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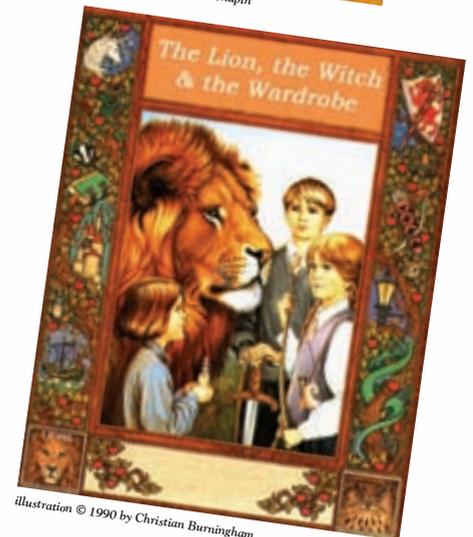
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## Letter from the publisher

It's August already. Isn't it amazing how the summer weeks whizz by? July was a hot month and seemed more like August, which makes me wonder what August will be like. The days are getting shorter, although there's still plenty of light at the end of the day to eat outdoors, have dinner on the beach, or barbecue on the grill.



My family has been to the beach quite frequently this summer and I don't mind telling you that my beach of choice — and the one that's most accessible and inviting — has been, and still is, the clean and lovely beach/boardwalk at Long Beach.

Did I mention that we don't live in Long Beach and that every summer we buy a family beach pass? I'm certain there are local people who think we are a hibernating family that lives out there but only appears in the warmer months.

"So nice to see you. How was your winter?" They ask us every year.

I say nothing and just enjoy all the friendliness that I can find in life. I mean, we're talking 30 years of beaching at Long Beach.

We took our family vacation in June but I'm pretty certain that a lot of families are still looking forward to time off together. Maybe the kids have been at camp and you're waiting till the end of summer to do a family drive or a stay-cation? Maybe you have a new college student who is home with you for the last weeks before beginning campus life?

Whatever you do or wherever you go, enjoy the end of summer and the good foods that are coming into season now, like fresh Long Island corn and tomatoes. Visit your local farmer's market or stand and see those wonderful green beans, cucumbers, peaches, blueberries and blackberries that are grown here, and help support your family's good health and our local farmers at the same time. What a great partnership that is!

Happy August! Thanks for reading!

Susan Weiss-Voskidis, Publisher

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## STAFF

**PUBLISHER:** Clifford Luster  
**PUBLISHER/MANAGING EDITOR:** Susan Weiss  
**EDITOR:** Vince DiMiceli  
**CREATIVE DIRECTOR:** Leah Mitch  
**ART DIRECTOR:** On Man Tse  
**ADVERTISING SALES:** Sharon Noble, Nancy Swiezy, Richard Kramer  
**SPECIAL ASSISTANT:** Tina Felicetti

## CONTACT INFORMATION

**ADVERTISING SALES**  
718 260-2587  
Family@cnglocal.com or  
SWeiss@cnglocal.com

**CIRCULATION**  
718 260-8336  
TFelicetti@cnglocal.com

**EDITORIAL**  
718 260-4551  
Editorial@cnglocal.com

**ADDRESS**  
Family Publications New York/CNG  
1 MetroTech Center North  
10th Floor  
Brooklyn, NY 11201  
[www.webfamilyny.com](http://www.webfamilyny.com)



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## NEWBIE DAD

BRIAN KANTZ

# Super-sized summer

## Kids today have the coolest toys for hot days!

**M**aybe the heat is getting to me. Or, maybe I've watched one too many "60 Minutes" commentaries by that famous curmudgeon, Andy Rooney. Or, maybe it's the fact that some kid at the playground just called me an "old dude." (37 is not old, kid! You may not believe that now, but you'll see! You'll see!) Whatever it is, I have a rock in my shoe this summer.

So, what's wrong? What's my beef? Well, I'm just wondering, who went and super-sized summer for today's kids? Just about

blanket at the beach, on your new white t-shirt, everywhere. Other than taking a swig from the garden hose, Kool-Aid was your only option.

And what flavor was Kool-Aid? It was red. There was only one flavor of Kool-Aid that I knew of: red Kool-Aid. Maybe Kool-Aid did offer its drink mix in other flavors back then, but we were never aware of it.

Do you know how many flavors of juice and juice-like beverages are on the market today? About 150,000. So, when someone at a picnic asks me if I would like a strawberry orange pomegranate or a Pacific mango sun-splash, I usually ask, "Do you have any red?"

Let's move on to the Slip 'n Slide.

It was a true backyard necessity on a hot summer day, especially once the three-foot-round plastic pool just wouldn't comfortably accommodate

my three gangly brothers and I anymore. The original Slip 'n Slide featured some pretty basic engineering: a long plastic sheet with an opening for the garden hose.

Turn the spigot on and away you go, slipping the hot summer day away under the soft drizzle of cold water. You just had to make sure that no large sticks, giant rocks or neighborhood dogs were underneath the plastic,

lest you impale yourself, break a shin or get bitten.

Today's Slip 'n Slides? Whoa-ho-ho. Fancy. You've got gushing waterfalls, cushy inflatable parts, hydroplaners, boogie boarders, triple racers, wave riders, whitewater blasters, the whole nine yards. It's apparently less about slipping' and slidin' and more about looking good.

And speaking of fancy, what is with all of the kids tooling up and down the streets in motorized vehi-

cles? Is it really necessary for 4-year-old Johnny to be hogging the sidewalk in his mini-Hummer? Well, at least his vehicle doesn't guzzle gas, but he should still need a license to drive that thing. I've seen more than a few innocent flowers buried under the wheels of Johnny's wildly navigated bad-boy machine.

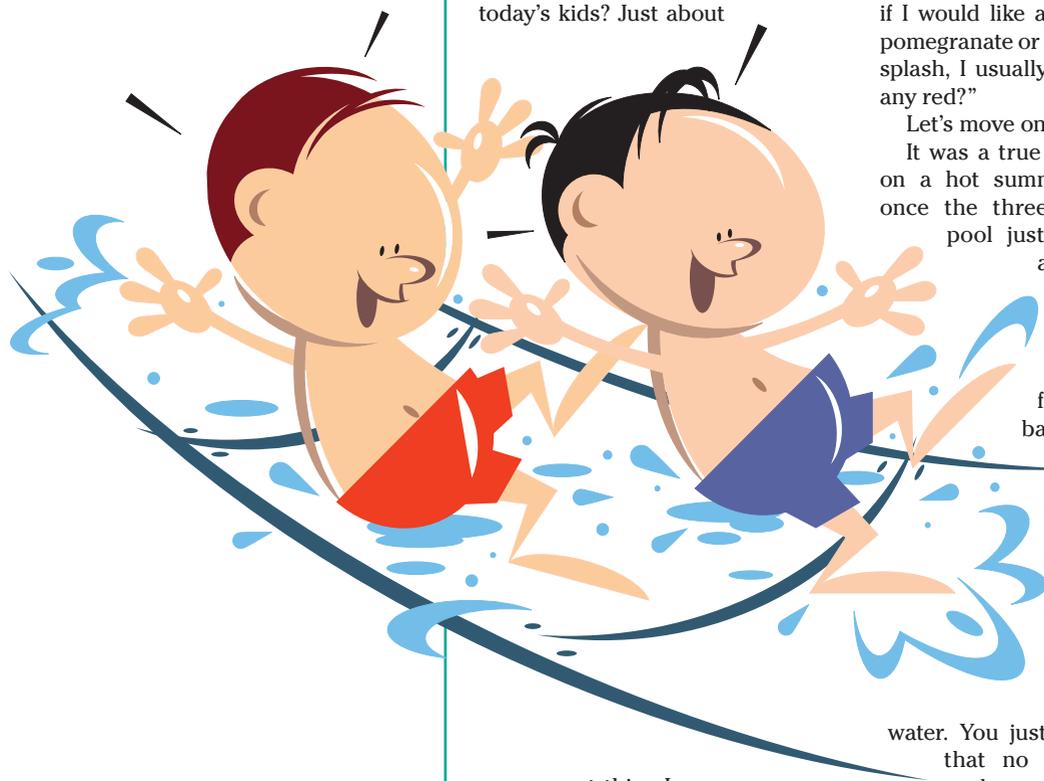
Back when we were kids, we tooted up and down the streets all summer long on our Big Wheels and banana-seat bicycles with sissy bars. Pedal power, baby. If you wanted to visit a friend who lived down the block, you either pedaled or hoofed it on your own two feet. You wouldn't have even imagined taking your battery-powered Lightning McQueen out for a spin.

OK, I'm almost done. Here's one more favorite summer activity: going to the neighborhood playground. This is my two sons' favorite thing to do. They call it going to "swings and slides." Back in my childhood, that's exactly what it was. We went to a playground that had swings and one slide. All of the equipment was fashioned out of industrial-grade steel. You sat on a flat steel seat on the swing and you climbed up steel steps to get to the top of the tall steel slide. That steel was a molten 220-degrees in the hot sun.

Today's playgrounds? Oh... my... gosh. They are unbelievable! Instead of simple swings and slides, these are monstrous "play structures." Spiral slides, rock-climbing walls, ziplines, fireman's poles and on and on! All in cool-to-the-touch molded plastic. It's madness, I tell you! And, I must admit, it's all so much darn fun!

So, go ahead, kids, enjoy your super-sized summer! Have a grand old time. Just know that in another 30 years, your stuff will seem pretty old school, too, and you'll be left to write a nostalgic (and, yes, completely jealous) column for the benefit of your peers.

*Brian Kantz nearly broke his collarbone diving on a Slip 'n Slide the other day. Totally worth it. Visit Brian online at [www.briankantz.com](http://www.briankantz.com) or drop him a note at [thenewbiedad@yahoo.com](mailto:thenewbiedad@yahoo.com).*



every great thing I remember from the summers of my childhood still exists, but it has all been super-sized, mega-hyped and full-throttled. It's like summer on steroids. I notice this all the time as I play with my kids. Do you?

Let me give you a quick example. The taste of summer from your childhood — quick, what was it? If you said Kool-Aid, you would be correct, my friend. A pitcher of Kool-Aid was everywhere, it seemed. In the fridge at home, in the fridge at your friends' houses, on the picnic table, on the

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## LIONS AND TIGERS AND TEENS

MYRNA BETH HASKELL

# Say whaat?

## How to keep your cool even when teenagers talk back

**E**veryone has a pet peeve. Mine is: “Whateverrrrr!”

That word can send needles up my spine. I realize there are much worse things a teen can say, but for some reason, “Whateverrrrr” says it all for me. It means, “I don’t care what you think — you just don’t get it — get out of my face” all in one fell swoop.

Of course, this attitude is nothing new, and reminds me that parents of yesteryear actually had the right idea when they washed mouths out with soap — something you could probably be arrested for today.

So what do parents do about these smart mouths?

Some let it go, saying they have more serious things to worry about, such as drinking, drugs, and premarital sex. Others don’t put up with it.

For me, back talk is a sign of disrespect and should be handled as such. Teens should be taught how to speak up for themselves, but in an appropriate way.

### Keep back talk in perspective

Does back talk start in the teens? Not entirely — what about when you asked your 2-year-old to pick up his toys and he said, “No!” and sneered at you? Although back talk is not strictly a teen phenomenon, it does seem to happen more often and with more disdain at this age. Parents have different opinions about where to draw the line; however, most feel that outright rudeness should not be tolerated.

Just like toddlers, teenagers are struggling to become independent from their parents. That independence is necessary as they approach adulthood.

“Teens are striving to become



more autonomous,” explains Dr. Alec L. Miller, Chief of Child and Adolescent Psychology at Montefiore Medical Center/Albert Einstein College of Medicine in the Bronx. “To do so requires them to assert their own needs and wishes, even when those wishes are not in the context of good judgment and even when they are in direct conflict with the parents’ wishes.”

Teens like to argue, and parents should learn to embrace this as long as it is respectful. However, when a sharp tongue rears its ugly head, it’s time to put the clamps on.

### Don’t get bent out of shape

How do parents get their teens to back off the snide back talk? Parents should remember that they are the

authority in the household. A teen who talks rudely once or twice and gets away with it will continue the behavior. When a teen’s language or attitude is inappropriate, there should be consequences. Try to remain calm even if your teen is raising her voice. Screaming back or returning her flippant comments reinforces the bad behavior. If the tone is disrespectful, ignore her argumentative comments and walk away. If she follows you, reinforce that you will not tolerate rude and obnoxious language. Tell her that you will listen if her tone is appropriate. Stick to this position and don’t give in — show her that she can get her way more easily with respectful pleas.

“It’s important for parents to consider that this behavior is somewhat developmentally appropriate,” advises Miller. “Parents can acknowledge that their teens need to go through this phase and not take it too personally. At the same time, however, it is important for parents to set appropriate limits with their teens.”

If it’s an argument, he says parents should validate their teen’s feelings, and also explain why they’ve taken their stance.

Teens will disagree and do it often — this is a natural part of their development. It’s the tone and delivery that parents should be concerned with.

### Tips and tales

“Don’t stoop to their level!”

*Dr. Robin Goodman, New York, NY*

“We end up taking away electronics, which seems to work great.”

*Gloria Jean Gibson-Lyons, Salt Point, NY*

“First I take a deep breath. Then, I give her a good ‘talking to’ in return.”

*Maryellen Livingston Moore, Glenford, NY*

### Share your ideas

**Upcoming topic:**

What to tell ... or not tell ... your teen about your past.

Please send your full name, address, and brief comments to: [myrnahaskell@gmail.com](mailto:myrnahaskell@gmail.com) or visit: <http://home.roadrunner.com/~haskellfamily/myrna/>

Myrna Beth Haskell is a freelance writer specializing in parenting issues and children’s development. She is the mother of two teenagers. Her advice column for parents of teens debuted in June 2009.



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# Back-to-school

How to get your A in organization this fall

BY CAROL BRZOWSKI

**W**hen I sent my firstborn off to school 10 years ago, I was ill-prepared for the realities of his new life. I thought I'd just send him off with a tearful goodbye, and that would be that.

Boy, was I wrong.

I completely underestimated how managing my son's (and later, his brother's) school life would consume such a chunk of my time.

Each day, I had to review a list of questions. Is today the day they take in money for lunch from the cafeteria or pack a lunch? What's the deadline for filling out the paperwork and getting the money for the field trip? What time do I have to pick up my son from the after-school activity? Buy what for the science fair?!

But, through the years — and now with both sons in high school — I've learned a lot through my own experience and that of other seasoned parents who taught me the key to surviving the school years: "Work smarter, not harder."

Here are some tips I've gathered that should help you glide through the next four semesters:

- Organized parents are always seen with their organizers. Whether you use electronics or paper, maintain an organizer in which you keep all of your appointments and phone numbers with you at all times. Record dates as soon as you're made aware of them. And make sure to have important phone numbers, like your child's school, the bus company's and those of child's friends' parents, available in a pinch.

- Avoid vacations that run up into the week before school. That's the

week you want to train your children to start waking up early again and getting back into routines. It's harder for the kids to go back to school if they are on a trip right before school starts.

- Avoid the mistake of buying unnecessary school supplies by checking with your child's school to determine what is needed. Consider saving money by buying supplies in bulk and splitting the cost with a friend whose child needs the same supplies. There are usually a few items you'll always need on hand throughout the year — lined paper and pencils — so stock up when they are on sale.

- Cell phones have become a common school supply, though many schools are limiting their use during the school day. They are useful in keeping in touch on important matters — my sons call or text during lunch to let me know they need something for the following day or that a club meeting has been canceled. If you're not keen on buying them their own cell phone, consider a pre-paid phone. Make sure you know the phone carrier's costs — my sons once racked up a few \$100 through unnecessary text messaging and Internet access.

- Organize everything your child needs to take to school the night before (older children can

do this on their own). Pack their lunchbox with non-perishables and add the items that require an ice pack in the morning. Make sure the kids put the ice pack back into the freezer when they get home from school and empty the wrappers and food bits out of the lunchbox to clean it for the next day.

- Buy extra ice packs for lunch boxes. In a pinch, you can pack a plastic storage bag with ice cubes. Ask your child to brainstorm about what healthy food they'd like for lunches.

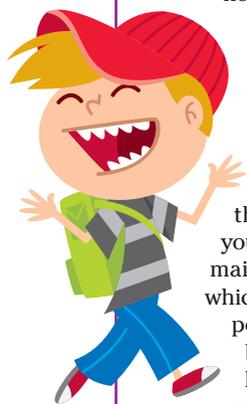
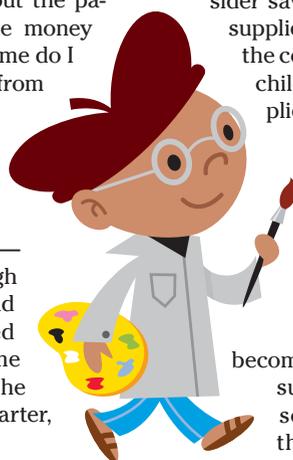
- Keep a day's worth of extra lunch money stashed in the backpack for those times when your child forgets money.

- Make sure your child's vaccinations are up to date. This is often required not only for school, but for participation in sports and scouting. If you are applying for exemptions, get your paperwork organized.

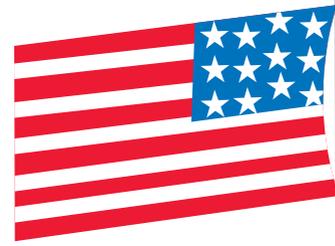
- If your child commutes by car or bus, carry snacks and cold water in the car or pack extra in the backpack for bus trips, if permitted. You may want to freeze bottles of water; they'll thaw out and provide cold refreshment by the end of the day.

- If you're the type of parent who likes to give teachers and bus drivers gifts for holidays or at the end of the year, consider buying items as you see them and can afford them, packing them away in the closet until needed, rather than making a mad rush for gifts at the last minute.

- Most school districts now have Internet sites that allow you to see your child's academic progress in real time. I can set up my district's site to send me e-mails every time



# checklist



my sons' grades dip below a certain level. It's been an invaluable tool in keeping abreast of their academic performances.

- Join the PTA or other school groups and prepare to get involved. Nothing will keep you more connected to your child and the school more than volunteering. Get to know your child's teachers. Take advantages of opportunities, such as open houses, to know what materials your child is using for learning.

- If your child is starting at a new school, visit the school with him or her once before the year begins so he or she will feel more comfortable on the first day.

- If your child is going to school for the first time, plan to have your child spend a lot of down time there after classes — perhaps at the playground — to help deal with some of the transition stress he or she may feel.

- Line up emergency contacts on your child's behalf just in case the school has trouble getting in touch with you.

- Organize car pools whenever possible, especially given the escalating fuel costs that have hit every family budget.

- One of the most challenging aspects of the

school year is having nutritious, delicious meals ready by the end of the day. If you don't already have one, invest in a slow cooker. It's a parent's best friend in the kitchen. Consider making oatmeal the night before so your family wakes up to a hot-cooked breakfast in the morning (this is especially helpful if your family is on

different work-school shifts and everyone needs to help themselves). The slow cooker also can be used to prepare dinner and cuts down on the end-of-the-day frustration of what to do for dinner on those rush days.

You can also ensure healthy meals by making large portions of food and freezing it for later use.

- Make sure school personnel are aware of any special needs your child may have.

- Make sure you read at least a half hour each day with your younger child. It's also fun to read the same books your middle or high school child may be reading.

- Talk to your child about drugs, alcohol, bullies, peer pressure, guns, strangers and not picking up needles or allowing another child's blood to get near his or her cuts. Review sex education with older children.

- Try to be sensitive to your child's feelings

around test times — be aware of how you have felt when you were under pressure at work.

- Feed your child well and give him or her plenty of support and opportunities for rest.

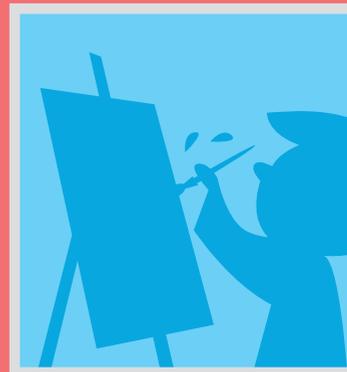
- Get to know your child's friends and their families. Open your home to supervised parties and sleep-overs.

- Review your child's homework with him or her. Ensure that homework comes before play, TV, computers or video games, but allow for some down time.

- Set up a quiet place to study and provide reference materials.

- Augment your child's education with family field trips and home projects. Schools are cutting back on the extras, so you may have to take up the slack with art, music and physical education.

- Celebrate your child's accomplishments.





## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

# Shake off the salt

**M**any of us have had a long love affair with salt, but that may be about to change. Earlier this year, the Institute of Medicine urged the U.S. government to gradually reduce the maximum amount of sodium that food companies and restaurants can add to foods.

### Salt versus sodium

Although both terms are often used interchangeably, there is a difference between salt and sodium.

Salt is made up of sodium chloride: 60 percent is sodium, the rest, chloride. According to the Centers for Disease Control and Prevention, the average American ingests about 3,400 milligrams a day. The latest health organization recommendations range from 1,500 milligrams to 2,400 milligrams. Most nutrition experts estimate that about 75 percent come from processed food.

### Salt sensitivity

Not all medical doctors agree that everyone needs to limit salt. But, there is growing evidence that a significant number of people have a condition called salt sensitivity, an abnormal increase in blood pressure in response to increases in dietary sodium. According to research performed by Myron H. Weinberger, MD, certain salt-sensitive people do

## Sodium shockers

FOOD	SERVING SIZE	SODIUM (mg)
French bread	1 slice	416
Rice pilaf, mix, prepared	1 cup	780
Lite soy sauce	1 Tbsp	550
Panera Turkey Artichoke Hot Panini	1	2,340
Houlihan's Thai Chile Style Chicken Wing appetizer	1	4,979
Hebrew National quarter-pound franks	1 frank	1,070
Cottage cheese	1 cup	820
Oscar Mayer Lunchable (ham, cheese crackers)	1	1,060
California Pizza Kitchen Kid's Cheeseburger Pizza	1	1,680

not necessarily develop hypertension — but their long-term mortality rate is just as high as those who do.

### Driven by convenience

Busy family lives often necessitate taking dietary shortcuts that are high in sodium — frozen meats, entrees and pizzas; rice and soup mixes; canned fish and soup; seasoning mixes and prepared spaghetti sauce. Hurrying in and out of drive-thrus, and especially dining out at restaurants, provide another huge dose. Some restaurant entrees have 2,000 milligrams or more in one order.

Do you need to be concerned about how much sodium your child ingests? Yes. A taste for salt is acquired, and salt-loving children grow up to be adults who eat a salty diet. A 2001 report said that by ages 7-9, 68 percent of children ate too much sodium. And, salty foods are often high in fat and calories. Two years ago, a study published in the journal

“Hypertension” found that the more salty food children ate, the more sugary sodas they drank to wash it down.

It's not easy for food companies to simply drop the salt due to the many roles it plays. For example, bread dough depends on sodium chloride and sodium bicarbonate in order to rise.

Here are some tips to reduce the sodium in your family's diet:

1. Prepare as much from scratch as possible. Eat fresh vegetables, plain meats and grains (such as rice) that you season yourself.

2. Cook without salt, but add just a little at the table. Surprisingly, this can allow you to get by with less because your tongue gets a direct “hit” from the salt crystals.

3. Add plenty of herbs and spices. Also, freshly squeezed lemon or lime juice and red wine or balsamic vinegar add a lot of flavor with negligible sodium.

4. Choose restaurant entrees that come without sauces and gravies. And by eating a half portion, not only will you save calories, you'll save sodium, too.

5. When reading food labels, pay attention to portion size. A can of soup may be two (or two-and-a-half) servings, so multiply milligrams of sodium by that factor.

*Christine M. Palumbo, RD, is a Chicago area nutritionist who doesn't mind cutting back on salt, but leave her popcorn alone. Send your questions and column ideas to her at [Chris@ChristinePalumbo.com](mailto:Chris@ChristinePalumbo.com) or (630) 369-8495.*



## Herbed Pork Chops

Makes 4 servings.  
Prep Time: 5 minutes  
Cook Time: 8 minutes

### INGREDIENTS

1 tablespoon McCormick® Perfect Pinch® Salt-Free Savory All Purpose Seasoning  
½ teaspoon salt

4 bone-in pork chops, 1/2-inch thick (about 1 1/2 pounds), trimmed  
2 tablespoons oil

**INSTRUCTIONS:** Sprinkle Seasoning evenly over both sides of pork chops. Heat oil in large skillet on medium heat. Add pork chops; cook 4 minutes per side or until desired doneness.

**ALTERNATE PREP METHOD:** Grill chops, over direct heat, turning once, to medium doneness or until the internal temperature reaches 155 degrees Fahrenheit, about 3 to 4 minutes per side.

**NUTRITION FACTS:** 253 calories, 17 grams fat, 24 grams protein, 1 gram carbohydrate, 78 milligrams cholesterol, 252 milligrams sodium, 0 gram fiber

Recipe courtesy of McCormick.com.



**Temple Beth Emeth**  
v'Ohr Progressive Shaari Zedek

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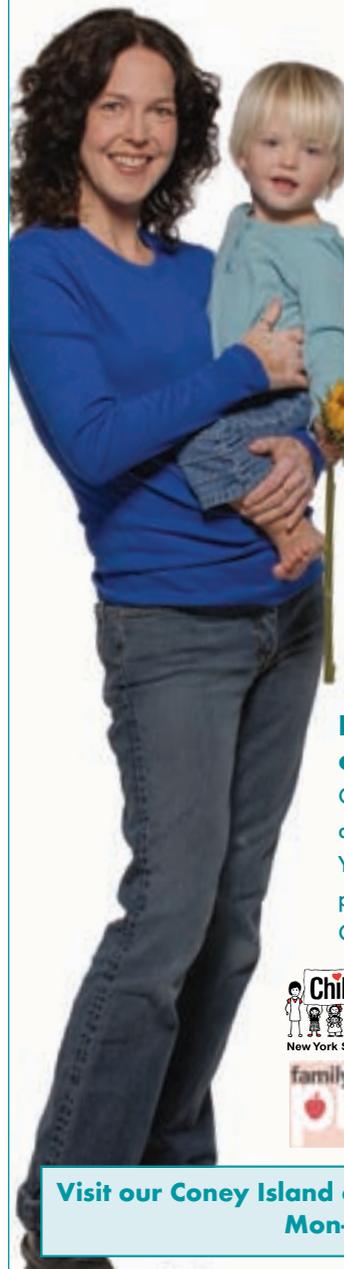


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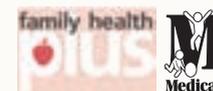
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# College road trip

Why you should hit the road *before* your senior applies

BY RISA C. DOHERTY

**B**y the time your child is entering her junior year in high school, you should consider visiting colleges. Back in the last century, my folks never took me to visit any colleges until I was accepted, but it is a different world today.

One mother was incredulous when I told her that visiting a school might increase a student's chances of being admitted.

"They don't really look at minutes like that, do they?" she asked.

Yes, they do — sometimes. Most colleges will not admit it. These days, the college-admissions process is very competitive, and many even ask on the application if the student has visited the school or spoken to a representative. The schools want to know how effective their outreach is, but they may also use this data when they are having trouble deciding if they should admit a particular applicant.

Colleges want you to visit so that they can show you their facilities and encourage your child to apply and if accepted, to attend. Their goal is to have as many students apply as possible, accept a limited number and raise their yield by convincing the accepted students to attend. They are focused on filling their incoming class with the most qualified freshmen. Students should have their own reasons to visit: to see if they like the school, to ask questions, and, if possible, to interview.

"You can get a feel for where you will call home, learn about the academics, the surrounding area, [your preference for an] urban or rural [environment], and be able to narrow down the number of applications [you will submit]," says Tom Mariano, Assistant Dean of Admissions at Franklin & Marshall College.

Ask if the college encourages interviews and uses them in its decision-making process. Some offer interviews for informational purposes only; that is, for your information. Your child can avoid the extra stress

and ask questions by e-mail, on the phone or at an information session.

If your child is interviewing, have her prepare by going on the school's Web site and on collegeboard.com — this way she does not ask basic questions that show she did not spend any time researching the school. She should have some questions prepared for the interviewer — this is her chance to sell herself and charm the interviewer with her personality. Have her do her first interview at her safety school, as a practice run.

Before hitting the road, create a list. The initial selection of potential schools should be made taking into account cost, location, social

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Visiting a campus will help your student think of questions and issues important to her, which she can't even think of asking until she's there.

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life, and perhaps religious life on campus. Do research online to find out basic information like available majors and minors, male-female ratio, ethnic diversity, sports available, and geographic breakdown of the student body. Often, high school guidance counselors make useful suggestions. Once you have a list, you can plan your trip(s).

Many schools require students and their families to sign up in advance for tours and information sessions. Interviews require appointments. You will need to figure out how long each portion of your visit will last and schedule in a lunch break, if you are visiting more than one school. We always leave early to get in a tour, information session, interview and time to walk to parts of the campus not included on the tour — checking out the bookstore, the sorority houses, the surrounding

neighborhood and the Hillel House.

Athletes can arrange for a meeting with a coach, and all prospective students should try to make an appointment in advance to speak with a professor or teaching assistant in the student's chosen department, unless she is undecided. This way she can get a good idea of the available coursework in her area. Ask at the Admissions Office for a course catalogue from the previous year, which can usually be found online, as well, and see if there are limited offerings in the area of interest. I know of a student who transferred out of a school because he ran out of courses in his chosen department. In most schools, all majors are required to take some courses outside their area, so the prospective student should think about how much math and science or humanities she can stomach.

Some people prefer to visit the cold-weather schools (the "snow-belt" ones) in the winter to be sure their child will be happy there. Apart from my personal fear of driving during white-out conditions, one friend told her son he could not attend a particular cold-weather school because the door to her car froze shut during their winter visit. Many prefer to visit when school is in session, if possible, during high-school vacation time. Some visit while high school is in session and miss classes. Most schools will excuse the absence if the student provides proof of the visit.

Visiting a campus will help your student think of questions and issues important to her, which she cannot even think of asking until she is on campus. Tell your student to look at collegeconfidential.com, collegeproowler.com, and unigo.com to get the students' point of view, although, what other students post is not the gospel. Nothing replaces her being there and looking around herself.

About half of the schools I have had the pleasure of visiting (nine and counting) will show you a fake dorm



room, usually completely decorated by our friends at Bed Bath & Beyond. Some schools have the student guides share their own small abode with you. This will give you a better idea of how an actual college student lives and the opportunity to ask an actual resident specific questions about what it is like to live there, the cleanliness of the bathrooms, the reliability of the air conditioning (if you are lucky), etc.

Talk to students you see on campus, most of the time they will be very friendly and happy to help. Talk to other people taking your tour. I usually stalk other potential students with my daughter's major and ask where else they are applying, just so we leave no stone unturned. It's an opportunity to give and receive valuable information, and people are generally quite receptive.

When visiting a school be sure to ask about the commuter population. I have known students who have been excited about their first year

away, only to be left in a dorm, empty on weekends because all the locals go home.

Being able to eliminate a school or move one to the top of the list can be very important. Not only can your student save money by not applying to a school, but deciding if and where to apply early decision, which is binding, can help her to prioritize her selected schools. Students who apply early usually have an advantage. Also, most colleges ask the applicant to submit an essay describing why they have decided to apply to the school. These essays are much easier to write, having seen the school and learned more about it during a visit.

Know your student. Many teens are not ready to make an educated, adult decision like the selection of a college. Some do all the research and evaluate schools in a rational manner. Others judge schools by their proximity to the best shopping venues or how one student is

dressed. Most high schoolers can use guidance and input when weighing all the important factors.

Deciding where to apply and if one should apply early, while trying to calculate one's chances of being accepted, is a daunting and bewildering task. If your student is able to travel to most of the schools on her list, she has an advantage. Your student cannot control the school's decision-making process, but to some extent, visiting and marketing herself to the schools she determines may best match her needs can put her in the driver's seat.

Of course, showing interest in and visiting a school is a plus, but it will never get a student admitted with unsatisfactory grades, standardized test scores or lack of extra-curricular activities — so, as always, it's important kids hit the books!

*Risa C. Doherty is an attorney, freelance writer and mother raising a high-school senior.*

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## Education

### DIRECTORY

#### Congregation Beth Elohim Early Childhood Center

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718-768-3814

Congregation Beth Elohim Early Childhood Center provides a learning environment, which permits children to grow physically, socially, cognitively and emotionally at a pace and in a manner, which is uniquely suited to the individual child. Recognizing that development is sequential, yet highly individual, each classroom provides a wide variety of materials, experiences and learning opportunities. The school's developmental, interactive approach provides children with a sense of security and community. The Center also offers a series of innovative programs specifically designed for children from 21-30 months. Families with children birth to 20 months can come to their Drop-in Center.

#### Brooklyn Friends School

375 Pearl Street, 718-852-1029 or  
[www.brooklynfriends.org](http://www.brooklynfriends.org)

Is a vibrant, thriving community of learners who are actively engaged in intellectual growth and participation in the arts and athletics. Founded in 1867, Brooklyn Friends provides a college preparatory program serving students from Preschool - Grade 12. It is committed to educating each student intellectually, aesthetically, physically, and spiritually in a culturally diverse community. Guided by the Quaker principles of truth, simplicity and peaceful resolution of conflict, Brooklyn Friends School offers each student a challenging education that develops intellectual abilities and ethical and social values to support a productive life of leadership and service. BFS offers the International Baccalaureate (IB) Diploma Program for high school juniors and seniors.

#### Brooklyn Heights Synagogue Preschool

131 Remsen Street  
718-522-2070 or [www.bhsbrooklyn.org](http://www.bhsbrooklyn.org)

The primary goal of the Brooklyn Heights Synagogue Preschool is to facilitate, strengthen, and encourage the healthy social, emotional, intellectual, physical and spiritual growth of the young child. We strive to provide a program that is developmentally appropriate both for the age range of the group and for the individual child. The program offers many opportunities for play and active exploration within a clearly defined, challenging,

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Our admissions process begins after Labor Day. Students must be 2 years old by May 31st of their year of entry.

#### The Dillon Center

Located in Clinton Hill, Brooklyn  
718-940-5678 or [dilloninfo@sjcny.edu](mailto:dilloninfo@sjcny.edu)

The Dillon Center opened in 1934 as one of the first laboratory preschools on the East Coast. Dillon follows the child development approach to early childhood education, where the physical, emotional, cognitive and social domains of development are fostered through a play-based curriculum. Children at Dillon become confident, self-directed persons who learn to understand their world through activities involving exploration, problem-solving and cooperative action. Dillon serves 2-6 year olds in spacious classes, with 2-4 teachers per class, and St. Joseph's College students as additional helpers. Each classroom has an observation booth for parents, and the school sports a large outdoor play area. All teachers are certified in early childhood education and the school is licensed by the Department of Health and registered with the New York State Education Department.

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#### Lefferts Gardens Montessori School

559 Rogers Avenue  
718-773-7478 or 773-0287 or [www.brooklynmontessori.com](http://www.brooklynmontessori.com)

The educational philosophy of our school is the embracing of the joy of learning through exploration and discovery. Montessori is a child-centered

*Continued on page 14*

The Brooklyn Heights Synagogue

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- All teachers have NYS certification in early childhood.

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website: www.sjcny.edu/dillon

# dillon

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Congregation Beth Elohim

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1317 Avenue T @ East 14th Street Brooklyn, NY 11229

# Midwood Montessori



## Pre-School & Kindergarten

Summer Program  
Transportation Available

2825 Bedford Avenue • 253-3242  
at Glenwood Road

## Education

### DIRECTORY

*Continued from page 12*

approach with an emphasis on building independence and self esteem for a lifetime of intellectual and emotional development. Lefferts Gardens Montessori School encompasses two classrooms of mixed aged grouping (2-6 years). A certified Montessori teacher with more than 10 years experience heads each classroom.

As a consequence of the school's child-centered approach, students realize just how fantastic the world can be and just how wonderful they are. Call for information.

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1037 72nd Street, 718-748-9023

We are located on a quiet tree-lined street in beautiful Dyker Heights, a lovely, safe residential neighborhood. Over forty years as a Christian day school for nursery through grade 8, its small class sizes use state-approved curriculum with in-depth courses in music, computer technology, physical and environmental education. The dedicated faculty and staff have guided their students to achieve academic excellence, scoring well above average on state assessment tests, receiving scholarships to area private high schools and admission to specialized public high schools. Door-to-door bus service is available. The school offers extended a.m. and p.m. hours, counseling, tutoring, extracurricular activities and financial aid.

### Marks Jewish Community House of Bensonhurst

Early Childhood Center @ The "J"  
7802 Bay Parkway, 718-331-6800  
Ext: 133 or [www.jchb.org](http://www.jchb.org)

The GAN provides a learning environment which permits children to grow physically, socially, cognitively and emotionally in a manner uniquely suited to the individual child. Our school's developmental approach provides children with a sense of security and community. The program is open for children 2.5-5 years old. Children come to the GAN from a variety of cultures; the main language of the program is English.

### Midwood Montessori 2825 Bedford Avenue at Glenwood Road, 718-253-3242

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105 8th Ave.- Park Slope, Brooklyn

55-30 Junction Blvd.- Rego Park, Queens

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We are celebrating our 40th year of serving the Park Slope, Brooklyn; Rego Park, Queens; and the Sutton Place, Manhattan communities! From the tender age of 2, children work joyfully toward being in harmony with their environment in time and place. To calculate is a natural tendency of man. With this theory as a basis, math concepts are introduced from preschool so that children do excellently well in this area. Reading is also emphasized from the tender years, so Montessori children read fluently with good interpretation, and develop a taste for literature as well as learn to do research in all areas of academia. Students benefit from a well-rounded program that includes swimming, gymnastics, drama, dance and foreign languages geared to develop multi-talented children. Children graduating from the school usually attend one of the competitive specialized high schools. To help prepare them for entrance tests, they experience a rigorous academic program. Please call the above numbers for admissions information.

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*Continued on page 16*

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- Snacks • Sports
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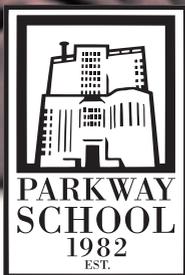
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**www.ParkwaySchool.org**

# Education

## DIRECTORY

*Continued from page 14*

academic classes, stressing letters, numbers, colors, shapes and more, plus gymnastics. A free Universal Pre-K Program (must be age four by Dec 31, 2010) offers new equipment and computers in a fun loving, learning environment. The Paerdegat after School Program (for grades K-6) offers transportation, homework assistance, healthy snacks and recreational activities. Programs accept ACD, Begin and Union vouchers.

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Parkway School is a private not for profit institution that is dedicated to academic excellence. Educating students from pre-kindergarten through eight grade. Learning is the epicenter of activities at Parkway. Our students engage in stimulating curriculum, which encourages intellectual curiosity and critical thinking. By giving our students the ability to critically and objectively analyze, we can be confident that they will seek to change what they conclude needs changing and to defend and strengthen that which is worth preserving. Academics and critical thinking skills are not the only lessons learned at Parkway. Parkway school has an excellent after school program in our Custodial Care which runs from 3-6 p.m., the children are supervised until they are picked up. Generally, they do their homework or play educational games with other children. In our tutorial program which runs from 3:15 – 4:15 p.m. children are tutored in specific subject areas depending on their individual needs. Children do not have to be enrolled at Parkway School to participate in programs. Children may be enrolled in a combined Custodial and Tutorial Program.

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Lower School is the elementary division of Poly Prep Country Day School. Our school celebrates the classroom as a place for exploration and discovery. The curriculum draws on both traditional and progressive teaching methods to best provide for the success of each child. Students work with specialists in art, dance, library, music, physical education, science and technology. As educators, we are committed to developing the intellect while shaping conscience and character. A lifetime of active learning begins in the safety of our school, where children learn to become independent thinkers, to analyze problems and to apply their knowledge.

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**Preschool at 1435 Union Street  
Elementary and middle school is at  
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Successful students — achieving their goals in school and in life — are at the center of Staten Island Academy. An

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## ST. MARK'S DAY SCHOOL

*Ideal for Your Bright and Creative Child!*

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718-756-4617

### Elementary Middle School

Grades 1-8  
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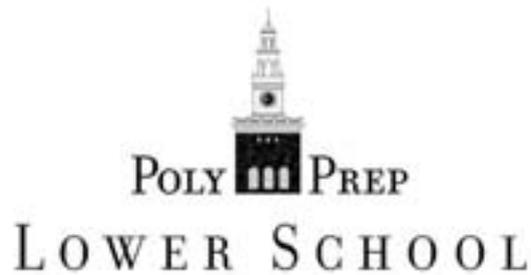
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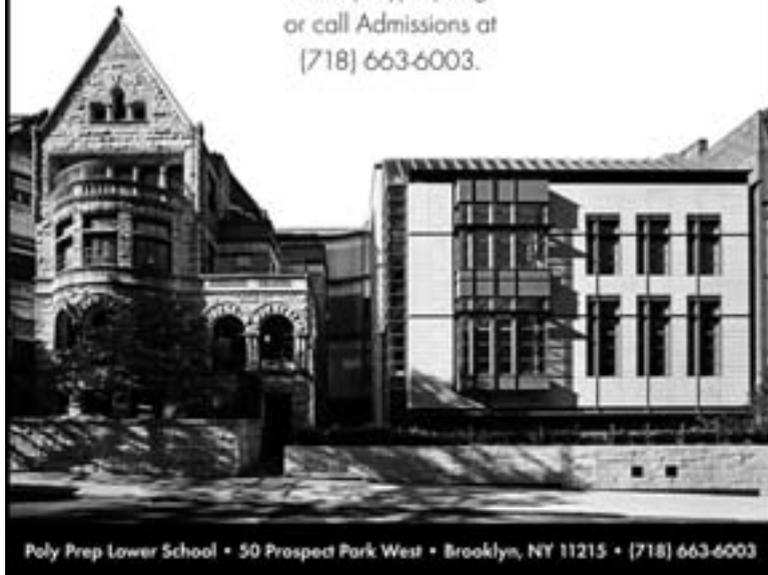
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## Education

### DIRECTORY

*Continued from page 16*

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# Happy, minus 15 pounds

After six months of effort, Kathy achieves her diet goal

BY KATHY SENA

**M**y secret goal has been hanging in the back of my closet — and I did it. After six months on my weight-loss plan, I'm wearing my favorite size-10 polka-dot dress again. Woo hoo! POLKA DOTS. Not something I've been wearing all that much for the past few years. But, here I am, 15.8 pounds thinner than I was when I started. And it feels good.

I'm definitely no "skinny Minnie" in this photo, but I just had to share my polka-dot victory! When you're a busy mom, getting into super-skinny jeans isn't always a realistic goal. Just getting to a healthy weight and feeling more energetic feels pretty darned good. I'll take it.

When I started this plan, my size-12 clothes were feeling pretty snug. But, now my size-10 pants are a bit in need of a belt — so color me happy. Here are the things I have found to be most helpful in my quest for a thinner, healthier body:

- I didn't drink my calories. I had a glass of wine now and then, but I gave up margaritas for six months, and I plan to save them for special occasions in the future — so I

don't start packing on fruity-cocktail poundage. I drank mostly water with my meals, in addition to skim milk or low-fat soy milk for breakfast. I gave up the high-calorie orange juice and grape juice that I used to drink almost daily. When I wanted fruit, I ate whole fruit for fewer calories and

a lot more fiber.

- I hit the road — walking the dog, walking with friends, walking to the mailbox down the street — I tried to hoof it whenever I could. I even got busy on our long-neglected treadmill, watching "American Idol" while I walked

to the beat (had to get my Crystal Bowersox fix). And I got creative and added a special desk to my treadmill so that I could work on my laptop while walking. No, I couldn't exactly power walk while doing e-mail. But, slow and steady wins the race, and I got to where I could easily spend an hour on Facebook, e-mail, Twitter, etc. while walking at a steady 1.5 mph. Beats sitting on my behind in front of a desk!

- Working out — and sharing tips — with friends. Every woman needs a walking buddy like my friend, Ellen. When we start hoofing it, the time speeds by. It doesn't even feel like work, because we're having such a good time chatting. We also call each other to share diet suggestions and talk about our progress. Whether you tackle weight loss as part of a group or with the support of one special friend, I highly recommend the buddy approach.

- For the past six months, the book "Small Changes, Big Results" has been my companion. I can't recommend this book highly enough. Registered Dietitian Ellie Krieger has offered such encouragement and so many practical suggestions. She makes you feel as if you have your very own food guru by your side, encouraging you and sharing great tips.

Some final advice from Krieger: It's important to find the right amount of structure; to find a balance between indulging and keeping track. It's helpful to look at this time not as the end of something but as a time to decide how to hold onto this new way of eating and working out.

Yep, I'll slip up from time to time,



## WEIGHING IN

Part 6 of a series

Krieger admits. We're all human. I'll just plan to get back on track. It's important to anticipate the challenges I'll be facing in the next six months or so, she says. Whether it's a summer vacation, back-to-school time or the holidays that

are a particular challenge, "it's important to have a 'Plan B,'" she says. "Stuff happens. You want to make the best of the situation."

On summer vacation, for example, "Have that pina colada, but enjoy hiking, going for long walks and experiencing where you are," she says. On one family vacation, for example, she indulged in a pina colada — and even an order of French fries. But she also enjoyed lots of fresh seafood and took classes at a local yoga studio. "It's all about balance," she says.

So here's my final weight-loss log:

Weigh-in number one: **147.0** (*my starting weight*)

Weigh-in number two: **144.6** (*lost 2.4 pounds total*)

Weigh-in number three: **139.0** (*lost 8 pounds total*)

Weigh-in number four: **135.6** (*lost 11.4 pounds total*)

Weigh-in number five: **134.4** (*lost 12.6 pounds total*)

Weigh-in number six: **131.2** (*lost 15.8 pounds!*)

Yep, it's the end. And the beginning, as I keep swigging the water, making healthier food choices and keeping my girlfriends close by for support (and entertainment!) as we all pull on our walking shoes (or e-mail each other from our treadmills) and head down the road together. Why not grab your friends and join us?

*Kathy Sena is a freelance journalist specializing in family health issues. Her writing has appeared in the Los Angeles Times, Newsweek, Woman's Day and many other publications. Visit her parenting blog, Parent Talk Today, at [www.ParentTalkToday.com](http://www.ParentTalkToday.com).*



Kathy in her polka-dot dress.

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- A. in the summer
- B. in the winter
- C. in both summer and winter



ANSWER: C

Which statement is true?

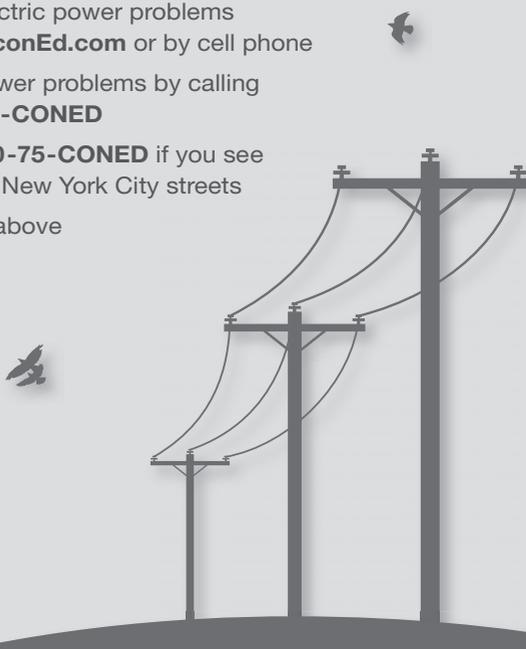
- A. microwaves use less than half the power of traditional ovens
- B. traditional ovens use less than half the power of microwaves



ANSWER: A

What's the correct way to handle the following safety issues?

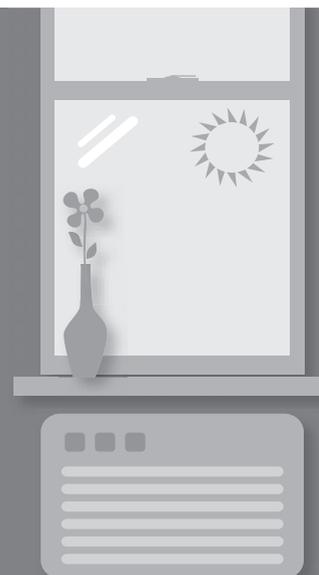
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- D. all of the above



ANSWER: D

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ANSWER: A

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## FAMILY HEALTH

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# Healthy hydration

## During the hot months, keep your kids drinking

*Now that the “dog days of summer” are here, I’m worried about my son becoming dehydrated. Is there a recommended amount of water that children should drink daily?*

**T**here is no magic amount of water that children need to drink every day. However, relative to adults, children are often at a greater risk of becoming dehydrated, in part because they’re less effective at perspiring and also because their bodies can produce more heat during exercise.

Because kids’ bodies don’t cool down as efficiently as adults’, parents and caregivers need to encourage active children to drink often and be aware of the signs of dehydration, which include dry lips and mouth, rapid heartbeat and feeling lightheaded, dizzy or tired.

To keep your child hydrated, get him in the habit of drinking water

and limit his intake of caffeinated and sugary beverages (e.g., sodas, iced tea, etc.).

Sports drinks like Gatorade are fine during intense physical activity, but water can be just as good and is lower in calories.

If you have a younger child who prefers fruit juice, try gradually diluting the juice with up to 50 percent water. For example, if he or she is drinking three or four ounces of juice a day, gradually dilute that same amount of juice to increase total fluid consumption to six or eight ounces a day.

Encourage your child to drink water with meals and snacks.

If your child attends a summer sports camp, inquire about the program’s hydration policy.

Send your child off to camp each day with plenty of fluids in break-resistant plastic bottles. In addition, teach your child to drink before he

feels thirsty.

Coaches and parents should remind children to drink prior to and during prolonged physical activity.

As a guideline, the American Academy of Pediatrics suggests children weighing approximately 88 pounds should drink five ounces of water or a sports drink every 20 minutes, and adolescents weighing approximately 132 pounds should drink about nine ounces every 20 minutes during physical sports activities (an ounce is about two kid-sized gulps).

Pack a frozen water bottle in your child’s lunch along with water-rich fruits, such as watermelon and grapes, in a sealable plastic bag or container.

Most importantly, be a good role model — if your child sees you drinking water throughout the day, he’ll be more likely to follow your lead.

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# Hair color & you

What your locks can say about your health

BY GINA ROBERTS-GREY

**E**ver swapped your natural hair color for a new hue? Then you owe Eugene Schulle, the guy who gave us hair dye, a huge thank you for the chance to take your locks from honey to chestnut in about 45 minutes — and then back if you don't like it. And while a new color usually changes the way you accessorize, or necessitates you find a new fave shade of shadow, all the henna, highlights and hue re-dos in the world won't change how your natural color can affect your mood, mind and mojo.

Here's the scoop on what your natural shade means for your personality, your body, and even your future health.

## Redheads

**More sensitive to pain:** The next time "Desperate Housewives" Marcia Cross goes to the dentist, she might want to ask for a little more Novocaine. It turns out redheads are more resistant to local anesthetics used in dentistry than other hair colors, which may lead to more anxiety regarding painful dental procedures, according to a recently published

study led by Cleveland Clinic anesthesiologist Daniel Sessler, MD. Redheads may require up to 20 percent more anesthesia than other colors because reds' melanocortin-1 receptors (the DNA responsible for your hair color) are malfunctioning, says Sessler.

"This can lead to dental care-related anxiety and dental care avoidance," he says.

**Combat your color:** Talk with your dentist before having any dental work done, especially if you're not your natural color. "Establish a method where you'll communicate any discomfort for additional Novocaine, or similar local anesthesia, to be administered," says Sessler. You can also talk to your dentist about taking pain meds, like ibuprofen, at least one hour before plopping down in his chair, to lessen any discomfort.

**Better in bed:** Notoriously thought to be red-hot lovers, experts say redheads just might be more passionate than other hair colors. They're also more spontaneous, creative and artistic. Because red is reminiscent of fire, this has become a self-fulfilled prophecy.

"Fire is associated with passion and unruliness. And when people expect you to be 'hot,' you can actually become what they expect of you," says Svetlana Kogan, MD, internist at Lenox Hill Hospital.

**Combat your college:** But when those burning embers start glowing red-hot, Kogan says keep your wits about you. Don't let spontaneity lead to forgetting the condom or losing track of taking your oral contraceptives.

**Hot tempered:** Redheads really are fiery! Experts say there may be a link between personality quirks (like a hot temper) and your flame mane. Thanks to the location of that pesky melanocortin-1 receptor, reds are also more likely to have high blood pressure. The culprit: melanin production (which is controlled by MC1R).

"The genes responsible for the

ability to produce anti-stress hormones live close to melanocortin-1 receptors," says internist Margaret Lewin, MD. And sometimes the MC1R mutation that causes red hair can cause faulty production of anti-stress hormones.

"The inability to manage stress is a factor in high blood pressure," adds Lewin.

**Combat your color:** The next time you feel like you're going to blow your top, munch on an apple. German researchers recently discovered the quercetin in apples can lower your blood pressure. It's good at lowering bad cholesterol, too.

**Higher risk for Parkinson's Disease:** About 18 million natural redheads live in the U.S. and a new Harvard Medical School study says all those redheads have an almost 50 percent greater chance of developing Parkinson's than other colors. Lewin says the gene responsible for those fiery hues resides a bit too close to the one whose mutation can increase the risk for Parkinson's disease. Those close quarters mean this duo tends to "travel together," leading to almost half of the 30,000 women who are diagnosed every year having red hair.

**Combat your color:** Several studies, including a new one from the Universidade Luterana do Brasil, in Brazil, are showing promise that folic acid might cut a woman's chances of developing Parkinson's. Unless you've got a bun in the oven, aim for about 400 micrograms a day. One cup of orange juice has about 25 percent of your daily recommended dose. Pair that with a fortified cereal that can have anywhere from 25 to 100 percent of your daily recommended dose. Many multi-vitamins formulated for women also furnish folic acid.

## Blondes

**Protect your vision:** The fairer your hair, the greater your risk of developing age-related macular degeneration, the eye disease that can lead to blindness. Got baby blue peepers?

## What does that mean?

In addition to your hair color, your body is full of all sorts of clues about your health. Here's how to decipher those codes:

### Being tall

Dutch researchers from Maastricht University found that a woman's chance for developing breast cancer increases seven percent for every half inch over 5'7".

### Having dark skin

A study from Pennsylvania State published in *Pharmacology* shows that people who have a dark complexion are more susceptible to nicotine dependence.

That's because the melanin, which is responsible for your skin's coloring, slows down your liver's ability to metabolize nicotine, making it stay in your system longer — and leaving you more likely to become dependent on butts.

### Long ring fingers

You're more likely to develop osteoarthritis, according to researchers from the University of Nottingham and the University of South Florida. The scientists found that this was especially true for women, who usually have equally-sized ring and index fingers.

Experts say that ups your chances.

**Combat your color:** Even though it doesn't usually strike until later in life, experts say it's smart for young blondes to take care of their eyes now. According to a new study from the Kwansai Gakuin University in Japan, a diet rich in lutein and zeaxanthin can protect your peepers. There's no official recommended daily requirement, but for optimum eye health, Kogan suggests consuming six to 10 milligrams a day. You can get that in one cup a day (total) of green veggies like kale, spinach, zucchini, broccoli and snow peas. It won't hurt to up your folic acid intake, too. Harvard scientists found the combo of folic acid, pyridoxine, and cyanocobalamin decreased the risk of developing age-related macular degeneration by 34 percent.

**Smarter than stereotypes suggest:** Blondes may seem impressionable and easy but, in reality, experts say they've got a great memory, large lexical knowledge and are good at mathematics.

**Embrace your color:** Don't be afraid to show off your skills. Clinical psychologist Carol Kryder, in Boulder, CO., says exhibiting confidence, and shattering "dumb blonde" stereotypes builds self-esteem. "Having healthy self-esteem can lead to less anxiety and overall better mental and emotional health."

**Greater chance of skin cancer:** It's no secret fair skin ups your chances. But, researchers at Harvard say that no matter your skin tone, fair-hair is a high-risk factor, too. "Blondes produce less melanin, and that can leave them especially sensitive to sun burns, sun damage and developing skin cancer," says dermatologist Joel Schlessinger MD, and president emeritus of the American Society of Cosmetic Dermatology and Aesthetic Surgery.

**Combat your color:** To reduce your risk of melanoma, Dr. Schlessinger says don't leave home without a full-spectrum SPF 30 sunscreen. "It's possible to get sunburned when it's partly cloudy or even during the winter. And over-exposure to the sun — even if it's cold outside — greatly increases the odds of developing the disease."

## Brunettes

**Less Stressed:** Since there have been more Brunette Nobel Prize win-



ners than any other color, French researchers say the darker haired folks are "doers". Brunettes also are the least likely to get stressed on the job, only showing signs of giving up after exhausting all possible resources.

**Embrace your color:** Don't let all that "doing" do you in. "It's important to know it's OK to say 'no' or take time for yourself to stay mentally and emotionally fresh," says Kryder. Recharge your batteries by building an hour or two of "me time" into your weekly schedule. Catch up on TiVo, read a book or clean or try a new recipe. "Anything that's just for you," she says.

**Prone to thinning locks:** Brown tresses tend to have fewer hair follicles than other colors — and fewer hair follicles mean a greater risk of female hair loss, especially if you've got a family history of hair loss. Experts estimate that one in four American women, almost 30 million, experience female hair loss and a majority — more than 60 percent — are Brunette.

**Combat your color:** You can't change genetics, but Dr. Lewin says you can change what you pop in

your mouth. "One study found 72 percent of young women with hair loss had iron deficiencies," she says. To spare your hair before thinning strikes, make sure you get the recommended 15 milligrams a day. One cup of instant oatmeal provides half your daily dose while three ounces of lean beef provides 20 percent. Not fond of iron-rich foods? Dr. Lewin suggests "talking to your doctor about a supplement."

**More confident:** Blondes may get credit for having all the fun, but experts say Brunettes have all the confidence. And a study from the University of Westminster says that despite the stereotypes, men are more attracted to Brunettes rather than blondes.

**Embrace your color:** Go ahead and release your inner badass. To tap into all that confidence, Kryder suggests starting an achievement journal.

"Jotting down the goals you've accomplished and hurdles you've side-stepped will help boost confidence and remind you of what you're capable of." It'll help you manage stress levels, too.

Blondes may get credit for having all the fun, but experts say Brunettes have all the confidence.

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# Staying cool at

The Staten Island Children's Museum lets imagination soar

BY LAURA J. VAROSCAK

**W**hen the heat gets to be too much this summer, escape to the Staten Island Children's Museum — where families can have hands-on play time on four fun-filled floors. I recently visited the museum, located on the grounds of historic Snug Harbor, in a search of things new and different that my sons would enjoy.

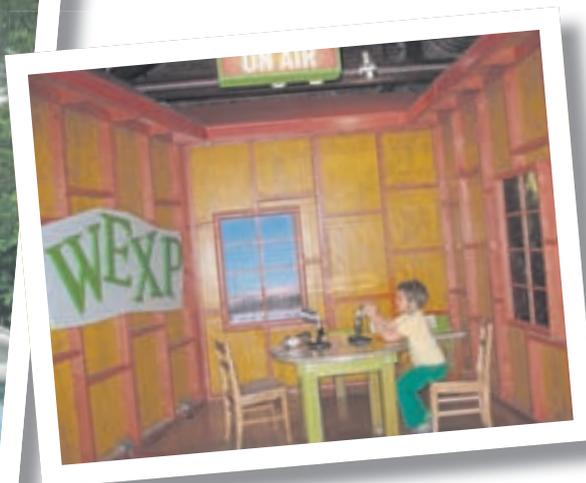
Upon entering, Henry, my 5-year-old, was immediately attracted to Ladder 11, an old-fashioned fire truck equipped with lights and a bells named in memory of September 11. Children donned the firefighter uniforms available in cubbies nearby and excitedly climbed aboard the truck. Some radioed-in emergencies and pulled on the hose, while others

adjusted the valves and gauges on the side of the vehicle. Ready for action, kids in fire hats and coats wearing oxygen tanks slid down the brass pole. Youngsters clambered into a pair of authentic boots, admiring themselves in a mirror next to a fully-dressed model of a firefighter. Some older children watched a video showing real firefighters talk about safety on the job.

In the Big Games room, a sun-drenched hall next to the garden terrace, families can play with giant-sized tic-tac-toe, cards, oversized dominoes, a jumbo Connect Four and a checker and chess board so big, they can actually travel with their pieces. They can also build mazes, practice their aim in a ball toss and bowl in the mini howling alley.

"Every time we came to visit, we never got to the exhibits," explained Michael, a father we met who became a member of the Museum because his son loved it so much. "Some days we just come here to hang out and play games."

Kids can travel the globe in the Great Explorations exhibit by using a computer to pinpoint any place on Earth, via satellite, and then experience the



# the Museum



location interactively. Henry was drawn to the “rainforest,” where he explored dark caves and pulled himself across a river on a bamboo raft — just like Indiana Jones. Others dressed in scuba suits and dug for buried treasure “under the sea,” while in the “Arctic” kids tried on real snow shoes, rode the virtual dog sled, built an igloo and climbed an icy mountain. Glass cases are also positioned throughout the exhibit, each containing books, biographies of famous explorers, photographs and authentic travel gear — perfect for older kids interested in taking their learning one step further.

Even Charlie, my infant, marveled at the huge sculptures hanging from the ceiling and stared at paintings hanging in the stairwell. He also

enjoyed eating outdoors in the Sea of Boats, a play space that encapsulates Staten Island’s maritime history. Henry enjoyed spending time hoisting sails, rowing with oars, fishing, digging for oysters, and playing at the large water table.

My family lit up the stage in Portia’s Playhouse — a cozy theatre space that included different scenery, a light and sound board, a ticket booth, costumes and props. Henry and I sat at the light and sound board creating dramatic effects for my husband to react to on stage. First he chose a farm scene and Henry pressed the rooster button as I brought up the lights on a bright sunny morning. Next, we changed to a city scape and I darkened the lights. Henry hit the thunderstorm button and my hus-

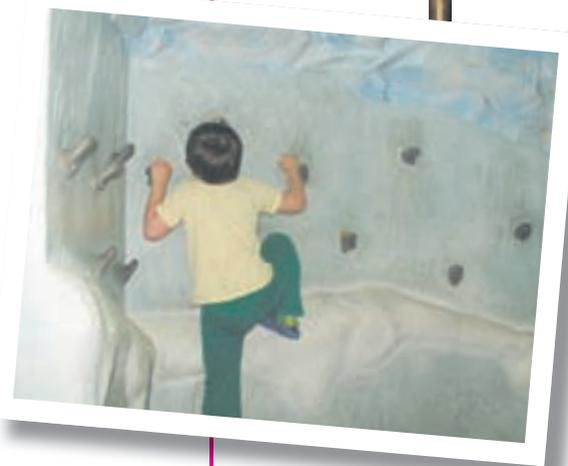
band ran for cover. We experimented with many combinations of lights, sounds, and backdrops and ended with a round of applause for my husband, the ham.

The third floor features “Bugs and Other Insects,” an exhibit filled with creep crawlly creatures with which kids can interact. After studying how ants work together in a colony, kids can pretend they are ants crawling through an ant hill. While older children try on the outer “shells” of different insects, babies explore the enclosed padded Toddler Garden.

Henry, a big fan of Spiderman, liked reading about how real spiders catch and devour their prey. He also enjoyed inventing his own bug he named Bat-bug (yeah, he’s also a big Batman fan). Fascinating to children and adults alike are the displays of live insects, including the hissing cockroaches from Madagascar and the thousands of honey bees bustling in their hive.

In addition to the regular exhibits, the Museum offers weekly cooking, yoga, arts and crafts, dance and educational workshops and special programs designed for toddlers. During the summer, it hosts a camp with art, cooking, photography, animals, theatre, dance, sports and games. It is also available for parties, festivals and outdoor programs, like bug hunts or haunted tours.

*The Staten Island Children’s Museum [1000 Richmond Terrace in Snug Harbor, (718) 273-2060] Open Tuesday through Sunday and closed Monday, except most school holidays 12 pm–5 pm when public schools are open and 10 am–5 pm when schools are closed. For info, visit [www.statenislandkids.org](http://www.statenislandkids.org).*



The author’s son enjoys the Staten Island Children’s Museum’s many exhibits including the chance to dress up like a giant beetle or slide down a fire house pole.



## PARENTS HELPING PARENTS

SHARON C. PETERS, MA

# Off the couch and into an active life



**Dear Sharon,**

We have two sons, ages 8 and 12. Our older son is a terrific soccer player and is slim and fit. Our youngest son is pudgy and overeats. He has the opposite personality and lacks activity. His favorite pastimes are reading, TV and video games, and he snacks constantly. What should we do? I am very concerned about him, his health and his future.

**Dear Parents,**

As a mom of three sons I have learned that children can be very different — even if they are siblings. It seems that your boys are no exception.

It is important for parents to view their children as unique individuals and praise each of their strengths, while sorting through effective ways to assist them with their challenges.

Your younger son is not alone — many children today tend to drift towards sedentary activities that are unfortunately accompanied by excessive snacking.

I suggest to parents confronting similar issues that they keep the following in mind:

Younger brothers often feel less competent than their older brothers — especially when it comes to physical prowess. Living with an older brother who is a slim, fit athlete can eat away at the younger boy's self-confidence.

I often suggest that parents spend

some relaxed time with a child, especially one who might have low self-esteem, before helping him with a problem. In your case, that might mean joining your son while he is reading books, watching TV or playing video games. Stepping into a child's world can help parents worry less, understand their child's point of view and reassure him that anxiety and suggestions are not the main component in parent-child interactions.

After relaxing with a child, parents usually find it easier to bring up difficult topics, like getting more exercise, playing fewer video games or eating healthier snacks. Sometimes parents are quick to offer solutions to complicated problems such as these. Parental advice can, of course, be useful, but it can be good to elicit a few of the child's suggestions as well. The ability to strategize with mom and dad can build a young one's confidence and produce some pretty good ideas!

It can also help for mom and dad to suggest some specific physical activities that they know their child will enjoy. For parents of siblings I often propose that they offer different kinds of activities for each child

— especially if ongoing comparisons between brothers or sisters are an issue. Children (and for that matter, adults) who have been sedentary often resist such suggestions at first, but it is often useful if parents try not to take an initial negative reaction too seriously.

It can be very important for adults to join their child in the activity, in part to make sure the experience turns out to be fun for their little one. Bike riding, swimming, walking, kite flying or roller blading are some pastimes that can provide great summer fun. If parent and child are interested in playing competitive games, it can be exciting and help build a child's self-esteem if the parents let the child win. A younger sibling, in particular, will benefit from doing better than the person he is playing.

Summers can be an excellent time to help a child develop a more active personality. Parents I know who have managed to appreciate the strengths of their sedentary children find that things improve by avoiding comparisons with more athletic siblings, enjoying their company, discussing their concerns and playing fun physical games together. Have fun!

Sharon C. Peters is a mother and director of Parents Helping Parents, 669 President St., Brooklyn (718) 638-9444, [www.PHPonline.org](http://www.PHPonline.org).

If you have a question about a challenge in your life (no issue is too big or too small) e-mail it to Dear Sharon at [SWeiss@cnglocal.com](mailto:SWeiss@cnglocal.com).

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## GROWING UP ONLINE

CAROLYN JABS



Parents can find free parental controls — that's right, FREE — if they know where to look.

# Using online filters

It's a rare parent who hasn't thought about installing filtering or monitoring software on the family computer. It's an even rarer parent who doesn't feel confused by the many choices and resentful about the cost. "Youth Safety on a Living Internet," a recent report from the government's Online Safety and Technology Group, acknowledges that parents face a bewildering variety of product choices.

Many commercial products, such as Net Nanny, CyberPatrol and Safe Eyes, have established reputations for effectiveness. Now, parents can

find free parental controls if they know where to look. The kind of tool you need depends both on your child's age and temperament. Filtering limits a child's access to the various aspects of the Internet, minimizing the risk that kids will encounter people or places they are too young to handle. Parents can point children toward specific Web sites that they know to be family-friendly, or they can depend on software that screens out

sites that are decidedly not for kids.

Older children need to learn how to make responsible decisions online. While they are in training, parents may want to use accountability software that provides detailed information about what a child does online. Used surreptitiously as "spyware," this kind of software can disrupt trust between parent and child. Instead, parents should explain what kind of monitoring they plan to do, and why. Just like curfews, the level of monitoring should be adjusted as the child demonstrates maturity.

Parental control software that you purchase may have a wider range of

features, but for parents who know what they need, the following programs offer a reliable service at the unbeatable price of free. Just keep in mind that a child with an Internet-enabled cellphone can circumvent any controls installed on the home computer:

- **Toddler Keys** is a little program written by a dad to protect his computer from little hands. It allows you to lock up the keyboard as well as power buttons, CD drives and the mouse. If a curious toddler presses a key, she gets sounds and pictures, but no access to files or programs. Toddler Keys can be downloaded with confidence from download.cnet.com. Just search for the name of the program.

- **KidSurf** ([www.kid-surf.com](http://www.kid-surf.com)) costs \$5.99, but that modest price may be worth it to parents of kids under 8. It creates a very simple but appealing interface for the Internet. You choose the sites your child can visit, and the program blocks everything else, including pop-ups and links. There's also a timer so you can decide when online time is over.

- **Parental Control Bar** ([www.parentalcontrolbar.org](http://www.parentalcontrolbar.org)) will filter Web sites to be sure they are kid-friendly. You can easily modify the list to block — or approve — different sites. A button makes it easy for the person who knows the password to flip from child to parent mode.

- **K9 Web Protection**, provided free by Bluecoat, a company that specializes in corporate Internet security, offers a checklist so parents can block content in 60 categories and gives you access to a "cloud" where the database is constantly being updated. One drawback — there is no child mode — once a site is blocked, no one in the family can visit it.

- **Kidlogger** ([www.rohos.com/kidlogger/s](http://www.rohos.com/kidlogger/s)) is a very simple program that records keystrokes so you can see what Web sites your child has visited, who he chatted with, what documents he opened and what pictures he viewed. It can create different logs for different users and includes a screen capture feature. Simply telling your child you've installed the software is an inexpensive way

to infuse conscience into computing and spares you the \$100 price tag for more sophisticated spyware.

- **Windows Live Family Safety** (<http://explore.live.com/windows-live-family-safety>) is ideal for families that use Messenger, Hotmail and other Windows features. In addition to three pre-set levels of filtering, parents can block or allow specific Web sites. Parents can also restrict conversations so kids can only communicate with people on an approved buddy list.

- **Imsafer** ([www.imsafer.com](http://www.imsafer.com)) uses a language analysis program that understands English as well as the acronyms typical of chat and instant messaging. It keeps track of both sides of online conversations and sends you an alert if your child strays into territory that is sexual or threatening.

- **Norton Online Family** (<https://onlinefamily.norton.com>) is, by far, the most sophisticated of the free programs. Norton, of course, sells cutting-edge technology for Internet security. Its free family software makes it very easy to monitor Web sites your child visits and blocks any that are unacceptable. Just as useful, the program lets you monitor chats and searches and gives you a limited window into your child's social networking habits. Perhaps most important, the Web site offers valuable advice about how to talk to your child about online activities, as well as up-to-the-minute insight into what kids are actually doing online and a community where parents can share their experiences.

Norton's take-away message is that, in the end, the only way to really know about your child's online experience is to talk to your child. Still, it's comforting to know that parents now have access to free tools that will allow them to, in the words of a former president, "trust and verify."

*Carolyn Jabs, MA, has been writing about families and the Internet for over 15 years. She is the mother of three computer-savvy kids. Other Growing Up Online columns appear on her Web site [www.growing-up-online.com](http://www.growing-up-online.com).*

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# Adopted by Brooklyn

Feeling a warm welcome from this fascinating borough



Tom Callan

BY SUSAN WEISS-VOSKIDIS

**I** love Brooklyn. I love it so much that I should have been a native, however, I moved from Chicago when I was a teenager and lived in various parts of Manhattan.

When my daughter was 9 months old we were looking for a “bigger bang for our buck” and our friends said Brooklyn, and in particular Park Slope, was a great place to raise a child. They said we would become more Brooklyn crazy than most natives — and they were right. Now we’re here almost 20 years.

At first I wasn’t quite sure where we were — it took some months to get a geographic sense of where exactly Brooklyn is in the city. In addition, I was a bit slow to wean off the years of shopping habits I had established living up in the West 80s, and of course

we had to make new friends.

The first thing I did was to go out of my way to meet other moms close by with babies. I had formed a very successful mommy-baby group in our old neighborhood and knew how fortifying it was, so I was pretty determined to do it again. Fortunately for us, our lovely tree-lined brownstone block afforded many possibilities, and it wasn’t too long before the Third Street Playground in Prospect Park and the playground at PS 282 in the North Slope became regular pit stops and new first-name-basis friends multiplied.

Back in the early ’90s, Brownstone Brooklyn was like a group of small wonderful villages. In fact, they reminded me of the way the West Village used to be many years ago. No chain stores of any kind, but a variety of small local businesses dotting all the main streets. The Slope was on the way up and, as it turned out, we had come in the first wave of newcomers that, in years to come, would push Park Slope — as well as Brooklyn Heights, Carroll Gardens, Cobble Hill and Boerum Hill — to the upper levels of the real estate boom and

gentrification.

With that, for us, would come the second of our major moves — across Atlantic Avenue to the other side of Flatbush to another historic landmarked community, the gorgeous and well-hidden Clinton Hill, where we have lived for the past 13 years. In the past few years, like other neighborhoods in Brooklyn, it has become less hidden as the real estate moguls found it and upped our property values and taxes by leaps and bounds. Anyway, things are always changing.

I love the diversity of Brooklyn and the variety that I can find here. I love the bridges and ocean and the skyline of Manhattan is one of the best views in the city. I have loved raising my daughter here and she has had the best of both worlds — proximity to the culture of New York and the multi-cultural reality of this borough of Kings. Do you know that Brooklyn, without the rest of the city, is still the fourth largest city in the country? I didn’t, but I do now and I can tell you with a tremendous amount of pride that it’s great to be the publisher of Brooklyn Family and to tell people everywhere I go that I’m from Brooklyn.

## Love your borough?

Hey moms and dads! We are looking for essays from local parents. Write to us at [family@cnglocal.com](mailto:family@cnglocal.com) or call (718) 260-2587 and let us know if you’d like to contribute something about your community, history or family life in the borough of Brooklyn.

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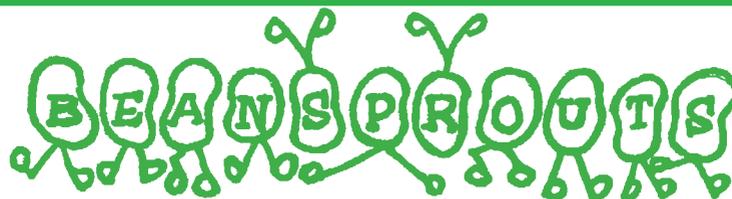
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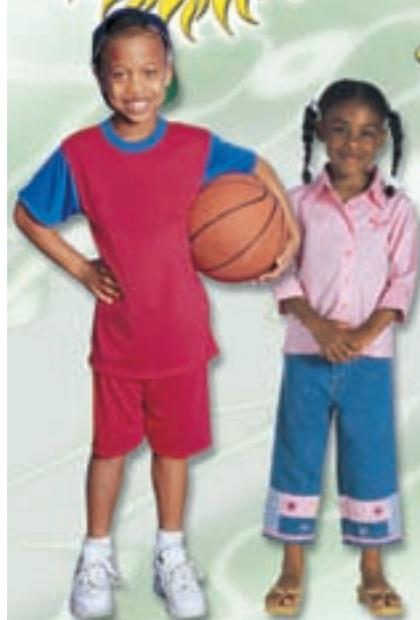
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LAURA GRAY

# Demigod defeats self-doubt, disaster

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Rated: PG

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Overcoming self-doubt can be the key to success, as your son and the young hero of "Percy Jackson & the Olympians: The Lightning Thief" discover. Watch it at home with your kids 12 and older and discuss its rather weighty themes of parental abandonment, abuse and war with our Talk Together points. Then use our Play Together activity to reinforce the message: "Never underestimate yourself."

Now available on DVD, "Percy Jackson & the Olympians: The Lightning Thief" opens with the gods Zeus and Poseidon contemplating a major battle. Zeus' master lightning bolt has been stolen and he suspects Poseidon's son, Percy, is the thief. Poseidon vehemently defends his son, but Zeus plans to go to war against the boy unless the lightning bolt is returned.

Percy, however, is oblivious to



Percy Jackson stands triumphant with the trident belonging to his father, Poseidon.

his status as a "demigod" — the offspring of a god and a mortal. But his friend Grover and his teacher Mr. Brunner reveal his true identity to save him from the wrath of the gods. They rush to get him and his mother, Sally, to Camp Half-Blood, where he will be safe.

When they reach the camp, Sally is captured by the Minotaur. Percy fights the Minotaur but is seriously injured and awakes a few days later in the camp's infirmary. Grover gives him a tour of the camp and explains that he will be training for battle. He meets Annabeth, daughter of Athena, and Luke, son of Hermes. All the demigods have one thing in common: they have never met their "god" parent.

During his training, Percy discovers that water gives him magical power. When he learns that Hades is holding his mother hostage, Percy, Annabeth

and Grover set out to rescue her. Luke loans them his special shield.

When the friends get to Hades, Percy explains that he does not have the lightning bolt but begs for his mother's release. Suddenly, Hades spots the lightning bolt hidden inside Luke's shield. The friends narrowly escape and Percy returns the lightning bolt to Zeus. Poseidon explains that Zeus will not allow any of the gods to contact their half-mortal children in order to protect them. He expresses his love for Percy and encourages him to continue his training at Camp Half-Blood. Percy returns to the camp, confident of his supernatural abilities, as well as his father's love.

### Talk together

Percy has never met his father when the movie begins. How does this make him feel? How do Annabeth and Luke feel about their "god" parents?

Percy's stepfather, Gabe, treats him and Sally very badly. Why does Sally stay with him? What are the consequences of her choice? What are some other ways Sally could have protected Percy?

Take a break from the summer heat with a family movie night! Check out our archives at [www.cinematters.com](http://www.cinematters.com) and get some great ideas for fun with your favorite films!

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### Play together: Down-home deity

#### You will need:

- Paper and pen
- Internet access or library

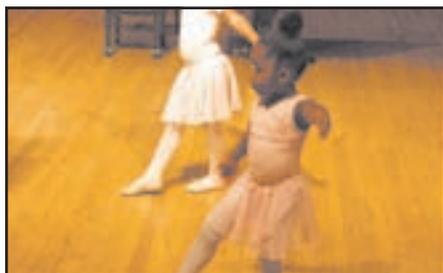
Fold a sheet of paper in half. On one side, write a list of all of your best attributes, such as honesty, intelligence and friendliness. Turn the paper over and ask a parent or

friend to list the outstanding attributes he or she sees in you. Open the paper and compare the lists. Are there some traits your friend listed that you did not realize you demonstrate? Using the list, research someone famous that you admire. What attributes do you

have in common? Are you honest like Abraham Lincoln? What character traits does he possess that you don't? How could you go about developing some of those traits? Real heroes started out just like you — sometimes awkward and unsure of themselves. But to succeed, never underestimate yourself!



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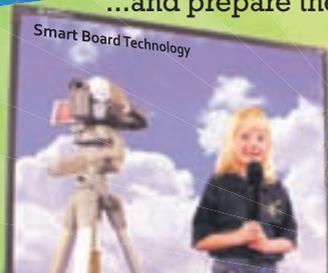
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# The girl who wouldn't bathe

One mom's quest for her toddler's cleanliness

BY ANNA SEIP

**A** quote from Sylvia Plath's novel, "The Bell Jar," hangs on my bathroom wall: "There must be quite a few things that a hot bath won't cure, but I don't know many of them."

When my daughter, Lila, was an infant, she'd rest atop my chest like a little chick — belly down, legs tucked, as I bathed in the wee hours. It was

the only way to get her to go back to sleep.

As the steam rose around us, she stayed

dry on her perch. We'd float together in the tub — mother and daughter — united by the healing powers of a bath. And our ritual worked just as well at 5 pm as it did at 5 am.

"Wow," my husband would say, watching Lila and me take bath after bath, "what a Mommy's girl."

The rhythmic bathwater must have sounded much like a womb, and it calmed Lila even on her crabbiest days.

I completely understood why. I love baths — I take them when I'm happy and when I'm sad. A long, hot bath, a glass of cold Coke, and a best-seller is my idea of heaven. Add some bubbles, and I'll disappear into the tub for hours.

My little mermaid and I shared the tub with Bathtime Elmo, assorted rubber duckies, and a plastic submarine. I could dig it — I'd resigned myself to never taking baths alone again. And for a couple of years, that's how things floated on.

Then, one week, I took three baths in a row without Lila. Each time she heard water pouring into the tub, she ran from the bathroom in a panic. My husband was concerned — had we gotten soap in her eyes? Had she slipped underwater by accident? Had she watched a scary movie about water? No, no, and no. Our daughter had simply transformed into a 2-year-old. Ignore it, I told my husband and in-laws: "Oh, she'll bathe when she's ready."

"Well, you've got to do something about it," my father-in-law said.

"Like what?"

"I don't know. But something."

"She'll take a bath when she's ready," I repeated, this time with no confidence at all.

I considered sending Lila to swimming lessons, just so she'd get an occasional rinse. What if she were schizophrenic? Don't schizophrenics hate to bathe? I called the pediatrician's office. After the receptionist finished laughing at me, she connected me to a nurse.

"She's 2," the nurse said. I could hear her shrug through the phone. "She's exerting her independence."

After a day at the playground with Lila, I took her sandals off and looked at her tiny, dirty feet.

"Would you like to play pedicure?" I asked.

"OK!" she said. "What's that?"

We gathered all the necessary supplies: a princess folding chair, a big bowl of soapy water and pink nail polish. I scrubbed the dirt from her toenails, all the while talking to her in a high-pitched voice: "You come here often? What's your name? You have good-lookin' toes!" Afterward, I proudly displayed her freshly painted feet to my husband.

"Wow!" he said to Lila. "Wouldn't it be fun to have clean hair and clean elbows and —"

"I no wanna take a bath!"

There was an upside to all this — whenever my husband and I wanted to have a private conversation, we retreated to the bathroom, where we knew Lila would never bother us.

But it was summer, and the girl-who-wouldn't-bathe began to smell a bit gamy. I sponged her down with soap and warm water — she tolerated that with some mild whining — but there was no getting near her hair. My solution was dry shampoo



powder, found in a beauty-supply store. Sure, the product was for old ladies who wait a week between appointments for a wash and a roller set, but it might be just strong enough for a stinky toddler.

My husband drew the line at dry shampoo. On his day off, he announced that he was giving Lila a bath. I left for my job and wished him luck. Half an hour later, I got this e-mail:

"The screaming that burst seven mirrors in our neighborhood was not a wildebeest in the death grasp of six lions. It was just the sound of a 2-year-old — whose hair smelled so bad from three straight days of near 90-degree temps that she was attracting flies — getting a bath. Her father finds it creepy that his wife uses aerosol 'soap' sprayed on bedridden patients. Father regrets the decision."

Oh, the melodrama. How bad could it be? I waited a week, then tried giving Lila a bath myself. When she slipped away like a greased pig, I gave up. There had to be an easier way.

I got the idea of putting her in her bathing suit and filling her kiddie pool with suds — an outdoor bath. Lila went for a tub in the sun. The neighbors asked if we were renovating our bathroom. I nodded and smiled. The bathing pool worked all summer, but as fall approached, I wondered what we'd do.

It became a joke in our house. The answer to any question revolved around not taking a bath.

"Do you want a popsicle?"

"I no wanna take a bath."

"Let's put your pajamas on."

"I no wanna take a bath."

My husband asked me where I'd put the car keys.

"I no wanna take a bath!"

I bought cool bath toys and kids' body wash with princesses on the bottle. Bought the kid her own towel, and a special visor to keep water out of her eyes and ears. Nothing worked.

At this age, Lila loved to talk about the things she liked: strawberries, princesses, snacks, kittens...

"Is there anything you don't like?"

"Baths," she said instantly. "And bumblebees."

When she woke up scared after a bumblebee nightmare, I gave her a butterfly net to sleep with. That solved the problem instantly. Why wasn't there an instant solution to her fear of bathing?

Marshall, my older child, had never acted this way. He'd loved baths all along, starting each school morning lying supine in a tub of water, floating up to his nose and mouth. Now a tween, he'd graduated to showers.

A shower! That was it — give the 2-year-old a sense of control, the parenting books advise. I attached a handheld nozzle to the faucet and tried to sell Lila on the idea — which, I'm embarrassed to admit, I called a "princess rinse."

"No!" she screamed, running naked down the hall. "No princess rinse!"

I came to enjoy my time alone in the tub. I read, stayed up to my chin in bubbles — I got my privacy back. I wondered if Lila wanted her privacy, too.

"You want to take a bath alone?" I asked, my brain filled with visions of myself hovering in the bath-

room doorway.

"I no wanna take a bath!"

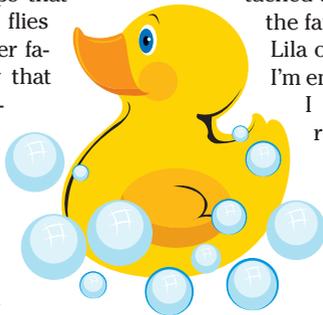
Then, just as quickly as her fear of bathing had come, it was gone. I had my little mermaid back. We shared baths again as if nothing had ever happened. Are you kidding me? Was this all just a phase? Maybe it was just a period I had to ride out — albeit a less convenient one than, say, my son wearing a superhero cape for two years.

Yesterday, when I put before Lila her favorite lunch — peanut butter on an English Muffin — she wrinkled her nose. The next phase was already starting, and I was ready for it — filled with the faith that it would pass without any regard to how or when I wanted it to.

"I no like samwidges!"

I looked in the fridge for an alternative and began counting the days till her third birthday.

*Anna Seip is a mother of two who works as an editor at a college in Pennsylvania. She can be reached at [annaseip@yahoo.com](mailto:annaseip@yahoo.com).*



"She's 2," the nurse said with a shrug. "She's exerting her independence."

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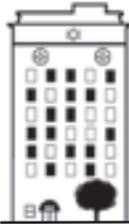
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Friday, September 10th 10:00 a.m.

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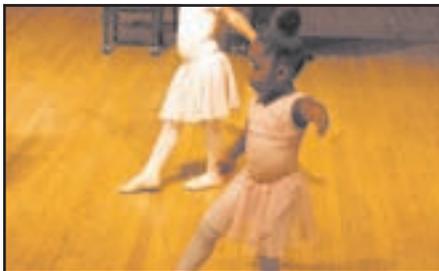
Saturday, September 18th 10:00 a.m. *Children's service at 12:30/1:00 p.m.*

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# Cruise control

Disney boats are fun for the whole family

BY ALLISON PLITT

**T**his year, my husband and I wanted to take our first family vacation with our 4-year-old daughter, Chase. I was concerned about finding a vacation that would suit all of our desires for eight days — entertainment for our daughter, activities for all of us to enjoy and, most of all, babysitting services.

After some research and feedback from other families, we decided on a week-long Disney Cruise through the Western Caribbean.

When we arrived at Port Canaveral, via a Disney bus from the Orlando Airport, we checked-in while marveling at the size of our cruise liner, the Disney Magic. As we were waiting to board, Minnie Mouse appeared in her sailor's outfit. My daughter was awestruck with the adult-size version of her favorite cartoon character and agreed to stand in line to get her picture taken with her. However, she was too afraid when we finally reached



A terry cloth elephant was one of many "towelgami" creatures left on the bed.

the front of the line and instead, ran away in fear. My husband and I ended up having our picture taken with Minnie as our daughter sulked in the distance.

Once on the ship, the first thing Chase wanted to do was swim in the pool. There were three different pools on the deck — the children's pool, shaped like Mickey Mouse's head with a water slide; the family pool, with outdoor movies and entertainment and always very crowded; and the adults-only pool,

the quietest and least crowded, with a bar and jacuzzi (which appeared to be the only place on deck where you actually could relax!).

My daughter immediately jumped into the kids' pool and played in the water, but there were so many other children, she didn't have a lot of space. This didn't seem to bother her since she was used to fighting for space in crowded places, being raised in Queens. As soon as my husband got into the water to play with her, a bunch of kids spotted him and shouted "grown up!" Immediately, the children rushed toward him and climbed on him, like a human jungle gym. My husband played along for about 10 minutes and then escaped to the jacuzzi, where he sat for an hour to recuperate.

The food on the Disney Cruise was very good and the three restaurants on board had different cuisine themes every day. We were seated next to a nice family from Ohio, the Patels, a couple with a daughter a year older than Chase. We were told

that we would be seated at the same table with the Patels every night for dinner — which concerned me because I was afraid it would end in disaster if we didn't like each other.

Luckily, we all hit it off. Both of the Patels' parents were from India and had been to Jackson Heights many times to shop in the Indian stores and supermarkets and eat at the Indian restaurants. We spent a good amount of time exchanging stories of our experiences visiting the neighborhood.

I had always heard that when you go on a cruise, you gain 10 pounds, so I was conscientious about portion control at the meals. My husband, on the other hand, is very active and can lose weight quickly. While the Patels and I were careful not to overindulge, my husband ordered two entrees and two desserts every night. Needless to say, he became pretty well-known with the dining staff.

As the cruise progressed, the Disney characters made their rounds at the dining tables. They also appeared at different areas throughout the ship, and kids could be photographed with them and get their autographs. When my daughter met them, she calmed down and finally posed for the camera. Girls of all ages dressed up at night as the different princesses and the crew and staff usually addressed all the girls, whether or not they were in costume, as princesses.

This was the third Disney Cruise for the Patels and they gave us a lot of good advice about things we could do, like the evening theater shows that were Broadway-quality productions. We joined them some nights, and I thought the shows were wonderful — they left our daughter completely entranced, sitting on the edge of her seat, gazing at the stage and singing along, which made the people sitting next to us chuckle.

Every night when we came back to our cabin, our sheets were turned down with mints, a program of the next day's events and a towel sculpture, or "towelgami." The first night our daughter was afraid to come into the cabin when she saw a big lobster made out of terry cloth sitting on our bed. However, after several nights of being welcomed home by a swan, elephant and turtle, she



would run back to the cabin to see what creature awaited us, but mostly she was looking forward to eating the chocolate mint.

There were plenty of activities to do to work off all the calories we were consuming. My husband ran the jogging path on the ship's deck one morning. At the fitness center there were yoga and exercise classes, but my husband and I opted for the spa, where we worked up a sweat sitting in the sauna for two hours.

Every time the ship landed in a port, we would sign up for an off-shore excursion. Since my husband took a day trip in Cozumel to go scuba diving, I chose to take our daughter to Xcaret, an ecological swim park in Cancun. I had been to Xcaret before and loved the rivers that flowed through lagoons and underground caves.

When we arrived, our Mexican tour group company gave all the Disney guests life preservers, walked us into the river and assured us none of us would drown. As I was pulling my daughter through the river, since she could not swim, she screamed and hollered at the top of her lungs for her father. At the end of our river adventure, we stayed on the beach and had lunch. We were then given a couple of hours to venture off and see all the animals, birds and fish. Unlike the older chil-

dren on the tour, my daughter had no interest in seeing the wildlife. All she wanted to do was swim in the water and see how much sand she could put down her bathing suit.

At the next port in Nassau, I decided to put our daughter in the babysitting service for half the day. The ship had an entire floor devoted to children's activities where there were so many security measures to keep track of all the kids, it would take nearly 10 minutes to just drop off or pick up your child.

At Castaway Cay it was sunny and cool and we got a chance to enjoy the beach and go bike riding. When I asked one of the staff members on the island where I could throw away my trash, she took the sticky garbage from my hands and threw it out herself. If there was one outstanding feature of the entire Disney Cruise, it was the amazing level of customer service.

The last night of the trip was my daughter's fourth birthday and the dining staff came out with a cake and sang "Happy Birthday" to her. Before she blew out the candles, I told her to make a wish. Later that night when I asked her what her wish was, she said she wanted to go on another Disney Cruise.

Since my husband had just paid on board for a Disney Cruise for next year, her wish had, in fact, come true.

Broadway-quality evening shows feature beloved Disney characters. Mickey, Minnie and the gang also appear throughout the ship, ready to pose for photos.

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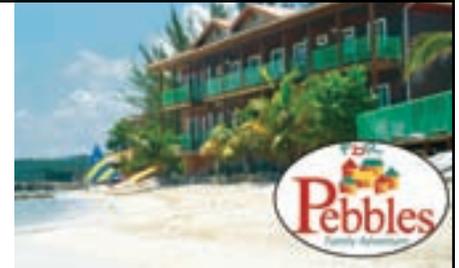
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# Going Places

## LONG-RUNNING

### **Cole Bros. Circus of the Stars:**

Aviator Sports, 3600 Flatbush Ave., at Floyd Bennett Field; (718) 758-7500; [www.gotothecircus.com](http://www.gotothecircus.com); Mondays, Tuesdays, Thursdays and Fridays, 5 pm and 8 pm, Wednesdays, 10:30 am and 8 pm, Saturdays and Sundays, 2 pm, 5 pm and 8 pm, Now – Sun, Aug. 1.

**Green Girls:** The Young Women's Leadership School, 228 Graham Avenue; (212) 360-2740; Weekdays, 9 am–4 pm, Now – Fri, July 30; Call for fees.

Girls entering the 7th or 8th grade participate in a program that encourages girls to excel in the sciences.

### **Race to the End of the Earth:**

American Museum of Natural History, Central Park West at 79th Street; (212) 769-5100; [www.amnh.org](http://www.amnh.org); Daily, 10 am–5:45 pm; Donations suggested.

The exhibit recounts the most stirring tales of Antarctic exploration: the contest to reach the South Pole in 1911-1912. Highlights include photographs, paintings, and rare historical artifacts as well as actual items of clothing and tools; life-sized models of portions of Amundsen's and Scott's base camps; and a diorama featuring the largest of all penguin species alive today, the emperor penguin. There are also interactive and hands-on activities for all ages.

**Storytime with Emily:** Moxie Spot, 81 Atlantic Ave. between Hicks and Henry streets; (718) 923-9710; [themoxiespot.com](http://themoxiespot.com); Wednesdays, 1 pm, Fridays, 11:30 am, Now – Sat, Nov. 20.

Weekly event.

**Art Works:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Friday, July 30, 11:30 am; Saturday, July 31, 11:30 am.

Children five and under visit the Totally Tots Art Studio and enjoy age appropriate activities.

**Family Fridays:** Prospect Park Zoo, 450 Flatbush Ave. at Ocean Avenue; (718) 399-7339; [heartofbrooklyn.org/childrenscorner](http://heartofbrooklyn.org/childrenscorner). Fridays, Noon–3 pm, Now – Fri, Aug. 27; Carousel is \$2 per ride.

Children's Corner, a kid-centric sanctuary made up of Lefferts Historic House, the Prospect Park Carousel and Wildlife Conservation Society's offers fun, reading and adventure.



## Ol' fashioned magic

**I**t's magic time! Mario the Magician brings his uplifting, inventive, highly interactive and oh-so-original magic show for the young and young-at-heart to Greenpoint's Word bookstore on Aug. 28.

The half-hour show is reminiscent of old-time slapstick performances, at once ridiculously silly and meticulously crafted.

What would a magician be without his tools?

Mario is accompanied by his beloved handcrafted props, trusty top hat, and Mozzarella the Dove.

*Mario the Magician at Word [126 Franklin St. at Milton Street in Greenpoint, (718) 383-0096], Aug. 28 at 1 pm. Free. For info, visit <http://wordbrooklyn.com>.*

## Submit a listing

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

All you have to do is send your listing request to [calendar@cnglobal.com](mailto:calendar@cnglobal.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!

**"Illuscination":** Coney Island Boardwalk, Surf Avenue at West 21st Street; (800) 745-3000; [www.ringling.com/coneyisland](http://www.ringling.com/coneyisland); now through Sep. 6, 1 pm; Monday, Sep. 6, 5 pm; \$10-\$50.

Ringling Bros. and Barnum & Bailey's new summer circus.

**Animal encounter:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Friday, July 30, 4:15 pm.

Get close and personal with animals from the museum's collection. All ages.

**Movie night:** Moxie Spot, 81 Atlantic Ave. between Hicks and Henry streets; (718) 923-9710; [themoxiespot.com](http://themoxiespot.com); Fridays, 6:15 pm, Now – Sat, Nov. 20.

Weekly event.

**Jamaica Bay kayak lessons:** Canarsie Pier; [info@nyharborparks.org](mailto:info@nyharborparks.org); [nyharborparks.org/visit/tour-kayak.html](http://nyharborparks.org/visit/tour-kayak.html); Saturdays and Sundays, 10 am–2 pm, Now – Sun, Aug. 29; Free.

New York Park Service Rangers teach landlubbers kayaking and safety techniques.

**Airplane tour:** Hangar B, Floyd Bennett Field, Flatbush Avenue and Aviation Road; Tuesdays, Thursdays and Saturdays, 10 am–4 pm, Now – Sat, Oct. 30; Free.

The Historic Aircraft Restoration Program (H.A.R.P.) provides tours of historic planes.

**Story time for kids:** Greenlight Bookstore, 686 Fulton St. between South Elliott Place and South Portland Avenue; (718) 246-0200; [abookstoreinbrooklyn.blogspot.com](http://abookstoreinbrooklyn.blogspot.com); Saturdays, 10:30 am.

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# Going Places

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**"Jack and the Beanstalk":** Puppetworks, 338 Sixth Ave. at Fourth Street; (718) 965-3391; puppetworks.org; Saturdays and Sundays, 12:30 pm and 2:30 pm, Now – Sun, Aug. 22; \$7 children, \$8 adults.

The classic children's story — with marionettes!

**Science power hour:** Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; Saturdays and Sundays, 1:30 pm.

Learn about nature.

**"Captain Marbles and his Acting Squad":** Theatres at 45 Bleeker - Green Room Theater, 45 Bleeker Street; (212) 260-8250; www.iseats.net; Sundays, 11 am, Now – Sun, Aug. 29; \$20.

Dancing, singing, acting and audience participation. For children three and up. (no show July 4).

**Art Works:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; Sunday, Aug. 1, 11:30 am; Friday, Aug. 6, 2:30 pm; Saturday, Aug. 7, 2:30 pm; Sunday, Aug. 8, 2:30 pm; Friday, Aug. 13, 11:30 am; Saturday, Aug. 14, 2:30 pm; Sunday, Aug. 15, 2:30 pm; Friday, Aug. 20, 11:30 am; Sunday, Aug. 22, 2:30 pm; Friday, Aug. 27, 11:30 am.

Presented by Totally Tots Art Studio.

**Feed the animals:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; Thursday, July 29, 2:30 pm; Sunday, Aug. 1, 3:30 pm; Tuesday, Aug. 3, 2:30 pm; Thursday, Aug. 5, 2:30 pm; Sunday, Aug. 8, 3:30 pm; Tuesday, Aug. 10, 2:30 pm; Thursday, Aug. 12, 2:30 pm; Sunday, Aug. 15, 3:30 pm; Tuesday, Aug. 17, 2:30 pm; Thursday, Aug. 19, 2:30 pm; Sunday, Aug. 22, 3:30 pm; Tuesday, Aug. 24, 3:30 pm; Thursday, Aug. 26, 2:30 pm; Free with Museum admission.

**Softball and baseball instruction:** Lincoln HS, 2800 Ocean Pkwy. (347) 865-0840; www.psal.org; Mondays – Thursdays, 1–5 pm and 5:30–8:30 pm, Now – Thurs, Aug. 12.

Learn basic skills and have fun.

**Singalong with Lloyd:** Moxie Spot, 81 Atlantic Ave. between Hicks and Henry streets; (718) 923-9710; themoxiespot.com; Tuesdays, 11:30 am, Now – Sat, Nov. 20.

Weekly event.

**Jewelry making:** Gerritsen Beach Library, 2808 Gerritsen Avenue; (718) 368-1435; www.brooklynpubliclibrary.org; Tuesdays, 2 pm, Now – Tues, Sep. 28; Free.

Get creative with beads.

**International stories:** Brooklyn



## Run for the chickens

**"C**hicken Run" brings the clever, good-natured claymation of Peter Lord and Nick Park, the creators of the popular "Wallace and Gromit" shorts, to the big screen.

An homage to 1963's "The Great Escape," the 2000 film features chickens plotting their escape from a farm. Their inability to leave the ground greatly hampers their chance of escape, until Rocky, a "flying rooster," comes

to save the day.

Bring the kids and see the film this month outdoors at the Bedford Stuyvesant Community Garden, which boasts — fittingly — one of the city's largest chicken coops, which makes for great background noise.

*"Chicken Run" at the Bedford Stuyvesant Community Garden [94 Malcolm X Blvd. at Greene Avenue (212) 333-2552], Aug. 13 at 7:30 pm. Free. For info, visit www.nyrp.org.*

Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; Tuesdays – Thursdays, 3:30–4 pm, Now – Sun, Aug. 29.

**Dancing Under the Stars:** Washington Park, Fifth Avenue at Third Street; (718) 369-0300; info@park-slopefifthavenuebid.com; www.park-slopefifthavenuebid.com; Tuesdays, 6–9 pm, Now – Tues, Aug. 31.

Programming for kids and adults.

**Cooking classes:** Ger-Nis Culinary and Herb Center, 540 President Street, Suite 2C, between 3rd and 4th avenues; (347) 442-0332; www.culinaryherbcenter.ger-nis.com/category/events; Sunday, July 29, 12 am; Wednesday, Aug. 4, 12 am; Thursday, Aug. 5, 12 am; Saturday, Aug. 7, 12 am; Tuesday, Aug. 17, 12 am; Wednesday, Aug. 18, 12 am; Thursday, Aug. 19, 12 am; Saturday, Aug. 21, 12 am; Wednesday, Aug. 25, 12 am; Saturday, Aug. 28, 12 am; Call for fees.

Ger-Nis Culinary and Herb Center provides recreational cooking classes for children, teens and adults. For complete

listing of details visit website.

**Stories and Movies:** Windsor Terrace Library, 160 East Fifth Street; (718) 686-9707; www.brooklynpubliclibrary.org; Wednesdays, 10:30 am, Now – Wed, Aug. 18; Free.

For ages 3 to 5.

**Word Play - Imaginative Storytelling:** Rubin Museum of Art, 150 West 17 Street, between 6th and 7th avenues; (212) 620-5000 X 344. www.rmany.org; Wednesdays, 4–5 pm, \$10 (\$5 for museum members children; Accompanying adult free).

Children ages four to six can travel to the Himalayas with their imagination through a series of fun and interactive stories perfect for the whole family.

**Dance around with Nat:** Moxie Spot, 81 Atlantic Ave. between Hicks and Henry streets; (718) 923-9710; themoxiespot.com; Thursdays, 11 am, Now – Sat, Nov. 20.

Weekly event.

**Movie Time:** Leonard Library, 81 Devoe Street; (718) 486-3365; www.

brooklynpubliclibrary.org; Thursdays, 2 pm, Now – Thurs, Aug. 19; Free.

**Summer Reading project:** Dyker Library, 8202 13th Avenue; (718) 748-6261; www.brooklynpubliclibrary.org; Thursdays, 2:15 pm, Now – Fri, Aug. 27; Free.

For teens - read and write on-line reviews from Summer book list.

**Tween time:** Mapleton Library, 1702 60th Street; (718) 256-2117; www.brooklynpubliclibrary.org. Thursdays, 4 pm, Now – Fri, Aug. 27; Free.

Read books, games and music.

**Concert Series:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; Thursdays, 5–7:30 pm, Now – Sat, Aug. 28; Free.

Barclays Nets Community Alliance Free Thursday Family Jam Series features special programs and a music or dance performance.

**Nintendo Wii sports night:** Moxie Spot, 81 Atlantic Ave. between Hicks and Henry streets; (718) 923-9710; themoxiespot.com; Thursdays, 6 pm, Now – Sat, Nov. 20.

Weekly event.

**Family Disco Night:** Moxie Spot, 81 Atlantic Ave. between Hicks and Henry streets; (718) 923-9710; themoxiespot@gmail.com; themoxiespot.com; Saturday, Aug. 14, 6 pm; Saturday, Sep. 11, 6 pm; Saturday, Oct. 9, 6 pm; Saturday, Nov. 13, 6 pm; Saturday, Dec. 11, 6 pm; Free with Dinner.

## FRI, JULY 30

**Toddler Time:** Flatlands Library, 2064 Flatbush Avenue; (718) 253-4409; www.brooklynpubliclibrary.org; 11 am; Free.

For children 18-36 months.

**Arts and crafts:** Gerritsen Beach Library, 2808 Gerritsen Avenue; (718) 368-1435; www.brooklynpubliclibrary.org. 2 pm; Free.

Teens - Lanyard key chains and friendship bracelets.

**Youth perform classic plays:** Old Stone House, 336 Third St. between Fourth and Fifth avenues; (718) 768-3195; www.pipertheatre.org; 6 pm; Free.

Piper Theatre Youth Productions students present a variety of shows from Shakespeare to "Little Shop of Horrors."

**"Finding Nemo":** Salt Marsh Nature Center, 3302 Avenue U; (718) 421-2021; 8 pm; Free.

Bring your lawn-chair or a blanket and enjoy the outdoors and a movie.

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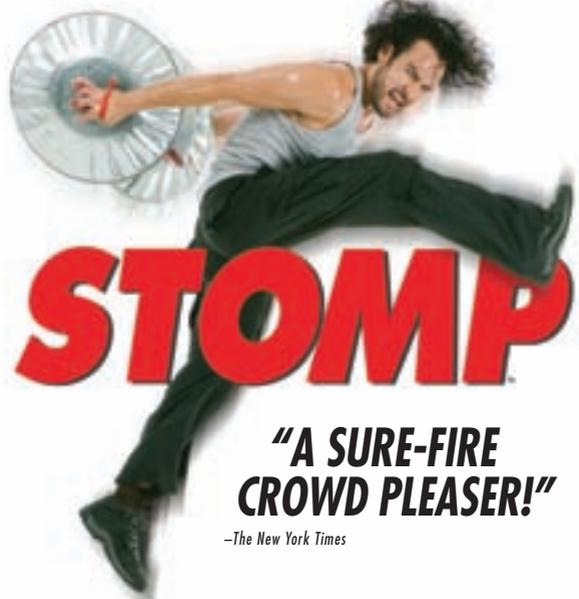
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[ConeyIslandFunGuide.com](http://ConeyIslandFunGuide.com)

# Going Places

Continued from page 50

## SAT, JULY 31

**Nature workshop:** Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; [www.prospectpark.org/audubon](http://www.prospectpark.org/audubon); 11 am; Free.

Discover what living things call a log a home.

**Science workshop:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 12-12:30 pm; Free with Museum admission.

All ages learn about creatures of the sea.

**Tomato celebration:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 1-2 pm; Free with Museum admission.

Tomatina in Bunol celebrates the annual Spanish tradition of throwing tomatoes for children six and up.

**Stargazing:** Fort Greene Park Visitor Center, Enter park at Myrtle Avenue and Washington Park; (718) 723-3218; 9 pm; Free.

Observe Mars, Venus and Saturn with the Amateur Astronomers Association of New York. (Rain or cloud date, 8/7/10).

## SUN, AUG. 1

**Walking Tour:** Northwest Corner, Flatbush Avenue and Bergen Street; 311; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 11 am; Free.

Discover Park Slope's brownstones, grand homes and churches. Lasts about one and one-half hours. Wear comfortable shoes and bring water.

**Amazing Arches:** Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; [www.prospectpark.org/audubon](http://www.prospectpark.org/audubon); 11 am; Free.

Discover the beauty of unique arches and bridges.

**Creatures of the Sea:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Noon-12:30 pm; Free with Museum Admission.

Meet, greet and explore up close and personal creatures of the deep. All ages.

**Learn about the Tomatina festival:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 3:30-4:30 pm.

Discussion about the annual tomato-throwing tradition in Bunol, Spain.

## MON, AUG. 2

**Members only Mondays:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400;



## Fun under the sea!

If "The Little Mermaid" or "Finding Nemo" leaves you aching for more underwater adventures, then the off-Broadway production of "ImaginOcean" is for you.

This magical, live black-light puppet show is full of characters to fall in love with, as three fish friends, Tank, Bubbles and Dorsel, set off on a journey that finds them singing, dancing, making new friends, and finding their courage.

In addition to the bright, vibrant sea creatures, the show fea-

tures musical styles ranging from swing to R&B to big band.

To really feel in the middle of it all, get as close to the stage as possible, as the puppets come out into the audience for a truly engaging underwater experience.

"ImaginOcean" at New World Stages [340 W. 50th St. between Eighth and Ninth avenues in Manhattan (646) 871-1730], now through Nov. 14 with shows Wednesday at 11 am and 2 pm, Saturday at 11 am, 2 pm and 4:30 pm, and Sunday at noon and 3 pm. Tickets \$39-\$65. For info, visit [www.ImaginOceanTheMusical.com](http://www.ImaginOceanTheMusical.com).

[www.brooklynkids.org](http://www.brooklynkids.org); 9 am-1 pm; Free for members.

The entire museum will be open for member's exclusive use as a thank you for your longstanding and generous support.

**Toddler Time:** Bedford Library, 496 Franklin Avenue; (718) 623-0012; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); 11:30 am; Free.

Reading fun ages 18 to 36 months.

**Bedtime stories:** Leonard Library, 81 Devoe Street; (718) 486-3365; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); 6 pm; Free.

Kids, 3-8 cuddle up for stories and activities.

## TUES, AUG. 3

**Rolie Polie Guacamole:** Gumbo, 493 Atlantic Ave. between Nevins Street and Third Avenue; (718) 855-7808; 11-11:45 am; \$150 (\$20 drop off).

Frank Gallo and Andrew Tuzhilin lead kids in singing dancing and good fun. Registration required.

## WED, AUG. 4

**"Bubble do Beatles":** Fort Greene Park Visitor Center, Enter park at Myrtle Avenue and Washington Park; (718) 723-3218; 10-11 am; Free.

Music In The Grove - Kids concerts - South of Martyrs Monument.

**"King Pajama":** Fort Greene Park Visitor Center, Enter park at Myrtle Avenue and Washington Park; (718) 723-3218; 10-11 am; Free.

Music In The Grove - Kids concerts - South of Martyrs Monument.

**Arts and crafts:** Brighton Beach Library, 16 Brighton First Road; (718) 946-2917; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); 3 pm; Free.

**Couscous on the loose:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 3:30-4:30 pm; Free with Museum Admission.

Children six and up create and sample this Moroccan treat.

**Carroll Park Concert Series:** Carroll Street Park, Carroll Street, between Court and Smith streets; 4 pm; Free.

Uncle Rock.

## THURS, AUG. 5

**Family night:** East River State Park, enter at Kent Avenue and N. Eighth Street; (347) 559-1410; [info@townsquareinc.com](mailto:info@townsquareinc.com); 6-9 pm; Free.

Music and a night movie ("Aladdin").

**Kid's Hour:** East River State Park, Kent Avenue and North 8th Street; (347) 559-1410; [info@townsquareinc.com](mailto:info@townsquareinc.com); 6 pm; Free.

Activities provided by Rock City Theatrics, music by Opus Ditty and the Hoedown Gang, screening of "Aladdin".

**"ImaginOcean":** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 6:30-7:15 pm; Free.

This family musical adventure by John Tartaglia's is for children of all ages. Make a new puppet fish or uncover a treasure.

## FRI, AUG. 6

**Family Camping:** Fort Greene Park Visitor Center, Enter park at Myrtle Avenue and Washington Park; (718) 723-3218; 6 pm.

Enjoy a cookout, night hike and a campfire. Bring your own sleeping bag, tents will be provided.

**"Fern Gully":** Garden of Hope, 392 Hancock Street, between Throop Avenue and Marcus Garvey Boulevard; [www.nyrcp.org](http://www.nyrcp.org); 7:30 pm; Free.

New York Restoration Project presents Family Movie Nights.

## SAT, AUG. 7

**History workshop:** Fort Greene Park Visitor Center, Enter park at Myrtle Avenue and Washington Park; (718) 723-3218; 11 am; Free.

And they called it macaroni, explores the pasta perspective of our continental past.

**Nature hike:** Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; [www.prospectpark.org/audubon](http://www.prospectpark.org/audubon); 11 am; Free.

Tree-mendous hike through the park and identify the various types of trees.

**Mid-summer festival:** Marine Park, Stuart Street, between Filmore Avenue and Avenue U; (718) 238-6044; 11 am-8 pm; Free.

A unique two-day event featuring live bands, rides, games and more. Admission is free with food available for purchase.

**Family Day:** Weeksville Heritage Center, 1698 Bergen Street, between Buf-falo and Rochester avenues; (718) 756-5250 X312; [www.weeksvillesociety.org](http://www.weeksvillesociety.org);

Continued on page 54



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# Going Places

Continued from page 52

Noon–5 pm; Free.

Marco the Magician, face painting and horse back rides.

**Creatures of the Sea:** Noon–12:30 pm. Brooklyn Children's Museum. See Sunday, Aug. 1.

## SUN, AUG. 8

**Coney Island tour:** Parachute Jump - Boardwalk, Surf Avenue and 17th Street; 311; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 11 am; Free.

Go back to the days of the Nickel Empire.

**Mid-summer festival:** 11 am–6 pm. Marine Park. See Saturday, Aug. 7.

**Creatures of the Sea:** Noon–12:30 pm. Brooklyn Children's Museum. See Sunday, Aug. 1.

**Nature hike:** Salt Marsh Nature Center, 3302 Avenue U; (718) 421-2021; 8 pm; Free.

Enjoy a night hike and search for bats, raccoons, opossums, rabbits and night herons.

## MON, AUG. 9

**Members only Mondays:** 9 am–1 pm. Brooklyn Children's Museum. See Monday, Aug. 2.

**Toddler Time:** 11:30 am. Bedford Library. See Monday, Aug. 2.

**Screening:** Homecrest Library, 2525 Coney Island Avenue; (718) 382-5924; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); 4 pm; Free.

Kid friendly movies.

**"Last Summer at Coney Island":** BAM Rose Cinema, 30 Lafayette Ave. at Ashland Place; (718) 636-4129; [www.bam.org](http://www.bam.org); 4:30pm, 6:50pm and 9:30pm; \$12.

Documentary - a Q&A with filmmakers and special guests follows the 6:50 pm performance.

**Bedtime stories:** 6 pm. Leonard Library. See Monday, Aug. 2.

## TUES, AUG. 10

**Bedtime stories:** Kensington Library, 410 Ditmas Avenue; (718) 453-9431; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); 6:30 pm; Free.

Kids 3-8 cuddle up for stories and activities. Tuesday, Aug 10, 6:30 PM.

## WED, AUG. 11

**Arts and crafts:** 3 pm. Brighton Beach Library. See Wednesday, Aug. 4.

**Learn about the Tomatina festival:** 3:30–4:30 pm. Brooklyn Children's Museum. See Sunday, Aug. 1.



## Free Carousel rides

The best family fun ride in the heart of Brooklyn just got better: Prospect Park's 1912 Carousel is free for kids under the age of 12 every Thursday in August.

Restored in 1990 by the Prospect Park Alliance, the Carousel has 51 hand-carved horses, as well as a giraffe, lion, deer and two dragon-pulled chariots. It also features a Wurlitzer organ with 141 pipes and 16 bells.

Open Thursdays through Sundays, from noon to 6 pm (5 pm after Labor Day), rides cost \$2, with books of five tickets available for \$9. Children under 3-years-old must be accompanied by a parent

or guardian.

The wheelchair accessible Carousel is also a popular place to hold birthday parties, complete with food and party favors in a scenic, kid-friendly setting.

The Carousel is located in the Park's Children's Corner, inside the Willink entrance to the Park, at Ocean and Flatbush Avenues and Empire Boulevard.

For more information, call the Park's hotline at (718) 965-8999 or visit [www.prospectpark.org](http://www.prospectpark.org). For rental information, call the Rental & Event Planning Office at (718) 287-5252 x102 for more information, or visit [www.prospectpark.org/visit/places/carousel](http://www.prospectpark.org/visit/places/carousel).

## THURS, AUG. 12

**Artie Bennett:** Bookmark Shoppe, 8415 Third Ave. (718) 833-5115; [www.bookmarkshoppe.com](http://www.bookmarkshoppe.com); 6 pm; Free.

Author of the children's classic, "The Butt Book."

**Family night:** East River State Park, enter at Kent Avenue and N. Eighth Street; (347) 559-1410; [info@townsquareinc.com](mailto:info@townsquareinc.com); 6–9 pm; Free.

Music and a night movie ("The Lion King").

**Kid's Hour:** East River State Park, Kent Avenue and North 8th Street; (347) 559-1410; [info@townsquareinc.com](mailto:info@townsquareinc.com); 6 pm; Free.

Activities by NY Creative Arts Therapists, music by Grand Street Community Band, screening of "The Lion King".

**Grupo Ginga:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 6:30–7:15 pm; Free.

Children explore movement, music and magnetism of Capoeira, Brazilian martial arts.

**Concert:** Canarsie Pier, Rockaway Parkway and Shore Parkway; (718) 338-3799. 7–9 pm; Free.

Jimmy Hill and the Alstarz featuring Black Velvet.

## FRI, AUG. 13

**Screening:** Pacific Library, 25 Fourth Avenue; (718) 638-1531; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); 2 pm; Free.

Kid friendly movies.

**"Chicken Run":** Bedford Stuyvesant

Community Garden, 94 A / 95 Malcolm X Boulevard; [www.nyrrp.org](http://www.nyrrp.org); 7:30 pm; Free.

New York Restoration Project presents Family Movie Nights. Bedford Stuyvesant Community Garden, Brooklyn.

## SAT, AUG. 14

**Creatures of the Sea:** Noon–12:30 pm. Brooklyn Children's Museum. See Sunday, Aug. 1.

**Couscous on the loose:** 1–2 pm. Brooklyn Children's Museum. See Wednesday, Aug. 4.

## SUN, AUG. 15

**Creatures of the Sea:** Noon–12:30 pm. Brooklyn Children's Museum. See Sunday, Aug. 1.

**Enviromedia Mobile Summer Earth Fest:** IKEA/Erie Basin Park, One Beard Street; [enviromediamobile.udec@gmail.com](mailto:enviromediamobile.udec@gmail.com); [www.ikea.com/us/en/store/brooklyn/activities](http://www.ikea.com/us/en/store/brooklyn/activities); 1 pm; Free.

Waterfront recreation, maritime cultural enrichment and live music.

## MON, AUG. 16

**Members only Mondays:** 9 am–1 pm. Brooklyn Children's Museum. See Monday, Aug. 2.

**Toddler Time:** 11:30 am. Bedford Library. See Monday, Aug. 2.

**Arts and crafts:** Sunset Park Library, 5108 Fourth Avenue; (718) 567-2806; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); 3:30 pm; Free.

**Bedtime stories:** 6 pm. Leonard Library. See Monday, Aug. 2.

## TUES, AUG. 17

**Toddler Time:** Clinton Hill Library, 380 Washington Avenue; (718) 398-8713; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); 11:30 am–12:30 pm; Free.

Reading fun ages 18 to 36 months.

## WED, AUG. 18

**Reading celebration:** Gerritsen Beach Library, 2808 Gerritsen Avenue; (718) 368-1435; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); 2 pm; Free.

Celebrate the end of Summer with special crafts and giveaways.

**Arts and crafts:** Flatlands Library, 2065 Flatbush Avenue; (718) 253-4409; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); 2 pm; Free.

**Arts and crafts:** 3 pm. Brighton Beach Library. See Wednesday, Aug. 4.

Continued on page 56



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magazine and on our website.



# Going Places

Continued from page 54

## THURS, AUG. 19

**Video gaming:** Washington Irving Library, 360 Irving Avenue; (718) 628-8378; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); 2; Free.

Playstation and Wii.

**Sesame Flyers International Youth Steel Orchestra:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 6:30-7:15 pm; Free.

Great steel drum show.

**Open Mic Night:** Canarsie Pier, Rockaway Parkway and Shore Parkway; (718) 338-3799. 7-9 pm; Free.

## FRI, AUG. 20

**Family Camping:** Salt Marsh Nature Center, 3302 Avenue U; (718) 421-2021; 6 pm; Free.

Enjoy a cookout, night hike and campfire. Bring your own sleeping bags, tents will be provided. Pre-registration required.

## SAT, AUG. 21

**Pet adoption:** Little Shelter Animal Rescue & Adoption Center, 33 Warner Road; (631) 368-8770 X205; 9 am-6 pm; Free.

Food, music and entertainment, search & rescue displays by the Suffolk County Sheriff's Department, pet behavior information, free giveaways, dog contests, children's games, karate demonstrations.

## SUN, AUG. 22

**Pet adoption:** 9 am-6 pm. Little Shelter Animal Rescue & Adoption Center. See Saturday, Aug. 21.

**Artie Bennett:** Babbo's Books, 242 Prospect Park West; (718) 788-3475; [www.babbosbooks.com](http://www.babbosbooks.com); 11 am; Free.

Author of the children's classic, "The Butt Book."

**Creatures of the Sea:** Noon-12:30 pm. Brooklyn Children's Museum. See Sunday, Aug. 1.

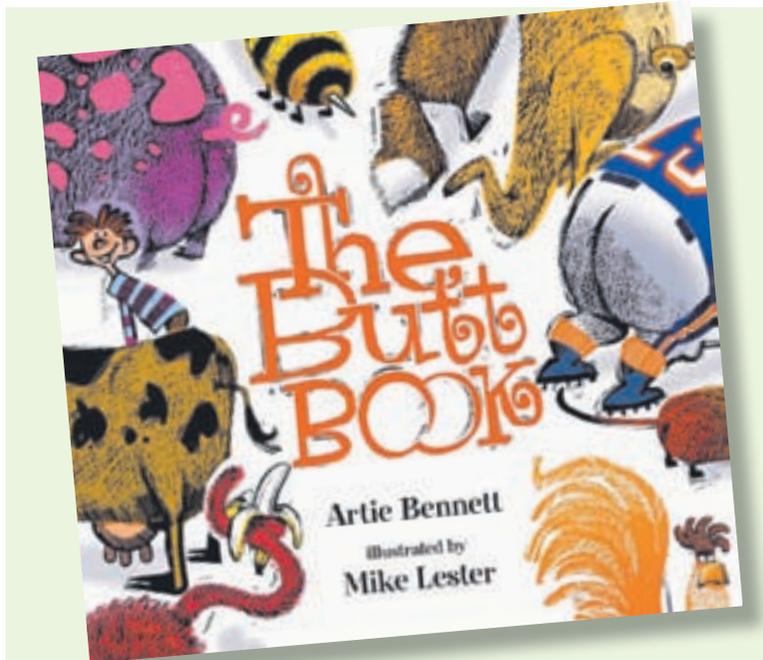
## MON, AUG. 23

**Members only Mondays:** 9 am-1 pm. Brooklyn Children's Museum. See Monday, Aug. 2.

**Bedtime stories:** 6 pm. Leonard Library. See Monday, Aug. 2.

## TUES, AUG. 24

**Toddler Time:** 11:30 am-12:30 pm. Clinton Hill Library. See Tuesday, Aug. 17.



## No 'Butts' about it

**T**here's no ifs, ands or butts about it — everyone is getting behind Artie Bennett's "The Butt Book," a new illustrated children's book that is a tribute to backsides, rumps, tushies, keisters, coolies, heinies, and derrieres, in all their resplendent glory.

That being the case, Bennett is busy this month, making appearances in Brooklyn in support of the book, which features dozens of hysterical rhymes and loads of laugh-out-loud pictures that pay homage to an unsung body part (Sir Mix-A-Lot excluded, of course) that keeps both kids and grown-ups giggling with glee.

There's bound to be a location near you, so bottoms up!

*Artie Bennett at The Bookshoppes* [8415 Third Ave. between 84th and 85th streets in Bay Ridge, (718) 833-5115], Aug. 12 at 6 pm; *Babbo's Books* [242 Prospect Park West between Windsor Place and Prospect Avenue in Windsor Terrace, (718) 788-3475], Aug. 22 at 11 pm; *Greenlight Bookstore* [686 Fulton St. between South Elliott Place and South Portland Avenue in Fort Greene, (718) 246-0200], Aug. 28 at 10:30 am; and *Prospect Park Audubon Center* [enter at Lincoln Road and Ocean Avenue, (718) 287-3400], Aug. 29 at 2 pm. For info, visit [www.artiebennett.com](http://www.artiebennett.com).

## WED, AUG. 25

**Arts and crafts:** 2 pm. Flatlands Library. See Wednesday, Aug. 18.

**Learn about the Tomatina festival:** 3:30-4:30 pm. Brooklyn Children's Museum. See Sunday, Aug. 1.

## THURS, AUG. 26

**"The Adventures of Big Belly":** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 6:30-7:15 pm; Free.

Loosely based on a Grimm Brothers Fairy tale called The Six Servants.

**Concert:** Canarsie Pier, Rockaway Parkway and Shore Parkway; (718) 338-3799. 7-9 pm; Free.

Debbie Knapper and the Knappertime Band.

## SAT, AUG. 28

**Artie Bennett:** Greenlight Bookstore, 686 Fulton St. between South Elliott Place and South Portland Avenue; (718) 246-0200; [abookstoreinbrooklyn.blogspot.com](http://abookstoreinbrooklyn.blogspot.com); 10:30 am; Free.

Author of the children's classic, "The Butt Book."

## SUN, AUG. 29

**Taste of Brooklyn:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); call for times; Museum Admission.

Celebrate the yummy diversity of Brooklyn. All Ages.

**Concert:** Canarsie Pier, Rockaway Parkway and Shore Parkway; (718) 338-3799. Noon; Free.

Family fun all day long - kite making, children's crafts, fishing clinics and live bands.

**Artie Bennett:** Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; [www.prospectpark.org/audubon](http://www.prospectpark.org/audubon); 2 pm; Free.

Author of the children's classic, "The Butt Book."

## MON, AUG. 30

**Taste of Brooklyn:** call for times. Brooklyn Children's Museum. See Sunday, Aug. 29.

**Members only Mondays:** 9 am-1 pm. Brooklyn Children's Museum. See Monday, Aug. 2.

## TUES, AUG. 31

**Toddler Time:** 11:30 am-12:30 pm. Clinton Hill Library. See Tuesday, Aug. 17.

## FRI, SEP. 3

**Family Camping:** Salt Marsh Nature Center, 3302 Avenue U; (718) 421-2021; 6 pm; Free.

Enjoy a cookout, night hike and campfire. Bring your own sleeping bags, tents will be provided. Pre-registration required.

## SAT, SEP. 4

**Nature workshop:** Fort Greene Park Visitor Center, Enter park at Myrtle Avenue and Washington Park; (718) 723-3218; 11 am; Free.

Where in the World is Ranger Robin? Help her find her way out by learning to use a compass.

**Frogs, Turtles and Snakes:** Prospect Park Wollman Rink, Ocean Ave. at Parkside Avenue; (718) 965-8999; [www.prospectpark.org](http://www.prospectpark.org); 11 am; Free.

Bring your hiking boots and look for reptiles at the park.

## SUN, SEP. 5

**Birding:** Salt Marsh Nature Center, 3302 Avenue U; (718) 421-2021; 2010; Free.

Discover the birds of Gerritsen Creek.

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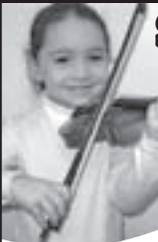
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# It figures

BY CYNTHIA WASHAM



## SCHOOL SNIPPETS

**58** Percent of South Korean school children who get tutoring outside of school.



**90,000** Number of students who took classes through the Florida Virtual School, a service providing high-school courses online.

**25** Percent of American children.

**71** Percent of schools in the U.S. that reduced time spent teaching subjects such as music, art and geography after the No Child Left Behind Act of 2001 tied federal funding to schools' progress in English and math.



**1½ to 1¾** Average hours per night children ages 8 — 13 spend on homework.

**3** Average hours per week parents spend helping with homework.

**50** Percent of elementary-school students who eat fruit with their school lunch.

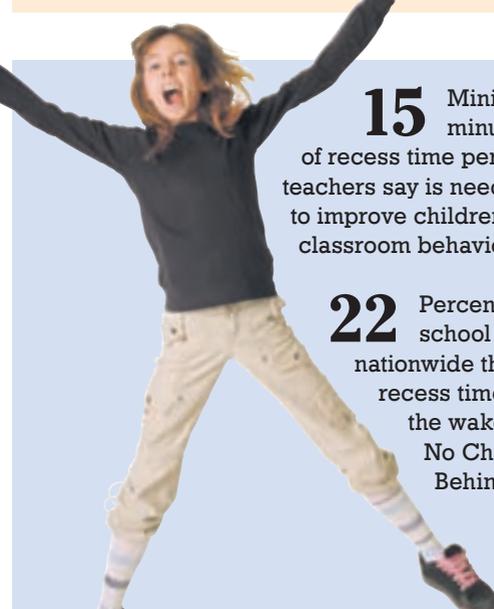
**25** Percent of high-school students.

**70** Percent of students who eat fruit when a cafeteria worker suggests it.



**15** Minimal minutes of recess time per day teachers say is needed to improve children's classroom behavior.

**22** Percent of school districts nationwide that cut recess time in the wake of No Child Left Behind.



**15** Percent of students who use cursive on the written portion of the SAT college entrance exam.

**200** Number of British schoolchildren, some as young as 13, who were reported by their teachers to police as terrorism suspects.

Sources: Natural Awakenings, Education Week, The Center for Public Education, Current Events, Education Week, Nutrition Week, Newsweek, Boingboing.net

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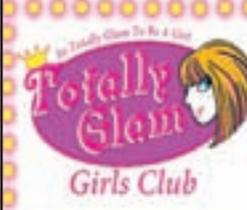
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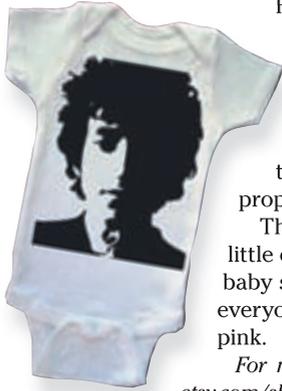
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www.joethemagicman.com

# New & Noteworthy

## Lay, baby, lay

Finally, Bob Zimmerman's face can be plastered on your baby!

With onesies and T-shirts from Truly Sanctuary, the likeness of the mans more commonly know as Bob Dylan, along with those of Elvis Presley and Michael Jackson, are recreated in bold black and white graphics for the world to see.



For more colorful flare, there's a band onesie for Wilco, as well as a smiling ice cream cone that's the most child-appropriate.

They're great for your little one, or for your next baby shower. Because not everyone's into blue and pink.

For more info, visit [www.etsy.com/shop/trulysanctuary](http://www.etsy.com/shop/trulysanctuary).

## Bathtime gets sweeter

You don't wash you child's face and hair with just any soap or shampoo. That's where products like Baby Oh Baby come in.

These organic, herbal shampoos, body wash, and lotions for babies are made with natural ingredients that will gently clean your newborn — and avoid tears in the process.

Though nothing can beat



that newborn smell, the products also have a soft natural scent derived from an oil blend of lavender, chamomile and orange.

For when your little one gets older, she can move on to Rainbow's kids line, which include shampoo, soap, hand sanitizer and, just for fun, bubble bath.

For more information, visit [www.rainbowresearch.com](http://www.rainbowresearch.com).

## For budding green thumbs

Need some "help" in the garden? Have your little one get an lesson in ecology thanks to this handy gardening tool set for children from Wrapables.

With these kid-sized shovels and picks, your child can easily dig up dirt, plant seeds, water the soil, and watch the plants come to life.

The tools can be stored and carried in a colorful nylon case, so you won't misplace a thing.

For more information on the Sagaform Kids Gardening Tool Set, visit [www.Wrapables.com](http://www.Wrapables.com).



## Money in the bank

Feed the pig!

It's never too early to start saving, and, with these personalized piggy banks, it's never been cuter.

With these — of course — pig-shaped banks, the pennies can start adding up.

Your child can make it her own too, by personalizing it with her name choosing from among 16 col-

ors for the name and polka dots, from apple green to sunshine yellow, as well as adding a bow or bow tie as she see's fit.

Just avoid the classic move of breaking the bank once it's all full; these little piggies are too precious to destroy.

For more info, visit [www.etsy.com/CherryBlossomPaperCo](http://www.etsy.com/CherryBlossomPaperCo).

## Just in time

You might be a ways away from teaching your child how to tell the difference between the minute hand and the hour hand, but it's never too early to start. Besides, these clocks are too cute to pass up.

The designs perfectly evoke childhood, from the zoo animals of one, to the whimsy of a girl blowing a dandelion in another. Other graphics on these Kona Interiors-designed timepieces, include vibrant, multi-colored stripes, fairy tale-like castles, trucks, cute forest scenes, and flowers, perfect for many personalities.

The frames and hand colors can also easily be changed to match



your existing little one's theme. It'll be a piece you can treasure throughout childhood.

For info, visit [www.etsy.com/shop/KonaInteriors](http://www.etsy.com/shop/KonaInteriors).



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Wed - Fri between noon and 6 PM

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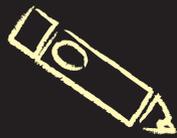
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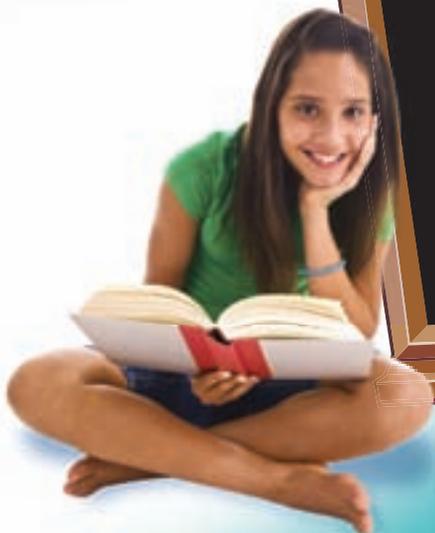


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\*No purchase necessary to enter \$500 gift card drawing. For complete details visit kingsplazaonline.com.

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