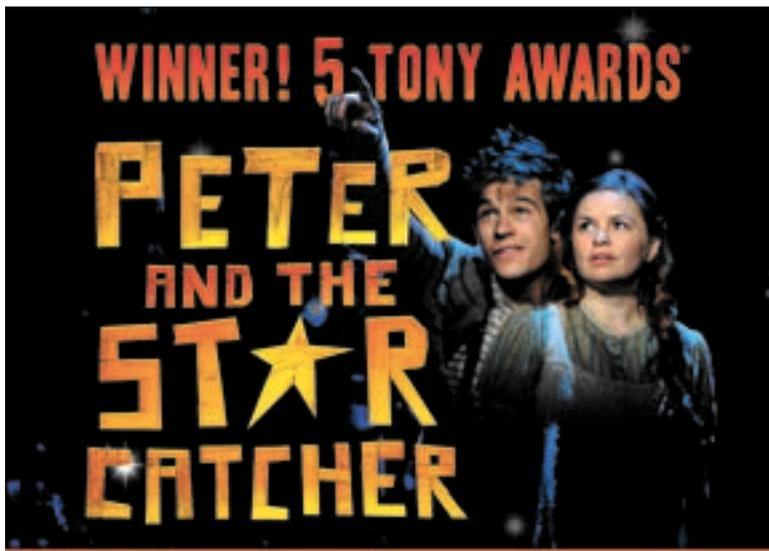
for pirate and parrot alike.

And there you are. Four fun books for school, for after school, or just for fun.

Happy reading!

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

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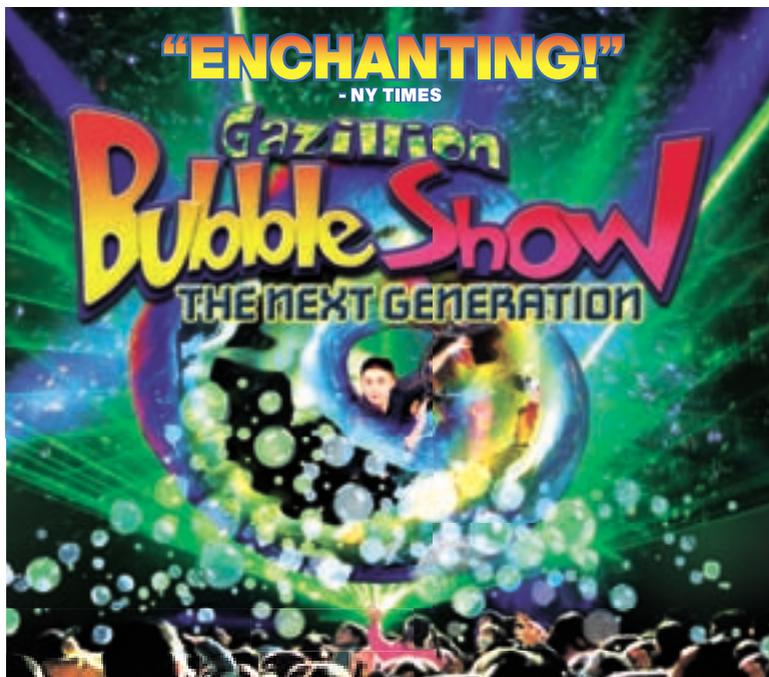
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DEAR
DR. KARYN
DR. KARYN GORDON

Teenage daughters: Mystery to their dads

Dear Dr. Karyn,

I recently heard you on a radio show discussing the topic “20 things dads don’t understand about their teen daughters.” I only heard the last half, and I was completely glued to the radio. Can you share with me again the top 20? I want to share these with my husband, because I really believe he doesn’t get our four daughters at all. Thank you.

Dear parent,

Great question! The wonderful thing is that the top 20 list was created by a group of female teenagers. I received dozens of emails from teen girls and parents the following day telling me that the list was “very accurate.”

To all mothers and fathers: sit back, enjoy the read, and think about how many relate to you!

Twenty things dads don’t understand about their teen daughters

1. We are going to have boyfriends, face it

2. We can’t even go to the grocery store without being bombarded on how to look and dress

3. Yes, a bad hair day could result in a three-day bad mood

4. We may buy an unnecessary amounts of clothes, but shopping is more than shopping — it’s therapy

5. Some of us just may never be satisfied with our hair color

6. Even though I may switch friends week to week, I still expect you to remember their names

7. Getting into a fight with a present friend does not always mean it’s over. She just won’t be calling for the next hour

8. We think that we are amazing drivers, even though we’ve never had lessons from you

9. If a boy calls, please act as normal as possible. That means no jokes or my old nicknames

10. And if a boy comes to pick me up, the only necessary topics of discussion are: a. sports, b. sports, c. sports, and d. the fact that I will be returned safely and at a decent hour

11. Unfortunately, some of us don’t know that we look beautiful every day, so make sure you tell us, and mean it

12. You’ll never understand our online lingo, so please stop trying

13. At our age, you’re never going to convince us that your career is the best choice

14. Our room is our space, so please let us decorate it in as many non-damaging ways as possible

15. Dad, there are some things that you’ll be happy we just speak to Mom about

16. Beautification is a long-practiced process, that nearly always requires loud music. Please do not disturb us from this concentrative art

17. Our life, especially school, feels like a lot of pressures, and you are one of our toughest critics, so please just try to keep the criticism constructive

18. One of your hardest jobs is watching us grow up, but deep down we will always be your little girl

19. A teenage girl’s life is bumpy,

and we are going to need our strong and supportive fathers to keep us grounded

20. And finally, just remember that you were a teenager once, too

Texting 101

Dear Dr. Karyn,

Last month I watched you quiz parents and teens about how much of the [texting] lingo words parents knew. Can you highlight perhaps 10 to 15 words for me? I’m trying to understand my daughter’s language a bit more.

Dear parent,

Keep in mind that while it’s important for parents to learn the lingo — I would not suggest you use it.

Teens tend to be very protective of their “language” and may get annoyed at parents trying to be “cool.” See how many of these you know!

LOL: Laugh out loud

BRB: Be right back

G2G: Got to go

ROFL: Roll on the floor laughing

BTW: By the way

TY: Thank you

IC: I see

TTYL: Talk to you later

IMO: In my opinion

NVM: Never mind

JK: Just kidding

L8R: Later

WTG: Way to go

NP: No problem

CONVO: Conversation

<3: Love (looks like a heart)

YT: You there

WRUD: What are you doing

YTB: You’re the best

LYLAS: Love you like a sister

LYLAB: Love you like a brother

BTW: By the way

Dr. Karyn Gordon is one of North America’s leading relationship and parenting experts. She is a regular contributor to “Good Morning America,” founder of dk Leadership, best-selling author of “Dr. Karyn’s Guide to the Teen Years” (Harper Collins), and motivational speaker to a quarter of a million people. Visit her at www.dkleadership.org and on Twitter: @DrKarynGordon.



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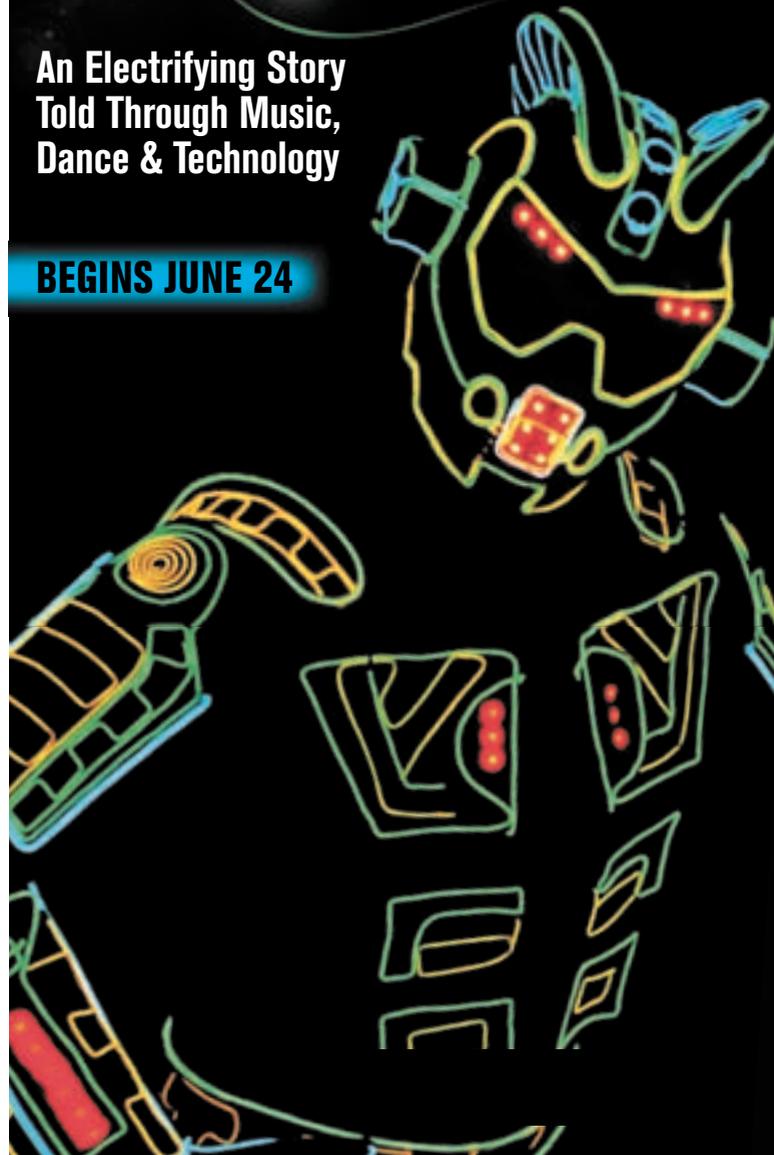
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JUST WRITE MOM

DANIELLE SULLIVAN

Living in the age of too much homework

My kids might want to move. Schools in Maryland and Wyoming have banned homework. There is no homework in Finland, and last year, the president of France made a definite push to bar homework throughout the country.

It's interesting to say the least, and leads to a host of conversations about whether more work, more tests, and a heavy workload in general are appropriate or counter-effective.

I can say that in my circle and many others, parents have had it up to here with the homework load, even in grammar school. Many find it takes time out of an already-busy evening, and adds to the family stress. By the end of this month, I'm willing to bet we will be hearing similar sentiments among parent friends.

Whether in the schoolyard, at

work meetings, family gatherings, and on Facebook updates, many parents say that kids are just losing their minds over homework. Many of the parents I know say the workload expected in public and private schools is just ridiculous. I confess, I agree.

Kids are constantly pushed to do more, do better, and score higher. This philosophy is good on one hand, but can very easily go bad. Not every child can handle the pressure and not every kid wants to, even those who are considered gifted. That leads to an even larger issue at hand: does every kid need to be "advanced?" Or, can childhood be a nice blend of education and fun, with an emphasis on blend? Too many kids I know are doing schoolwork the whole day, stopping only to eat and shower, and then dropping into bed, exhausted. On the rare occasion that my kids don't have homework, I think it's great, and I've never equated their lack of homework with learning less.

In addition, the amount of homework required varies greatly from school to school and teacher to teacher. Let's face it, depending on your child's teacher each year, your kid may get a hell of a lot or hardly any at all. My kids have had teachers who have given a ridiculous amount of unnecessary homework, and they have also had teachers who have assigned very little. My daughter had a junior high teacher who barely ever gave homework, but it remains the one class in which she not only learned the most, but also retained it — years later, and carried that knowledge into high school.

I'm not convinced that homework equals better or smarter students. (Do grades themselves even matter?

That is a larger issue.) When I was a kid, we had homework, but rarely on Fridays, and weekday homework was not overwhelming. Yet, somehow, we all managed to go on to careers in our respective fields and be productive.

An episode of the popular PBS show "Arthur" makes a similar point. In it, Mr. Ratburn unwillingly has a virtual helper that appears from a smartboard in the classroom. The robot was programmed by a company to have 98 percent knowledge of all things, which lead to a two percent failure rate. Things go downhill fast in Arthur's classroom. The show's creator, Mark Brown, used this episode to show how the educational system is relying more on systematic learning than actual teaching. Mr. Ratburn, a true teacher at heart, naturally detests the system.

This episode brings out something that I fear we overlook in this time of state tests, technology, and insane amounts of homework: teachers are people, and good teachers, who can actually convey their thoughts and ideas to students in an engaging way, are not robots. They are gifted educators; their job is not just a job, but a calling. When our kids are lucky enough to have these types of teachers, they don't need constant or heavy homework, because they actually learn enough and are engaged in school.

Furthermore, our kids are not robots and to mindlessly complete hours of daily homework for 10 months out of every year (plus large summer packets) seems nothing but robotic.

Going through the motions is not learning.

Danielle Sullivan, a mom of three, has worked as a writer and editor in the parenting world for more than 10 years. Sullivan also writes about pets and parenting for Disney's Babble.com. Find her on Facebook and Twitter @ DanniSullWriter, or on her blogs, Just Write Mom and Some Puppy To Love.



New school year gluten-free

BY DR. DUSTIN JAMES

As summer wraps up, it is time to get ready for school. Besides the usual stress of friends, activities, and grades, some will face an even bigger challenge — sticking to a gluten-free diet.

At home, many of us have a fighting chance of monitoring what our child eats. At school, this type of control isn't possible.

There are several things that you and your family can do in advance to make this transition as smooth as possible.

Go to the doctor

Make sure that you are seeing a health care professional for your child's gluten-free health needs. Many conditions that necessitate a gluten-free diet, like celiac disease and non-celiac gluten sensitivity, require regular health care follow-up.

Doctor's offices are also a great wealth of important gluten-free resources, such as dietitians, support groups, and blogs.

Be sure to ask your doctor for a note explaining your child's special dietary needs. It may also come in handy for a tax write-off at the end of the year.

Education, education, education

While it seems next to impossible to educate a 3 year old on what is gluten-free and what is not, it never hurts to try. Ultimately, the best thing you can do for your child is to help her understand her condition and what makes it better.

Almost all families

with children who need a gluten-free diet make their household gluten-free. Little ones are sponges that learn best by observation. Chances are that they already know a lot about the types of foods they should avoid, and which are okay.

I recommend that my patients with celiac disease visit with a dietician at least once a year to review their diets and make sure that they are getting the proper balance of nutrients essential for their growth.

People actually know what gluten-free means

All the hype behind gluten-free has done one thing — raised awareness of the condition. So, chances are that when you meet with a teacher or principal, you won't get that "deer in the headlights" look.

So instead of trying to prepare a dissertation on what gluten-free means, you should focus instead on your goals.

I recommend setting up a meeting with your child's teacher, principal, and cafeteria manager before school starts. You may be surprised to learn that they already have a gluten-free system in place. If not, just think of the

other kids you'll be helping if you help them set up a plan.

One aspect of eating gluten-free that many don't understand is that it is not truly a food allergy like a peanut allergy. With true food allergies, eating the foods (or inhaling food dust in very sensitive people) can lead to a sudden-onset, life-threatening swelling of the airway. If someone with celiac disease eats gluten, the immediate effects are much less obvious.

Don't be afraid of the lunch lady

You don't have to stress about making your child's lunch every day. Many schools now offer a healthy selection of gluten-free foods. Some people advocate a special table for children with dietary restrictions, but I find that this often does more harm than good. Being singled out on day one as different makes for a difficult start to the new school year.

Also, keep in mind that despite your best intentions, you can't control the other children at school who may flaunt gluten-containing temptations. Remember, a child who understands her condition is always the best prevention.

If it sounds too good to be true...

While hope is on the horizon in terms of ways to combat celiac disease in pill form, the only option right now is following a gluten-free diet. Avoid the enticement to take a dietary supplement that promises to digest gluten "before it becomes a problem." Just ask anyone with lactose intolerance, you can take all the Lactaid® in the world, but you'll still pay the piper if you eat dairy.

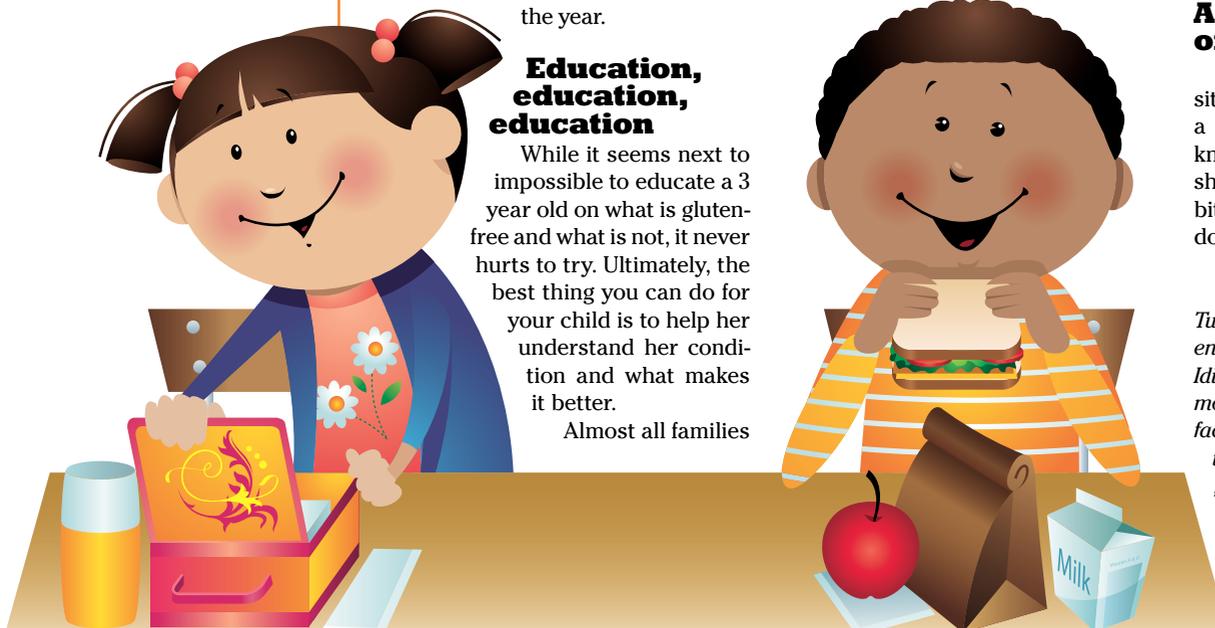
A little bit isn't the end of the world

You don't want your gluten-sensitive child to eat a little gluten on a regular basis, but take comfort in knowing that medical studies have shown that if your child has a little bit of gluten here and there, she still does fine.

Here's to a great school year.

Dr. Dustin James, known as The Tummy Doc, is a board-certified gastroenterologist and author of "The Complete Idiot's Guide® to Digestive Health." For more, visit www.enteralhealth.com, www.facebook.com/enteralhealth, www.twitter.com/thetummydoc, and www.instagram.com/thetummydocchannel.

Reading, sharing, or other utilization of this article does not establish a doctor-patient relationship with the article's author. As always, be sure to consult with your physician regarding your health-related issues before initiating or changing any medicines.



Calendar

SEPTEMBER



Leapin' lizards, it's Frog Day!

Leapin' lizards, Frog Day comes to the Staten Island Zoo on Sept. 14.

Children will be amazed to learn all about the frog, warts and all. Exotics and captive-born frogs will be on display, and experts will discuss the green hopper. It's fun for children of all ages and an amphibian's delight.

Families can even purchase a frog at this event. Proceeds will benefit Amphibian Ark and Tree Walkers International.

Frog Day on Sept. 14 from 10 am to 4 pm. Free with zoo admission.

Staten Island Zoo [614 Broadway at Marling Avenue in West Brighton, (718) 442-3174; www.statenislandzoo.org].

Calendar

Submit a listing

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

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

FRI, AUG. 30

Toddler Time: Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; www.nypl.org; 10:30–11:30 am; Free.

Little ones 3 to 5 years old enjoy play time with a caregiver or parent.

Songs with Bob-a-Loo: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 2 pm; Free.

Children 5 years and older enjoy an interactive concert with the musician.

Family games: Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; www.nypl.org; 2–3 pm; Free.

Children are invited to play classic board games.

Fun Fridays: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 3:30–4:30 pm; Free.

Children 3 years old and older enjoy stories, songs and a fun craft.

Fun Fridays: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 3:30–4:30 pm; Free.

Children 3 years old and older enjoy stories, songs and a fun craft.

SAT, AUG. 31

Richmond County Fair: Historic Richmond Town, 441 Clarke Ave. at Tysen Court; (718) 351-1611; www.historicrichmondtown.org; 11 am–6 pm; \$16 (\$11 seniors).

Old-fashioned fun with blue ribbon contests, pies and more.

SUN, SEPT. 1

Richmond County Fair: 11 am–6 pm. Historic Richmond Town. See Saturday, Aug. 31.

MON, SEPT. 2

Richmond County Fair: 11 am–6



It's a rockin' time

Come and visit the sixth annual Folk Rock Festival at Westerleigh Park on Sept. 21.

Children and adults enjoy 19 musical acts playing folk, folk rock, country, blues, and traditional Americana, as well as indie kids favorites. There will also be

arts and crafts and lots of fun activities.

Westerleigh Park Festival on Sept. 21 from 11:30 am to 7 pm. Free. Rain date is Sept. 22.

Westerleigh Park [Main and Neil Dow avenues in Westerleigh, www.facebook.com/pages/westerleigh-folk...art-festival].

pm. Historic Richmond Town. See Saturday, Aug. 31.

WED, SEPT. 4

Read aloud: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 4–4:30 pm; Free.

Children 3 years old and up finger play, learn action rhymes and color.

THURS, SEPT. 5

Teen lounge: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 3:30–4:30 pm; Free.

For children ages 12 to 18 years old.

Read aloud: Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; www.nypl.org; 4–4:30 pm; Free.

For children 3 to 12 years of age.

FRI, SEPT. 6

Toddler Time: Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; www.nypl.org; 10:30–11:30 am; Free.

Little ones 3 to 5 years old enjoy play time with a caregiver or parent.

Fun Fridays: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 3:30–4:30 pm; Free.

Children 3 years old and older enjoy stories, songs and a fun craft.

SAT, SEPT. 7

"Dumbo": New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 2–4 pm; Free.

The little elephant with big ears that can fly.

Family Camping: Blue Heron Nature Center, 222 Poillon Ave. between Amboy Road and Hylan Boulevard; (718) 967-3542; www.nycgovparks.org; 6 pm; Free.

Enjoy a night out under the stars. Chosen by lottery.

MON, SEPT. 9

Teen Cafe: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 2–4 pm; Free.

Hang out with friends, bring snacks, soda, homework or share the internet and browse the web. For tweens and teens, 12 to 18 years old.

Read aloud: Huguenot Public Library, 830 Huguenot Ave. at Drumgoole Road East; (718) 984-4636; www.nypl.org; 4–4:30 pm; Free.

Children 5 to 12 enjoy books.

Read aloud: Huguenot Public Library, 830 Huguenot Ave. at Drumgoole Road East; (718) 984-4636; www.nypl.org; 4–4:30 pm; Free.

Children 5 to 12 enjoy books.

TUES, SEPT. 10

Bracelet workshop: Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; www.nypl.org; 3:30–4:30 pm; Free.

Make a friendship bracelet.

Tutoring: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 3:30–5:30 pm; Free.

Children in pre-K through eighth grade get homework help in math and English. First come-first served.

Resources for teens: Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; www.nypl.org; 4–5 pm; Free.

Children 13 to 18 years old, learn all about what the library has to offer.

WED, SEPT. 11

Teen club: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 2–4 pm; Free.

Young adults 12 to 18 years old discuss anime, draw, play games and even do homework.

Read aloud: 4–4:30 pm. New Dorp Library. See Wednesday, Sept. 4.

THURS, SEPT. 12

Toddler story time: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 11 am; Free.

Children 1 to 3 years old with caregivers listen to stories. Pre-registration required.

Teen lounge: 3:30–4:30 pm. Great Kills Library. See Thursday, Sept. 5.

Teen tech time: Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; www.nypl.org; 3:30–5:45 pm; Free.

For children 13 to 18 years old.

Read aloud: 4–4:30 pm. Dongan Hills Library. See Thursday, Sept. 5.

Continued on page 36

Calendar

Continued from page 35

FRI, SEPT. 13

Cicada workshop: Staten Island Museum, 75 Stuyvesant Pl. corner of Wall Street; (718) 727-1135; www.statenislandmuseum.org; 11 am–5 pm; Free with museum admission.

Find out all about these creatures, the next time they will be around won't be for another 17 years.

Pre-school story time: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 11 am; Free.

Children 3-5 years old with caregivers listen to stories. Pre-registration required.

Wii gaming: Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; www.nypl.org; 3:30–4:30 pm; Free.

Children 13 to 18 years old play with electronic games.

Fun Fridays: 3:30–4:30 pm. Great Kills Library. See Friday, Sept. 6.

Self-defense class: Calla Karate, 1293 Castleton Ave.; (212) 645-4000 X 201; 5:30–7:30 pm; \$20.

Girl Scouts 5 to 14 years old learn how to protect themselves.

SAT, SEPT. 14

Frog Day: Staten Island Zoo, 614 Broadway at Martling Avenue; (718) 442-3174; www.statenislandzoo.org; 10 am–4 pm; Free with zoo admission.

Show and sale of exotic frogs and captive-born frogs. Proceeds benefit Amphibian Ark and Tree Walkers International.

Fall celebration: Conference House, Hyland Boulevard and Saterlee Avenue; (718) 984-0415; www.nycgovparks.org; 11 am–4 pm; \$5 (\$3 children).

Fun filled events, historic house tour, re-enactments, and colonial dancing.

Tutoring: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 11 am–1 pm; Free.

Children in pre-K through eighth grade get homework help in math and English. Register at front desk.

"Wreck it Ralph": New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 2–4 pm; Free.

Ralph doesn't want to be the bad guy any more. This Disney animated film is just the ticket to start the fall off.

SUN, SEPT. 15

Hawk Watch: Greenbelt Nature Center, 700 Rockland Ave. at Brielle



Photo by Eric Waterman

Stop by to hear the Pop Ups

Hop up for the Pop Ups in concert at the Museum of Jewish Heritage on Sept. 8.

Rock into the New Year with Jason Rabinowitz and Jacob Stein, the Pop Ups, for a special Rosh Hashana concert. The Brooklyn-based, too-cool-for-school indie rock band rocks out titles from its latest album, "Radio Jungle," and debut album "Outside Voices," to the delight of children 3 to 10

years old. Children can also make fun crafts.

The Pop Ups on Sept. 8 at 2 pm (craft-making from 1 to 4 pm). Tickets are \$10; \$7 for children ages 10 and younger; and \$7 for museum members (\$5 member children under 10).

The Museum of Jewish Heritage [33 Battery Pl. at First Place in Battery Park City, (646) 437-4202; www.mjhnyc.org].

Avenue; (917) 753-7155; www.nycgovparks.com; 1–3 pm; Free.

Search the skies for migrating raptors.

MON, SEPT. 16

Teen Cafe: 2–4 pm. New Dorp Library. See Monday, Sept. 9.

Movie time: Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; www.nypl.org; 3:30–5 pm; Free.

Movies the whole family can enjoy.

Read aloud: 4–4:30 pm. Huguenot Public Library. See Monday, Sept. 9.

TUES, SEPT. 17

Sewing workshop: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 3:30 pm; Free.

Teens and tweens 11 to 17 years old learn the basics all materials provided. Pre-registration required.

Tutoring: 3:30–5:30 pm. New Dorp Library. See Tuesday, Sept. 10.

Resources for teens: 4–5 pm. Dongan Hills Library. See Tuesday, Sept. 10.

WED, SEPT. 18

Teen club: 2–4 pm. New Dorp Library. See Wednesday, Sept. 11.

Movies for teens: Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; www.nypl.org; 4–5:30 pm; Free.

Children 13 to 18 years old watch an age-appropriate film.

Pigeon Party: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 4–5 pm; Free.

Children 4 to 8 years old celebrate the stories of Mo Willems.

Read aloud: 4–4:30 pm. New Dorp Library. See Wednesday, Sept. 4.

THURS, SEPT. 19

Baking workshop: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 3:30–5 pm; Free.

Teens celebrate Cupcake Week by making a cupcake craft. Pre-registration required.

Teen lounge: 3:30–4:30 pm. Great Kills Library. See Thursday, Sept. 5.

Teen tech time: 3:30–5:45 pm. Dongan Hills Library. See Thursday, Sept. 12.

Netsmartz online safety workshop: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 4 pm; Free.

Children 4 to 13 years old and caregivers learn about how to stay safe on the internet.

Read aloud: 4–4:30 pm. Dongan Hills Library. See Thursday, Sept. 5.

FRI, SEPT. 20

Toddler Time: 10:30–11:30 am. Dongan Hills Library. See Friday, Sept. 6.

Fun Fridays: 3:30–4:30 pm. Great Kills Library. See Friday, Sept. 6.

Story time: Huguenot Public Library, 830 Huguenot Ave. at Drumgoole Road East; (718) 984-4636; www.nypl.org; 4–4:30 pm; Free.

For children 18 to 36 months and their caregivers.

Family Camping: High Rock Ranger Station, Nevada and Rockland avenues; (718) 967-3542; www.nycgovparks.org; 6 pm–7 am; Free.

Enjoy a night out under the stars. Chosen by lottery.

Calendar

SAT, SEPT. 21

Jr. Science Club: Staten Island Museum, 75 Stuyvesant Pl. corner of Wall Street; (718) 727-1135; www.statenislandmuseum.org; 10 am-noon; \$8 (\$5 members).

Participants build their own wheeled vehicle and choose a method of propulsion.

Village flea market: Historic Richmond Town, 441 Clarke Ave. at Tysen Court; (718) 351-1611; www.historicrichmond-town.org; 10 am-5 pm; \$2.

Holiday shopping early, collectibles, and uniques gift.

Musical Chairs and Fence Show: Snug Harbor Cultural Center, 1000 Richmond Ter. between Snug Harbor Road and Tysen Street; (718) 448-2500; www.snug-harbor.org; 11 am-5 pm; Free.

The 63rd annual event hosts the Musical Chairs Chamber ensemble and art work.

Tutoring: 11 am-1 pm. New Dorp Library. See Saturday, Sept. 14.

Folk festival: Westerleigh Park, Maine and Neil Dow avenues; www.facebook.com/pages/westerleigh-folk...art-festival; 11:30 am-7 pm; Free.

Come and enjoy the sixth annual event featuring 19 musical acts playing folk, folk rock, country, blues, traditional, and Americana as well as children's favorites. (Rain date Sept. 22).

SUN, SEPT. 22

Learn to fly: LaTourette Park and Golf Course, Forest Hill Road and Richmond Avenue; www.nycgovparks.org; 10 am-2 pm; Free.

The Staten Island RC Modelers will demo flying model and remote planes.

MON, SEPT. 23

Baby and me: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 11 am; Free.

From birth to 18 months old, parents and little ones enjoy songs, rhymes, and stories.

Teen Cafe: 2-4 pm. New Dorp Library. See Monday, Sept. 9.

Read aloud: 4-4:30 pm. Huguenot Public Library. See Monday, Sept. 9.

TUES, SEPT. 24

Tutoring: 3:30-5:30 pm. New Dorp Library. See Tuesday, Sept. 10.

Resources for teens: 4-5 pm. Dongan Hills Library. See Tuesday, Sept. 10.

WED, SEPT. 25

Teen club: 2-4 pm. New Dorp Library. See Wednesday, Sept. 11.

Read aloud: 4-4:30 pm. New Dorp Library. See Wednesday, Sept. 4.

THURS, SEPT. 26

Toddler story time: 11 am. Great Kills Library. See Thursday, Sept. 12.

Teen lounge: 3:30-4:30 pm. Great Kills Library. See Thursday, Sept. 5.

Rhythm and movement: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 4-5 pm; Free.

Children 3 to 5 years old experience swirling scarves, dancing, rhymes and shaker eggs. Pre-registration required.

Read aloud: 4-4:30 pm. Dongan Hills Library. See Thursday, Sept. 5.

"Sky High": Huguenot Public Library,

830 Huguenot Ave. at Drumgoole Road East; (718) 984-4636; www.nypl.org; 5-7 pm; Free.

Tweens and teens enjoy this fantasy movie about high school for super heroes.

FRI, SEPT. 27

Pre-school story time: 11 am. Great Kills Library. See Friday, Sept. 13.

Fun Fridays: 3:30-4:30 pm. Great Kills Library. See Friday, Sept. 6.

SAT, SEPT. 28

Tutoring: 11 am-1 pm. New Dorp Library. See Saturday, Sept. 14.

Museum day: Historic Richmond Town, 441 Clarke Ave. at Tysen Court; (718) 351-1611; www.historicrichmond-town.org; 1-5 pm; Free.

Come and visit Richmond town's historic museum.

"Rise of the Guardians": New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 2-4 pm; Free.

Animated film featuring Jack Frost, the Easter Bunny, Santa Claus and the Tooth Fairy all trying to save the holidays.

SUN, SEPT. 29

Nature hike: Greenbelt Nature Center, 700 Rockland Ave. at Brielle Avenue; (917) 753-7155; www.nycgovparks.com; 1-2 pm; Call for admission.

Children 8 and older with caregiver and adults search for mushrooms in the wild. Pre-registration required.

MON, SEPT. 30

Teen Cafe: 2-4 pm. New Dorp Library. See Monday, Sept. 9.

Read aloud: 4-4:30 pm. Huguenot Public Library. See Monday, Sept. 9.

LONG-RUNNING

Storytime: Barnes & Noble, 2245 Richmond Ave. at Travis Avenue; (718) 982-6983; www.barnesandnoble.com; Tuesdays and Saturdays, 10:30 am, Now - Tues, Sept. 24; Free.

Children listen to a different story each week.

Up4Art: Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; statenisland-kids.org; Saturdays and Sundays, 1, 2 and 3 pm, Now - Sat, Nov. 2; Free with museum admission.

Children create fun projects.

After school book club: Historic Richmond Town, 441 Clarke Ave. at Tysen Court; (718) 351-1611; www.historicrichmond-town.org; Wednesdays, 3:30-4:30 pm, Now - Tues, Dec. 3; Free (plus cost of book).

It's back. Students in grades four to seven read and discuss selected books covering major periods in history.

Story museum: Historic Richmond Town, 441 Clarke Ave. at Tysen Court; (718) 351-1611; www.historicrichmond-town.org; Thursdays, 11:30 am-12:30 pm and 2:30-3:30 pm, Now - Wed, Dec. 4; \$3 (Adults free).

Pre-schoolers listen to stories, do crafts, dance and sing.

Kidz cook: Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; statenisland-kids.org; Saturdays, 2,3 and 4 pm, Fri, Sept. 6 - Fri, Nov. 1; Free with museum admission.

Children experiment with all types of food.

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CHRISTINE M. PALUMBO, RD

How much 'energy' does a kid need?

As any mom or dad will attest, most kids are full of energy. Why then, would parents want their children to consume caffeine for an energy boost?

The Food and Drug Administration recently began an investigation into why certain food and beverage companies are adding caffeine to products targeted at children. The agency is also looking into caffeine's safety. In a related development, San Francisco's city attorney sued Monster Beverage Corp., accusing the company of marketing its caffeinated energy drinks to children as young as 6.

A growing number of foods have added caffeine with labels referring to "the right energy" and similar phrasing. Caffeine is being added to trail mix, oatmeal, potato chips, chewing gum, jelly beans, beef jerky, hot sauce, trail mix, as well as energy drinks and energy shots.

The only time the Administration approved the added use of caffeine in a food or drink was for

colas back in the 1950s.

These companies say they are marketing their products to adults. Yet, many of the items, such as candy and gum, are attractive to children.

A drug and its effects

Caffeine is a natural stimulant found in coffee beans, tea leaves, and cacao. When added to products, it must be included in the list of ingredients, but the amount doesn't have to be.

The Administration does not set caffeine limits for energy drinks, only for colas (capped at six milligrams per ounce).

Not much is known about the effects of caffeine on children. The American Academy of Pediatrics says caffeine has been linked to harmful effects on children's developing neurologic and cardiovascular systems. It can also affect sleep. In large amounts, caffeine can cause brain seizures and cardiac arrest.

A study published in the December 2010 *Experimental and Clinical*

Psychopharmacology discovered boys are more stimulated by caffeine than girls and that both genders have a preference for so-called junk food after consuming it.

As many caffeinated parents can attest, the compound is addictive and a sudden withdrawal produces a throbbing headache.

A single serving of any of these foods or beverages is unlikely to be harmful. But what about a child who consumes caffeine throughout the day?

Most health professionals say there is no role for caffeine in kids. Parents trying to control their children's caffeine intake should educate their children about what to look for. Packages that tout "energy" should raise a red flag.

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Blueberry sparklers

Makes 10 skewers

INGREDIENTS:

- 1 cup large fresh blueberries
- 1 cup white chocolate chips
- 1 teaspoon vegetable oil
- 2 tablespoons multicolor candy sprinkles

DIRECTIONS: On each of 10 bamboo skewers (eight inches long), spear eight blueberries. In a perfectly dry microwavable cup, stir chocolate chips and oil. Microwave on medium power 30 seconds; stir. Microwave 20-30 seconds longer; stir until the chocolate is smooth. Transfer melted chocolate to a resealable plastic bag. Snip a very small corner off the bottom of the bag. Drizzle the melted chocolate over the skewered blueberries and immediately roll lightly in sprinkles.

NUTRITION FACTS: 136 calories; 18 g carbohydrate; 7 g total fat; 6 g saturated fat; 0.4 g fiber.

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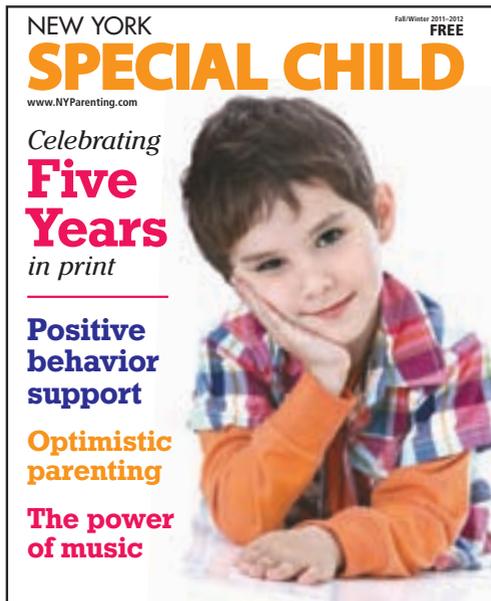
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