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### POWER PICKS

From Sakara Life founder  
Danielle DuBoise

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CAMP FAIRS**  
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Cover: Photo by Alejandro Ibarra.

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## editor's note

# Chilly Days, Warm Hearts

February can be a pretty tough month—the frenzy of excitement from the holiday season and the dawn of the New Year has subsided, yet the chill of winter is really just getting into full gear (at least, that's often the case here in New York City). But it needn't be all shivers, sighs, and slush: There's lots to be excited about in NYC for families this month!

First, I know I haven't stopped smiling since conducting our cover feature interview with actress, activist, producer, and Manhattan mom Alysia Reiner. You may know her best as the often-unlikable Fig on "Orange is the New Black" but IRL, she's engaging and warm as a person, loving and devoted as a mother, and fiercely passionate when it comes to her acting and producing work and the worthy causes she cares about. Be sure to turn to page 32 to learn more about this fab born-and-raised New Yorker!

And of course, February gives us Valentine's Day! For busy moms and dads in this bustling City, V-Day is the perfect opportunity to show your parenting partner (or yourself!) some extra love. Our Valentine's Day Gift Guide for parents (page 14) is your ultimate checklist to luxurious gift picks that are as wonderful as you and your partner are. And for the kiddos: We've got a super-fun Valentine's DIY



project on page 54 and plenty of February events starting on page 59.

Finally, for any new parents reading, first of all, congratulations! But secondly, I highly recommend checking out Sakara Life founder and CEO (and new mama) Danielle DuBoise's motherhood must-haves on page 16, and our interview with *5th Trimester* author and founder (and local mother-of-two) Lauren Smith Brody on page 18.

**Happy February,**

**Mia Weber**

**Executive Editor, [mia@newyorkfamily.com](mailto:mia@newyorkfamily.com)**

# New York family

**PUBLISHER:** Clifford Luster

**PUBLISHER:** Susan Weiss

**ASSOCIATE PUBLISHER:**  
Mary Ann Oklesson

**EXECUTIVE EDITOR:**  
Mia Weber

**ACCOUNT EXECUTIVES:**  
Erik Bliss, Erin Brof, Mary Cassidy,  
Shelli Goldberg-Peck

**MARKETING ASSISTANT:**  
Charlotte Sauvagnat

**EVENT COORDINATOR:**  
Emanuelle Block

**ART DIRECTOR:** Leah Mitch

**WEB DEVELOPER:** Sylvan Migdal

**GRAPHIC DESIGNERS:**  
Arthur Arutyunov, Daria Avvento,  
Gardy Charles, John Napoli,  
Marcos Ramos

## CONTACT INFORMATION

**ADVERTISING:**  
(718) 260-4554  
[Advertising@NewYorkFamily.com](mailto:Advertising@NewYorkFamily.com)

**CIRCULATION:** (718) 260-8336  
[Tina@NewYorkFamily.com](mailto:Tina@NewYorkFamily.com)

**EDITORIAL:** (718) 260-4554  
[Mia@NewYorkFamily.com](mailto:Mia@NewYorkFamily.com)



**PRESIDENT & PUBLISHER:**  
Victoria Schneps-Yunis

**CEO & CO-PUBLISHER:**  
Joshua Schneps

**ADDRESS**  
New York Family Media /  
Schneps Media  
1 Metrotech Center North  
10th Floor  
Brooklyn, NY 11201

[www.NewYorkFamily.com](http://www.NewYorkFamily.com)

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Mark your calendar for the second-annual World's Fare festival on May 18-19, 2019! The World's Fare at CitiField is reimagining one of the most iconic fairs. Over 100 vendors will come together in New York City's most diverse borough and unite through authentic food, drink and music curated by the city's leading culinary advocates. The World's Fare will be a grand celebration, advocating equality and diversity in the food industry, and promoting incredible male and female talent that make New York City's food scene so unique.

To learn more and to buy tickets, visit  
[theworldsfare.nyc](http://theworldsfare.nyc).



# -Central Park-

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## GONE TO THE DOGS

The American Kennel Club Museum of the Dog is now open at its new Manhattan location on Park Avenue. The newly designed space will house art from famous dog artists such as Sir Edwin Landseer, Maud Earl, and more. It also has a two-story glass vitrine that encases rare porcelains and bronzes, in addition to a library. The first exhibition will be entitled “For the Love of All Things Dog” and combines works from the the American Kennel Club’s collection and works from the museum’s own. The gallery includes interactive exhibits such as a “Find Your Match” kiosk that takes your photo, aligning its likeness with a registered dog breed. Additionally, there is a “Meet the Breeds” touchscreen table that allows visitors to explore breeds’ features, traits, and history. The museum will also have an app where users can interact with the exhibits. [museumofthedog.org](http://museumofthedog.org)



## MOM TO MOM

Join our New York Family Mom to Mom Facebook sisterhood and find moms in your neighborhood for advice, community, and support. [facebook.com/groups/nypmoms](https://www.facebook.com/groups/nypmoms)

## NICE ICE

### Winterland Rink at South Street Seaport

Open daily through the month of March, the new Winterland Rink makes for a dazzling winter wonderland, full of opportunities for family fun. Just opened this past December, Winterland Rink is New York City’s only outdoor rooftop ice rink (yep, you can ice skate on a roof!). Surrounded on all sides by stunning views of the Brooklyn Bridge, the Empire State Building, and the East River, this oh-so-cool skating spots is equal parts fun for kids and glam for mom and dad. In addition to daily



admission tickets, Winterland also has membership options, discounts for Seaport neighborhood locals, special packages, and a skate school. [pier17ny.com](http://pier17ny.com)

## PARK PERK-UP

### Central Park Re-Opens the Billy Johnson Playground

After a comprehensive recent reconstruction that reinvigorated and expanded upon the playground’s original design by landscape architect M. Paul Friedberg, the Central Park Conservancy has recently re-opened the Billy Johnson Playground. Located near the East 67th Street entrance to Central Park, Billy Johnson Playground is best-known for its 45-ft granite slide, as well as a host of other rustic and natural features, making it perfect for imaginative play. The reconstruction project was designed in consultation with families who use the playground and with Friedberg, and it recreates aspects of the original design that had been lost over time, adds new elements, and addresses current safety and accessibility standards. [restoration.centralparknyc.org](http://restoration.centralparknyc.org)



## SHOPPING

### RH Baby & Child | RH TEEN in the Meatpacking District

In need of some #goals-worthy inspo for decorating your nursery or child’s bedroom? Good news! RH Baby & Child | RH TEEN recently unveiled the brands’ first retail location in Manhattan as part of the recent debut of RH New York, The Gallery in the Meatpacking District. Offering shoppers the entire lower level of the 90,000-square-ft gallery, RH Baby & Child | RH TEEN showcases luxe sleep, study, media, lounge, and nursery spaces that are designed especially for youngsters. The space also features a Design Atelier, where guests can work with design professionals from RH Interior Design to create personalized nurseries, bedrooms, playrooms, and more. [rhhbabyandchild.com](http://rhhbabyandchild.com)



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## Valentine's Day Finds

The most romantic day of the year is here! Yes, this month brings us Valentine's Day, and it isn't just for the moms and dads. I love celebrating this day with my three kids and showering them with lots of love on this day (and every day). I have a few of my fabULyssfnds for both the moms, dads, and kids for Valentine's Day and the month of February. I must admit, I do love chocolate and roses.

Looking for a unique and fabULyss Valentine's Day gift for your husband? I love Bundle, a personalized board game company that brings people together for life's most celebrated moments. This is a one-of-a-kind gift that is part sentimental, part quirky — and a whole lot of fun. You can get your family to unplug and play a fun game that will engage them and bring a smile to their faces.

The game was created by sisters Jacklyn and Cassie when they were looking to give their parents a unique gift but couldn't find anything in the stores. They designed a board game from scratch, crafted with their own memories and family traditions—and now you can too!

Visit [thebundlegame.com](http://thebundlegame.com) to start building your personalized board game.

There are two new shows that everyone is buzzing about.

Colin Quinn's new off-Broadway standup show, "Colin Quinn: Red State Blue State," is skewering both sides of the political divide.

Don't miss this timely show by the "Saturday Night Live" alum—it's a limited run until March 3.

"Colin Quinn: Red State Blue State" at the Minetta Lane Theatre (18 Minetta Lane, between 6th Avenue & Macdougall Street, [colinquinnshow.com](http://colinquinnshow.com)).

For teens, "Be More Chill" is a must see! Based on the novel by Ned Vizzini, it is the story of Jeremy Heere, your average, nothing-special teenager. That is, until the day he finds out about a tiny supercomputer that can change his whole life.

I took both my boys to see the show when it was off-Broadway, and look forward to



Create your own personalized board game with Bundle.

taking them again now that it's on Broadway.

"Be More Chill" at the Lyceum Theatre (149 West 45th Street between Broadway & 6th Avenue, [bemorechillmusical.com](http://bemorechillmusical.com)).

If you are looking for a delectious, romantic restaurant for Valentine's Day, one of my favorites is Tocqueville Restaurant.

This jewel box of a restaurant delights all who venture in. The kitchen turns out sophisticated French-American cuisine while a smart staff personalizes your service. As you enter, the cozy bar lures you in to admire its collection of rare and fine spirits.

Tocqueville Restaurant [1 E. 15th Street between 5th Avenue & Union Square West, (212) 647-1515, [tocquevillerestaurant.com](http://tocquevillerestaurant.com)].

Another to try is The Factory 380, a new restaurant and speakeasy lounge in Gramercy that pays tribute to Warhol's Union Square studio with decor inspired by the storied New Yorker's pop art era. By day it's a place to relax and eat great food in an artistic environment, and by night somewhere to sample the creative food menu and craft beers while sipping on cocktails and socializing.

The Factory 380 [380 3rd Avenue between

East 27th & East 28th Streets, (212) 686-6380, [thefactory380.com](http://thefactory380.com)].

Moms are always looking for glowing, younger-looking skin. Well, try the Augustinus Bader cream, which activates regeneration of the body's own stem cells. It comes from more than 30 years of research in the field of the body's innate capacity to self-heal from a world-leading expert in regenerative medicine.

Visit [augustinusbader.com](http://augustinusbader.com).

Looking to pamper yourself or a friend this Valentine's Day? The Naturopathica Chelsea Healing Arts Center and Spa is the place to go.

They believe in a whole-body approach to skin health and well-being; the treatments and services are customized to each guest's unique concerns. Nirvana Stress Relief Massage and the Blue Eucalyptus Energizing Massage are both favorites.

Naturopathica Chelsea [127 West 26th Street between 6th & 7th Avenues, (646) 979-3960, [naturopathica.com](http://naturopathica.com)].

There's a new mind-body destination that opened Midtown East, called Clean Market. It's a great place for moms to unwind, chill out, and find healthy alternatives. The infrared saunas are very popular, as well as the cryotherapy.

Clean Market [240 East 54th Street between 3rd & 2nd Avenues, (646) 850-6300, [cleanmarket.com](http://cleanmarket.com)].

Beauty is wellness, and I love the Cap Beauty bundles. The bundles let you gift with ease and save while you're at it. Share the power of naturals with the ones you love.

Cap Beauty [238 West 10th Street between Hudson & Bleeker Streets, (212) 227-1088, [capbeauty.com](http://capbeauty.com)].

Have a FabULyss Valentine's Day filled with lots of hugs and kisses!



Lyss Stern is the founder of [Divamoms.com](http://Divamoms.com), bestselling author *Motherhood Is A B#tch*, *If You Give A Mom A Martini*, and a mom-of-three. Follow Lyss on Instagram @diva\_moms.



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treats

# LUXE in LOVE

Shower your parenting partner with affection this Valentine's Day (or treat yourself!) with the 10 most romantic & luxurious gifts in the game!

By Mia Weber



1. Now House by Jonathan Adler Chroma Decanter, Pink, \$58, amazon.com
2. Jennifer Fisher Medium Gold Border Enamel Heart Pendant with Letter, Love Red, \$850, jenniferfisherjewelry.com
3. Dick Taylor Candied Almond Craft Chocolate Bar, \$9, dicktaylorchocolate.com
4. Paravel Crossbody Capsule Standout Shoulder Bag, \$265, tourparavel.com
5. Palermo Body Rose Geranium + Mandarin with Rosehip, \$12, palermobody.com
6. United by Blue Sumter Bartrams Sock, Red, \$12, unitedbyblue.com
7. Harlem Candle Company, "Josephine" luxury candle (large 12 oz.), \$45, harlemcandlecompany.com
8. Izola Red 6 oz. Flask with Canvas Carrier, \$42, izola.com
9. Charlotte Olympia Pink Scent Handbag, \$498, charlotteolympia.com
10. Sugarfina Pink Chocolate Sparkling Rosé Bears, \$23, sugarfina.com.

For more seasonal gift guides, visit [newyorkfamily.com](http://newyorkfamily.com)!

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# Wellness Wonder-Mom

New mom and Sakara Life founder & co-CEO Danielle DuBoise shares her motherhood must-haves

By Mia Weber

**S**akara Life founder and co-CEO Danielle DuBoise knows a thing or two about the importance of surrounding yourself with people and things that nourish and empower. A busy entrepreneur in the wellness space—Sakara Life is an oh-so-buzzed-about plant-based and organic food delivery program with an emphasis on making healthy food choices part of a holistic lifestyle rather than a crash diet—a certified health coach, and a new mama (she had her first child, Star, this past year) she knows that having some go-to items that make life run smoother is super-important.

Just like she shared her nutrition and wellness secrets with the world when she co-founded Sakara Life, she’s graciously sharing her super-mom essentials! Here are the 10 products that keep her going—both as a mom and as a businesswoman.

### Sakara Nori Chips:

“Nori contains iodine, an important mineral for thyroid health, which is a sensitive part in our endocrine system. During pregnancy and while breastfeeding, I’ve made it a priority to make these a regular snack in rotation. Delicious and functional, exactly how I like it!” [sakara.com](http://sakara.com)



### Sakara Detox Concentrates:

“Speaking of minerals, one of my wellness non-negotiables is incorporating our Detox Water Concentrates in my water every evening (and sometimes morning too!). Soil quality



has weakened in modern times, so I make sure to squeeze in all my trace minerals, along with digestion-calming magnesium and blood-cleansing chlorophyll. It makes all the difference.” [sakara.com](http://sakara.com)

### Sakara Probiotic Blend:

“[My co-founder Whitney Tingle] and I constantly talk about the power of gut health in our overall well-being, and I absolutely walk the walk! Your gut microbiome dictates everything from your immunity, your hormones, sleep, how your calories are you absorbed, and beyond. I take these every single day—they also include critical prebiotic fiber and digestive enzymes to help better breakdown and absorb nutrients.” [sakara.com](http://sakara.com)



**Artipoppe Baby Carrier:** “This leopard-print carrier has been the biggest, chic-est blessing. I use it constantly, baby Star loves it, and it’s incredibly stylish.” [shop.artipoppe.com](http://shop.artipoppe.com)

**Willow Pump:** “As the co-founder of Sakara and a dedicated mama, these wireless breast pumps (that work with an app!) leave my hands free to be the ultimate, multi-tasking

woman.” [willowpump.com](http://willowpump.com)

**Honest Diapers:** “I really admire Jessica Alba as a business woman and her commitment to create clean products for our most precious little ones; I always need a stash on-the-go.” [honest.com](http://honest.com)

**Primary Onesie:** “In case of an accident!” [primary.com](http://primary.com)

**The Moonstoned Ophia Hoops:** “If I have an event in the evening, they turn everything into a fancy look!” [themoonstoned.com](http://themoonstoned.com)

**KOSAS blush highlighter:** “I love this two-in-one compact and it gives me the healthy, effortless flush I’m after.” [credobeaauty.com](http://credobeaauty.com)

**True Botanicals Aromatherapy roller stick:** “I love the ‘immunity’ blend, since it’s cold season right now, and the last thing I want is to catch a cold... Essential oils are powerful, healing, and True Botanicals makes it luxurious.” [truebotanicals.com](http://truebotanicals.com)

**To learn more about Danielle DuBoise, visit [sakara.com](http://sakara.com)!**



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## Fifth Tri's the Charm

Meet the founder of *The Fifth Trimester*, former *Glamour* editor Lauren Smith Brody, who's helping working moms live their best lives

By Whitney C. Harris

When Lauren Smith Brody was on maternity leave from her job as Executive Editor at *Glamour* magazine, she had no idea what the experience of going back to work would be like after twelve weeks at home with her new baby boy. She was the primary breadwinner and her husband was in medical residency. Going back to work was a no-brainer for her in so many ways, but it wasn't easy.

Brody always loved her job and the people she worked with, but she found herself dreading going back after her first son was born. "I felt like I didn't recognize myself," she said during a phone interview with New York Family.

The sleep deprivation was intense and she

was utterly exhausted. Each day felt like she was "just getting by," which had never, ever been her norm. But with U.S. maternity leave policies being what they are (not good) and in need of a steady income stream, Brody went back and struggled through until she finally got her sea legs a few months into it.

Many parents who've dealt with fussy newborns are familiar with Dr. Harvey Karp's concept of the fourth trimester—the idea that babies are born a trimester too early and therefore need to be made to feel like they're in the womb again to feel secure. It's these three months that the baby cries the most and is the incredibly needy of the parents. This is the period of time when women are typically at home on their maternity leave, and they usually return to work right as the fourth trimester is ending, if not beforehand.

The fifth trimester, then, is all about the working mom's return to the office, when she is likely not quite physically, psychologically, or emotionally ready. After all, many women are still breastfeeding when they go back to work and their babies may still be sleeping irregularly and waking up throughout the night. The idea behind Brody's recent book, *The Fifth Trimester: The Working Mom's Guide to Style, Sanity, and Big Success After Baby*, is that women in this deeply challenging phase of life are looking for ideas, solutions, and the knowledge that other women have been in their shoes and made it to the other side, with family and career intact.

For Brody, realizing that this was just a transitional period, something that would pass along with the sleepless nights and spit-up, was transformative. It helped her adjust to

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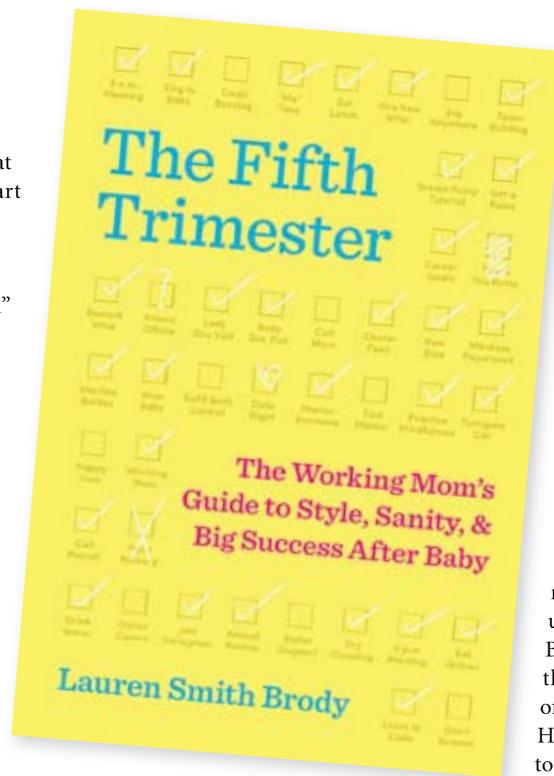
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her new role as working mom in a way that made sense for her, and inspired her to start talking to other moms (more than 700!) and experts for their ideas regarding not just the mental and physical logistics but the emotional evolution of making “mom” part of your work identity. The result is her book – an easy-to-read guide that’s essential for navigating the uncertain waters of balancing a new baby and a career. Pregnant women and new moms who are short on time will easily find themselves swept up by the friendly yet matter-of-fact manner in which Brody presents a litany of information and advice. From getting out the door in the morning looking like you actually got some sleep to what to ask your nanny during the interview. There’s even a quick reference page at the front of the book so readers can go directly to the topic and page they’re seeking.

Coming from a women’s magazine, Brody has a plethora of advice when it comes to making moms look and feel their best. One key piece is to make a miniature wardrobe within your closet. “Don’t let your closet torture you in the morning,” she says. Put everything that fits and is work-appropriate front and center so you can pick from there and make your morning a little easier.

When it comes to negotiating just about anything with your boss or a family member, have a plan and not just a complaint, and show how what you’re asking for isn’t selfish but actually good for everyone. If it’s flex time, then point out how working from home will save on commute time when you can get extra work done instead of waiting for the 6 train. If your company has never offered this benefit to anyone then you could be paving the path and making the company a more desirable place to work. Then just be sure to have a back-pocket plan when you feel out of control (think: exhausted or seriously sad or something that you would normally deal with



hits you hard). This should be something that will soothe you. If nature gives you a sense of peace and calm find a park close to your office where you can walk when you’re feeling down. For Brody, she would call home because her dad would always say “I love you” when they hung up the phone and that was what she really needed to hear.

Brody’s book is packed with actionable tips, but one thing she wishes she’d mentioned as a resource for moms looking to network and connect with newborns is Mindr. “It’s a series of really awesome affordable events (conversations and talks) to which parents can bring their babies and come and learn about everything from flower arranging to public policy,” she says. There’s also lots to be said for moms who left the workforce after having babies but are now looking to jump back in. Brody points to the returnship program at Goldman Sachs and career placement company Werk that posts many part-time or work-from-

home positions. “The future of work is flexible, and that’s great news for working parents,” Brody adds.

Speaking of good news for working parents, Brody is now doing more speaking engagements and some consulting to spread the word about the Fifth Trimester and how important it is to set up women for success when they get back to their desks. She’s helping companies improve their policies and, as a result, employee retention, along with boosting recruitment and reputation, not to mention their bottom line.

“There is just this burning desire to nurture and mentor that seems to light up for many women after having a baby,” Brody says. “It’s surprising because you’d think there’s no energy left to take care of anyone else, but it’s just the opposite.” Herself being a prime example, Brody hopes to make a real difference in workplace culture and build a movement that will pay it forward for generations to come.

So what does such a busy working mom do in her free time? As far as “me time” goes, Brody always liked walking the three miles to her office when she was an editor, especially the part where she strolled through Central Park. “I would walk by the sea lions at the zoo and just enjoy the fact that I was looking at the sea lions,” she says. These days, she likes to do bar classes at Exhale whenever she can.

Raising kids in Manhattan for her means frequent visits to the little boat pond in Central Park, the Metropolitan Museum of Art, and the Biscuits & Bath pet daycare not far from their place on the Upper East Side with her young sons Will and Teddy. These days, they love the Intrepid Sea, Air & Space Museum and the Cooper Hewitt, Smithsonian Design Museum with its cool graphic design exhibits, the Upper East Side location of the Brooklyn Robot Foundry, the annual Maker Faire in Queens, Tinkersphere in the East Village (where her son Will made his own Raspberry Pi computer!), Dave & Buster’s, and birthday parties at Chelsea Piers. They can frequently be found eating dim sum in Chinatown or Momofuku Ssam Bar on 2nd Avenue.

“They are both fairly picky eaters (we are working on that right now) and would rather eat a buttered carbohydrate than anything, but they both love tobiko sushi,” Brody says. “Yes, the weird little crunchy red fish eggs. I heart NY.”

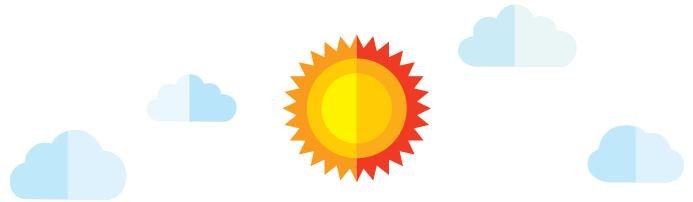
To learn more about Lauren Smith Brody, visit [thefifthtrimester.com](http://thefifthtrimester.com)!

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## Three Commonly Asked Questions About Your Children's Oral Health

By Sara Shahi, DDS

Parents usually have a number of questions and concerns when it comes to their child's health, and oral health is no exception. Here are the three most common questions parents have asked about caring for their young children's teeth:

### **"I have to see a dentist every six months, but who should see my child?"**

Ideally, a board-certified pediatric dentist should be evaluating, examining, and treating your child. Children are not just small adults, and caring for their dental health has its own unique challenges, which is why pediatric dentists go through extra years of vigorous training specializing in the complexities of treating children and the problems that can present in childhood.

Board-certified pediatric dentists have been extensively evaluated by a nationally recognized group of senior and experienced peers and have received a stamp of approval on their skills, knowledge, and quality of

care. This goes beyond just looking for "holes" in teeth and treatment of cavities. Pediatric dentists evaluate things such as growth, the relationships of the jaws, health of the tissues inside of the mouth, and airway development. Early diagnosis of any conditions will lead to early intervention while the child is still growing and may reduce complications in adulthood.

### **"My child has a few teeth, when should I take them to a pediatric dentist?"**

The American Academy of Pediatric Dentistry recommends that all children visit a dentist no later than six months after the eruption of the first tooth or prior to turning 1 year of age.

The first visits will allow for the child to get acclimated and show the child that dental visits can be very fun and do not involve any sort of discomfort. These visits also provide an excellent chance for the pediatric dentist to talk to parents and guardians about the best at-home practices to help the child grow up cavity-free. Parents will also be provided with information on what changes are

expected to occur in the child's oral cavity until their next dental check up.

### **"I know my child has cavities but don't baby teeth just fall out?"**

Although baby teeth, also known as primary teeth, are usually replaced by adult or permanent teeth, they still must function pain free in the meantime. Cavities that grow beyond a certain point can result in pain and discomfort affecting a child's ability to eat, concentrate in school, and leave him unable to get a peaceful night's rest. In addition, it is important to understand that primary teeth are "place holders" for the permanent teeth, and any premature loss or breakdown of the primary teeth may result in a more severe overlap or crowding of the permanent dentition. Lack of teeth can also result in less esteem when smiling and interacting with other children, and unfortunately may lead to loss of confidence.

Keep in mind, prevention or early intervention will be the least invasive path in achieving optimal oral health for both you, and your child!

*Sara Shahi, DDS is one of the pediatric dental specialists at Upper East Pediatric Dentistry. A dental graduate from both NYU and Columbia University, she is passionate about the field of dentistry and spends much time in its study, having received board certifications from the American Board of Pediatric Dentistry, Integrative Biological Dental Medicine, and Naturopathic Medicine.*

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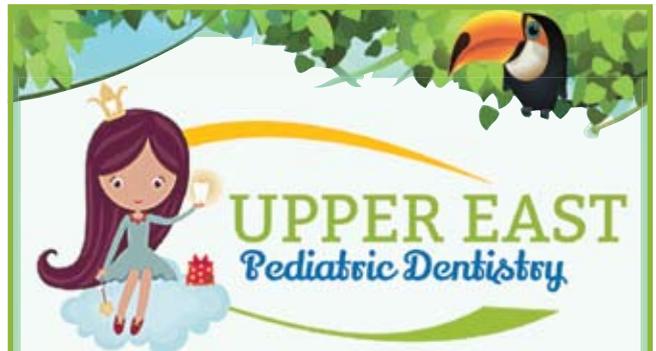
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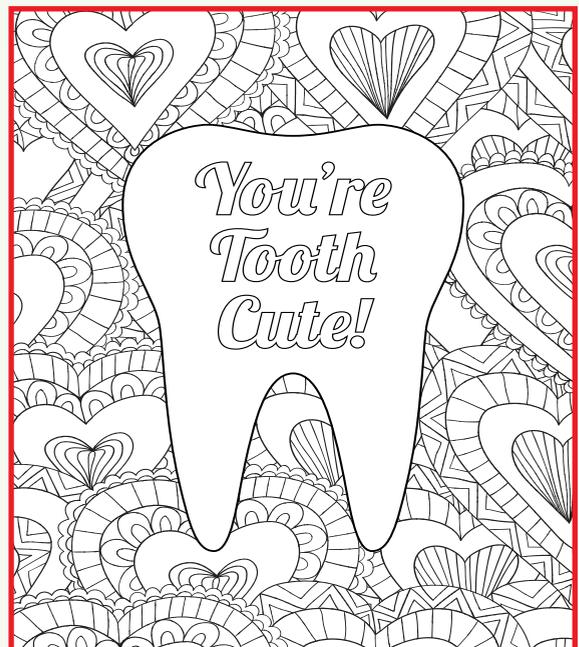
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# How to Help Kids Lose Weight

When your child's body mass index becomes a problem

**W**e've all done it as parents. We have rewarded our child with a promised snack or a treat. Maybe it was an ice cream for a good report card or a dessert for winning a game. Food, after all, is a comfort, but when these small rewards turn into habits, you may have a real problem.

"I can't really remember how it started," says Laura Pellegrino of Clinton Hill, Brooklyn. "It certainly wasn't a conscious decision, but I always wanted to have my daughter feel satisfied and happy. When she was a baby, I began comforting her with a bottle and it later turned to a snack here and there." Pellegrino's daughter, Theresa, is a bright-eyed, 8-year-old who last year weighed 125 lbs., a typical weight of an adult woman.

Unfortunately, this story is anything but unusual. According to the Centers for Disease Control and Prevention, in American children ages 2-19, 16.9 percent of them are considered obese, and the American College of Cardiology reports that 33 percent are overweight. Furthermore, researchers from Columbia University report obesity as the biggest overall health threat facing the country. Child obesity has reached epidemic rates and become one of the leading health concerns in the country. It can cause heart disease, high blood pressure, high cholesterol, early onset of puberty, liver disease, diabetes, and shortened life span. There are several reasons for the growth of child obesity, ranging from practical to emotional, and treatment is likewise, multifaceted, which can overwhelm parents. The first line of defense is knowing where and how to begin.

## Know the numbers

First, you must find out how your child's numbers stack up. Ask your pediatrician about your child's weight in correlation to healthy ranges.

"Pediatricians generally calculate a body mass index (BMI) at each yearly physical," explains Dr. Jennifer Gruen of Village Pediatrics in Westport, CT. "The BMI is an estimation of body fat based on height and weight. We also plot the BMI on a graph to compare a child's number to other children their age. For children, a BMI percentile of 85-95 percent is considered overweight and over 95 obese."

In Pellegrino's case, her pediatrician first advised her that her daughter was considered obese. She found the news troublesome but didn't know how to change anything, so she sought out a nutritionist who clued her into the daily requirements for a then 7-year-old.

"By having a list of foods and acceptable portions, it helped me to monitor exactly how much Theresa should be eating," she says. Theresa has since lost 19 lbs.

## Talk it out

Emotions are vital in the weight loss process. Even initially speaking with your child about a weight problem can be a very sensitive subject. Dr. Joanna Dolgoff, a Manhattan pediatrician and child obesity expert in Child and Adolescent Weight Management, says in her new book, *Red Light, Green Light, Eat Right*, that parents should be truthful but tactful as well. "Most overweight children know they are overweight. Even if you haven't pointed it out, their peers probably have." She says that if parents avoid bringing up the subject, it will only result in kids thinking it shameful to talk about. Instead, she advises parents to speak in terms of "we" instead of "you." Say "we" are going to eat healthier, and "we" are going to get more active. Dr. Dolgoff also encourages parents to be open about their own weight struggles and explain why certain foods are healthier than others. Always be available for support and praise your child for making healthy conscious choices.

Other important advice from Dr. Dolgoff is to be positive. It's imperative not to express negativity or fatalism, by saying it's in your child genes and they have no power over getting fit. Don't make fun of your child's weight—ever! Don't become the food police and forbid or force any foods, which can result in rebellion. Most of all, Dr. Dolgoff stresses that you should never put your child on a popular fad diet because children need a healthy balance of all foods, even carbs and fats, to help them develop properly.

## Walk it off

For Martha Bentley of the Lower East Side, her son's weight problem occurred from a matter of convenience.

"I work up to 10 hours a day and when I

get home, I'm tired. So I began doing things for convenience, like ordering pizza and filling up Mark's lunchbox with bags of chips and cookies to throw in with a sandwich. They were easy to grab in the morning. Mark was very slim throughout the second grade, even though he ate all the junk food. But I noticed last year that he began growing out of all his pants faster than usual."

Mark is in the third grade and now wears a size 12 in pants and has grown an inch. Just a year ago he wore a size 14. Bentley says she had to make big lifestyle changes to get him healthy, which included cutting down her work hours, preparing healthy meals, and getting him involved in activities.

"Mark would come home from school and sit on the couch all afternoon playing video games, but my mother watched him and she was elderly, so my hands were tied. Now I come home earlier and make taking a walk part of our daily routine."

Dr. Gruen agrees that technology and lack of time spent exercising play a big role in child obesity rates.

"Modern life has contributed greatly to the general increase in our children's weight. Children rarely walk anywhere as part of their daily routine (walking to school, to the ballfield...). Sports tend to be structured (as in Little League) instead of running to the corner playground with friends after school. This limits real exercise to children who can afford to play, and want to play in an organized fashion. And even for these children, these sessions are also often shorter than when kids went out to play for hours after school as well. Dual-income families also often mean children are in after-school care programs, or home alone after school, which also limits access to exercise," Dr. Gruen says. She adds: "Modern technology such as cellphones, game stations, and computers also encourage stationary entertainments. Recent estimates have suggested that children are spending up to seven hours a day on technology and TV!"

This inactivity combined with poor quality food choices is a recipe for weight gain. In addition, common ingredients found in many kid's snacks contain high-fructose corn syrup, a cheap food and drink additive that contributes to the obesity epidemic.

"Our digestive system operates largely on



secretion or suppression of two hormones: ghrelin and leptin. Ghrelin increases your appetite while leptin tells your brain 'I'm full,'" Dr. Gruen explains. "High-fructose corn syrup suppresses leptin, making it harder for your brain to register satiety. It never shuts off ghrelin, however." This causes a child to never be satisfied and look for more and more food.

### Change habits

According to Dr. Jason Kronberg of the Pediatric and Adolescent Sports Medicine and the Pediatric and Adolescent Medicine of Long Island: "The hardest part of breaking the obesity cycle is changing dietary habits. Studies have shown that after age 13, the chance of changing one's eating habits is slim. Most people have developed eating habits at that age that stay with them for their entire

lives. The important issue is getting parents to change their habits that will filter down to their children."

Patty Straffalino, of Yonkers, agrees, "I have to admit that I didn't realize how much my poor eating habits contributed to my daughter, Maria, being overweight."

Straffalino says that she had been overweight her whole life and didn't want her daughter to experience the same pain she went through growing up as an overweight child. When Maria came home from school and was crying because her classmates had ridiculed her weight, it was a wake-up call. She immediately put her entire family on a healthy eating plan. "Seeing Maria devastated hurt me because I knew I was in charge of the food that came into the house."

Straffalino says she never told her

daughter she had to lose weight, but focused instead on being healthy. Maria has gotten slimmer and lost 14 lbs., Straffalino has lost 36 lbs., and her husband has lost 21 pounds in the past 10 months.

While no parent wants to watch her child suffer the repercussions and health problems that come with obesity, every child can get healthier with a little help. As Pellegrino says: "I learned throughout this whole process that everyone can do small things that add up to better

health, and it will be tough, yet certainly doable. But it all starts with the parent."



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

# When Moms Work from Home

**W**ould you be happier working from home? It's a no-brainer question for most people. Some immediately say they would jump at the chance, while others say they would never want that arrangement. Some moms understandingly enjoy the outside, adult interaction that the workplace provides. Having a reason to put on nice clothes and leave the house is yet another common reason cited, as many people tend to think of those who work from home as sitting inside in their jammies all day long. (I would say the opposite is true.)

However, according to a recent survey, telecommuters are in general happier and healthier people, which in turn, cultivates better parents. As employees, they are more satisfied, which results in better workers.

Here are the specific ways that telecommuting helps parents and companies:

**Not only happier but healthier:** When asked to draw comparisons, telecommuters say their stress levels have dropped 25 percent on average since working from home. Seventy-three percent even say they eat healthier when working from home because they have more time to exercise, prepare healthy meals, and engage in activities that de-stress, such as yoga and walking.

**More loyal employees:** Without the trek to the office—on average, a 75-mile round-trip for respondents—76 percent of telecommuters are more willing to put in extra time on work and say they are more loyal to their company since telecommuting. Telecommuters also report they work much more efficiently and longer when they can work from their home office.

**Better balanced:** More than 80 percent say they now maintain a better work-life balance. Employees say the stress reduction that comes with losing their long commutes enable them to enjoy their daily lives more simply by gaining a few extra hours each day. Gaining two to three extra hours each day enables shopping, cleaning, and parental chores to get done much more easily.

Once you have kids, career goals tend to shift. Even moms that prefer working out of an office often tend to seek out more flexible work schedules when they become mothers so they have a quality home life. If you would like to telecommute, I'd encourage you to seek out ways that you can in your given field



by joining online groups, networking with work-from-home moms, and asking any telecommuting mom they know how they do it.

Years ago, I left a fulltime job that was one-and-a-half to two hours away with no definite plan (not the smartest thing), but managed to find enough writing and editing gigs to be able to work from home fulltime. Last year, with my kids now older, I went back to a flex job where I work three days a week in the office and two days from home, but the years I worked exclusively from my home office were invaluable. It enabled me to have a much more active social life than when I was

holed up in my Manhattan office, enduring 80-hour workweeks. It also allowed me attend to every school event or household emergency without having to take a sick day. But best of all, it gave me the chance to excel in a field that I truly love and work with talented professionals that I'm proud to call colleagues.

So am I healthier and happier for it? You can bet on it!

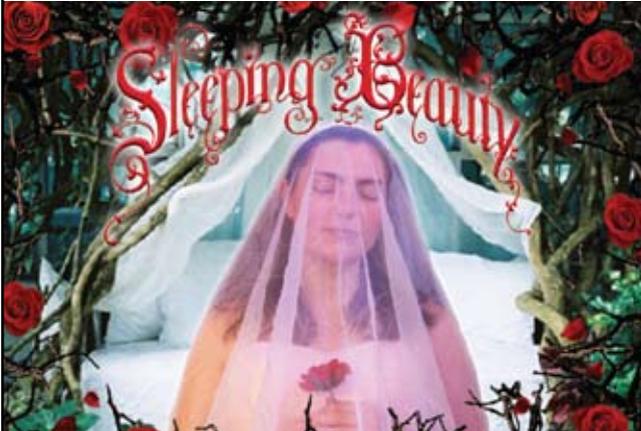
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# Much Ado About Alyssia

Actress (you love her as Fig on #OITNB), producer, activist & loving mom Alyssia Reiner opens up about finding fulfillment in every aspect of her multi-faceted life

By Mia Weber

**A**lyssia Reiner might just be the low-ley coolest mom in Manhattan. And no, it's not because she's widely known as the love-to-hate-her-but-deep-down-she-has-a-heart, queen of the eye-roll former-prison warden Natalie Figueroa ("Fig") on the long-running Netflix smash "Orange is the New Black." And it's also not because she's a fierce activist for causes she believes in (more on that later) or because she met a fellow entertainment-industry mom (former President of Comedy Central Michele Ganeless) at school drop-off and then they made a movie together (the now-streaming "EGG")—though those are certainly factors.

No, Reiner is the coolest mom in Manhattan because she and her husband (fellow actor and producer David Alan Basche) actually built their 10-year-old daughter a treehouse in their backyard in Harlem.

"It's so funny because we live in Harlem but our

home is so suburban," Reiner, a native New Yorker herself, says. "I feel like I live on a suburban street a lot of the time because we have a Brownstone...and we have a backyard and a dog and a treehouse—that's big enough for us to all sleep in it. Though, don't tell the building code [office] about it!"

Reiner, grew up on the Upper West Side of Manhattan at 79th and Amsterdam, and attended the prestigious Ethical Culture School. From there she went on to Vassar College, the British American Drama Academy, and the National Theater Institute at the Eugene O'Neill Theater Center. As a born-and-raised Manhattanite, it doesn't surprise her at all that she's now raising her family here in the City. In fact, she wouldn't have it any other way.

"I can't imagine bringing up a child anywhere else. I think [NYC] is the best place to grow up because you're so surrounded by culture and you're so surrounded by a level of diversity that I haven't seen any other city



Photo by Tito Trueba



“I can’t imagine bringing up a child anywhere else. I think New York City is the best place to grow up because you’re so surrounded by culture & you’re so surrounded by a level of diversity that I haven’t seen in any other city.”

have. I love public transportation—the last couple years, maybe not so much, because the Subway has been very disappointing—but in general, I think that the Subway system is rather miraculous,” she says. Adding that, even though she spends plenty of time out in LA due to her work as an actress and producer, she finds that New York wins every time. “It’s really, I would say, the cultural and creative diversity of the city [that I enjoy],” she explains. “We live in LA sometimes and...it’s such an industry town. I love that I know a lot of people when I walk around [in LA] because they’re in my industry, but sometimes I just want to talk to an investment banker or an entrepreneur or a lawyer or a doctor who’s *not* a doctor with a screenplay!”

Joking aside, Reiner and her family seem to be thriving here in the city. Over the past five years, Reiner reached a new level of career success and celebrity with her role as Fig on “Orange is the New Black”—a show she won a SAG Award for as part of the ensemble cast, and which is set to air its seventh and final season later this year. She also recently produced and starred in “EGG”—her husband co-starred and co-produced with her—alongside Christina Hendricks and Anna Camp. It’s a film that she’s immensely proud of that’s now available to watch on iTunes and Amazon. And that’s not to mention the fact that she has her hand in a number of charitable and activist causes, and that her daughter (who just turned 10 recently) has ambitions of being a surgeon one day (so much so that she asked for a set scrubs and a medical-school-quality model of the brain as birthday gifts).

With such a full plate, one might assume that Reiner has the age-old work-life balance question figured out. In fact though, it’s just the opposite.

“I always like to say that there’s no such thing as work-life balance. It’s a consistent, fluid, morphing system. There’s no such thing as a magic balance or a magic formula,” she explains. “In my case, both my husband and I are actors and producers, and we co-parent. I can’t imagine doing this without a co-parent, without a person who’s really equal to me; we have a really equal sense of responsibility. There are certain things that I’m better at, and there are certain things that he’s better at. That’s my truth.” Adding: “It’s also so that you don’t feel resentful... Finding that balance where you both are really honest about what’s possible and what you can bring. We often end up bringing in a third person to pick up the slack—or many people! Be it a housekeeper or a babysitter or a family member. It’s really important for me to find that balance so that neither person in the couple—if you are a couple—feels resentful.”

The question of finding your truth—and living it—be it at home or at work or both is not only a central theme when Reiner talks about her values as a mother, but also a central one to many of the characters she plays. In “EGG,” she plays Tina, a woman she describes as an unapologetic “truth-teller,” who’s having a baby via a surrogate. The film, which she and her husband co-produced with Ganeless, explores what motherhood means to different people, as well as how to be confident



Above: Alysia Reiner with her daughter.

in your own life choices without judging the choices of others—it’s a story Reiner sees many parents relating to.

“EGG” is really an unflinching comedy about why we choose motherhood, why we revere it, or delegate it, and why some women choose to forego it. It’s a very funny, sarcastic, explosive evening where these five people face their own ridiculous, and sometimes heart-breaking, shortcomings,” she says. “It’s really about the real and universal choice that all women and men face in a very funny way...I like to say that if you take parenthood, career, art, and commerce—this movie sort of just explodes in a dark comedy where those four things meet.”

Of course, Reiner knows a thing or two about dark comedy. Many TV aficionados know (and love-to-hate) her as the unflinchingly ambitious and unfriendly Fig on the acclaimed Netflix dark comedy “Orange is the New Black.” Over the course of soon-to-be-seven season (Reiner assures me that the forthcoming season seven is the most shocking yet), viewers have seen Fig go from a straightforward villain to a much more nuanced individual—it’s a journey that Reiner, as an actress, has really relished.

“I think we all think of ourselves as nice people; even Donald Trump thinks he’s really nice and a really good person. I really believe that in his heart of hearts, he thinks he’s doing the right thing and thinks that he’s a really good guy and that everybody else is just wrong. And we, as women, are taught to be nice and good and likable. But Fig is really willing to be honest about the fact that she’s not likable. She knows that she’s not really likable and she’s okay with it. She leans into it,”



Above: Aysia Reiner, with Christina Hendricks, in "EGG." At right: Reiner with her husband, David Alan Basche.

Reiner says. "And what a blessing that they've brought her on this spectacular journey. It's really the biggest gift an actor can get—to spend seven years on a show and go on such a journey. I'm going to cry now because I know it's going to be over soon. But! They have done an incredible job with creating this really complex, rich human. She has empowered me to live my truth more unapologetically, and more courageously."

In addition to empowering Reiner as an actress, working on OITNB, a show set within the swirl of injustice surrounding the prison-industrial complex in this country, has empowered her to get more involved in causes she cares about.

"In her, I don't want to say 'evilness' but [in her character's way], Fig has also taught me and inspired me to fight wrong where I see wrong, including in the criminal justice system and where it pertains to mass incarceration, where I never felt like I had the right—who was I to talk about mass incarceration and criminal justice and its injustices? In playing this role I've felt like not only do I have the right, but that I have the responsibility to do everything I can to try and help right this wrong," Reiner adds.

Among the worthy organizations that Reiner has become involved with are Still She Rise, Time's Up, Cancer Support Community, and the Women's Prison Association, and she has long since viewed her platform within the entertainment industry (inspired by the iconic Meryl Streep, as we all are) as a way to for her to affect positive change in the world around her.

"If you have the opportunity to, I don't understand why people don't fight for [causes they believe in] and use whatever resources they have. I've been lucky to have resources. I remember as a little girl, hearing Meryl Streep talk about pesticides on apples, and she actually, I believe, went to Congress and talked about it. I remember seeing that and then seeing the pesticides rules change—and I thought: 'Oh my God! You can be an actor and they listen to you about these things? That's so cool!' So if anything, she really inspired me," Reiner explains.

Giving back and speaking up for her beliefs are not

only pillars of Reiner's belief system, but they're also values she works hard to instill in her daughter.

"I had an amazing education that included social justice as part of our education. I went to Ethical Culture, my daughter now goes to a progressive private school in Manhattan. We chose her school because of their commitment to social justice—so racial justice and advocacy are part of my daughter's curriculum starting at age 3," she adds. "We talk about it all the time...and [my daughter] will come feed the homeless at the food bank; she'll come volunteer at the Women's Prison Association and paint houses. She marches with me at Every Town for Gun Violence and March for Our Lives in Washington DC. I try and include her in as much as possible. Any time I'm out at some event for like, Time's Up—I explain this is what I'm doing, this where I'm going, this is what it's about, this is what this is."

In keeping with her assessment that work-life balance is an illusion, she's also realistic with her daughter that giving back takes time, just the way work takes time. "I'll also communicate with her about time and what it means to be a working parent and to volunteer and how you have to create the time for all of those things," Reiner notes. "We really check in about 'are you feeling like you're getting enough time with me?' We make it work."

Reiner herself makes it work too—and that's an understatement. Between promoting "EGG" and the final season of OITNB later this year, she'll also be appearing on season three of the mom-centric series "Better Things," where she takes a hilarious turn as Pamela Adlon's bestie (tune in on February 28 for that) and will start filming season three of "The Deuce" this month as well. In the midst of it all, she's continuing her work with Time's Up ("Right now, with Time's Up we're doing some really exciting things with Time's Up Times Two—about really trying to create systematic change across industries, and make sure we're hitting our numbers in terms of hiring more women and creating more opportunities for women") and developing a TV series about female entrepreneurs, and developing a mini-series about the Equal Rights Amendment ("So many young women don't know what the ERA is and that it never was passed").

Of course, at the end of any long day, it's about making time to share warm moments with her husband and daughter, and delight in watching her daughter make new discoveries as she lives her own truth as a growing young woman.

"I do believe that one of the most important things in parenting is to just be quiet and let [your child] wander... just give them the space and be the roots," Reiner says, wisely. "I just try and be the space and the roots, but it's fun watching her discover herself, and feel empowered to do things like be a brain surgeon."

To learn more about Alysia Reiner, visit [alysiareiner.com](http://alysiareiner.com)!



photo by Alejandro Ibarra

# Cutting Family Costs

## Ways to save money without sacrifice

By Kimberly Blaker

**T**he cost to raise kids today is between \$12,350 to \$14,000 a year per child, according to a January 9, 2017, CNN Money report by Kathryn Vasel. Multiply this by two or more children, and that's a substantial chunk of change. But there are lots of ways to keep costs down without sacrificing the quality of family life. Follow these cost-cutting tips, and watch your savings grow:

### Feeding the crew

Feeding your family is perhaps one of the biggest expenses you'll incur. It's also one of the best places to cut costs.

Coupon clipping can bring substantial savings—provided you use coupons only for items you'd purchase anyway. Admittedly, coupons can also be a hassle. If you have time for coupon clipping, look for grocery stores that offer double coupons to make the most of this savings strategy. Also, set up some guidelines so you don't use coupons to the extent you're losing money by making unnecessary purchases or where you could have had a better deal by purchasing another brand.

Cut your grocery bill by at least a third by buying only on-sale. Each week, flip through your store flier, then stock up with a four- to six-week supply of the items on sale. After the first month, you should have plenty of stock to eliminate most non-sale purchases. Although you'll invest more up front, within a few weeks you'll have recouped your investment and see your grocery bill start to drop.

Also, avoid wholesale food clubs. When comparing prices, the savings are usually minimal. They rarely compare to grocery

store sale prices. You might use food clubs for just a few staple items you've researched and know are always a better deal.

When shopping, always compare the price per ounce on different size packages. Contrary to popular belief, smaller packages are often the better deal. Manufacturers learned people go for the bigger bulk size items because of the better price per ounce. As a result, they switched the pricing around knowing consumers will just gravitate to the larger package with the assumption it's a better deal.

Don't let unanticipated fast food runs eat up your spare cash. Have paper plates and plenty of frozen meals to toss in the oven for emergency eat-and-run suppers.

### Energy efficiency

There are plenty of ways to cut overall energy use without sacrifice, so make the following tips part of your strategy:

- Run your dishwasher only when full, and use the no-heat or air-dry setting.
- Keep your refrigerator out of the sun.
- Turn off the oven a few minutes before your meal is done cooking. The heat already built up in the oven will finish the job.
- Wash all laundry in cold water, except for sheets and towels that need hot water to kill bacteria and odors.
- Clean the lint filter on your dryer before each use. And don't over-dry clothes.
- Evaluate your lighting needs. Use the lowest watt bulb possible that still provides ample lighting. Better yet, use the compact fluorescent light bulbs for maximum energy savings.
- Keep your hot water heater between 115-120 degrees. Hotter temperatures are wasteful, unnecessary, and can lead to scalding.

• When purchasing new appliances, compare energy efficiency. Paying a little more for the more energy efficient appliances can save money in the end.

• Turn your computer off overnight and during long interruptions.

### Family fun

Having fun doesn't have to cost an arm and a leg—or anything at all.

Make visiting your library a regular family activity. Libraries today offer a wide variety of free entertainment including books and magazines, DVDs, music CDs, video games, audiobooks, even computer games, and software. If your library doesn't carry a book you're looking for, ask about its interlibrary loan program.

Contact local, county, and state parks for scheduled activities and programs. Also, don't forget about paved biking and roller blade trails, hiking and nature walks, fishing, swimming, wildlife viewing, and more.

Instead of taking your family to dinner or for fast food, pick up Chinese and head to the park. You'll not only save, but you'll eat healthier, too.

Contact the science, natural history, and children's museums in your area and ask if they're one of the more than 350 members of the Association of Science-Technology Centers in the U.S. If so, purchase an annual family membership, generally ranging between \$120-160. These passes offer unlimited visits to all member museums. Then plan several day trips throughout the year for family science fun. Visit [astc.org/passport](http://astc.org/passport) for details. The passports must be purchased directly through one of the participating science-technology museums.

Don't buy new computers. Recent models



can often be found in the newspaper or online classifieds for a fraction of the cost.

### Finance savvy

The following suggestions can bring big savings and make banking and loans work for you rather than against you.

If possible, double up on mortgage and loan payments. If you can't, you can still save by breaking each monthly payment into two. Pay half of your monthly loan and mortgage payments a couple weeks early. Contact your loan institution and make sure early and partial payments will apply to your regular monthly installments and that interest will be adjusted accordingly.

Open your checking account at a credit union or bank that offers free accounts with no maintenance or check fees.

Store your credit card. Carrying it on you

can lead to impulse buying. Unless you're disciplined enough to pay it off monthly, credit cards eat up spare cash on interest expenses.

### Auto economizing

There are many ways to keep driving expenses down. Try these for starters:

Increase the deductible on your collision to \$1,000, unless you're accident prone, or have teen drivers. The cost difference can be significant.

Avoid purchasing a brand-new vehicle. Opt for a low-mileage model only one to four years old. You'll save a fortune on depreciation.

### Dress for less

Save on household and clothing expense by trying these money-saving ideas. You'll be helping to protect the environment, too:

**Hit the end-of-season sales and save 60-80 percent on kids clothing for the following school year.** A one-size difference is usually a safe bet.

**Visit resale shops for super savings on like-new children's clothing.** You can find these stores locally as well as online resale shops.

**Catch the savings as families in all income brackets are doing today.** Hit garage and estate sales for family and household needs. You'll find top-quality, top-condition items including toys, baby equipment, children's clothing, household furnishings, and more, for next to nothing.

*Kimberly Blaker is a freelance writer and the author of a kid's STEM book, Horoscopes: Reality or Trickery? You can find her at [kimberlyblaker.com](http://kimberlyblaker.com)*

# Laurie Berkner

The “kindie” queen shares the scoop on her new tunes

By Elena Deutsch-Glantz

**H**ere I am ... on the phone with Laurie Berkner (I’m not worthy!) trying to explain to her why her music is so significant to me and how it is my happiest happy place. Moms - you can relate, right? Her music carried me through some pretty rough spots as a newbie parent and helped me focus on the joy. That’s because her songs weave easily into our daily parenting routines and family life helping us connect, love a bit deeper, help our children fall asleep a bit faster and sometimes share a laugh at our own or our children’s silliness.

For more than two decades, Laurie Berkner has been successfully creating children’s music with catchy, engaging, empowering songs, a guitar and soothing vocals. Her music is playful and imaginative and summons your inner *SUPERHERO*. Kids love her. Parents adore her. She keeps us happy...in the car, in the supermarket and up and down the aisles at her concerts.

It’s her live concerts that generate the most *BUZZ BUZZ*. If you are part of the under 10 set her show is a hot ticket. It’s one gigantic rootin’ tootin’ sing-a-long with a possible bonus that you can chat with her after the show. Stuffed animals are welcome here and wearing them, or occasionally hurling them, is allowed and appreciated. Saying that her performances are interactive doesn’t quite explain what happens. Kids respond immediately to her. She sells out concert halls in towns across the country and has kids rockin’ up and out (from their heads to their toes), with singing, dancing, clapping and the volume turned up. Way up. It’s Laurie Berkner fever.

Berkner says performing live is still exciting for her. “Experiencing the vibration from the music and sharing it in one room is really special.” She loves the meet and greets after the show because she truly loves the connection and the hope of possibly inspiring a lifelong love of music in others.

Laurie Berkner and her band have been recognized for starting the “kindie rock” movement, a folk-rock type music that is not dumbed down for kids. She maintains her relevance and noted “queen” stature with new albums and some re-mixed dance song versions, live music videos, books, writing music for several Off-Broadway musicals and pioneering a preschool music and teacher training program. She has just released her latest project “Laurie Berkner’s Song and Story Kitchen,” a 10-part series for Audible that has her singing, cooking and storytelling with characters from her songs.

Growing up in Princeton, N.J., Berkner loved music. She was the little girl that put on musicals with her brother and the neighborhood kids. She played various instruments, loved to sing, act things out and dreamed of being on Broadway. Her father was an avid music lover and her great-grandmother was an opera singer. Berkner chose to major in psychology at Rutgers but enchanted by a vibrant music scene in New Brunswick she maintained her passion performing in local bands. It was never thought she would ultimately make music for kids. She half-jokingly tells me, “I was a cheap replacement for a music teacher,” when hired at Rockefeller University’s Child and Family Center. A neighbor, who worked at this Center and whose child she was babysitting, mentioned they were looking to hire a music teacher. Berkner applied and got the job, though she admits to being initially dazed at how to manage a large group of kids. The previous teacher advised her to just “stop talking” and “sing to them.”

Her beloved song, “We Are the Dinosaurs” was born from Berkner asking the kids what they wanted to sing about. She found success in allowing her students to move and act out whatever they were singing. “These kids had been using their bodies a lot longer than they had been using words and so music with movement seemed more natural to them and this made a lot of sense to me.” Berkner enjoyed the immediate positive

feedback she got from her students.

She would stay up late at night searching for songs that would capture their attention but found it was quite difficult. Looking for songs to play at school while also performing in a band at night were wearing on her. She decided to just write the songs she needed.

## 5-4-3-2-1... Blast Off!

When Berkner was working steadily at various schools teaching music to youngsters, parents began to express interest in purchasing the songs to play at home. The Westside YMCA Preschool and Daycare Center, where she had been employed as a music teacher, loaned her money to make 500 cassettes (yes - cassettes). Working from her small apartment she wrote songs and labeled cassettes to sell. “I remember recording every sale on a single piece of graph paper that I carried around with me.” She had written and recorded “Whaddaya Think of That” and “Buzz Buzz” and a few others when a friend that was helping her with marketing said that she needed a business. So she founded Two Tomatoes Records, which eventually allowed her to open a real office.

It is evident in speaking with Berkner that like her songs, she is witty, charming and so darn likable. She cares a lot about human nature, human kindness and human connection. What is most appealing, and helps us connect with her music, is that it all comes from a good place—heart and soul.

Laurie Berkner currently resides in Manhattan with her husband, Brian Mueller and her daughter, Lucy. When not working she likes to cook, take a yoga class and maybe share some music, a game or a television show with her family.

*Elena Deutsch-Glantz is a Westchester mom, former talent agent and manager and current writer and communications specialist. She is married and has three children and two dogs that help keep it real.*



For more than two decades, Laurie Berkner and her music has kept us happy...in the car, in the supermarket and up and down the aisles at her concerts.

## A Q&A with Laurie Berkner

Here are some questions that Berkner's fans submitted via social media, along with her answers. Maybe they're questions you or your child would ask too.

### **Q: Where did you play your first concert?**

**A:** I am pretty sure that my first concert for kids was a benefit for a preschool on the Upper West Side of Manhattan. A parent who had my first cassette, *Whaddaya Think of That?* suggested we raise money together for the school. At the time I was also performing in a couple of rock bands, and I remember doing the show solo - wishing I had a band with me!

### **Q: Which song became popular but surprised you that it did?**

**A:** You might not believe this, but it's "We Are the Dinosaurs." I think it's because it was the first song I wrote for kids, and I just didn't believe they would like it as much as they did. Luckily, the engineer I was working with knew right away that it would be a hit and really encouraged me to put it first on the album - which led me to name the album after a line from the song ("We are the dinosaurs, whaddaya think of that?"). He was so right!

### **Q: What was your favorite book when you were a little girl?**

**A:** *Pat the Bunny!* I loved being able to interact with the book, and into my adulthood my whole family used to joke about "feel Daddy's scratchy face" (one of the actions in the book).

### **Q: What do you do to relax?**

**A:** I love going to yoga class, doing *The New York Times* Sunday crossword, hanging out with my daughter, Lucy, reading, swimming, biking, knitting, going out with my husband, Brian. Lots of different things.

### **Q: What song of yours is your favorite?**

**A:** I love playing "My Family" and watching families sing it with me.

### **Q: What do you and your family like to do for fun when you're at home?**

**A:** Go to see musicals! Play music together, watch shows together, play games together.

### **Q: What makes you feel special?**

**A:** I think what makes me feel special is not so different from what I try to give to kids and families after my shows. I like to feel paid attention to, acknowledged and loved.

# CHOOSING WISELY

The American Camp Association's Camper Placement Specialist, Renee Flax, offers expert insight on choosing the right camp

By Jess Michaels

**A**re you starting to think about overnight camp but don't know where to begin your search? With so many camps to choose from, it's hard to narrow down the choices. For over 20 years, Renee Flax, camper placement specialist for the American Camp Association, New York and New Jersey, has been helping parents find the right day, overnight, and specialty camps for their children. We sat down with her to find out what parents should really focus on when trying to find the perfect camp for their child.

## What is the first thing parents should do when beginning their research?

Take the time to think about what you actually want the camp experience to look like. Consider who your child is, what your family is like, and ideally what the camp should be offering. Consider the values of each camp and what types of families are attracted to the camp. Remember to not only think about the first summer your child will attend camp but subsequent summers as well. You don't want to be changing camps every year or two, so you want to pick a camp that will allow your child to grow and develop as he or she gets older.

## What is the best way to research a camp?

Now that you have thought about what you are looking for, you can begin to do your research. A good starting point is the American Camp Association, New York and New Jersey website ([acacamps.org](http://acacamps.org)) to search by location, price and type of camp. Families can also call me for free individual and personalized advice. I always love speaking with families and helping them sort through the many choices to assist them in finding the perfect camp for their child and family. Camp fairs are also a great way to learn more about a camp because you get to meet people from a number of camps all within a short period of time. It's always good to speak with friends and family about which camps they

like, but be careful when you do this—if their children are very different from yours or their family values don't align with yours, than you might not be interested in the same camps.

## What questions should parents ask the camp director?

It is very important that you know who the camp director is and whether or not you feel comfortable with them and the philosophy they have about their camp. Keep in mind that the camp director is the final arbiter when making decisions about the camp. If you have questions or concerns while your child is at their camp, is this a person you would like to be talking to? Do you feel that they understand you and your child? I recommend parents ask the camp director many questions to allow them to get a feel for the camp and director.

Ask the camp director what they consider to be a successful summer for a child at their camp.

Ask them how long they have been at the camp, how they train their staff, how they resolve issues during the summer.

Ask them for a home visit or ask about touring the camp. You want to have as much insight as possible into who they are and how they run their program.

## Should parents choose a camp just because a friend's child goes there?

No! First, your friend chose the camp because it was the right choice for their child. That doesn't mean that your child will like it as much or that it is even the best choice. A child ideally should go to camp on their own—without friends from home. This is particularly important when attending an overnight camp. A child going to camp without a home friend will learn to make new friends and not rely solely on someone they already know. The idea of going to camp is to grow, mature and gain independence. This is difficult to do if you are not going to camp on your own.

I always tell parents that going to camp with a friend can often ruin friendships—both with the parents and the campers. If one of the campers opts to pick a different camper

in the bunk to be their best buddy, your child's feelings can get hurt. And if conversely, your child meets a new child at camp who they enjoy spending time with, this might hurt their friend from home.

## What is the right amount of time to send a child to camp?

This all depends on your child and the needs of your family. For some people, sending their child to camp for more than a few weeks is not feasible due to other family commitments. But in general, two weeks should be the minimum. That is the least amount of time it requires a child to feel a part of the camp, get to know the campers and counselors and truly enjoy the activities.

Less than two weeks is really a vacation but not a true camp experience. Your child will have fun but won't be getting the true benefits of a camp program.

Camps can be two, three, four, five, six, seven, and even eight weeks. If you are a family with two working parents and do not have good child care options at home then you may want to consider the longest amount of time possible. You also have to consider your child as he or she gets older. When choosing a camp for a 7-year-old, a shorter session might sound like the best option but you have to consider the amount of camp you want your child to go in the long run. Think about your family, how you spend the summers, how independent your child is and what the best fit is for all of you.

## How important is it to tour a camp?

Touring a camp is a great way of seeing what camp is like in real time. Videos and websites will give you a lot of information but seeing a camp while it is in session will show you exactly what happens at that camp. Not all families can take the time to visit camps during the summer. Although some families do visit camps when they are not operational, keep in mind that it may be hard to envision camp in session. It may be better to arrange for a home visit from the camp director. They will be happy to meet with you and your family at a mutually convenient time and it's a relaxed



and informative experience where kids feel free to ask questions and where you as the parent can get a good sense of how this director will deal with your child while at camp.

### How do parents know if they should choose an elective or structured program?

A lot of this has to do with your child. If you think your child wants a program where they do a little bit of everything and travel with their bunk, then a structured program is best. However, if you have a child who will want to make their own choices and is independent and mature enough to travel from one activity to the next without the benefit of a bunk that travels together, then an elective program could be a good choice. There are also camps that have a true combination of both programs. The morning may be with the bunk or their division and then the afternoon is elective. This is often a good compromise for the parent who prefers structure and the child who wants choice.

### Should parents ask for references?

Yes! A great way to learn about the reputation of the camp is to ask the director for references of other families whose children were at their camp the previous summer. Parents are helpful with each other and want

to share their thoughts and ideas with you. If you have a third grade girl, then ask the camp to speak with the parent of a child who is also a third grade girl so you can ask specific questions about their experience.

### Co-ed, Single-Sex & Brother/Sister Camps: What makes them different?

There are many factors to consider when choosing a camp for your child. One is whether to send your child to a co-ed, single-sex or a brother/sister camp. Here are the key differences between these camps to help families decide which is right for their child.

**Single-Sex Camp.** Single-sex camps are comprised of children of the same sex. Many single-sex camps focus on certain activities, whether it's sports or the arts, because camps are able to center their program on the interests of just one sex. Although campers spend their daily activities, evening activities, and special events with children of the same sex, single-sex camps often have regular socials with nearby camps of the opposite sex. The number of socials with another camp usually increases with the age of the campers.

**Co-ed Camps.** Co-ed camps have many or all shared facilities between the boys and the girls, including the dining hall, waterfront, and sports fields. There is a clear separation of boys' and girls' bunks on

camp. Even though co-ed camps have shared facilities, it doesn't necessarily mean that all daily activities are co-ed. Each co-ed camp is different: some camps have some co-ed daily activities, other co-ed camps keep daily activities separate, but the boys and girls come together for meals, some evening activities, canteen, and special events like carnival, color war, and off camp trips.

**Brother/Sister Camps.** Brother/sister camps are two camps on the same property or close by to each other. They often have the same owners; however, each camp has its own traditions while also sharing some between the two camps. The camps have separate facilities including different waterfronts and dining halls. Boys and girls participate in separate activities during the day just like they do at single-sex or co-ed camps, but at many brother/sister camps, boys and girls come together for meals, special events and some evening activities. Many brother/sister camps also schedule special sibling activities so brothers and sisters have a chance to see each other and spend time together on a regular basis during the summer.

For more camp resources, visit [newyorkfamily.com](http://newyorkfamily.com)!

# Five Steps to Catch Up on College Savings

One conversation I often encounter with clients is their feeling that they are behind on college savings. If you have these same thoughts, you're not alone. These conversations usually go in one of two directions—clients either think they haven't saved enough money, or they haven't started saving for college yet. Do not fret if you have the same feelings. There are several things you can do to get on track. Here are five simple steps you can take now to stop those uncomfortable feelings:

## Prioritize

For your long-term financial health, as well as your child's, saving, rather than borrowing, is preferable. Money that's been set aside in a 529 plan or other savings account has the potential to earn interest or gains. Taking loans, on the other hand, requires you to pay interest, sometimes well into future years. Even increasing your savings by a small amount might substantially increase your child's college nest egg due to the power of compounding interest.

## Take advantage of tax-advantaged savings accounts

Tax-advantaged accounts — where taxes can be deferred or even eliminated — can greatly help you protect any gains. There are multiple different vehicles to choose from, depending on your circumstances. After considering the option with your financial advisor, choose what's most practical for you depending on your situation.

One strategy I use most often with my clients is a 529 college savings plan. When you save for your child's college a 529 plan, your investments grow tax-free and, depending on where you live, you might be entitled to a state tax break. Whether a state tax deduction and/or application fee savings are available depends on your state of residence. Additionally, withdrawals from the account made for qualified higher education purposes may be tax free. Rules around 529 plans allow for large annual contributions (more on that below), so parents who believe they are behind in college savings might be able to increase their savings quickly. Before investing in a 529 plan, you should research the particular plan and its fees and expenses.



You should also consider that certain states offer tax benefits and fee savings to in-state residents. For tax advice, it's always best to speak with your accountant or tax professional. And remember, nonqualifying distribution earnings (withdrawals not spent on higher education) are taxable and subject to a 10 percent tax penalty.

Another option is a Coverdell Education Savings Account. Coverdell accounts have many similarities to 529 plans but also some key differences. Amounts deposited in a Coverdell account grow tax-deferred and distributions can be tax-free if they're used to pay for educational expenses. Unlike 529 plans, Coverdell accounts can be used not only for college, but for Kindergarten through grade 12 expenses—and beyond—as well. However, these types of accounts are not appropriate for high earners because there are income eligibility limits. A parent's ability to contribute is phased out as your adjusted gross income increases to \$110,000 for individuals, and \$220,000 for married couples filing jointly. Contributions limits are also very low, just \$2,000 a year per beneficiary.

One strategy I discuss with clients is establishing automatic transfers from your bank accounts or payroll deductions. Creating this planned behavior has shown to increase the probability of success in reaching

your college savings goal.

## Let friends and family lend a hand

When grandparents, aunt and uncles, and friends ask what your child would want as birthday gift, suggest the gift of college through contributions to a 529 plan. Over the years it's become common for the special people in a children's life to make contributions to a 529 plan.

I've seen more and more family and friends embracing this thoughtful option. I've found grandparents are especially interested in leaving a legacy to their grandchildren through 529 accounts. An interesting feature of 529 plans is that family members can accelerate five years' worth of contributions into one gift of up to \$75,000 per person and \$150,000 for married couples without incurring any gift-tax consequences. This could be a huge kickstart towards college savings.

## Be alert and aware

In the last months of 2018, we witnessed some volatile markets. Imagine if your child's 529 plans were invested incorrectly right at the time you needed to start making withdrawals to pay for college. That is why it is important to monitor your investments with a financial advisor. As your child's college years draw nearer, it's often wise to focus on more conservative investments to protect your college savings potential market downturn. Resist the urge to try to earn big returns in a short period of time. Don't be overly aggressive in your asset allocation. Speak with your financial advisor about the ways to protect or limit your accounts at the worst times.

Catching up on college savings might feel like an unattainable goal, but starting to save or increase savings now could lead to more secure college funding when the time comes.



*Anthony N. Corrao is president, wealth management and director of corporate education at Manhattan Ridge Advisors. For more than 25 years he has helped families towards their financial*

*goals by developing financial, educational, and retirement planning strategies.*

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Suzy Scherr

With one secret ingredient potatoes turn out extra fluffy and perfectly golden.

## Dreamy, Crispy Roasted Potatoes

By Suzy Scherr

**M**ake winter cooking a family affair by recruiting your kiddos to help make this simple-yet-irresistible side for any upcoming feast. Little ones will love scrubbing the spuds and older kids—with supervision—can even help peel and chop. And because they love when we let them in on a good secret, be sure to mention that this recipe includes baking soda, a surprise ingredient that makes the potatoes extra fluffy on the inside and perfectly golden on the outside!

Serves 4

### Ingredients:

- 2 lbs. Yukon Gold potatoes, scrubbed, peeled and cut into 1-inch dice
- 1/2 cup kosher salt
- 1/2 teaspoon baking soda
- 2 tablespoons extra virgin olive oil
- 1/4 teaspoon pepper

### Instructions:

1. Place a large sheet pan in a cold oven, then preheat the oven to 500 degrees.
2. In a large pot, bring eight cups water to boil.
3. Add potatoes, salt, and baking soda. Return the pot to a boil, then reduce heat to simmer. Cook the potatoes for five minutes.
4. Drain the potatoes in a colander and shake vigorously to roughen edges. Transfer potatoes to a large bowl and toss with one tablespoon olive oil and pepper. Working quickly, carefully remove

- the sheet pan from the oven and pour the remaining one tablespoon oil onto the surface. Arrange the potatoes on the sheet in an even layer.
5. Bake until potatoes are crisp and skins are deep golden brown, about 20-25 minutes, stirring halfway through roasting.
  6. Let cool on sheet for five minutes and serve.

Excerpted from "The Baking Soda Companion" © 2018 Suzy Scherr. Published by The Countryman Press, a division of W.W. Norton & Company.

*Suzy Scherr, author of The Apple Cider Vinegar Companion, The Baking Soda Companion, and The Honey Companion is a personal chef, writer and culinary instructor and busy Westchester mom with a knack for finding new ways to make being in the kitchen or at the table exciting, fun and accessible. Scherr teaches, cooks for and cooks with adults and kids, making delicious, healthy meals that utilize new products, unfamiliar ingredients and unique ways of incorporating everyday items.*

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# Still a Place for Juice at Breakfast?

Parents are serving less fruit juice—but is that a mistake?

Once a staple on family breakfast tables, fruit juice seems to have lost its mojo. Derided as being “full of sugar” and vilified by pediatricians and family medicine doctors, parents are serving less fruit juice.

But is that a mistake?

Take orange juice, for example.

According to Food and Drug Administration definitions, it’s an excellent source of vitamin C, and a good source of potassium, folate, and thiamin. A little-known nutrient—unique to oranges and their juice—is a flavonoid called hesperidin, which provides anti-inflammatory activity and affects gene regulation.

Calories? Only 110 in an eight-oz. glass.

Other fruit juices are no slouch in the nutrient department. Grape, grapefruit, mango, pineapple, pomegranate, prune, and tangerine juice all provide significant amounts of vitamins, minerals, and phytonutrients.

“Too often, 100-percent juice is lumped in with other sweet beverages, particularly soft drinks and fruit punch,” says Dr.

Robert Murray, professor of Pediatrics, Gastroenterology and Nutrition at Ohio State University. “They are not the same. Fruit juice contains natural sugars, not added sugars, and preserves the nutrients and bioactive components of whole fruit with the exception of fiber.”

Interestingly, kids who drink fruit juice eat more fruit, according to Dr. Murray.

“Currently in the U.S. among toddlers and young children, juice comprises 50 percent of daily fruit servings. Among older children, teens, and adults, it’s 33 percent. Efforts to increase whole fruit consumption have not been very successful, even as consumption trends of 100-percent juice have fallen over the past 20 years. This suggests that 100-percent juice does not displace whole fruit, but augments it. For that reason reducing or eliminating 100-percent fruit juice from a diet usually is not compensated with whole fruit, cutting total fruit intake per day and lowering the individual’s diet quality.”

## How much, how often?

The Dietary Guidelines for Americans state that people should choose 100-percent fruit (or vegetable) juice without added sugars.



Eight ounces of 100-percent juice provides at least one serving of fruits or vegetables and can help meet the recommended amount of four-and-a-half total cups of fruits and veggies each day. The Guidelines also recommend a daily limit of one cup.

The report states that juice drinkers eat more whole fruit and have higher quality diets (with more fiber) compared with non-juice drinkers.

In moderation, juice can even play a role in weight management.

“Substantial excess consumption of juice can add calories, which can lead to weight gain. But consumed at recommended levels of one serving per day of fruit, there does not appear to be a higher risk of obesity,” Dr. Murray says.

The research backs this up. A comprehensive review performed by the Academy of Nutrition and Dietetics for its Evidence Analysis Library examined the association between 100-percent fruit juice and weight in children ages 2-18. It concluded the evidence does not support an association between 100-percent fruit juice consumption and weight status in children.

## One-hundred percent of what?

When selecting a juice, look for 100-percent juice on the label. One misleading practice by some companies is to add 100-percent vitamin C to a fruit punch or beverage. So be careful when you see the term “100 percent;” make sure it refers to the percent of juice, not simply added vitamin C.

As a registered dietitian nutritionist, I believe there is a place for both whole fruit and fruit juice in the diet. With many people not consuming enough fruit, a combination of whole fruit and fruit juice is a highly effective way to meet the fruit shortfall.



*Christine Palumbo is a registered dietitian nutritionist and Fellow of the American Academy of Nutrition and Dietetics. She is a 2018 recipient of the Medallion Award from the*

*Academy of Nutrition and Dietetics. Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition, or Chris@ChristinePalumbo.com.*

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## Family Fun in the STL

Looking for the perfect place for a family vacation? St. Louis' Angad Arts Hotel is both high-concept & highly entertaining

By Caitlin Wolper

Have you ever felt like hotel rooms are impersonal? Angad Arts Hotel is a game-changer: Step into the St. Louis, Missouri spot and you'll have the opportunity to make a room all your own. You can choose your room's color based on your emotions—green for rejuvenation, yellow for happiness, red for passion, and blue for tranquility. The colors don't stop there; they're echoed by the stylish design elements throughout the space.

Plus, you can modify your space even further; Angad allows room size customization (from small to XXL) too! Perfect for the overnight or week-long travel, they offer 146 guest rooms, 38 of which are suites and 25 of which are designed for an extended stay and come equipped with kitchenettes. Kids are sure to love the ability to customize their rooms, and will be endlessly entertained by the impromptu and permanent art.

Imbued with a plethora of artist-inspired décor and design, the property opened just

last month and offers a fun, visitor-catered space to explore all St. Louis has to offer.

The first boutique luxury hotel in midtown St. Louis, Angad features a truly artist-curated experience, more than appropriate for its location in the city's Grand Center Arts District. The hotel is a living arts incubator, which means that every single visit will feel like your family's very first time.

What does that mean? Well, local creatives are invited to curate exhibitions and video art in the hotel space, as well as perform pop-up shows and cutting-edge installations. Every detail is considered; even the hotel staff has artist-designed uniforms.

Be greeted first by a "firescape" (silhouettes that appear to scale the façade) and, on the 12th floor, you'll find a video art sculpture where it seems suitcases are falling from the sky.

And that's only the start of all the innovative art that will surround you.

Not only is the new space a hub of creative energy: In its original incarnation, it was the Missouri Theater, and home to the Missouri Rockets Dancers—you might know



them better as the Radio City Rockettes. And the spirit of performance still lives in the halls: Don't be surprised if you catch a flash mob as they perform a "Dirty Dancing" routine or are greeted suddenly by an aria singer.

Customized rooms and visual/performing arts aside, Angad also boasts culinary arts with its Grand Tavern, the St. Louis debut for renowned chef David

Burke. Whether it's room service, eats on the rooftop, or bites in the lounge and dining room, Chef Burke has curated a delectable experience.

With such a sensational, interactive space, you may never want to leave the Angad, but be sure to step out and see the famed Gateway Arch, the Missouri Botanical Garden, and even more. Angad will be waiting to welcome you at the end of the day.

**For more information or to make a reservation, visit [angadartshotel.com](http://angadartshotel.com)**

quality time

## Sealed with a Kiss

Honey-inspired homemade lip balm

By Suzy Scherr

For me, Valentine's Day has seen some changes over the years. Before kids, it was all about romance and quiet dinners, chocolate and roses (or, at the very least, a restaurant meal where no one cried about the "green stuffs" in their food). And it was lovely. But now, with two little girls in the mix, Valentine's Day is a sweet, goopy, glitter glue-smearred lovefest. And it's funny, but I actually think I appreciate it more in its current incarnation, because the focus is so squarely on love. Real love — messy, sticky, gooey love.

My husband and I (though we do find ways to have a grown-up version of the holiday after our girls are in bed) have found Valentine's Day to be a great time not only for giving extra love around our house - sometimes in the form of pink pancakes for breakfast, but also for teaching and reminding our kids about the importance of giving by encouraging simple acts of kindness and expressions of love and appreciation. Making and sharing Valentine's gifts with friends and family hits the bulls-eye there.

### A non-candy treat

This DIY lip balm is one of our favorite non-candy treats for kids to make and share. And it's perfect for the middle of February when everyone's lips are dry and chapped. With all-natural ingredients, such as shea butter and coconut oil, it's silky, smooth and glides on with ease. The added honey makes it ever so slightly sweet and extra moisturizing and the peppermint oil gives it a fun, cooling sensation.

And speaking of oils, this recipe is completely customizable, so ... say, you don't like peppermint? No problem! Use something else, such as lavender, vanilla, orange, or — in true keeping with Valentine's Day — chocolate (yes!). You can even get creative and add color or shimmer to your lip balm. Little ones will need lots of supervision handling hot ingredients, but this recipe is simple enough for older kids with kitchen



Don't give lip service to spending time with your kids, try this do-it-yourself project together that's perfect for Valentine's Day.

experience to make themselves.

### The presentation

For a really festive touch, have your kids decorate the pots or tubes with cute labels, a bit of pink or red paper or some Valentine-themed decorative craft tape. Then do what I do, sit back, relax and watch your children ploddingly write the names of every kid in their class on every gift tag. Every. Single. One. Sure, it feels like time has actually stopped (now what letter, mommy?) but just

think of all that togetherness we're getting. Happy Valentine's Day!

*Suzy Scherr is the author of The Apple Cider Vinegar Companion, The Baking Soda Companion. She is a personal chef, writer, culinary instructor, and busy mom with a knack for finding new ways to make being in the kitchen or at the table exciting, fun, and accessible. [suzyescherr.com](http://suzyescherr.com)*

Excerpted from *The Honey Companion* © 2019 Suzy Scherr. Published by The Countryman Press, a division of W.W. Norton & Company.

## Honey-inspired Homemade Lip Balm

Makes 10 to 12 pots or tubes

### Ingredients

- 3 tbsp. coconut oil
- 1 tbsp. beeswax pellets
- 1 tsp. shea butter or cocoa butter
- 1 tsp. honey
- 6 to 8 drops food-grade peppermint oil
- Lip balm tubes or tins (available in craft stores or easy to find online)

### Directions

1. Combine the coconut oil, beeswax, and shea butter in a small, heat-safe bowl or Mason jar and place into a small saucepan filled with water over medium-low heat, stirring until the mixture is completely melted. Add the honey and stir to incorporate.
2. Remove from the heat and stir in the peppermint oil, then carefully pour into tubes or tins and let set for at least 1 hour.
3. Store in a cool, dry place.



**Note:** To add color to homemade lip balm, add a bit of lipstick to your wax and oils as they are melting by just scraping a bit off the end of the lipstick. The more you add, the more intense your hue will be. Stir well for even color. And if you (or your kids) want to add a touch of sparkle - use edible glitter! Yep, find it in the baking aisle of your local craft store.

**Important note:** Pediatricians recommend waiting until babies are at least 12 months old before feeding them honey because it can contain bacteria that can cause botulism. These bacteria are harmless to adults and children over the age of 1, but they can make babies, whose digestive and immune systems are still immature, very sick.

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# PLANNING THE Perfect DAY OUT

Program helps families take in city attractions—within budget

By Shnieka L. Johnson

Cabin fever got you or the kids down? Bundle up and go out on the town!

The city's tourism arm, NYC & Company, has curated the perfect day out just for you and the family with its new NYC Winter Outing program. For the first time, its signature programs will overlap—Restaurant Week through February 8, Broadway Week through February 10, and Must-See Week (i.e., museum and local attractions) through February 10.

These options are not just for out of towners, it's a cost-effective opportunity for locals to get out and experience the city's offerings, too.

"NYC & Company for the first time has aligned these signature programs in order to counter what we're referring to as 'FOGO' or the fear of going out, especially in the winter, and to encourage visitation to our countless world-class restaurants, Broadway shows, attractions, tours, and performing arts at a value," says Chris Heywood, Senior Vice President of Global Communications at NYC & Company.

This is a great opportunity for families seeking kid-friendly activities, while staying within a budget. There are a number of great museums, attractions, tours, and Broadway shows to see with the family, as well as prix fixe lunch and dinner meals to enjoy at hundreds of restaurants throughout the city.

"Families should make the most of 2-for-1 tickets to countless activities at a value! There is no time like the present, and these programs are the destination marketing organization's way of giving back to locals and attracting even more staycations and overnight visitation. It's truly a great opportunity to get out and explore the five boroughs—there are participants



Sight-seeing tour The Ride.

in each—from tried-and-true favorites to lesser-known destinations. Extra perk—there are shorter lines in the winter, which is great for guardians with restless kids," Heywood adds.

Families seeking a winter outing can browse participating shows, attractions, and restaurants through NYC and Company's website, [nycgo.com](http://nycgo.com), and use the "favoriting" tool to save a list of and access links to book tickets and reserve tables. You can choose your own outing or take a look at the sample outings that were specially curated with particular interests in mind.

"NYC & Company's editorial team considered participating attractions, tours, performing arts, restaurants, and Broadway shows and with their expert, insider knowledge of New York City's varied offerings, identified options well suited to

families with children spanning various ages. Our organization is familiar with speaking to the needs of families of all age ranges, including parent(s) and grandparent(s) with teens, tweens, and young kids—thanks to an ongoing partnership with Nickelodeon—and consistently taps a robust network of member organizations citywide for their family-friendly offerings. Combined with our own in-house market research, we're able to pinpoint varied interests across demographics," Heywood says.

The sample itineraries, or "mini-itinies," are helpful for families that are not sure where to be when looking at such a vast list. You can make your decision based on the age of your kids. There are several Broadway shows that are considered "kid friendly," like "Aladdin" (a lively adaptation of the Disney movie), "Anastasia" (based on a film about



Matthew Murphy

The Broadway musical “King Kong.”

a real life duchess), “Frozen” (an adaptation of the popular Disney movie about royal sisters), “King Kong” (based on the iconic movie), “Lion King” (a moving adaptation of the Disney movie) and “Phantom of the Opera” (with music and suspense, it’s currently the longest running show on Broadway). The convenience of the “mini-tinies” makes for a low-stress outing—lunch and dinner at a restaurant, a show and attraction grouped together with varied interests in mind.

There are fun themes like Old School, Glam, Like a VIP, and Go Big or Go Home.

Either theme could appeal to families depending on the age of the kids. “Walk on the Wild Side” is a fun, winter outing itinerary intentionally curated for families to enjoy. By combining the Bronx Zoo, Sarabeth’s (a restaurant with a kid-friendly menu splashed in animal print décor), and modern classic “The Lion King” on Broadway, the tiniest New Yorkers and visitors can enjoy a taste of wildlife in the concrete jungle. Beyond this curated itinerary, families are encouraged to mix and match any of nearly 400 participating restaurants, 24 Broadway shows, and nearly

60 attractions, tours, and performing arts to create their own, ideal New York City winter outing.

With so many options, there is no need to stay inside your apartment all winter. Take advantage of the deals, and go out on the town. Bring the kids and have the type of New York experience that out-of-towners dream about.

*Shnieka L. Johnson is an education consultant and freelance writer. She is based in Manhattan, where she resides with her husband and son. Contact her at [shniekajohnson.com](mailto:shniekajohnson.com).*

**Full & Half Day | Ages 3-10**  
**June 24 - August 16th**

Register for 1 week or all 8.

# SUMMER

# CAMP

**Get your city kid involved with nature this summer.**

The Art Farm NYC Summer Day Camp is a unique experience unlike anything else you will find in New York City. Campers meet live animals from our petting zoo each day as we show care and compassion of all living creatures. Kids will get their hands dirty in our patio garden, experience sunshine on walks to the playground, try their hand at building and engineering, play sports in our state-of-the-art gym facilities. **New this year, 5th floor** location with **Mad Science** programming, plus **more gym time** with our Sports Specialist.

We believe children should experience nature through hands-on experiences, farm to table cooking and artistic endeavors! Our expert educators are ready to teach, lead & nurture your children all summer long!

Activities & Special Events center around our weekly themes including Blast Off Into Space, Commotion In The Ocean, Superhero Week, & Super Spy Week! Groups based on 18 children with 3 teachers.

8am - 6pm  
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HOWDY!



# calendar



## FEBRUARY

Richard Termine

### CINDERELLA STORY

This event is perfect for the princess-happy budding ballerina in your life! The New York Theatre Ballet presents this timeless tale, complete with a Dancing Clock, wacky Stepsisters and everyone's favorite

princess, Cinderella herself. Prepare to be delighted by the dancing, the costumes, and more. The ballet runs one hour, and takes place at 11am, 1pm, and 3:30pm, on February 9-10. Recommended for ages 3 and up. \$26.

*Florence Gould Hall [55 East 59th Street. [nytb.org](http://nytb.org).]*

1 FRIDAY

**Thunderbird American Indian Dancers in Concert.** Theater for the New City will present its 44th annual Thunderbird American Dancers Dance Concert and Pow Wow through February 3. There will be dances, stories and traditional music from Native Peoples of the Northeast, Southwest and Great Plains regions. The event has become a treasured New York tradition for celebrating diversity by honoring the culture of the first Americans. This event is suitable for children ages 5-12, as well as older teens and adults. Times vary. *Theater for the New City, 155 1st Avenue. theaterforthenewcity.net.*

**FURTHER AFIELD**

**For The Love Of Chocolate.** Join the Bartow-Pell Mansion Museum for an evening of chocolate-tasting! Chocolatier Diane A. Holland of Blue Tulip Chocolates will teach participants about different varieties of international chocolate during this two-hour program. Taste eight kinds of chocolate and bring home a sample. Pre-registration is required. 7-9pm. \$45. *Bartow-Pell Mansion Museum, 895 Shore Road, Bronx. (718) 885-1461. bartowpellmansionmuseum.org*

2 SATURDAY

**Thunderbird American Indian Dancers in Concert.** See February 1.

**Kids Handmade Valentines at the Paper Source.** Grab your kids and their BFFs and some glitter for a workshop that will give you heart eyes! Kids can make 5-6 Valentines for their classmates, friends, and family using their favorite stickers, stamps, wash tape, and more. \$30. 11am-1pm. *The Paper Source SoHo, 83 Spring Street. papersource.com.*

**“Emily Brown and the Thing”.**



Book Smart

Head to Tribeca to see books in a whole new way! Children’s Museum of the Arts’ (CMA) “A Way With Words: The Power and Art of the Book,” is a new exhibition that presents artworks which draw attention to the long and remarkable history of the book (on view through April of this year). Including works by Cara Barer, Doug Beube, Long-Bin Chen, Casey Curran, Brian Dettmer, Ann Hamilton, Andrew Hayes, Lisa Kokin, Guy Laramée, Mike Stilkey, and Robert The, this exhibit shines a light on unconventional treatments as artists transform books into sculptures, animation, drawings, and paintings that capture the book’s significant history and power to inform the public. Children and their families will also create their own artworks inspired by the exhibition. Free with museum admission. *Children’s Museum of the Arts [103 Charlton Street, cmany.org.]*

The Thing is being so loud that Emily can’t sleep, but all he wants is to find his Cuddly. She sets out to help him be reunited with his friend so they can all go to sleep. 11am, with a talk-back performance at 3pm. For ages 4-7. Tickets start at \$25. *New Victory Theatre, 209 West 42nd Street. (646) 223-3010. newvictory.org*

**“Little Red Riding Hood / La Caperucita Roja”.** In this bilingual rendition of Little Red Riding Hood’s story, there’s a little bit of a twist—she and the wolf trade places! Check out the show to see what surprises will

come from this mixup. 11 am. Repeats every Saturday through February 9. For ages 2-9. \$10 kids, \$20 adults. *Teatro SEA, 107 Suffolk Street. web.ovationtix.com.*

**FURTHER AFIELD**

**Sharks After Dark Family Overnight.** Families with children ages 5 and up are invited to a sleepover at the New York Aquarium! Check out the Aquarium’s new sharks exhibit, get a tour of the sea life of the Hudson Canyon, participate in a dive chat, and meet live animals during this overnight experience. Don’t forget to bring a sleeping

bag! Daily, through February 3, 6pm-9:30am. \$100. *New York Aquarium, 602 Surf Avenue, Brooklyn. (718) 265-3474. tickets.wcs.org.*

3 SUNDAY

**Thunderbird American Indian Dancers in Concert.** See February 1.

**“Emily Brown and the Thing”.** See February 2.

**“The Stinky Cheese Man & Other Fairly Stupid Tales”.** BMCC Tribeca Performing Arts Center, the longest operating performance venue in lower Manhattan, proudly presents the next event in the 2018–19 Family Series Season: “The Stinky Cheese Man & Other Fairly Stupid Tales” from Griffin Theatre Company. “The Stinky Cheese Man & Other Fairly Stupid Tales,” both as a book and stage play, shares with its audience the joys of making stories your own and creating new possibilities for the familiar. Based on the book by Jon Scieszka and Lane Smith. Ages 4–10. Tickets are \$30, and/or 10Club Members see the show for just \$13. *Tribeca PAC, Borough Of Manhattan Community College, 199 Chambers Street. tribecapac.org.*

**Studio Art Sessions at the Jewish Museum.** Families explore new themes each week in these drop-in art workshops. Paint, draw, sculpt, or craft a work of art inspired by exhibitions on view. Parents can visit the Jewish Museum’s website for details. Ages 3 and up. Runs 1-4 pm every Sunday through May 12. Free with museum admission. *Jewish Museum, 1109 5th Avenue. thejewishmuseum.org.*

**FURTHER AFIELD**

**Celebrate “Here’s Hank” With Henry Winkler and Lin Oliver.** Join the Brooklyn Public Library and Stories Bookshop

+ Storytelling Lab for a “Here’s Hank” celebration! Actor, director, and writer Henry Winkler and co-author Lin Oliver will discuss their newest children’s book “Everybody is Somebody,” the 12th and final installment of their “Here’s Hank” series. All ages are welcome. Free tickets must be reserved prior to the day of the event. Copies of the entire series will be available for purchase. 4-6 pm. Free. *Brooklyn Public Library, Central Library, 10 Grand Army Plaza, Brooklyn. bklynlibrary.org.*

**Sharks After Dark Family Overnight.** See Feb. 2

**9 SATURDAY**

**“Cinderella” at New York Theatre Ballet.** New York Theatre Ballet presents this timeless tale, complete with a dancing clock, wacky stepisters and everyone’s favorite princess. Ballet runs one hour. 11 am, 1pm, 3:30pm February 9-10. Recommended for ages 3 and up. \$26. Reservations required. *Florence Gould Hall, 55 East 59th Street. nytb.org.*

**“Little Red Riding Hood / La Capercucita Roja”.** See February 2

**“CHALK” (a silent comedy).** A playful and poignant homage to classic silent-film era comedians, “CHALK” invites audiences into a hand-drawn world where imagination is made real and anything can happen. Charlie Chaplin meets “Harold and the Purple Crayon” in this feel-good romantic romp sure to “Draw You In.” For ages 3 and up. 2:30-3:30pm. \$15 general, \$12 parent, \$5 kids. *Frigid New York, East 4th*



**STEAM Engine**

Get ready to move full STEAM ahead! Science, technology, engineering, arts, math and fun take center stage all week at the Intrepid Sea, Air & Space Museum Kids’ Week: Full STEAM Ahead. With science demos, animal shows, maker spaces and more, there’s something for

everyone. Check website for schedule. Daily, 10am-5pm; February 17-23. For all ages. Free with admission. \$33 adults, \$24 children 5-12, children 4 and under free. *Intrepid Sea, Air & Space Museum [Pier 86, West 46th Street & 12th Avenue, Manhattan. intrepidmuseum.org.]*

*Street. tinyurl.com/ChalkPlay.*

**Lunar New Year 2019 at Brookfield Place.** Ring in the Lunar New Year with a family-friendly performance presented by Arts Brookfield in partnership with the New York Chinese Cultural Center. The afternoon begins with a festive Lion Dance (1:40pm) that will move from the Oculus Westfield World Trade Center through Brookfield Place and into the Winter Garden. At 2pm, the mainstage performance begins with traditional Chinese dance and music, a martial arts demonstration, and theatrical

players in full traditional make-up and regalia. Free. 2-3:15pm. *Brookfield Place, 3 World Financial Center, 230 Vesey Street. brookfieldplaceny.com.*

**10 SUNDAY**

**Second Sundays Dig Drop-In.** Kids can discover a passion for ancient artifacts in the museum’s simulated archaeological dig, open on the second Sunday of each month through May 12. Ages 3-10. Free with museum admission. *Jewish Museum, 1109 5th Avenue. thejewishmuseum.org.*

**“Cinderella” at New York Theatre Ballet.** See February 9

**Picture This!** Each program begins with a 10am gallery program that includes interactive art-viewing activities and a storybook reading, followed by

an opportunity to create original artworks and a concert at 11:30am featuring an acclaimed performer. Ages 4-7. Sundays, February 10, March 17, and April 28, from 10am-12:30pm. Tickets are \$25 general public, \$22 Jewish Museum Family Members. *Jewish Museum, 1109 5th Avenue. thejewishmuseum.org.*

**Michael and the Rockness Monsters.** Families can rock out to the funk-inspired tunes, quirky rhythmic melodies, and rich instrumentation of Michael and the Rockness Monsters, performing tunes from their most recent album, *Monster’s Ball*. Ages 2-7. \$18 general public, \$14 Jewish Museum family members. 11:30 am. *Jewish Museum, 1109 Fifth Ave., Manhattan. thejewishmuseum.org/calendar/events/2015/03/08/family-concert-the-pop-*

**SUBMIT A LISTING**

This calendar is dedicated to bringing our readers the most comprehensive list of events in your area. But to do so, we need your help! Send your listing request to [calendar@newyorkfamily.com](mailto:calendar@newyorkfamily.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!

ups-030815.

**Studio Art Sessions at the Jewish Museum.** See Feb. 3

**11 MONDAY**

**The 143rd Annual Westminster Kennel Club Dog Show.** The Westminster Kennel Club is America's oldest organization dedicated to the sport of purebred dogs. Today, 204 breeds and varieties of dogs compete in Best of Breed judging at Piers 92 and 94 with the winners advancing to Group and Best in Show competitions at Madison Square Garden. Daytime Session (8am-4:30pm) breed judging across Hound, Toy, Non-Sporting and Herding groups at Piers 92/94. Evening Session group judging across Hound, Toy, Non-Sporting and Herding groups (7:30-11:30pm) at Madison Square Garden. *Pier 92/94 711 12th Avenue at West 55th Street, Manhattan. Madison Square Garden, West 32nd Street and 7th Avenue. westminsterkennelclub.org.*

**12 TUESDAY**

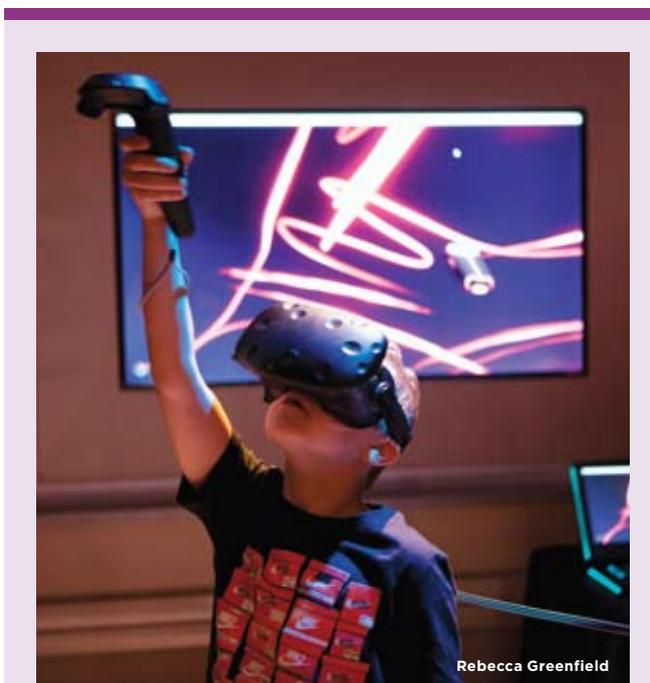
**MOCA Fest 2019.** See Feb. 2

**Art Explorers.** Preschoolers and their adult companions can explore Scenes from the Collection through themed tours and engaging gallery activities, followed by a visit to the museum's art studio. Ages 3-4. Tuesdays, February 12, March 12, and April 16, from 3:30-4:30pm. Tickets are \$10 general public, \$8 for Jewish Museum Family Members. *Jewish Museum, 1109 5th Avenue. thejewishmuseum.org.*

**The 143rd Annual Westminster Kennel Club Dog Show.** See February 11.

**14 THURSDAY**

**Love in the Time of Revolution.** Get in the Valentine's Day spirit with this romance-inspired tour



Rebecca Greenfield

**Fun With Tech**

Do your kids love MineCraft, robots, and anything VR? This is the event for you! Technology will take over the Brooklyn Academy of Music (BAM) during the third annual Teknopolis exhibition! Tech-savvy kiddos ages 6 and up can explore floors of interactive exhibits that will bridge the arts and digital media. This year, the exhibit will offer two different experiences, allowing visitors to pick and customize what they see—proving that we truly are living in the future! Visit the BAM website for ticket time slots and more information. *Brooklyn Academy of Music [321 Ashland Place. bam.org.]*

of the Fraunces Tavern Museum! Explore 18th century courting and marriage customs and delve into the love stories of the Founding Fathers and their Lady Loves! Included with regular Museum admission. No advance registration necessary. This tour is on a first-come, first-served basis. 2-3pm. Free with museum admission. *Fraunces Tavern Museum, 54 Pearl Street. frauncestavernmuseum.org.*

**15 FRIDAY**

**“Sesame Street Live!: Make Your Magic.”** The word of the day is magic! Join Elmo, Abby, Cookie Monster, and more as

your “Sesame Street” favorites discover the magical moments in everyday life. February 15 at 11am; February 16-17, 23-24, 10:30am, 2pm, 5:30pm; February 18, 11am, and 2:30pm; and February 21-22, 11am. For all ages. \$39 and up. Children under 1 may attend without a ticket. *Madison Square Garden, West 32nd Street and 7th Avenue. (212) 465-6741. msg.com.*

**16 SATURDAY**

**“Sesame Street Live!: Make Your Magic.”** See February 15

**Year of Abundance: A Lunar New Year Celebration.**

Abrons Arts Center, Wing on Wo's W.O.W Project, and Yellow Jackets Collective bring in the “Year of the Pig” with a celebration for the Lower East Side community. Join them for live performances, art activities, karaoke, DJ sets and refreshments from local restaurants. This is an all-ages event. 4-8 pm. *Abrons Arts Center Playhouse, 466 Grand Street. (212) 598-0400. abronsartscenter.org.*

**FURTHER AFIELD**

**The Rock and Roll Playhouse: The Music of Madonna For Kids.** All ages are invited to

Industry City this Saturday for a Madonna concert! The Rock and Roll Playhouse series introduces young audiences to classic rock through games, movement, and stories. Babies under the age of 1 are free. Doors open at noon; show begins at 12:30pm. Free. *Industry City, 220 36th Street, Brooklyn. (888) 898-1118. therockandrollplayhouse.com.*

**17 SUNDAY**

**Intrepid Sea, Air & Space Museum Kids' Week: Full STEAM Ahead.** The Intrepid

Sea, Air and Space Museum will host its annual Kids Week festival from Sunday, February 17–Saturday, February 23. During Kids Week, visitors will have the opportunity to participate in dozens of fun-filled activities, live animal shows, hands-on workshops, musical performances, special guests and interactive demonstrations that the whole family will enjoy. This year, the Kids Week theme is Full STEAM Ahead, where science, technology, engineering, arts, math, and fun take center stage. *Intrepid Sea, Air & Space Museum, West 46th Street and 12th Avenue. intrepidmuseum.org/KidsWeek.*

**“Sesame Street Live!: Make Your Magic.”** See February 15

**Studio Art Sessions at the**

**Jewish Museum.** See February 3

**Vacation Week Drop-In Art Workshop: Imaginary Dioramas.** Inspired by the works of artist Martha Rosler, kids can design imaginative dioramas using colorful papers, textures, and magazine pictures. Ages 3 and up. Runs February 17-19, and 21-22, from 1-4pm. Free with Museum Admission. *Jewish Museum, 1109 5th Avenue. thejewishmuseum.org*

**Lunar New Year Parade and Festival.** The annual Lunar New Year Parade and Festival in Chinatown is always a feat for the senses and a delightful and family-friendly cultural experience. Celebrate the Year of the Pig with stunning visuals, tantalizing treats, and impressive performances. The parade winds through the main streets of Little Italy and Chinatown, and—best of all—is free to attend. Suitable for all ages. 1 pm. Free. *Chinatown, Sara D. Roosevelt Park, Chrystie Street and Forsyth Street. betterchinatown.com.*

**18 MONDAY**

**Intrepid Sea, Air & Space Museum Kids' Week: Full STEAM Ahead.** See February 17

**Vacation Week Drop-In Art Workshop: Imaginary Dioramas.** See February 17

**Archaeology Mondays.** Unique in New York City, the Jewish Museum's simulated archaeological dig highlights replicas from ancient to modern times in a hands-on experience. Kids can collect stamps in a special passport each visit, and receive a gift after three digs. Ages 3-10. Repeats March 25, and April 22, from 3-5pm. Free with Museum Admission. *Jewish Museum, 1109 5th Avenue. thejewishmuseum.org.*

**19 TUESDAY**  
**Intrepid Sea, Air & Space**



**Open Sesame!**

What curious kiddo doesn't love Sesame Street? The word of the day is magic when it comes to "Sesame Street Live! Make Your Magic!" Join Elmo, Abby, Cookie Monster, and many more as your Sesame Street favorites discover the magical moments in everyday life. Plus, did we mention there's tons of singing and dancing?

This oh-so-fun event runs at 11am on February 15; 10:30am, 2pm, and 5:30pm on February 16, 17, 23, and 24; 11am and 2:30pm on February 18; 11am on February 21-22. For all ages. \$39 and up. Children under 1 may attend without a ticket. Reservations required. *Hulu Theater at Madison Square Garden [2 Pennsylvania Plaza. msg.com.]*

**Museum Kids' Week: Full STEAM Ahead.** See February 17

**Vacation Week Drop-In Art Workshop: Imaginary Dioramas.** See February 17

**20 WEDNESDAY**

**Intrepid Sea, Air & Space Museum Kids' Week: Full STEAM Ahead.** See February 17

**21 THURSDAY**

**Intrepid Sea, Air & Space Museum Kids' Week: Full STEAM Ahead.** See February 17

**"Sesame Street Live!: Make Your Magic."** See February 15

**Vacation Week Drop-In Art Workshop: Imaginary Dioramas.** See Feb. 17

**FURTHER AFIELD**

**Jr. Keepers:** Reptiles. Young animal enthusiasts can visit the Bronx Zoo this Thursday for a Jr. Keepers workshop on reptiles! Kids in grades 3 through 5 will learn how zookeepers care for, feed, and clean up after the Zoo's snakes, lizards, and turtles. There will also be close-up animal encounters and skill-practicing sessions. Pre-registration is required. 9am-12pm. \$50. *Bronx Zoo, 2300 Southern Boulevard, Bronx. tickets.wcs.org.*

**22 FRIDAY**

**Intrepid Sea, Air & Space Museum Kids' Week: Full STEAM Ahead.** See February 17

**"Sesame Street Live!: Make Your Magic."** See February 15

**Vacation Week Drop-In**

**Art Workshop: Imaginary Dioramas.** See Feb. 17

**23 SATURDAY**

**Intrepid Sea, Air & Space Museum Kids' Week: Full STEAM Ahead.** See Feb. 17

**"Sesame Street Live!: Make Your Magic."** See February 15

**Lincoln Center Kids Presents: "Soundtrack '63".** From the folk and gospel-influenced songs that reflect the sentiments of the 1963 Civil Rights Movement to the hip-hop anthems recognizing that Black Lives Matter, music has always supported and strengthened outcries for social justice. Created by the brilliant minds of Soul Science Lab, "Soundtrack '63" is a live, multimedia musical performance that traces the African-American

experience from before the Middle Passage to the present Black Lives Matter movement. Archival video footage, animation, and narration are combined with a live soundtrack of spirituals, protest songs, and popular music performed by an 11-piece orchestra and dynamic vocal ensemble. Recommended for ages 12 and up; 2pm. \$25. *Clark Studio Theater, 165 West 65th Street. (212) 875-5456. lincolncenter.org.*

**FURTHER AFIELD**

**Teknopolis 2019.** Technology will take over the Brooklyn Academy of Music during the third Teknopolis exhibition! Kids ages 6 and up can explore floors of interactive exhibits that will bridge the arts and digital media. This year the exhibit will offer two different experiences, allowing visitors to pick and customize what they see. Visit [bam.org](http://bam.org) for ticket time slots and more info. Thursdays through Sundays, 9:30am-9:30pm, through March 10. Adults: \$21; Children (ages 6-14): \$16. *BAM Fisher, 321 Ashland Place, Brooklyn. bam.org.*

**The Orchid Show: Singapore.**

The Orchid Show celebrates its 17th year at the New York Botanical Garden with an homage to the wealth of orchids and rich cultural history of Singapore. Singapore is home to more than 220 native orchid species. Native and hybrid orchids alike have become synonymous with the nation. During daylight hours, visitors can enjoy an authentic Singapore vibe with tributes to the Singapore Botanic Gardens' vertical hanging habitats, tours of the garden and orchid care demonstrations. The Orchid Evening activities will also make sure that the fun will continue after the sun has set. Daily, 10am-6 pm. Free with an All-Garden Pass. *New York Botanical Garden, 2900 Southern Boulevard, Bronx. nybg.org.*



Dog Days

Calling all dog-lovers! The 143rd Annual Westminster Kennel Club Dog Show will take place on February 11-12. Established in 1877, the Westminster Kennel Club is America's oldest organization dedicated to the sport of purebred dogs. Today 204 breeds and varieties of dogs compete in Best of Breed judging at Piers 92/94 with the winners advancing to Group and Best in Show competitions at Madison Square Garden. Breed judging will take place during the day (from 8am-4:30pm) at the Piers, and Groups, Junior Showmanship, and Best In Show will be judged evenings at Madison Square Garden. Tickets range from \$40-65. *Madison Square Garden & Piers 92/94 [4 Pennsylvania Plaza; 711 12th Avenue, Manhattan westminsterkennelclub.org.]*

24 SUNDAY

**"Sesame Street Live!: Make Your Magic."** See February 15

**The Science of Snow.** Please join Polis World School to celebrate the wonder of the winter season as they investigate The Science of Snow. Children of all ages will enjoy making sensory snow globes, sewing snowflakes, and conducting ice- and snow-related science experiments. Snow-day breakfast and special winter treats will be served. Space is limited, please RSVP to reserve your spot! 10am-12pm. *Polis World School, 775 Columbus Avenue. polis.school/events.*

**Studio Art Sessions at the Jewish Museum.** See February 3

**FURTHER AFIELD**

**Teknopolis 2019.**

See February 23

**The Orchid Show: Singapore.**

See February 23

25 MONDAY

**Very Young People's Concerts: "Allegro and Adagio".** It's never too early to give your children an appreciation of music. In one fun-filled hour, the New York Philharmonic combines games, storytelling and great music, unlocking young children's imaginations. 10:30am. For ages 3-6. \$26-31. *Merkin Concert Hall, 129 West 67th Street. nyphil.org.*

**FURTHER AFIELD**

**The Orchid Show: Singapore.**

See February 23

26 TUESDAY

**FURTHER AFIELD**

**The Orchid Show: Singapore.**

See February 23

27 WEDNESDAY

**FURTHER AFIELD**

**The Orchid Show: Singapore.**

See February 23

28 THURSDAY

**FURTHER AFIELD**

**Teknopolis 2019.**

See February 23

**The Orchid Show: Singapore.**

See February 23

LONG-RUNNING

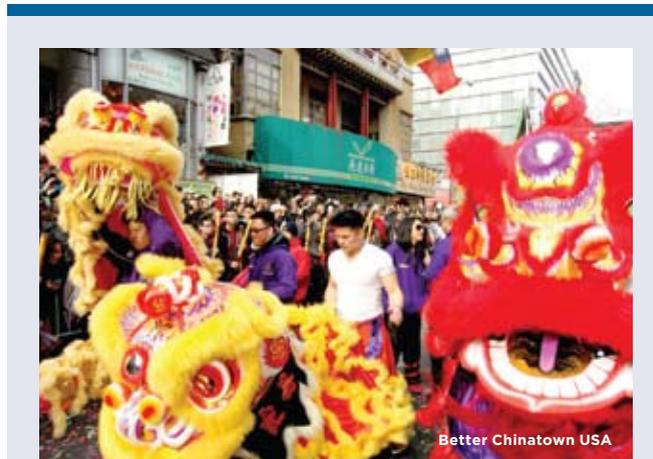
**MOCA Fest 2019.** The Museum of Chinese in America (MOCA) is excited to announce MOCA FEST 2019, an eight-week Lunar New Year celebration at MOCA to welcome the Year of the Pig. Festivities will include the launch of MOCA's new shop in partnership with Pearl River Mart; Lunar New Year-themed programs and children's activities; MOCA's Night Market showcasing cuisine from famed Asian-American chefs; a Family Festival; and more. The Museum invites people of all ages to take part in its uniquely designed celebration aimed at providing a genuine and deep understanding of this famed holiday and what it means in American society. All proceeds support the Museum of Chinese in America. 11am-6pm. General admission \$12; children under 12 in groups of less than 10, free. *Museum of Chinese in America, 215 Centre Street. mocanyc.org.*

**X: Times Square Valentine Heart Design Winner.** X (2019), Reddymade's winning design for the 11th annual Times Square Valentine Heart Design Competition, explores how love emerges within communities. An "X" evokes many expressions of interpersonal and civic love,

including the written symbol for a kiss, and even the mark of a vote. Round openings at the centers of the planes combine into heart shapes when viewed from different angles. X will be up in Times Square throughout the month of February. *Times Square. arts.timessquarenyc.org.*

**“Odd Day Rain”.** Bring the kids to this futuristic rock musical set in the world 2211. There are no adults, technology, or running water in this world for Aurora and her friends. Meanwhile, a girl named Claire wonders if there’s anyone else out there on the planet. Runs February 1-24: Fridays at 7pm, Saturdays and Sundays at 2pm and 4pm. \$15 kids, \$30 adults. *TADA! Youth Theater, 15 West 28th Street. (212) 252-1619. tadataheater.com.*

**A Way with Words: the Power and Art of the Book.** Children’s Museum of the Arts (CMA) is pleased to announce A Way With Words: The Power and Art of the Book, an exhibition that presents artworks that draw attention to the long and remarkable history of the book, on view through April 29. Including works by Cara Barer, Doug Beube, Long-Bin Chen, and more, A Way With Words will show the transformation of everyday books into expressions



## Year of the Pig

It’s that time of year again—time to celebrate the Chinese Lunar Year Year! The annual Lunar New Year Parade & Festival in Chinatown is always a feat for the senses and a delightful and family-friendly cultural experience. Celebrate the Year of the Pig with stunning visuals, tantalizing treats, and impressive performances. The parade winds through the main streets of Little Italy and Chinatown, and begins a 1pm on February 17, and—best of all—is free to attend. Suitable for all ages. *Chinatown [Mott and Canal Streets, betterchinatown.com.]*

of identity, community, memory, and more. Families will see unconventional treatments such as cutting, weaving, burning, and shredding. Children will also create their own artworks inspired by the exhibition. Daily. Free with museum admission.

*Children’s Museum of the Arts, 216 West 83rd Street. (212) 721-1223. cmany.org.*

**“Yeti, Set, Snow!”** An original story and production from the Swedish Cottage Marionette Theatre, “Yeti, Set, Snow!” is

the story of a young girl named Widget, and her friend, Twig, who encounter a yeti named Pascetti on the first snow day of the winter season. Pascetti, who lives on a mountain top nearby, dislikes the snow. Through songs and snow day activities, Pascetti discovers not only that snow can be fun but also the value of friendship. Daily, through February 24, 11:30am-6pm. \$8-12. *Central Park, Sheep Meadow, 1802 65th Street Transverse. cityparksfoundation.org.*

### FURTHER AFIELD

**How Many Zombies Are Too Many Zombies?** In this interactive game at the New York Hall of Science, players take on the role of scientists helping the “Center for Calamity Control” simulate a zombie outbreak. Facilitators introduce participants to mathematical modeling and the ways they can be used to simulate, analyze and make predictions about the complex real-world phenomenon. At the end, players see graphs detailing the population swings and can see different results through play. Daily, through February 28, 9:30am-5:30pm. Free with NYSCI Admission. *New York Hall of Science, 47-01 111th Street, Queens. nysci.org.*

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# Lose the Winter Blues

How one local mom is learning to love winter through her daughter's eyes

By Jana Beauchamp

After the holiday season everyone talks about the post-holiday blues, New Year's resolutions, and then winter blues. I can blow off the blues without giving up my favorite foods, vowing to exercise more, or de-cluttering KonMari style. How is this possible you may ask? Nothing beats the winter blues like experiencing the winter season through my baby's eyes.

My "baby" is now 4 years old and even though Kyli insists she is a big girl, she will always be my baby. In winter she loves to cuddle close and hug to stay warm. This melts my heart. Although I get a little icy when she says her legs are frozen and she can't walk down the street and I have to carry her like a sack of ice. But those warm hugs make it worth it. Once we are holding each other tight, we both forget about the cold and feel our warm hearts. This helps me tolerate winter.

They also say cold hands warm heart. My little lady detests bundling up in her hat, mittens, and layers upon layers and prefers to throw them off. The struggle is real. Kyli has no body fat so when we (finally) get outside, she's suddenly a frozen Popsicle. I ask what flavor Popsicle but she says I'm not funny and that she's not a Popsicle. She says she is frozen solid and can't move quickly and proceeds to walk in slow-mo. It is quite a sight. There is nothing cuter than my tiny daughter all bundled up and moving like a marshmallow man. Trust me. It makes me smile inside and out. Plus, she always puts her winter weather accessories back on after all so I don't look a totally bad mom. This helps me endure winter.

Whether we get a flurry of snow or a nor'easter, it is equally magical to Kyli. That is part of her charm. If there is even a trace of snow, she loves to stick out her tongue and try to catch the snowflakes. She'll take any tiny bit of snow to make a snow ball and throw it at me with the biggest, happiest naughty grin.



It's fire on ice. Speaking of fire on ice, Kyli also loves to ice skate. She especially loves when her big sister and friends hold her hands and skate around with her. Whenever the big girls tire of this and Kyli eventually takes my hand, she holds on so tight. I love this tightness and closeness and it squeezes on my heart strings. We giggle and smile and ice skate. This makes me grow fond of winter.

Nothing turns winter frowns upside-down like hot chocolate. Kyli loves to warm up with hot cocoa and marshmallows. She knows to order cocoa with marshmallows on the side. That means one cup of cocoa and one cup of marshmallows. It's sheer child genius. She always eats the marshmallows first because the cocoa is too hot. She eats those marshmallows one by one and savors each and every bite until they are gone. Then she'll take exactly one small sip of hot chocolate before saying she is done. And I usually don't mind finishing the leftover cocoa. She often helps feed it to me to make sure I don't spill (like mother, like daughter).

It's all very sweet. This helps me appreciate winter.

Of course there's lots of indoor play this time of year. We used to get stir crazy and tire of staying inside to play but then we discovered that there's nothing more fun than playing summer in wintertime. She parades around in her swimsuit, sunglasses or goggles and takes out our beach chairs and beach blankets. Sometimes she even dresses up like a mermaid and swims (in the bath) then retreats to the beach to build pretend sand castles. It's beachy keen so much that I don't even mind all the extra summer laundry in winter. This makes me love winter.

Every wintry wonderful thing I do with my littlest lady makes for a winter a wonderland and then the cold doesn't seem so bad anyway. I'm seeing everything with rose colored shades instead of moping in the winter blues thanks to my delightful daughter! I never thought I'd say this but I may love winter after all!

*Jana Beauchamp is a Manhattan writer and mother-of-two.*



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