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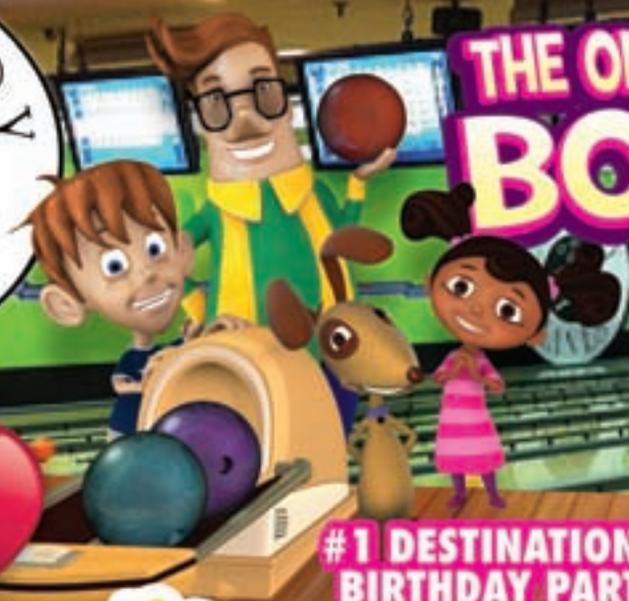
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# Family August 2014



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# Letter from the publisher

## Mid-summer musings

**T**alking about Back to School at the end of July is getting on my nerves. I'm not the only one. Our social media guru and columnist Danielle Sullivan and I had the same thought going.

It seems that we are pushing the marketing of things up further and further and the phrase itself is so worn out that we want to dispose of it and replace it with something else, but what? TV commercials and print ads are already overusing this tired expression.

The return to classes will mean summer's over and that a family's regular routine will resume. Vacations will be behind us and summer schedules and long days of light will



come to a close, as will the beaches. But not yet, and not now! We have weeks ahead of us of still lovely summer weather. Personally I love the beach!

There are great summer foods in the farmer's markets and food stalls with the first of the summer corn showing up in the last week or so. Peaches and nectarines have appeared and tomatoes too! Sunflowers are for sale and up in the loveliest places. To me they mean mid-summer.

New York is such a great place to be in the summer with many events taking place in every borough. Our calendars are full of wonderful things for every family to do wherever you live or want to play.

Signing up for our e-blasts and utilizing our website can help keep you in the loop about what's happening in every part of the city. Log onto [www.NYParenting.com](http://www.NYParenting.com) and sign up for the newsletter. Twice a week we will send you links to interesting articles and ideas for the weekend that will inspire you and your family. You'll also get a chance to win tickets and other prizes.

Speaking of winning, we are giving away a gorgeous Britax Affinity Stroller to some lucky family. Enter to win by clicking on the link [www.NYParenting.com/stroller](http://www.NYParenting.com/stroller) and make sure you fill out the form completely. That means also telling us why you would like to win it. Only city residents can enter, so don't tell your sister-in-law on the island or in Westchester. They are not eligible.

This issue has some great arti-

cles that we hope you enjoy. Allison Plitt has written an interesting piece on Smart Snack guidelines for the schools. Be sure to read it.

Whatever your plans are for the coming weeks, enjoy! If you're like me and you're hard at work except on the weekends, then make the most of those days. If the kids are away at camp or in a day camp nearby, they should be doing the same, relishing the summer time outdoors in all the ways that kids do.

Thanks for reading.

Susan Weiss-Voskidis,  
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# Overdosing on vitamins

## Learn the risks to your child

BY ALEXA BIGWARFE

**I**would never have thought that I could make my child sick from giving them too many vitamins. However, the Environmental Working Group is warning parents that we may be harming our children by feeding them too many vitamins and minerals, particularly vitamin A, zinc, and niacin. These are commonly added to “fortified” cereals and other foods.

Vitamins and minerals were originally added to everyday foods to protect children’s health, but the Food and Drug Administration’s percentage of daily values shown on food nutrition labels are for adults and exceed maximum safe levels for

children. The group states that the agency’s guidelines on what food companies should show on the nutrition facts label — the percentage of daily values — are inadequate. Furthermore, those calculated on products made for children still show the values for adults, not children.

Does it really matter if children “overdose” on vitamins and minerals? The answer is yes. Too much vitamin A can result in short-term health problems, such as brittle nails and hair loss. In the long term, over consumption of vitamin A can lead to liver damage and skeletal abnormalities. If pregnant women consume too much vitamin A, it can cause developmental abnormalities in the fetus.



Too much zinc can result in anemia and can, impair immune function.

Excess niacin or vitamin B3 leads to rashes and skin reactions, nausea and toxicity in the liver.

Children are much more at risk of overdosing on vitamins than adults.

Where are the biggest sources of these excess vitamins? The Environmental Working Group’s report states: “Fortified breakfast cereals are the No. 1 source of added vitamin A, zinc, and niacin in children’s diets.” In 23 of the cereals with the highest added doses, just a single serving would exceed the daily safe level of a child age 8 or younger. Most of those cereals in the highest ranges are not marketed toward children, but there are also high levels in snack bars (consumed by children) as well.

To be safe, make sure you know about these vitamins and minerals, and limit your children’s intake of foods fortified with vitamin A, zinc, and niacin to only 20-25 percent of the adult daily value.

*Alexa Bigwarfe is the mother to three young children. She is a strong advocate for all things related to children’s safety and health issues.*

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# Snacking smarter at school

BY ALLISON PLITT

**T**here is a revolution going on in our country's schools this year and it's not about the Common Core Standards. It's about ensuring that all food sold in schools (outside of the National School Lunch Program and the School Breakfast Program) adhere to the United States Department of Agriculture's Smart Snacks nutritional standards, in which schools must have transitioned to complete compliance by July 1.

To better understand the evolution of the Smart Snacks guidelines, it is important that parents and caretakers revert back to 1979, when the Department passed competitive food rules for the first time. Regulations limited sales of food with less than five percent of the recommended dietary allowances per serving for eight key nutrients. These products included soft drinks, chewing gum, and other sugar-based foods. These

items could not be sold in food-service areas during mealtimes but could be sold anywhere else in a school at any time.

President Obama signed the Healthy, Hunger-Free Kids Act of 2010, which required the Department for the first time in more than 30 years to establish national nutritional standards for all foods sold and served at schools any time during the day. This law exempts fundraisers from its compliance as long as they are approved by the school and are infrequent.

Three years later the Department proposed new competitive food rules and opened them for public feedback for 60 days. After public comment and revision, it published a revamp of school snack standards called "Smart Snacks in School" in June 2013 and informed all participating schools that they had 14 months in which to comply. The rules are in effect only during the school day and 30 minutes thereafter.

"I want us to imagine a new world. A world where healthy food is actually more convenient than junk food."

Helping United Mankind and Nutrition Healthy Vending Machines is one of the new merchants selling healthy food and beverages in schools across the nation. The company also published a "Smart Snacks In School Guide," which contains a summary of food and beverage rules as well as nutrient standards.

Any competitive snack food sold must be a fruit, vegetable, dairy product, protein-rich food (meat, beans, poultry, seafood, eggs, nuts, seeds), whole-grain rich food (first ingredient is a whole grain or product is 50 percent whole grains), or a combo food that has at least a quarter cup fruit or vegetable. All the competitive foods have nutrient limits in calories, sugar, sodium, and fat.

Competitive snack beverages are sold in limited portions and have limited calories. They include water, carbonated water, unflavored low-fat milk, flavored or unflavored fat-free milk and soy alternatives, 100-percent fruit or vegetable juice, and diet sodas. Caffeinated drinks can only be sold in high schools.

Sean Kelly, chief executive officer of Helping United Mankind and Nutrition Healthy Vending Machines, explains, "Kids consume up to 60 percent of their total calories from school and up to 40 percent of their caloric consumption comes from junk food. To exacerbate this problem, the nutritional education that we provide our kids in our society is negligible at best."

Some schools have already started selling healthful snacks at lunchtime either on the menu or from vending programs. As a result, these schools have already seen their students boost their overall daily consumption of fruit by 26 percent, vegetables by 14 percent, and whole grains by 30 percent. They also ate more fiber, calcium, and vitamins A and C.

Kelly believes there is a correlation between the declining aca-

dem performance of the United States' students (ranked 17th among 50 other countries according to a study done by the Economist Intelligence Unit in 2012) and an increase in the processed food industry in our country.

"This isn't just about obesity and malnutrition," Kelley remarked. "It's also about the state of education in America. Maybe the reason our kids can't learn what we want them to learn is because they can't focus or retain information because they're falling asleep in class and they continually experience blood sugar-induced erratic energy swings as a result of poor nutrition."

According to Kelly, when people talk about the solving the obesity epidemic, they talk about educating people more about nutrition, getting people to eat less harmful food and more healthy food, and having people exercise more.

Kelly, who was a personal trainer while in college, does believe in those solutions, but he also adds one more component to the mix — easy and convenient access to healthy foods.

"The reality of the world we live in today is that it is very, very difficult to be healthy, but for a second, I want us to imagine a new world. A world where healthy food is actually more convenient than junk food. Where it's easy to access nutrition and nutrition is everywhere. Where convenience stores and vending machines and micro-markets bring nutrition directly to people rather than asking people to get educated about it and go and find it on their own," Kelly says.

He continues, "Where it's incredibly difficult to find and, therefore, eat those foods that are harmful to you, so you do so sparingly as was the original intention. Where everywhere you turn there are fresh foods, energy-sustaining health snacks, foods from the earth, healthy drinks, fruits and vegetables. In this world, it's almost impossible to consistently eat harmfully and, as a result, the problems related to obesity, malnutrition, even education, began to fade away. Access, therefore, is the answer."

To find out more about *Smart Snacks in School*, visit [www.smartsnacksinschool.com](http://www.smartsnacksinschool.com).

Allison Plitt is a freelance writer who lives in Queens with her husband and young daughter. She is a frequent contributor to *New York Parenting*.



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# Prep list

Is your  
child ready  
for school?  
Are you?

BY JUDY M. MILLER

**A**nticipation builds as the new school year approaches. Every year, my kids become antsy as the stores fill up with new backpacks, fun and colorful accessories, and the latest in locker and school supplies. And even though I am not ready to begin the process of letting summer with my kids slip through my fingers, I grudgingly give in and get to work. The excitement of and preparation for a new school year can be stressful for the parents and their children.

So, what can parents do to make the transition smooth for themselves and their children? Especially for the child who is attending a traditional school for the first time or going to a new school? Here are some ideas to get everyone ready for school.

**Schedule a visit.** Meeting the teacher and walking through the building does a lot to ease the stress of change. If your child's schedule requires changing classrooms and the use of a locker, take her to school and encourage her to physically walk through her schedule and become familiar with her locker. Your child gains a sense of the familiar and you, when you think of your child during the day, can be calm knowing where your child is. (Make and keep a copy of her schedule.)

**Get the paperwork done.** Mark this task off your to-do list early. Doing so allows you the time to address anything that may have been overlooked, like a copy of your child's inoculations. Make and keep copies in case paperwork is misplaced. Keep a folder at home for each of your children with all required school paperwork, class list, phone numbers, class schedule, and any other important papers. If you need something, you'll know where it is. Last-minute worries and misplaced paper add to stress. You're working towards smooth, yes?

**Take your child shopping.** Going shopping for school supplies is our annual first step of getting ready for

Gradually begin moving bedtimes and wake-up times back to school schedules. The excitement of the new school year, adjustment to class work and studying, and added expectations wears your child out.

school, part of our tradition for transitioning from summer back to school. In the early part of August we wade through the aisles with shopping carts and our lists of required school supplies. Each of my four kids has a copy of their list and runs through the aisles, grabbing the items on their list and throwing the supplies into the carts. I check what is in the carts against my master list. I also adjust supplies, to account for the myriad of school projects that will be pop up throughout the school year, and the items that may not go the distance during the course of the school year (extra poster board, erasers, folders, plastic rulers, highlighters, dry-erase makers).

**Checkups!** If your insurance allows, consider scheduling checkups in early to mid-summer. Seeing the dentist and doctor earlier, especially when inoculations are required, disassociates them with the start of the school. Middle and high school sports physicals will need to be completed before your child begins practices for her fall sports.

**Connect or reconnect.** Consider a simple get-together or picnic with school friends and families you may not have seen over the summer. Reestablishing friendships and catching up does wonders for everyone. This is a great opportunity for new families to get acquainted as well. If you are the new family, ask for a mentor family who has a child of the same age as yours. The mentor family can "hold your hand" as you and your child transition into the new school environment, answering questions and helping you become familiar

with the system.

**Move the clock up.** Summer is time to replenish. To slow and let down. Even if you work, your child, whether she has been at camp or at home, has been sleeping in and staying up later. Gradually begin moving bedtimes and wake-up times back to school schedules. Changing the schedule early should help you get some added sleep since you aren't staying up as late either. Help the younger kids say good bye to the fireflies and flashlight tag, and assist your middle or high-schooler with a small scavenger hunt or barbecue with friends. The excitement of the new school year, adjustment to class work and studying, and added expectations wears your child out.

**Go over expectations.** Sit down with your children and go over what you and your child's school expects of them. Some schools require signed agreements from the student that holds them responsible for their actions, like cheating, turning work in on time, responsibility, and treatment of other students. If these are required by your child's school, make sure you discuss the agreement and that your child understands what she is signing. If you or your child feels anything needs clarification, get it and keep a copy of the signed agreement.

**Organize and mark everything.** When you are shopping for school supplies with your child, get yourself some new supplies, too. I always get myself a new supply of sticky notes, permanent markers, highlighters, paint pens, and notebooks. I purchase storage bins if they are needed. Extra supplies go into the bins and are used by my kids as needed throughout the school year. My personal supplies go into the desk drawer, necessary for marking clothing, new backpacks and school supplies. Permanent markers won't work on every surface, so paint pens come in handy (and they come in white).

Moving through the steps of preparing your child to return to school allows you and your child to become ready for school. If you find you aren't there when the bus picks her up that first morning, remember, you'll see her sweet face across the dinner table later.

*Judy M. Miller is a freelance writer living in the Midwest with her husband and four children. She is the author of "What To Expect From Your Adopted Tween."*

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# Prenatal fitness

Amazing  
benefits for  
mother —  
and child

BY AMY GRIFFITH

**E**xercise during pregnancy is not only imperative to keep a mom-to-be fit and healthy, but it can also benefit the child's lifelong health. This is according to recent research from the University of Virginia School of Medicine, which determined that exercise during pregnancy has a distinct molecular consequence on the unborn child that essentially allows the child to be more fit. Other studies have shown that maintaining a healthy weight during pregnancy is tied to preventing childhood obesity, which has reached epidemic proportions in the U.S. Of course, prenatal fitness is also an imperative for the budding mom's own health with respect to both her physical and emotional well-being.

That said, while most understand that maintaining a pregnancy fitness regimen is beneficial, many women harbor erroneous fears and misconceptions about prenatal exercise or simply don't know the best way to go about integrating fitness into their daily lifestyles, both of which undermine and inhibit a pregnant woman's opportunity to optimize her health and fully enjoy the experience.

To help moms-to-be (with no applicable medical complications) gain expert-based knowledge and innate confidence relating to their fitness choices, below prenatal lifestyle expert, Amy Griffith, star of her own "Active Prenatal Yoga" Workout DVD, offers eight tips and truths to give di-

rection, debunk myths, and provide overall peace-of-mind to foster a fit, healthy and happy nine months:

- **Start now.** If a woman becomes pregnant and has not had a structured fitness routine beforehand, she can certainly start now — and should — since exercise develops muscle tone, can help prevent gestational diabetes, aids in digestion and can help regulate blood pressure. Just be sure to begin with some gentle forms of exercise. As the due date approaches, remaining active can also encourage the baby to move into proper position for birth. Even activity as simple as walking is hugely beneficial to a pregnant woman. She can even run, bike, dance, and strength train as long as it still feels safe for her body. Whatever modality of exercise she decides to engage in, it is always of utmost importance that she listen to her body and recognize individual limitations.

- **Exercise to release endorphins.** Exercise not only has countless physical benefits with keeping muscles toned, maintaining healthy body fat levels, and improving cardiovascular health among them, but it also releases endorphins that can help boost mood, improve self-esteem, reduce anxiety and depression, decrease stress, alleviate pain, and improve sleep. All of these can greatly enhance the lifestyle of a pregnant woman, helping her enjoy the overall experience.

- **Yes, "do abs."** Pregnant women still have them and will benefit from strengthening them in advance of

delivery. Exercising abs and the entire core group of muscles will help prevent back and posture problems caused by the growing stomach, will make pushing more effective pushing during labor, and will help the new mother recover quicker. For example, a pregnant mother in her second and third trimester will mainly be working her transverse abdominus, which wrap from front to back like a corset, and also the obliques. Keeping these muscles toned and active will help them to return to their pre-pregnancy state far sooner. Abdominal exercises during pregnancy can also reduce the risk of abdominal separation, which can lead to other physical ailments. Beforehand, be sure to research the safest types of abdominal exercise for the various trimesters and execute with proper form.

- **Try yoga:** Yoga is not just about gaining strength and flexibility, and finding calm in moments of stress; it also helps slow down our busy lives. Prenatal yoga is a very safe form of exercise. Executed with the use of props to support the pregnant woman as baby grows, the mother can maintain the standard yoga poses but in a modified way. Prenatal yoga also teaches the powerful connection of breath and movement, encouraging the woman to let go of tension trigger points in her body. All of these elements combine to cultivate a deeper understanding of how the woman's body moves, and what she can do to relax in an uncomfortable situ-



ation, both physically and mentally. Many of the elements of a prenatal yoga class can be utilized by the mother as she moves through labor and delivery, including poses to ease labor pains, breathing techniques, and meditation.

• **Cardiovascular exercise is a-ok.** The old theory of not allowing your heart rate to exceed 140 beats per minute is no longer supported by the medical community. There is about a 50 percent increase in blood flow when a woman is pregnant, so the heart works much harder to deliver all of these nutrients throughout the body and especially the placenta. While a pregnant woman who is exercising may tire out more quickly, there is no evidence that such exertion is harmful to her baby. The general rule of thumb is if a pregnant woman can continue to carry on a conversation while performing an exercise routine, then she is in a cardiovascular safe zone.

• **Set a fitness mantra.** A mantra is a positive intention — word or phrase that you come back to daily to “check in” and be reminded that everything is okay and on course. Setting a mantra will help you to trust your body, and accept the changes that are occurring

physically. It can help to quiet down the ego and encourage you to slow down and even accept the temporary fitness limitations. This is a key lesson to reiterate throughout pregnancy and can help to keep the pregnant woman safe while exercising. Some mantras are, “I accept,” “I trust,” and “I am strong.” These positive reminders carry throughout the pregnancy and the birth of the baby.

• **Massage to recover faster.** A carefully delivered massage from a prenatal massage specialist can alleviate pain in various parts of the body that can be caused by too much physical activity — exercise and otherwise. Massage stretches and loosens muscles that become tight as baby grows and the as the woman’s body changes. Massage will also benefit the pregnant woman as it relieves tension. A pregnant woman’s low back pain, headaches, sciatica, and swelling can all be eased by a trained massage therapist. When her body feels better, she is able to continue to keep herself healthy with regular exercise.

• **Meditate to de-stress.** Meditating can connect to a mantra you set or simply help to quiet down, clear your mind, calm your nervous system, and regulate your blood pressure. When employed in combination with a fitness regime, a pregnant woman can reap the rewards of both physical and emotional health. Pregnant women can quiet down fears and release them through the practice of meditation. When the mother lets go of fear, it opens her up to having a positive pregnancy and birth. Labor and delivery are certainly a physical experience, but many women say it is 90 percent mental. Allowing oneself to move inward and “step out of your own way” gives the body permission to do exactly what it knows how to do: birth baby! Meditation enables the mom-to-be to mentally surrender while exercise gives her physical strength and confidence.

*Nationally certified prenatal yoga instructor Amy Griffith is one of America’s leading prenatal fitness and lifestyle experts, providing free advice, including eBook and video content, to her army of followers and fans at [www.AmyGriffith-workout.com](http://www.AmyGriffith-workout.com). The above should not be construed as medical advice. Individuals should consult with their own physicians before starting any fitness or exercise regime.*



## JUST WRITE MOM

DANIELLE SULLIVAN

# 'Teacher won't let me use the bathroom!'

**W**ith school just around the corner, parents of small children are preparing their kids to feel comfortable and adjust to spending long days in the classroom. Often, one of the main things that young children worry about is the ability to use the bathroom during the day. Teachers who say no to children using the bathroom have always been a huge pet peeve of mine. I can't understand why a teacher would deny a child going to the bathroom; it's not only a normal body function, dare I say it's a personal right?

There are so many reasons why children should be allowed to use the bathroom at school when they need to, and the top reason is health. Kids' bladders are not as mature as adults and it's common sense that they will need to use the bathroom more often.

Furthermore, having a child hold his urine can be damaging. It can cause the child's bladder to overfill and leak urine, which only makes things worse. Once this happens, children can develop urinary tract infections, which in turn, can lead to an irritable or overactive bladder.

What astounds me is when teachers say they don't want the child to lose instruction time, but how can kids learn when they are worrying about having an accident? Even worse are the social and mental ramifications of having an accident in the classroom. How many adults are denied using the bathroom at work? What always bothers me is when children are denied personal rights simply because they are young.

One anonymous mom related a story about how her 7-year-old son was denied using the bathroom



after already using the restroom twice. He then had an accident and the teacher made him sit the rest of the day in soiled pants. The teacher didn't call the mom to bring another set of clothes.

I have taught in different classrooms before and I never viewed a bathroom break as a disruption.

A child will not miss much in the three minutes it takes to relieve himself. Part of being a good teacher and educator is being sensitive to a child's needs.

Some children are so shy, and can barely raise their hand to ask a teacher to use the bathroom.

When a teacher denies them, or says they don't allow it from the beginning, it can produce a

great amount of stress in these students. I have known quite a few children through friends of my own kids who have been unnecessarily stressed out over using the bathroom in school. If a child feels uncomfortable at school, how can he thrive?

Have rules, yes, and maintain order, for sure, but teachers, please allow your students to enjoy the mental and physical contentment they deserve.

*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 Sullivan on her blogs, Just Write Mom and Some Puppy To Love.*

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# Understand your child's brain

What neurology can teach you about parenting

BY ALLISON PLITT

**S**teven Jay Fogel, a longtime student of human behavior and development, explains in his new book — “Your Mind Is What Your Brain Does for a Living: Learn How to Make It Work for You” — the way our brain functions, the importance of parent-child attachments, and how our addictive use of technology has brought about a digital revolution.

He recounts his story of financial success at a young age, but that happiness still eluded him. Having studied with psychologists, educators and rabbinical scholars, Fogel has published this book to share his insights and experiences with others about how he found that inner joy.

## Brain function

Initially, Fogel dispels the myth that the brain functions like a computer. The brain does process information like a computer, but the likeness ends there.

“Every-day experiences reveal ways in which your brain operates in a most uncomputer-like fashion,” he writes. “Examples include visual illusions, the emotional basis of decision making, irrational approaches to problem-solving, and the unreliability of human memory.”

Fogel said for years neuroscientists believed that humans only used 10 percent of their brain, but now they have discovered that people use all parts of their brain. They have also discovered that the brain is fully developed around the time a person is 25 years old.

Neuroscientists, furthermore, did a study in which 3-month-old babies showed a distinct preference for a puppet that was helpful to another puppet instead of a puppet that hindered another puppet. They concluded from the study that the babies were innately able to sense right from wrong.

One term Fogel often refers to is “default programming,” which is created by emotionally impactful experiences we have growing up. In



his own words, Fogel describes “default programming” as “the wiring that we have been developing since infancy.” Past traumatic experience often leads to an adult responding to an event without rational thought or emotion.

Fogel’s book takes an optimistic stance about neuroscience because he writes, “Brain research has revealed that our brains are malleable, with the capacity to be shaped and reshaped, which scientists refer to as neuroplasticity.” Although our brain may be programmed to a default setting that is based on past experiences, Fogel said it is possible to be “mindful” in which you are aware of your present thoughts and actions in order to

make reasonable decisions that defeat old self-destructive behavior.

## Parenting

For parents, Fogel’s chapter about parent-child attachment stresses the importance of children feeling secure in their bond with their parents.

“If you have a good parent-child attachment, then the child can go off into the world with a strong feeling of self-worth, feeling confident that they can handle things,” he writes. “If a parent or caretaker is remote, unresponsive, or emotionally turbulent and insensitive to the child’s needs, the parent-child bond won’t be secure, and children raised in these circumstances will grow-up with a poor self-image and are likely

to have other problems as well.”

Fogel believes another crucial aspect of parenting are the messages that parents communicate to their children.

He explains, “If a child has a mother or a father or a caretaker or a sibling who is in that child’s daily life, and if that person is always saying that around every corner is disaster and that the child’s only choice in handling things is just going to be shooting himself or herself in the foot, how can that child go out into the jungle and expect to find berries? All that child is going to expect to find are snakes.”

The middle prefrontal cortex, located behind the forehead, provides the brain with higher cognitive functions, which are a result of a healthy parent-child attachment.

“The more attuned a parent is to his or her child, the safer the child will feel; the more secure the bond between parent and child will be; and the healthier the child’s development will be in the first seven areas the middle prefrontal cortex participates in that enable us to modulate ourselves mentally, emotionally, and physically. Thus, parents who are mindful in their relationships with their children provide secure attachments,” he writes.

Fogel lists the first seven areas of the middle prefrontal cortex, which are responsible for the following cognitive functions: regulating your body (vital organs such as your heart and other bodily functions to keep them in balance), attuned communication with people, emotional balance, response flexibility (taking in information, stopping and reflecting before you act), insight, empathy and modulating fear. When the parent-child attachment is strong, these cognitive behaviors function properly, giving the child a sense of well-being.

### **Technology and the brain**

Another topic Fogel broaches is our modern-day addiction to technology, which is making us less-mindful individuals. Fogel says humans are fear-based creatures, as we walk around with our smart phones anticipating upsetting e-mails and text messages. He credits the smart phone for creating the 13-hour-a-day work mode, where it is not uncommon for a boss to call an employee for a file at 7 pm.

In regards to e-mails and text messages constantly coming in on our smart phones, Fogel says that



Steven Jay Fogel

often the messages that come in make people become “activated,” by which he means a highly dramatic state of intense emotions catalyzed by our default programming.

Fogel advises, “Any time you get a digital communication that activates you, don’t answer it for two hours. You want to be able to detach yourself, so you can be mindful enough to consider different possibilities for your response and respond productively rather than defensively. Once you’ve sent an angry or otherwise intensely emotional e-mail, you can’t take it back. As the old saying goes, ‘Once the bullet leaves the gun, there’s not much you can do.’ So when a digital communication upsets you, take a deep breath, keep breathing, and think about what you want to communicate and the way that you want to communicate it.”

According to Fogel, there are two crucial points in his book that can change someone’s life. He says, “First, we are not the voice in our head. The voice in our head sounds like an authority to us, and we believe it’s always right, but it’s not. Sometimes what the voice tells us is actually wrong — because what the voice says is just the interpretation of our default programming. We, not the voice in our head, are the ones that have to make the decision about how we’re going to act.”

The second vital point to his book, Fogel says, “Is that our feelings are not facts. Just because we feel our boss doesn’t like us, it doesn’t mean he doesn’t like us. Just because we feel someone is wrong about something and that we’re right doesn’t mean that it’s true.”

*For more information about Stephen J. Fogel, visit <http://stevenjayfogel.com/>.*

*Allison Plitt is a freelance writer who lives in Queens with her husband and young daughter. She is a frequent contributor to New York Parenting.*

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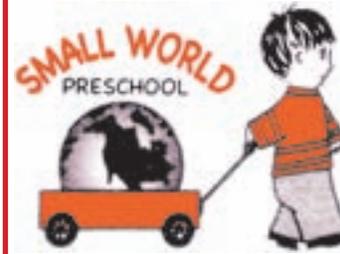
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# Travel writing teens

Kids get more  
out of a trip  
when they  
document it

BY SHNIEKA L. JOHNSON

**W**eekends away, school breaks or summer excursions abroad — traveling with kids takes planning.

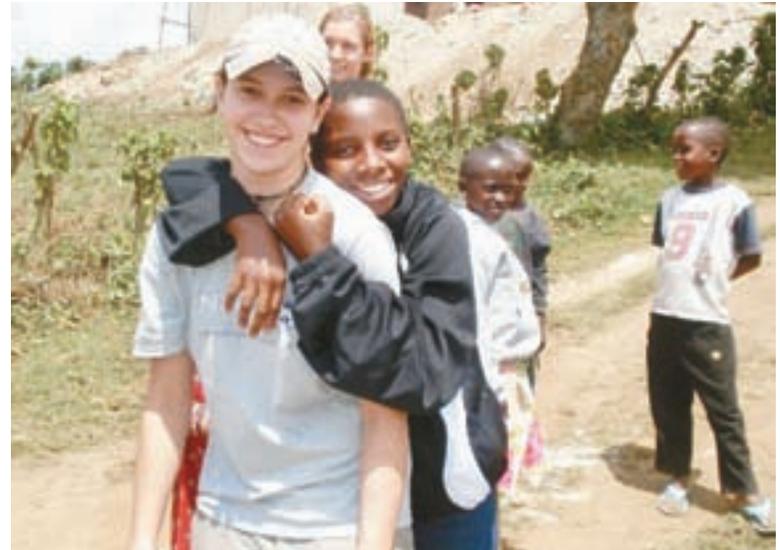
The Family Travel Forum is a website that offers tips and first-hand examples of travel with children written by parents and kids.

The site encourages families to think ahead — like reviewing maps in weeks leading up to the trip.

By planning ahead to discover the sites and events that the destination has to offer, families can engage their older children in the research and encourage them to select some of the families' excursions. This is one of the great tips on the Family Travel Forum website.

Some other tips include con-

firming — in advance — the travel budget, the distance you're willing to travel, and the mode of transportation that will be used. On the



Scenes from teen travels: (Above) A friendship blossoms in Uganda. (Left) The teen author bonds with her host father in China.



day of your departure, be sure to pack plenty of snacks and quiet activities in a small bag or carry-on luggage to keep the children entertained during the travel to your destination.

Another great idea encouraged by the Family Travel Forum is to have children write and document their travel experiences in a journal or via a blog.

These activities will promote literacy and other artistic skills (i.e., photography, drawing, etc.), which will not only

help with your child's development and growth, but could also earn them scholarship money for their education or future travel.

## About the contest

Now in its eighth year, Family Travel Forum's merit-based contest is open to students ages 13 to 18 who are enrolled in junior high or high school or being home-schooled. Candidates submit a 600-word essay on any trip they have taken in the past five years

along with a photo or video. Family Travel Forum rewards the best posts with scholarship grants or travel prizes.

The top three essays are rewarded with cash (with first place receiving \$1,000; second place \$500; and third place \$250) and

25 honorable-mention winners receive travel gifts. Additionally, there is a prize for Best Video. These prizes are given by Family Travel Forum, along with the Society of American Travel Writers, our partner in this program.

This year, Family Travel Forum is offering two additional scholarships and more prize money

with its new sponsors I Love New York and the New York Travel Writers Association, increasing teen travel writers' chances to win.

Visit [http://myfamilytravels.com/Teen\\_travel\\_writing](http://myfamilytravels.com/Teen_travel_writing) to review the rules, requirements and prizes, and to find a link to the Scholarship Submission Form.

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“Documenting travel experiences contributes to overall literacy, and that as kids and teens enjoy sharing their experiences, this is both a fun and educational activity.”

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Family Travel Forum, the Society of Travel Writers, the New York Travel Writers Association and New York State’s Tourism Board (through the effective “I LOVE NEW YORK” travel campaign) have partnered for the past eight years to award grants and travel gifts to teen writers and bloggers ages 13 to 18. Thus, by encouraging your budding travel writer or photojournalist during your next family trip, it is possible that they could fund their own excursions in the future.

To get more information about the scholarship, Family Travel Forum, and traveling with children, I interviewed Fran Falkin, an editor for the website:

**Shnieka Johnson:** Why is it important to encourage kids and teens to document and write about travel experiences?

**Fran Falkin:** At Family Travel Forum we feel that documenting travel experiences contributes to overall literacy, and that as kids and teens enjoy sharing their experiences, this is both a fun and educational activity.

**SJ:** Is there a way to introduce writing and documentation at a younger age?

**FF:** Absolutely. Little ones can draw pictures in a travel journal and also dictate some words for a parent or older sibling to add, or they can make a collage of images from travel brochures or pictures printed from the internet.

**SJ:** Can this be done for trips both big and small? Even in “stay-cations?”

**FF:** Sure. It’s great for kids to connect with their own backyard. Last year’s scholarship topic asked teens to write about

why people should visit their hometowns, and we received a lot of great pieces.

**SJ:** What do you suggest to parents that want their kids and teens to write more?

**FF:** Kids really model their parents’ behavior, even when you think they’re ignoring you! Start your own family journal and give every child their own space to write on pages that you begin. You can start by noting that day’s activities, or your itinerary and hotel name if you’re on vacation. If kids only want to paste in their cut-out pictures, add postcards, ticket stubs, or other travel souvenirs, encourage them to add a caption explaining why that item is important to them. Soon you’ll have a big scrapbook that everyone will enjoy looking at. If your family is more comfortable typing, start an online blog together using a free service like <http://blogger.com>

**SJ:** Does technology play an important role? Or is a travel journal a sufficient start for young writers?

**FF:** Technology plays an important role in everything today. Teens love to tweet and share their pictures on Instagram, where they can write long captions. But, for story writing, the “travel journal” can be the old-fashioned bound notebook, or a tablet computer — whatever works for your teen.

**SJ:** Is there a larger number of teen travel writers and bloggers?

**FF:** Each year we receive several thousand applicants signing up for the scholarship from all 50 states, and most of them have never blogged before.

**SJ:** Tell me about the scholarship that you offer annually, how did it come to fruition?

**FF:** Family Travel Forum always encouraged kids to write about their family trips and at one time had a separate website called [kidtravels.com](http://kidtravels.com). In 2007, we realized that kids, especially teens, would be more likely to participate if there was a chance to win a prize, and so the Family Travel Forum Teen Travel Writing Scholarship was born.

*Shnieka Johnson is an education consultant and freelance writer. She is based in Manhattan where she resides with her husband and son. Contact her via her website: [www.shniekajohnson.com](http://www.shniekajohnson.com).*

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# Kindergarten 101

Help your child score a smoother transition into school

BY CHRISTA MELNYK HINES

**F**or many parents, kindergarten signals an important transition from the all-consuming baby and toddler years. Suddenly, your “baby” is expected to make more choices on her own, stay focused over a longer period of time, learn new skills, and navigate a social circle with less oversight from you. Plan ahead to pave the road to a happier kindergarten transition for all with these tips:

**Visit the school.** Before school begins, attend school orientations and meet the teacher to help your child grow familiar with his new learning environment.

**Calm kindergarten jitters.** Build excitement and optimism for school. Shop together for a new backpack or lunchbox, school supplies, and new clothes.

“Even if parents are feeling nervous, they should do their best not to portray that to their child,” says Kathy Weller, a kindergarten teacher. “Be very upbeat about the upcoming new experience.”

**Recognize friendly faces.** Before school starts, arrange play dates with future classmates. A few familiar faces on the first day may help calm any nervous butterflies.

**Read together.** Reading to your child teaches valuable listening skills and creates an opportunity to help your child prepare for the kindergarten experience. Check out books like “The Night Before Kindergarten” by Natasha Wing and “Kindergarten Rocks” by Katie Davis.

**Tackle a few skills.** While knowing his colors, the ABCs, and how to count to 10 will give your child a head start, work on other skills like teaching him to tie his shoes and knowing his full name, phone number, and birthday.

**Plan transportation.** Avoid transportation snafus by sticking to a plan and keeping your child (and the teacher) informed. If your child will ride the bus and is nervous, listen and reassure her. Drive the route ahead of time. Also, seek out a “bus buddy” for your child, whether a responsible older neighbor child or another bus-riding classmate. On the first day of school, arrive early at the bus stop. Introduce yourself and your child to the driver. Assure your child that you (or whoever you’ve designated), will be waiting for her when the bus returns after school.

**Get good eats and sweet dreams.** Make sure your new kindergartener gets plenty of rest and eats healthy meals, which will help

him better manage the stress of the transition and stay focused during school. Wake up a little earlier to avoid a rushed first day.

**Team up with the teacher.** Share insights about your child’s strengths with the teacher to help her understand what motivates and interests your child.

“Parents should approach school with the idea that the teacher has their child’s best interest at heart,” says Dr. Holly Schiffrin, an associate professor of psychology at the University of Mary Washington, who specializes in child development and parenting practices. “The parent should convey that they are on the same team as the teacher (even if they have different ideas about how to assist their child).”

**Reflect on the day.** Having a hard time getting your child to discuss his day?

“Keeping a daily journal of their day (with mom’s help) is a fun way to get your kids to talk about school,” says kindergarten teacher Wendy Hughes. “Ask your child to tell you some funny or interesting things that may have happened that day.”

**Manage adversity.** Every child is bound to have a rough day. Encourage her to resolve her own problems and take responsibility for her actions.

“Ask your child for her input and perspective, genuinely listen, acknowledge and empathize, and then shift the focus towards reaching solutions as a family and in unison with your teachers and school,” says parent coach Tom Limbert, author of “Dad’s Playbook: Wisdom for Fathers from the Greatest Coaches of All Time.” “Focus on giving your child the tools, morals, and lessons she will need when not in your presence, which will now be more and more often.”

**Mark the occasion.** Celebrate your child’s first day of school with a special outing after school like a frozen yogurt, dinner out or a play date at her favorite park. Who knows? You may find that initial celebration turns into an annual first-day-of-school tradition for your family.

*Freelance journalist Christa Melnyk Hines is a family communication expert, wife, and mom. She and her two sons plan to celebrate the first day of school with a trip to the ice-cream counter.*





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# Rosie Pope

## Room for romance

A consummate multitasker offers tips for keeping the spark alive

BY TAMMY SCILEPPI

**S**ummertime and the livin' is easy? Well, not so much, especially after those long, hot, stressful workdays that inevitably turn into even longer, more hectic evenings at home. Now that the kiddies seem to be underfoot 24 hours, seven days a week, that hint of romance on a balmy summer night may easily go unnoticed.

When you and your partner are in the mood for love, but your little darlings won't go beddie-bye, how do you keep that spark alive?

Rosie Pope has some great tips. Along with mastering the art of looking fabulous and sexy in her stylish high heels — while pregnant — the popular parenting diva, and star of Bravo's hit show, "Pregnant in Heels" (where she's a maternity concierge), has also mastered the art of keeping things fun and romantic with hubby Daron, despite the daily chaos of family life.

Married 10-plus years, Rosie and her husband are facing the challenges of raising four adorable, active kids, (ranging in age from 7 years to only 4 months), while juggling full-time careers. The couple has lived in New York and the surrounding area since meeting in an elevator one day, and falling in love. It was an urban romance.

"Juggling my dual life as business owner and a mother of four is not something that I've mastered with total elegance," she says. "While it may at times look like that from the outside — thanks to a great blow out and some snazzy wedges — the inside is a hurricane of emotion! Like so many other mothers in America, I was not able to take the maternity leave that I would have liked. After all, I run my own business, so stopping work for months at a time really wasn't an option."

While maintaining her whole-

some image, the dotting mom has skillfully managed to channel her inner temptress (much to her hubby's delight), and reminds harried New York parents to work on keeping that spark alive — no matter what!

According to Rosie, it's all about that all-important date night — even when mom's exhausted and not really in the mood.

"Every night can be Friday! Don't wait till the weekend to have a special date — if the opportunity presents itself, seize the moment!"

Here, she offers NY Parenting's moms and dads her insights as a parent, so they can better balance motherhood (and fatherhood) with intimacy, and discusses how you and your better half can find time for amoré (every night!).

Rosie reveals her secrets to a healthy and lasting relationship and marriage:

**Communication:** Communicate — even when it's hard (and quite often, frustrating).

**Empathy:** Don't forget to think of things from your partner's perspective. (It's tricky, especially when he or she is annoying the heck out of you. But it's do-able and works wonders to foster a loving atmosphere).

**Work on intimacy!** It is unequivocally a very important part of your relationship, and it's kind of like going to the gym: you may not like feel like it, but you are always glad you did it!

**Feel good about yourself:** Do what you need to look and feel confident. Remember —





How does Rosie find time for date nights and late-night shenanigans with four demanding kids, her maternity shops, and a line of baby clothing she designs?

confidence is attractive!

**Tell your love story:** Everyone has one, so regularly remind yourselves of that moment you fell in love. Those feelings live on inside of you and you need to revisit them often.

So, how does Rosie find time for date nights and late-night shenanigans with four demanding kids, her maternity shops, and a line of baby clothing she designs? Well, it ain't easy, but she truly believes the trick is to "seize that moment!"

"Any night can be a date night once the kids are in bed," she says. "We are strict about their bedtimes, so we have time with each other most evenings. My husband is a fantastic cook, so we don't need to go out. I pour the bubbly, make the play list, and he

grills the fish.

"We work together, so we actually get to spend a lot of time together. It's less about the need for us to go out to special places and more about finding those key points everyday — to check in with each other on a personal level, rather than on a parenting or business subject."

She admits they're very lucky to have help at home, and grandparents that really help out a lot.

And what's Rosie's advice for single parents dating and bringing someone new into the family?

"Be honest with your children. My parents separated when I was very young and I think some of the difficulty I had growing up was being kept in the dark about relationships. And so when I learned of them, they were very serious, and it seemed so out of left field to me and made it hard for me to adjust or accept this new person. Kids can handle a lot when you are honest with them."

So, on those balmy nights when a hint of romance is in the air, she reminds couples to "keep it fun and often!" You can fill in the blanks.

*Rosie Pope stores: [55 Warren St. between W. Broadway and Church Street in Tribeca, (212) 213-3393, www.rosiepoppe.com] and [1265 Madison Ave. between E. 90th and E. 91st streets on the Upper East Side, (212) 608-2036].*

## CONTEST WINNERS!



*New York Parenting and Queens Family was proud to send a Queens family to the Mets game on May 24 at Citi Field. Pictured here are 9-year-old Casey Golinski and mom Linda Penberg, who had a great time at the game.*

*Enter our contests to win tickets and prizes to a variety of venues around New York. Prizes are given out every week!*

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## HEALTHY LIVING

DANIELLE SULLIVAN



# Preventing dog bites

**T**hey call August the dog days of summer for a reason. Besides the unrelenting heat and humidity, by the time the summer draws to a close, most of us are tired of feeling hot and sticky, and the same goes for our dogs. In addition to the pool and the beach, summertime can also be the time for dog bites. The hot weather combined with active get-togethers creates the ideal combination for accidents waiting to happen in the form of pooch nips.

Naturally, children are more prone to being bitten by dogs, largely because due to age or ignorance, not all of them know the proper way to behave around dogs.

Below are 10 tips you and your children must know about approaching and playing with dogs, especially in the summertime.

- **Dogs get overheated and cranky, just like us.** Sometimes they need to not be around people. Pet owners can do them a favor and keep them away from people during family get-

togethers and barbecues.

- **Supervision, supervision, supervision!** Kids, particularly younger children, need to be watched when playing with dogs. Babies and toddlers don't always know that a dog is not a toy.

- **Never approach unfamiliar dogs.** One can never tell if a dog is friendly or not, so children should learn from an early age not to approach a dog they do not know.

- **Monitor hugs and cuddles.** A child may look like he is trying to show his love for a dog, but the pooch may interpret that affection as harmful and protect himself.

- **Do not go after a dog that does not want to be around you.** If the dog retreats to her bed, let her be. Teach your children to let the dog have some peace.

- **Never hit, kick, punch, or tease a dog.** From babyhood, children need to be taught how to treat a dog. It is anything but fun for canines, and that behavior will surely

provoke even the kindest of dogs to lash out.

- **Do not approach a sleeping dog.** It's best for children to let sleeping dogs lie, in this case.

- **Never blow in the face of a dog or stare at him very close up.** This behavior may provoke them, and you don't want to chance that.

- **Do not take a dog's food or treats away.** Children should never take treats away, as this could cause the dog to become aggressive.

- **Give them some (quiet, cool) space.** Sometimes, the absolute best thing a pet owner can do is place her dog in an air-conditioned room by himself during parties. This especially applies to senior dogs that cannot handle the noise and chaos.

*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 Sullivan on her blogs, Just Write Mom and Some Puppy To Love.*



# On Darwin and babies

Shouldn't we have evolved beyond tantrums?

BY TIM PERRINS

**H**ave you heard of the “terrible twos?” My daughter Hazel is a few months past her second birthday, and, personally, I think this time should be renamed the “beautiful twos.”

Ha! Just kidding — it’s unbearable! One minute Hazel is saying “Daddy!” and spontaneously hugging my leg, but the next she’s throwing herself on the floor and screaming “I don’t want it!” because the piece of corn muffin I broke off for her is the wrong size. “I don’t want the little one! I want a big one! Noooooo!”

Don’t take this the wrong way. Most of the time I’m bowled over by how sweet she is, by how quickly she learns things, and how adorably she mangles the English language. Even her fits can be pretty funny. It’s just that her sudden swings into tantrumland give me terrifying flashbacks to the days when she was an infant — to those nerve-piercing episodes when

tiny Hazel was screaming endlessly and I had to fight a heroic battle in my head to beat back the voice asking me, “Why are you doing any of this? You could be playing golf right now.” And I hate golf, so you can see how dire things must have been.

The other day, as Hazel was crying on the floor and I was reminiscing about those traumatic early days of parenting, I found myself wondering why infants take crying to such absurd lengths. I mean, from a Darwinian perspective, what good does it do to torture your parents by shrieking for hours on end? The conclusion I’ve come to is that Darwin didn’t know what he was talking about.

I’m sorry, let me back up a bit: have you heard of this Darwin guy? Back in the “Olden Days” (that was the historical era before the internet and Starbucks)

a scientifically inclined fellow named Charles Darwin developed a theory called “Natural Selection,” which suggests that whichever variant of a plant or animal is best suited to its environs — due to its coloring, temperament, number of eyes or what-have-you — will have the best chance to thrive and further its species. Hence, an insect that happens to resemble a leaf or a twig will better survive in an environment full of carnivorous predators than will its cousin-insect that looks like a cheeseburger. That’s why nowadays there are still plenty of green grasshoppers that blend into their leafy surroundings — but when was the last time you saw a beetle that looked like a Big Mac?

Sounds like this Darwin character was on to something, right? Well then, how do you explain human babies? At birth, little tiny humans are not equipped to handle much of anything. They can’t walk like other newborn mammals. They have to rely on the adult humans for everything, so you’d think evolution would result in the flourishing of human babies who don’t cry so incessantly that they cause their frazzled parents to seek relief by jumping off the nearest cliff. If this whole evolution thing has any merit, then shouldn’t babies be much more well-adjusted by now?

Forget about “natural” selection for a minute. Throughout history, humanity itself has devised ways of selecting its own evolution. Take the ancient Spartans. They fancied themselves the toughest of human beings, and the auditions to become a new Spartan were pretty ruthless — any newborns who were sickly or feeble or otherwise

subpar were taken away and left on a mountainside to die. Now, the Spartans were ancient Greeks, who were supposed to be pretty enlightened. I hate to imagine what went on in the less-civilized parts of the world back then. It seems like this trait of excessive crying would’ve been “selected” out somewhere along the line, whether by natural means or otherwise.

So tell me, Mr. Darwin, how do you explain the fact that we’re even still here, when *all* the babies of our species are clearly engineered to make their parents lose their minds? Shouldn’t humans be extinct by now?

As a relatively new parent, I realize that I have a baby-centric perspective on just about everything, so maybe I need to take a broader view of this

## NEW DAD

“survival of the fittest” idea. Maybe it’s not just babies who need to be tough. Maybe the

purpose of all that screaming is to weed out weak *parents*.

In my worst moments in those not-so-long-ago days as the parent of a newborn, there were times when the vicious cocktail of sleep deprivation and the endless wailing of an infant gave me the urge to seek out the nearest desolate mountainside. And yet, I didn’t. Why? Well, it could be that evolution has made me just strong enough to handle that stuff.

Recently my wife and I took Hazel on a road trip to visit a goat farm. After driving for several hours on the highways and scenic country roads of upstate New York, we arrived and parked the car. Hazel, however, wanted nothing to do with the goats. As we approached the big red barn, she threw herself down onto the dusty gravel driveway, screaming: “I don’t like it! I don’t wanna go inna farm! Noooooo!” Fortunately, she loved playing on the tractor that was parked around back, so the trip wasn’t a total waste.

Looking back on episodes like that, I can be happy that I have a willful and assertive child who will surely shape me into a strong and well-evolved parent. And for the record, those abandoned Spartan babies weren’t always fated to a cruel demise. Reportedly, many of them were found and rescued by passing strangers — especially the ones who screamed the loudest.

*Tim Perrins is a part-time stay-at-home dad who lives with his wife and their highly selective toddler in Park Slope, Brooklyn. More of his thoughts about babies and other things that confuse him can be found at [www.RevoltOfTheImbeciles.blogspot.com](http://www.RevoltOfTheImbeciles.blogspot.com).*

# Calendar

AUGUST



## On a roll!

It's the annual Bowlopolis Blast-off at Rab's Country Lanes on Aug. 19.

Strikes, turkeys, and spares are on the agenda for children 16 and younger looking to get acquainted with the sport.

Enjoy a day of face painting, door prizes, games, photos, and

lots more.

Bowlopolis Blastoff on Aug. 19 from noon to 5 pm. Children 16 and younger can bowl two games for free, shoes included.

*Rab's Country Lanes [1600 Hylan Blvd., between Raritan Avenue and Delaware Avenue; (718) 979-1600; [www.rabscountrylanes.com](http://www.rabscountrylanes.com)].*

## 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 [stateniscalendar@cnglocal.com](mailto:stateniscalendar@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. 1

### ON STATEN ISLAND

**Wildlife Theater:** Bloomingdale Park, Lenevar Ave. and Ramona Avenue; [www.cityparksfoundation.org](http://www.cityparksfoundation.org); 10:30 am; Free.

Thanks to City Parks Foundation and SummerStage Kids the Central Park Zoo is coming for a visit to inspire children to learn more and care more about our natural world and the creatures that are in it.

**Six-Legged Wonders:** Greenbelt Nature Center, 700 Rockland Ave. at Brielle Avenue; (718) 351-3450; [www.nycgovparks.com](http://www.nycgovparks.com); 2 pm; \$6 (\$4 for non-members).

Children 4 to 8 years old will learn all about creepy crawlers in the insect world, from crickets, to butterflies.

**Crafternoon:** Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; [www.nypl.org](http://www.nypl.org); 2-3 pm; Free.

Children 5 to 12 years old make fun projects.

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

Children 5 years and older listen to stories, play games, fun crafts, and sing songs.

### FURTHER AFIELD

**Family Jam:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 3 pm; Free.

Celebrate summer and play, learn, build, and experience adventure.

## SAT, AUG. 2

### ON STATEN ISLAND

**Kids craft time:** Mariners Harbor Library, 206 South Ave. at Arlington Place; (212) 621-0690; [nypl.org](http://nypl.org); 11:15 am; Free.

For children in pre-school — 4 to 11 years old.



## Theater gets wild

It's going to be a wild time in Staten Island when Wildlife Theater from the Central Park Zoo comes-a-calling on Aug. 1 and Aug. 11.

The Wildlife Theater troupe is an outreach group that presents an educational and entertaining performance for children, explaining the importance of ecology. From penguins to polar bears, dinosaurs to butterflies, children leave with a new wonder for the world around them

**Serpent Day:** Staten Island Zoo, 614 Broadway at Martling Avenue; (718) 442-3174; [www.statenislandzoo.org](http://www.statenislandzoo.org); Noon-3 pm; Free with zoo admission.

Presented together with Con Edison. Visit the snakes outside of their glass tanks. From the smallest to the largest — you can guess their weights and how long. The winner even gets a prize.

**Saturday showtime:** Mariners Harbor Library, 206 South Ave. at Arlington Place; (212) 621-0690; [nypl.org](http://nypl.org); 2-4 pm; Free.

Children 12 years old and younger are invited to enjoy an age appropriate movie. Caregivers welcomed.

**Dance Festival:** St. George Theatre, 35 Hyatt St. between St. Mark's Place and Central Avenue; (718) 442-2900; [www.stgeorgetheatre.com](http://www.stgeorgetheatre.com); 3 pm and 8 pm; \$15-\$25.

Original music and appearance by Vernon Reid of "Living Colour."

**Family camping:** Blue Heron Nature Center, 222 Poillon Ave. between Am-

and the creatures that share our planet.

Aug. 1 at Bloomingdale Park, Lenevar and Ramona avenues in Bloomingdale, at 10:30 am.

Aug. 11 at Willowbrook Park, Eaton Place and Victory Boulevard in Willowbrook, at 10:30 am.

Both performances are free, thanks to SummerStage Kids and the City Parks Foundation.

*Wildlife Theater from the Central Park Zoo ([www.wcs.org/wildlifetheater](http://www.wcs.org/wildlifetheater); [www.CityParksFoundation.org](http://www.CityParksFoundation.org)).*

boy Road and Hylan Boulevard; (718) 967-3542; [www.nycgovparks.org](http://www.nycgovparks.org); 6 pm; Free.

Join the rangers for a night out under the stars and in a tent. Families are chosen by lottery.

### FURTHER AFIELD

**Cultural Connections:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Noon and 1 pm; Free with museum admission.

Hear the peaceful sounds of the mbira (an African thumb piano) with Kevin Hylton.

**Garden tour:** Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway, Brooklyn; (718) 623-7220; [www.bbg.org](http://www.bbg.org); 2-3 pm and 3:30-4:30 pm; \$12 (\$15 non-members).

Learn about garden plots and make a tasty treat. Pre-registration required and online. Cancelled in case of inclement weather.

## SUN, AUG. 3

### FURTHER AFIELD

**Cultural Connections:** Noon and 1 pm. Brooklyn Children's Museum. See Saturday, Aug. 2.

## MON, AUG. 4

### ON STATEN ISLAND

**Antique Paper Making:** Conference House, Hylan Blvd. and Satterlee Street; (718) 984-6046; 10 am - noon; \$25.

Children 6 to 12 years old learn the art of paper making from Maryann Diglio. Pre-registration and pre-payment required. Fee includes all materials.

**"Little Red's Hood":** Willowbrook Park, Eaton Pl. at Victory Boulevard; [www.cityparksfoundation.org](http://www.cityparksfoundation.org); 10:30 am; Free.

A new twist on an old tale.

**Bionic Bodies:** Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; [www.nypl.org](http://www.nypl.org); 2:30 pm; free.

Children 6 to 12 years old create a model of a bone, a working lung and observe live goldfish. Pre-registration required.

**Board Game Bonanza:** Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; [www.nypl.org](http://www.nypl.org); 3:30-4:30 pm; Free.

Roll the dice, move pieces and have fun with board games. For all ages.

**Read aloud:** Huguenot Public Library, 830 Huguenot Ave. at Drumgoole Road East; (718) 984-4636; [www.nypl.org](http://www.nypl.org); 4 pm; Free.

Children 5 to 12 enjoy books.

**Summer study time:** Mariners Harbor Library, 206 South Ave. at Arlington Place; (212) 621-0690; [nypl.org](http://nypl.org); 5-6 pm; Free.

Children bring their reading log and earn stickers for their school's summer program.

## TUES, AUG. 5

### ON STATEN ISLAND

**Bracelet workshop:** Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; [www.nypl.org](http://www.nypl.org); 2-3 pm; Free.

Make a friendship bracelet.

**Science Club:** New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; [www.nypl.org](http://www.nypl.org); 3 pm; Free.

Children 6 years and older learn how to build a Rube Goldberg mechanism. Presented by the Children's Museum of Manhattan.

**Sewing workshop:** Great Kills

*Continued on page 28*

# Calendar

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

## Continued from page 27

Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; [www.nypl.org](http://www.nypl.org); 3:30-5:30 pm; Free.

Teens 13 to 18 years old explore their designer skills. Registration is required.

**Kiddie Game Time:** Mariners Harbor Library, 206 South Ave. at Arlington Place; (212) 621-0690; [nypl.org](http://nypl.org); 4-5 pm; Free.

Children 6 to 11 years old develop strategic thinking and gaming skills while having fun.

**"The Lego Movie":** Conference House Park, Hylan Blvd. and Satterlee Street; [www.nycgovparks.org](http://www.nycgovparks.org); 8-10 pm; Free.

Children enjoy a night out on the lawn and a viewing of this animated flick.

## WED, AUG. 6

### ON STATEN ISLAND

**Tin punch:** Conference House, Hylan Blvd. and Satterlee Street; (718) 984-6046; 10 am - noon; \$25.

Children 6 to 12 years old learn how to use recycled cans to make a luminary, taught by Nina Gulinello. Pre-registration and pre-payment required. Fee includes all materials.

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

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

**Art workshop:** Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; [www.nypl.org](http://www.nypl.org); 3:30 pm; Free.

Nakhachitra: Create art with your fingernails. For teens 12 to 18 years old. All materials provided.

**Movies for teens:** Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; [www.nypl.org](http://www.nypl.org); 3:30-5:30 pm; Free.

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

**Storytime:** Mariners Harbor Library, 206 South Ave. at Arlington Place; (212) 621-0690; [nypl.org](http://nypl.org); 4-4:30 pm; Free.

Children 12 years old and younger enjoy favorite picture books.

**"Despicable Me 2":** Dugan Playground, Tysens Ln and Mill Road; [www.nycgovparks.org](http://www.nycgovparks.org); 8-10 pm; Free.

Grab your blanket, some popcorn and watch this animated sequel that brings back Gru and his Minions.

### FURTHER AFIELD

**Plant walks:** Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern

Parkway, Brooklyn; (718) 623-7220; [www.bbg.org](http://www.bbg.org); 5:30-6:30 pm; \$12 (\$15 non-members).

Children 8 to 12 years old discover the plants of the garden.

## THURS, AUG. 7

### ON STATEN ISLAND

**Read aloud:** Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; [www.nypl.org](http://www.nypl.org); 2-3 pm; Free.

Children 3 to 12 years old hear a story and make a coloring craft.

### FURTHER AFIELD

**Carousel:** Prospect Park Children's Corner, 452 Flatbush Ave. at Ocean Avenue, Brooklyn; [www.prospectpark.org/visit/places/carousel](http://www.prospectpark.org/visit/places/carousel); Noon-6 pm; Free.

Children 12 years and younger ride free all day every Thursday in August. Sponsored by Astoria Bank. Children must be accompanied by an adult.

## FRI, AUG. 8

### ON STATEN ISLAND

**Freaky Fridays:** Mariners Harbor Library, 206 South Ave. at Arlington Place; (212) 621-0690; [nypl.org](http://nypl.org); 10 am-5 pm; Free.

Children participate in dress up. Spirit Day, Masquerade Day and Mustache Day.

**"Little Red's Hood":** Bloomingdale Park, Lenevar Ave. at Ramona Avenue; [www.cityparksfoundation.org](http://www.cityparksfoundation.org); 10:30 am; Free.

A new twist on an old tale.

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

Little ones birth to 5 years old with a parent or caregiver.

**Ladybugs:** Greenbelt Nature Center, 700 Rockland Ave. at Brielle Avenue; (718) 351-3450; [www.nycgovparks.com](http://www.nycgovparks.com); 2 pm; Free.

Children 8 years and older learn about the ladybug project and make a ladybug note holder. Registration required.

**Fun Fridays:** 3:30-4:30 pm. Great Kills Library. See Friday, Aug. 1.

**Army National Guard Band:** Westerleigh Park, Neal Dow Ave. at College Avenue; (718) 442-0336; 7-9 pm; Free.

Come on down, bring a blanket, sit on the grass and listen to great band music.

### FURTHER AFIELD

**Family Jam:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks

Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 3 pm; Free.

Celebrate summer and play, learn, build, and experience adventure.

## SAT, AUG. 9

### ON STATEN ISLAND

**Basic canoeing:** Clove Lakes Park, Martling Ave. at Brooks Pond Place; [www.nycgovparks.org](http://www.nycgovparks.org); 11 am - 2 pm; Free.

Grab a paddle and be prepared to explore the lakes in Clove Lakes Park. Children 8 years and older must be accompanied by an adult and must participate in a mandatory safety review class.

**Kids craft time:** 11:15 am. Mariners Harbor Library. See Saturday, Aug. 2.

**Animal photography:** Staten Island Zoo, 614 Broadway at Martling Avenue; (718) 442-3174; [www.statenislandzoo.org](http://www.statenislandzoo.org); Noon-3 pm; Free with zoo admission.

Presented together with Con Edison John Ares helps you improve your photograph taking.

**World courtyard day:** Staten Island Museum, 75 Stuyvesant Pl. corner of Wall Street; (718) 727-1135; [www.statenislandmuseum.org](http://www.statenislandmuseum.org); Noon-3:30 pm; Free with museum admission.

Music, family fun, dance and other hands-on activities.

**"Earth":** New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; [www.nypl.org](http://www.nypl.org); 2-4 pm; Free.

Disney's epic film starring courageous creatures and magnificent adventures.

**Story circle:** Staten Island Museum, 75 Stuyvesant Pl. corner of Wall Street; (718) 727-1135; [www.statenislandmuseum.org](http://www.statenislandmuseum.org); 4-6 pm; Free with museum admission.

Share a Summer on Staten Island story.

### FURTHER AFIELD

**Perseid Meteor Shower:** Salt Marsh Nature Center, 3302 Avenue U, Brooklyn; (718) 421-2021; 9 pm; Free.

This wonder of the universe appears each year in August peaking Aug. 9 through the 13. The best place to see it is here.

## SUN, AUG. 10

### ON STATEN ISLAND

**Fresh water fishing:** Clove Lakes Park, Clove Road and Park Drive; [www.nycgovparks.org](http://www.nycgovparks.org); 11 am; Free.

Urban rangers teach catch and release fishing to children 8 years and older.

## MON, AUG. 11

### ON STATEN ISLAND

**Wildlife Theater:** Willowbrook Park, Eaton Pl. and Victory Boulevard; [www.cityparksfoundation.org](http://www.cityparksfoundation.org); 10:30 am; Free.

Thanks to City Parks Foundation and Summer Stage Kids the Central Park Zoo will come for a visit and teach children the importance of our ecology and the creatures that share the planet with us.

**Bionic Bodies:** 2:30 pm. Dongan Hills Library. See Monday, Aug. 4.

**Board Game Bonanza:** 3:30-4:30 pm. Great Kills Library. See Monday, Aug. 4.

**Read aloud:** 4 pm. Huguenot Public Library. See Monday, Aug. 4.

**Summer study time:** 5-6 pm. Mariners Harbor Library. See Monday, Aug. 4.

**"Willie Wonka and the Chocolate Factory":** Main parking lot at Historic Richmond Town, 441 Clarke Ave. at Arthur Kill Road; [www.historicrichmondtown.org](http://www.historicrichmondtown.org); 7-11 pm; \$8.99 - \$59.99 on-line; (\$10-\$70 at door).

The drive-in is back and on the big screen. Cars line up at 6:30 pm and late arrivals may not be admitted. No reserve spots, passenger cars only, FM reception required. Mini-vans, sports utility vehicles and taller vehicles will be placed in rear, rain or shine. All sales final.

## TUES, AUG. 12

### ON STATEN ISLAND

**Science Club:** 3 pm. New Dorp Library. See Tuesday, Aug. 5.

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

For children 13 to 18 years old.

**"The Lego Movie":** Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; [www.nypl.org](http://www.nypl.org); 4 pm; Free.

Children enjoy this animated stop action film.

**"Rocky":** Main parking lot of Historic Richmond Town, 441 Clarke Ave. at Arthur Kill Road; [www.historicrichmondtown.org](http://www.historicrichmondtown.org); 7-11 pm; \$8.99 - \$59.99 on-line; (\$10-\$70 at door).

The drive-in is back and on the big screen. Cars line up at 6:30 pm and late arrivals may not be admitted. No reserve spots, passenger cars only, FM reception required. Mini-vans, sports utility vehicles and taller vehicles will be placed in rear, rain or shine. All sales final.

# Calendar

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

## WED, AUG. 13

### ON STATEN ISLAND

**"Little Red's Hood":** Faber Park, Richmond Terrace and Faber Street; [www.cityparksfoundation.org](http://www.cityparksfoundation.org); 10:30 am; Free.

A new twist on an old tale.

**Summer Fun for the Wee Ones:** Greenbelt Nature Center, 700 Rockland Ave. at Brielle Avenue; (718) 351-3450; [www.nycgovparks.com](http://www.nycgovparks.com); 10:30 am-11:15 am; \$6 (\$8 non-members).

Children 2 to 4 years old have a snack, run through the sprinklers, hear stories and have fun.

**Wii gaming for teens:** Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; [www.nypl.org](http://www.nypl.org); 2-3 pm; Free.

Video games for the older set.

**Storytime:** 4-4:30 pm. Mariners Harbor Library. See Wednesday, Aug. 6.

**"Jaws":** Main parking lot of Historic Richmond Town, 441 Clarke Ave. at Arthur Kill Road; [www.historicrichmondtown.org](http://www.historicrichmondtown.org); 7-11 pm; \$8.99 - \$59.99 online; (\$10-\$70 at door).

The drive-in is back and on the big screen. Cars line up at 6:30 pm and late arrivals may not be admitted. No reserve spots, passenger cars only, FM reception required. Mini-vans, sports utility vehicles and taller vehicles will be placed in rear, rain or shine. All sales final.

### FURTHER AFIELD

**Plant walks:** 5:30-6:30 pm. Brooklyn Botanic Garden. See Wednesday, Aug. 6.

## THURS, AUG. 14

### ON STATEN ISLAND

**Read aloud:** 2-3 pm. Dongan Hills Library. See Thursday, Aug. 7.

**Kiddie tech time:** Mariners Harbor Library, 206 South Ave. at Arlington Place; (212) 621-0690; [nypl.org](http://nypl.org); 4-5 pm; Free.

Children can join in for a STEM focused play with computer games, building supplies, legos and other crafts and games. For children 5 to 11 years old.

**"The Odd Life of Timothy Green":** Huguenot Public Library, 830 Huguenot Ave. at Drumgoole Road East; (718) 984-4636; [www.nypl.org](http://www.nypl.org); 5 pm; Free.

Family movie for older children.

**Costume Night:** New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; [www.nypl.org](http://www.nypl.org); 6-7 pm; Free.

Play dress-up wear your favorite cos-



## Circus in the parks

The 2014 International Contemporary Circus Festival brings the circus to city parks on Aug. 19 through Aug. 21.

Families can gather for a fantastic evening under the stars to enjoy world-class performers on stage, as well as strolling performers from Circus to Go by the

tume, enjoy a story and more.

**"Willie Wonka and the Chocolate Factory":** Main parking lot of Historic Richmond Town, 441 Clarke Ave. at Arthur Kill Road; [www.historicrichmondtown.org](http://www.historicrichmondtown.org); 7-11 pm; \$8.99 - \$59.99 online; (\$10-\$70 at door).

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**"Coraline 3D":** Macarthur Park, Jefferson St. and Dongan Hills Avenue; [www.nycgovparks.org](http://www.nycgovparks.org); 8-10 pm; Free.

Grab a blanket, some popcorn and watch this movie about an adventurous girl.

### FURTHER AFIELD

**Carousel:** Noon-6 pm. Prospect Park Children's Corner. See Thursday, Aug. 7.

## FRI, AUG. 15

### ON STATEN ISLAND

**Freaky Fridays:** 10 am-5 pm. Mariners Harbor Library. See Friday, Aug. 8.

**Mister Chris' Musical Experi-**

ence: Bloomingdale Park, Lenevar Ave. and Ramona Avenue; [www.cityparksfoundation.org](http://www.cityparksfoundation.org); 10:30 am; Free.

It's a morning of magic, music, and mayhem.

**Toddler Time:** 10:30 am. Dongan Hills Library. See Friday, Aug. 8.

**Crafternoon:** 2-3 pm. Dongan Hills Library. See Friday, Aug. 1.

**Fun Fridays:** 3:30-4:30 pm. Great Kills Library. See Friday, Aug. 1.

**Family camping:** Conference House Beach, Hylan Blvd. and Joline Avenue; (718) 967-3542; [www.nycgovparks.org](http://www.nycgovparks.org); 6 pm; Free.

Join with the rangers for a night out under the stars and in a tent. Families are chosen by lottery.

**"Rocky":** Main parking lot of Historic Richmond Town, 441 Clarke Ave. at Arthur Kill Road; [www.historicrichmondtown.org](http://www.historicrichmondtown.org); 7-11 pm; \$8.99 - \$59.99 online; (\$10-\$70 at door).

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Join with the rangers for a night out under the stars and in a tent. Families are chosen by lottery.

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The drive-in is back and on the big screen. Cars line up at 6:30 pm and late arrivals may not be admitted. No reserve spots, passenger cars only, FM reception required. Mini-vans, sports utility vehicles and taller vehicles will be placed in rear, rain or shine. All sales final.

### FURTHER AFIELD

**Family Jam:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 3 pm; Free.

Celebrate summer and play, learn, build, and experience adventure.

## SAT, AUG. 16

### ON STATEN ISLAND

**Junior Science Club:** Staten Island Museum, 75 Stuyvesant Pl. corner of Wall Street; (718) 727-1135; [www.statenislandmuseum.org](http://www.statenislandmuseum.org); 10 am - Noon; \$8 and \$5 members.

Teens and tweens 8 to 13 years old learn about flight from helicopters and paper airplanes.

**Community Day:** CommonsCafe, 2 Teleport Drive; (347) 466-4207; [www.commonscafesi.com](http://www.commonscafesi.com); 11 am-2 pm; Free.

Benefit the North Shore Rotary Club. Music, face painting, live music, and so much more.

**Kids craft time:** 11:15 am. Mariners Harbor Library. See Saturday, Aug. 2.

**"Transformers Rescue Bots Griffin Rock Rescue":** New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; [www.nypl.org](http://www.nypl.org); 2-4 pm; Free.

Your favorite Autobot first responders are on the scene. Watch the movie and bring home a coloring sheet.

**Saturday showtime:** 2-4 pm. Mariners Harbor Library. See Saturday, Aug. 2.

**"Jaws":** Main parking lot of Historic Richmond Town, 441 Clarke Ave. at Arthur Kill Road; [www.historicrichmondtown.org](http://www.historicrichmondtown.org); 7-11 pm; \$8.99 - \$59.99 on-line; (\$10-\$70 at door).

The drive-in is back and on the big screen. Cars line up at 6:30 pm and late arrivals may not be admitted. No reserve spots, passenger cars only, FM reception required. Mini-vans, sports utility vehicles and taller vehicles will be placed in rear, rain or shine. All sales final.

### FURTHER AFIELD

**Aztec innovations:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11:30 am; Free with museum admission.

Children learn what chocolate, chewing gum and popcorn all have in common — it's the Aztecs. Children discover the food, culture, and architecture of this ancient culture.

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# Calendar

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

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## SUN, AUG. 17

### ON STATEN ISLAND

**Animal forensics:** Staten Island Zoo, 614 Broadway at Martling Avenue; (718) 442-3174; [www.statenislandzoo.org](http://www.statenislandzoo.org); Noon-3 pm; Free with zoo admission.

Presented by Con-Edison — learn how some notorious crimes are solved by the smallest clues. Participants solve the crimes by looking for clues in nature, larva, pollen and even bird nests.

### FURTHER AFIELD

**Aztec innovations:** 11:30 am. Brooklyn Children's Museum. See Saturday, Aug. 16.

## MON, AUG. 18

### ON STATEN ISLAND

**B-Love's Hip-Hop Jazzy Groove:** Willowbrook Park, Eaton Pl. and Victory Boulevard; [www.cityparksfoundation.org](http://www.cityparksfoundation.org); 10:30 am; Free.

Dancing, singing and lots of fun.

**Bionic Bodies:** 2:30 pm. Dongan Hills Library. See Monday, Aug. 4.

**Science Club:** 3 pm. New Dorp Library. See Tuesday, Aug. 5.

**Board Game Bonanza:** 3:30-4:30 pm. Great Kills Library. See Monday, Aug. 4.

**Read aloud:** 4 pm. Huguenot Public Library. See Monday, Aug. 4.

**Summer study time:** 5-6 pm. Mariners Harbor Library. See Monday, Aug. 4.

## TUES, AUG. 19

### ON STATEN ISLAND

**Chris Clark Bicycle Stunt Show:** Faber Park, Richmond Ter. and Faber St.; [www.cityparksfoundation.org](http://www.cityparksfoundation.org); 10:30 am; Free.

The daredevil cyclist keeps the kids humming with his love of the ride.

**Bowlopolis Blastoff:** Rab's Country Lanes, 1600 Hylan Blvd., between Raritan Avenue and Delaware Avenue; (718) 979-1600; [www.rabscountrylanes.com](http://www.rabscountrylanes.com); Noon-5 pm; Free.

Children 16 and younger get acquainted with the sport, enjoy a day of face painting, door prizes, games and photos. Two games and shoes included.

**Birds of Prey:** Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; [www.nypl.org](http://www.nypl.org); 2 pm; Free.

Teens 13 to 18 years old meet hawks, owls, falcons and other species up close.

**Bracelet workshop:** 2-3 pm. Dongan Hills Library. See Tuesday, Aug. 5.

**Kiddie Game Time:** 4-5 pm. Mariners Harbor Library. See Tuesday, Aug. 5.

## WED, AUG. 20

### ON STATEN ISLAND

**B-Love's Hip-Hop Jazzy Groove:** Faber Park, Richmond Ter. and Faber St.; [www.cityparksfoundation.org](http://www.cityparksfoundation.org); 10:30 am; Free.

A morning of music, dance, singing and lots of fun.

**Summer Fun for the Wee Ones:** 10:30 am-11:15 am. Greenbelt Nature Center. See Wednesday, Aug. 13.

**Movies for teens:** 3:30-5:30 pm. Dongan Hills Library. See Wednesday, Aug. 6.

**Storytime:** 4-4:30 pm. Mariners Harbor Library. See Wednesday, Aug. 6.

## THURS, AUG. 21

### ON STATEN ISLAND

**Read aloud:** 2-3 pm. Dongan Hills Library. See Thursday, Aug. 7.

**Read to a service dog:** Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; [www.nypl.org](http://www.nypl.org); 2:30 pm; Free.

Children 5 to 12 years old can sign up to practice their reading skills and share a story with Domino, from Canine Companions For Independence and his friend AnnMarie. Pre-registration required.

### FURTHER AFIELD

**Carousel:** Noon-6 pm. Prospect Park Children's Corner. See Thursday, Aug. 7.

## FRI, AUG. 22

### ON STATEN ISLAND

**Freaky Fridays:** 10 am - 5 pm. Mariners Harbor Library. See Friday, Aug. 8.

**Toddler Time:** 10:30 am. Dongan Hills Library. See Friday, Aug. 8.

**Youcan Toucan:** Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; [www.nypl.org](http://www.nypl.org); 3:30 pm; Free.

Children 3 to 6 years old meet Youcan the Toucan puppet and explorer Jungle Jane as they embark on another adventure. Presented by the Wildlife Theater from the Central Park Zoo.

## SAT, AUG. 23

### ON STATEN ISLAND

**Forest Fairytales:** Greenbelt Nature

Center, 700 Rockland Ave. at Brielle Avenue; (718) 351-3450; [www.ny-cgovparks.com](http://www.ny-cgovparks.com); 10:30 am; Free.

Children 3 years and older, with a caregiver, listen to a tale about nature.

**Kids craft time:** 11:15 am. Mariners Harbor Library. See Saturday, Aug. 2.

**"Growing up Wildcats":** New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; [www.nypl.org](http://www.nypl.org); 2-4 pm; Free.

Lions, tigers and cheetahs, oh my. The Wild Animal Orphanage near San Antonio share their interesting film about four rescued lion cubs.

### FURTHER AFIELD

**Summer crafting:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11:30 am and 2:30 pm; Free with museum admission.

Children make a sun hat and learn how to stay cool in the shade.

## SUN, AUG. 24

### ON STATEN ISLAND

**Animal training:** Staten Island Zoo, 614 Broadway at Martling Avenue; (718) 442-3174; [www.statenislandzoo.org](http://www.statenislandzoo.org); Noon-3 pm; Free with zoo admission.

Presented by Con-Edison. Zoo personnel train zoo animals and then you can watch a show.

### FURTHER AFIELD

**Summer crafting:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11:30 am and 2:30 pm; Free with museum admission.

Children make a sun hat and learn how to stay cool in the shade.

## MON, AUG. 25

### ON STATEN ISLAND

**"The Frog Prince":** Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; [www.nypl.org](http://www.nypl.org); 2 pm; Free.

Puppet version of this classic tales. For children 4 years and older.

**Animal Adventure:** Mariners Harbor Library, 206 South Ave. at Arlington Place; (212) 621-0690; [nypl.org](http://nypl.org); 3 pm; Free.

Frankie the Frog and other characters drop by to teach children 3 to 6 years old about nature. There is also a visit from the Central Park Zoo Wildlife Theater.

**Board Game Bonanza:** 3:30-4:30 pm. Great Kills Library. See Monday, Aug. 4.

**Teen Carnival:** New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; [www.nypl.org](http://www.nypl.org); 4 pm; Free.

Celebrate the end of the summer reading program.

**Read aloud:** 4 pm. Huguenot Public Library. See Monday, Aug. 4.

**Summer study time:** 5-6 pm. Mariners Harbor Library. See Monday, Aug. 4.

## TUES, AUG. 26

### ON STATEN ISLAND

**Science Club:** 3 pm. New Dorp Library. See Tuesday, Aug. 5.

## WED, AUG. 27

### ON STATEN ISLAND

**Summer Fun for the Wee Ones:** 10:30 am-11:15 am. Greenbelt Nature Center. See Wednesday, Aug. 13.

**Wii gaming for teens:** 2-3 pm. Dongan Hills Library. See Wednesday, Aug. 13.

**Storytime:** 4-4:30 pm. Mariners Harbor Library. See Wednesday, Aug. 6.

## THURS, AUG. 28

### ON STATEN ISLAND

**Summer Reading:** New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; [www.nypl.org](http://www.nypl.org); 2-3:30 pm; Free.

Younger children celebrate the end of the summer challenge they participated in at the library and receive a free book and a certificate.

**Read aloud:** 2-3 pm. Dongan Hills Library. See Thursday, Aug. 7.

**"Little Red Riding Hood":** New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; [www.nypl.org](http://www.nypl.org); 2:30 pm; Free.

Aesop's fable comes to life. For children 4 years and older.

**Kiddie tech time:** 4-5 pm. Mariners Harbor Library. See Thursday, Aug. 14.

### FURTHER AFIELD

**Carousel:** Noon-6 pm. Prospect Park Children's Corner. See Thursday, Aug. 7.

## FRI, AUG. 29

### ON STATEN ISLAND

**Freaky Fridays:** 10 am-5 pm. Mariners Harbor Library. See Friday, Aug. 8.

**Toddler Time:** 10:30 am. Dongan Hills Library. See Friday, Aug. 8.

**Fun Fridays:** 3:30-4:30 pm. Great

# Calendar

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

## Continued from page 30

Kills Library. See Friday, Aug. 1.

**"The Lego Movie":** Westerleigh Park, Neal Dow Ave and College Avenue; [www.nycgovparks.org](http://www.nycgovparks.org); 8–10 pm; Free.

Children enjoy a night out on the lawn and a viewing of this animated flick.

## FURTHER AFIELD

**Back to school jam:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11 am; Free with museum admission.

Enjoy the last days of summer vacation with snacks, crafts, music and giveaways.

**Artpalooza:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11:30 am; Free with museum admission.

Children under 5 years old paint, draw, glue and weave to exploring and experiencing their inner artist.

## SAT, AUG. 30

### ON STATEN ISLAND

**Richmond County Fair:** Historic Richmond Town, Clarke Avenue and Richmond Rd.; (718) 351-1611; 11 am–6 pm; \$10 (\$5 children; under 30 inches free).

Amusement rides, vendors, food, pony rides and fun.

**Saturday showtime:** 2–4 pm. Mariners Harbor Library. See Saturday, Aug. 2.

**Kids craft time:** 11:15 pm. Mariners Harbor Library. See Saturday, Aug. 2.

## FURTHER AFIELD

**NYC Unicycle Festival:** Governor's Island, Colonels Row, Manhattan; [www.nycunifest.com](http://www.nycunifest.com); Noon–5 pm; Free.

Two-day event featuring world-famous unicyclists performing stunts and giving lessons.

## SUN, AUG. 31

### ON STATEN ISLAND

**Monkey shines:** Staten Island Zoo, 614 Broadway at Martling Avenue; (718) 442-3174; [www.statenislandzoo.org](http://www.statenislandzoo.org); Noon–3 pm; Free with zoo admission.

Presented by Con-Edison. Monkey Music began in 2001, when songwriter Meredith LeVande began writing and performing for children. She is a kiddie staple.

## FURTHER AFIELD

**NYC Unicycle Festival:** Noon–5 pm. Governor's Island. See Saturday,

Aug. 30.

## LONG-RUNNING

### ON STATEN ISLAND

**Play streets:** Bowen Street playarea, 55 Bowen St. between Sobel Court and Roff Street; [www.palnyc.org](http://www.palnyc.org); Weekdays, 9 am–5 pm, Now–Fri, Aug. 22; Free.

Well-trained staff lead children in traditional games including double Dutch jump rope, basketball, nok hockey and arts and crafts.

**Play streets:** Cpl. Thompson Park, Broadway and Henderson Street; [www.palnyc.org](http://www.palnyc.org); Weekdays, 9 am–5 pm, Now–Fri, Aug. 22; Free.

Well-trained staff lead children in traditional games including double Dutch jump rope, basketball, nok hockey and arts and crafts.

**Play streets:** Mahoney Playground, Crescent and Cleveland streets; [www.palnyc.org](http://www.palnyc.org); Weekdays, 9 am–5 pm, Now–Fri, Aug. 22; Free.

Well-trained staff lead children in traditional games including double Dutch jump rope, basketball, nok hockey and arts and crafts.

**Golf lessons:** Silver Lake Park, Hart Blvd. and Revere Street; [www.cityparksfoundation.org](http://www.cityparksfoundation.org); Mondays, 9:30 am–10:30 am and 10:30 am–noon, Wednesdays, 9:30 am–10:30 am and 10:30 am to noon, Now–Mon, July 28; Free.

City Parks Foundation kicks off summer with Lacoste in presenting it's Summer Golf program. Children 6 to 16 learn the basics of putting and the sport.

**Storytime:** Barnes & Noble, 2245 Richmond Ave. at Travis Avenue; (718) 982-6983; [www.barnesandnoble.com](http://www.barnesandnoble.com); Tuesdays and Saturdays, 10:30 am, Now–Fri, Nov. 21; Free.

Children listen to a different story each week.

**Sunset Family Festival:** Staten Island Boardwalk, Sand Lane and Capadano Boulevard; (34547) 466-1767; Wednesdays and Sundays, 4 pm to 11 pm, Now–Sun, Aug. 31; Free.

Each week the boardwalk is the spot for fireworks, entertainment snacks and vendors.

**Boogie Woogie Wednesday:** Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; [statenislandkids.org](http://statenislandkids.org); Wednesday, July 30, 5 pm; Wednesday, Aug. 6, 5 pm; Wednesday, Aug. 13, 5 pm; Wednesday, Aug. 20, 5 pm; Wednesday, Aug. 27, 5 pm; General admission.

Each week a different artist shares a dance method, from belly dancing to the Chinese Ribbon Dance, all disci-

plines are covered.

**Family film night:** New Dorp Moravian Church Center, 2205 Richmond Rd. at Bancroft Avenue; (718) 351-0090; [www.newdorpmoravian.org](http://www.newdorpmoravian.org); Wednesdays, 6:30 pm, Now–Wed, Aug. 27; Free.

Cool off in the air-conditioned conference center and enjoy a family friendly film. Check the website each week to check out the title of the film.

**Read aloud:** New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; [www.nypl.org](http://www.nypl.org); Friday, Aug. 1, 2:30 pm; Monday, Aug. 4, 2:30 pm; Friday, Aug. 8, 2:30 pm; Monday, Aug. 11, 2:30 pm; Friday, Aug. 15, 2:30 pm; Monday, Aug. 18, 2:30 pm; Friday, Aug. 22, 2:30 pm; Monday, Aug. 25, 2:30 pm; Friday, Aug. 29, 2:30 pm; Free.

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

**Learn Italian:** Huguenot Public Library, 830 Huguenot Ave. at Drumgoole Road East; (718) 984-4636; [www.nypl.org](http://www.nypl.org); Fridays, 3:30–4:30 pm, beginning Fri, Aug. 1; Free.

Children in kindergarten to first grade learn the basics, the alphabet, colors, numbers, days of the week and seasonal songs. Pre-registration required.

**Rides and games:** South Beach Ballfield, Ft. Capodanno Blvd and Sand Court; (k347) 466-1767; Fridays, 4–9 pm, Now–Fri, Aug. 29; Free.

Families are invited to come on down at sunset and play games and watch movies on the ballfield.

**Up4Art:** Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; [statenislandkids.org](http://statenislandkids.org); Saturdays and Sundays, 1, 2 and 3 pm, beginning Sat, Aug. 2; Free with museum admission.

Children create fun projects.

**Kidz cook:** Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; [statenislandkids.org](http://statenislandkids.org); Fridays, 2, 3 and 4 pm, beginning Fri, Aug. 8; Free with museum admission.

Children experiment with all types of food.

## FURTHER AFIELD

**Traveling in the World of Tomorrow:** The Future of Transportation at New York's World's Fairs: New York Transit Museum Gallery Annex at Grand Central Terminal, 42nd Street and Park Avenue, Manhattan; (212) 878-0106; [www.grandcentralterminal.com](http://www.grandcentralterminal.com); Monday–Friday, 8 am–8 pm; Saturday–Sunday, 10 am–6 pm; Free.

This exhibition celebrates the 50th and 75th anniversaries of the 1939 and 1964 Fairs. With a variety of postcards, photos, ephemera and souvenirs, the

exhibition shows how transportation was a symbol for the future, its potential effect on modern American life, and the technological advancements that American corporations claimed would make a better world possible.

**Science Playground:** New York Hall of Science, 47-01 111th St., at Avenue of Science, Queens; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); Weekdays, 9:30 am–5 pm, Saturdays and Sundays, 10 am–6 pm; \$4, plus museum admission.

Children are encouraged to explore science through slides, seesaws, climbing webs, a water play area, sand boxes, and more, weather permitting.

**Rocket Park Mini Golf:** New York Hall of Science, 47-01 111th St., at Avenue of Science, Queens; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); Weekdays, 9:30 am–5 pm, Saturdays and Sundays, 10 am–6 pm; \$6 (adults,) \$5 (children and seniors,) plus museum admission.

Golfers of all ages can learn about key science concepts such as propulsion, gravity, escape velocity, launch window, gravitational assist, and more!

**Dinosaur Safari:** Bronx Zoo, 2300 Southern Blvd. at Boston Road, The Bronx; (718) 220-5103; [www.bronxzoo.com](http://www.bronxzoo.com); Weekdays, 10 am–5 pm, Saturdays and Sundays, 10 am–5:30 pm, Now–Sun, Nov. 2; \$20.95 (\$16.95 children; Free for children under 3; \$18.95 seniors).

The ride runs through the zoo and has fully animatronic dinosaurs as they move and snarl.

**Kids's Discovery Stations:** Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway, Brooklyn; (718) 623-7220; [www.bbg.org](http://www.bbg.org); Tuesdays–Saturdays, 10:30 am–12:30 pm, Now–Fri, Aug. 29; Free with admission to the gardens.

Families drop by for a craft and learn about plants, composting and garden stories.

**Touch tank:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Wednesdays, Saturdays and Sundays, 11:30 am–12:30 pm and 2:30–3:30 pm, Now–Sun, Aug. 31; Free with museum admission.

Children of all ages touch a starfish, a horseshoe crab, or a sea snail.

**Carousel:** Prospect Park Children's Corner, 452 Flatbush Ave. at Ocean Avenue, Brooklyn; [www.prospectpark.org/visit/places/carousel](http://www.prospectpark.org/visit/places/carousel); Thursdays–Sundays, Noon–6 pm, Now–Sun, Aug. 31; \$2 per ride (\$9 per a book of five tickets).

Take a ride on the park's historic carousel.



## ASK AN ATTORNEY

ALISON ARDEN BESUNDER,  
ESQ.

# Affording home care

*My parents are in their early 80s and my father was just diagnosed with Alzheimer's. My mom is afraid that she will not have enough money to pay for his long-term care, but that she has too much money to qualify for government benefits. What should we do at this point?*

**“A**ging in place” is the generally preferred course of action for our parents’ generation, meaning that they would rather remain in their home as they age. Many people are concerned that they will not have assets sufficient to pay for their care either in their home or a facility. There are options available to New York State residents that can help defray the cost of care, and allow the elderly to obtain assistance without emptying their or their children’s pocketbooks.

Medicaid (not to be confused with Medicare, which provides health insurance and prescription drugs for the elderly) is a joint federal and state program that is becoming increasingly relied upon as the long-term care solution for the middle class. Contrary to common belief, being on Medicaid does not mean that you receive substandard care. The Med-

icaid program is simply a source of payment for those who qualify for it.

The Medicaid program is “means based,” meaning that you cannot have assets in excess of a certain amount to qualify. The asset threshold changes each year, and is \$14,550 for an individual for 2014.

### **Assets do not disqualify you from Medicaid home care**

Many people believe that they are disqualified from Medicaid Home Care because they are over the maximum \$14,550 Medicaid asset allowance. This is a misconception. First, an applicant’s home is an “exempt resource” and does not count toward the maximum. Second, certain transfers can be made in anticipation of Medicaid, which would not necessarily disqualify an applicant from Medicaid Home Care Services. People commonly cite the “five-year look-back,” but do not know that the look back applies only to nursing home care and not home care in New York State. Many are also unaware that retirement accounts are exempt and do not count toward the threshold.

There are various ways of transferring assets in order to qualify for Medicaid. This is often necessary where a parent is “house rich,” but cash poor, and wants to avoid selling their house in order to obtain care. The methods are too many and too complex to list here, but these transfers can be accomplished and, in many cases, can yield a favorable result to help keep a parent in his home while providing him with care. You should always consult with an attorney before transferring your assets.

### **Income does not disqualify you from receiving Medicaid home care**

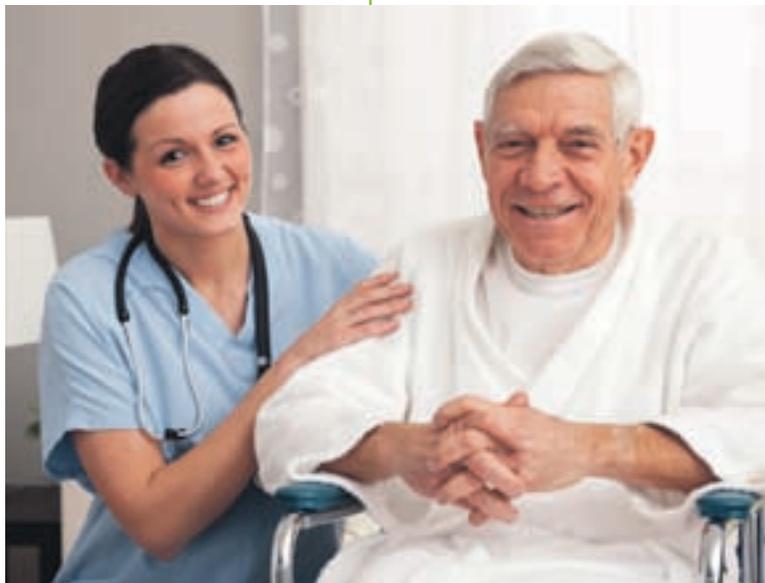
There is an income limitation on Medicaid applicants. The income limitation for a single applicant for 2014 is \$809 to \$829. Many people are under the false assumption that their

income is too high to allow them to qualify for Medicaid. Wrong again!

In New York State, eligible applicants can employ what is called a “Not-for-Profit Pooled Trust.” The Pooled Trust operates similarly to a “flex account” that you might have through your employer at work to pay for qualified medical expenses. With a Pooled Trust, your income in excess of the threshold gets sent to the Pooled Trust organization (a non-profit organization that “pools” excess income from many other people). You are the beneficiary of that excess income and it can be used to pay qualified expenses. As a result, your income is reduced sufficient for you qualify for Medicaid Home Care services, while allowing you to still reap the benefit of the excess income. There is an annual fee for the Pooled Trust, and thus there should be enough excess income to justify payment of the annual fee. In addition, your bills (only bills in the beneficiary’s name) must be submitted to the Pooled Trust each month for payment. Lastly, the Pooled Trust is not a savings account. Any assets that are remaining in the beneficiary’s account at the beneficiary’s death revert to the Pooled Trust. It is important to use as much as possible in the Pooled Trust each month.

In short, if one or both of your parents are concerned about the cost of long-term care and implementing long-term care solutions, a consultation with an elder law attorney is invaluable. The best time to start planning for these situations is before your parents become ill or injured, but even if you have not done so, it might not be too late.

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



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## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

# 'I'm vegetarian now!'

**D**o you remember “The Simpsons” episode when Lisa — the politically active 8 year old — became a vegetarian? It was the same day her mother served lamb chops for dinner after the girl had bonded with a lamb at the petting zoo.

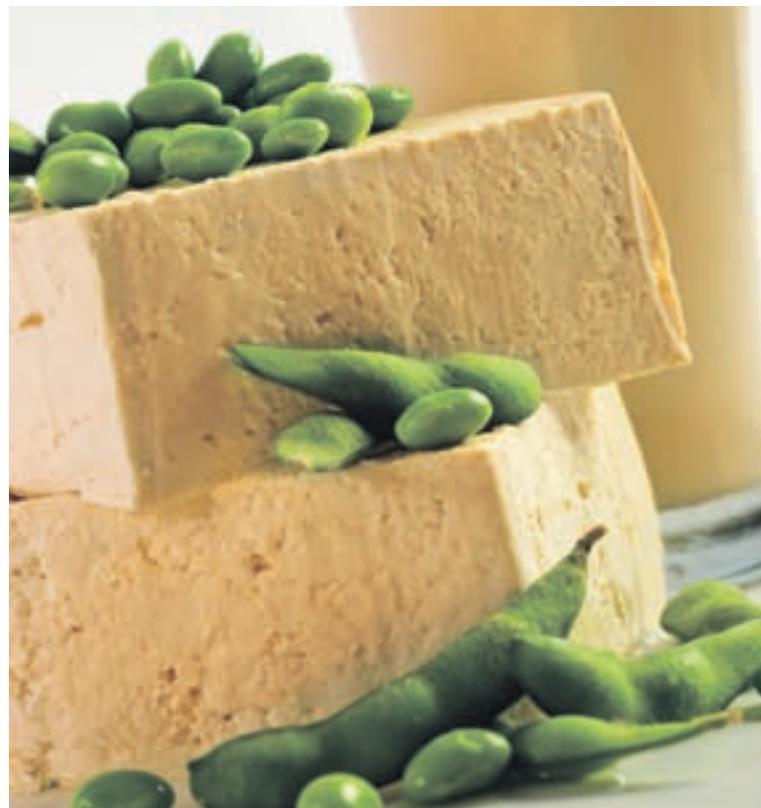
What if your own child suddenly announces, “I’m a vegetarian now”?

“A parent should have a conversation with their child about what their reasons are to be sure that their child is interested in vegetarianism for a legitimate reason,” says Rachel Meltzer Warren, author of “The Smart Girl’s Guide to Going Vegetarian.” “You don’t have to agree with the reason, but it’s important that your child has a responsible rationale for their choice.”

The majority of reasons are understandable. Kids are concerned about the environment, they think it’s a more ethical way to eat, or they simply do not like the taste or texture of meat.

Yet, some young people mistake vegetarianism as an easy way to lose weight or to achieve perfection. These are red flags for disordered eating, which is best to address as soon as possible.

People often shy away from the term “vegetarian” if they’re not 100 percent meat-free all of the time. Warren says it’s extremely common for a teen to be “veg curious.” They experiment with different parts of the vegetarian spectrum without of-



ficially choosing one defined label.

For example, there are red meat abstainers, pescetarians who eat no meat but do eat fish, and lacto-ovo vegetarians who eat dairy and eggs, but no meat.

### Peaceful coexistence

There’s no argument about the health benefits of shifting to a more plant-based diet, regardless of where

on the vegetarian spectrum your child is.

How to survive this change at the kitchen table without the muss and fuss of preparing two separate meals?

- The vegetarian can offer to make the family’s dinner every so often.

- Take one recipe. Set some of it aside to be infused with plant-based protein, and then toss some meat, poultry or seafood into the remaining portions.

- If a recipe calls for ground beef, try French green or brown lentils. These protein-packed legumes are terrific for mimicking the texture of ground meat in stews, chilies and casseroles.

- Tempeh is a good stand-in for cubed meat in stir-fry and curries, or it can be crumbled and used in place of ground meat in casseroles.

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

## Fignana smoothie

This sweet smoothie is a good source of iron and calcium, two nutrients that almost every teenage girl, veg or not, could use more of.

### INGREDIENTS:

- 1 medium banana, frozen
- 3 large dried figs, stems removed and soaked in water for at least 30 minutes
- 1 cup plain lowfat yogurt
- ½ cup lowfat (1 percent) milk
- 2 tsp. blackstrap molasses

**DIRECTIONS:** Place all ingredients

in blender and blend on high until smooth.

**VEGANIZE IT:** Replace vanilla yogurt and milk with nondairy substitutes such as soy, coconut, or almond yogurt and milks.

**NUTRITION FACTS:** 390 calories, 6 grams fiber, 18 grams protein, 3.2 mg iron, 0.8 mg zinc, 371 mg calcium, 0.57 mcg vitamin b12, 59 IU vitamin D, 37 mg choline.

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