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**Column: Publisher's/Editor's Note**



# DAY BY DAY

## The Spy Who Loves You ...

“**L**ook, Stan, I can see where he is right now,” my brother says, pointing at his phone, referring to my nephew. “You can do this with your kids, see? He stopped at Game Stop, of course, but he’s on his way home now, six minute arrival time.”

Safety, 2008 ... or stalker parenting?

My brother uses lots of apps to keep track of his family. He was one of the first dads to do this several years ago and he’s always up on things. He tracks everybody’s comings and goings.

At first I was appalled. I thought, surely that’s not right. What about trust? What about that sacred bond between parent and child? The “I know you and you know me and we will not deceive one another or anything awful like that and we’ll be OK?”

Well, think about it. You were a kid once. Awful happens. Most of us were not goody two shoes. Most of us got away with some kind of crazy. My brother’s son was a particular handful, so he started setting up boundaries to save his sanity. Many kids won’t stray far from the values you instill in them, but others will shock you to the core by doing things you never imagined they would.

This game called life is dicey right now (hopefully it will get better) with the rise in opiate use and school shootings and we can’t fool ourselves. Good little kids will grow up and morph into kids who will get into stuff they shouldn’t. You will wonder what happened and you will have to be honest with your kids. Tell them that things happen as kids grow up and it gets harder to keep yourself safe. Tell them you trust them and that they can do it. Keep talking and try to find the balance between annoying and cool so they won’t tune you out.

Parents with babies and toddlers, hear me out: you may think the subject of monitoring kids doesn’t pertain to you at this particular moment in time, but it does. The whole 0 - 12 thing goes by so fast. One day soon your kids will no longer be patty in your hands; they will be water running through them. You will become a hurdle for them to jump over if they can. Jump over with them.

When a kid’s body starts changing, so does his brain. The preteen brain becomes the teen brain whispering, “Try it, do it, give it and BTW, the parents are home, so watch it.”

Digitally monitoring kids, yes, literally spying on their social media accounts and even checking their locations is a must now. It doesn’t mean, “I don’t trust you,” it means, “I am your parent, it’s my job to keep you safe.”

Just how one day you’ll give your kid the keys to the car while worrying about the OTHER drivers, today you have to worry about the other USERS in the world of devices. It’s not stalking. It is literally keeping kids safe.



SUSAN DAY, EDITOR  
susan@daycomedia.com



## Puppy LOVE!

Meet Leia, adopted as a puppy shortly after our last pet-themed issue. I haven't had a puppy in my family since childhood, so the decision involved plenty of trepidation. Buckets of it, actually. Was I ready to be up all night with a new puppy? Ready for the shedding and the poop pickups, not to mention the accident cleanups? Ready for another month to feed and another pull on my time, already stretched, for daily dog walks and the incessant in and

out for play and potty breaks? Just as I'd nearly over-thought the responsibility involved and talked myself out of it at least a dozen times, a friend told me about a few puppies at a shelter in Tornah that would be ready for adoption soon. I should hurry, she said. So we made a visit.

It turns out I was as ready as I'd ever be, once I was face to face with three adorable pups in need of homes. Almost a year and a half later, we couldn't imagine life without Leia. The runt of her small litter, she packs a ton of love

in less than 10 pounds, and a good part of our days revolves around what cute/funny/annoying thing Leia did today. It's no exaggeration to say she's improved our family life and made us better people.

And I can't help but think the parallels between parenthood and pet ownership are quite amusing!

*Fissa ☺*

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from • the • editor's • desk

## IT MIGHT BE TIME FOR US TO CALL IT QUILTS

**We have been attached for nine or so years but now I'm questioning our relationship.**

It's not you, it's me. Most of our daily interactions were positive up until last year. But even when our conversations about politics became contentious, I did not doubt we'd make it through. We were spending pretty much every day together.

But lately I'm wondering if something is missing between the two of us. All this togetherness is starting to freak me out.

When we first met, it was great. You were interested in everything I had to say, even if it was just about what I was eating or the weather. Through you I was able to talk with so many people from work and high school, from all over the country. You were there in good times – engagements, marriages and births and vacations – and in bad times – breakups, deaths, and medical issues. I knew I could turn to you 24/7, and you'd be there for me.

Things changed though. I used to spend time with you at my leisure, but I am now compelled to or I feel like I'm missing out. You keep prompting me for my status and want me to check in wherever I am. All day you try to get my attention with notifications and you want me to like everything (or to be wowed or sad or angry) but that's a lot to ask when I am trying to work and get things done.

And what's with wanting me to be friends with certain people, like my exes. Why is that? Why do you want to share me with everyone? I know you are just making friend suggestions, but like your daily reminders of how much you remember about my life, it sometimes makes me sad. Nothing like being reminded about stupid things I did a few years ago or the people I love who are no longer

around. Maybe I shouldn't have told you anything since you keep throwing it in my face.

I know you are thinking that I'm re-evaluating us because you went around and told companies my private information. But really, it isn't. I never expected you to keep all my secrets.

I will admit that recently I've limited my contact with you for days at a time to try to remember what my life was like before we met. It's been good, though people often ask if something is wrong because they haven't seen us together in a while.

At the moment I am keeping my options open to see how things go with us. I don't want you completely out of my life because there are still things I like about you. But I need my space and to not feel I have to be with you all the time. For us being so connected, I feel so disconnected.

There are so many things I want to do on my own, like talk to people in the real world so I can engage in substantive conversations and strengthen those real-life connections. Even if we can't see each other and we text, it's be a step-up.

You know what, Facebook? Maybe it is you. 



*Melanie*  
Melanie Hillcock,  
Editor



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## Joining the (baystate) Parent Club



You know those moments when you wish you could just press pause? Since having my last child, Max, I've never wished more that life came with a remote control.

Last week, Max turned six months old, a milestone that seemed to sneak up on me too quickly and made me realize how little time he'll be so little. That night, after his bath, I wrapped him in his fuzzy, hooded towel, cradled him on my lap, and tried to soak in all his sweet, floating baby-ness: his fuzzy head, those squishy legs, that still toothless gummy smile.

As he giggled and reached his pudgy little hand toward my face, I made a mental note: remember this moment. It was sublime; everything I expected having a baby to be. And then... he pooped on me.

That, I'm learning, is motherhood.

In the short six months I've been a mom, I've found that every detail you hear about parenting is right.

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It's true, parenting is full of magical moments when you wish you could freeze time. But it's also full of spit-up, poop, and sleepless nights (at least at this point). Parenthood is a paradox: a wonderfully crazy combination of the most intense love and the most difficult challenges. It's amazing and meaningful and really, really hard.

Another thing about parenthood? It's a community. We're all on a journey of joy and frustration, good days, and days when you wonder how you will make it to bedtime. We're all learning, making mistakes, watching with wonder as our kids grow – and growing ourselves. None of us knows exactly what we're doing (if you do, I want to hear from you!), but we're figuring it out as we go. When it comes to parenting, we're all doing the best we can... and you know what? I'm sure the best we can is pretty darn good.

Joining the team at *baystateparent* as editor couldn't have come at a better time in my life – I'm navigating the ups, downs and unknowns of parenthood just like our readers. So, Bay State parents, I'd love to hear from you. Tell me your stories, share your moments, your #momwin, and your #parentingfail (hey, we all have them!). I invite you to email me at [amanda@baystateparent.com](mailto:amanda@baystateparent.com), or reach out and join the conversation on Facebook and Twitter.

*baystateparent*'s mission is to be a tool for today's parents – to provide moms and dads (and grandparents and aunts and uncles) with relevant stories, information and resources. I hope to make it a community, too. Let's make this magazine a reflection and celebration of all the parts of parenting – the good, the hard, and the goofy.

*Amanda*

EDITOR'S *note*



PHOTO: PETER LUSZ/ISTOCKPHOTO.COM

Hugs for Mom

I can't help but think about Mother's Day a little differently this year.

My family will be doing the usual traditions. I will be celebrating with my boys, hopefully with a few quiet moments (and no boisterous fights), and will attend the Indians game at Progressive Field.

So many moms like myself will get to enjoy the day with their kids, but for some, this will be their first Mother's Day

without their child. Parents like those who lost children in the Parkland, Fla., school shooting, in the tragic bus crash of the Humboldt Broncos Hockey team in Canada, or to childhood cancer and the countless others who have died this year. All moms, whether their kids go to school, play sports, or have been impacted by a family illness, can relate to fears of losing a loved one.

So this Mother's Day, while it's a happy time, take a moment to think about the others who won't be celebrating, but will instead be mourning. If you know someone personally who is grieving, send them a note or gift — something small in recognition of their loss. Or consider donating to a cause this year, such as to childhood cancer research.

This month as always, we hope to bring families together and help them enjoy everything Northeast Ohio has to offer, from providing a calendar of events for the listless ones to your older crew, or in our final call for summer camps.

We also had the joy of meeting Dasha Harris, News 5 Cleveland anchor, who provides readers with ways she manages motherhood.

In the spirit of sharing love, we focus on National Foster Care Month and give insight into the current foster care climate in the region, along with the stories of a few local agencies.

If you need a laugh, read the story "Thank a Scientific Reason you Mix Up your Kids' Names." This is something I have done often, too. "Noel, Anton, whoever you are?"

While my boys have a goody mom (I am perfectly OK with this), I am so glad I am their mom and am thankful for the days I get to spend with them. This year, I plan to hug them extra tight and am hopeful for what's to come this year.

*Angela*

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BRIAN AND THEO SCHMITT

Becoming a parent makes you very uncool. I realized this almost immediately after my son was born. We were preparing to leave him with a new sitter for the first time and right after I finished my spiel about bottles and spit up and diapers and emergencies, I heard it: the sound of my husband's cool slowly slipping away as he explained to the 19-year-old babysitter how to use the Apple TV remote.

I could immediately recall all the times my Dad had embarrassed me by "explaining" electronics to my friends. (We know! We're not 1,000 years old! "eye roll") That unfortunate event with the babysitter was just the first sign of a steady leak of any coolness my husband had left. He now pushes a stroller while yelling at passing cars (driven by the cool, young person he used to be) to slow down. He burns "The Wheels on the Bus" in the shower. I've even heard him practicing some common dadisms like "life's just not fair" and "go ask your mother" on our 19-month-old.

He doesn't have a dad bod yet but he's well on his way to wearing socks with sandals. And the most frightening part of watching his cool slip away is knowing that it's happening to me, too, without me even noticing it.

But even without all the cool things that once attracted me to him, watching my husband become a dad has been the highlight of my life. Being a parent teaches you to match about yourself, your past and your relationships. Dads sometimes get the short end of the gratitude stick because it's just so easy to make fun of the lame jokes (and remote control lessons) but let's all take time this month to share the love with the fathers and father figures in our lives this month. Happy Father's Day!

Hannah Schmitt  
Editor



### This Month's Cover Gavin E.

Gavin is the son of Markodie & Remond. He's proud to be a cowboy who loves rodeos and country music and he wants to be a vet like his aunt when he grows up.

Learn more about all our 2015 Cover Kids at [www.metrofamilymagazine.com/2015-Cover-Kids-Winners](http://www.metrofamilymagazine.com/2015-Cover-Kids-Winners).



raising kids editor's note



## Lots to Learn!

**W**e're finally settling into a new school year. Your kids will be learning lots of new things, but did you ever stop to think about all you'll be learning, too? For my family, this fall is the ultimate "teachable moment". We packed up our older daughter and dropped her off at college for the first time. Now I'm learning how to be a parent even when my child is hours away. I'm figuring out how to temper my worry for her safety and happiness with pride that I raised a kid who's ready to face the world without me. Whether you're dropping off your toddler at day care or nursery school, waving your big kid onto a bus, or watching him disappear through those school doors, I'm right there with you in the trenches, feeling that pang of separation—and also that joy.

If it makes you feel better, even the smallest of children get big benefits from learning lessons and interacting with their peers. Christina Verzelletto's piece "The Benefits of Baby Classes," on p. 58, explores the way infants and toddlers develop both socially and intellectually by being in a structured yet playful setting. And have you ever wondered what you as a parent can do to help your child succeed in school? You'll want to read Alana Coopersmith's story, "Help Your Young Learner Thrive" on p. 20. It explores kids' different learning styles, and explains how to find the schools and activities that can help your unique child excel.

Of course, navigating childhood and adolescence can be a challenge for kids at times. As children grow and change, even longstanding friendships can wane or abruptly end. Find out how you can help your child with the transition by reading Samantha Neudor's thoughtful article, "From Friends to Falling Out" on p. 60. With the right guidance, kids can find closure—and even a silver lining.

And here's a thought that will blow your mind: From the moment your child is born, it's a good idea to be thinking about...college. Yes, even though it seems so far away, it's wise to come up with a plan to shoulder all or part of the expenses. The estimated cost of a four-year private college 18 years from now tops \$300,000! That may make you feel hopeless, but we'll show you how to reach your goals in Barbara Russo's story "Saving for Higher Education" on p. 62. It's never too soon—or too late—to start saving!

Ready for a lighter lesson? Kaitlin Walling's got it for you with her fun piece, "Kitchen Trending" (p. 64). It gives the 411 on what's hot in kitchen design and accessories. We'll show you how to bring the heart of your home up-to-date and make it cooler than ever. (And you don't need to do a total renovation either—even a few minor changes can do the trick.)

Last, don't miss this month's touching essay by Lindsay Smith, "A Farewell to My Foster Daughter" on p. 12. She cared for a beautiful baby girl from birth, but ultimately realized that the most loving thing she could do was give her to a family to permanently adopt. It's a lesson that will resonate with every parent, since raising a child, for a year or straight through to adulthood, is ultimately—as I've learned—about letting go.

Hoping your back-to-school season is exciting and enlightening!

Deborah Skolnik  
Director of Content

P.S. Got a personal story you'd like to share? We'd love to consider it for our Voices essay column. Send your submissions to [editor@nymetroparents.com](mailto:editor@nymetroparents.com).

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## FROM THE EDITOR



## SPEAK YOUR MIND

Tell us what you think of this month's departments and stories.  
Email [editor@metroparent.com](mailto:editor@metroparent.com).  
We want to hear from you!

## Like Marge

BY ALIA ELLIOTT

**M**y mother didn't want me to grow up to be like Marge.

This was something I knew by the time I was 6 years old. I knew it as well – or perhaps even better – than I knew my mom's positive hopes for adult Alia. I had a general idea that she wanted me to be a “professional,” someone who earned a living using my brain and talents. She wanted me to be a “good girl,” someone who had integrity in her words and actions. She also wanted me to be hard-working, thoughtful and well-read. But, above all, it seemed, my mother did not want me to be like Marge.

To me, Marge was pretty awesome. She lived next door to us in an apartment that seemed like the love nest of Willy Wonka and Taranis. Macramé hanging planters dripped with vines so overgrown they almost grazed the floor. Pots of violets filled metal stands and beckoned with their bright purple buds and fuzzy leaves. Polly the macaw cracked sunflower seeds with her toes and squawked “hello” over and over and over again. And amidst this jungle paradise were bowls, boxes and tins of all sorts of candy – M&Ms, chewy toffee, sour balls, circus peanuts and more. She was generous and welcoming to us kids. We'd knock on her door, sometimes many days in a row, asking to see Polly, and she'd always let us in with a big smile. We never left without a piece of candy tucked in our cheeks and our pockets. “For later,” she'd say.

But here's the thing about Marge – she was scared. Of a lot of things. My memory is hazy after

all of these years, but these are the things I still remember that Marge was frightened of: elevators, mice, cats, bugs, balconies, second floors in general, water, flying, rapists, burglars, alligators, lightning, thunder, staying alone at night. I'm sure I'm missing things I know I am. But even this abbreviated list makes the point: Marge's fears were so plentiful and the feeling was so acute that even as a kid I was aware of the fact that terror and dread loomed large in Marge's life.

My mother didn't want that for me. And, frankly, she had little patience for it. So, if I was scared when my night light burned out, my mother would scold me. “You don't want to be like Marge.” The summer I was afraid of going into the ocean after the movie *Avatar* came out, my mother shamed me. “That's something Marge would do, and you don't want to be like Marge, do you?”

The truth is, I didn't. Even a year-old me felt the restrictions of a life filled with so many fears. One that hanging plants and hard candy couldn't make up for.

No parent wants their kids to be scared and they certainly don't want them to grow up that way. In this month's cover story, “Facing Their Fears,” we delve into how you can help your kids if they already seem to have some deep-seated fears.

I wish I knew why Marge had all the fears that she did. What made cats so terrifying but birds so benign? Why was a grown woman unable to sleep by herself at night? Why did she need to self-medicate during thunderstorms? So many questions. If only her mother had a “Marge” to shame her with or some expert advice from her trusty parenting magazine.

Alia  
Elliott



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## **Briefs/Short Stuff**

# CINCINNATI NEWS

By Amanda Cianci



## DIAPER DONATIONS THAT HELP THOUSANDS OF BABIES

Local diaper bank, Sweet Cheeks, has surpassed more than 1 million diapers donated to families in need. More than 16,000 local babies each month are affected by a lack of clean, dry diapers. Since 2015, this Cincinnati nonprofit has accepted donations and distributed diapers to the community.

If you would like to donate, and help a baby in need, you can do so

by dropping off disposable diapers to Tristate Once Upon A Child locations. You also have the option to donate cash at Sweet Cheeks' website, or by mailing in a check.

Sweet Cheeks Diaper Bank is located at 1615 Republic St., Cincinnati. Visit [sweetcheeksdiapebanks.org](http://sweetcheeksdiapebanks.org) to learn how you can help.

### GO THE DISTANCE: CHILDREN'S 5K

The second top children's hospital in the nation, Cincinnati Children's Hospital and Medical Center, hosts the Go the Distance fundraiser walk and run on Saturday, Sept. 15. This year, walk a one-mile loop or run a timed 5K. The race begins and ends on the corner of Melking Wiley and Central Avenue. Check-in begins at 7:30 a.m. and the race begins at 9 a.m.

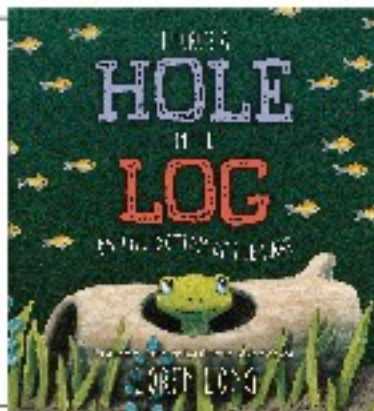
Following the race, celebrate on the field of Paul Brown Stadium (1 Paul Brown Stadium, Cincinnati) until 1 p.m. with food, live music, face painting and games.

Registration is \$35 runners, \$25 adult walkers, \$5 ages 17 and younger. Find more information at [cincinnatichildrens.org](http://cincinnatichildrens.org).

### A NEW BOOK & A FUN MUSICAL STORYTIME FOR ALL

Local author and illustrator Loren Long premieres his newest children's book, *There's a Hole in the Log on the Bottom of the Lake*, this month. Make sure to preorder a copy of this great new picture book from the Blue Manatee, so you can get a ticket to attend a musical storytime featuring Loren Long on Sunday, Sept. 23 at 2 p.m.

Blue Manatee Children's Bookstore is located at 3094 Madison Road, Cincinnati. Call 513-731-2665 or visit [bluemanateebooks.com](http://bluemanateebooks.com).



(Please turn the page)



## At a glance

## COMMUNITY

## Two Local Young Actresses Cast in "Waitress" at the Hippodrome

Sometimes the biggest stars come in the smallest packages. That's the case with Karie Mitchell and Temperance "Tempie" Oppel, who snagged parts in the Hippodrome's run of the Broadway smash "Waitress."

The talented tots, both 4-year-old Perry Hall natives, will play Lulu, the protagonist Jenna's daughter in the Tony-nominated musical, which features music and lyrics by pop star Sara Bareilles. The national tour began Dec. 2017 in Omaha, Nebraska, and at each stop along the way, casting directors sought out local starlets to fill Lulu's small shoes.

Tempie and Karie will alternate nights during the show's run through Feb. 4. Their mothers decided to sign their daughters up when friends tagged them in the Facebook post announcing the auditions. Their



motivation had nothing to do with fame and fortune, though.

"I thought it would be a wonderful experience for the two of us to do

together," Tammy Oppel says. "Something I knew wouldn't come around again."

Already a veteran, Karie was 2 years-old when she first graced the stage, and has credits in local productions of "Little Mermaid," "Sweetool," and "Babes in Toyland" under her belt. Kristen Mitchell says that Karie caught the show bug long from her grandmother, who acts in and directs local theater.

"When we left the audition, [Karie] says, 'Um, where was the audience?'" Mitchell says.

Whether the girls choose to keep acting or not, both mothers think their daughters' time in "Waitress" will be a valuable venture, as long as the girls have fun.

"That was the whole point, to enjoy the experience," Oppel says. "Not to go in and become famous." **BC**

## EDUCATION

## Randallstown Teacher to Receive Impact Award

Randallstown Elementary School teacher Da'Nail Wilner was recently named a 2018 Impact Award honoree by the Baltimore-based Fashion Unleashed Foundation.

Wilner teaches fifth grade and is the founder of a weekly after-school leadership program for boys in grades three to five, called Boys in the Good.

Good is actually an acronym for Giving, Optimism, Originality and Determination. Wilner started the program four years ago when he learned that most of his students did not own ties or know how to tie them. That led to special dress-for-success days, which led to the after-school program. Included in the program's activities are character education, community service and enrichment activities. The boys even visit college campuses.

Wilner will receive his award in a ceremony next month.

Boys in the Good is fully funded by New Point Baptist Church. **BC**



## HEALTH

## Sports-related Eye Injuries Down, Except with one Pastime

The number eye injuries due to sports has declined slightly since the 1990s, according to a study published in the February issue of "Pediatrics" journal.

But pellet, BB and paintball guns remain a hazard to your child's eye health. Pediatric eye injuries associated with those types of guns, known as "non-powder," actually have risen 167 percent.

The data for the study came from more than 440,000 children treated in U.S. hospital emergency rooms.

What else did the study find? Children 10 to 14 and 15 to 17 had the highest rate of injuries. Boy sustained 75 percent of the injuries. Non-powder guns caused nearly half of eye injuries that required hospitalization and nearly 80 percent of the injuries were caused



by BB or pellet guns.

Basketball and baseball/softball were the two most common team sports that led to eye injury.

Overall, more than 10,000 children each year are treated for eye injuries in hospital emergency rooms. The study's authors recommended the adoption of protective eye measures. **BC**

### NEW TOY LIBRARY HAS PLAY OPTIONS FOR KIDS WITH SPECIAL NEEDS

Check out more than books: the Willoughby-Eastlake Public Library has launched a brand new Toy Library with more than 70 toys that can be checked out for 21 days at the Willoughby and Willowick Public Libraries.

The Willoughby-Eastlake Public Library worked with RePlay for Kids, a 501(c)3 nonprofit organization of volunteers who repair and adapt toys and assistive devices for children with disabilities in Northeast Ohio. Library staff members participated in a toy adaptation workshop to better learn how an adapted toy works and how to repair them. An adapted toy is one that has been manipulated for ease of use for children with dexterity issues.

The W-E Play Toy Library was made possible through the contribution of Angela Bar and the generosity of local businesses and partners. The W-E Play Toy Library is available to library cardholders in good standing. Up to three toys per family may be checked out and toys must be returned to the checkout desk at the library from which they were borrowed. A late fee of \$0.10 per day will be incurred for overdue items. To complement the W-E Play Toy Library, adapted programming also is available at four Willoughby-Eastlake Public Library locations. A list of all toys in the W-E Play Toy Library and a calendar of events can be found at [we2k7.org](http://we2k7.org).

— Submitted by  
Willoughby-Eastlake Public Library

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

### RESALE EVENTS

Children's consignment events offer gently used, quality, name-brand clothes and toys at discounted prices; you also can sell the items your kids no longer use or have outgrown. Find a children's resale or consignment event near you with our comprehensive listings!



## Car Seat Safety Updates

**AAP REVISED RECOMMENDATIONS STATE THAT KIDS IN CAR SEATS SHOULD BE REAR-FACING UNTIL THEY REACH THE MAXIMUM WEIGHT AND HEIGHT ALLOWED.**

In the updated policy statement, "Child Passenger Safety," and an accompanying technical report, to be published in the November 2018 issue of *Pediatrics*, the AAP recommends children remain in a rear-facing car safety seat as long as possible, until they reach the highest weight or height allowed. Previously, the AAP specified children should remain rear-facing at least to age 2; the new recommendation removes the specific age milestone. The prior recommendation to keep children rear-facing to age 2 was based in part on a study that found lower risks of injury among children ages 1 to 2 years who were rear-facing. The AAP recommends:

Once they are facing forward, children should use a forward-facing car safety seat with a harness for as long as possible, until they reach the height and weight limits for their seats. Many seats can accommodate children up to 65 pounds or more.

When children exceed these limits, they should use a belt-positioning booster seat until the vehicle's lap and shoulder seat belt fits properly. This is often when they have reached at least 4 feet 9 inches in height and are 8 to 12 years old.

When children are old enough and large enough to use the vehicle seat belt alone, they should always use lap and shoulder seat belts for optimal protection.

Visit our website for even more great content:

### FROM OUR BLOGGERS

The lineup of Northeast Ohio Parent bloggers will address many topics, including:

**MELISSA KOSKI** - *I Crashed The Web*  
Shares tips to enjoy living in (or visiting) downtown Cleveland with young children.

**JACLYN MUSSELMAN** - *Coffee, Pancakes & Dreams*  
What to do with all that Halloween candy.

**KEVIN FAYNE** - *Family Money Adventure*  
How to start a vacation fund for your family.

### GIVEAWAYS!

Visit [facebook.com/NEOParent](http://facebook.com/NEOParent) throughout the month for giveaways to local events and attractions! Here's a sneak peek of some destinations on the contest calendar this month:

GOLDFISH SWIM SCHOOL  
GREATER CLEVELAND AQUARIUM  
1-X TRICK OR TREAT STREET  
LEGOLAND DISCOVERY CENTER  
COLUMBUS



IN EVERY ISSUE

## COMMUNITY SPOTLIGHT

what to look for in November

### Shop for a cause

What's better than a day of shopping? A day of shopping that helps out a great cause! At the annual Junior League Holiday Mart, you can shop for the best in apparel, children's gifts, holiday decor, gourmet food items and more, offered by nearly 100 unique merchants from across the country. Proceeds benefit the community projects and grants of the Junior League of Indianapolis, with special emphasis on health and education of children and their families. Purchase tickets online and save.

Location: Blue Ribbon Pavilion, Indiana State Fairgrounds  
November 14-18 - [www.jlindy.org](http://www.jlindy.org)



That's how many miles the Mayflower traveled during its trek from England to Plymouth, Mass., in 1620. A distance that could now be traveled in roughly 7 hours by airplane took a whopping 66 days – and a grueling 66 days it was.



### DID YOU KNOW?

- Benjamin Franklin proposed the turkey as the official U.S. bird (the Bald Eagle won out).
- Only tom (male) turkeys gobble. Hen turkeys make a clicking noise.
- Domesticated turkeys cannot fly.
- Wild turkeys can fly for short distances up to 55 miles per hour, but they prefer to stick to land.

Source: [www.bonstine.com](http://www.bonstine.com)

### SEE A HOLIDAY SHOW

We know, we know: Thanksgiving hasn't even arrived and we are already gearing up for the holiday season! And what better way to get into the holiday spirit than to take the entire family to a live performance. From the numerous variations of *The Nutcracker* to musical renditions of holiday classics like Dr. Seuss' *How the Grinch Stole Christmas* and *E! to the Timeless Tale: A Christmas Carol*, there are a number of family-friendly holiday favorites kicking off this month. **Check out our calendar on pages 40-45 for details.**



**mk** Your MK

## MARCH GLADNESS

The library card that can get your family into 10 local attractions for free

A library card is an amazing thing. It gives your family access to a world of knowledge, free of charge, a sort of hard copy of the internet, but with much of the bad stuff missing. Plus: library smell.

If you happen to be a member of the Margaret K. Grundy Memorial Library in Bristol, PA, you get something else: Free passes to local venues including the Academy of Natural Sciences, Elmwood Park Zoo, Morris Arboretum, the Museum of the American Revolution and the National Constitution Center.

Thanks to the Levittown-Bristol Kiwanis Club, anyone with a Grundy library card in good standing (return those overdue books, people) can get a pass that admits two adults and up to six children, depending on the venue.

You have to pick up a pass in person, which means you also get some of that great library smell thrown in for free!



### Win Wildwood days

Is there anything that can get you through the last weeks of winter better than planning a summer vacation at the shore? Yes, dreaming of a free one.

The Greater Wildwoods Tourism Improvement and Development Authority is again giving away two family vacations. A family of four can win a three-day, two-night stay along with passes to Wildwood attractions. Enter at [wildwoodsnj.com](http://wildwoodsnj.com) and then crawl back under the covers to dream of dodging tram cars.

### You can't spell fungi without F-U-N

If you've made it to March without getting sick, congratulations and we'd like to know your secret.

If you don't know, maybe you can find out at the Delaware Museum of Natural History's "Zoo in You: The Human Microbiome" exhibit, which explores the microbes that are in all of us "from bacteria to archaea, fungi to viruses."

You will learn about good microbes, learn how long it takes to wash your hands to get rid of bad germs, and get a photo op where you can picture yourself as a microbe (we're guessing it's similar to how we look before morning coffee).



### A zip code with a view

Your zip code can be used for lots of things, from setting your car-insurance rates to determining what weekly flyers arrive in your mailbox.



For Philadelphia residents whose zip code starts with 191, your zip will also get you onto the One Liberty Observation Deck for half off in March.

One adult and up to three kids can take advantage of the discount and get a 360-degree view of the Delaware Valley from 57 floors up. It would have been a cool place to watch the Eagles parade, but we suspect things will still look pretty green. [ok](http://ok)



Have a suggestion for a cool thing to do? Email [editor@metrokids.com](mailto:editor@metrokids.com)

# Good Stuff

by Jessica Farvas

THINGS WE LIKE

## Sustainable Legos

Legos made from plant-based plastic will be available for purchase this year. The Lego botanical elements such as leaves, bushes and trees will start to appear in Lego sets as part of the Lego movement for zero-waste production by 2020. Now Legos will be more earth-friendly than ever.



## New Role Model Barbies

Amelia Earhart and Gabby Douglas are just some of the historic and modern-day female role models from around the world with new Barbie look-alikes. Barbie created the collection after conducting a survey with moms about the concern of positive role models for their daughters. Available for pre-order at [barbie.model.com](http://barbie.model.com) for \$29.99 each.



10 Atlanta Parent | April 2018



## Free Jewish Children's Books

PJLibrary sends free, Jewish children's books to families across the world each month. The goal is to share Jewish stories so families can talk about values and traditions that are important. Fill out a profile and then receive a new book each month. Visit [pjlibrary.org](http://pjlibrary.org) to learn more.

## Benefit the Cystic Fibrosis Foundation

Cars & 'Q for the Cause is back April 21 from 4-7 p.m., and raises money for the Cystic Fibrosis Foundation. Admits classic and over-the-top cars, and enjoy live music as well as a barbecue dinner. Choate Construction, 8200 Roberts Dr., Atlanta. \$20-\$30; ages 7 and younger, free.



## Kid-to-Kid Giving

With the Daymaker program, families can choose a giving opportunity and donate to kids in need. The platform is to help create habits of generosity from a young age. Kids can choose how to give to other kids from purchasing a birthday gift to providing back-to-school items. You can even give to kids right in Atlanta by choosing the city. Visit [daymaker.com/give](http://daymaker.com/give) to pick a program.

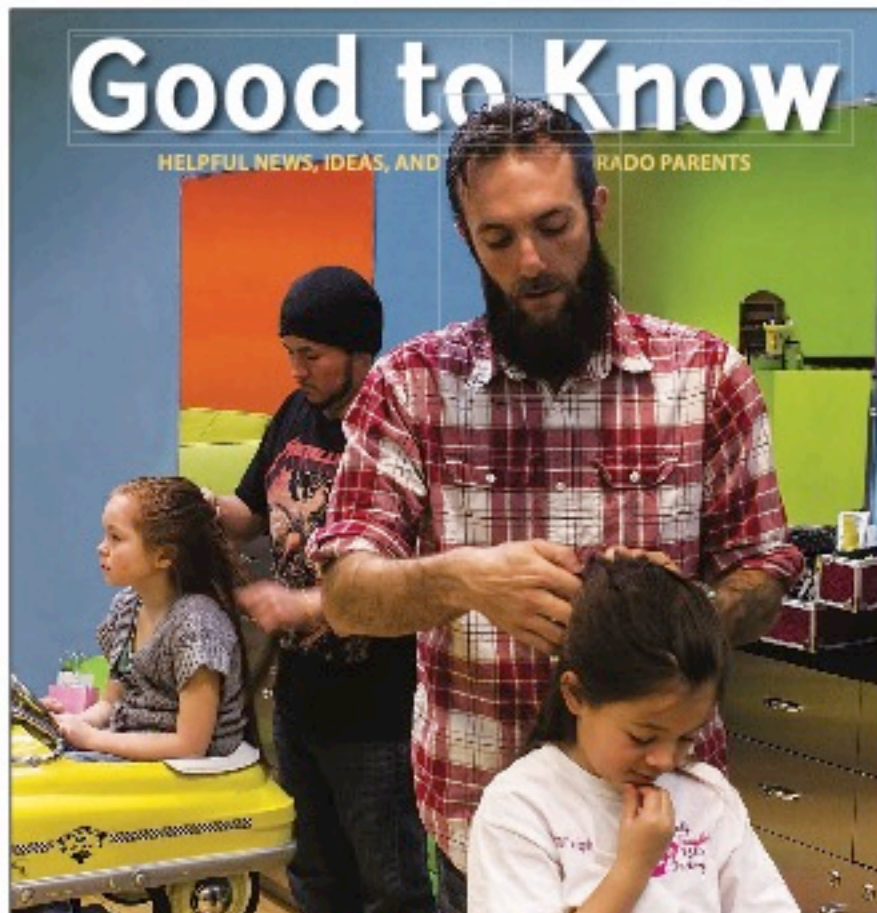


[atlantaparent.com](http://atlantaparent.com)



# Good to Know

HELPFUL NEWS, IDEAS, AND TIPS FOR COLORADO PARENTS



## Dads Detangle the Mysteries of Hair

A few years ago, a video of a dad using a vacuum to put his daughter's hair into a ponytail went viral, encapsulating many dad frustrations with doing their daughter's hair. Matt Snyder, the host of Daddy Daughter Hair Factory (DDHF) Denver and dad-to-kid-high, etc. and Business, then, experienced the same frustration when he became a single dad.

"I had no idea what to do with my girl's hair," says Snyder. "It was really discouraging and it hurt our relationship because I was hurting them."

After being inspired by YouTube hair tutorials, he stumbled upon a video from PML and Donna Morgan, the father-daughter team behind Daddy Daughter Hair Factory in Florida. A Hairdressing Moment and Snyder decided to start a Denver chapter of DDHF, with the simple slogan, "It's not about the hair, it's about the bond."

"When the younger kids hear that, it just clicks," says Snyder.

DDHF's workshops start with detangling beds and build up to mastering braids and buns.

"Creating memories and bonds and getting to build the forever relationship you share with your child, that's a gift," says Snyder.

DDHF Denver's next workshop is on January 4, 6:30 p.m. at the Woodlark Branch Library, 1361 Federal Blvd., Denver. DDHF will also host a workshop class at Ft. Collins and Colorado the first Sunday of every month, starting January 8 at 5:45 p.m. [facebook.com/DDHFdenver](http://facebook.com/DDHFdenver)

—Alison Pappas



# **Calendar of Events**

## COMMUNITY CALENDAR | APRIL

**April 1 Sunday****SUNDAY DRAWS**

Drawing is the basis for creating all art. Sunday Draws is for anyone who wants to learn to draw or to learn to draw better and have fun doing it. A teaching artist will guide participants using various drawing techniques, and different drawing tools and materials. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 1-2:30 p.m. [www.gilcrease.org](http://www.gilcrease.org)

**April 2 Monday****CAREGIVER-CHILD YOGA**

With music and movement, you and your child are bound to have fun during this short yoga practice together. Learn breathing practices and poses you can do as a family at home.

This event is free with the price of admission and is best for ages 1-6 years! Tulsa Children's Museum, 560 N. Maybelle Ave., 10:30 a.m. [www.tulsachildrensmuseum.org](http://www.tulsachildrensmuseum.org)

**THE OK KARAOKE CORRAL**

**[FREE]**  
The OK Karaoke Corral is a group of people ages 18 to 88 that love to sing! Members meet one hour weekly and sing renditions of various artists from the '60s to the Village People. RSVP to [bpatterson@cityoftulsa.org](mailto:bpatterson@cityoftulsa.org). Central Center in Centennial Park, 1028 E. 66th St., 12:15-1:15 p.m. [www.cityoftulsa.org](http://www.cityoftulsa.org)

**OSAGE LANGUAGE CLASS**

**[FREE]**  
Join the Osage Nation Language Department and learn the basics of the Osage language. For ages 10 to adult. Zarrow Regional Library, 2224 W. 51st St., 7-8 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

**April 3 Tuesday****BIKES AND BALLS**

For ages 1-5 years. This open gym time for preschoolers is a great way to socialize with other kids. Bring a riding toy. Cost is 50 cents per child/visit. This event occurs weekly

on Tuesday and Thursday. White-side Community Center, 4009 S. Pittsburgh, 9:30-11 a.m. [www.cityoftulsa.org](http://www.cityoftulsa.org)

**BUILD A READER STORYTIME: BABIES & TODDLERS**

**[FREE]**  
Join Ms. Shelly for fun stories, songs and activities that will help your child develop important early literacy skills. For infants to 2-year-olds and their caregivers. Find more Build A Reader Storytimes at [www.tulskids.com/storytimes](http://www.tulskids.com/storytimes). Owasso Library, 103 W. Broadway, 10-10:25 a.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

**SPACEPARK 360**

What would it be like to ride carnival rides or even roller coasters in space? Find out through these virtual full-dome roller coaster simulations! Warning: May cause motion sickness. Target audience is 3 years to adult. Jerks Planetarium, 105 E. 8 St., 7-8 p.m. [www.jerkscommunityed.com](http://www.jerkscommunityed.com)

**April 4 Wednesday****TINY TOTS IN TRAINING**

**[FREE]**  
Toddlers (age 2-5) will engage in activities such as miniature basketball, hula-hoops, tri-cycle riding with the support of their parents! Casa Community Center, 1050 W. Wenika Rd., Sand Springs, 10-11:30 a.m. [www.sand Springsok.org](http://www.sand Springsok.org)

**TODDLER TIME AT CHANDLER PARK**

Take your little ones to Chandler Park every other Wednesday through May for a variety of fun activities including crafts, music and storytime, sensory activities, gym games, nature walks and a field trip. \$2 per class. Chandler Park, 6500 W. 21st St., 10-11 a.m. [parks.tulsa-county.org](http://parks.tulsa-county.org)

**SPEED-FRIENDING FEATURING THE NERDY GIRLS OF TULSA**

**[FREE]**  
Looking to expand your real-life social network? Check out Central Li-



# AUGUST THINGS TO DO

USE "THINGS TO DO" ON YOUR SMARTPHONE!

DISCOVER IT ON [CINCINNATIFAMILYMAGAZINE.COM](http://CINCINNATIFAMILYMAGAZINE.COM) OR [NKYFAMILY.COM](http://NKYFAMILY.COM)



LOOK FOR THIS  
"GUITAR" TO FIND  
MUSIC-RELATED  
ACTIVITIES

## **FREE KIDCHELLA!** SUNDAY, AUG. 12

Join the second annual Kidchella, a children's music concert benefiting Common Ground, an alibabes playground. Dance along to favorites Zak Morgan, Songs for Seeds and Jennifer Ellis, visit with local vendors, and enjoy a day in the park. Catal Park, 5847 Irwin Simpson Road, Mason, 1 - 5 p.m. Call 513-252-0077 or visit [cincinnati.familymagazine.com/uncategorized/kidchella-2018](http://cincinnati.familymagazine.com/uncategorized/kidchella-2018).

THINGS TO DO

— merry presents —

Christmas for Kids!

BY CHAD YOUNG



34 Parades

Celebrate the season in your area. Pictured here: The Santa float at Nashville's Christmas parade.

40 Concerts

Our top picks for holiday music abound town, including the Nashville Symphony's Pied Piper Series Holiday Spectacular & Sing-Along. Prior to the concert, kids can enjoy hands-on fun with real musical instruments.



Daily events begin on page 33

30



68 Santa

Catch Claus at numerous spots in the metro area. Pictured here: A local boy with Santa at Carnton in the '80s.



50 Lights

Illuminate your family's holiday season by taking in a light display tour around town.



56 Shows

Enjoy a holiday-themed theatrical show, including Cirque Dreams Holiday at the Opry House.



64 Stories

Hear holiday tales like The Polar Express (pictured here at Brentwood Library).

74 Movies

From classics like It's a Wonderful Life to modern favorites like How the Grinch Stole Christmas, find selections on the silver screen.



60 Crafts

Christmas projects, gingerbread workshops (Downtown pictured here) and other holiday treats.



44 Charlie

Bring Peanuts joy into your family's holiday with these unique happenings.



53 Nutcrackers

The magic and mystery of the Nutcracker comes to life at local stages.





# February

OUR PICKS

BY JANICE LEWNE



## Wake Forest Mardi Gras Street Festival | Feb. 10

Don your masks and beads and head to the Mardi Gras Street Festival in downtown Wake Forest, 11 a.m.-3 p.m. This family event features a walking parade at 1 p.m., face painting, street entertainers, kids' activities, inflatables, food trucks and a variety of contests, including a Bubblegum Blowing Contest at 2 p.m. in Jones Plaza. Admission is free. [wakeforestnc.gov/wake-forest-mardi-gras.aspx](http://wakeforestnc.gov/wake-forest-mardi-gras.aspx).

## Harlem Globetrotters | Feb. 11

Don't miss the Harlem Globetrotters when they bring their renowned basketball-handling wizardry to Raleigh's PNC Arena for a game at 3 p.m. against the Washington Generals. See the Globetrotters' star-studded roster showcase basketball's first 4-point line located 30 feet from behind the basket, and enjoy the team's celebrated style of comedy and athleticism. Purchase tickets, \$18-\$75, at [ticketmaster.com](http://ticketmaster.com).



Photo courtesy of Shutterstock

## Whirlkids Book Festival

Feb. 3

Picture-book creators and celebrated authors of books for young people highlight the Whirlkids Book Festival, 10 a.m.-4 p.m., at Feamington Village in Pittsboro. Enjoy readings and signings from authors Sarah Mlynowski, Lauren Myracle, Emily Jenkins, Ursula Vernon, Stacy McAnulty, Karina Yan Glaser, Alan Grafz and more. Take part in fun activities and visit farm animals in the Belled Barnyard. [feamington.com/whirlkids](http://feamington.com/whirlkids).



# Calendar



## AUGUST

By Andrea White

Take a journey back to 16th-century England at the New York Renaissance Faire, open on weekends starting August 4th.

© Deborah Greenwald

### New York Renaissance Faire

Hear ye, hear ye! Travel back in time to a beautiful 16th century English village and see amazing acrobats, magical faeries, swashbuckling pirates, jousting and more! With kid-friendly shows, crafts, games and tempting treats, there's something for everyone. Check website for stage schedules. Saturdays and Sundays, 10am-7pm, Aug. 4 - Sept. 10. For all ages. \$23.99 adults, \$13 children 5-12, children under 5 free. Reservations required.

800 Rt. 70N, Tarrytown, 845-331-3177, renfaire.com/ny

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## OCTOBER

## Maryland Fleet Week &amp; Air Show

Perfect for: Families Looking for Adventure

Come together with other Marylanders to celebrate our country, our state and the amazing military contributions made in the air and on the sea. Throughout the week, enjoy the three Fs: Fleet, Flight and Fun. On water, U.S., Canadian, and British ships will be on display and open for tours. On Oct. 6 and 7, look to the skies and experience the largest air show to ever hit Baltimore. Throughout the whole week, experience the Fleet Week Festival at the Inner Harbor with fun for the whole family. And the best part of all! It's all free. Check the website for a complete calendar of events.

Oct. 3-9, Inner Harbor and surrounding areas, free, [visitmaryland.org](http://visitmaryland.org)

## MONDAY 1

## Teens

## iRhyme by the Media Rhythms Institute

Learn the art and business of music production through exposure to songwriting, recording and editing in this multi-week program.

Oct. 1, 15, 22 and 29, *Essex Pratt Library, Walkers Branch*, 3:30 p.m., free, [prattlibrary.org](http://prattlibrary.org)

## Babysitting 101

Facilitated by a University of Maryland extension instructor, this three-session class will teach the basics of babysitting. Registration required. Ages 12 and up.

Oct. 1-5, *Howard County Public Library, Storage Branch*, 4-6 p.m., free, [hcpy.org](http://hcpy.org)

## Families

## All Abilities Night at iFLY

Specialty trained flight instructors will provide extra attention and accommodations to ensure each participant is able to experience the thrill of flying. All are welcome. Tickets at [Everwrite.com](http://Everwrite.com).

iFLY Indoor Skydiving Baltimore, 5:30-7 p.m., \$29.95/fee flight package, [flyworld.com/Baltimore](http://flyworld.com/Baltimore)

## TUESDAY 2

## Families

## 'Around the World in 80 Days'

In this live stage adaptation of the classic novel by Jules Verne, travel by boat, plane and even elephant on an epic adventure that shows the journey truly is more important than the destination. Presented by the National Players.

Newman's Lane Theatre, 30:30 a.m., \$9 student, \$20 general, [cheapsunkarts.org](http://cheapsunkarts.org)

## Teens

## Adulthood 101

What life skills do you need to master to be ready to make it on your own? This six-week course will cover important topics to help you prepare for adulthood.

Essex Pratt Library, Hamilton Branch, 2:30-4:30 p.m., free, [prattlibrary.org](http://prattlibrary.org)

## Día de los Muertos

Learn about Mexico's Day of the Dead while celebrating Hispanic Heritage Month and creating your own sugar skull.

Anne Arundel County Library, Glen Burnie Branch, 6 p.m., free, [aacpl.net](http://aacpl.net)

## WEDNESDAY 3

## Kids

## Toddler Time

Wednesdays are filled with fun for the under-5 crowd. Head to Port Discovery for interactive story times, Toddler Music, Jans and Mother Goose on the Loose. It's a day filled with educational play.

Wednesdays, Port Discovery Children's Museum, 10 a.m.-4 p.m., \$25.95 for ages 2 and up, [portdiscovery.org](http://portdiscovery.org)

## Nature Storybook Art

This three-session class builds a child's understanding of authors, illustrators and various art techniques. Registration required. Ages 5-12.

Oct. 2, 10 and 17, Edin Mill Nature Center, 12:30-2:30 p.m., \$42 member, \$44 nonmember, [edinsm.com](http://edinsm.com)

## Adults

## Moms Understand - Parents of Younger

## Children Support Group

Every first Wednesday of the month, mothers of young children with developmental disabilities come together for encouragement and support.

The Arc Baltimore Community Resource Center, 6:30-8:30 p.m., free, [thearcbaltimore.org](http://thearcbaltimore.org)

## THURSDAY 4

## Kids

## Itty Bitty Sing-Along

Dinosaurs, bees and more! Head to the Kids' Room for a time of songs, rhymes and finger plays about all kinds of fun topics.

Thursdays, Maryland Science Center, 11 a.m., free with admission, [mdsci.org](http://mdsci.org)

## Fun Guide

COMPILED BY CHRISTINA CLARK

### Legend

- free* No entry cost
- ✦ Extra charges
- ▶ Ongoing
- Beginner
- ★ Earth Day



#### EASTER BRUNCH

April 1 • Lake Orion

Munch on brunch and then search for eggs hidden around the grounds. The Easter Bunny is here for pictures, too. 11 a.m. and 1:00 p.m. \$11.99–\$25.99. King's Court Castle Restaurant & Banquet Center. [kingscourtcastle.com](http://kingscourtcastle.com). ●

#### SUPER SPARKS: ALL ACCESS FAMILY DAYS

April 1 • Detroit

Kids with special needs enjoy programming with sound turned down and lights turned up, including IMAX and planetarium shows. Noon–6 p.m. Free with museum entry; \$10–\$14. Michigan Science Center. [mi-sc.org](http://mi-sc.org). ▶

#### *free* FAIRY TALE FETE WEEK

April 1–7 • Southfield

A week of games and coloring pages, theater and more are in store to celebrate family-favorite fairy tales. Theater picnic 6:30–8:30 p.m. April 1, craft 7–8 p.m. April 4. Southfield Public Library. [southfieldlibrary.org](http://southfieldlibrary.org).

#### DROP-IN WORKSHOP: OPEN STUDIO

April 3–8 • Detroit

Swing by to make a unique piece to take home. 11 a.m.–3 p.m. Tuesday–Thursday, noon–9 p.m. Friday, noon–4 p.m. Saturday–Sunday. Free/Macomb, Wayne and Oakland county residents; others: \$6–\$14/ages 6-plus. Detroit Institute of Arts. [dia.org](http://dia.org).

#### CHEDDAR'S PRESCHOOL STORY HOUR: DINOSAURS

April 4 • Troy

Little Cheddar the puppet leads some big prehistoric fun including a story, craft and snack. 10:30–11:00 a.m. \$3–\$4/child, \$5–\$6/adult. Troy Historic Village. [troystoryhour.org](http://troystoryhour.org). ●▶

#### *free* MASCO FIRST FRIDAY

April 6 • Bloomfield Hills

Visit the museum to enjoy all that it offers on the MASCO Corporation Foundation's dime. Planetarium shows and changing exhibit gallery not included. 3–10 p.m. Cranbrook Institute of Science. [science.cranbrook.edu](http://science.cranbrook.edu). ▶

#### *free* ANYTHING GOES CRAFT

April 6 • St. Clair Shores

Make a one-of-a-kind masterpiece to take home. 10 a.m.–4 p.m. St. Clair Shores Public Library. [scslibrary.org](http://scslibrary.org).

#### FESTIFOOLS AND FOOLMOON

April 6, 8 • Ann Arbor

The Foolmoon (sunset–midnight Friday) kicks off a foolish weekend with music, performances and artwork. FestIFOols (4–5 p.m. Sunday) has a parade of colorful paper-mâché puppets. Downtowner area. [wonderfulproductions.org](http://wonderfulproductions.org).

#### *free* COMPOST UP CLOSE & PLANTING POTS

April 7 • Ann Arbor

Make a compostable pot, plant a seedling and learn how to make compost – all in time for Earth Day. 10 a.m.–noon. County Farm Park. [ecocenter.org](http://ecocenter.org). ●★

NOVEMBER

## calendar

**1** Before you check out the new movie about the holiday's favorite green character, dip your hands into some **Grinchy Green Science**. With art, activities, goop and crafts on deck, there's a chance to let your Grinch show or become a Whovillian at heart. Free with museum admission. Nov. 23-24. Rockford Discovery Center, 711 N. Main St., Rockford. (815) 963-6769, [discoverycentermuseum.org](http://discoverycentermuseum.org).

**2** The costumes are cool, the sets are amazing and the music is historic. So, the Harris Theater is letting the creative team behind **Opera Atelier** tell the story of the making of an opera. Learn about everything from performance style to sets to costumes in the one-hour presentation. The event includes an ALS interpretation to add to the inclusive nature. \$10-\$15, 2-3 p.m. Nov. 17. Harris Theater, 205 E. Randolph Drive, Chicago. (312) 334-7777, [harristheaterchicago.org](http://harristheaterchicago.org).

**3** Holidays in the city mean hot chocolate, shopping and lots of great parades. **The Magnificent Mile Lights Festival** kicks off the parade season—literally and figuratively—with a weekend of events Nov. 16-17. The fest includes a parade (5:30 p.m. Nov. 17), the switching on of the lights on Michigan Avenue and concerts with meet-and-greet events. Also, set your alarms—if you're not already up with the turkey—for 8 a.m. on Thanksgiving Day for the **McDonald's Thanksgiving Parade**, a tradition with floats, bands, acts and giant character parade balloons.



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# Family Fun Guide

Eating Out ■ Free Fun ■ Exhibits ■ Playground ■ Calendar

## \* Not-to-miss events for July

A Day  
at the  
Beach  
Page 55



Serenbe Playhouse

# 1

### Peter Pan

Serenbe Playhouse  
Through Aug. 26, Thurs.-Sun.  
See website for showtimes.  
After defeating Captain Hook  
and taking over his ship,  
join Peter Pan deep in the  
forests of Neverland where  
he lives with his band of Lost  
Boys. 10767 Serenbe Ln.,  
Chattahoochee Hills, 770-  
463-1110. \$20 and up; ages  
3-12, \$13 and up; ages 2 and  
younger, free, rain insurance,  
extra. Prices vary by show.  
serenbepayhouse.com

atlantaparent.com

# 2

### Superhero Saturday

Tejus Science Museum  
July 14, 10 a.m.-5 p.m.  
Wear superhero capes and  
masks to the Museum, test  
powers in an inflatable obstacle  
course or the toddler rescue hero  
playground. Superhero guests  
and make-and-take activities.  
100 Tejus Dr., Cantonville,  
770-606-5700. Included with  
admission: \$15.95, ages 3-17,  
\$11.95, ages 2 and younger, free.  
tejusmuseum.org



# 3

### Wild World Weekend

Zoo Atlanta  
July 28-29,  
Sat. and Sun.  
10 a.m.-4 p.m.  
Cultura heritage festival to  
celebrate the Zoo's wildlife  
with special entertainment,  
crafts and activities. 800  
Cherokee Ave. SE, Atlanta,  
404-624-9453. \$25.99,  
ages 3-11, \$17.99, ages  
2 and younger, free.  
zoosatlanta.org





**Column: Child Development  
& Parenting Issues**

LEARNING YEARS

WHAT WOULD  
**Mr. Rogers** SAY ABOUT  
**GUNS & CHILDREN**  
 IN AMERICA?

In the wake of the latest school shooting in Parkland, Florida, the children I see in my practice are again fearful. While it is highly unlikely that any of the children we know will be killed in a school shooting, gun violence in our community is a sad fact of life and does certainly affect children we know. For those of us who care for children as parents, relatives, and friends, we must be active in promoting peace as wise ones have taught us to.

As a parent and professional, there are certain experts and institutions that I regularly trust for guidance. Fred Rogers, Benjamin Spock, and T. Berry Brazelton are high on this list. All three of these men took a stand against violence in the context of childhood wellbeing. While Dr. Spock's guidance is outdated today, he was regarded as "the" parenting expert from the end of World War II through the 1960's. Spock, an ardent anti-war activist, became outraged that babies he treated ended up dying as young adults in Vietnam. What would he think of the fact that the number of Americans killed by gun violence since 1968 is greater than the casualties from all US wars combined?<sup>1</sup> For decades, Mr. Rogers' Neighborhood (hosted by Fred Rogers) taught children how to understand and express feelings. As a man, Fred Rogers was a model for boys and showed them it was ok to cry and talk about their feelings. He also taught us that "peace is not the opposite of war. Peace, like love or hope, is an action one can take, something that can be done, not just something that might arrive." This quote emphasizes that we

as adults must take deliberate action in our homes, schools, and communities to work toward peace. T. Berry Brazelton (known affectionately as America's Pediatrician) died just this past March at the age of 95. After the Newtown, Connecticut school shooting, he outlined specific actions to reduce gun violence in schools and the community, including reasonable gun control, actively opposing the NRA, and improving mental health services. The legacy of Dr. Brazelton's pediatric practice of 50 years was helping parents and professionals to promote healthy emotional development in children. His Touchpoints Center

continues this progress in his memory. To round out the message of these experts, The American Academy of Pediatrics and The American Psychological Association also assert the importance of gun control legislation and increased mental health services.

All of these renowned experts in child-rearing have a single, succinct message: the process of reducing violence is an active one that all of us can participate in. As parents and teachers, we can make peace education part of our daily discourse. We can help children learn the skills of conflict resolution and teach them to expand their emotional vocabulary with books, conversation and play. We can be present by turning off our technology, eating together, and actively listening. As parents, we can choose not to buy violent games, practice gun safety, model the expression of feelings as a strong attribute as opposed to a weak one (especially fathers to sons). As voters, we can take an active stand to fund mental health programs, promote stricter gun laws, uphold the gun laws we do have, vote for politicians that support gun control, and actively work to reduce the power of the NRA. Violence is a child development issue. We all have a stake in the safety and wellbeing of our children. Now is the time for each of us to take an active role in creating a peaceful "neighborhood" for all of us.

"Can we make a better world for our children? I believe we can if enough people are concerned and get involved in changing what is wrong with society."

DR. SPOCK

<sup>1</sup> Study on American war casualties by Congressional Research Service and data from Centers for Disease Control and Prevention.

stages: babies &amp; toddlers

BY KILEY ROBERSON



## decoding dyslexia

**A**s a mom of two, I've seen first-hand how different children can be. My daughter is more introverted and loves anything to do with reading and art, while my son is much more outgoing and super physical. So it came as no surprise when my youngest went to preschool this year, that his learning style was going to be just a bit different from his sister's. As a parent, navigating these differences can be tough, but being on the lookout for challenges can be even tougher. While the experts say it's completely normal for children to learn at different paces, be alert for warning signs. If your young child has been struggling with language development and letter recognition for a while, what you're seeing could actually be signs of dyslexia.

"Dyslexia is a neurological language processing disorder," explains Dr. Penny Stack, founder and owner of the Dyslexia Center of Tulsa. "Dyslexia is not curable. So children with dyslexia grow up to be adults with dyslexia."

Dyslexia represents one of the most common problems affecting children and adults. According to the American Academy of Pediatrics, it's estimated that 5 to 17 percent of school-age children have dyslexia, with as many as 40 percent reading below grade. But be-



cause the field of neuroscience does not have a standardized definition for dyslexia, diagnosing it—especially in children—can be tricky.

"Children are most often identified as having struggles with reading and learning around reading emerging years between first to third grade," says Dr. Stack. "The reason is because it is often the teachers that notice the struggles first. Although if you ask a parent to reflect, they will be able to identify signs at the early ages of pre-K years."

Dr. Stack says that schools and psychologists often hold off on a diagnosis of dyslexia until at least 7 years of age or older. But she believes that early detection can be key. Preschoolers can show early warning signs of dyslexia long before they actually begin reading. That's because dyslexia can affect a variety of

language skills that are the building blocks for reading. Here are some possible red flags:

### • Speaks like a younger child

Delayed language development is often one of the first warning signs of dyslexia. Children with delayed language development don't typically talk as much or seem to know as many words as their peers.

### • Has trouble calling things by the right name

Dyslexia affects the way the brain processes language. This can make it hard to attach the correct labels to objects and symbols.

Children may struggle with learning and naming numbers, colors and letters.

• **Struggles with rhymes**  
Kids with dyslexia frequently have a hard time isolating and breaking words into individual sounds. They often can't finish words in a nursery rhyme or recognize rhyming patterns such as dog, log, hog.

### • Can't seem to follow directions

Children with dyslexia may not be able to grasp all the details in lengthy commands. They may only "hear" the first or last few words. If you ask them to get their shoes and jacket, they may only come back with one item.

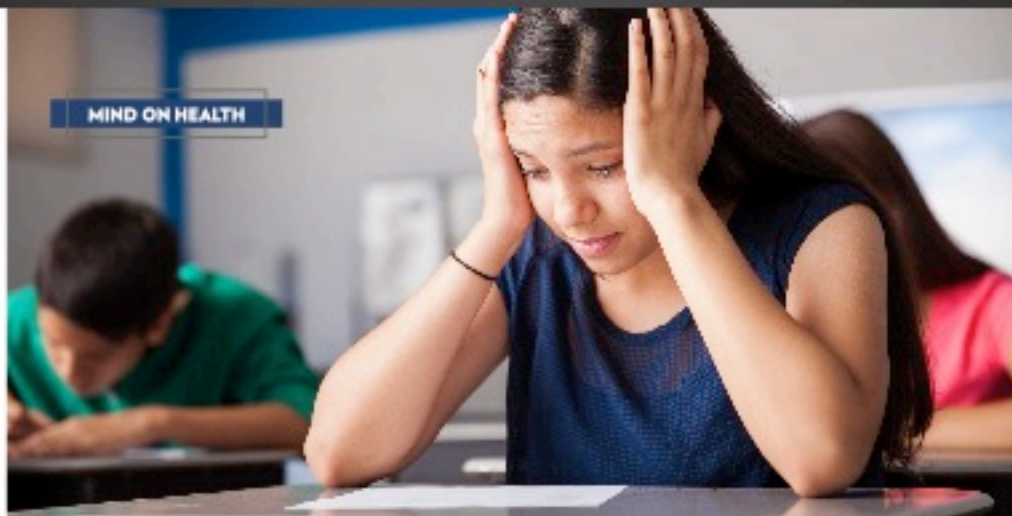
It's important to remember that some of these challenges are also part of normal childhood development and shouldn't be concerning. But if you notice frequent patterns in these areas, it might be time to talk to your child's doctor.

"Trust your instinct," says Dr. Stack. "If you feel your child may have dyslexia, pursue resources for testing and treatment from a provider who understands dyslexia."

### Dyslexia Resources

The Dyslexia Center of Tulsa provides free consultations - <http://dyslexiatulsa.com/>  
The International Dyslexia Association - <https://dyslexiaida.org/>  
Yale Center for Creativity and Dyslexia - <http://dyslexia.yale.edu/>

## MIND ON HEALTH



## Clear and present

Got a stressed-out teen? Try teaching 'mindfulness'

By Salman Majeed, M.D.

If you live with a teenager, you know life can be a roller coaster of highs and lows. While many parents struggle with how to help their children navigate the emotionally charged teenage years, one method that's often overlooked is becoming more self-aware and changing how one thinks.

It's called "mindfulness" and it's more than a fad; it's a way of life. And it doesn't just help with everyday stresses for teenagers — it also prepares them to become more resilient adults. Mindfulness is intentionally being fully present in the moment. It is recognizing and becoming aware of one's thoughts and emotions with kindness rather than self-criticism.

### Give it a try

Teens are usually quite open to it. Before you begin, it is important to have your son or daughter identify a set time every day when he or she can practice just being present in the moment for 10 to 20 minutes. To help people better understand the whole concept, there are some good apps such as "Calm" and "Headspace."

Start with sitting in a comfortable position. Focus on something you could feel with your senses. Another common way to bring attention in the present moment is to focus on breathing in and out and being aware if there is any tension in the body that you can breathe out. Think of all these thoughts as traffic going by. It's our choice whether we get on that bus or not. We can acknowledge those feelings, and then we can let them go. We realize that we are our own thoughts and feelings. When that "traffic of thoughts" starts going by and your mind wanders off, with kind attention, bring your focus back to breathing. Accept that thoughts do wander off, and there is no right or wrong way to focus on the present moment. Each time you catch yourself distract-

ed, bring your attention back to breathing.

Be consciously aware of the nature of thoughts or self-dialogue. Remember the goal is to accept yourself with kindness without judgment. The power of self-dialogue is huge, especially in teenagers who are figuring out who they are and are frequently comparing themselves to their peers. When we sit back and observe our thoughts, we obtain more conscious control over our lives.

Two common patterns in stress are trying to avoid thinking about the thing that is causing the stress and ruminating — overthinking what has happened. Both are unhealthy approaches which lead to making poor choices. Whatever pattern of thinking we practice more, that becomes more natural and our default way of thinking and dealing with challenges. Teens who try to avoid all stress and fears get better at avoiding their fears, even if that means not living to their full potential, while those who overthink and ruminate find it more and more difficult to let it go.

### Expanded attention, shrinking fear

As parents, we need to teach our kids how to face their fears in a healthy way. Mindfulness prepares them to observe their thoughts and feelings with kind attention and acceptance while also teaching them to let go of unhealthy thoughts.

We could appreciate the things in the present moment like the sunset, the view while taking a drive, or a smile on our loved one's face that we would otherwise miss when we are so busy mourning the past or worrying about the future.

The benefits of mindfulness have been scientifically proven. Brain scans show that when people practice

mindfulness regularly, their brains have more bulk in the areas responsible for attention, learning, memory, emotion regulation and decision making and shrinkage in the area where fear and stress is processed.

"Brain scans show that when people practice mindfulness regularly, their brains have more bulk in the areas responsible for attention, learning, memory, emotion regulation and decision making and shrinkage in the area where fear and stress is processed."

Mindfulness can be learned at the time of stress, but like anything, learning is always better when it's not at the point of crisis. For teens with a formal diagnosis of conditions such as anxiety, insomnia or ADHD, mindfulness may be prescribed.

If you teach mindfulness to your children, it can help them be focused and intentional about their choices, and ultimately they will be able to believe in themselves when going through the ups and downs of life.

Dr. Salman Majeed is a child and adolescent psychiatrist at the Penn State Hershey Milton S. Eisenhower Medical Center.



YOUR special child ▶

## ADHD's Unexpected Gifts

Recognizing the 'super powers' that come with the diagnosis

by Erica Rimlinger

**T**oni Greenberg could say one thing with certainty about her son during his elementary school years: "Unless you put him under general anesthesia, he [was] going to jump out of his seat."

Greenberg's son Jake had attention deficit hyperactivity disorder (ADHD). Since its appearance in the medical literature in the 1960s, ADHD has seen a "boom in prevalence," says Dr. Alison Pritchard, program director at Kennedy Krieger's Neuropsychology Research Lab. "The research suggests this is not due to more kids having it." Instead, "it's more related to better identification of it and changes in diagnostic criteria." In addition, Pritchard says, "the demands that are placed on kids have changed. There are more and more schools where kids get one recess instead of two."

Which means we've heard a lot in the past two decades about ADHD and its associated behaviors, which can lead to struggles in school, problems with self-esteem and a list of other tension-headache-inducing issues for kids and their parents. But is there an upside to having ADHD that we've overlooked? Some parents and medical professionals contend ADHD bestows gifts as well as challenges, and helped us identify a few "super powers" that kids with ADHD possess.

"Kids with ADHD kind of get a bad rap," says Vivian Morgan, a Towson-based therapist who specializes in helping kids with ADHD. "They're usually super-



smart kids, but because they struggle with all these things that go with being a 'good' student, they're usually underestimated. Once you can find something they really like, or a way to get them to harness the power of their brain, it can be a wonderful thing."

### Superpower #1: Energy, and Lots of It!

A burst of physical energy that's unhelpful in math class is a boon to athletics.

Greenberg says Jake has "a great voice, and every time he tried out for a play, he got the lead. He could sing, act, be funny, and he just had this high energy." When he was 14 years old, he was cast as Hack in a community production of "The Adventures of Buck Finn." "He was in every scene. He sang every song but one. He never got tired. His energy was just unbelievable," Greenberg says.

### Superpower #2: Hyper Focus

"ADHD is characterized as a disorder of inattention,"

Pritchard says. "But research shows that it's more of a difficulty in allocating attention appropriately." Although people with ADHD can have problems focusing, they also, ironically, can focus with laser-like intensity on projects they love.

This is known as "hyper focus," according to Morgan, and kids with ADHD can hyperfocus with ease. "The idea they have a deficit in attention is really a misnomer. It's more a problem of regulating their attention to a desired task. Like getting your homework done or packing your bookbag."

So even though Greenberg jokingly claims her son is "still looking for the Land's End jacket he left at school" all those years ago, she says he had no problem at all memorizing pages of dialogue and songs for performances.

Another parent, Pais B., agrees. Her daughter Sarah was diagnosed with ADHD in elementary school, and

she says that when Sarah is interested in a project, "she's locked in, for four or five hours."

### Superpower #3: A Creative Mind

Sarah is "definitely an artist. She is a ridiculously outside-the-box thinker," Pais says. "When she was little, we'd walk around Kohl's, and she would collect beads and pins and things off the floor, and make little sculptures. You can tell she can think in 3D."

Pritchard says: "Creativity is the most-discussed 'pro' of ADHD." However, published medical research on the veracity of this claim is "very, very preliminary," she says. And although there hasn't yet been any strong findings in the literature to support the claim that kids with ADHD are creative, it is true that "impulsivity, what's sometimes called inhibitory control, helps you to engage in divergent thinking," Pritchard says. "If you're more impulsive, you're coming up with more varied ways to solve a problem, which is a part of creativity."

### Superpower #4: A Talent for Happiness

This ingenuity, or "lack of inhibition," can also make kids with ADHD "very fun to be around, very funny, and very much in the moment," Morgan says. People with ADHD "have this ability to really be present and really enjoy themselves. Being mindfully present is the moment in which happiness is, and kids with ADHD are there already." **BC**

## HEALTH

## Not taking 'No' for an answer

### Bump on son's neck leads to hyperthyroidism diagnosis

**F**ive-year-old Jason was crankier than usual. Everything seemed to bug him — even things he previously loved, as well as sleeping and eating. Suddenly, he had trouble falling asleep and when he finally did, he couldn't stay asleep. Foods he previously loved made him feel sick or he was starving so much, he couldn't get enough food. He seemed more hyperactive, swinging his leg back and forth constantly, talking very fast, and was feeling hotter than usual, often sweating when it was cold out.

The pediatrician said he was simply having a growth spurt, or "just being a regular active boy," Jason's mom, Lindsey Moyihan, knew there was something else going on, but trusted her doctor. However, when Jason grew more restless and irritable, she sought out a second opinion from another pediatrician a few weeks later, and was given a clean bill of health once more.

"I was infuriated, because I knew Jason was just not himself," she says.

A few days later, Lindsey noticed an ever-so-slight bump on Jason's neck, and when she felt it, she instantly felt cold to her bones, not knowing what it was, but knowing that it shouldn't be there.

At an Urgent Care facility, the doctor in charge ordered an immediate ultrasound of Jason's neck, which showed a very large nodule directly on his thyroid gland, and bloodwork. Lindsey was directed to an endocrinologist who did more bloodwork, which showed that Jason was hyperthyroid, meaning that he was producing too much thyroid hormone, which was causing his anxiety, rapid heart rate, mood swings, and more.

The endocrinologist discussed the possibility that a nodule of this size could also be malignant. The American Society of Clinical Oncology reports that "thyroid cancer is the most common cancer in women 20 to 34. About two percent of cases occur in children and teens. The incidence rates of thyroid cancer in both women and men have been increasing in recent years, at a rate of about five percent more a year."

"To learn that Jason had a thyroid problem was bad enough, but to consider that it might be stemming from cancer was devastating," says Lindsey.

Lindsey was then referred to a thyroid



### HEALTHY LIVING

DANIELLE SULLIVAN

surgeon and a biopsy was performed in the surgeon's office in the form of fine needle aspiration. The American Association of Clinical Endocrinologists recommends that fine needle aspirations should be considered for nodules larger than 10 millimeters in diameter. Jason's nodule was more than three centimeters. After three agonizing days, Lindsey got the phone call that the nodule was benign. She was "extremely relieved and thankful," however, Jason still suffered with the hyperthyroidism.

The thyroid is a vital organ and responsible for every system in the body, so hyperthyroidism causes every body system to work in overdrive. Jason's heart rate was 130 at rest and his metabolism was so sped up that he was losing weight despite eating more. Graves' Disease, an autoimmune disease, can cause hyperthyroidism, but Jason's blood test showed he did not have this, so the next step was a radioactive thyroid uptake scan. This requires the patient to ingest a radioactive pill and then have a scan done to see how the thyroid is working.

Lindsey was not thrilled with the idea of her son having to ingest a radioactive pill, but she was assured that the amount in the pill was a safe level, and it was crucial to finding out where the hyperthyroidism was coming from.

This thyroid uptake scan showed that

Jason had a toxic nodule, a solitary nodule that was producing extra thyroid hormone. There are two options when faced with a toxic nodule: radioactive iodine treatment or surgery. Children are not candidates for radioactive iodine treatment (and many adults opt out of this as well as it contains a massive amount of radioactive iodine and necessitates isolation for three to seven days). Anti-thyroid medication may also be given to help alleviate hyperthyroid symptoms initially, but it will not be a permanent solution. Surgery was the recommended choice.

"The surgeon explained that toxic nodules do not go away on their own, and surgery is often inevitable, and it's a long-term solution. I was so on the fence about it, but when I heard this, I knew it had to be done."

A month later, Jason underwent a partial thyroidectomy. His hyperthyroidism resolved almost immediately and the surgery discovered that the nodule had been pressing on his trachea, another reason why removal was the best option. Lindsey feels relieved now that the six-month ordeal is over, and happy that she did not take "no" for an answer when her son first became sick.

"Jason did wonderful with the surgery, and says he can even breathe better now," says Lindsey. "I am so glad it is all over, and also glad that I discovered the bump before his condition worsened."

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



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KIDS 101 | Deconstructing how kids tick

## A Stroll in the Snark

Why teen sarcasm is healthy – and how to draw some lines.

BY STACY SYLIANDU

Oh, perfect. Another article trying to explain teenage behavior.

If that's what you're thinking, it could be your teen's sarcasm is rubbing off.

Snarky remarks are notorious in those teen years, which come with a slew of developmental changes that are challenging to parent and kid alike. At this age, they're starting to discover who they are while experimenting with different forms of expression, including sarcasm and ironic language.

### SPOTTING IT

"Nay, I can't wait to go to school."

"It's cold outside? Awesome – I love wearing multiple layers of

clothes just to walk to the car."

These are just two samples of phrases you may encounter from your rapidly maturing child. We're not being sarcastic on the "maturing" part: It is a milestone and sign that your child is growing.

"Sarcasm can be a good thing for a teen to experiment with because it allows them to begin the process of differentiating themselves from their parents," says Christie Mikell, a licensed clinical psychologist at Great Lakes Psychology Group's Shelby Township and Roseville offices.

Not only is sarcasm a way to experiment with day-to-day conversation, but it's also a way to craft a new lexicon as words take on different meanings or are used in atypical contexts. In other words, teens are mastering language in innovative ways, too.

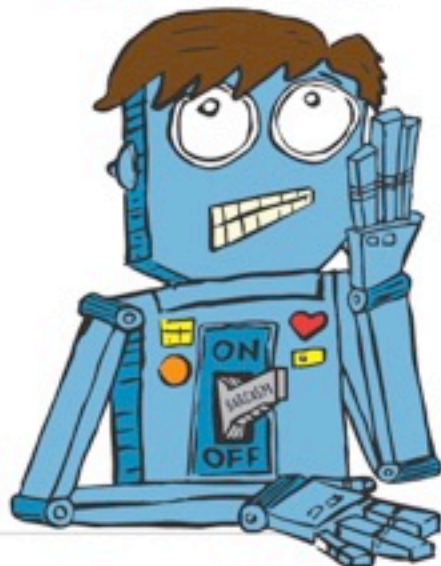
"That's sick," for example, translates to awesome or good, not feeling ill. "She's being extra" means a person is trying too hard or is over-the-top.

Ironic language has been around for decades, but it's fresh territory for your kid. And, with the help of social media, it tends to have a longer lifespan than in the past. Embrace the change, the pro say, and allow your teen to express him or herself – just as you likely did at their age.

### WHY KIDS USE IT

Sarcasm is a common form of verbal irony and can be used humorously. Kids commonly use it for two simple reasons: To make others laugh and to bond.

As for those snarky remarks you've been hearing, parents should remember this is also a form of expression, Mikell adds – and even a way to deflect comments they might not like







## Disconnect to Reconnect

Why Families Thrive When Parents

Give Electronics a Time-out By Robert DeRubeis



*"Don't worry that children never listen to you; worry that they are always watching you." —Robert Fulghum*

**M**ost of us feel some concern about our children's fixation on technology and the amount of time they spend on electronic devices. We fret over the elementary school child with his video game habit and shake our heads over the tween or teen immersed in her smartphone.

What few of us realize (or perhaps do not want to admit) is the connection between our children's worrisome media habits and our use of electronics that we are modeling for them. A study published last year by Common Sense Media documented an average of

nearly eight hours a day spent on personal screens for watching television, social networking and playing video games – not by children, but by their parents. Even more surprising, out of the survey group of 1,700 parents of children ages 8 to 18, 78 percent believed they were modeling healthy media and technology use for their kids.

### Tuning into devices and tuning out kids

We witness scenes every day that were inconceivable a mere 15 years ago. Parents scrolling through messages on the walk to school, eyes glued to screens

at the playground, texting at restaurants and checking email while their children clamor for attention. What impact has this sudden change in parental behavior had on children? Clinical psychologist and MIT professor Sherry Turkle reports on children's frustration and anxiety when they cannot make eye contact with their parents or fully engage their attention. Our constant connection to technology has created a new mode of sibling rivalry in which children compete with electronic devices for their parents' attention, rather than with a sister or brother.

Children can tell when we are with them physically, but mentally elsewhere. An instinctive need to remind parents of their existence prompts kids to

interrupt as soon as we bend over our phones or focus on our laptops. When we stop what we are doing and fully concentrate, it can take only a few moments to fill an emotional need that would remain unsatisfied after hours of distracted half-listening while multi-tasking. Concentrated looking and listening also allows us to pick up on subtle cues of facial expression, body language and tone of voice that reveal the emotions behind our children's words and help us truly understand them.

### Electronics and young kids

When I started teaching parenting classes a decade ago, I often heard complaints about the difficulty of prying preschool-age children away from their favorite television shows. Now, the complaints have shifted to the insatiable appetite for smartphones and tablets among 3- and 4-year-olds. A study released in October by Common Sense Media confirms a rapidly accelerating use of mobile electronic devices by young children. In just six years, the average amount of time children ages 0 to 8 spent on portable devices exploded from 5 minutes a day in 2011 to 48 minutes in 2017. As I hear in my classes, this dramatic increase in electronics use has affected behavior, with tantrums, power struggles and arguments often erupting over access to smartphones, tablets and other screens. Researchers at





# **Family Matters**

# MIND & BODY

By Chad Young

## One Sip Too Much

A new study shows one in 20 children in the U.S. are born with fetal alcohol syndrome. Stop drinking in pregnancy.



**Y**ou've heard the term fetal alcohol syndrome (FAS), but have you listened? FAS is a condition that results in a baby's exposure to alcohol during the mother's pregnancy. While symptoms vary from one child to another, the most common signs are brain damage and growth problems. Scary, right? It gets worse. The defects are irreversible.

In the past, an estimated one in 100 children were born with FAS in the United States. But a new study by the National Institute on Alcohol Abuse and Alcoholism (NIAAA) published in *JAMA: The Journal of the American Medical Association* shows that number is now one in 20 children.

"These shocking findings prove that practitioners, public health professionals, policy makers and the public need to wake up to this crisis," says Tom Donaldson, president of the National Organization on Fetal Alcohol Syndrome (NOFAS). "More education, more services and better access to addiction treatment resources for women unable to stop drinking are urgently needed," he adds.

### FAS AT A GLANCE

There are many symptoms that can surface due to FAS, ranging from deformed limbs and developmental delays to hyperactivity and intellectual disabilities, even heart problems.

"The most common symptoms are changes in facial features, less than expected growth before and/or after birth, and varying degrees

of neurological and behavioral disorders including mental retardation or even ADHD," says Brandon Riggan, M.D., an OB/GYN with TriStar Medical Group Bloegrass who delivers babies at TriStar Hendersonville Medical Center.

When a pregnant woman drinks alcohol, it is quickly absorbed into the bloodstream, readily crossing the placenta into the fetus. "As to the fetus' reaction to the alcohol, one can only assume it would be similar to the mother," Riggan says, noting that the fetus' liver is not developed enough to neutralize the toxin.

### NO SAFE AMOUNT

It's a recurring question: Is there such a thing as safe alcohol consumption during pregnancy?

"At this point there is no documented safe amount of alcohol to consume in pregnancy," says Riggan.

What about women who don't know they're pregnant and have been partying?

"Most studies show that FAS is more likely in women who consume alcohol throughout the pregnancy rather than at a specific time, although some outcomes are more common to exposure at different points of pregnancy," Riggan says. He notes neurologic development continues throughout the pregnancy, so a pattern of continued alcohol use is more detrimental to the fetus.

Diagnosis of FAS is difficult to determine until after birth. Since there is no cure, Riggan

emphasizes "the earliest beneficial intervention is to help the mother stop drinking, and there are many programs available for this."

For children with FAS, Riggan suggests parents utilize programs aimed at improving behavior regulation skills along with others offering academic assistance and tutoring methods.

Chad Young is managing editor.

## Need Help?

If you are pregnant and have a problem with alcohol, find help through one of these local resources.

**Alcoholics Anonymous**  
615-831-1050  
aasnashville.org

**Bradford Health Services**  
888-577-0012  
bradfordhealth.com

**Cumberland Heights**  
615-352-1757  
cumberlandheights.org

**Mending Hearts**  
(women only)  
855-385-1696  
mendinghearts.org

**The Next Door**  
(women only)  
855-863-4673  
thenextdoor.org

**Samaritan Recovery**  
615-244-6802  
samctr.org



## FAMILY CONNECTIONS

RICHARD SINGLETON

Singleton, RACE, RANPC, LPC, is the president of STARR in Round Rock.

## Family Tech Rules that Really Work

Rules are made to be broken. And that's exactly what seems to be happening when it comes to rules about technology use. You're probably not surprised by that statement, but when you realize that I'm talking about you and me and not our kids, the sentence takes on a whole new sense that neither one of us may have been expecting.

Two years ago, a team of researchers from the University of Washington and the University of Michigan published a groundbreaking paper, *Not at the Dinner Table: Parents' and Children's Perspectives on Family Technology Rules*. A first of its kind, this paper unveiled, among other things, what technology rules kids would like to have for their parents.

Presented in March of 2016 at the Association for Computing Machinery's conference on Computer-Supported Cooperative Work and Social Computing in San Francisco, this study of 279 families with children from ages 16-17 has provided new insights into

family rules about technology. Important new doors have been opened for fresh discussions and decisions, and families would do well to hear both what the research and what the kids are saying.

First, the research codifies what we already know in our bones about tech use rules for our kids: saying "don't do that" doesn't always work. It especially doesn't work with "context" rules, as opposed to "use" rules. The research indicates that kids find it nigh impossible to follow a contextually-based rule like "Don't use technology from 5-7 on a school night" or "Don't use your phone while the family is watching a movie together." On the other hand, use-based rules like "Snapchat isn't an app that you're allowed to use" or "Mature and adult-only video games are off limits in our family" are more effective at garnering compliance.

Armed with this empirical research, families can better help their children

and themselves craft healthy boundaries around technology. Rather than create rules that are bound to be broken, rules that make common sense and that are easier to absorb and apply seem to be wise decisions for parents and kids alike. And that brings us to this revolutionary evidence.

Second, and most fascinating in this compelling research article, is what kids think about the rules that parents should follow for their technology use.

Jennifer Langston of the University of Washington News summarized the expectations of children for their parents, grouping them into seven categories:

- **Be present**—Children felt there should be no technology at all in certain situations, such as when a child is trying to talk to a parent.
- **Child autonomy**—Parents should allow children to make their own decisions about technology use without interference.

stages: school age

BY MARY BETH RITCHIE

## why good readers may have low reading test scores

**M**any Tulsa parents of school-age students are perplexed when they view their children's standardized reading test scores. They are also concerned about why their children aren't making better grades in reading. I know this, because I'm a third-grade teacher. Parents contact me about these concerns every school year. They explain to me how well the children read at home. These students may also successfully complete common

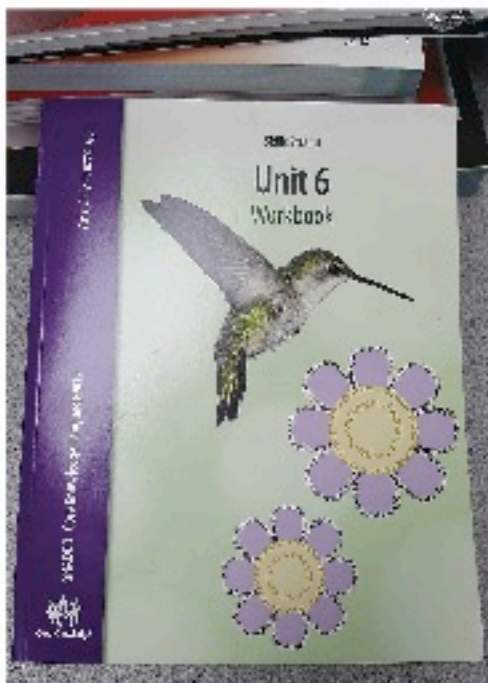
The MAP (Measure of Academic Progress) and the Oklahoma School Testing Program (OSTP) assess some very complex reading skills. Speed and answering simple comprehension questions have very little to do with the way reading skills are assessed, so it is important to understand what skills are actually being tested in order for parents to support their children.

One of the most important reading skills that students need to master is identifying the main

"The MAP (Measure of Academic Progress) and the Oklahoma School Testing Program (OSTP) assess some very complex reading skills. Speed and answering simple comprehension questions have very little to do with the way reading skills are assessed"

idea of a passage. Students are expected to distinguish between the main idea and the supporting details of a paragraph. Children need considerable practice with this before it is mastered. They are also expected to determine the main idea of a story. This is often the lesson learned or the moral of the story. This doesn't come easily to school-age children.

online tests such as Reading Counts or Accelerated Reader. Parents insist that their children are excellent readers, and they are often correct. The child is reading at a good speed, and she can answer questions about what she reads. Why don't the test scores and grades reflect that? I'm going to attempt to answer these questions for you now.



continued next page



B'MOREhealthy

## When a Parent Is Ill

How to talk to children about a life-changing diagnosis

by Courtney McGee

**T**his month marks two years since my bombshell cancer diagnosis. In the immediate aftermath, I worried about how to tell the kids — or, rather, to NOT tell them, to seemingly protect them until we knew more. But secrecy proved exhausting, added tension and compelled the kids to concoct their own explanations for closed-door talks, post-crying eyes and vague “appointments.” My preschooler was fairly clueless, but my preteen suspected I was pregnant, and my teenager concluded we were divorcing. Clearly, things weren’t handled well.

Here are some pointers I hope you'll never need about how children process news of a parent's serious illness. In addition to my own experience, I draw on the wisdom of Wanda Harrison, LCSW-C, clinical program manager at HopeWell Cancer Support, who found her career calling after her sister's cancer turned her nephew's and niece's world upside down; and Jill Mall, education and outreach patient navigator at Johns Hopkins Kimmel Cancer Center and a cancer survivor herself who had young twins when diagnosed.

**Give it to them straight up**  
When it comes to the best way to tell kids, the verdict is unanimous: Be honest.

“Tell them the facts as you know them: what the illness is, what the treatment will be, and how it may affect their lives,” Harrison says. Younger kids want to know their immediate



needs will still be met (“Who will make my grilled cheese?”). Older children may project ahead with worries (“What will I do if you die?”).

Mall wholeheartedly agrees with open communication. “Children have such an awareness of the world around them, especially when there is a deviation from the norm in their home. It will lower their anxiety to talk about the illness, and may diminish fears and promote feelings of security.” If you need a prompt, there are books for all ages that can help start these conversations, Mall says.

Family meetings (convened by any member) are a great setting to voice concerns and share updates. But some kids may prefer a one-on-one talk. Underscore that “this is a family crisis, and we will deal with it together, supporting each other,” Harrison says.

**Let them guide how much they want to know**  
In my household, once we explained the diagnosis,

reactions varied widely. My teen declared it was not a big deal, would be fine, end of discussion. Middle wanted ALL the info, immediately terrifying herself with Google searches. Little guy was unfazed, happily bingeing on electronic distractions, but once treatments started he decidedly disapproved of hospital stays, lifting restrictions and my ridiculous new hairdo.

“Age makes a difference in how much is too much information,” Mall says. “Start with the basics, answer questions and revisit it at different points during treatment.” Kids need to know that they can ask anything and will be answered to the best of your ability, Harrison says. “If you don’t know the answer, don’t be afraid to say that.”

**Include your child in the care plan**

Kids may want to come along to appointments, meet doctors or see treatment rooms. Taking away the mystery is a powerful coping tool. My tween daughter

came with me to a chemo infusion. It pulled back that curtain and let her see it wasn’t as scary as she’d imagined. When my hair started falling out, I let her cut it in hilarious back jobs before we used the clippers.

Mall suggests giving children jobs to make them feel like they are helping. “Make it fun, start a new routine like ‘backwards night’ where the child reads to the parent at bedtime.” Empower kids by assigning them a special role — even simply giving extra hugs.

**Keep it real**

Don’t lie or make promises you can’t keep. It doesn’t help to say, “I’m OK,” when your body language says something else, Harrison says. You’re not fooling them.

We can’t shield kids from the situation, but we can help instill confidence and coping skills. “Kids need to know they did not cause it, it’s not contagious, and their needs will be taken care of,” Harrison says. She cautions that some parents speak (“You’re giving me a headache!”) make younger children fearful they contributed to the illness. Older kids may feel like they can’t come to you with their own problems because you have enough to deal with. Don’t let them retreat into isolation.

**Keep tabs on how they are managing**

Harrison reminds parents to be aware of changes in their children’s sleep, interactions or school performance. Point out the differences (“I notice you haven’t been playing with

## HEALTH &amp; WELLNESS

Taking Care of Your Family | By Christina Elston

## A Toddler's Window Fall - A Mom's Nightmare

**A**s many as 5,000 children in the U.S. fall from windows each year, according to the Consumer Product Safety Commission. L.A. Parent Assistant Editor Carolyn Richardson's son recently fell from

Mikko and his twin brother, Dax, had eaten a late snack that threw off their naptime routine. I was rushing to an evening wedding and decided to let them play in their room while I stepped into the bathroom to get ready. There was a

sister - who had come by to babysit - to call 9-1-1.

The paramedics arrived fast. One firefighter estimated the distance from window to asphalt at 15 to 18 feet. They cut Mikko's clothes from his 316-foot frame, strapped him to a gurney and steadied his head with a stabilizer. My husband arrived (it was his birthday) and went in the ambulance with Mikko. I followed in our car.

At the hospital, seeing Mikko sedated and surrounded by medical personnel was overwhelming. Instead of walking in and asking how he was, I walked away and broke down in tears. Miraculously, after three days in the hospital, he was back to his normal self. His skull was fractured in two places, but he had no other broken bones.

We switched the twin beds in the boys' room for mattresses on the floor. We no longer allow them in their room during the day unless we are present, and we have invested in window locks. Mikko's hair has grown over the small toes in his casts, and we are watching for signs of trouble and seeing the doctor every two weeks to make sure his skull is mending properly. For now, thank goodness, he is healing well.

Make your home safer by moving furniture away from windows. Secure windows with gates, which keep kids away from windows on the inside; locks, which keep windows from opening; or guards, which secure windows from the outside. Window screens keep bugs out but won't keep kids in. ♦

the window of their building. How it her story in her own words:

"You are a great mom," said an EMT as we stood in front of our apartment building in Encino. It was a warm afternoon this past September, and he was trying to calm me down and keep me from falling apart. My 3-year-old son Mikko had just fallen from our second-floor window, and in the minutes before he was rushed to the hospital, I wondered whether he would be OK and asked myself, "How the heck could I have let this happen?"

nice breeze, so the bedroom window was open. I knew the kids were standing on one of their beds looking out the window, as I could hear them saying, "Hi, Neighbor," to cars passing in the alley below. We had done this together often.

Then a scary, screeching, moaning cry cut through the fun. As I ran into the bedroom, Dax turned and said, "Mikko fell out the window." I looked out and saw my son on the pavement below, then ran downstairs, picked him up and held him tight as I screamed for my

PHOTO: CAROLYN RICHARDSON

Visit [LAParent.com](http://LAParent.com) for more Health & Wellness information.

Parenting Hacks

**1: Find a School**

Develop a shortlist of potential schools by looking at your child's interests along with school performance ratings and services. At [schoolchoiceforids.org](http://schoolchoiceforids.org), a search engine lets parents prioritize things like character education, flexible scheduling, gifted and talented programming, services for at-risk youth, and much more.

**2: Consider Location**

When you enroll your child in a non-neighborhood public school, transportation probably won't be provided. It's a good idea to look for schools near your home or workplace—"Or someplace in between," says Faberla Walker, senior manager of choice and enrollment services for Denver Public Schools (DPS).

**3: Plan a Visit**

Call the main office at your top schools to set up visits that include a building tour and time with the principal. Some districts make this step easier for parents by hosting annual expos and information nights. Check district websites for offerings and details.

## How to Choose Into a Public School

By Jamie Seibase

In Colorado, students can apply to "choice in" to a district-managed, charter, or innovation school other than their assigned neighborhood school. If you're interested in changing schools, here is a primer to take you through the open enrollment process.

**6: Submit and Wait**

Make sure to submit your child's application before the application window closes. Don't sweat it if you're working up to the deadline: "It isn't first-come, first-served," says Walker. This, too, hangs tight until March or April for results. But don't worry: no child will be without a school. "If you don't get into your choice school, you'll default to your neighborhood school," Walker says.

**5: Fill Out Your Application**

Set aside time to complete forms provided by prospective schools. The application process varies by district—sometimes even school—so make sure you know what's required. Be prepared with "supporting documentation," which might include a birth certificate, proof of residency, and/or academic transcripts. If a sibling attends the school to which you're applying, mention that schools give priority to siblings. Consider applying to several schools, in case your first choice isn't available.

**4: Know When to Apply**

You'll be applying for enrollment into a school for the next school year. Districts set their own application time lines, while many hold open enrollment in January, your best bet is to call prospective schools and ask. DPS recently pushed back its first round deadline to February 28.



STUDY SAYS | An expert take on raising kids



## How Outsourcing Chores May Save Your Marriage

A new survey finds 25 percent of marriages dissolve over housework – and that paying someone else to tackle a chunk of the grunt work might help change that.

BY STACEY WINCOWEK

**T**ake Lucy to soccer practice, drop Henry off at preschool, scoop the litter, fold the laundry, shop for groceries, cook, vacuum, dust – the list goes on. Daily responsibilities add up and can cause tension in relationships. And for couples that can't get on the same page, it also can lead to divorce.

In fact, a working paper from the Harvard Business School and the University of British Columbia notes that 25 percent of divorces are due to "disagreements about housework."

It's no surprise, says Dr. Terri Orbach, a local relationship expert and professor at Oakland University in Rochester.

"I've been following 373 couples for almost 30 years, and conflicts about who does what around the house was one of the topics that created a lot of tension for couples," Orbach, also author of *5 Simple Steps to Take Your Marriage From Good to Great*, says.

But for couples struggling to see eye-to-eye on chores, outsourcing tasks you don't like could improve personal happiness

and help promote a healthy relationship, the paper notes. By spending cash on chores, couples were able to enjoy more quality time together – which is key, says Dr. Tracey Stalberg, a licensed marriage and family therapist and the director of the Birmingham Family Therapy Clinic, Inc.

"You could spend time buying services, but if you don't spend that time with your partner doing something, it doesn't actually help with marital status," she says.

### SECOND SHIFT

If you had \$40 to spend on a service or on a material item, which would you choose? If you answered "service," you're onto something.

"In an experiment conducted on this topic, individuals reported greater positive mood and lower negative mood after spending \$40 on a time-saving purchase [e.g., housecleaning or ▶



**Column: Family Fun**

## get cooking

BY NATALIE MIKLES



# storybook recipes

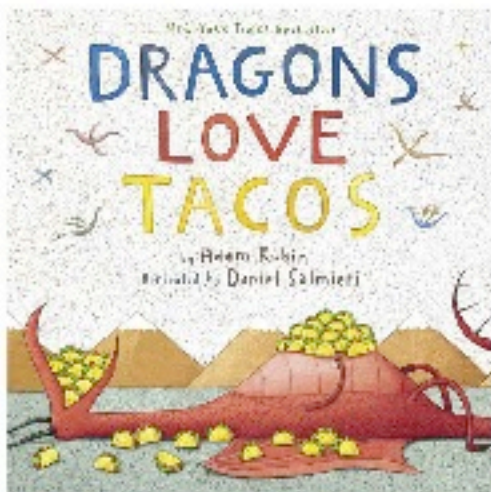
**W**ithin minutes of bringing my baby daughter, Annabeth, home from the hospital, we were curled up in a chair reading a book. For each of my kids, instilling a love for reading has been important from the very beginning.

Like many parents, we kept piles of board books out where the kids could touch and play with them. Long before they could read, they had favorite copies of *It's for Real*, *Olivia and Barnyard Dance*. And now that they are readers, we keep hundreds of books around so that *Ramona Quibby* and *Harry Potter*, graphic novels and magazines are always within reach.

Some of my favorite memories so far with my kids are sharing my love for reading - and cooking - with them. And combining those is a great way to add richness to their literary lives.

The first time I remember making a point to do this was reading the great Robert McCloskey book *Rhubarberies for Sal* before taking a trip to pick rhubarberies. The kids spent the morning saying "Kuplink, kuplink, kuplink," as they dropped berries into their buckets.

The Michelle Erudson book *Autumn is for Apples* is a good one to read before a trip to Liveaway Orchard. And any of the Gail Gibbons fruit and vegetable



books are perfect to read if you're trying to get kids interested in gardening.

Last year we upped our literary food game by joining the Family Dinner Book Club, an online club that presents a book each month with ideas for a meal, conversation starters and table decorations. It has been fun to plan a meal - or sometimes just a snack or dessert - to complement

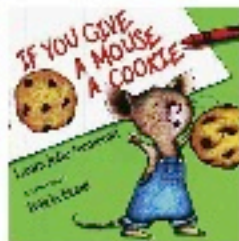
the book we have read together for the month.

Some books, like Emily Jenkins' *A Fine Dessert*, a picture book following four families over four centuries making the same black-berry dessert, easily lend themselves to a fun cooking project. Others, like one of our favorite books, *Dominic* by William Steig, were trickier. But Dominic, the protagonist dog of the story, sets

out in the beginning of the book with a rag sack of a sandwich, apple and a cookie. For our family dinner book club night, we had a simple dinner of just that, tied together with colorful breadsticks.

Kids love the idea of bringing a book to life. Make cornbread in a cast iron skillet for Sarah, Plain and Tall, add food coloring to your eggs for *Green Eggs and Ham* or set out a rainbow of snacks for little ones after reading the *Very Hungry Caterpillar*.

Here are a few ideas for creating an appetite for great books.



*If You Give a Mouse a Cookie* by Laura Numeroff  
**Mom's Favorite Chocolate Chip Cookies**

- 3 1/2 cups all-purpose flour
- 3/4 teaspoon baking soda
- 1/2 teaspoon salt
- 2 sticks unsalted butter, melted and cooled
- 1 1/4 cups packed light brown

continued next page



family fun

## SNOW DAY!

Enjoy staying indoors with these cabin-fever beaters.

BY KRISTY MACKABEN

**W**hether you joined your kids in doing "the snow dance" or you're silently cursing county officials for canceling school, here you are with the kids at home for a full day. If it's not too cold and your kids are old enough, sledding, snowman and snowball fights could take up a lot of the day. But, kids are bound to get cold, bored, tired, hungry, or just sick of snow and they will crave inside looking for entertainment. With a little forethought and planning, staying inside on a snow day can be fun.

Here are our top picks for snow day fun inside the house.



### 1 GET COOKING

When all else fails, feed them. Stick with the snow theme and involve the kids in creating the treats to keep them entertained.

**Snowman Sugar Cookies**—Use store-bought sugar cookies, or make your own. Then decorate as snowmen: Frost with white frosting, use M&M's for eyes, chocolate chips or other candy for nose and mouth. Gummy lifelines attached to each ear by a licorice strand work for earmuffs.

**Marshmallow Snowman**—Stack marshmallows and connect them with toothpicks or a lollipop/cake-pop stick. Decorate with icing, chocolate chips or candies.

**Maryland Snowballs**—Use fresh, clean snow and combine with juice or another flavoring in homage to the snowballs of sunwaxine.



### IT'S SCIENCE

Schools are closed, but that doesn't mean kids have to take a vacation from learning. Snow naturally lends itself to science, but the type of experiments you can perform will depend on the age of the children and the amount of mess you're willing to make.

**Melting/Evaporation**—Because the stove top is involved, parents need to take center stage for this experiment. Kids in elementary school and older will be especially interested in determining how long it takes for snow to melt, and eventually evaporate. First, get a cup of snow (or a measurement of your choosing), then heat a frying pan on the stove on high heat. Once the pan is hot, place the snow in the frying pan. Set a stopwatch to determine how long it takes the snow to melt and evaporate. Experiment with different stove top settings. How much longer does it take the snow to melt and evaporate when on medium and low settings versus a high setting?

**Colorful Ice Balls**—This project is a mix of art and science. Fill balloons with water, and add a few drops of food coloring. Put them in a container so they stay upright, then place in the freezer. When the balloons are frozen solid, cut away the balloon and you'll find colorful ice balls. These are fun to place outside for decoration. Encourage the kids to measure around the ice ball each day and document how long it takes before the balloons melt.

EXPLORING OKLAHOMA WITH CHILDREN



## 4 Reasons to Visit Pawhuska

BY LINDSAY CUOMO, PHOTOS PROVIDED

The charm of rural life is on full display in Pawhuska, just a two-hour drive northeast of Oklahoma City.

Nestled in the heart of Osage County in the northeastern corner of our state, Pawhuska offers a cityscape nearly unchanged from the time of the town's peak during the early 1900s. The majority of the buildings in the downtown area are authentic to the town's time as a hub of Oklahoma's oil and cattle industries and are now on the National Register of Historic

Places. Red brick buildings stretch throughout the city center, whisking visitors back to a simpler time and inviting them to slow down and stay awhile.

Despite the town's rural setting, Pawhuska is easily accessible, making it an ideal destination for a visit. If you are looking for a romantic excursion or a relaxing family road trip, Pawhuska might just fit the bill. Here are four things to consider doing on your Pawhuska adventure.

### The Pioneer Woman Mercantile

The town's most famous resident, Ree Drummond, also known as The Pioneer Woman on her Food Network show by the same name, recently opened a mercantile general store in one of the town's historic buildings. Originally constructed in 1910, the building once housed an old shop called the Osage Mercantile. In keeping with the building's origins, the Drummonds opened the Mercantile Mercantile store, as many call it, last year.

Sitting at the corner of Main Street and Kibbick Avenue in downtown Pawhuska, The Pioneer Woman Mercantile is a destination deli, general store and bakery. The two-story, 25,000-square-foot Mercantile welcomes thousands of visitors each day. Fans of Ree's show from near and far are greeted by old-time charm and classic Pioneer Woman style. The store's shelves are stocked with dishes, books and even toys for shoppers to enjoy.

Since The Pioneer Woman is best known for her cooking, the Merc's deli is a headlining feature. With lines stretching out the door, thousands of hungry diners feast on hearty portions of steak, fried pork chops and more paired with sides like fancy mac and cheese or whiskey-glazed carrots. Be warned that if you want to dine in, you need to be prepared to wait, especially during lunchtime hours.

"Breakfast and supper tend to be less busy times, but anytime you choose to dine, it's well worth the wait" shared Kelly Bland, the executive director for Osage County Tourism. During especially busy times, the staff passes out menus and occasionally provides entertainment for those waiting in line. There is also the chance of an encounter with Drummond herself.



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## that championship season

### MID-ISLAND LITTLE LEAGUE & THE SUMMER OF A LIFETIME

Local sportswriter  
Joe LoVerde  
coached youth sports  
on Staten Island for  
nearly 40 years.

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@ [www.siparent.com/goodsports](http://www.siparent.com/goodsports)

Frank Scora was confused. The left-fielder for the Mid-Island Little League 12-year-old all-star team couldn't understand what all the fuss was about. The team had just been honored at Staten Island Borough Hall, and the whirlwind would continue with victory laps offered by the Mets at Citi Field, the Staten Island Yankees at the Richmond County Ballpark, the New York Stock Exchange in Manhattan and Dave and Buster's in the Staten Island Mall.

"Why do we have to keep doing this?" Frank asked his mom innocently. "All we did was play baseball."

And capture the hearts of a city along the way.

Indeed, it was a special summer for the boys from Mid-Island, who became the sixth team from Staten Island and third from the Travis League to reach the Little League World Series in Williamsport, Pennsylvania. Whether it was Gregory Bruno pitching a perfect game in the Regional championship contest or shortstop Steven Martinez hitting over .700 in the Regionals, the boys gave New York — and especially their home borough — plenty of reasons to root, root, root for the home team.

But it wasn't all applause and ESPN interviews for the group. There was a lot of

hard work and sacrifice by the boys and their families leading up to that success.

As right-fielder Robert Cavalieri's dad, Anthony, put it, "You don't get to Williamsport by accident. It takes a lot of work."

The boys, led by manager Joe Calabrese and coaches Al Bedford and Anthony Ferrante, practiced virtually every day, for several hours a day, rain or shine, while their parents had to figure out how to juggle work schedules and come up with the funds to keep up with it all over the three months the run lasted.

Laura Scora works from home, but many parents — like her husband, Frank, a supervisor at the port of Newark — put a lot of miles on their cars driving back and forth to be at the games.

"Frank took his vacation when we were in Bristol, Connecticut, for the regionals," Laura said, "but drove back and forth once we got to Williamsport."

"Unfortunately, some of the parents had to miss a few games because of work," said Anthony Cavalieri, a retired firefighter.

The final month, once the team reached the Mid-Atlantic regionals, meant "paying for hotels, meals and gas" to follow the team, Cavalieri said. "But we'd all do it all over again."





L.A. native Yasmin Dunn and her husband enjoyed Campan spritzers and mushroom pizza during their date in Atwater Village.

When L.A. Parent invited me to write this inaugural "Date with L.A." column—a monthly feature that will encourage parents to enjoy a day or night in L.A.—without the kids—I yelped with joy. L.A. is my hometown, it's where my family is centered, the place that holds my memories. I hope this column serves to highlight some familiar places, some new places and some places that will serve as a brilliant reminder of why you live in this beautiful, eclectic and mood-up city.

I wanted to choose a part of town where, as a busy parent, you could see and do a lot in one area. That, my friends, is where Atwater Village comes in. For our "Date with L.A.," my husband and I left our daughter with Grandpa, then hit the town.

Our first stop was **Bon Vivant Market and Cafe** (3155 Glendale Blvd.), I had heard about this place from a bunch of teachers I know who come here for happy hour, so I knew the drinks would be good. The ambiance is lively and fun. The eclectic breakfast, lunch and dinner menu is a mix of French and California cuisine. The staff is warm and welcoming. My date and I ordered

Campan spritzers because that has been our thing lately, along with a beautiful cheese plate adorned with an impressive array of fruit.

After our drinks, we took a stroll down Glendale Boulevard. We dipped into **Jacknife Records and Tapes** (3149 Glendale Blvd.) and got lost in nostalgia and an interesting conversation about the resurgence of tapes! Unlike other record stores, Jacknife also stocks recently released tapes as well as used tapes from our (my) high school years. Additionally, Jacknife has a great collection of well cared for and restored equipment to get you started on your vinyl obsession. I like that the records are labeled with handwritten notes about their quality or significance to the owners. It's a nice touch that sparked conversations during dinner. ("Why do you think I listened to the 'Snoopy Come Home' soundtrack so much?")

Our next stop was **Atlas Books East** (3163 Glendale Blvd.), where we spent a fair amount of time perusing the used books. All of the books in Atlas come with a bit of history and are in great condition. I opened a 1955 edition of "The Sun Also Rises" and found that a "Ms. Helen, Los Angeles, 1955" had

once owned it. I love that type of stuff. Atlas relies on donations to keep its shelves stocked, so next time you find yourself culling your bookshelf, give Atlas a call.

We had dinner at **AllAcqua** (3280 Glendale Blvd.). Confession: I've been here before for business dinners and dates with friends, but never with my husband. It is amazingly family friendly and intimate at the same time, which I appreciate. The hostess was kind enough to move us after I told her we were on a night away from children and didn't wish to be seated in between two couples with kids.

We continued our aperitifs with another Campan spritzer and some Prosecco, as well as a burrito appetizer (with English peas and fava beans... who knew?). Our entrees—squid ink pasta for my husband and a mushroom pizza for me—were delectable. The food and wine are enough to get you in the mood, but for this overworked and easily frazzled mama, the ambiance is what will keep me coming back. AllAcqua is perfect for a date with your partner, friends or yourself. Best of all? It is, like most of Atwater, unpretentious, welcoming and comfortable. ♦



IN OUR OWN BACKYARD

## A NIGHT IN THE MUSEUM (OR SUBMARINE OR LIGHTHOUSE OR ZOO)

*Overnight Adventures Combine Learning and Fun*

By Karen Foxon-Carlson



Photo by Steve Hagar

**M**ade popular by the 2005 movie "Night at the Museum" — where statues come to life when the sun sets — overnight adventures provide experiences that both parents and children carry with them throughout their lives. "Kids often ask me, 'Do things really come alive?'" says Brigitte Blachere, program manager with the Smithsonian Institution in Washington, D.C. "I tell them, 'You let me know in the morning.'"

That sense of mystery and excitement, combined with the opportunity to go behind the scenes and take part in hands-on activities, are what make museum sleepovers memorable. "How

many people do you know who can say they slept on the floor of the National Archives rotunda?" says David S. Feniero, the 10th Archivist of the United States. That's where the Declaration of Independence, Constitution of the United States and Bill of Rights reside.

### The Mission

Whether it's hooking kids on science, promoting environmental stewardship or connecting kids with the past, museum overnight programs blend education and entertainment. "Our goal is to allow participants to travel back in time and explore what life was like for lighthouse keepers," says Allison Speight, volunteer and

education program manager for the Chesapeake Bay Maritime Museum in St. Michael's, Maryland.

Through Historic Ships in Baltimore, "kids get a hands-on experience and learn what it was like to live and work on these vessels," says Sarah Raascher, education coordinator. The group runs overnight programs on the USS Constellation, a Civil War sleep-of-war, USS Torsk, a World War II submarine, and USCGC Taney, a World War II Coast Guard cutter.

An overnight at the International Spy Museum in Washington, D.C. helps families hone their problem-solving, observation and team-work

skills, says Jacqueline Eyl, youth education director. They leave understanding that "spying is a game of intellect and observation, not leaping from buildings in flames and killing people."

At the Maryland Science Center in Baltimore, the idea is for campers "to have fun and leave feeling that science is engaging and truly relates to their lives," says Karen Via, supervisor of group programs.

The National Aquarium, also in Baltimore, strives "to help guests understand how we care for different animals," says Candice Canady, manager of tours and experiences. "What we want our guests to take away is a sense of



**Column: Humor**



## PLAY A DAY IN THE LIFE OF DAD



## Can You Pee on a Tree?

By Brandon Foreman

I never thought I would have to ask, but raising twin boys here in south Louisiana, and the fact that they are getting older, I think it's time to find out if they...can pee on a tree.

You see, we do a line up when it's time to leave the house. Before we leave, we have a bathroom run, another line up, and then we head to the car. I have learned, and now cry, the couple who doesn't have kids. They don't even realize it, but when they are ready to go, they simply stand up, grab their stuff, and go. I, and every other parent has learned, that you need a buffer time to leave the house. It's about five minutes times the number of children you have, or if you are already late, you need to bank on seven to eight minutes per child.

So, driving anywhere brings out the "I need to go to the bathroom." It does not matter if we are going one mile or 100 miles, they have to go, and I am tired of the potty parade. This is where each of your children follow behind you holding themselves and walking funny as you walk around the store looking for the bathroom, then to only find it and have to sit outside and wait and do the potty dance.

Enough is enough. I think it is okay to pee on a tree in a parking lot, right? I'm not sure, but it seems to be okay. After all, I have two points on this: 1. We are in south Louisiana, and they are boys, and peeing outside is what they do. 2. Dogs do it all the time in the parking lot. You know those little trees in between the parking spaces? I think this should be okay, right? I mean, it makes life so much easier and the kids are happier, and no one got hurt. They are little kids, so where I need some help from you guys is: At what age does it need to stop? There is a point where you're just too old to pee on a tree in the parking lot, but in the woods, you're good at any age, in my book.

Before you answer, keep in mind that you're about to walk around trick or treating, and be like 10 blocks from home...then what? ■

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## STAY CONNECTED

If you would like to read more of Brandon's adventures from A Day in the Life of Dad, visit us online at [brparents.com](http://brparents.com).

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## FROM THE MOUTHS OF DADS

“When you have kids, you see life through different eyes. You feel love more deeply and are maybe a little more compassionate.”

—Dave Gould

## PIC OF THE MONTH



Tommy K. and his son Jaxon spend the day on an animal safari while at Global Wildlife Center.

“



From the  
Publisher

”

## HALLOWEEN IS SUPER ANNOYING ONCE YOU HAVE KIDS.

**There is a point, usually when your child turns two or three, that the 'grown-up' Halloween is "poof" - suddenly gone. And what you've come to know as one of the more fun nights to 'adult' in New Orleans has been ripped from you.**

**It's sad, but you need to know that if it hasn't happened yet, it will. And you will survive. Like bats in a bat cave, we're all in this together.**

### LET'S BREAK IT DOWN.

**Locale:** First, the actual physical event shrinks, instantly and rapidly, from being a giant New Orleans-wide party (starting in the Marigny) to a single street prow, hopefully in your hood. This walk is excruciatingly slow, working your way from one house to another. You will come to hate the sidewalk and the cluster of parents at each house's entrance, and you will really hate reminding your kid to say thank you too times. If you're like me, you'll also hate the other parents that don't care if their kids don't say 'thank you.' No win.

**Locale #2:** If you're the person that always enjoyed spending the night in, perhaps dressing up as a friendly witch and passing out candy to random small people, you'll lose this joy, too. Now you'll fill a big plastic bowl full of your favorite candies because you're not one of those awful people, leave it on your porch steps with a note that says 'please take just one [smiley face]'.

only to discover the bowl was emptied within 5 minutes of your departure as kids swarmed it like locusts and left it upside down and ransacked.

### YOU.

**What you wear:** Your costume, should you so choose to wear one, is actually not your choice. Now that I think about it, whether you wear one is not your choice, either. Your child will decide how stupid you will look, and frankly it won't matter, as your will to live rapidly declines.

**What you carry:** Instead of carrying a drink, your arms are now laden with pieces and parts of the costume they've shed because it's too damn hot even though it's almost November, it's too hard to see, it's too itchy, or any combination thereof. You will also carry half their candy because they don't know how to just take one at every house, and it will become too heavy. But be warned: if you're caught snacking on their hard-earned booty, there will be hell to pay.

**What you get:** No cool Halloween drink concoctions at local watering holes. No more of that. You'll get to carry their water bottle and costume parts and their super heavy loot. We've covered that. If you're lucky (or skillful), you can negotiate for some of the better candy once home. I have a sugar addiction that I am powerless to fight, so I can negotiate the best stuff from my daughter, and she never knows what hit her. But if you're unskilled at hood-winking kids, you might end up with Kit-Kats and Tootsie Rolls and all the junk that shouldn't even exist.

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## dad on board

### BRINGING UP BABY DRIVER



DRIVING INSTRUCTION IS BEST  
LEFT TO THE PROFESSIONALS –  
I'M OUT  
BY BILL BURKE

If the jockey is nervous, the horse is nervous. This is what I learned during a recent driving excursion that featured my teen daughter at the wheel, and me, shouting and grasping the driver's headrest in a white knuckle death-grip from the back seat.

She's 13 now, almost 14, and it's time for her to learn to drive. What she doesn't need to learn is how to communicate with her dad, because two minutes into our trip, she offered up that rather appropriate analogy. Evidently, I was the jockey, and screaming "turn!" and "slow down!" and "this song is horrible change the station!" at every opportunity helps no one – especially the horse.

My personal journey into the heart of darkness started on a recent warm night, when I got it into my head that we would visit a barbecue joint near our house. It's essentially a tin shack without air conditioning, featuring blues music and amazing food. Total authenticity from the moment you step through the door. After about five minutes, however, two thirds of our party of three seemed less interested in authenticity and more in keeping perspiration out of their basket. They pleaded with me to abandon what my wife had renamed "the sweat lodge of food." I agreed, we boxed up our order and took it on the road.

A few miles into our ride home, I thought it would be good for our teen to get some driving time. I pulled over and we switched places – she got behind the wheel, my wife remained in the passenger seat and I got into the back. I entered the vehicle that night a young-at-heart father and husband with a sunny disposition. The next time my feet touched the welcoming predictability of solid earth, I had transformed into a brittle, shattered husk of a man, incapable of rational discourse and more than a little shaky.

She's not a bad driver at all, she's just inexperienced at this point – just as I am an inexperienced driving instructor. And by "inexperienced," I mean "horrible." There's a reason I'm not a driving instructor, and apparently that reason is my paralyzing fear of being a driving instructor.

Luckily, she only absorbed a small amount of my back seat belligerence. My wife offered encouragement in soothing tones, which was a far cry from my jfjery jockey technique. With each passing mile, she became more confident.

"I might be the best driver ever."

"I'm baby driver."

"I think I'm going to be a getaway driver."

Carrying her around for the rest of my life isn't a reasonable option and shouting at her from the back seat isn't going to get us anywhere. She starts driving school this month, so I know that one day soon we'll look back on this and laugh. In the meantime, we'll just leave it to the professionals. [More](#)

**Bill Burke is a writer who lives in southern New Hampshire with his wife and daughter, aka Girl Speed Racer. He is also the managing editor of custom publications for McLean Communications.**



## MILLENNIAL DAD

A New Generation of Fatherhood | By Isaac Parfrey

## Any Given Sunday: A One-Act about Brunch

**O**n Sunday, Kate and Isaac Parfrey are awakened by Leo, whose cry pierces through their Westside bungalow. Kate retrieves the 3-year-old and the squad steps immediately. Silence. Result: full silence.

Isaac: "Too far. How about Trader Joe's?"

Kate: "I'll run to Gelson's."

Isaac: "Too sneaky."

Kate: "Whole Foods?"

Isaac: "Too far. How about Trader Joe's?"

Kate: "I don't like their eggs. How about Erewhon? We can put off paying rent for a couple months, right?"

Isaac: "Let's just go out."

Kate groans, remembering their last attempt of brunch out with the boys, of the trendy République on La Brea. Isaac convinces Kate with his catchphrase, "I've heard good things."

Later, he would explain that the trick is to go early, that the family brunch rush has an 8-9:30 a.m. window. Scooters do not rise early enough on a Sunday to generate a two-hour wait of 9 a.m.

Unfortunately, Isaac and Kate arrived at 9:30 a.m., entering a confusing to-go-line in line strung beside unbecomingly fatty-looking pastries and goodies that called to Hank like sirens. An infinite dialogue of "I want that one" and "No, not today" ensued. They eventually found a table and managed to not enjoy the best shake-shakes of their lives. Hank spun around on an industrial-chic stool until he became nauseous, nearly expelling his ketchup-caramel as a guy from television whose name they could never place.

**7:45 a.m.:**

Kate: "OK, just not République. What about Sycamore?"

Kate is referring to The Sycamore Kitchen, also on La Brea and also somewhat trendy. However, Sycamore prides itself on its kid-friendliness. Every morning between 8 and 10 you can count on local families eating pumpkin bread and financier muffins there with their toddlers. Hank enjoys standing in the back shouting for more bacon and orange juice. Nobody blinks. That's the sign of a good family joint.

Hank: "Dad! I want pancakes!"

This changes everything. Isaac glances at Kate.

Isaac: "How about Uncle Bill's?"

Kate: "I don't want to schlep down to the South Bay. Remember when we drove down there before?"

Isaac knows this is a tall task. As fond as he is of classic L.A. institutions, a visit to a place like Uncle Bill's Pancake House in Manhattan Beach can become an all-day excursion. It's bustling with families from throughout L.A. And the pancakes might not be as good as noshopping or conversations about rollerball tournaments, kids' yoga and which L.A. King is on the wait list ahead of you. Also, once there, Hank will take note of the ocean and want to hit the beach.

Isaac prefers Du-par's of the L.A. Farmers Market, another institution and also especially noteworthy for its stacks of pancakes. He quickly rethink this later. Du-par's may not welcome the sheer volume of Hank's joyous pancake love. This environment is more suited to quickly serving buttery flapjacks alone.

**8 a.m.:**

Isaac: "I think we should just go to Urth."

Kate nods in agreement. This is a millennial parent favorite. The Beverly Hills and Downtown Grand Santa Monica and Whole (with children) locations are welcoming, allowing kids to roam and spill cucumber water to their hearts' content. Then, they can hook up the kiddos with generous supplies of fruit and yogurt, and let Hank rip the buttery insides of his croissants with his teeth, leaving the crispy crust to the pigeons.

**9 a.m.:**

The Parfrey family arrives at Uth Coffee in Beverly Hills. Hank immediately plants his nose on the glass case of muffins and cakes. He points at a berry-and-cheese Danish.

Hank: "I want that one."

Kate: "No, not today."

**Hours:**

Finally back home, Isaac, Kate, Hank and Leo climb into bed and fall back asleep. ♦

Isaac Parfrey is a writer, composer and L.A. native who enjoys morning Southern California with his wife, Kate, and sons, Hank and Leo. Follow him on Twitter @isaacparfrey.

**6 a.m.:**

Kate: "Oh no you don't. You're getting up, too!"

Isaac's attempt to sleep in is thwarted. He rises and prepares two pots of coffee, one for each cat-loving parent.

**7 a.m.:**

Hank, a 3-year-old boy going on 10, approaches his parents at the dining table. He rubs his eyes and yawns.

Hank: "Guys." [a long pause] "What are we doing today?"

Kate and Isaac look at each other lost. They have no plans. They were hoping for a nice uneventful, relaxing day.

Hank: "I want eggs."

Isaac (to Kate): "I used the last of the eggs yesterday. They're Leo's protein of choice at the moment and we're blowing through a

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## VIVA DADDY



MATT BORESI

## Fatherhood: In like a lion

March is supposed to be "in like a lion and out like a lamb." Meaning the weather is roaring and man-eating at the top of the month and gentle and pastoral at the end. Whoever came up with this proverb clearly wasn't from Chicago, where the weather all month is a horrifying, snowy, filthy mess. More apt would be, "In like a drunken polar bear, out like ... a drunken polar bear."

What is "in like a lion and out like a lamb," however, is the experience of being a dad. When I think back to the days before my daughter, Viva, was born (so the extent that sleep deprivation hasn't obliterated that section of my brain), I recall an ambitious version of myself mightily assembling nursery



ILLUSTRATION BY STEPHEN SCHULICH

furniture, fighting to improve my earning prospects and hastily disassembling the Fabul Blue Ribbon can temple in my garage.

I was going to prance on fatherhood and be the best dad ever. I judged other parents in the wild as their children mowed and paved about aimlessly. I would do better. I would be Mufasa-like in my ferocity and nobility.

But look at me now, broken on the wheel of parenting just like you. Laid low by the dark truth of raising children: No one has any idea what they're doing, and anyone who says they do is either lying or delusional. Any time I get a handle on Viva's needs or behavior, she grows and changes and I'm back to zero. Have a second child, they'll just be so different from the first that nothing you learned will apply. *Some lion!*

Should you survive to empty nest status, you might as well rebuild the PBR pyramid to congratulate yourself for surviving 18+ years of being an authority figure with absolutely no knowledge, training or skills in the department for which you are responsible—your family.

The lion, tamed by the whip of reality, is left a shaky little lamb. It's a funky bit of wisdom, knowing that you're not a mighty paternal lion, but rather a trembling sheep hoping to accidentally raise a happy, healthy child. Not a "cool" animal to be, but at least you're cuddly?

Viva Humility. Viva Viva. Viva Daddy.

Viva is 6 years old. Daddy is about 7x that age. They live happily with Mommy in Chicago.

## FAILING WITH GUSTO

## Pet project



MARIANNE  
WALSH

In a moment of rare parental indulgence and surrender, I purchased a pet for my youngest son, Joey, last spring. Every school assignment, every top 10 wish list, every note to Santa for five consecutive years had included a request for some sort of domesticated critter. I was beaten down.

Thankfully, I did remain coherent enough to choose an animal that required very little maintenance.

I got him a hermit crab.

While Joey obviously would have preferred something that didn't disappear into its shell whenever he walked into the room, my son demonstrated a strident devotion to his new friend. He did online research and quickly dubbed the thing "Green Shell." He wet his drinking sponge religiously with my Ice Mountain and took him for daily walks to ensure he got sun. Green Shell was the most pampered and adored hermit crab the world has ever known.

Until Green Shell died. I noticed several months in that Green Shell wasn't rotating between his two favorite spots: sitting on top of his coconut shell hat and sitting INSIDE his coconut shell hat.

Sh\*t.

I was not mentally prepared for a dead pet and all that it entailed. So I went into procrastination mode.

I track into Joey's

room that night and moved Green Shell from the top of his hat and instead placed him inside his hat.

Then I switched him back the next day. Problem solved. Joey continued to water, feed and engage Green Shell in his daily activities while I played my mutated version of Elf on the Shelf. When a tornado siren went off in our neighborhood, Joey hustled upstairs to save his dead pet from imminent doom.

My husband expressed some concern over the mercurial nature of my ruse.

So I distracted him with prime rib until he forgot what we were talking about.

Another month or two went by before I started feeling guilty. I decided it was perhaps time to bid farewell to Green Shell. My ploy was starting to resemble Weekend at Bernie's, and even I had my morose

limits. Plus, Joey was insisting I buy more food, a fresh sponge and a bigger cage for Green Shell. He also suggested that perhaps Green Shell could use a girlfriend.

I marched upstairs to Joey's bedrooms with a plastic bag to take care of business while Joey was at school. I scripted out a brilliant talk on love and loss. The moment had finally come.

I found Green Shell in the corner of his cage.

Hold up. I hadn't put Green Shell there.

It occurred to me that Joey must have moved him. So I reached in, and wouldn't you know?

Green Shell was the LOCUS of hermit crabs.

The creepy little thing that hadn't shown the slightest hint of movement in months was alive and well. I saw his legs wiggle around when I picked him up. Surprised and slightly scared, I immediately dropped Green Shell on his damn coconut hat.

My dead crab script got tossed, and I called my husband in a semi-hysterical state.

He suggested I stay away from the mortuary sciences.

Then offered to pick up crab legs for dinner.

And people wonder why I drink.



Life in Chi





## **Travel Feature**



2017 © Cover Photo: Kristin L. Johnson, L. Thomas W. Hardy, M., and Amy B.

## Four Destinations, Four Budgets

The summer is here, and you may feel the need for a family road trip. When it comes to short stays and mini vacays, the budget is always a factor. We are taking the guesswork out of the equation for these adventures and providing you with a blueprint for family fun. Get creative and modify these suggestions for your specific crew, or just trust us and have fun.

# Winter Adventures, A to Z

From Albany to Zoolights, here's where to go and what to do this season with kids. BY SARAH VANBUSKIRK



## C is for cosmic tubing.

Head to Mount Hood's Ski Bowl for an after-dark tubing party, set to music and lit up with over 400,000 LED lights, on Friday, Saturday and Sunday nights, November 25 through early May. Tubing runs range from "extreme" steepness to preschool-friendly. All these 36 inches and above may participate and can be dialed into or in tandem. Kids will also flock to Fryer's Playland, which offers a warm place to play between runs, featuring slides, ball pit and climbing. While snowmobile sleds and a kiddie carousel add to the fun. For those who prefer to play in the sun, popular daytime tubing is also available.

## F is for Florence.

A little farther down the coast, you'll find Florence, which boasts gorgeous scenery year-round. Winter is prime whale-watching season, as nearly 20,000 grey whales swim past the Oregon Coast from mid-December through mid-January on their yearly migration from Alaska to Baja, Mexico. On wet, windy days, rent a beachfront room and watch the high surf pound the shore or sit up in rain coats to bask the weather from popular spots watching high cliff viewpoints, such as Hereta Head Lighthouse or Cape Perpetua. On a mild day, in addition to beachcombing, check out sandboarding at Sand Master Park (open through December and again beginning in March), where 3-year-olds and up can try sandboarding, sand sledding, chug buggy tours and more along miles of sand dunes.



**W**inter adventure for many Portland families means skiing or otherwise playing in the snow — and between Mount Hood, Mount Bachelor and other northwest peaks we have many great kid-friendly options. But don't let your cold weather outings, activities and travel end on the slopes. The Pacific Northwest is home to a wonderful bounty of winter family fun, some of the best of which we've collected here (as well as a few ideas farther afield), for you to explore all season long.

**A is for Albany.** Astoria and Astland make for great weekend getaways, but this year try Albany for an overnight or day trip. Just an hour and a half south of Portland, this picturesque small town along the Willamette River boasts beautiful pioneer-era homes, a gorgeously restored carousel, covered bridges and plentiful riverfront parks. From December 1-25, Albany is home to the 41st annual Christmas Storybook Land, a free, family-oriented, Christmas-and-fairy-tale-themed forest wonderland, complete with model train displays, a Victorian village and North Pole with Santa. Additionally, on December 10 from 2 pm-7 pm, a tour of historical buildings will be available via horse-drawn wagon and vintage trolley ride.

**B is for Bend.** Explore the fabulous High Desert Museum, where kids and grown-ups will love following Oregon's history from the Native Americans to the pioneers to the gold rush and beyond. Interactive displays, many complete with in-character staff bring history to life. Lots of native, rescued animals, including otters, bobcats, owls and porcupines, are also on view. Want more? Check out old stoves, cheddar falls, caves, volcanic national parks, and even dog sled rides, via Oregon Trail of Dreams tours departing from the base of Mount Bachelor. ☺



**D is for Diamond Lake Resort.** What began as a small fishing lodge in the 1920s is now a year-round resort, offering a wealth of winter recreation options and proximity to the majestic natural beauty of Crater Lake National Park. Families love the hilltop snow tubing slide with a carpet conveyor to make going uphill a breeze. Diamond Lake Resort is also known for its snowmobiling, which may be done with or without guides, on single or double passenger vehicles. For those seeking a slower pace, try snowshoeing. The resort has snowshoe rentals for little ones up.

**E is for Ecola State Park.** Yes, we tend to think beach in the summer, but don your winter rain gear and you'll discover that, even in the cold and rain, the Oregon Coast delights all year round. Harshack Rock viewing, tide-pool exploring, shell collecting, and shoreline and coastal forest hiking opportunities abound. In fact, stormy weather can bring the landscape alive, and make coming up afterwards with hot chocolate, fish and chips and a big bag of telly all the more appealing. Procure that telly from the Cannon Beach or Seaside airports of Bisco's Candy Kitchen, where you can watch the quintessential beach confection get made. ☺



**G is for glass art.** Discover your inner Chihuly at NE Portland's Glass Institute, the state organization that puts on the beloved Glass Art Summer Camps. Kids (and parents) love the opportunity to work with glass in these fun, creative workshops at the Glass Institute's Glass Studio. A variety of classes are led by experienced glass artists Nancy Mena and Lori Howell over the first three weekends in December, including ornament making, fused glass wreaths, mosaic glass vase and candle holders. Children 5 and older may attend with an adult, older kids can attend solo, depending on the project's complexity. The winter session, from mid-December to mid-March, will include classes on mediums including clay, illustration, animation and sewing.

**H is for hot springs.** Warm up at one of our region's snazzy hot spring resorts that offer overnight stays or day use and have amenities like restaurants and hot tubs. Central Oregon's Kalbar Hot Springs Resort is particularly kid-friendly, with water slides and spouting water and has spa treatments for the grown-ups. Bechler Hot Springs (where many guests soak at Inwood) has an earthy, rustic vibe with natural hot spring pools and a steam sauna, as well as delicious vegetarian meals, yoga classes, massage and meditative forest trails. Lovely gardens surround the two well-maintained pools at Bellows Hot Springs along the central Oregon Coast. For a longer trip, try Hartsen Hot Springs Resort, six hours north in British Columbia, which boasts multiple indoor and outdoor mineral-rich pools at various temperatures, plus well-appointed cabins and hotel rooms and a full-service spa set along scenic Lake Harrison.



## → PLACES, PLEASE

## MEET ME IN ST. LOUIS

By Lisa Carlson

Just as it was the gateway to the West, let St. Louis be the gateway to your family's next adventure!



**Y**ou've been to Chicago, Milwaukee, Minneapolis, and several times to Madison. Want something fresh? Just around the river bend, St. Louis offers new territory to explore and more free attractions than any other city outside of Washington, D.C.

We recently visited for two full days and managed to fit in the activities you see here. The drive took about nine hours from La Crosse, with plenty of breaks along the way. A long drive, yes, but getting there is half the fun with the right attitude and planning—and the right books and music!

Visit our website at [www.couleeparenting.com](http://www.couleeparenting.com) for more St. Louis fun.

### 1. HISTORY

St. Louis is an awesome way to bring the history of Westward Expansion to life for students, especially if you've got a 3rd to 6th grader. If your student is handling about words like Manifest Destiny, the Oregon Trail, and Lewis & Clark, it's time to visit.

Consider this: Chicago was founded in 1833, the earliest of the big cities in our region. St. Louis? Founded by French fur traders in 1764.

### 2. MISSOURI BOTANICAL GARDEN

The oldest botanical garden in the nation, you'll appreciate the art and beauty of this attraction, as well as its butterfly house and several homes and buildings, maintained and decorated for their time period, that you can tour. Check for special events—this year, the Botanical Garden offered a nighttime multimedia experience called the Flora Borealis for the first time, a one-mile walk through the grounds complete with



light shows. Kids will enjoy the Children's Garden featuring a splash pad, old-time town, edible garden, tree house, secret garden, cave, steamboat, and locks and dams. All ages are welcome in the Children's Garden but there is a \$5 charge for ages 3-12.

**Admission:** \$12/adult; free for ages 3-12 unless you add the Children's Garden for \$5. **Insider tip:** The tram

around the one-mile grounds costs \$2 per person, cash only.

### 3. CITY MUSEUM

How does one describe the City Museum? It's as if Willy Wonka put Mad Max in charge of designing a museum for kids. You can imagine the founder, Robert James Cassidy Jr., must have been inspired by a dream he just had the night before, one of those dreams where the craziest things happen, complete with the bus that's hanging over a precipice.

You're watching a group of boys trying to scale what appears to be the support beams for the building, while others climb to the top of a structure curiously resembling Thunderdome. Overall, it's hard to tell where the structure of the museum ends and the exhibits begin. Helicopter parents, be forewarned. You wonder if maybe they shouldn't have a liability form, but it's refreshing they don't.

It's incredible, and you should go. My 36-year-old son didn't want to leave after three solid hours of fun, but I promised we'd come back someday to ride the 10-story slide.



## **FIVE CLASSIC MOUNTAIN RESORTS FOR FAMILIES**

by Katie Riley



## How to Choose the Perfect Family Cruise for Your Crew »

Find the right cruise for your family with these tips and a roundup of cruise lines departing the New York area. *By Emma Stevens*

**C**ruises are the fastest-growing category in the leisure travel market—it's estimated that more than 25 million people will set sail this year. But with so many cruise lines competing to woo families, how do you decide which one is perfect for you? To help, we have gathered tips on how to pick a cruise that fits your crew, along with a list of the best family cruise lines departing from the New York area. All aboard!

### Things to Consider When Planning a Cruise

#### What does your family need?

Almost all cruises now offer some type of family programming, but the services and facilities vary between cruise lines and even individual ships. Some are better for babies and young kids, some for tweens and teens, and others are best for intergenerational parties. A ship that suits teens who want to entertain themselves may not be great for a sports-obsessed tween, or a toddler obsessed with Disney princesses. Do you want drop-off activities for the

kids or to play together as a family? Scheduled or freestyle fun? Investigate what's offered and consider what each member of the family needs.

#### How old are your kids?

Each cruise line splits its kids' activities by different age ranges. Check that these work for your family, especially if you want siblings to play together. If you have really young kids, double-check that your chosen ship offers drop-off activities. Some will only allow poorly-trained kids or children ages 3 and older in their programs. Most ships do not allow children who are not potty-trained into the water areas and pools, so if you have a toddler, check first.

#### What size ship suits your party?

Larger and newer ships are more likely to have bigger cabins and family suites, as well as exciting-sounding facilities such as bowling alleys and ice-skating rinks. They can also have a party atmosphere and crowds. Smaller ships may have fewer activities, but some fam-

ilies prefer the more sedate atmosphere and shorter lines. If you have teens who like to wander, you'll want to bring cellphones to keep track of them on a larger ship.

#### How many days do you want the cruise to last?

Most lines offer cruises ranging from three to 14 days. Up to seven days can be a good starting point for families and cruise newbies. After all, you don't want to book a 14-day cruise and discover you hate it on day two! Consider how many days it will take your family to relax and settle in so you can come back from your vacation well rested.

#### What lodgings suit your family's needs?

Each ship has a variety of accommodations, from basic cabins with dividing curtains, to suites with sea views and balconies. Some lines have better basic cabins, some better suites. If you have small kids and won't be out every night, it's worth making sure your cabin won't be above a bar or nightclub.

#### Do you want flexible or set dining times?

Each cruise line has a multitude of restaurants and dining choices. Some offer flexible, casual dining where you can pick and choose from whatever cuisine you want. Others are more formal, giving you set times to dine each night. Almost all cruises will offer buffets in well as dining rooms, room service, and often at least one formal meal per trip.

#### What type of entertainment interests you?

Many cruise lines offer big-name performers and Broadway-worthy productions. Others have acrobatic shows, character meet-and-greets, or activity zones so the family can entertain themselves at a water park, ice-skating rink, or bowling alley.

#### What atmosphere do you want?

Do you prefer a traditional, more formal ship or something more casual? A themed cruise or a trip with unrelated but exciting activities? Do you want to pick activities as you go, or to be scheduled? Some ships have a party atmosphere, while others are more laid-back. Figure out the ambience you desire overall as well as in the mornings and evenings.

#### What is your perfect itinerary?

From the New York area, the Caribbean is a popular choice for families. Other destinations include city stops in New England and Canada or beach-focused trips to the Bahamas and Bermuda. Some cruise lines stop in Orlando, FL, which is perfect if you want to hit the theme parks or other nearby attractions. Just keep in mind many of the organized activities on land can be expensive, so you may want to plan ahead and book your own entertainment.

#### Read the fine print

While some cruises are truly all-inclusive, others may charge more for certain things on board, excursions, or for activities during stops on land. Know what is—and isn't—included in your ticket price, so you don't have any surprises when it's time to disembark.

#### Family-Friendly Cruise Lines Departing the New York Area

More and more families are taking to the high seas for vacation, and New York is a popular place to set sail. Now that you have the tools to plan your cruise, evaluate each cruise line to find the best fit before looking at the specific ships' offerings.

*(continued on next page)*

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Looking for a perfect summer camp? Don't miss Metro Parent's Camp Expo on March 4 at Greenfield Hills High School. Get details online, where you'll also find our free annual Guide to Summer Camps download.

More parents are opting to join their kids at sleep-away camp. Here's what's driving the family camping trend and why broods are increasingly choosing to spend some summer time away – together.

BY KRISTEN J. GOUGH • ILLUSTRATION BY FAN WU



# Ojai

## RISING

L.A.'S FAVORITE BOHO ESCAPE IS BACK  
IN BUSINESS AFTER THE THOMAS  
FIRE, WITH KID-FRIENDLY FUN THAT  
WILL RECHARGE YOUR BATTERIES

BY MELISSA GAGE

**T**here's something in the air in Ojai. Or, perhaps, in the earth.

Whether it's the sedative effect of spring's sweet citrus harvest wafting past the breeze, the breathless awe of sunset's famed "pink moment" against the Topa Topa Mountains or the unseen pull of an actual electromagnetic vortex, Ojai has long drawn artists, spiritual seekers and those of us looking to escape L.A. for a spell.

"When I turn off the highway, I can feel my shoulder's fall," says Ericka Krietz, a Los Feliz mom who regularly takes day trips to Ojai with her 5- and 9-year-old boys. "A day in Ojai can be an abso, an energizer and a massage all at once. I just soak up the

good vibes and take them home with me."

Many of us, including Krietz and myself, held our breaths this winter as the devastating Thomas Fire raged through the rugged mountains surrounding Ojai. And while the quaint downtown was spared, many locals lost their homes and businesses in blazes that scorched nearly 282,000 acres in Ojai and beyond.

In the aftermath of the fire, Ojai's cafes, boutiques and galleries were quiet as the community pulled together to help one another rebuild. Recent rains brought with them the blessing of rebirth, as verdant grass sprouted through the charred earth, slowly turning the hillsides from black to green.



## **Personal Essay**

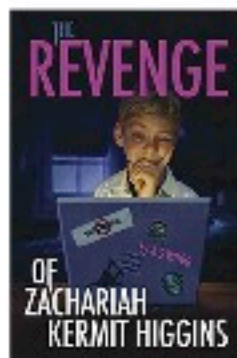


## bullying

BY ABIR SAMI WOOD

my childhood as a  
bullying victim

(AND WAYS TO HELP YOUR CHILD)



I was always the odd one. In Lebanon—a country where an only child meant somebody who only has siblings of the opposite gender rather than somebody who has no siblings—being an only child was unusual. My first memory of my weakness was in first grade when a classmate and her teenage sister approached me during recess.

"Is it true," the sister asked, "that you have no brothers and sisters?"

I nodded my head in agreement.

"Seriously, now?" the sister asked in disbelief.

"Yes, now."

By that time, a crowd of students had formed.

"Oh, the poor thing. She's all alone," said the teen.

Embarrassed and sorry for myself, I mumbled something to the crowd of gawking children. Didn't they have enough reasons to gawk—my super-short haircut from the barber, the wool pants my mom put me in for warmth at a time when school girls never wore pants, and the heavy, stiff lace-up half boots to correct my flat feet.

"Oh, please," the teenager said to the crowd in a pleading voice. "be nice to her. She's lonely."

At that point, I had reached the bottom of the distress pit. I was the freak, the ape in the cage, the purple elephant.

From my mom, I demanded siblings.

"We tried hard, but couldn't," she said.

"Why?"

"Well, your dad. He eats too much meat."

"Don't feed him meat."

"Also, God didn't will. Someday He may will, and we'll have more children."

Once she blamed God, the discussion was over. I could not argue with God. I could only plead, anticipate and dream.

Variations of the other sib-

ling scenario recurred frequently. The "other siblings" plea did nothing but intensify the taunting, teasing, commenting and excluding.

Although nothing changed on the sibling front, as the years passed, I grew out my hair. I ditched the boots, and pants invaded girls' wardrobes. I thought, perhaps, maybe, I would be less of a freak. Huh, flunko.

Wham, just like that, I returned to book land when a rapidly worsening scoliosis curve put me in a back brace at age twelve. The Milwaukee brace was a metal and plastic contraption, resembling a medieval torture device. It went from the top of my neck to the bottom of my hips. I wore it 23 hours a day, seven days a week for four years. Physically, it was comfortable enough, but psychologically it was an excruciating double-whammy.

Doctors disagreed on whether the brace would improve the curve or only stabilize it, and whether I would remain pain-free or not as I aged. These disagreements filled me with unease.

My clothing changed to accommodate my hunched, lumpy self. I only wore shapeless, baggy dresses. The cruelties worsened. My schoolmates called me fat, ugly, misproportioned, and other hurtful names. Without the brace, I looked good. My long hair cov-

ered my imbalanced shoulder blades, making my scoliosis imperceptible. The kids, however, always saw me in the brace. My explanations couldn't change their perceptions.

Another set of taunts transpired following the ice cream cone incident. Unable to bend my head, I didn't notice the melted ice cream dripping onto my clothes. Big blotches of brown covered my blue dress. They called me clumsy, dirty and messy. It took me years to eat ice cream again.

Fury seethed within my being, and the desire for revenge filled my heart. But how? I had only one or two friends—all outcasts. We were too outnumbered to be effective. Perhaps, I thought, when my leading sentence was over, if I came to school looking pretty like a cover girl, everybody would scramble to be my friend. Weren't these women always the center of attention, adored by millions and chased by photographers? Compared to the cover girls, my normal weight seemed excessive. I dieted and starved myself, developing an eating disorder in the process. As I waited to get back at my schoolmates, I hid behind a façade of aloofness, appearing unscathed. On the inside, I was crumbling.

At age 16, I was finally done with the brace. I burned through

continued next page



## CONFESSIONS OF A FORMER FACEBOOK ADDICT

When social media becomes an obsession.

by Lissa Carlson

Maybe you read the headline to this story and a part of you related. Or maybe you thought it was tongue-in-cheek humor, silly to suggest someone could have a legitimate addiction to Facebook. I assure you, it's not; I had one.

In the spirit of owning those parts of our past that haunt us, and in the hope that it might make other parents more aware of a potential problem, I'll tell you the story.

In late 2007, a colleague told me to check out Facebook, this new thing she predicted would be big. She also mentioned LinkedIn and recommended I get on both. I did, considering both of them professional platforms. My first profile picture, once I actually uploaded one, was a head shot from work and there was only a handful of people I knew on Facebook, most of them kids who graduated high school with me. I remember the idea of having 100 friends seemed laughable, and reaching 100 Facebook friends was monumental in those early days. I don't even think there was a "like" option back then.

For many years, Facebook wasn't much more than an occasional outlet for posting pictures of my kids, sharing new music, or attempting to be clever. Then, in 2013, I hit a rough time in my life, harder than any other I've experienced. But that's a completely different story; what matters for this one is that I found myself triggered into using Facebook with greater and greater regularity.

On the bright side, I felt support from the friends in my Facebook community. Soon, though, I found myself crafting posts and taking pictures solely for the purpose of sharing them on Facebook. I thought in Facebook status updates as I went about my days, writing what I'd post in my head or stopping to pose for photos at times when I would have just enjoyed the moment, pre-Facebook.

I'm sure I'm in somewhat good company so far, but it gets worse. I became obsessed with figuring out Facebook's analytics, conducting my own crazy, convoluted studies. Eventually, I even found myself Facebook stalking friends of distant friends, strangers, really. It was an experiment of sorts to see how much I could learn about someone just by visiting their profile. Before I knew it, I'd burned up sometimes as many as six hours going through old photos of people I didn't even know.

I consoled myself that I wasn't hurting anyone but myself — these people had no way of knowing what I'd done, and I had absolutely no interest in hurting them. I was just interested in someone else's simpler life for a while. It was an escape, and Facebook not only made them accessible to me, it sure made their lives look easy and more exciting than mine.

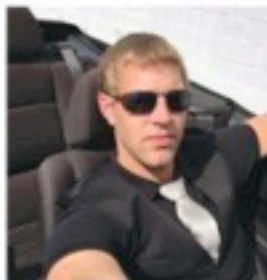
I knew it was an unhealthy activity, but didn't everybody do a little Facebook stalking? I mean, isn't that kind of the whole point of social media? I'd heard

more than one friend admit they found themselves "down the rabbit hole" on Facebook (two of them used those words verbatim). Is excessive and abusive social media use really as bad as drinking, or gambling, or doing drugs?

Yes. Part of determining if something is an addiction is whether or not the activity, substance, or thing has disrupted your life and relationships. And this is where my biggest regret lies in my time as a Facebook addict. It's one thing to fail to be fully present for your kids because of screen use, but I struggled to pause long enough to do basic things that needed to be done for my family. Several nights, my children would come to me to ask what we were having for dinner, snapping me out of my escape long enough to realize it was often closer to bedtime than suppertime. "Just one more thing and then I'll log out," I'd tell them. "You're always on your computer," they would say.

A good friend told me not to beat myself up about it, to give it time; perhaps the turmoil in my life had created the perfect storm for this addiction, and as the turmoil passed, so would I. And she was right. Time heals all wounds, and I found my obsessive use of Facebook tapered off slowly but surely, to the point that I now feel anxiety and a slight repulsion when I log on, which is every few weeks these days.

In fact, it's as if there has been a mass awakening to the perils of social media lately. Everywhere I look, someone is



## Life After Suicide Loss

By Allen "Daddy" Randall

### First Things First...

Grieving is a process. You never "get over it." You learn to face each day as a new day in your journey of surviving a suicide loss. People grieve in many different ways, but we all grieve in our own way and on our own schedule. No one ever has the right to tell you how to grieve or for how long. They are not you, therefore they cannot possibly know how you feel. In this crazy process, what works for one person may not be what works for another.

### What Did I Miss?

I am a three-year survivor of a suicide loss. On April 7, 2015, my 24-year-old son Jessie Lee Randall took his own life. My life was forever changed that evening. Almost immediately, I started finding ways to blame myself. I asked, "Why didn't I see the signs?" "What did I miss?" I also wondered, "How could he do this and leave me hurting this way?"

I felt all alone. Then I thought, "What am I going to tell our friends and neighbors when they ask how

he died?" I wasn't sure if I wanted to tell them he died by suicide. People may call him weak, a coward, or say he must have been crazy. Then I thought that if I don't tell people the truth, then what am I really saying to them? I was proud of my son when he was alive, I'm not going to start being ashamed of him now.

### The Emotions

I spent most of the night staring at his pictures on the wall with my heart breaking and tears rolling down my face, knowing I would never get to hug him again or hear his laughter again. Worst of all, I would never get to tell him I loved him or hear him say, "I love you, Pop" in return. If we would see each other somewhere, it didn't matter where we were, we always hugged and said I love you. I know for sure he loved me, and he knew I loved him. That's what made me angry and what was so confusing, all he had to do was call me and I would be there. I never got that chance to fix whatever was causing him to feel depressed.

I'm Daddy, that's my job. He was experiencing so much mental pain that he was not thinking clearly, or he wouldn't have taken his own life. I take medication for depression, so I know what it's like. His depression had gotten to the point that he thought suicide was the only way he could find peace.

I was sitting on my porch grieving and going through all the emotions of grief like anger, confusion, and shock, when it hit me. I had to stop being angry at him, so he could find the peace he was searching for, and I would find my peace in time. I still had all the other emotions, but I let the anger go.

### Find Support in Your Community

My wife and I attended the Survivors of Suicide Loss support group facilitated by the Baton Rouge Crisis Intervention Center. The meetings were free to attend, and everyone there knew exactly what we were going through. It was an open meeting that gave us a chance to talk to peers who understood how

AFSP has a great Survivors Outreach Program that assists survivors across the nation. It is a peer-to-peer program of suicide loss survivors that will (at your request) visit with you via in-home visit, Skype, or phone call. If you need help coping with your loss or find yourself getting depressed, please don't hesitate to seek professional assistance. There is no shame in admitting you need help. If you had heart problems, you wouldn't do open-heart surgery on yourself, the same logic works with grief. Isn't your mental health just as important as your physical health?

we were feeling. We found it to be emotional at times yet very helpful. Over the next few weeks, I had bad days, worse days, and good days. Over the next couple of months, it seemed I would have more good days than bad days.

In August, I heard about an annual walk event for suicide prevention and awareness that was taking place in October. The walk was for a non-profit group, The American Foundation for Suicide Prevention (AFSP). I did research on the organization, and then I became a volunteer for the walk. Over 700 people participated in this event, and they all had been touched by a suicide. I had no idea that so many people in the area had suffered a suicide loss. I have gotten more involved in the organization and their mission to save lives and bring hope to those affected by suicide.

After three years, I still miss him like crazy. Holidays, birthdays, and the anniversary date are still hard. But I am a Survivor.

My son had a tattoo that said, "For You I Will." When I asked what it meant, he said, "If you need something, I'll do it." He lived his life helping people. Now, I wear that same tattoo. I am his voice now and the voice of others who have died by suicide and those that struggle with mental health. ■



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# What can we teach boys?

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

BY CAROLYN WATERBURY-TIEMAN

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

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

Regardless of political affiliation or position on Kavanaugh's confirmation, this is disturbing. It is a statement that was casually made as if it were absolute fact. In actuality, it is merely Sosa's personal opinion. While that, in and of itself, is worrisome, what is more worrisome is the lack of public outcry or reaction. I have been waiting a month now, to hear from someone, anyone, who is as late as I am at the notion that all 17-year-old males are perpetrators of sexual assault. This unfortunate declaration normalizes behavior that is not merely unacceptable, but, in fact, criminal.

What does this suggest to 15-year-old boys? It suggests they are incapable of exercising self-control due to the presence of

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

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

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

"I don't need a woman to be less of a person, so I can feel more like a man?" If we truly want to prevent future generations from belonging to the #MeToo Movement,

then we must include the voices of those who can bravely say, "Not me!"

The grounds for starting a movement seem clear. Gentlemen, consider yourselves challenged. #NotMe #NotAll7NotLess

Carolyn Waterbury-Tiemann has been married for 33 years and has two sons. She spent 15 as a family therapist and parent educator and the *Acc* written extensively on the topic of parenting. To contact her, please e-mail [parent@tyuboo.com](mailto:parent@tyuboo.com).





## Teacher for a Day

WORDS & PHOTOS BY HANNAH SCHMITT

A personal essay about my day in an Oklahoma City Public Schools classroom

If I had to use one word to sum up the news that's come out about Oklahoma education in the past year, it would be grim. So when I got an email invitation from Oklahoma City Public Schools to attend their Teacher For A Day program, I honestly felt some trepidation. After all, reading about an issue and commiserating about it to your point is so much easier than experiencing it firsthand (which I'm sure is the point of the program).

But grim is the last word I would use to describe my day with Mrs. Price's fourth grade class at Arthur Elementary in southwest Oklahoma City. The students were eager to learn, the facility was impressive and the administrators and teachers were obviously passionate about their jobs. So why all the bad news about education?

**Well, the teachers are educating against all odds. When Price wasn't being given the basic tools to do her job, she got them herself.**

Price is an award-winning, Nationally Board Certified teacher with 23 years of experience who hasn't gotten a raise since 2008. But she helped write a grant a couple years ago that resulted in every student at Arthur receiving his or her own iPad. Apple provided the 715 iPads to students and about another 50 iPads and MacBooks to teachers and administrators through their ConnectEd initiative. The company launches the program in schools where at least 96 percent of students are

eligible for free or reduced-price lunch programs in an effort to level the playing field with technology.

The Apple partnership is just one of many things Price rattled off she's gotten through grants. So I asked her, "If you're a teacher and you don't write grants, are you basically screwed?"

"Oh yeah," she said. "In fact, nobody does that anymore. Either the teachers buy it, they clean out their closets at home to bring it here or they ask for it on [donorchoose.org](http://donorchoose.org)."

[Donorchoose.org](http://Donorchoose.org) invites public school teachers to post classroom project requests that are fulfilled by the general public. Price pointed out some of her own classroom materials provided by donors on the site, including her printer and printer ink. It's a huge resource for all OKCPS teachers. A search on the site at the beginning of December showed 285 unfulfilled needs posted by local teachers.

But surprisingly, a lack of classroom resources aren't Price's biggest pain point. I asked her to tell me the biggest change in her job in the past 23 years.

"Teaching with people who aren't teachers," she said.

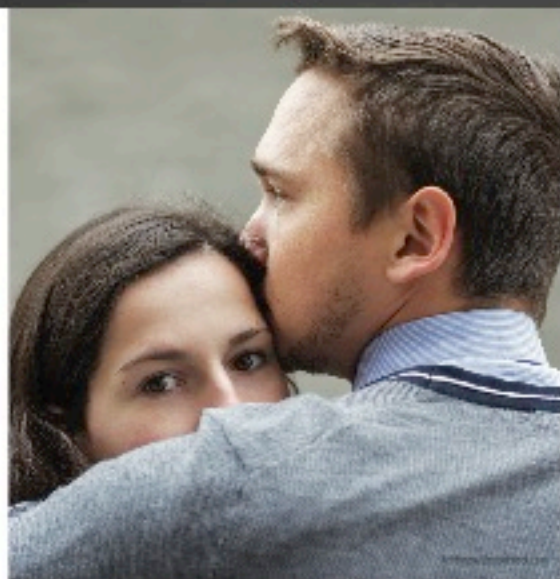
Dipping teacher salaries combined with growing classroom sizes are just a couple of the challenges OKCPS has faced while trying to recruit teachers in the past few years. District officials have used a variety of tactics to get teachers into classrooms, Price said, but many of the students in her fourth grade class today have spent the past couple years without

consistent instruction from certified teachers. Teacher recruitment issues led to her fourth graders being taught by a combination of student teachers, substitutes and teachers with emergency certifications in second and third grade. Those experiences have snowballed into fourth graders who are behind.

"If you are a warm body without a felony on your record, you can get emergency certified," Price said (jokingly there are some other requirements to obtaining an emergency certification).

Granting emergency certifications to make up for a teacher shortage is a problem the State Department of Education is aware of and wants to address. There were about 1,800 emergency certified teachers statewide at the end of November when the department set a goal to reduce the number of emergency teaching certificates to less than 60 by 2025. Price said even as an accomplished teacher herself, she finds it challenging to bring other teachers up to speed who aren't specifically trained to work in a classroom setting.

Spending a day at Arthur Elementary made me realize there are teachers in OKCPS classrooms who will do what it takes to make their students successful regardless of actions from legislators. My best hope is that anyone reading this will find the same passion Price has found for teaching kids at all costs. Regardless of decisions made at the Capitol regarding Oklahoma kids, there are 285 teachers on [donorchoose.org](http://donorchoose.org) right now asking us to step up and help them do their jobs and I pledge to pick one of them to fund today. Who's with me?



## This is Your Loss, Too

MISCARRIAGE FROM A DAD'S PERSPECTIVE

BY ELLIOT ACOSTA

**I**t was the night of Christmas. While our son was dreaming of the presents he had just opened that morning, my wife, Sara, and I were in the hospital receiving grim news:

"Sorry, you are having a miscarriage."

I held Sara's hand as she fought back tears while the doctor explained the low human chorionic gonadotropin levels and blank ultrasound.

The next few days, as my wife endured all the aches and pains of pregnancy, knowing there was no longer a baby growing inside her, I fielded the uncomfortable and inconvenient conversations that come with miscarriage. Some conversations were seemingly routine, like making the follow-up doctor appointments; while others were emotional, like telling our closest friends we were no longer expecting. But each conversation reminded me of our devastating loss.

Being the bearer of bad news also meant I got the initial wave of condolences. Support and sympathy from our families came immediately, but eventually I took offense to even the most well-intentioned chats. I found little comfort in the suggestion that there was a silver lining or a plan behind what happened. Nor did I find comfort at the seemingly obligatory assurances that everything would be OK.

I suffered through conversations about considering adoption or fertility treatments. My best friend even thought it was an appropriate time to tell me about his belief that the world was overpopulated. For the most part, I nodded along, but inside I felt hurt and isolated, thinking how my friends didn't understand the pain I was experiencing.

Miscarriage is thought of as a traumatic event for the would-be mother, and rightfully

so. Not only did Sara have to carry the weight of the emotional toll, but she also had to endure the physical pain. What I and others often forget about, however, was how to deal with my own fragile state. I thought I needed to be the composed one who kept the family afloat through this storm. But as I tried to carry the weight of my grieving family, little things eventually snowballed.

There was the lost coliforms, an inconsiderate driver who cut me off, dishes that didn't get adequately clean during the dishwasher cycle... What would typically be an everyday inconvenience started to feel like another snowflake piling onto an avalanche.

One night our toddler was having a difficult time going to bed. Every time I tried to lay him down, he cried out reaching for me. Experiencing one more difficult moment in what felt like a monsoon of hardship led me to a breakdown.

I finally realized: Our family needed help. Once we asked for it, the community responded. From meals to babysitting, the compassion shown to us mattered as until we were able to get back on our feet. This taught me that I wasn't solely responsible for making my family feel whole again.

It has been a few months since that night in December, but grief still finds itself in unexpected places. The TV show where a baby's life is saved by a miracle, or the acquaintance who asks when we'll have a second child stops me in my tracks, forcing me to face the sadness still in my heart. But suffering a miscarriage has also shown me that we aren't alone. Many people have told us their own story of the baby they never got to meet.

At times it was difficult for me to know what my role should be in the loss of this pregnancy, but one of my friends told me something that still sticks with me today, and I hope something that every partner of a miscarriage hears: "This is your loss, too."

*Elliot Acosta is a husband, father and food blogger who writes at [eatlikeahill.com](http://eatlikeahill.com), where he captures Raleigh culture, history, people and passions through his food.*



raising kids voices

## A Blended Family»

How reluctantly raising my son in two homes turned out to be a blessing in disguise **By Sasi Shelton**

When my son was just 2 years old, his father and I decided to split up. We had tried for a while to make it work, but it was clear we would all be happier apart. For me, this meant our son would live with me full time in our Brooklyn apartment, and have visitation with his dad. For his dad, splitting up meant our son would split his time equally, and live in two homes.

This wasn't something I was ready to accept. There was no way this was going to work out. It couldn't be in the best interest of our young son. Could it?

A very wise family therapist told us, "Yes, actually, it could work out." And you, it could be a very happy and healthy way to raise our son. As long as we were both 100 percent onboard.

So, I thought long and hard about it, and decided I would get onboard. For our son.

At first, it was awful. I hated having to give up Sebastian (still a baby for God's sake) for half of the week. And overnight! I would hand him over with his little Thomas the Tank Engine backpack with tears in my eyes and a pain in my heart. I would count the hours and then minutes until he came back to me, and I would hold him so tightly when he walked in the door. Except it wasn't actually about me. It was about Sebastian and the fact that he deserved to have quality time with his Dad.

We learned (through our family therapist) how to help Sebastian make this transition easier on himself, and on us. We learned to say things like, "I can't wait to hear what you did at Daddy's house," instead of, "I'll miss you so much!" And it became our new normal for our son to live in two homes. And have two beds and two sets of toys. And, eventually, two more parents. And Sebastian was fine with this. In fact, he was more than fine. He was happy.

Sasi Shelton, an award-winning singer/songwriter for the playground set, has been writing, recording, and performing music for families for more than 15 years. She is the proud mama of two and stepmama of two more. Shelton has just released her fourth solo album and is currently working on her fifth season of Sing with Sasi videos on YouTube for her preschool fans. See and hear it all at [sasiselton.com](http://sasiselton.com).



Our blended family (From left): Sebastian (18), Julia (13), Erin (13), and Cole (10)

The thing I didn't really anticipate with all of this was I would meet my new husband and have another child, and his Dad would marry and do the same, and those "extra" parents and children would be part of our family, too. Our modern family had expanded and grown and there was still quite a lot of love to go around. In fact, when Sebastian was in elementary school, he and his dad wrote a poem called "Mama's House, Daddy's House," which we turned into a song that I put on my second album to share our message with the world...two homes but "one heart—filled with love."

Now almost 18 years later, Sebastian's dad and stepmom are two of my closest friends. We still share raising Sebastian, and we share raising our other children, too. My 13-year-old daughter has her own drawer of clothes at their house, and their two younger children have the same at my house. My husband and I fondly call them our "stepchildren" since there really isn't another word for it, and you know what? It works.

Our 10-year-old stepson comes over regularly after school to "hang out" and get away from his 3-year-old sister. That same 3-year-old sister calls me "Mama," runs into my arms when I occasionally pick her up at preschool, and loves to come over and play with our dog, Penny. They both bring me so much joy.

We all decided to spend holidays together instead of alternating Sebastian between the two homes. It's much easier this way, and actually more fun. I feel like I have four children instead of two. And when I need them, I have three other parents I can count on instead of just one. I feel lucky. I never would have imagined (way back when) that things would have turned out this way, and to be honest, I can't imagine it any other way now.



WE'RE ALL FAKING IT, AND THAT'S JUST FINE.

By Sarahy Ward

I've been floundering through motherhood since the moment I got this gig, and I suspect most moms feel the same. To me, motherhood is like walking through a strange, dark room trying to find the light. You stumble around aimlessly, your arms out like a zombie, praying you don't hit your head or bang your knee on anything sharp. You feel all at once like a huge klutz and a complete a-hole, with a little seasonal fear thrown into the mix. But then, when you find that light—*ah-ha!* All is right in the world. You can conquer anything.

Raising kids is a game of the highest stakes. We all want to do the best job we possibly can and we push forward, even though we are faced with daily experiences that humble us, terrify us, break us down, or make us want to vomit.

Before having kids, few of us realize there is a complete identity shift that accompanies motherhood, and even still, we expect we will know exactly what to do and how to do it perfectly. Every mother I know feels the exact same way, yet few of us feel connected to or buoyed by the women around us experiencing the very same changes. So many of us wonder if we are getting this parenting thing right, and most of us don't know where to turn for support.

Generations ago children were raised communally and women relied on one another to thrive. But motherhood today is an increasingly isolating experience; we have lost the village that we so desperately need. And without acknowledging

the truth—that motherhood is hard and messy and sometimes ugly—we isolate ourselves even more.

I wish someone would have told me the reality that I would be constantly outnumbered and totaled by a three-year-old, that I would never be able to run more than one errand at a time ever again, that I would be so exhausted I would try to open the front door with my key fob repeatedly, that I would spend countless midnight hours rocking a sick baby in a steamy bathroom, that I would bathe in projectile vomit and even projectile poo. That at every stage of my child's growth there would be more questions, more sleepless nights, more learning curves.

And someone could have told me that despite all of it, I would be just fine. It would have been nice to know that the picture-perfect image of motherhood that we aspire to is nothing but an illusion.

The truth isn't so scary. It's pretty hilarious, actually. The imperfect moments are the ones worth remembering. They are the moments that make us laugh (eventually) and show us our true strength. They are the moments that bond us to other women. They remind us that we can, indeed, conquer anything...well, almost anything. There's wine for the rest.

A few years ago I posted something adorable my kids did on Facebook, and a former colleague of mine that I haven't spoken to in years left a comment. I heard she had been struggling; she was newly divorced, in between jobs, and trying to navigate her new life as a single mom. She said, "Man, your life looks so perfect." And let me tell

you, that comment stung me in a strange way.

I knew that she had the best intentions and that her sentiment was a kind one. But in that one-line Facebook comment, I could also feel her pain, her grief, and her frustration. Suddenly I was acutely aware of the fallacy of social media. My life is far from perfect—in fact, most of the time I'm just doing the best I can to get by. But of course, we only share our best moments with the world. Our social media profiles are highlight reels of our triumphs, full of warm fuzzy feelings and the photos that most closely resemble the curated look of the ubiquitous Instagram mommy blogger. We don't often share the truth about what lies beneath: a whole slew of mistakes from which we've learned, junk drawers we never clean, and epic meltdowns—both from our children and ourselves.

So I made a pact with myself that I would be honest. I would share the truth about my challenges, and when another mom was struggling, I wouldn't judge. I would only say, "I hear you."

Without being honest about the challenges we face, we can't truly overcome them. So let's agree to that. Let's agree to be honest, and to recognize we are all doing the best we can. None of us really know what we are doing, and maybe it's time we start sharing that truth. Motherhood, after all, is the ultimate *Fake It 'Til You Make It*.

Sarahy Ward is a Denver-based writer, mother, and creator of [themommanager.com](http://themommanager.com) blog.

## ESSAY

## Lilah's first haircut

Why it made me  
a different mom

BY BRITTANY FARB GRUBER

Our daughter Lilah's first haircut happened much earlier than we expected.

Her "salon appointment" was scheduled at 6 a.m. the Friday following her four-month birthday. And my dreams of documenting each snip were made impossible as I was ordered to wait in a sterile white room with other nervous parents.

That first haircut would prove to be one of our worst memories as parents.

The months leading up to our daughter's arrival were relatively easy. I found out I was pregnant on our six-month wedding anniversary after only a couple of

months actively trying. My pregnancy was so uneventful I had to exaggerate my morning sickness symptoms (barely any) and my weight gain (a whopping 15 pounds) in an attempt to bond with fellow miserable mamas-to-be.

My labor story was just as boring: a day after my due date and just 20 minutes of pushing, Dan and I met our baby girl.

Sleep deprivation and roller coaster emotions were unpleasant realities for me, but my new family of three made these easier to power



"My perfect daughter was now at high risk of having permanent brain damage, developmental delays and other lifelong side effects."

PHOTO BY BELLA DARY PHOTOGRAPHY

through. I was consumed with my perfect daughter and focused on my dreams for her future.

### Reality hits

A week before Lilah's four-month pediatrician's appointment, Dan announced plans to take off work to join me. I didn't think to question him at the time and welcomed the extra pair of hands, but later questioned why he decided to attend this appointment.

"I had a feeling something wasn't right," he recently told me. "But I didn't want to alarm you, plus my premonitions aren't exactly always correct."

After all, Dan had spent the weeks leading up to the highly anticipated gender reveal talking to his future son in my growing belly. When we found out the mystery baby was a girl, Dan was stunned.

I felt a moment of guilt when I realized his dream of throwing a football around

with his little boy was going to have to wait. Also convinced the baby was a boy, I admit feeling relief when I realized my first foray into parenthood would be filled with pink dresses instead of dirt stains and soccer balls.

After that, we spent our weekends combing through books of baby girl names and shopping for her nursery. One of our favorite purchases was a baby book of firsts. I was especially

CONTINUED ON PAGE 26





# Profile

# Watch out, universe – here comes Julie Sage

At 14, the aspiring astrophysicist has already made her mark

BY MELANIE PLENDA

**F**ourteen-year-old Julie Seven Sage of Nashua has been given an awesome responsibility for someone so young.

She has been tasked with protecting something precious. You could call it a light. As hard as it is to guard this light, she dutifully does her job. She lathers its belly with a steady diet of study, knowledge and passion. She lets it out to stretch its rays into deep, dark corners of the universe where answers await discovery. She protects it like a tiger with her cub from those who wish to see it extinguished.

All of this comes with a price, but this light — her love for and understanding beyond her years of science — is worth it. Because the more she nurtures this light, the brighter and more powerful it becomes, until one day it just might, just maybe, do nothing less than save the world.

That's not far-fetched given what she's already accomplished. Her experiments won a spot on NASA sounding rockets, not once but twice; she won the Mars Generation's 21 Under 21 Innovators in STEAM and Space Advocacy Award; she's working at the MIT Media Lab to build a CubeSat for climate science; she won the Discovery Education 3M Young Scientist Challenge for her Sage Survival System invention; and she runs her own web-based science news program.

"Science can do almost anything," she wrote in her original comic *Eatron*, featuring the eponymous superhero scientist, which won second place in the middle school division of the National Science Foundation's Generation Nano: Superheroes Inspired by Science comic contest. "But it takes the person to make something of it."

"Watch out world," she wrote, "Eatron has landed."

## SCIENCE FROM THE START

There isn't a time that Julie remembers not loving science. "Really I don't know when the first time it was that I got interested in science; I've just *always* been interested

in science since I was born," Julie said, with the emphasis another teenager might apply to a favorite boy band. "Really what spoke to me was the mysteriousness of it all. There's so much that we don't know and I want to discover so much and also I just find it super cool. I find science cool in general, but I just have a pull towards it. I just love it so much."

She read her first book on her own at age 3, although she'd shown signs even earlier than that, said Sage's mom Christina, a mechanical engineer by profession.

"Even before she turned 1, you could see her with her finger, following the writing, so she knew it was significant," Christina Sage said, and jokes. "My husband [Daniel Sage] and I were like, 'Oh, boy. We're in trouble.'"

Christina said Julie was a voracious reader, which led to daily walks to the library with her dad to satisfy her appetite. She really loved all books, but when she discovered space books, it was different.

"Oh my gosh, when she found space — forget it!" Christina said. "Her eyes were so wide open. ... She was just soaking it up."

She soaked up so much that, as her mom tells it, Julie at age 5 noticed an error in one of her books on the solar system. The book said the sun was made of gas. Julie begged to differ — it's made of plasma (and she's right). Christina said Julie would not leave it alone until her mother agreed to write the company asking them to fix it.

"One of the editors responded," Christina said, laughing with great pride at the memory, "and they said, 'thank you very much for catching that. Yes, we do know that the sun is made of plasma, however the audience that they were going toward doesn't quite understand that yet.'"

But Julie did.

"They said, 'you want to come work for us?'" Christina said.

But it wasn't until the wise old age of 6 that Julie landed on what her exact scientific path would be. As she recalls it, she was sitting with her dad, whose full-time job she said is "taking care of me."

With some finality, she announced to him that she knew

“...even if people are telling you that you can't, but you really want to and you believe you can, and you know you can do it, then do the work.”

— Julie Sage



Julie is shown here at Makalt Labs in Nashua using a laser cutter to cut her network logo out of plastic. PHOTO COURTESY OF KENDAL BIER

stages: tweens &amp; teens

BY JULIE WENGER WATSON

## Melanie Gillman hopes graphic novels promote understanding

**G**rowing up, cartoonist Melanie Gillman didn't often see themselves "reflected in literature." According to Gillman, LGBT writers just weren't getting book deals back then.

"I can't think of a single example of a book that I had as a child that represented a queer or trans person," Gillman reveals.

When Gillman discovered the Internet world of webcomics, not only had they found an enjoyable pastime, they'd found a cause.

"Webcomics got me really excited about reading comics," Gillman explains. "Online, no one can stop you from putting out the work you want to put out and telling the stories you want to tell. It was really when I saw those other queer people, in particular, putting out webcomics that something clicked like, 'If other people are doing this, I could do this, too.'"

For Gillman, comics' combination of art and text is the perfect medium for conveying a story.

"One of the things that really gave me a lot of love for comics initially, and to this day, is that on a visual level with a comic, you're seeing the world



AWARD-WINNING GRAPHIC NOVELIST MELANIE GILLMAN WANTS LOST READERS TO FIND STORIES THAT REFLECT THEM AND THAT HELP OTHERS UNDERSTAND THEM. PHOTO CREDIT: ADAM MURPHY

drawn through a particular person's perspective, and you're seeing the way they're drawing their own community around them," Gillman says. "Approaching comics for me as a queer person, drawing primarily stories about other queer people and other trans people was a chance to communicate the love that I have for my own community, and the way I see the people around me, and the people that I love. You can't quite do that in the same way in a novel."

Gillman, who holds a Master

of Fine Arts from the Center for Cartoon Studies in Hartford, Vermont, describes themselves as a "queer cartoonist." They were awarded a Tulsa Artist Fellowship (TAF) in 2017. TAF provides housing, a workspace and a stipend to allow visual and literary artists to pursue their crafts. Gillman is working on Volume Two of their popular webcomic *As the Crow Flies*. The comic follows Charlie, a queer 13-year-old girl who finds herself at an all-white Christian youth backpacking camp. Volume One was

nominated for the State of Cartoonist Studio Prize (2012), an Eisner Award (2014), and an Ignatz (2016), and won a Gold Medal from the Society of Illustrators (2016.)

"I'm also working on a separate book, which is going to be an LGBT Western book, also a graphic novel. It's going to be in the same color pencil," Gillman says. "This one is a romance, so I tend to think of it for a little bit older audience than *As the Crow Flies*."

Gillman is glad their work reflects an often under- or misrep-



continued next page



## BECOMING JENNIE

For everything multiple sclerosis has taken from this mom, it's also given back.

By Lissa Carlson

**I**t's 7 a.m. on a Saturday, and Jennie Melde's alarm is ringing. Her husband, Jeremy, probably hoping for another half hour of sleep, groggily asks, "Why is your alarm going off?"

"It's just my 12-hour reminder that I have MS," she says brightly, and they laugh.

Every day at 7 a.m. and 7 p.m., Melde takes a pill to help with mobility. "It's a daily reminder that you have something going on," she says.

It's been five years since Melde first learned she had multiple sclerosis. She'd had some odd health issues, including a bout of vertigo in 2008 that left her temporarily deaf in one ear and off of work for six weeks. And there was the leg numbness between pregnancies of her two boys, Ethan, 15, and Tanner, 12. But it was arm numbness in late 2012 that

finally brought the disease to light. She figured it was carpal tunnel, but when she mentioned some back and neck pain, too, her doctor suggested an MRI.

"I don't think this is carpal tunnel," her doctor told her, handing over a brochure about it and another on MS and telling her to read up over the weekend. By the time her MRI appointment rolled around on Monday, she'd already self-diagnosed for MS. The MRI confirmed Melde had the telltale lesions and scar tissue indicative of nerve damage caused by MS.

MS is an autoimmune disease of the central nervous system. The body attacks the myelin that covers each of our nerves. "I tell people it's kind of like a wire that's covered in plastic coating," she says. "MS eats the coating, or myelin,

off of your nerves. So if you have damage to the myelin, it can damage the nerve, depending on how long it's been exposed."

Melde's knowledge of her disease doesn't extend much further than that. "I'll be honest: I read just enough to be dangerous," she says. "I don't do a lot of my own research because I can't live in this world of scariness and dread. I need to live for who I am in this moment."

Once she was diagnosed, doctors quickly got her on medication to prevent further damage to her nerves. Medication only prevents further damage; it cannot repair it. MS is currently incurable.

Melde was no stranger to special needs when her diagnosis came down the pike. In one of those turns of fate that leave many of us grumbling how life



## Wage Up OKC

How Eighth Graders Are Raising Minimum Wage in OKC

BY ERIN PAGE PHOTOS CONTRIBUTED

When Haley, Kate and Sarah\* began eighth grade at Westminister School in the fall of 2017, the term "living wage" wasn't in their vocabulary. They didn't know how poverty and homelessness affected their community. They never dreamed by the time they entered high school this fall, they would be leading a city-wide initiative to increase minimum wage and the opportunities afforded those living in poverty.

Westminister launched its community service initiative two years ago, with each grade studying a different societal issue. The 44 students in the 2017-2018 eighth grade class were assigned poverty. They learned from community organizations combating homelessness, studied poverty in their classes through novels, poetry and research and participated in a "poverty simulation" in which they struggled with issues like finding childcare and paying for groceries.

"This isn't to make them feel bad for being privileged but rather to understand real-life problems," said Emmeery Freije, Westminister director of communications. "They have learned to empathize with others and think critically about the role they play in society."

The students were perhaps most affected by a presentation by Raaya Forgotson of the Homeless Alliance's Curbside Chronicle, a magazine employing individuals

transitioning out of homelessness, who explained that to be "housing stable," or afford housing, an individual would need to make at least \$12 an hour, compared to Oklahoma's current \$7.25 minimum wage.

"It's not possible for people who make minimum wage to change anything about their life," said Haley. "They can't afford housing because of costs. It's an endless cycle."

Sarah was shocked to learn the most common person experiencing homelessness is a single white mother. Kate realized that a single mother working full-time for minimum wage would fall below the poverty line, unable to support herself and her children. Haley educated her own family, who'd also never heard of a living wage, about why it's important to her—and should be to them—to increase minimum wage in Oklahoma City.

## raising kids

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## Giving Thanks on Veteran's Day

SHOW APPRECIATION FOR THE VETS IN YOUR LIFE!

If you ask my husband about his time in Iraq, he'll be extremely modest about it. He'll say "I've only been deployed once," or "I was lucky enough to be on the base most of the time," or "Well, I'm not even in the military anymore."

These statements are true to him, and probably to others who have served in the military as well. But most of us are likely thinking to ourselves "ONLY once?" or "LUCKY enough?" or "not ANYMORE!"

What my husband won't mention, when asked about his time in the United States Marine Corps, is that during his "only" deployment I gave birth to our first child, a baby boy. He won't tell you that our son's birth was on page 10 of the New York Daily News the following day because ten years ago, people couldn't "facetime" major events, especially to deployed service members overseas, and so it was kind of a big deal. Thanks to the organization Freedom Cuts, we were lucky enough to be part of a rare broadcast which enabled my husband to witness the live birth of our first child, via camera screen, from a U.S. military base in a foreign, war-torn country.

He won't tell you that he missed almost my entire pregnancy, along with the first three months of our son's life, to serve his country. He



Baby Michael Ciarro at three months old, ready to meet his dad!

won't tell you he wasn't there to hold my hand through the scariest and most excruciating moments of childbirth; or that he missed the iconic trip home from the hospital, or baby's first checkup, first ounce, first feeding, first diaper change, first nap. Nor will he reveal that he missed my baby shower, my doctor's appointments, decorating the nursery, putting together baby furniture, and so many ups and downs associated with a first pregnancy — because he was

fighting for his country.

His modesty isn't because he lacks pride. He's enormously proud of himself. And of course, he should be. His modesty is due to the fact that there of thousands of families





## Street Kid to Foster Dad

BY HANNAH SCHMITT  
PHOTOS BY COLE IMAGERY

A lot of things make Peter Habyarimana unique. He's a single foster dad, for example, and he's traveled to 101 countries and every major city in the U.S. But what trumps them all is his unbelievable upbringing.

Habyarimana was born in Uganda in a level of poverty he said is hard to even explain.

"You wake up in the morning and you never know if there's going to be a meal for you that day," he said. "No one in your life has ever said you would amount to anything because it's a life of survival."

He went on to explain that because half of all the babies born in his village didn't live to their second birthday, his mother had a difficult time even getting attached to him as an infant.

Habyarimana said by the time he was 4 he realized the odds were stacked against him even more than he thought. He began to fear that if he didn't die of starvation, his abusive Dad might actually kill him. Around age 10, he decided he couldn't take it anymore and he fled 500 miles to the nearest city and became a street kid.

On the street, he stole to stay alive. One day, a man approached him and offered him food. That man approached him with food over and over again for a year.

"Then one day he came and asked me if I wanted to go to school," he said. "I thought, 'My own father would not feed me, why would you come here and offer for me to go to school?' But of course, he kept asking. And for the first time, someone saw me as a

# Adelaide's shot

BY JERRY DAWICH  
PHOTOS BY THOMAS KUBIK

**M**iguel Cervantes felt numb. He had just finished his third, and most critical, audition in New York City for "Hamilton: An American Musical," the most popular Broadway show of our time. He left it all on that audition stage. Everyone within earshot stopped what they were doing to watch or listen. It was that powerful.

Cervantes understood it was his once-in-a-lifetime shot to portray the hit musical's lead character, Alexander Hamilton, in the upcoming Chicago show. It could take him from relative obscurity to realized dream. Still, he had one unshakable thought on his mind.

It wasn't the daunting amount of musical lyrics he had to memorize, written by Lin-Manuel Miranda, the show's brilliant creator who was on hand for the audition.

Nor was it the rhythmic-and-step choreography or the instructions to portray Hamilton as an "arrogant, ambitious hothead, a man possessed, Enraged meets Sweeney Todd."

Instead, his thoughts focused on his baby daughter who had just been hospitalized with an unknown ailment. And an unknown future.

Cervantes exited the stage, sat down and cried.

"I went into that audition as though it was the most important thing in my life, but clearly it wasn't," Cervantes recalls. "My heart was with Adelaide. I had to go be with her."

When the baby was born, her mom, Kelly Cervantes, remembers the nurses mentioning "that Adelaide was a little floppy."

By 3 months old, it was "abundantly clear" that Adelaide was not developing on schedule. Unlike her brother, Jackson, now 5, she kept missing typical milestones. Doctors ordered a barrage of neurological tests.

"Every test came back normal," Kelly says.

At 7 months old, Adelaide suffered her first seizure. "Her face went limp on one side," Miguel recalls.

At 9 months old, Adelaide was diagnosed with epilepsy, confirmed later as a severe, incurable form known as Infantile Spasms. It's a rare epilepsy syndrome that can have profoundly negative long-term consequences including severe developmental and cognitive delays.

"We had never heard of it," says Kelly, who was living in New Jersey and commuting into New York City.

When Miguel was chosen to be Hamilton, the young family relocated to Chicago. As Miguel prepared to portray

"Hamilton" star and his wife focus on hope while raising awareness for epilepsy



the reemerging Founding Father, he struggled as a fledgling father to a baby with very special needs.

The couple underwent a crash course in epilepsy, a condition still underestimated, underfunded and, for most Americans, entirely misunderstood. Infantile Spasms, or I.S., was even more mysterious and frightening.

"All we were given were a lot of maybes and could be's," Kelly says.

"Doctors could only tell us, 'Hmmm... that's interesting,'" Miguel adds.

They learned that one in 26 Americans will develop epilepsy in their lifetime, with 150,000 new cases every year. And the most catastrophic cases occur in children, with long-term consequences regarding the complex neurological jangle of the brain.

"Miguel and Kelly are facing many unknowns, which can be disappointing," says Laura



LOVING

+

LETTING GO

FAMILIES AROUND SOUTHEAST MICHIGAN OPEN THEIR HOMES TO CHILDREN IN THEIR TIME OF GREATEST NEED – SELFLESSLY AND, OFTEN, SILENTLY. IN HONOR OF NATIONAL FOSTER CARE MONTH, WE TALK TO THREE OF THEM WHO’VE EXPERIENCED THIS PROCESS OF POURING OUT THEIR HEARTS FOR OUR STATE’S MOST VULNERABLE YOUNG RESIDENTS – AND THEN SAYING GOODBYE. ▶

BY JENNIFER LOVY





No long do you need to look, laugh, and wonder the Big Apple Circus is here for you. *—Grandma the Clown*  
by Mark van der Meer at the end of the show.

## The Big Top is Back »

After filing for bankruptcy, the Big Apple Circus returns—under new ownership—to Lincoln Center, with Nik Wallenda and Grandma the Clown as headliners. *By Katelin Walling*

**G**ood...good...good...good...good...good...  
Grandma the Clown and I stopped talking mid-conversation—and I held my breath—as we gazed at the high wire in the Big Apple Circus tent. Nik Wallenda and his troupe were practicing the Wallenda Seven Person Pyramid during the last week of rehearsals before the circus officially opened, and I had a front row seat. Other than the hum of the fans running to inflate the safety air mattress in the ring, all I could hear was the mid-walk check-in from the high wire walkers—and it's no different in performances. When I saw the full show during opening weekend, even the babies and toddlers in the audience seemed to realize that something dangerous and awesome was going on 40 feet in the air and didn't make a sound.

If the Wallenda name isn't familiar to you, it will be once you see the Big Apple Circus this winter. Nik Wallenda, a seventh-generation member of the legendary Wallenda family, is headlining the 40th anniversary season of the Big Apple Circus with Barry Lubin, aka Grandma the Clown, who is appearing in her 26th season with the Circus.

### 'The Big Apple Circus is Bigger and Better Than Ever'

I know what you're thinking. Didn't the Big Apple Circus file for bankruptcy last year? You're right, it did. And that's when Neil Kabanovitz, its chairman, stepped in. "I put together a group of people who wanted to keep the Big Apple Circus alive and in New York City," he says. That group, Big Top Works, acquired the circus nearly a year ago.

Kabanovitz—a spinal surgeon who took a five-year leave of absence from medical school in his 20s to be a circus performer—had compelling reasons to save the Big Apple Circus. "It's one of the shining stars of the unique culture in New York City. You have Lincoln Center, which is the premier performing arts center in the United States, and right there for almost three months during the holiday season, you have what is now the pre-eminent circus in America," he says. "And for decades and generations, people have grown used to bringing their kids and now grandchildren to see the Big Apple Circus, so it's really part of New York's cultural history."

Typically the creative team (including the director, choreographer, lighting designer, set designer, and musical supervisor) starts to plan the season almost two years in advance. "This year, because we didn't know if we were going to be able to buy the circus, we jammed almost two years of activity from a production standpoint into six months," Kabanovitz says. "It's been very hectic and...it's certainly paid off."

Once the performers were confirmed—this year's show has high-wire walkers, acrobats, clowns, contortionists, and puppies and ponies, among others—the team figured out the run of show with the aim of keeping audience members of all ages captivated. "Pardon the pun, but it's really a juggling act of putting the acts in the right order so that it flows and continues to build throughout the first act and into the second act," Kabanovitz says.

After the circus completes its almost three-month run in Manhattan, it will travel to Atlanta, GA; Washington, D.C.; Boston, MA; Baltimore, MD; and possibly a few more cities, taking the tour through July. Kabanovitz's goal? "That people realize that the Big Apple Circus is bigger and better than ever, that the acts are the best in the world and are all gathered in an incredible production setting that has been developed by New York and Broadway's finest production teams."

### The Ultimate Balancing Act

With circus performing in his blood, Wallenda first began walking on the wire as a toddler. "I was about 18 months old...we were in California on a show called Circus Vargas, which is still running to this day, and I was walking up the tent line as my mom was helping me," he recalls. By age 2, he was performing in the ring as a clown. As a young teen, the high wire beckoned again—"15 years old was my first performance up on a wire," he says.

Growing up in the circus was "an amazing life," Wallenda says. His mother home-schooled him while they were on the road, and his field trips were to cultural mecca such as the Smithsonian and Gettysburg. "Wherever we were, we got to see history face to face," he recalls. When the family was not touring, Wallenda attended private school.

"It was a pretty awesome life for sure, to have a close family like that and to be able to see the world," he says. "It's an experience that most children don't get."

Balancing his family life with performing is challenging for Wallenda, especially when walking on a wire across Niagara Falls and the Grand Canyon—huge TV productions that came with a lot of media, a lot of training, and a lot of focus, he says. "The truth is, I went out and did those things because my passion was always performing under a big top," he adds. "The idea was to go out and do those giant productions to raise attention and raise awareness of what happens [in the tent]." Though Wallenda completed those and other amazing feats (he holds six Guinness World Records for nighttime walking), he says the accomplishment he's most proud of is raising his three children.

While none of Wallenda's kids have expressed interest in becoming the eighth generation of circus performers, his 15-year-old daughter is following in his footsteps as a home-schooler traveling with her parents and the Big Apple Circus. Wallenda also has two sons, a 19-year-old who enrolled in the Marines, and a 16-year-old who is back home in Saratoga, VT, playing high school football.

As for why Wallenda and his wife, Evendrea, who also performs in the show, decided to join the Big Apple Circus this season? "We saw it as a great opportunity...We saw it as 'hey, our industry needs a shot in the arm and this is a great opportunity with new leaders, new owners, to go out there and show the United States that the circus industry is still strong and going strong and will continue on,'" he says. "This is the premier circus, without question, in the U.S., so we saw it as a great opportunity to come back to the industry that we love and be a part of reinvigorating it. I think as a whole this team can do great wonders for our industry and for our passion."

### Clewing Full Circle

Barry Lubin (Grandma the Clown), on the other hand, "never intended to go into the circus," he says. "Well, I never went back because during that year off, I auditioned for [Ringling Brothers and Barnum & Bailey] Clown College and just got drawn to this. I ended up going to Clown College instead of finishing my senior year, and was offered contracts with the now-defunct Ringling Brothers and Barnum & Bailey Circus, and it just kept snowballing."

"The stress level was so unbelievable that I changed majors and changed majors and after three years, I wanted to take a year off to figure it out," he says. "Well, I never went back because during that year off, I auditioned for [Ringling Brothers and Barnum & Bailey] Clown College and just got drawn to this. I ended up going to Clown College instead of finishing my senior year, and was offered contracts with the now-defunct Ringling Brothers and Barnum & Bailey Circus, and it just kept snowballing."

continued on next page



Grandma the Clown, performed by Barry Lubin, is back for a 26th season with the Big Apple Circus.



## **Q&A Interview**

## → A PARENT YOU KNOW

## JEN BARNEY

Edited by Lissa Carlson



## About

AGE: 33 / MARRIED: Brian Barney, 5 years

CHILD: Millie, 1, and a foster child / JOB TITLE: Owner, Meringue Bakery



COURTESY: JEN BARNEY

What a difference a year makes. Last March, Jen Barney received what she describes as a totally random phone call from a representative of the Food Network inviting her to apply to compete on one of their shows. Less than a year later, she's \$50,000 richer and the champion of their "Holiday Baking Championship." Getting there wasn't nearly as easy as it sounds, though.

Barney grew up in Stanley, a small town 25 miles east of Chippewa Falls. One of eight children, she says she "had a fantastic childhood." Her parents opened their home to countless foster children, worked hard, and still give everything they have to their children, she says.

After three years as a corrections officer in all-male prisons, Barney started her professional career as a pastry chef 10 years ago in the Twin Cities, then moved to Albuquerque, New Mexico, training under other talented chefs. In 2012, she would relocate to the Coulee Region and soon become the executive pastry chef for the Waterfront Restaurant and Tavern. By 2015, she would launch her own bakery

in Stoddard from the walk-out basement of her home with the support of her husband, Brian. Essentially, she'd like a brick-and-mortar storefront, but they wanted to start a family and be able to foster children. "This bakery, as it is structured now, gives me a flexible schedule so I can take care of my family," Barney says.

Barney attributes her unshakable grace under pressure to her time as a corrections officer in her early 20s, as well as being an active foster parent and mother to a feisty daughter. "In the restaurant industry, I have witnessed a lot of hot-headed, stressed-out chefs crack under the pressure," she says. "I always say that my years in corrections helped me learn to stay calm in a crisis."

## TELL US A BIT ABOUT YOUR FAMILY.

We love the Coulee Region, and Brian and I want to instill that same passion for our area into our children. Our family enjoys going for walks at Goose Island, Riverside Park, and the Hixon Trails. When Millie is older, we intend to get her involved in Grow La Crosse, a non-profit that connects kids with plants, nature, and farm life.

## HOW DID YOU WIND UP AS A CONTESTANT ON FOOD NETWORK'S "HOLIDAY BAKING CHAMPIONSHIP"?

I would have never in a million years thought to apply for a show [until I was invited by the Food Network]. I still had to go through the full application process, which felt at times like a part-time job. Once, I had to make three separate desserts, decorate them, and show them to Food Network's producers over a televised interview, just as I would if I were in front of the judges. It was not enough to be a great baker; the show chooses people on their history, heritage, and personality.

It was exciting and fun to be able to dream big. It was stressful because I was given the green light only three weeks before I needed to leave for the show. With a family and a business to leave behind, it was hard to plan everything out in such a short time.

## WHERE WAS THE SHOW FILMED, AND WHAT ARRANGEMENTS DID YOU HAVE TO MAKE FOR YOUR FAMILY?

The show was filmed in New Orleans in June over two and a half weeks. It was really hard to plan who would watch our



HEALTH | By Anna Futral

## Life with PKU During the Holiday Season: One Woman's Journey

One of the first unpleasant experiences newborns suffer the day after they are born is the heel sticks for blood to test for several diseases.

This is how Jennifer Mazorra, 36, of Naples was diagnosed with phenylketonuria (PKU), a rare brain-threatening genetic disease. PKU prohibits the body from breaking down an amino acid (Phe) found in all natural protein and, if not managed, can lead to neurological damage and intellectual impairment. Because of the risks and the fact that the diagnosis requires strict adherence to a protein-free diet, Jennifer not only had to avoid meat, fish, eggs, nuts, and dairy her entire life, but she also had to avoid having her own child.

In 2014, Jennifer started a clinical trial for Palynox (a drug that was approved by the FDA this year). The treatment has been a success, and her body is now able to break down Phe, allowing her to safely eat food containing protein and get pregnant.

This year, her son Sebastian (who turned one in September) will be experiencing solid holiday foods for the first time, and will share with his mom all of the traditional holiday foods she had to avoid as a child growing up with PKU.

Jennifer shared her unique story with Neapolitan Family. Growing up with PKU definitely had its ups and downs. In my younger, school-aged years, it didn't seem like a big deal. I really didn't know any differently. In those early years, the stress and burden fell mostly to my parents. The medical foods and formulas were very expensive, and the diet was incredibly restrictive. My mom felt immense pressure knowing that every morsel of food that went into my mouth would ultimately impact my cognitive function, emotional function, and IQ. That's a lot of pressure for a mom.

I became acutely aware of PKU and its limitations during birthday parties, holidays, and other celebrations that often center around food. The biggest challenges were in high school. I re-

luffed for a period of time, which is all too common, from what I have learned from my fellow "PKU-ers."

Later on, in my college years, Gabe (my now husband) encouraged me to get control of my diet so I could operate at my best. Even when I started the drug study, I had only moderate control of the diet, but was still able to function at a high level.

**How have you expanded your diet now that your body can break down Phe?** The diet is still a learning process for me. I was talking a friend yesterday that I still have to work to understand my ways of thinking about food. I am still changing my relationship with food. I love to cook, and now, I'm able to eat whole, nutritious foods. Our family eats a primarily plant-based diet. It has been a joy to incorporate foods like kale, oatmeal, nuts and nut butters, all the vegetables I want, and grains, all of which I wasn't able to do before. I'm able to experiment with new recipes! I have to keep adjusting to consider healthy protein sources, and I continue to work on reducing sugar intake. As a child, my mom would feed me fruit roll ups and juice before a meal to fill me up (these are Phe-free foods) so that I wouldn't be hungry, and still stay in my allotted 500 mg of Phe per day. I also still experience guilt when eating high-Phe foods. I am working on eating those ideas of "cheating," as well as the habits I formed growing up.

**Describe your experience while pregnant. Were you able to fulfill various cravings during your pregnancy?** Pregnancy was by far the most challenging thing I have ever done, though I did not experience any cravings for food. I was very ill and nauseous the whole time. My diet was so rigorous, and I was anxious most of the time about the well-being of my baby based on what I was consuming.

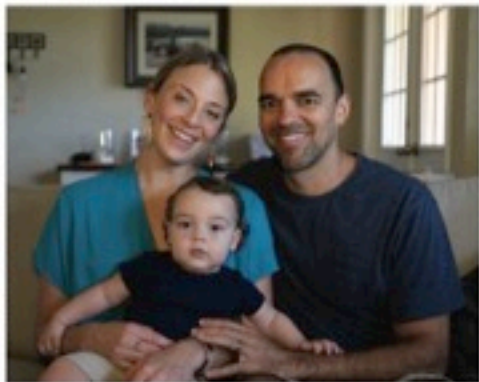
**Throughout my early years, I stuck to a very rigid diet. However, I never had levels [of Phe] in the most acceptable 2-6 range. Because of this, I was skeptical I could achieve low levels in pregnancy. The latest research has shown that PKU women should**

**complete a pre-conception period whereby they adhere to the strict diet, monitor regular levels, and work to achieve the proper range. During this three-month time, I found that I had to weigh everything I ate, which I had never done in the past.**

**What has it been like starting to feed your son solid foods?** We did genetic testing prior to Sebastian's birth, and because we found that Gabe is not a PKU carrier, Sebastian would not be born with PKU. Both parents must be carriers in order for a baby to be born with PKU. (Sebastian is a carrier, though.)

**It has been such a joy feeding Sebastian!** As I mentioned, I love food, cooking, and creating healthy, well-balanced meals for the family. He loves eating black bean pasta with coconut oil, homemade nut but, papaya, bananas, mango, peaches, and berries. He is a bit picky about vegetables, and so I sneak greens into smoothies whenever I can.

**How is your life different than it was a few years ago?** My life is so full and rich now. I feel so much better since starting Palynox because I've been able to get my [Phe] levels down to a normal range. Prior to treatment, I struggled with anxiety, fatigue, and brain fog. Now, I do not. For some reason, I don't respond to a high dose of the drug. I consume about 50 grams of protein



Above: Jennifer and Gabe Mazorra with their son, Sebastian. Photo by Stacy Mahlon

## What is Phenylketonuria?

Phenylketonuria (PKU) is a rare condition in which a baby is born without the ability to properly break down an amino acid called phenylalanine.

### Causes

PKU is inherited, which means it is passed down through families. Both parents must pass on a nonworking copy of the gene in order for a baby to have the condition.

### Symptoms (if untreated)

- Delayed mental and social skills
- Head size much smaller than normal
- Hyperactivity
- Jerking movements of the arms or legs
- Mental disability
- Seizures
- Skin rashes
- Tremors

If PKU is untreated, or if foods containing phenylalanine are eaten, the breath, skin, ear wax, and urine may have a "mousy" or "musty" odor. This odor is due to a buildup of phenylalanine substances in the body.

### Diagnosis

PKU can be easily detected with a simple blood test. All states in the United States require a PKU screening test for all newborns as part of the newborn screening panel. The test is generally done by taking a few drops of blood from the baby before the baby leaves the hospital.

### Treatment

PKU is a treatable disease. Treatment involves a diet that is very low in phenylalanine, particularly when the child is growing. The diet must be strictly followed. This requires close supervision by a registered dietician or doctor, and cooperation of the parent and child. Those who continue the diet into adulthood have better physical and mental health than those who don't stay on it. "Diet for life" has become the standard most experts recommend.

Women who have PKU need to follow the diet before conception and throughout pregnancy. There are large amounts of phenylalanine in milk, eggs, and other common foods. The artificial sweetener NutraSweet (aspartame) also contains phenylalanine. Any products containing aspartame should be avoided. There are several special formulas made for infants with PKU. Older children and adults use a different formula that provides protein in the amounts they need. People with PKU need to take formula every day for their entire life.

### Outlook

The outcome is expected to be very good if the diet is closely followed, starting shortly after the child's birth. If treatment is delayed or the condition remains untreated, brain damage will occur. School functioning may be mildly impaired. If proteins containing phenylalanine are not avoided, PKU can lead to mental disability by the end of the first year of life.

Source: University of Florida Health

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a day through food, which is an improvement from my previous allotment of 6 grams of protein per day. I still take the formula twice a day, but the dosage is much less than I used to take growing up. I probably will always have to take it. I will ultimately have to take the drug forever if I want to continue a semi-normal diet. And after the extension study is complete, I will go through the process of insurance approval, which may be difficult because the drug is so costly.

**What foods did you feel you missed out on during Thanksgiving as a child?** Everything! My mom always tried to make it special and create modifications that were like the regular food. Although, I always wanted to be able to eat pumpkin pie or apple pie, but I could only eat a little of the apple filling from the pie. I also always wanted to eat mashed potatoes and gravy. I was never able to eat the good turkey gravy.

**What are you looking forward to enjoying at Thanksgiving this year?** We're planning to spend Thanksgiving dinner with my husband's family. My husband is Cuban, and his family makes delicious rice and black beans. Some of my favorite foods I now get to eat include the panpernikel bread that accompanies spinach dip. I am excited for us to eat mashed potatoes together, too! 🍠

## → A PARENT YOU KNOW

Editing by Lissa Carlson

## ANA AND ANDREW SKEMP



## About

AGE: Both 40 / Married: 16 years

CHILDREN: Audrey, 11; Owen, 9; Josiah, 7; Luka, 16 months

JOB TITLE: Ana: full-time on our farm, Deep Roots Community Farm  
Andrew: Instructor, Western Technical College, Communication Skills Department

While Andrew grew up on his family's farm just down the road from their current farm, Ana grew up in La Crosse and spent all her free time up at the horse barn. The two would pursue their bachelor's degrees separately. Ana in biology at Virginia, Andrew in English Lit and Spanish at the University of Minnesota, before teaming up for graduate school at the University of Arizona-Tucson.

"I studied animal behavior, particularly cognition, and worked with spiders, bees, and praying mantises," Ana says. "I still love spiders and our kids are able to identify most of the common ones in our area."

Although Arizona was enjoyable, they missed family and the beauty of our area. "Every time we visited La Crosse from Arizona, it got harder and harder to leave," Ana says. "We realized it was time to move back."

Ana worked as an elementary school teacher while Andrew finished his

education degree and taught part-time at UW-L, Viterbo, and Western. After teaching high school English for a year, he accepted a full-time-teaching position at WTC the day after their daughter Audrey was born.

**ANA, TELL US BRIEFLY ABOUT YOUR FAMILY. HOW DO YOU ENJOY SPENDING FAMILY TIME TOGETHER?**

Some favorite activities include hiking, farm projects, horseback riding, camping, gardening, harvesting wild edibles, looking for fossils, or having evening fires. We also love to make things together and commonly have art, cooking, sewing, foot-building, spoon-carving, etc. activities in the mix. We want our kids to believe that they either already have or can acquire the skills they need to do most anything. Some of the specific projects we've explored as a family over the years include making lefse, homemade yogurt, and elderberry syrup; canning tomatoes; learning how

to knit and use the sewing machine; learning how to code; and learning how to safely use tools for woodworking projects.

**TELL US ABOUT THE FARM, ITS HISTORY, THE ANIMALS YOU MAINTAIN, THE PROGRAMS YOU PROVIDE.**

Our farm has been in Andrew's family since the 1940s. We built a business plan around the goal of my staying at home with our kids, and officially launched Deep Roots Community Farm a week after Audrey, our first child, was born. Andrew and I gave each other cows for Christmas that year. Those two girls, Daisy and Mabel, are still with the herd, which now consists of their daughters and great-great-granddaughters.

We grow a significant part of our food because we enjoy gardening and once you've tasted a tomato (beet, cucumber, cabbage, or anything, really) minutes off the plant or out of the soil, it's very hard to go back to the store-bought variety.

The educational programming came later, after we watched our own kids spend time in nature, interact with farm animals, and learn how to grow their own food, and we recognized the joy, satisfaction, and calm this brought to them. We both believe strongly that our role on this earth is to make connections, contribute to our community, and to give back to the world to the best of our abilities. We realized this was something significant we could offer back to our community, and a grant helped us launch summer educational programming on the farm.

As programming developed over the years, we helped found the nonprofit Grow La Crosse, whose mission is to connect children to healthy food and nature, and our programming in collaboration with them has expanded every year. This past year, hundreds of local kids were able to attend Summer on the Farm camps for free, where children engage in the real daily work of

# Diagnose and 'adios'

The current landscape of diagnosing and treating autism

BY TAMMY SCILEPPI

**I**s our current model of autism care outdated, and does it need reworking?

Turning a traditional and myopic viewpoint on its head, a radically different book challenges the cookie-cutter approach to treating this challenging disorder and re-works the politics of autism.

Since publishing her first research findings more than 30 years ago, distinguished autism scientist and developmental psychologist Bryna Siegel, PhD, has been an active researcher, devoting her career to finding answers and exploring current policies — some of which are problematic and don't address certain issues that families face long-term.

In her new book, *"The Politics of Autism"* (Oxford University Press, Sept. 3, 2018), she describes some of the challenges faced by our autism community.

Because she is mainly concerned with "the changing nature of what we call 'autism,'" she believes that it's time for us as a community who raises, diagnoses, and treats children with autism, to re-examine whether there are things we can do differently to achieve better outcomes.

"Our current model of professional and medical autism 'care,' is what I have come to call 'diagnose and adios.' Parents get the diagnosis of autism and are essentially on their own. They must turn to the experiences of other parents with children who may be quite different from their own, and to the web — where the truth can be quite vulnerable."

*Autism and autism spectrum disorders aren't one-size-fits-all, and Dr. Siegel spoke with Special Child about it and the fundamental changes in mindset and policy she believes this country needs.*

**Tammy Scileppi:** What would you like to tell our readers?

**Dr. Siegel:** Children and their parents need to know that what we are doing today is not enough and partly misguided because 90 percent of adults with autism are unemployed or under-employed. We need better ways to prepare children with autism for their futures. This means we need to do a better job preparing and guiding their parents and educating children.

In my work, I have come to describe au-



Bryna Siegel, PhD

tism as a collection of "autistic learning disabilities" and "autistic learning styles." This means each child's strengths and weaknesses and developmental trajectory needs to be understood by parents to know if their child is reaching his potential — and/or what else they might do to help more.

**TS:** What will parents learn from your book?

**DS:** Parents should read this book to understand what's in store — because, right now, there are few professionals out there to guide them through this journey. Parents of young children will learn that there will very likely be treatment needs beyond their child's years of intensive behavioral therapy. Parents of school-aged children will learn there will be a fork in the road where they can now begin to plan whether their child is one who needs them to save for college — or a special needs trust. Parents of teens need to realistically evaluate whether some sort of "supported" college experience — or some sort of vocational training that capitalizes on their teen's strengths and interests will most likely lead to a happy, employable, independent adult. Parents of adults (with 85 percent still residing with parents) need to grapple with the reality that their child will outlive them. They need to prepare their dependent adult with skills, and lobby

for development of good quality adult (assisted) living settings for autistic adults.

**TS:** Describe the politics you write about and what this landscape looks like.

**DS:** The politics have to do with the "ideas" of autism lobbying groups: There are the "autism awareness" folks — we are aware enough now. Time to focus on what to do about this. There are those who want one-on-one behavioral teaching all the time, and often pretend that this is the only effective method for teaching a child with autism — when it is not. There are the educational inclusion folks — who promote the idea that the best special education for autism is to not be in special education. The poor outcomes in adults with autism point to that approach as inadequate.

Then there are the snake-oil salesmen, like celebrity moms who assert having learned at the "University of Google" that vaccines cause autism — they do not! Finally, there are basic researchers looking at genes and gene expression in brain development — great and important work that needs to be done — but not really autism research, as none of it to date has helped a person or family living with autism, and no such help is on the near horizon.

**TS:** What are some real and immediate needs of those living with autism?

**DS:** We need revisions to education law (Individuals with Disabilities Education Act) that are responsive to present data that show low employability and low independence following an academic and non-vocational track in high school. For lower-functioning individuals we need to follow data that show that failure to achieve basic academic milestones like speaking in sentences or reading by early elementary school supports middle and high schools that emphasize self-help, leisure and independence skills, not academics.

Parents need doctors willing, and actually trained to give "bad news" about what a child is unlikely to be able to learn — as well as give "good news" about what can be learned — rather than claiming "we never know," when we do. This is like the paternalistic attitudes of cancer specialists in the mid-20th century who felt patients shouldn't be told if their cancer happened to be fatal.

**TS:** How does that specifically relate to New York City families?



# Untold stories

Book shines light on challenges of raising special-needs kids

BY TAMMY SCILEPPI

**I**t's about time someone wrote a humorous novel that shines a light on the plight of parents who are coping with unbearable stress and impossible challenges while raising their amazing, special-needs kids.

Washington Heights-based author Maxine Rosaler's just-released, must-read book — "Queen for a Day: A Novel in Stories" (Delphinium Books) — does just that.

In the book, Rosaler's own experience and her quest for answers as the mother of an autistic son are told from the perspective of her novel's heroine, New York City parent Mimi Slavitt, and her circle of funny but frustrated friends who are conflicted, complex characters all trying to stay emotionally afloat while raising children with special needs.

It "tackles with insight, energy, and New York City wit," according to Eliza Factor, author of "Strange Beauty," who says Rosaler is "compassionate and wonderfully unselfish in her portrayal of [Mimi and her friends'] fear and longing and isolation." Factor says the author is "really good at capturing the random bursts of connection so endemic to New York City street life, and her take on the Kafkaesque bureaucracy, otherwise known as the Department of Education, is hilarious."

Factor says she "loved this book and recommend it highly, not only to parents dealing with autism, but to anyone who enjoys gritty, funny, heartbreaking, and ultimately affirming stories of modern family life."

## Surprising inspiration

In one episode of the strange 1950s game show "Queen for a Day," host Jack Bailey asks the all-female audience: "Would you like to be queen for a day?"

As the women applaud and cheer loudly, a super-long, top-of-the-line Chrysler Imperial appears onstage, waiting to whisk one lucky lady away for a day in movie land if she's crowned queen. The winning contestant enjoys additional perks, as well, like an entire wardrobe fit for a queen ... and a deluxe vacuum cleaner! But the signet-duper prizes are the ones that these wom-

en housewives were really hoping for in the event they were chosen to sit on the throne. They were modest requests by today's standards. Washers were a popular choice.

A mother of seven asked for a diaper service for her triplets, and another, a haggard-looking former waitress, only wished for a wheelchair and special exercise bike for her disabled son. But the smartest one of all told the host she could really use some time away. After all, she had been a caretaker her entire life. In the end, the mom with the special-needs boy won.

While all of these wives, mothers, and caretakers had devoted their entire lives to their families and sacrificed their own happiness and dreams for domestic bliss, there were perhaps some who dreamed of the day they could just walk away from it all.

After all, they never asked for this. Never expected that their lives would be so hard. It had all been thrust upon them and nobody asked.

There were times when Rosaler's heroine, Mimi, felt that way.

And it was that vintage TV show from a naive, bygone era of societally enforced domesticity, coupled with quiet discontent, that had been the surprising inspiration for the author's new novel. Rosaler's authentic stories examine imperfect women (not martyrs or saints) living mostly unkillable lives laced with overwhelming misery, fear, and isolation; parents who yearn for fun and freedom but can only enjoy fleeting moments of triumph and normalcy.

You can't blame these women from the '50s, for they neither had the insight nor self-awareness to understand how to change their lives for the better — had they been able to. Therefore, they accepted the cards they were dealt with what seems like a form of graciousness born of an unselfish nature. During that time, options for women were limited, and "finding happiness" wasn't considered a priority until the Women's Lib movement and the 'me' generation expanded the list of acceptable personal desires and goals. That's when people — both women and men — wanted more out of life.

"But now I told myself: 'Wake up, Mimi!

Is this how you want to be? Seeing misery in every grain of sand?'" Rosaler writes.

## Drawing from real life

Mimi was in denial when she found out her young son, Danny, had autism.

The author says getting support as her child was growing up was challenging as well.

"There were years when all I did from the moment I woke up to the moment I went to sleep, was work to get Benji the help to which the Individuals with Disabilities Act supposedly entitled him," she recalled.

So, how do moms and dads raising special-needs kids learn how to accept things as they are? And if they can't, what's the alternative? And, should parents put aside their happiness for the sake of their children?

The author, whose son Benji is now 28, opened up about her life and her family. She says "Queen for a Day" is the most important story she has ever told.

**Tammy Scileppi:** Why did you write this unique novel?

**Maxine Rosaler:** I was a writer before I became a mother, but for a long time after my son's diagnosis with autism, all I wrote were letters begging the Board of Education to help Benji, and various treatises and documents I created to support my efforts. When the air started to clear a little bit, I went back to writing fiction. Eventually, I decided to map out a collection of short stories based on my experiences being the mother of a child with autism.

**TS:** Tell NY Parenting readers about your son, his interests, and what he's been up to.

**MR:** Benji is, to a remarkable degree, the same person he has always been. Incredibly cheerful and inquisitive and a delight to be around. Of course, there have always been the things we wanted to "fix" about him — his impulsiveness, his lack of social awareness, his problems with organization — the list goes on. But I'm happy to say that as much as Piel and I have been trying so hard to fix Benji, we have never damaged his spirit. He remains indomitably himself.

Benji is a junior at City College, where he is majoring in chemistry. Through New York State's Self-Direction program, I am

REAL MOM OF OKC

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## Get to Know Nita French

BY ERIN PAGE, PHOTO PROVIDED



**When Nita French was pregnant with her first child 20 years ago, she received the worst news of her life. Her kidney function was declining and she was facing a life-threatening situation during what should have been a happy and exciting time. Although she'd been diabetic since childhood, she had no idea she'd eventually need a new kidney. After the birth of her oldest daughter, she waited another three years for a kidney and pancreas transplant.**

During those three years she faced the challenge of being in and out of hospitals, sick, fatigued, and experiencing the heartbreak of two organ donations that never came to fruition. But the third time was the charm and in 2001 she finally got the transplant and she's been healthy ever since. She's one of less than a dozen women who've successfully had three healthy pregnancies and deliveries following this kind of transplant.

That experience not only gave French the opportunity to live, but it eventually led her to a job as the community outreach coordinator for LifeShare Oklahoma, where

she gets to help save lives through educating people about organ donation. The non-profit federally designated organ procurement organization works with five Oklahoma transplant centers and 145 healthcare organizations around the state to facilitate organ, eye and tissue donation. In addition to managing public education and marketing campaigns, French travels the state to educate groups, individuals and tag agencies on organ donation, and audiences are typically shocked when their vibrant speaker announces she's alive today thanks to an organ donor.

French had volunteered for LifeShare for 14 years when she was overjoyed to be given the opportunity to return to a career after several years as a stay-at-home mom. French began working for LifeShare three years ago and feels there's no better way to pay her gift forward than to help save other lives. Although she often feels there aren't enough hours in the day to educate as many people as she'd like about organ donation, her true priority is making time for her family. French and her husband, Dennis, who works for the Federal Aviation Administration and is the 157th Communications Flight Commander for WGI Rogers Air National Guard, have four kids: Kayley Grace (19) is a student at the University of Oklahoma and Chryse (18), Channing (8) and Chandler (5), who are Norman Public School students. In addition

to French's focus on her career, she supports her husband in his career by serving as a Key Sponsor, connecting the families of Dennis's troops with resources and events.

*This inspiring mother of four shares how she balances being a mom, wife, community leader and non-profit executive.*

### What does a day managing your family of six entail?

Every morning I get up with Dennis to run. We have to fit in our workout time because my second chance at life has taught me that I have to take really good care of myself. My days start the night before as prepping for the next day is the only way we can make this family of six function. Dennis and I must prep for breakfast and we pack our lunches and the kids' lunches. We pick out clothing for the next day, pack gym bags and backpacks and put everything by the door. I don't have any extra time for last-minute hunts for things and since I am so far away from the kids while they are at school, I can't take them things they leave at home. I get the kids fed and dressed and we have to head out the door at 7:15 a.m. After everyone is dropped off, I make the 45-minute commute to LifeShare. I am in the office three days a week because I have so much on my plate and my schedule is flexible so I can speak to schools, medical professionals and businesses.

# real moms.



*mom next door /*

## TAYLOR TOMASI HILL

style muse to many,  
mom to one

INTERVIEW NICKOLE JORDAN  
PHOTOGRAPHY STEPHEN KARLICH

*Taylor Tomasi Hill's flaring red hair looks familiar. It's with good reason—fashion editors have been updating her no-holds-barred signature style across their magazines and blogs for years.*

*One of the original street style stars and a former fashion editor herself, the Dallas native was an industry name to know long before she took the helm of creative and women's fashion at Forty Five Ten.*

*"I found my true passion—discovering untapped, emerging talent—when I worked at *Teen* *Vogue*," she says. "I was the first editor that would walk trade shows to find the needle in the haystack."*

*Perhaps fated to work in the industry, Tomasi Hill grew up helping her parents write orders and inspect samples for their children's accessories line. After graduating from Pratt Institute with an industrial design degree, she scored an internship at *W* *Magazine*, and her love affair with fashion hit a fever pitch.*

*After departing from *Vogue*, Tomasi Hill, 38, spent time in New York at Marc Jacobs and Mink Company, where she transitioned from editorial to the business side of the industry.*



# Help Your Child Nail the Audition

An Interview With Young Artists of America at Strathmore's Sanz Brothers  
By Krista Kabanick



**W**e are lucky to be in an area with many wonderful public and private performing arts programs geared towards our talented, young community. Many of these programs hold auditions for participation several times throughout the year. This audition process is arguably a great learning opportunity for your child, focusing around competition, composure and discipline in their preparation. But it can also cause a lot of added stress. We sat down with Young Artists of America at Strathmore's

Producing Artistic Director and Music Director, Rolando and Kristofer Sanz, to discuss the best ways to help your child beat the nerves and nail their performing arts audition!

**Washington Parent:** Welcome, Rolando and Kristi! You both have the same last name. Coincidence?

**Rolando:** Ha! We're brothers.

**Kristi:** He's elder!

**Rolando:** Yes, but I'm younger at heart!

**Washington Parent:** Well, working with kids will do that to you. Tell us about Young Artists of

America at Strathmore and why you founded it.

**Rolando:** We grew up in Montgomery County and we've both been lucky enough to find success as professional musicians and educators. I'm an operatic tenor who tours internationally and Kristi serves as Music Director and Philharmonic Conductor of Maryland Classic Youth Orchestras and Winston Churchill High School. We credit our success to the high-caliber training and mentorships we were lucky to receive

at the collegiate level outside of the area.

**Kristi:** When we both settled back in the area to raise our families, we wanted to give back to our community and fill what we saw as an educational void for talented vocalists, actors, dancers and instrumental youth in the area. We dreamed of starting a program that would offer the same types of high-caliber learning opportunities that we had later in life. Thus, YAA, as everyone refers to it, was born.

**Washington Parent:** Well, congrats! We understand that

the program is now one of the region's premier training organizations for collaborative performing arts and was just named one of Catalogue for Philanthropy's "Best Nonprofits."

**Rolando:** Thank you! Yes, we're so proud of our extended YAA family. We welcome students from grades 5 to 12 to receive mentorship and individualized instruction from renowned artists, like Broadway greats Steven Schwartz, Kristen Chenoweth, Andrew Lipps and more, while training to perform fully-orchestrated works of music theater in major venues like Strathmore, The Clarke Smith Performing Arts Center at UMD and Maryland Public Television. We teach students from all over the region and abroad through our summer performing arts intensives, studio classes and performing ensembles.

**Washington Parent:** Wonderful! We know you held auditions for your performing ensembles in both orchestra and voice/acting. What can you tell our readers about the best way to prepare their young performers for an audition?

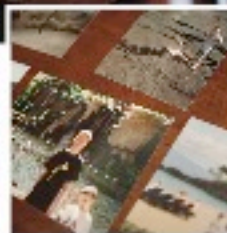
**Kristi:** The best way to prepare is to know the music so well that it comes to you like breathing. I recommend kids perform in front of their peers, teachers or



## A WORLDLY EDUCATION

Grosse Pointe social studies teacher and dad Rufus McGaugh recently reached a rare milestone: He's been to every country in the world. Metro Parent got his take on how travel is the best educator and why it's worth pursuing with your kids, too.

By Margaret Trimer-Mentley  
Photos by Lauren Antonaki



Being a teacher once got Rufus McGaugh out of a jam in Africa. The world traveler (and himself) in prison for "blowing up the Air Force of Zimbabwe" (he hadn't). His Brownell Middle School ID, however—proof he was a teacher, not a terrorist—ultimately secured his freedom. That's just one of his retired Grosse Pointe Public Schools social studies teacher's stories. He has heaps. After all, as of last May, McGaugh achieved a rare goal: He's visited all 192 countries that have been on the planet in 69 years' time (the last, Libya, was "the most dangerous," he says). And in his new book, *Longitude and Latitude, with Attitude—One Man's Quest to See the Entire World*, he chronicles his adventures from the Alps to the Azores, from Tajikistan to Timbuktu.

Neither of his parents graduated from high school. He didn't have much

money. So one he knew had traveled anywhere, let alone overseas.

His fifth-grade social studies class at a small Catholic school in Warren—and the textbook he read cover to cover on the first day—opened his eyes and captured his imagination. Going home alone from a hour of duty in Vietnam gave him an appreciation for how precious life is. He committed them to see and do everything. And so he did—on a swing, a prayer and a shoestring, collecting passport stamps and free airline "bait bags" (400 once covered his classroom walls) along the way.

In the 45 years McGaugh taught at Brownell, he never used a textbook. Instead, he used real-life stories, slideshows from his travels and the daily newspaper. Here McGaugh, a father of two sons who've traveled extensively too, shares some of the lessons he's learned—and travel tips for families.



## **Investigative Feature**



education

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BY BETTY CASEY

**teachers  
can't  
find the  
Nurturer in  
TPS's  
classroom  
management  
system**





## **News Feature**



## EXTRACURRICULAR

## The Encroachment

The Boy Scouts are admitting girls. What now?

By Jake Miller

For nearly 110 years, boys all across America have taken the Boy Scout Oath. Later this year, that will all change. In October 2017, the Boy Scouts of America (BSA) Board of Directors unanimously approved the admission of girls into its ranks. Beginning this year, girls will be able to enroll in the Cub Scout program; additionally, programming will be provided for older girls so that they can advance and seek the highest rank that of the prestigious Eagle Scout.

That leaves two lingering questions: Are the Boy Scouts admitting females simply to increase their membership by addressing a previously untapped 56 percent of the population? And will girls take the Boy Scout Oath?

### Bad blood?

According to the history-themed podcast *Radiohistory*, leaders of the Boy Scouts and the Girl Scouts of the USA back in 1919 over the usage of the term "scout." Though the case proved unsuccessful for the older, boy-based organization, it did offer the first over-sight at its all-female counterpart.

Twenty-one years later, third grader Margaret Mackay read the Boy Scouts of America for the right to become a Boy Scout. Time Magazine reports that Mackay "didn't understand why it was such a big

deal," especially when her two older brothers were Boy Scouts. Her parents seemed intent on having their two children involved at the same rate, so they enlisted her as a Cub Scout for several years "and she was hooked out by its official decree."

The BSA believes she was the first girl to enter its ranks, and after the 2017 vote to include females, she went by the list.

You'd think the decision would make Marger Goldstein (now her married name) a much happier camper, but so Time notes, the BSA doctor states that "Cub Scout Day will be single-gender even after girls are admitted in 2018."

### Local reaction

Gregg Sisco, of Shrews Township has plenty of experience as a Scout. She was a Cub Scout for four years, and then became involved again when her older boys needed Boy Scout leaders. She also led her god-daughter's BSA troop. She appreciates what "both organizations" do, helping them "learn new skills, be around other boys or girls their own age, and learn leadership."

Local Boy Scout leaders interviewed for this article recognize that there are plenty of questions moving forward. Bill, Matthew Adams, Scout Executive and

CEO of the Pennsylvania Dutch Council of the BSA, covering Lancaster and Lebanon counties, believes that the drive for young girls to enter the Boy Scouts is that many families "are looking for one-stop shopping at the same location." With parents' busy schedules, the change, he says, was "pragmatic down."

**"Why break this tradition? My son is proud to have been a Boy Scout like his grandfather, and my daughter is proud to be a Girl Scout like her mother and grandmother."**

The view is shared by Ron Gardner, Scout Executive and CEO of the New Birth Township Council of the BSA, covering Adams and York counties. He says he doesn't see his organization competing with the Girl Scouts for the same clients. "This is not a battle," he states. "Market research tells us that about 90 percent of families currently not involved in Scouting are interested in a program designed like the one we

plan to offer. Families are busier than ever and they are interested in activities they can do as a family."

If the stars did not fall from those not currently involved in scouting, perhaps it's no surprise that Scout families aren't fans of the change. "Why break this tradition?" asks Rosemary Roth of Lower Merion Township. "My son is proud to have been a Boy Scout like his grandfather, and my daughter is proud to be a Girl Scout like her mother and grandmother. Each are timeless and important."

What may surprise some is that Ellen Ryan, CEO of Girl Scouts in the Heart of Pennsylvania (GSHP), seems not to be upset by the move. "Girl Scouts and Boy Scouts have built a congenial, collaborative relationship in our area," she says. "We have a long-standing history of working together." The only she is not concerned about any potential Girl Scouts being drawn to Boy Scouts. "Our girl membership is at its all-time high over the last six years as we continue to grow." When pressed to explain the success, she readily states, "Our organization is driven by girls' voices and girls' members. We know that Girl Scout leadership is the best leadership for girls all across the world. Some of our greatest female leaders, CEOs, and senators, diverse officials, and moms are former Girl Scouts. That's transforming into organizations."

Some parents don't share Ryan's optimism. Some note the challenges awaiting for the Girl Scouts. "It's not to see their numbers going down," she says, especially in areas where "there's a new opportunity and offer for girls."

Tom Deibel of Ringwood, meanwhile, is neither a fan of the move by Boy Scouts nor of the direction of Girl Scouts. "I'm honestly opposed to this entire operation," he states. "Boys and girls both need one-on-one time with leaders in their same gender. We don't have to change everything to accommodate both sexes to serve both sexes. I don't even understand why the Girl Scouts do anything," he continues. "Why don't they go out camping? It seems like they just will continue and make crafts."

### Battle of purpose, perception and recognition

Deibel's comments highlight a public relations game that he — and others — see the Girl Scouts losing. Plus, there are other concerns facing the future of Girl Scouts. At Central Penn Parent reported on November 1, 2017, Camp Echo Trail (in Feltus), Camp Golden Pond (in Lehigh), and Camp Louise (Shubutinsky) will be closed in the near future, while Camp Ardshill (Engleby) and Camp Pines Hill (Dresser) will be "severed" and have their property holdings significantly reduced.

Groups have formed in reaction to the property decisions, including a private group, Friends of Camp Louise, which GSHPA says it will work with to purchase that camp; a separate group has been actively trying to save more land and buildings at Camp Pines Hill.

Meanwhile, as GSHP is divesting itself of camp property here in the Midlands and other counties continue to do the same across the country, growing reliance in Deibel's camping criticism, Girl Scouts of the USA announced a huge STEM initiative in November 2017. With its ambitious effort "to help drive the gender gap to STEM education and employment" comes an accompanying \$70 million fundraising campaign for STEM programs.

Additionally, there are the gendered awards earned by each organization. Girl Scouts' Gold Award, which is earned by only 1 percent of those eligible, requires nearly 100 hours of work on a service project in addition to other work leading up to that effort. The Girl Scouts offer some scholarships, and many colleges and universities offer scholarships as well, but Gold Award recipients, first, arguably the award does not carry the gravitas that the Boy Scouts' Eagle Scout Award does. Especially since the Boy Scouts' award is offered for the Eagle Scout award, and in the public relations

arena, the honor seems to be obtained more widely. State Representative Greg Rothman says he's been "at least 20" Eagle Scout ceremonies during his two years in office, while he's only been invited to "one Gold Award" ceremony in the same timeframe.

The Boy Scouts are capitalizing on this. Adam of the Pennsylvania Dutch Council says offering Eagle Scouts to all is a "great opportunity" and he shared stories of a "grandfather excited that he can pin his own Eagle Scout badge on his grand-daughter" and that he, himself, is "excited in the chance to have his own daughter" earn such a distinctive rank.

On November 18, Andrea Bentini Ardshill, Girl Scouts of the USA's Chief Girl and Family Engagement Officer, filed back from the front page of USA Today. "Our experiences are created for and with girls. I think that's important when we consider what appeals to them most." The Boy Scouts of America, she writes, "will not be offering something unique for girls."

To say that the Boy Scouts of America isn't facing its own set of challenges would be naive. While it made strides to be more accepting of individuals like gay Scouts (GSHP, gay leaders (GSHP), and transgender Scouts (GSHP), that has had its own set of consequences with many more conservative members protesting the Boy Scouts of America in favor of church youth groups.

But as the Boy Scouts add girls to its rolls in 2018, it continues to assert its relevance by calling the name of young Americans' citizenship. Just like the loss of America, the loss of the Boy Scouts is changing. While that often brings more questions than answers, one principle remains — if Boy Scouts or Girl Scout leaders run a great, localized troop, they'll have loyal membership.

Jake Drees, director of Haines Valley Scout Reservation in Perry County and the father of an 18-month-old girl, is looking forward to the diverse future of Scouting. "I'm excited for the change," he says. "I think it opens up new opportunities for kids, and it can bring support on the doors of families." When asked if he hopes his daughter joins the Boy Scouts or Girl Scouts, he replies, "It's up to her."

Jake Miller of Hempfield Township is a freelance writer and a frequent contributor to Central Penn Parent. His wife is a history teacher. He and his wife are the parents of a young son and are expecting their second child this May.





TeensToday | Ann K. Hawley



## Kids are snorting **WHAT?**

A recent barrage of media attention has focused on what has been described as the latest teen craze: condom snorting. Videos posted on YouTube show kids stuffing an unwrapped condom up one nostril, pinching the other nostril, inhaling sharply and yanking the slithery latex out of the mouth.

### Give me a minute, I feel pain!

It's hard to imagine why young people would risk suffocation, choking or worse by snorting a condom up their nose, but in reality, this behavior is consistent with a long history of attention-seeking behaviors.

Decades ago, kids dared each other to jump off piers, race cars, play chicken or lie down in the middle of the road at night. Recently, young daredevils have attempted to chug a gallon of milk, swallow a teaspoon of cinnamon or bite into a poisonous packet of laundry detergent.

Kristen Stepanczuk, a licensed, professional counselor, explains why young people are drawn to ridiculous and dangerous stunts.

"Kids do it because it freaks adults out," she admits.

What better way to upset grown-ups than by pulling a prank that hints at sexuality and maximizes the gross out factor?

"Teens need to prove themselves to their peers," Kristen says. "Young adults who are most susceptible to peer pressure might look for ways to prove that they can 'hang' with their friends."

“

Flossing your sinus cavity with a condom is shocking, but the decision to snort a condom is a calculated risk in the mind of a teenager. The challenge is dangerous enough to impress, but not likely dangerous enough to kill everyone who does it.

”

In an ironic way, risky behavior also demonstrates that kids are stepping into adulthood. Youthful dares force teens to assess the level of risk they are willing to take. Flossing your sinus cavity with a condom is shocking, but the decision to snort a condom is a calculated risk in the mind of a teenager. The challenge is dangerous enough to impress, but not likely dangerous enough to kill everyone who does it. (Not that this makes mortified parents feel better.)

### The social media megaphone

The biggest difference between old-fashioned, hazardous hijinks and kids' antics today is the power of social media. When a boy films himself doing something stupid, posts it on YouTube, and gets a lot of hits or likes, the reward for his risky behavior is public approval and attention. Other kids see it and copycat the behavior. Thirty years ago, most copycats lived in the neighborhood or went to the same school. But today, every senseless act captured with a cell phone camera has a potential viral audience that numbers in hundreds, thousands and sometimes millions.

### Is condom snorting really a craze?

The Internet fact-checkers at Snopes point out that the majority of condom snorting videos were posted in 2013 and some videos go back as far as 2007. It's possible that some kids may have recently discovered these older videos and started posting copycat videos.

The media makes it seem like every kid is doing this challenge, but it's more likely that only a small percentage of kids would even attempt it, since not all adolescents engage in high-risk behavior. Generally, the kids who pull dangerous stunts score high on impulsivity and risk and are more prone to other risky behaviors like drinking, drugs and having unprotected sex.

In a completely unscientific study, I asked my 17-year-old niece if she knew any kids who had tried the condom snorting challenge.

Her emphatic response was "no!" and I was grateful that she sounded genuinely horrified by the suggestion. Hopefully, the condom snorting

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## PAWS in Parkland

How our Naples Community is Helping Parkland Heal

By Stacy Nicolau

Photos by Linette Morales

It is a waiting list to enroll. Schamis was teaching this class to senior when Nikolai Cruz fired a barrage of shots into her classroom, killing two of her students and injuring several others. In an instant, Schamis' curriculum changed from teaching about survivors to teaching children how to survive.

"We were about to start learning about the Berlin Olympics when all of this happened." That's how she refers to what has been named by the media as the Valentine's Massacre. "All of this." While she hovered among her frightened students, reassuring the survivors while holding the hands of the dying, she thought to herself, "what am I going to say if he comes back to my room? I am going to tell him, 'Nik, we love you.'"

He didn't return to her room and the SWAT team eventually evacuated the shocked teacher and students to safety. It was then that the tremendous work of healing began.

Meanwhile, in Naples, PAWS Assistance Dogs Lead Trainer Sally O'Neill was busy running training sessions of support dogs destined for veterans and others in need when she learned that there was a need in Parkland to comfort the students and staff of Stroman Douglas. Executive Director Jeannie Bates and O'Neill did not hesitate to bring a whole team of PAWS dogs and handlers to Parkland to begin to do what they do best: heal wounded warriors.

In Parkland, PAWS volunteer handler Michael McCabe said that when the students approached the dogs, their sad and serious

faces immediately broke out in smiles and laughs. One parent told Michael that this was the first time his daughter had spoken a word in the week since the shooting.

Alyssa Fletcher, a student who particularly connected with PAWS dog Luigi, asked if the team could bring him to a memorial 5K in honor of fallen track coach and teacher Scott Nagel. It was there that Fletcher introduced Luigi to Ivy Schamis. "The connection between the teacher and dog was almost spiritual," Sally O'Neill said of that meeting in Pine Trunk Park. Seeing the healing effect the dogs had on the children, and experiencing her own connection with Luigi, Schamis asked if Luigi could stay to help the students return to class. She could use a support dog, too, she admitted.

Jeannie Bates decided at once that PAWS would permanently place Luigi with Ivy Schamis.

While one of the main jobs of a PAWS assistance dog is to help the disabled with retrieving and carrying items, opening and closing doors, turning on and off lights, and even taking clothes out of a dryer, they are also able to interrupt anxiety and panic-related episodes. The PAWS Assistance Crisis Team (PAWCT) is always ready to respond to a situation to assist adults and children in crisis after a tragic event.

The crew of dogs and volunteer handlers has been taking time spending time with the students and staff, returning to Naples intermittently to give the dogs respite and training, often spending their own money for transportation and lodging near the high school. Bates says that the dogs will continue to visit Parkland as long as they are needed.

Meanwhile, Luigi ("Woofers" to the PAWS volunteers) has been finishing his two year training in preparation for his assignment to Schamis, who also travels to Naples with her husband Jeffrey to learn the commands and handling of a service dog at home and in public places. He will be ready to go home with the couple sometime this summer, when he turns two years old.

Now that the students have returned to school, Schamis says the presence of the dogs in the building give the children incentive to be in the classroom, and comfort when they are having a bad day. She rewards her students with "cuddle time" with the dogs if they have participated in class and have stayed focused.

She has picked up the curriculum in the classroom right where she left it, "when all of this happened," teaching her students how to identify hate crimes around the world, at their future colleges and workplaces, on the internet, and here at home. She encourages her students to remember the heroes of the Holocaust, who had to live out their lives with courage in the face of death, or the lifelong trauma of having survived the experience. "I tell the children, these people had to find a way to survive, and they weren't lucky like us to have such a supportive community like Parkland, and these service dogs."

As part of Schamis' personal healing journey (and Luigi's public training) she visited the Southwest Florida Holocaust museum in Naples, with Luigi and the PAWS staff at her side. She says that it makes her proud to see small communities teaching this history through their own museums and exhibits. For Schamis, it is important to teach about the Holocaust and hate as both an educator and a witness.

Schamis whispers to me that every day she watches the video of the shooting on her phone that a student recorded in her classroom. She hands me her phone and asks me to watch it with her. After the seconds-long video is over, with the loud popping sound



**Facing page:** Stroman Douglas teacher Ivy Schamis bonds with Luigi, her new emotional support dog, during a training session at the PAWS Assistance Dogs facility in Naples.

**Above:** Eight-week-old Luigi is ready to begin the hard work of learning to become a service dog.

of the gun and the screams of the students hanging heavy in the air, I notice that Ivy is crying. Luigi's gaze is focused on her as he sits by her feet. Why does she watch this every day. I ask: is this a part of the healing?

"It's important for me to watch it every day," she says, "so that 'all of this' is never forgotten." ❦

## How You Can Help PAWS Help our Parkland Neighbors

From the time a PAWS dog is born, it takes two years to raise, train, and ultimately match the dog with its eventual owner. The puppies are placed in volunteer foster homes and train at the PAWS facility in Naples when they are about eight weeks old. The lifetime cost of each dog from birth through adulthood is around \$40,000. PAWS provides care for the dog throughout its lifespan and will assist the recipient with other costs as needed.



Volunteers must be over the age of 18. A wheelchair-bound volunteer like Joe Sullivan (photo) is particularly wonderful because, according to lead Trainer Sally O'Neill, the dogs respond better to a real wheelchair-bound person rather than a volunteer sitting in a wheelchair, as the dogs sense that the able-bodied volunteers do not need their assistance. In this photo, PAWS dog Rocky is demonstrating how he would help Joe navigate his wheelchair up a steep incline.

In addition to assisting our Parkland neighbors and wounded veterans, PAWS partners with The Shelter for Abused Women and Children, David Lawrence Center Children's Crisis Care Unit, Collier County Libraries and Schools Literacy programs, Hazelden Addiction Center, Lorenzo Walker Institute, and the Marine Corps League.

All of the work of PAWS is funded by private donors, corporate sponsors, family foundations, and fundraising events. Donations of any size are welcome. The typical census of any given time of PAWS is 18-25 service dogs. For more information, visit [pawsassistance.org](http://pawsassistance.org) or PAWS' Facebook page; or call 239-775-1660. ❦





## Why we shouldn't teach our kids to be color blind *and* what to do instead

BY LIZ ROTHGALS BERTRAND

For many people, race is a topic that's difficult to discuss, especially with kids. Avoidance, however, has complicated rather than improved our relationships with one another. In recent years, America has been rocked by the rising frequency of racially motivated hate crimes, deadly incidents of racial profiling, a resurgence of segregated schools and daily reminders of inequity.

While families of color often feel compelled to have "the talk" about racial bias with their children for safety's sake, too often families are silent. One reason may be they don't know how to start the conversation. Here's a look at how we all can begin having fact-based, healthy conversations about race to promote understanding and positive change in our community.

### WHY SHOULD WE BE TALKING ABOUT RACE?

We all have different physical features, cultural traditions and languages, but the concept of race is not biologically real. It is a system of power that has been reinforced over hundreds of years through social, political and economic means.

"It's basically been laws and practices that have separated [individuals] into people groups with whites at the top and blacks at the bottom," says Dr. Lucetta Carter Berry, an anti-racism consultant and educator.

Perceptions of race affect the way we interact with one another and institutions, as well as our placement in society.

"It's related to every aspect of our experience whether or not we know it," says James Ford, co-chair of the Leading on Opportunity Think Forum. "Not just for families of color but white families as well."

Understanding how race has been used for the advantage of some people and the disadvantage of others is essential to make sense of many issues our community and country are struggling with today.

"Even if you're a good person, your experience within society will be radically different based on your culture and based on your appearance," says Ford, who was also the 2014-

2015 North Carolina Teacher of the Year.

The idea that equality comes from ignoring difference simply isn't true. "We should be color rich and embrace and celebrate all the ways that we can show up in the world," says James Bryant, founder of Facilitate Movement, a consulting agency that helps museums and nonprofits engage new audiences and build community. "... I think 'color blind' is a cop out for when people have difficulty talking about difference."

Ignorance is also dangerous because it can warp our world view and prevent people from speaking honestly with one another. It can also affect our ability to build authentic relationships and feel safe around people who are different from us; it also devotes others with harmful consequences.

"If children don't see race, then they don't see racism," Ford says. "If you teach them not to use 'color' what you're really telling them is not to be attentive to difference. And they'll start to grow indifference to injustice based on race because we made it taboo to discuss those things."

### How to Start the Conversation

One of the most important things for parents to do first is educate themselves with factual and historically accurate information.

"There needs to be preparation," Bryant says. "A little bit of research and some key points [parents] want to make."

Learning how government policies from decades ago are still relevant today is also important, says Amy Hansen Nilsen, a researcher at the University of Pennsylvania, who has written extensively on educational equity in Charlotte. For example, the practice of redlining, which began in the 1930s, dictated where people of color could live and prevented them from qualifying for home loans and buying homes. That, in turn affected their ability to accumulate wealth and pass it on to future generations. Neighborhood composition also affected business development and where schools were built.

"You think that's generations ago but deed restrictions 80 years ago still affect families," Nilsen, who grew up in Charlotte, says.

### Appreciating Difference and Building Empathy

Conversations about race and justice should



# Adoption TOGETHER

## STORIES OF SIBLING GROUPS AND THE IMPACT OF PARENTAL OPIATE AND SUBSTANCE ABUSE

By Angela Gartner



SIBLINGS TJ, 5, AND LILLY, 3.  
PHOTOS BY CUYAHOGA COUNTY

Siblings TJ, 5, and Lilly, 3, were adopted together after their relatives, Alicia and Thomas Gobert, didn't want to see them separated. "They will have that bond," says Alicia Gobert, their adoptive mother. "They need each other. I wanted to keep them in the family. I figured if I did, (their mother) could still see them."

Sadly, the children won't have that opportunity. Their mother, who struggled with heroin addiction, died of an overdose in 2012.

"It's a sickness — she loved them and wanted them, but she couldn't fight that demon that she had," Gobert says.

Adopting the children, who originally were placed with another relative before the Goberts volunteered to take them, provides something the children didn't have before: stability.

"It was the best thing that we have ever done," Gobert says. "You are giving these children a life they can live. They can have a life and not be neglected."

This case is just one story of children who could have been casualties of the opioid epidemic. While parents who abuse opioids can be a factor for why kids enter into the foster care system, there also is an indication of a broader drug crisis.

According to the Ohio Department of Job and Family Services officials, "the number of kids currently in foster care in the state as of Oct. 1, 2018 is 15,867 — since Ohio's fiscal year 2017 to 2018, the agency has seen a 15 percent increase in children in care where a removal reason was related to substance abuse."

And it doesn't just impact one child, but

affects entire sibling groups in the case of some families.

### DRUG CRISIS

Substance abuse can be in many forms — opioids, alcohol, etc. — which can lead to child neglect and abuse, parent incarceration and other issues.

Ann Beams, director of community relations for Summit County Children Services, says children who live in families where substance abuse is an issue experience traumatic life events that have long-term negative consequences.

"Children we serve have witnessed overdoses and deaths of family members," Beams says. "They witness criminal activity and incarceration of parents. They are at high-risk for child abuse and neglect. Children who experience traumatic life events are at much greater risk for poor physical and mental health in their adult lives. The cost for the long-term needs of children damaged by the opioid epidemic is immeasurable."

In 2017, the agency had 417 child removals that were due to parental substance abuse, including 43 sibling groups due to parental opioid use.

"Often, a parent's substance use/abuse will lead to a child/children taking on a parenting role and caring for younger siblings," says Jennifer Wenderoth, director of social services at The Bair Foundation, a Christian foster care organization in Kent and Cleveland. "It can be a difficult transition for the parenting child to transition to the role of child or sibling when placed in foster care. Parentified children can also feel the need to be the caregiver for their substance using parent and feel they are the only one that can help their parent."

# The value of childhood independence

New York writer celebrates raising 'Free-Range Kids'

BY ALLISON PLITT

**A** New York City mother allowed her 8-year-old son, Izzy, to take rides on a subway and a public bus — alone — to his home in 2008. In her column for *The New York Sun*, Lenore Skenazy described how her young son took a four-hour trip home on those two forms of public transportation.

As word spread of her decision, Skenazy and her son were interviewed by Ann Curry on NBC in which Izzy said the trip "made him feel grown up." Seated across from Curry was a "parenting expert," Dr. Ruth Peters, who told Skenazy it would have been safer if she had followed her son on his trip home, or if Izzy had taken public transportation with a group of friends.

Other national news sources, like Fox News and MSNBC, also picked up on the story and interviewed Skenazy, who even answered questions from reporters in China, Australia, and Israel about the incident. By the end of all the interviews and public discussions about her parenting, Skenazy had been dubbed by the media as "America's Worst Mom."

In her defense, Skenazy penned a book, published in 2010, called "Free-Range Kids: How to Raise Safe, Self-Reliant Children" (Jossey-Bass), which has turned into a national movement that is still going strong eight years later. Making her of the 21st-century "helicopter" parents who do everything for their kids, "Free-Range Kids" espies the principle that children must learn to do things independently in order to thrive in the real world by themselves. (Her column "Rhymer with Crazy" runs twice a month in our sister publication, *The Brooklyn Paper*.)

## The drastic decrease in crime

One of Skenazy's major points is the drastic decrease in national crime since reaching its pinnacle at the beginning of the 1990s.



Lenore Skenazy

Using updated statistics about crime trends from 1993 to 2005, Skenazy writes that there is a "36 percent decline in homicides of children under the age of 18" and a "68 percent decline in homicides of children ages 14-17." She adds that from 1993 to 2003, there has been a "79 percent decline in juvenile sex victimizations trends."

In 2014, *JAMA Pediatrics* published a study explaining the decrease in crime against children, despite recent headlines about school shootings. The main author of the study, sociologist David Finkelhor, believes technology plays a major factor in violence reduction.

"More children have cellphones," he observes, "which means more can call for help if they sense danger."

Finkelhor and his co-authors have other theories about why violence against children has declined. One idea is that "public health programs specifically designed to curb violence against children work," such as anti-bullying techniques and domestic violence awareness.

Another hypothesis is Skenazy's book is that more people are on psychiatric medi-

cine that reduces aggressive behavior. According to an 2014 article written by CNN's Jon Christensen, 7.8 percent of children were taking psychiatric medication in 2011 and "more adults are taking medication for depression and anxiety, which may also reduce family violence."

## The 24-hour media cycle

Skenazy believes that due to 24-hour news channels such as CNN and television shows such as "Law & Order," viewers are perpetually being shown images of people and places affected by violence, which make audiences falsely believe that constant crime is occurring everywhere.

David H. Cook from *The Washington Post* wrote in a March article that "the statistical likelihood of any given public school student being killed by a gun, in school, on any given day since 1999 was roughly 1 in 614,000,000. And since the 1990s, shootings at schools have been getting less common."

A television producer admitted to Skenazy that programs hook viewers by inspiring fear, which parents then are subconsciously thinking about in their daily lives. One television celebrity who inspires such fear is John Walsh, whose 6-year-old son, Adam, was abducted by a stranger in 1981 and beheaded. His severed head was found in Vero Beach, Fla. To help other parents find their abducted children, Walsh created the popular television show, "America's Most Wanted" (1988-2012), which was responsible for the arrest of hundreds of criminals.

Skenazy writes that Walsh also co-founded the National Center for Missing and Exploited Children, but he never explains in its statistics that many missing children are usually runaways or children abducted by family members.

## Consequences of sequestering our children

As a result of keeping our children safe, the U.S. has become a culture where chil-



# THE INVISIBLE ONES

Despite a thriving local economy, the number of homeless families and children in North Texas continues to rise. And they're not all panhandling—they're at work, at school and on the playground, going unnoticed and, sometimes, unhelped.

WORDS LESLIE J. THOMPSON

**T**racy Cross, whose name has been changed at her request, and her husband worked hard to make ends meet and cover their monthly expenses. Although both were employed, the cost of food, clothing and school supplies for their three children, ages 13, 12 and 7, strained their incomes. "Those were days where I had to choose, were we going to pay rent and not eat? Or, were we going to pay for gas so my husband could go to work?" Cross recalls.

When the couple came up short on rent, they were evicted from their Dallas apartment. They ended up living with a nearby relative. "My kids were sleeping on the floor, and we were sleeping on a mattress," Cross recalls.

Unfortunately, the Cross family story is increasingly common in the Dallas-Fort Worth area.

#### A SILENT EPIDEMIC

The Dallas Commission on Homelessness reports that more than 380,000 Dallas residents live in poverty (any family of four living on less than

\$14,000 per year). That number includes nearly 36 percent of the city's children, according to a report from the Dallas Mayor's Task Force on Poverty. And data from Interfaith Family Services in Dallas shows that families are the fastest growing segment of the homeless population.

Although the tally of those without permanent housing in Dallas and Collin counties has dipped slightly—from 3,830 in 2010 to 3,799 this year, according to data released from the annual Point-in-Time (PIT) homeless census—the numbers more are likely unaccounted for, experts say. They're not sleeping under bridges or panhandling. Instead, they're in school and at work during the day and crash-carrying or staying in budget hotels at night.

"What is interesting about [homeless] families with children is that you almost never see them out in the public eye," notes Ellen Maguin, CEO of Family Gateway, one of only four shelters in Dallas that serves families with children. "And for good reason—they're afraid. So, they're super hard to count," she says.

The U.S. Department of Education's McKinney-Vento Homeless Education Assistance Act defines homeless children and youth as individuals who lack a "fixed, regular and adequate nighttime residence." This includes being doubled-up (i.e., staying in the home of a friend or relative), living in a transitional or emergency shelter, living in an unsheltered situation (e.g., sleeping in a car, abandoned building or outdoor encampment) or staying at a hotel, motel or trailer park.

Earlier this year, Dallas ISD reported that the number of homeless children had reached "catastrophic levels." More than 3,700 homeless children attend school in Dallas ISD alone, and another 3,283 are enrolled in the Fort Worth school district. Plano ISD reported 657 homeless students for the 2014-15 school year, according to the National Center for Education Statistics, with Lewisville ISD and Frisco ISD counting 604 and 307 homeless students, respectively.

"We track the number of homeless students that we serve, and we've seen that number double since 2014," says Tasha Moore, a licensed inta-



# Parenting

YOUNG

# Activists

With midterm elections on the horizon and social and political activism on the rise, an increasing number of families are joining in demonstrations, rallies and protests, with children in tow. Is it safe? Good for their social development? Healthy? Here's what you need to know.

WORDS BY JESSICA ELLIOTT

When Dallas resident Lorena Schale wanted to walk in the Families Belong Together march this past June, she planned to go alone, without her 4-year-old son, Miles. "I was worried that if I took him to something I believed in, and he didn't know what he was getting into, then it would be scary," she says.

At the rally instead, she gave him the opportunity to stay with his dad and sister. "He decided to come with me," she says. Her husband and 3-year-old daughter, Maria, also joined, and they ultimately enjoyed the event as a family. "It was calm and peaceful," Schale says.

Schale isn't alone—in the country's "golden age of political activism," as declared by the *Atlantic* Globe, an increasing number of Americans, including many parents, are getting involved. March for Our Lives 2018 was one of the largest youth-driven protests in the nation's history, according to the Crowd Counting Consortium; the inaugural Women's March in 2017, which drew more than 4 million protesters, was one of the largest of any kind in history.

Yet parents face tough questions when looking to teach their kids to be engaged citizens. Even as parents take action from a desire to impact their future—and their children's future—the prospect of bringing the kids along can come with a range of un-

certainties, from determining the "right" age for participation to weighing whether an event is safe and appropriate for children.

"With proper preparatory education, I have found that a positive experience can be an emotional boost to children in their journey, helping widen their worldviews, feel supported and build a better contextual understanding of their community," says Lori Johnson, a licensed professional counselor intern at Fort Worth-based Both Lives Therapy Group. "The first thing to keep in mind with children under 12 participating in such activities is the need for involvement on the part of the parents."

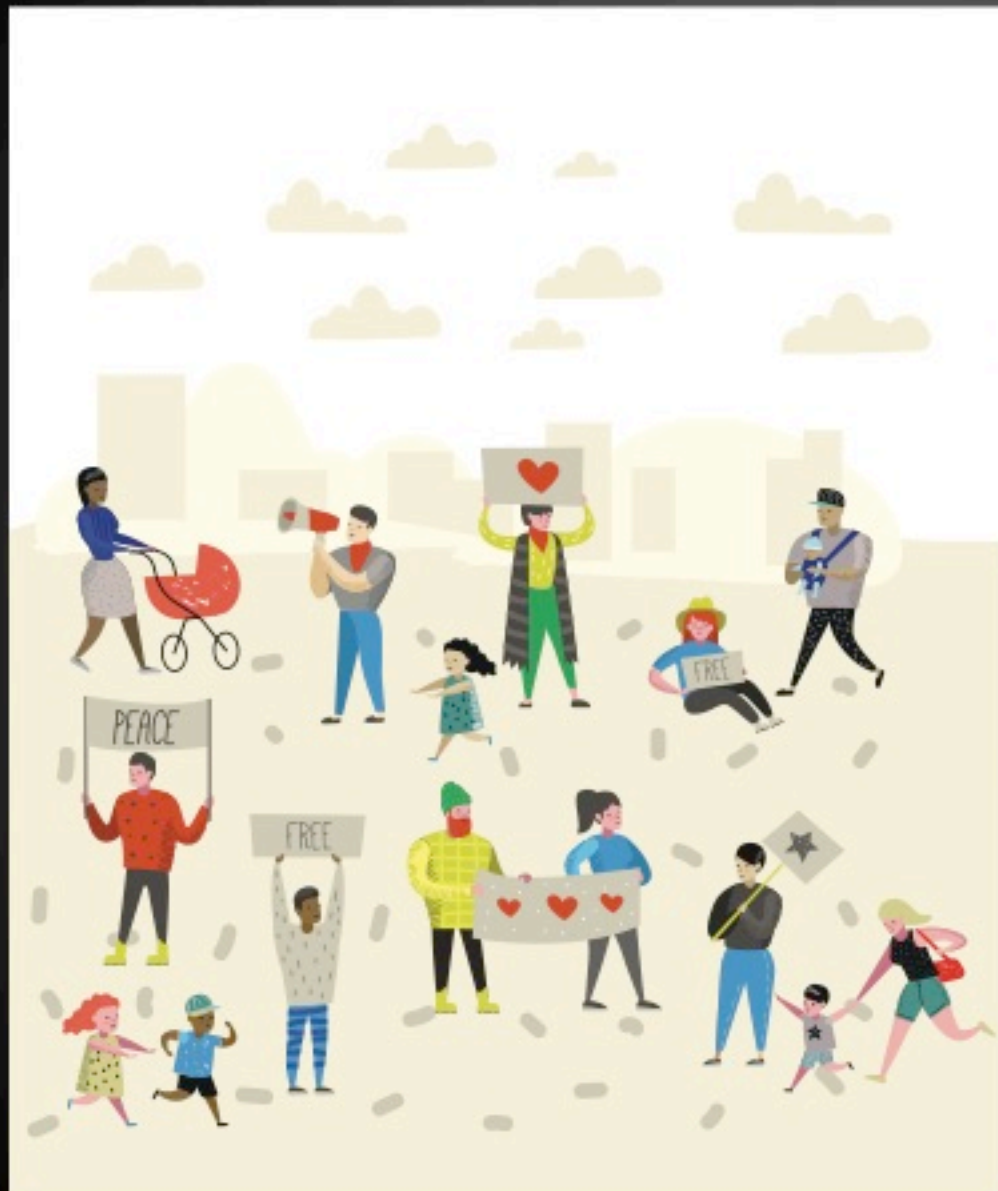
What does healthy oversight include? It starts with analyzing the subject matter.

#### WEIGH THE HOT-BUTTON ISSUES

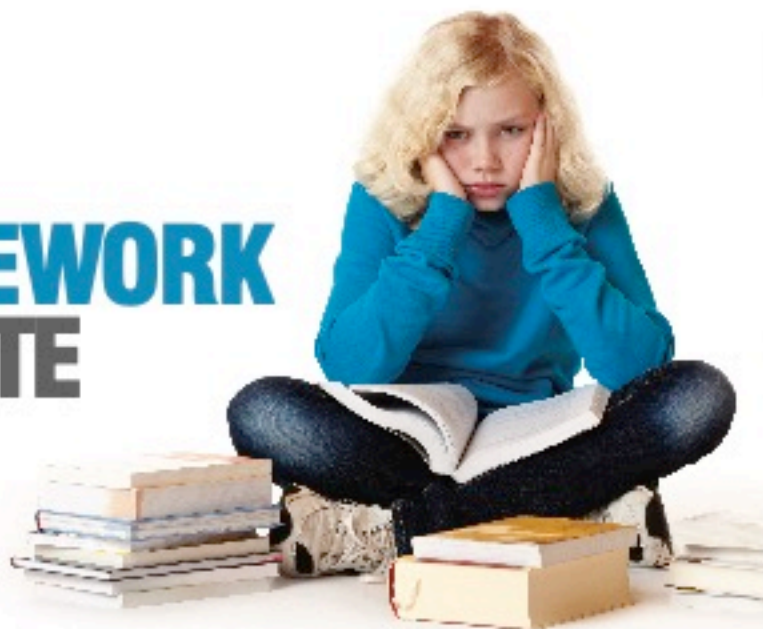
The more controversial or sensitive a topic, the more parents should exercise caution, says Linda Maccell, director of graduate counseling programs at Texas Wesleyan University. Events about subjects such as the death penalty, substance and abortion could foster negative experiences or include imagery that would be disturbing to a young child.

"You wouldn't want to take a 7-year-old to a pro-life rally where there might be pictures that are very upsetting to them, or subject matter they wouldn't understand—where, you might be able to take a 14- or 15-year-old, as long as they understand

ILLUSTRATION BY JESSICA ELLIOTT



# THE HOMEWORK DEBATE



by Jennifer V. Hutchinson

**W**hen a Texas teacher announced a new no-homework policy for her second-graders in August, many parents cheered. A posting about the policy on Facebook has been shared more than 74,000 times.

Some teachers and entire schools have adopted similar policies, but most have not. Homework remains a source of great debate: Does it improve student performance? Or, as the Texas teacher said in her note to parents, would students be better served if their families ate dinner together and read together and kids played outside and got a good night's sleep?

Atlanta Parent wanted to dig deeper into this issue and hear the perspective of local parents as well as the national experts.

## The Case for Homework

Parent Tessa Ebbs of Atlanta, a mom of four, explains her approach to homework: "It should all be review. There should be nothing that they have never seen before. It should just be checking for understanding ... That way their teachers can see gaps in learning on homework instead of on tests and quizzes" and adjust their instruction.

This approach to homework has helped to minimize stress and allowed Ebbs to see the benefits of the work that her three oldest children have been assigned at Immaculate Heart of Mary school in Atlanta. Her children have developed time management skills, responsibility and independence.

She also appreciates the way the school gradually increases homework so that the students will be prepared for middle and high school.

In a recent Harvard Ed Podcast, Duke University Professor Harris M. Cooper echoes Ebbs, saying that his extensive research has revealed the following benefits of homework:

- The opportunity to practice material learned at school
- The opportunity to emphasize the importance of learning
- Parental insight into what their child is learning
- Teaching study skills, time management and independence



# **Non-Traditional Story Form Feature**



# Do your kids need camp this summer?

**YES**  
Okay.  
Do they want to ...

**NO**  
What are you doing here?  
Go read something else.

## Smash the patriarchy?

Great. With power tools or without power tools?

With power tools, duh

Negative on the power tools



For girls or co-ed?

Just girls: Oris Build because girls can and should know how to weld, drill and saw like a boss.

Boys and girls: The woods are at Cobin Oebel is builder nirvana. New this year: Explorer's camp for grades 3-6, with plenty of time for tinkermakers.



## Get out from under your thumb?

For just three days?

Try Camp Namana, the starter level sleepaway camp for generations of PDX kids.

For a whole week?

Level up to Camp Westwind, on the Oregon Coast.

For three weeks?

Head to Canoe Island French Camp, in the lush San Juan Islands.



## Be a horse whisperer?

Actually riding a horse?

Never Ranch, to saddle up and ride out.



Or just communing with animals?

Farm animals?

Old McDonald's Farm Camp or Zenger Farm, for egg-patching, sheep brushing, and other LBDs. House-maque skills.



The Zoo kind of animals?

Um, the Oregon Zoo of course. For close-up encounters of the exotic animal kind.



Our fine feathered friends?

Put birds on them, literally, at the Audubon Society camp at Forest Park.

## Prepare for the apocalypse?

Yes, please. I plan to hide behind my kids when the Big One hits.

Send them to Traders Earth, where they learn to forage for food, shoot an arrow and start a fire by rubbing their hands together.

In Germany?

You want The German International School.



In France?

Try the French American International School.



In Asia?

Yu Ming Chinese Psychod.



Yes, please. Robots will become our overlords any day now.

Learn coding at Coding with Kids at the Oregon Episcopal School.



What apocalypse? Everything's fine. La la la, I can't hear you!

## Unleash their inner artists?

On the stage?

The spotlights on at the summer camps at Northwest Children's Theater or Oregon Children's Theaters.



With a soundtrack?

The Broadway Rose Theatre Company is staging Beauty and the Beast and Aladdin in summer 2018. Journey Theater Arts has Soulful at the Music.

Or on film?

Let 'em make their own at the NEI Film Center. Or try a short starring Legos at OMS's digital animation classes.

In the studio?

How much stuff do you want to come home at the end of the week? A boisterous. The summer camps at the Pacific Northwest College of Art yield enough cool projects to decorate your kiddo's entire room. No more Target runs!

Preferably, nothing.

Send them to School of Rock, and at the end of the week, you get to be their grooper when they perform with their new bandmates. Your souvenir is the video you take with your phone.



## Hit their steps goal and then some?

Inside?

With visions of sugarplums?

Serious dancers will love Oregon Ballet Theater's summer offerings, or perfect that backhand pass at Oregon Gymnastics Academy.



With visions of shredding?

Get them to the Lumberyard for a literal crash course in mountain biking.

At the country club?

The pros at Glendower Golf and Tennis will school your kids in the finer points of golf and tennis.



On the field?

Send them to Baker Sports for soccer, soccer and more soccer.



## Why must all this be so complicated? I just want ...

To not spend every penny I've saved for retirement.

The Portland Parks and Recreation Department has a whole host of affordable options. So does the YMCA and Vermont Hills Family Life Center.



To not drive a million miles from my house to get the kids to camp.



Want to find out more?

# Celebrating 25 years

Parenting New Hampshire marks its silver anniversary with a look back.



**A**rlene Pollack started the free publication, *ParentingNH*, in Hudson. The first issue, dated May/June 1993, was eight black-and-white pages with one full-color photo on the front page. It featured a community calendar, bicycle safety tips, dental care advice and a feature about activities for families at Stonyfield Farm in Londonderry.

Since then, the magazine has had a few ownership and some changes, along with a few makeovers. But it has always stayed true to its mission to be the premier source of statewide parenting information and resources for New Hampshire families.

Still, down memory lane with us as we review the last 25 years, and get a sneak peek of where the Granite State's first and only statewide publication for parents of children and teens is headed next.

—Melanie Nitzcock, Editor

## 1993

**Featured in the pages of ParentingNH:** Your child's first visit to the dentist, eye problems in children, Halloween safety tips, explaining FMLA

**Granite State goings-on:** Steve Merrill swears in as governor, the Board of 1993 joins the State of the Commonwealth, including Claremont, claim state funding for education is inoperative and file suit against the State of New Hampshire, former Gov. Judd Gregg swears in as U.S. Senator

**In other news:** Terrorism funds the World Trade Center in NYC, the North American Free Trade Agreement (NAFTA) is signed into law

**The hot list:** The Tobacco, Juvenile, Park, garage features, The B-Flex, Nevada

**Fun fact:** *ParentingNH* was started as a bi-monthly publication by Hudson mom of two, Arlene Pollack, who wanted to create "a single source of information" for local parents.

## 1993

## 1994

**Featured in the pages of ParentingNH:** Party planning, preparing your children for siblings, music, playground safety

**Granite State goings-on:** New (or DMV) law goes into effect, new 150,000-square-foot passenger terminal opens at Manchester Airport

**In other news:** Three arrested for attack on ice skater Nancy Kerrigan, U.S. Simpson indicted for murder of ex-wife Nicole Brown Simpson and Ron Goldman, Los Angeles rocked by earthquake

**The hot list:** Mighty Moopins Power Rangers, Forest Gump, Air Jordans, Friends, The Lion King



**1996**  
**Featured in the pages of ParentingNH:** Family fun-out, eye exams, choosing a preschool, understanding life insurance

**Granite State goings-on:** President Bill Clinton, Pat Buchanan win the NH Primary

**In other news:** Madonna Albright named first female U.S. secretary of state, Only the Strong is first channel to be successfully cloned

**The hot list:** Talkie Mr. Elm, Independence Day, the Space Gate

**Fun fact:** *ParentingNH* launches the Family Resource Book

## 1996

## 1995

**Featured in the pages of ParentingNH:** Preparing pet for a new baby, traveling while pregnant, the prescription tip

**Granite State goings-on:** New Hampshire College (NHC) launches its internet-based distance learning program, the Legislature passes the state's charter school law, Jumbo is filmed in Korea

**In other news:** 9/11 an inflex in the Oklahoma City bombing, the DVD format is invented

**The hot list:** Science Fiction, Sky Storm, Windows 95, the Titanic



Photo by Matt Thompson (Illustration: Debra Lippman)

## 1997

**Featured in the pages of ParentingNH:** Choosing a children's photographer, exercise during pregnancy, promoting sports activities

**Granite State goings-on:** Katie King of Salem scores four goals in winter Olympics for gold-medal-winning women's hockey team, Nicki Dorn of Derry scores game-winning goal against Canada

**In other news:** U.S. embassies in Kenya and Tanzania bombed, House of Representatives impeaches President Clinton, Google founded

**The hot list:** Futaba, Zany's Private Ryan, Dawson's Creek

**Fun fact:** The October issue is the first issue of the newly named *Parenting New Hampshire*



**1997**  
**Granite State goings-on:** Manchester Airport surpasses one million passengers for the first time, Joanne Whalley-Kilmer swears in as governor, New Hampshire's Chris Carpenter makes MLB debut with the Toronto Blue Jays

**In other news:** Hong Kong returns to Chinese rule, Princess Diana dies

**The hot list:** Tamagotchi virtual pet, Steve, Tiger Woods, South Park

**Fun fact:** *ParentingNH* becomes *Parenting New England* in 1997 to reflect the expanding coverage area for the magazine, Telegraph Publishing Co. purchases the magazine



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## 1999

**Featured in the pages of ParentingNH:** Party planning, preparing your children for siblings, music, playground safety

**Granite State goings-on:** New (or DMV) law goes into effect, new 150,000-square-foot passenger terminal opens at Manchester Airport

**In other news:** Three arrested for attack on ice skater Nancy Kerrigan, U.S. Simpson indicted for murder of ex-wife Nicole Brown Simpson and Ron Goldman, Los Angeles rocked by earthquake

**The hot list:** Mighty Moopins Power Rangers, Forest Gump, Air Jordans, Friends, The Lion King

## 2000

**Featured in the pages of ParentingNH:** Choosing a children's photographer, exercise during pregnancy, promoting sports activities

**Granite State goings-on:** Al Gore, Sen. John McCain win the NH Primary, political activist Dennis "Granny D" Heithecker of Dublin, NH, completes walking 3,200 miles across the country to advocate for campaign finance reform

**In other news:** 17 million on U.S. Navy destroyer USS Cole die in Yemen terrorist explosion, Supreme Court declares George W. Bush the new president

**The hot list:** Raptor accessories, Glastonbury, Dora the Explorer





# GIVE THE GIFT OF EXPERIENCES

BY AMANDA CIANI



Cincinnati Zoo & Botanical Garden



Think outside the box and get your birthday child (and maybe Dad too — hint, hint) something to build memories on.



Once the candles are blown out, and the birthday cake is gone it is time for the towering mountains of presents to be opened. Make your present stand out from the rest by thinking outside the box. Give the gift of an experience! Our experience gift guide has something for everyone, and is sure to make your next gift-giving effort a big hit!

## ANIMAL LOVERS — ZOO BUCKS — STARTING AT \$25

**Cincinnati Zoo & Botanical Garden**  
3900 The St., Cincinnati  
513-263-2700 • [cincinnati.zoo.org](http://cincinnati.zoo.org)  
Your favorite little zookeeper can spend their bucks on anything at the Zoo including admission tickets, train rides, camps, Zoo Troop classes and animal experiences. They can even enjoy a year's worth of Zoo visits if they use their bucks towards a membership. Whatever they choose to spend their bucks on, they will surely have a roaring good time.

## ASPIRING ARTISTS STUDIO CLASSES — \$20 MEMBERS \$40 GENERAL PUBLIC

**Cincinnati Art Museum**  
953 Eden Park, Cincinnati  
513-761-2787  
[cincinnatiartmuseum.org](http://cincinnatiartmuseum.org)  
If you know a pint-sized Picasso or mini-Michelangelo, they would love Studio Classes at the Cincinnati Art Museum's Rosenthal Education Center. Aspiring artists 6 and older (accompanied by an adult) convene for four Thursday night classes to perfect their dancing, painting or sculpting skills. This gift is a masterpiece in the making.

## BROADWAY ENTHUSIASTS THEATER GIFT CERTIFICATES

**The Children's Theatre of Cincinnati**  
4112 Red Bank Road, Cincinnati  
513-569-8680  
[thechildrenstheatre.com](http://thechildrenstheatre.com)  
A gift certificate for classes at The Children's Theatre of Cincinnati is sure to receive a standing ovation from your birthday star; they will certainly remember to thank you for always believing in them during their Oscar or Grammy acceptance speeches. Summer, fall and winter sessions are available for a variety of ages in dance, drama, vocal music and technical theatre.

## OUTDOOR EXPLORERS FAMILY MEMBERSHIPS — \$84

**Cincinnati Nature Center**  
4949 Tedlow Road, Milford  
513-671-1711 • [cincnature.org](http://cincnature.org)  
With more than 26 miles of hiking trails, the Cincinnati Nature Center is the perfect destination for outdoor explorers. The Schott Nature PlaySpace encourages children to interact with nature by splashing, climbing, digging and using their imagination through creative play. Getting to know the great outdoors happens to be a great gift.

## OVERNIGHT ADVENTURERS WATERPARK GIFT CARDS

**Great Wolf Lodge**  
2501 Great Wolf Drive, Mason  
513-336-5876 • [greatwolf.com](http://greatwolf.com)  
Night cards will have a host at Great Wolf Lodge. Gift cards are accepted everywhere at the resort, and can be used to book a room or even to purchase one of their new Bart building kits. The award-winning waterpark, attractions like SlagQuest, and free daily activities like nightly story time will make them wish every night was an overnight at Great Wolf.

## PLAYFUL KIDS PUNCH-PLAY PASSES — \$24 - \$99

**Recreation Outlet**  
3726 Oakley Plaza, Mason  
6726 Oakley Plaza, Oakley  
865-667-2611, 865-667-2133  
[recreationoutlet.com](http://recreationoutlet.com)  
Turning one year older is a good reason to bounce with joy. There are tons of opportunities to bounce on trampolines, shoot hoops, reach for the sky on swing sets and explore play sets. If you want to buy the birthday child a play set for the backyard, this is

the place to go — you can try it before you buy.

## SCIENTISTS MUSEUM GIFT CERTIFICATES

**Cincinnati Museum Center**  
3201 Hickory Ave., Cincinnati  
513-263-7000 • [cincinnati.museumcenter.org](http://cincinnati.museumcenter.org)  
It would be safe to hypothesize that any budding scientist would love to spend time at Cincinnati Museum Center. The Duke Energy Children's Museum is open once again, and the History and Natural History Museums open this November, so there are lots of discoveries to be made. Gift certificates can be used for general admission tickets, programming like overnights, summer camps or towards a whole year of fun with a membership. You don't have to be Einstein to conclude that this experience gift is genius.

## SPORTS FANS KIDS CLUB MEMBERSHIPS — \$25

**PC Cincinnati**  
[shop.pcinc.com](http://shop.pcinc.com)  
Who does your fan root for? Lots of local teams have kids club memberships with great perks! The PC Cincinnati Kids Club includes a membership certificate and lanyard, check bag, T-shirt, one admission ticket, and opportunities for meet and greets and other events. This gift will definitely have your sports fan shouting.

## THRILL SEEKERS GOLD SEASON PASSES — \$132

**Kings Island**  
6900 Kings Island Drive,  
Kings Mills • 513-794-2700  
[kingsisland.com](http://kingsisland.com)  
A Kings Island gold season pass is the perfect gift for the thrill-seeking birthday child. Their summer can be spent flipping upside down on Forties, soaring down hills on

Mythic Timbers, and free falling from 26 stories on Drop Tower. They can also cool off at Splash City this summer, have a screaming good time at Halloween Haunt this fall, and enjoy twinkling lights, sled riding and hot cocoa at WinterFest. Have them clear the calendar, because there's a lot to do during all of the season with a Kings Island gold season pass.

## FOR A LITTLE VARIETY GIFT CARD TO DO IT ALL

**Newport on the Levee**  
1 Levee Way, Newport, KY  
859-519-2159  
[newportonthelevee.com](http://newportonthelevee.com)  
There is SO much to experience at Newport on the Levee. A gift card can be used at any Levee establishment including:

- **Dart Dash**  
\$12 on hour, \$22 for 2 hours  
Blaster rental \$6 - \$12  
859-509-0200 • [dartdash.com](http://dartdash.com)  
The birthday child will have an absolute blast while playing fun, competitive games! They can bring their own NERF type blaster, or rent one on site.
- **Gameworks**  
859-965-7229 • [gameworks.com](http://gameworks.com)  
Playing great games, and winning cool prizes is a great way to celebrate a birthday.

- **Newport Aquarium**  
General Admission:  
\$29.99 adult, \$27.99 ages 2 - 12  
Annual Pass:  
\$45.99 adult, \$32.99 ages 2 - 12  
Call for behind the scenes animal experience parties and more!  
1-800-468-2474  
[newportaquarium.com](http://newportaquarium.com)  
With Shark Bridge, Stingray Highway, and the new King of Pines: World of the Octopus exhibit, there is an ocean's worth of fun to be had at the aquarium. Make any visit extra special by adding on a Penguin Encounter or Backstage Animal Experience.

birthdays

## 3 UNIQUE FINDS

Looking to gift Dad a unique present for Father's Day? Check out these three experience gifts he will go gaga over!

1. Book a FREE Gallery Tour with complimentary tasting of **SECOND SIGHT SPIRITS** (3015 Elm St., Lakota; 703-510-0075 or [secondnightspirits.com](http://secondnightspirits.com)), and make Dad's visit even more special with a gift certificate for spirits like moonshine, rum, and vodka.

2. Fuel Dad's love of golf with a gift certificate to **TOPGOLF** (3566 Winton Drive, West Chester; 513-342-0249 or [topgolf.com](http://topgolf.com)). Whether he gets individual lessons, takes a group lesson, or plays a game in one of the bays, TopGolf will be remembered as one of Dad's top gifts!

3. An All Stars Family Membership to the **CINCINNATI BIDS HALL OF FAME** (100 Joe Nuxhall Way; 513-765-7900 or [cincinnati.bids.com](http://cincinnati.bids.com)) is a luxurious gift for the baseball-loving dad. A one-year membership includes two passes to our GAB! fan view-level tickets to a 2018 game, and unlimited admission to the Reds Baseball HOF for two adults, and two children.

Amanda Ciani lives in Northern Kentucky with her husband and three terrific sons. She enjoys writing, hiking, parenting, jewelry for her dog (@blackandwhite) and Twitter account (@ahawkswife).



## 30 Ways Parenting Has Changed Since 1988

COMPILED BY THE CAROLINA PARENT STAFF

We asked you, our readers, to describe how parenting has changed since the first issue of Carolina Parent debuted in 1988. Here are 30 insightful answers, plus answers from (and 1988 photos of) our staff. It's no surprise that the most common observations focus on technology and the digital revolution's impact on parenting.

**1.** Children now are attached to their phones. It's reach harder now for parents get kids playing outside or using their imaginations. — *Maya Lindley, Carrboro*

**2.** It's harder to protect children from things you don't necessarily want them to see. — *Erin Holmes, Knightdale*

**3.** I play podcasts for my kids instead of books on tape. — *Akshay Zarefkar, Durham*



BETH SHUGG, EDITOR

"I see many of today's parents turning to experts and social media connections for parenting advice. I believe, however, that when parents follow their instincts, they usually make the best decisions. No one knows your kid better than you do! One other big change: digital photography!"

**4.** Parents are now communicating with kids by text message and having to monitor their children's social media accounts. — *LaShonda Akins, Raleigh*

**5.** Children are not as active. They spend more time on the couch playing video games than outside playing. So you have to become computer savvy to keep up with them. — *Lisa Collins, Garner*

**6.** There is more screen time and less family time. — *Lekha Velamallaxi, Raleigh*

**7.** It's easy to Google answers to questions about parenting. — *Sarah Coak, Garner*

**8.** Parents have discovered disciplinary alternatives to spanking children. — *Kavita Sofrasmanian, Raleigh*

**9.** We used to ask our grandparents for advice on how to raise our children. — *Aileen Plaza, Holly Springs*

JANICE LEWINE, ASSOCIATE EDITOR

"Today's kids are under enormous pressure — academic, social and extracurricular. Their childhood is slipping away too quickly, and there's less time to just be a kid and let life unfold at a normal pace. It pains me to see them overwhelmed, unlike how we had it in the '90s. We make family time a priority so we can enjoy these precious moments with them — before it's too late."



KATIE REEVES, PUBLISHER

"Parents today have to be like the Secret Service. They have to stay five steps ahead of their children and anticipate their every move. Monitoring their safety is done on multiple levels in a world where communication becomes a weapon. Parents deserve more respect than ever for navigating the fast-forward culture of the past 30 years."

**10.** Many parents are raising their kids far from grandparents and other extended family, which makes us rely more on neighbors and friends. — *Marlyn Marrero, Cary*

**11.** Car seat safety has improved; guidelines and products have come a long way in the past 30 years. — *Kerry Hughes, Raleigh*





Be a  
**HOLIDAY  
REBEL**

Why not 'wreck' the halls a bit? We're shaking up our own traditional Holiday 'W' List and delivering your family alternative goodies in 2017, from out-of-the-gift-box surprises and snacks to a decor redo and punched-up playlist. >

BY KIM KOWALE — WITH CHRISTINA CLARK



## THE ART OF *GRATITUDE*

It doesn't always come naturally. This season of giving thanks, consider these 10 ways to teach kids how to be grateful.

BY JESSICA SCHRADER • COMICS BY DEVIN WRIGHT

If our social media profiles are any indication, we're a grateful generation of parents. Our Instagram posts are filled with #blessed and our profile pics are adorned with "Thankful for us" frames.

But are we living with gratitude? Showing it? Modeling it for our children? If we're honest with ourselves, we could probably kick it up a notch. As they say, our kids are watching - and gratitude is

a skill (yes, a skill) that will last a lifetime.

Research shows gratitude improves psychological health, self-esteem and increases empathy - and one study even found that grateful people report feeling healthier and have fewer aches and pains.

So how can we encourage our children to be grateful? In honor of the season of giving thanks, we offer this list of 10 simple ways to teach kids gratitude.

1 Express gratitude for something every day.



2 Spend time volunteering.







## 3 COLORADO-INSPIRED BIRTHDAY BASHES

Plan a party that is a mile high on fun for any age.

By Christina Cook, Megan Forgey, and Deborah Mock

**P**arty planning: it seems to get harder and harder every year. This year, instead of spending countless hours scouring the interweb for the perfect theme, venue, and decor, take inspiration from the great state we call home. From Rocky Mountain adventures to Mile High City culture, we created three fun party themes for young Coloradans. From tiny tot to tween, we've got you covered with everything you need to throw a Colorado-inspired bash: decorations, food, fun, and favors. So go ahead, turn the page and let the party planning begin.



## **Service Feature**



## SPECIAL HEALTH FEATURE

## Sweet Slumber

Sleep is elusive for most kids with autism, but parents can take action.

By Leslie Portukas

At 5:30 on a recent Sunday morning, Barb McCullen of Montrose was up with her 9-year-old daughter, Ella. They hadn't awakened early to get a head start on the day. Ella had yet to fall asleep the night before. According to her mom, she was "still going strong."

Ella has autism. Barb and her husband know what they were getting into, as far as the sleep problems go. When they took Ella in as a 5-year-old foster child when they later adopted a prescription for clonidine — for sleep disturbance — came with her. "I knew her grandmother was an unusual mom with her because of the sleep problems," McCullen says.

The McCullens have two children with autism spectrum disorder (ASD) — Ella and a 6-year-old foster daughter, both struggle with sleep issues, and the two have a full bed in their parents' room so that Barb and her husband can keep watch over their nighttime wanderings. While the younger girl's sleep problems are less severe, Ella's are chronic and disruptive. Most nights, she will awaken around 1:30 a.m. and want something, especially because of her autism, she is unable to self-soothe, or be soothed, back to sleep.

"She will get up and start to spin and she'll come up to me and say, 'School is School is School is,'" which means she wants her school iPad," says McCullen. "Or she'll say, 'Fruit punch. Fruit punch. Fruit punch.'"

McCullen explains that Ella just doesn't seem to grasp when it's nighttime. "She has all the lights out, but she wanders around like it's daytime," she says. "And with the fruit punch, she loves it. Once Thanksgiving, it was really odd, so I stored some fruit punch outside. So at 7:21 the morning, she'd

standing by the front door saying, 'Fruit punch. Fruit punch.' Usually at 4 a.m., I give it and get some fruit punch for her."

Whenever Ella does settle back down to sleep, it usually isn't in her bed. She prefers the hardwood floor in the kitchen, or front of the front register.

"She doesn't even want a pillow or blanket. Don't judge, but I bought her a dog bed, so at least she'll have something soft to lie on. It's hard on the caregivers," McCullen explains. More to eight and foster mom to two, she has four other children in addition to her two girls with ASD still living at home. "It's hard on the rest of the kids."

**The silent majority**

According to Autism Speaks, an advocacy and support group for those with autism and their families, as many as 80 percent of kids with ASD have sleep problems. For the neurotypical population, that percentage drops dramatically to less than 10 percent, reports the journal *Sleep Disorders*. Aside from the disruption it causes within families, nighttime sleep disturbances in children with ASD often result in a daytime disturbance in some of the challenging behaviors associated with autism.

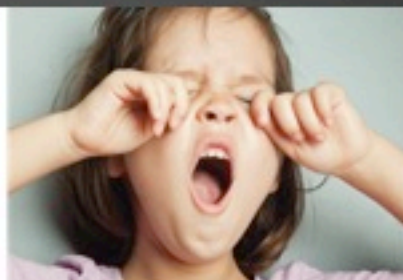
For each a high percentage of children with ASD struggling to get an adequate amount of sleep, there hasn't been much focus from the medical profession. The February 2016 issue of *Pediatrics* analyzed data from a children's sleep habits questionnaire and found that while 71 percent of the parents surveyed identified a clinically significant sleep problem

in their child with ASD, only 30 percent of those children received any sleep disorder diagnosis from their doctor. The reason, study authors opined, was that because of the "many needs of children with ASD, sleep concerns may be eclipsed by these other needs, especially in the limited time available at a doctor's visit." Parents, it seems, aren't speaking up about the problem unless asked specifically, but help is available, and sleep studies aren't typically required to get it.

Sam Al Saadi, M.D., is a psychiatrist with UPMC, Pittsburgh who is board certified in psychiatry and neurology and trained in sleep medicine. He also has a 6-year-old daughter on the spectrum. He explains that children with ASD usually don't come in for sleep studies unless there's a concern about another underlying medical problem, like sleep apnea or seizure disorders (approximately 30 percent of kids with autism have epilepsy as well, although the type of epilepsy is not one that generally affects their sleep). When there's no secondary medical cause, children with ASD average one hour less deep sleep each night than neurotypical kids, this is just the average — as McCullen experiences first-hand with Ella, there are some on the spectrum who experience far fewer hours.

## Solutions for slumber

One of the first things parents reach for to help their children sleep is melatonin supplements. Melatonin is a naturally occurring hormone produced by our bodies that triggered by a reduction in light. "In the hormone levels you, we're put into a state of quiet wakefulness that helps promote sleep."



"We tell parents, reduce the light that last hour," says Dr. Al Saadi. When naturally occurring melatonin isn't enough, parents may want to give their child over-the-counter supplements. And while he says that OTC, Dr. Al Saadi cautions that because melatonin isn't FDA regulated, "there's no real proof that it's what it says it is." He further explains that melatonin adjusts the child's circadian rhythm, and therefore after a few days it can lead to both falling asleep and waking earlier. He recommends it for short-term use only. Dr. Al Saadi says that to help kids with autism see lasting improvements in their sleep, parents should be open to prescription medications. "Taking a medicine is not negative," he explains, adding that in some cases, between 60 to 80 percent of kids with autism will be on some type of medication due to a secondary condition that becomes apparent later, like anxiety. "And something like anxiety can cause sleep problems."

Providing the child with medicine that would reduce his anxiety would allow him to sleep better, Dr. Al Saadi says. For other kids, ADHD could be the culprit. "If they're jumping all over the place and they're not shutting down to sleep, there perhaps a medication for hyperactivity is necessary for them at night to calm them," he says.

"When they're younger, they're really not in tune to their feelings as much. They may wake up and not realize, 'I should be tired.' So they get up and do something."

The psychiatrist and sleep doctor also touches upon what McCullen has experienced with Ella. "When they're younger, they're really not in tune to their feelings as much," says Dr. Al Saadi. "They may wake up and not realize, 'I should be tired.' So they get up and do something" instead of going back to sleep. That tendency, he says, usually wanes as the child gets older.

Some parents realize that sleep will come. "I know these days are short in the overall scheme of things. They're not going to grow up and still want to sleep in your bed," says Kate Kalata of Carlisle. But understanding is not the same as accepting.

"Our sleep is completely dysfunctional," she says. Her 5-year-old son, who has "high-functioning autism," has shared his parents' bed since August 2016. Kalata's 3-month-old baby also sleeps in their room that nest their bed, she adds, while her 4-year-old son sleeps by himself in the room he's supposed to share with his older brother.

Kalata is looking to hear back from a sleep intervention program out of Pittsburgh that she's wanted to do through an applied behavior analysis (ABA) program. "If there's a service, and they can come to us, we want it. We want sleep," she says.

Barb McCullen seems to dwell on her daughter's floor-sleeping habit. It's moments a moment from the pilot episode of *The Good Doctor*, ABC's new series about a young surgeon with autism, which does Dr. Shaun Murphy sleeping on a floor without any pads or blankets.

"I called some of my friends and said, 'Did you see that?'" she appreciates the way the show portrays the character, from what little she's been able to watch of it. But back to Ella in the kitchen.

"Even our case worker says just leave her there," says McCullen. "I'll try to get her on that dog bed, but you don't want to wake her."

Before Ella, the McCullens only fostered two. "When she was 1, she came to us, just for a few weeks. We were supposed to give her back, but we loved her, and couldn't."

"Who needs sleep anyway?"

Leslie Portukas is the editor of *Central Penn Parent*.

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## Parent ASK THE EXPERT

## PHYSICAL THERAPY EXPERT



Q: What's better... lie or lean?

A: From not returning an injury, such as you rub your wrist or around your back during the day, it's best to use it for the first 48-72 hours after that injury to help bring swelling down. Using heat or a closed-ice injury could cause more swelling. If your muscles or a body part are sore after an activity back as a new gym routine, doing your PT exercises or playing football is a better way to use the injured region initially. You could then switch to heat for later applications. For chronic pain or an old injury you can use whatever gives you the most relief. Try to use both heat and stretches to both the heat and a good you the most relief and then continue with that.

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# TRASH

Could your family go zero waste for a week?  
Our writer gives it a shot.

STORY AND PHOTOS BY KAT MERCK

## The zero-waste movement is having a moment.

No longer the province of your compost-loving, hippie neighbor who eschews stores and brings her own mug to the coffee shop, "zero waste" is, in simplest terms, a conscious attempt to produce as little garbage or waste as possible. Lately, though, it's piggybacked on the green and wellness movements to become something of a lifestyle, with Facebook groups and casts of bloggers posting photographic evidence of having fit a month's worth — or in some cases, multiple years' worth — of trash into a single pint jar. Even Gomp is selling a \$125 "Zero Waste starter kit" consisting largely of linen napkins and a bamboo-lidded sandwich box.

However, given that — according to the Environmental Protection Agency — the average American produces nearly 4.5 pounds of garbage a day, any attempt to reduce waste has the potential to make a significant impact.

There is something largely absent, though, from much of the millennial-dominant, mostly urban, zero-waste blogosphere. Although examples of zero-waste families do exist (Colin Beeson's *No Impact Man* book and film, to name the most visible example), a quick search of the blogosphere shows they are the minority. And it makes sense. Qualities of utmost importance to families — convenience, sanitation — are inherently non-zero-waste friendly. Even the most well-meaning, cloth-diapering, home-cooking family likely sees some store-bought

cleaning products, plastic containers of toddler cereal puffs, tube supports for lunches, and so on. How difficult, then, would it be for a typical Portland family — in this case, two working parents and a picky-eating 5-year-old — to suddenly live zero-waste for a week?

For guidance, I contacted one of Portland's most prominent zero-waste gurus, Jenita Barrett, author of the Zero Waste Wisdom website and facilitator of frequent local workshops on the subject.

My first question was a big one. Am I actually expected to produce zero waste? What about batteries? Light bulbs? Batteries? Waste from showering?

"Usually the name 'zero waste' isn't *strictly* viable, because in our modern society it is impossible to be 'zero waste,'" Barrett answered me. "Instead of focusing on absolute zero and being disappointed, it's better to take a more holistic approach and look at all the ways to reduce your environmental impact."

So, with this in mind, I formed my ground rules. Anything that isn't legitimately recyclable or compostable needs to fit in a clear quart jar (Gives that was just starting out and still had a lot of new zero-waste friendly items in the house, I wasn't even going to attempt the pint jar!) So, for one week, the jar was our communal trash can for work, home and school. No sealed boxes, no broken toys, no snack bags, no granola bar wrappers, no instant containers from nights when dinner plans went sideways.



# TALK

## HERE'S HOW IT WENT.

### Saturday

**6:30 am on Day 1** and I've already produced an unexpected ton of waste. A better wrapper. I dutifully hold it up and put it in the fridge to see for greasing pans.

**6:45 am:** It's time for breakfast, and despite being nearly 40 years old, I do not own cloth napkins, so I have to break out a stack of cloth-diaper wipes I had sworn when I was pregnant. My son is apologetic when he sees them. "I am NOT using those. They have germs on them!" he whines. I reassure him they've been washed in hot water and haven't been used in a very long time, but he defiantly wipes his berry-stained mouth on his sleeve. It's too early in the morning for a battle, so I hand him a paper napkin.

**10 am:** Weekly meals have been planned using mostly bulk ingredients and produce, and it's time to go shopping at WinCo. Ditching old plastic bags from previous trips, and loose the produce bag-free in the cart. When I get home, however, I go to throw my receipt in the recycling bin and remember something I had read about BPA contaminating the recycling supply. One sure way to tell if a receipt contains BPA is to scratch it with a paperclip — if it darkens, it can't be recycled. My test is inconclusive, so I set it aside to use for scratch paper.

### Sunday

**3 pm:** We have a birthday party to attend. One of the few zero-waste blogs with a family focus, Zero Waste Kids, suggests that in these situations, guests "talk to the host parent and request no party favor for your child." You can talk to them about your zero-waste efforts. "I totally imagine how this would go over with my son. He most definitely will be getting a favor bag. Merrily, the cookies are only cookies and a latex balloon. The cookie bag and balloon end up in the jar, but I figure I've saved my son at least one adult therapy session."

**6 pm:** We get home later than expected, and my plans of cooking a healthy, vibrantly zero-waste dinner from scratch are weighed against the prospect of a late bedtime and disrupted schedule. We are now having Trader Ming's King Pao Chicken, which I found buried in the morning of our deep freeze. It comes in a seemingly endless series of non-recyclable plastic bags, all of which go into the trash jar. I think about Colin Beeson of *No Impact Man* fame and how he didn't use one toilet paper for a year, and I feel like a horrible person.

### Monday

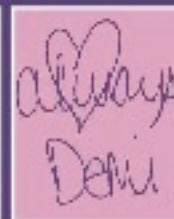
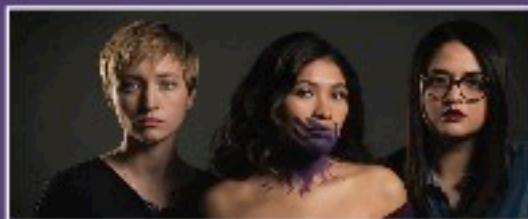
**NOON:** We were ambitious, computers before this week, and it's only taken three days for me to reconsider why. We have a tiny kitchen, and despite keeping the compost container every evening, it smells like a particularly odious small animal has trawled under the sink and died. I begin to have flashbacks to months' worth of alone, and fruit flies, and the whole fruit peels that always seemed to be stuck to the inside of the lid, and suddenly I want this container out of my kitchen immediately. I email Jenita. Does it have a chemical filter of the top? she asks. It doesn't. "I don't have much advice," she admits. "I make sure to rinse out my compost bin every time I dump it out. I try this, and it does help a little."



What you and your teen need to know about

# dating violence

By Jill L. Ferguson



**M**ore than a decade ago Pittsburghers were stunned by the brutal stabbing death of Monroeville teenager and Gateway High School student Demi Brae Cuccia at the hands of her ex-boyfriend, John Mullarkey, Jr. Cuccia was stabbed 16 times before Mullarkey turned the knife to his own throat, in an attempted murder-suicide. Neighbors heard her screams and the phrase "he stabbed me" and called the police.

During the trial, Mullarkey's lawyers argued that his acne medicine made him prone to violence, but the judge and jury didn't buy that defense and sentenced him to life in prison without the possibility of parole. Witnesses came forward saying the couple had argued in the past and that Cuccia had received text messages from Mullarkey saying he intended to harm her. Her friends described Mullarkey as possessive and controlling, including forbidding her to wear a bikini and to travel out of town for a cheerleading camp.

Many people, her family included, wondered how things had gotten to that point. Mullarkey was a long-time friend of Cuccia's brothers before he became her boyfriend. And others wondered why she just didn't leave him. In response to this tragedy and to prevent similar things

## Teen Dating Violence

Sometimes referred to as TDV, is defined as the physical, sexual, psychological or emotional aggression within a dating relationship, including stalking.

from happening to other teenagers, both of Demi's parents, Jodi and Gary, who are divorced, have created electronic spaces ([www.demistory.com](http://www.demistory.com), "Dating Beyond Control" on Facebook and [www.demibias.com](http://www.demibias.com), the latter the home of the Demi Brae Cuccia Awareness Organization) devoted to their daughter's life and to teen dating violence. And both of her parents speak at events and schools in an effort to reach teens and their parents.

Teen Dating Violence, sometimes referred to as TDV, is defined as the physical, sexual, psychological or emotional aggression within a dating relationship, including stalking. It can occur in person or electronically and might occur between a current or former dating partner. TDV crosses all socioeconomic statuses, gender lines, religious affiliations, cultural identities, sexual orientations; it happens in all parts of society.



2007 photo of Demi and her mother, 3 weeks prior to her murder.



Demi and her dad

# Make Memories — Not Messes

## DIGITAL PHOTO ORGANIZATION SOLUTIONS

BY MANDY HOWARD

As a new mom, I had the best intentions. I could envision my daughter's first-year scrapbook with every photo I snapped. But as one child turned into three, months turned into years, phones broke and technology changed. I lost all control.

I have photos on old phones, new phones, computers, jump drives and memory cards. Some are printed and a few made it into photo albums. But the truth is, our memories have become a big mess I'm not sure I can clean up.

I asked several of my friends how they organize their digital photos and the responses I received ranged from bemused wit — "If you figure it out, let me know!" — to beleaguered camaraderie — "Is there anyone who has a business of doing this, because I need them?"

### CARD-CARRYING ORGANIZERS

One online search revealed that, of course, there are photo organization businesses. In fact, there is even an association: the Association of Personal Photo Organizers (apppo.org), a professional membership organization that trains, supports and provides industry tools to members, who are known as Personal Photo Organizers. Those who are interested in joining can choose from professional memberships (\$349 annually) or corporate memberships (\$450 annually). APPO equips members with the skills to "create, manage, organize and save your photos — allowing you to easily find, preserve and share your stories."

Chapel Hill mom and entrepreneur Amy Hoogervorst is an APPO member who is passionate about her work. "I started preserving my family's history as a scrapbooker about 20 years ago and then I was a direct-sales scrapbook consultant, teaching people how to make albums for themselves," Hoogervorst says. "When digital photography came along, I started showing people how to make digital albums."

Before long, people were asking Hoogervorst for help and she began her own business: Photo Organize Me (photoorganize.me).

### CREATE A SYSTEM

Hoogervorst's first tip to clients concerns methodology. "Create a system and stick with it. I think forming good habits is more important," she says. "Consistency is key."

That sort of advice might make busy parents shudder, but Raleigh mom and writer Jen Foster feels inspired by it.

"A few years ago I was in the exact same spot you are now," she told me. "The first method I tried was buying a 'photo computer.' I was going to keep everything in that one spot. I spent days transferring and organizing all photos there."

It wasn't long, however, before Foster identified flaws in her plan. First, downloading pictures from her phone to her computer didn't happen as consistently as she'd planned. Second, the only way she could search for photos was by the dates they had been taken. "I would have a picture in mind, but would have to go folder by folder because I couldn't remember exactly when it was taken." Last, and scarier of all, the computer flashed what she referred to as "the blue screen of death" one day.

Around that same time, Foster purchased a new smartphone. It was love at first download.

"I got the Google Pixel [smartphone] and it automatically downloads all the pictures I take into Google Photos," she says.

She liked it so much, she transferred all of the photos from her "photo computer" to Google Photos as well. "It has become automatic. I can find photos easily and know I'll always have them," Foster says.

Other popular photo storage platforms include Shutterfly, Flickr, Prime Photos and Slidebox (see page 23). Whether one of these or another of the platform options out there are right for you, Hoogervorst advises you take the process one step further: "Back [photos] up in more than one location," she says. "Don't rely solely on an outside vendor."

Foster agrees. "My fear was, what if Google [Photos] goes away? It's highly unlikely, but I hate having all my photos in one place that is owned by someone else," she points out.

Hoogervorst says remembering what is at stake will keep you motivated.

"Your grandparents' black-and-white photos stored in a shoebox under the bed are more likely to see the year 2050 than your daughter's first birthday photos. That's because hard drives fail," she warns. "Cell phones die watery deaths in toilets and bathtubs, and technology changes. Take care to download and back up your priceless images. And print the ones you love the most. You'll never regret the time you spend doing this, but you may regret not having done it."

Mandy Howard is a Raleigh freelance writer and mother of three.





## PRETTY, PRETTY Piercings

What should you consider before getting your child's ears (or anything else) pierced? We get straight to the, er, point

BY ALEIGH ACERNI

Not too long ago, my 4-year-old daughter studied me intently. Then she cocked her head, cleared her throat, and said, "Mummy, can you take me to a place where someone can put holes in my ears? I want to wear earrings like you."

This innocent question from my jewelry-loving daughter sent me on a quest for information. How do I make sure she gets pierced safely? And what I can I do to ensure she won't end up with slightly uneven piercings like mine?

The American Academy of Pediatrics released its first-ever report on tattooing, piercing and scarification in adolescents and young adults in the fall of 2017. The pediatrician and piercing professional I spoke with echoed much of the same advice found in the report. Here's what parents should know.

### YOU'RE ON YOUR OWN

Unlike tattoo parlors, there are no safety regulations or inspections for piercing facilities in North or South Carolina. That doesn't mean it isn't safe to get a piercing done here, but it does mean that the burden is on the consumer to make an informed decision about

the facility and the expertise of the person doing the piercing.

Whether you have your child's ears pierced at the mall, the pediatrician's office or at a piercing shop, it's important to keep in mind that any piercing is a cosmetic procedure, says Dr. Rhonda Parr, a pediatrician with Charlotte Pediatric Clinic and past president of the Charlotte Pediatric Society.

As with any procedure, there can be risks. "The skin is a part of the body's immune system. Any time this barrier becomes disrupted, bacteria may be introduced into deeper tissues, leading to infection," Parr says.

### WHAT ABOUT BABIES?

For infants, whose immune systems are just getting started, it can take longer for piercings to heal. It also is important to consider the immune system, especially for younger children and for children with autoimmune disorders or allergies.

"Your immune system is what heals a piercing," says Cindy Goodie, manager and head piercer at SADU Body Modifications, located in the Plaza Midwood area of Charlotte.

Fledgling immune systems are one reason piercers at SADU prefer to wait until a child is at least 5 years old, a more conservative benchmark than the American Academy of Pediatrics' recommendation to hold off piercing a child's ears until he or she is at least 6 months old.

"Most people who pierce ears also require that a child or infant has had at least her initial hepatitis B and tetanus vaccinations prior to piercing," Parr says. She also suggests that parents carefully consider the jewelry they select.

"Because earrings are small and children are very oral, a loose earring can be a choking hazard." Best options: screwback earrings or earrings with notches to keep the back in place.

### TOP PRIORITY: CLEANLINESS

Experts agree that clean, sterilized equipment is key to the process, and this is where the method of piercing can come into question. Piercing guns, while convenient, have some downsides. Some European countries and U.S. states have banned the use of piercing guns, noting that surgical needles

are sharper, more precise and more sterile.

According to the American Academy of Pediatrics, most piercing guns, even those that are loaded with single-use cartridges, aren't sterilized between procedures. The Association of Professional Piercers considers piercing guns to be unsafe because

although they can be disinfected, they cannot be sterilized in a medically recognized way. Most professional piercers use an autoclave — a heated, pressurized container — to sterilize equipment. The difference? Disinfection reduces the number of microorganisms on an object; sterilization kills them all. This is no small issue when you consider the Centers for Disease Control and Prevention reports that new hepatitis C virus infections nearly tripled from 2010 to 2015, reaching a 15-year peak.

"Professional piercers do not use piercing guns," says Goodie, who prefers single-use, hollow-point, tri-beveled surgical needles for her piercings. "[Piercing guns] cause a lot of trauma to the tissue; it often leads to infection. [Piercing guns] can't be autoclave-sterilized. Everything we use is

## Healthy Family //

## Spontaneous Weeping

## Supporting My Teen Daughter Through Cancer Treatments

By Corinne Zola

I call it spontaneous weeping. I'm referring to the many times throughout my daughter's treatment for Hodgkin's Lymphoma when I unexpectedly teared up or full on cried in inappropriate places like shops, supermarkets, exercise classes, meetings. I'm certain that any worried parent suffering on behalf of their child recognizes this phenomenon. The experience of supporting my daughter through her cancer treatment taught me that my fear and sadness were now always ready to burst out to anyone.

I can't pretend to know what it is truly like to experience cancer in my own body, and I don't know exactly what it is like to be a parent of a very young child with cancer. But I can speak to what it is like supporting a 16-year-old daughter with cancer. The challenges go beyond the physical invasion of the cancer and chemotherapy. Teens are self-aware and self-conscious. They are already dealing with dramatic issues relating to friendships, school, appearance and relationships. Those cancer and fear for survival into the mix, along with hair loss, missing school, friends and even social drama, and it becomes very difficult for your child to stay positive and feel relevant.

Doctors, therapists and other parents in similar situations had consistent advice. Stay positive and be strong. To stay the course, I realized I needed to know who to talk to for all the necessary support encompassing emotional, social and academic needs.

Unlike a medical protocol, the emotional side of illness is left open to the patient and caregiver to figure out. I share some of our story here in the hope that it might help another parent navigate some of the non-medical side effects particularly for teenagers.

**Let's Talk About Fear**

Nothing is going to take away the fear, but finding ways to alleviate it or even escape it for a little while is so important.

To manage fear, first you must trust your medical team. Trust that they will tell you what you need to know and what to expect. Don't be afraid to ask a million questions. Take notes, because you won't remember anything they tell you. Demand attention when you think something isn't right.

Talking to a therapist is critical for both

you and your child; it's a safe outlet to express sadness and fear. A therapist experienced in working with patients facing life-threatening illness is especially helpful.

Our oncologist told us not to use Google as a medical reference. It's a minefield, and you likely aren't even looking at the proper diagnosis or prognosis. However, the Internet is a great resource for finding communities that share your experience. I found peer counselors, chat rooms and general information from these helpful sources:

- **Leukemia and Lymphoma Society**, llh.org. The Westchester Chapter provides a wide range of information and support for patients and caregivers, including post-treatment counseling, groups and online chats with young adults living with leukemia, lymphoma or myeloma.

- **Seal Ryders**, soulryders.org. A volunteer-driven organization offering compassion, emotional support, as well as fitness, nutrition and educational programs for people affected by cancer in our community. Seal Ryders is available from diagnosis through treatment, recovery and survivorship. Their generosity and caring were indispensable to us.

- **Stupid Cancer**, stupidcancer.org. An online community of young people who are in the midst of cancer or are in remission. There are chat rooms and question boards for absolutely any topic you can think of and always someone to answer. The site is directed to young people by young people.

**Let's Talk About Hair**

No other way to say it, hair loss is emotionally devastating. Understanding how quickly it happens and having the tools to manage it can help with the shock and sadness. First, it's critical to know that hair begins regrowing after the second chemo treatment. Knowing this, you can cut it off before you begin treatments because the regrowing process is very spitting and uncomfortable. Then, consider using the hair you've cut off to make a wig.

Because managing the literal and emotional fallout of hair loss is such a huge part of the chemo process, these resources might help navigate this phase efficiently, instead of haphazardly:

- **Beauty Bar and Hair Salons**, Post Chester, beautybarandsalon.com. This local

salon is lovely as is the salon owner Stacy Sakellaria. She is experienced working with women suffering medically induced hair loss and makes your appointment when the salon is quiet so you have privacy. The salon can wash, dry and style wigs.

- **LaSpina Renewed Image Salon**, la-spinasalon.com. Owner/ stylist Danny Brea, recommended by our oncology social worker, has experience working with teen and adult patients suffering medical hair loss. They are located in Mishaps.

- **Bits-n-Pieces**, bitsofpieces.com. For a full wig, this New York City salon has a big selection in a wide range of pricing. A stylist helps you choose the right wig and teaches you how to wear and care for it. When you are done with the wig, it can be donated to The Wig Exchange ([thewigexchange.org](http://thewigexchange.org)) so it can help another woman undergoing chemo.

- **Hats, Scarves and More**, hatscarsvesandmore.com. A friend recommended this site to buy deeper caps. I learned that when you suffer hair loss, your head gets very cold at night. These cozy fleece hats keep you warm and comfortable.

- **Hip Hats**, [hatwithhair.com/Hip-Made-With-My-Own-Hair-Large](http://hatwithhair.com/Hip-Made-With-My-Own-Hair-Large). Hip Hat is a lightweight cloth cap with a "hole" of natural hair sewn around it. It's worn under a hat, baseball cap or beanie. If you styled your natural hair, you can use it for your own hat. The Hip Hat is more comfortable and practical than a full wig for everyday wear.

- **The Wig Exchange**, [thewigexchange.org](http://thewigexchange.org). The Wig Exchange in Rye provides women and teens undergoing chemotherapy with high quality wigs and hairpieces, as well as practical tips and emotional support for managing the issues surrounding cancer-related hair loss. The Wig Exchange client coordinator is a cancer survivor herself, and is unfailingly kind and understanding.

**Keep Up With School**

The school principal, guidance counselor and teachers were critical to setting up a home schooling program that ensured my daughter didn't get left behind academically. There is no absolute solution for this, every case is different, but regardless, your child is entitled to a home tutor for every course. A doctor's note to the guidance counselor launches the process. Our school worked with us to ensure that my daughter fulfilled her credits, took



## WHERE TO EAT WITH KIDS IN DENVER

10 family-friendly spots where you can  
enjoy dinner out with the whole crew.

By Christina Cook, Megan Forney,  
and Deborah Mock

Photography by Lucy Beaupard

**E**ating out as a family was once a luxury, a splurge reserved only for special occasions, but today, taking the family to a restaurant for dinner is on the regular. While it's easy to hit a local drive-thru or fast-casual spot, finding a place to have a relaxed all-day experience with kids along is a bigger challenge. We set out to find some of metro-Denver's popular eateries, to find those 10 locally-owned, eater-at-the-table restaurant experiences where families are served up a pamper meal with a side of welcoming atmosphere, hold the judgy looks.

### ACE EAT SERVE

Asian Inspired Cuisine

**SPECIALS:** Ping pong ball, dining reservations available online  
**LOCATION:** Uptown Denver  
**WEBSITE:** [aceeatserve.com](http://aceeatserve.com)

Instead of the standard Chinese take-out, Ace Eat Serve offers dishes elevated just enough for even the pickiest eaters. Their kids' menu offers versions of Asian cuisine favorites like bao buns, wok tossed rice noodles, or dim sum. Each \$7 kids' meal comes with complimentary share ice. But what really makes this space great are the 12 ping-pong tables, including several on the heated patio. Families can break up on their paddle skills during happy hour for \$10 an hour per table.





## Beyond 'The Talk'

The real sex conversation is more about empathy and respect than intercourse — and it starts at birth

By Jennifer Hyvonen

**It** was my husband's turn to drive. We were on our way back from mountain biking in Duluth, and our two sons were cooked out in the backseat.

As quiet settled over the car, I flicked on my phone to *The New York Times*, ping-ponging out the headline *Mothers Defend Son Accused of Sexual Assault*.

The mothers had sons whose lives had been turned upside down by sexual assault accusations.

They didn't believe their sons were falsely accused, but rather wrongly accused.

The mistakes were fuzzy. One mother asserted that the accusing woman's experience with her son may have been "stupid" and "embarrassing," but it wasn't assault.



# TAKING A YEAR 'ON'

More high schoolers are toying with the idea of having a "gap year" between their senior year and first year of college. What is it, exactly, and is it right for your student? Read on for the 101. BY CLARE CHARLTON

The old-school "how to prepare for life" blueprint gives something like this: thirteen-plus classroom years (plus extracurricular and athletic) lead to an exciting college experience followed by...of course, a successful career.

In growing numbers, though, teens are questioning this trajectory — especially the part about powering through senior year straight to high school. Instead, some are delaying college in favor of a "gap" or "bridge" year to travel, work, volunteer or learn in a non-academic environment. Perhaps most famously, Malia Obama decided to take one before

starting at Harvard College this past fall. Structured programs offer experiences both here in the States and in farther-flung locales like Bolivia and Peru, where the former first daughter reportedly traveled.

Young adults in southeast Michigan are following suit — including my own kid. When Kit said he wanted to take a year off before college, I admired his ability to listen to what his mind and body needed. When he chose a program that involved global travel with an established volunteer organization in a developing nation, I admired his sense of adventure and altruism.

Kit revealed this was his oppor-

tunity to be whomever he wanted for just one year, a prospect enviable even to adults.

"When you ask adults if there is something they should have done but didn't, and that they regret, what do they say?" asks Min Boeshoven, counselor at Community High School in Ann Arbor Public Schools — and the district's counseling department chair. "Most will say they wish they hadn't grown up so fast."

So what's the rush? "College will wait for you," Boeshoven says. Grab your student, learn about the gap year phenomenon together and make your own choice.

Corpe annum! ▶

## Gap Year Defined

According to the standards-setting nonprofit Gap Year Association, a gap year is "An experiential semester or year" or typically taken between high school and college in order to deepen practical, professional and personal awareness."

When you ask adults if there is something... that they regret, what do they say?

Most will say they wish they hadn't grown up so fast.

## Cost considerations

It's a myth that gap years are only for high-income families. Yes, they can be pricey. Extended immersive experiences can hit \$30,000, and even three-month semester trips can hit \$14,000. But some

programs are no- or low-cost or have substantial need-based aid. Troy High School grad Alexa Chen suggests full scholarship programs from National Security Language Initiative for Youth, YES

Around and Congress Bundestag Youth Exchange — or lower cost Student Conservation Association programs. "If you really want to travel and can't find an accommodating program or one within

your budget, consider WWOOFing or a similar organization," she says, referring to the World Wide Opportunities on Organic Farms, a global organic farm homestay network.

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# **General Feature Writing**



coverstory

# Staying on Track

## Life Skills for Youth Pushes Students Towards Graduation, Careers and Lifelong Success

BY ALEXIS CRONE | PHOTOGRAPHY BY DANIEL MOODY

**I**t's a dreary Tuesday afternoon around 3 p.m., but inside South City Church it may as well be Christmas merriment. Freshman and kindergarten students unshed from vans and run into the building, their huge backpacks bouncing on tiny frames.

The kids know exactly where to go the second they walk through the door — straight to their seats for snack time. Their chip bags crinkle and they chatter excitedly with one another. Most of them come here everyday after school, so they all know each other well. After all, kindergarten best friendships only take a few minutes to form.

When Coach Clark walks through the room, a few heads turn to smile his way. He grins and bends down at a student's chair. She giggles and they begin a clapping, fist bumping secret handshake.

"You got some new shoes today?"

She nods and taps her toes on the floor, shy but clearly excited that someone noticed her bright new sneakers.

"Alright, you be good today!"

Coach Clark stands up and several other kids run over to say hi. One in particular stands out; he's wearing plastic gloves and collecting the other students' trash. Coach Clark looks particularly proud of this little man, and explains that he had interviewed for that "job."

"He's one of our smartest kids we've got here," he says.

The 40 or so students enjoying their snacks at the moment are only a fraction of the group that will arrive at the church within the next hour or so.

By 4:30 p.m., so many as 250 students in pre-K to 12th grade will fill the building.

While the crowd may seem overwhelming to an outsider, the program coordinators and teachers have everything under control at Life Skills for Youth, or LSY.

Larry Clark Sr., affectionately called Coach Clark by everyone who knows him, is the founder and now executive director of LSY, an after-school and summer program helping students of all ages prepare for the future. The organization's tagline is simple: "resourcing youth for tomorrow."

"We're trying to teach them everything to get them ready for tomorrow — from life skills to attitude to helping [them] in school and helping them find a job," Clark said. "We really focus on literacy and technology and also really train them thinking about careers ... That's our goal — just getting them ready for tomorrow; getting them ready for the future, getting them ready for life."

LSY takes place at South City Church in Little Rock Monday through Friday with the doors open from 3-7 p.m. each day. Students usually start arriving a little before 3 p.m., and they keep the program going until 7 p.m. so that parents can work or take a college night class before picking up their kids.

With two sons of his own, Clark was heavily involved in coaching Little League sports as they grew up. In 2004, he began to notice that many parents were getting younger and younger, and concurrently, these students were lacking in simple life skills and manners. But what bothered him the most was that he saw more and more kids struggling academically.



# kids worried sick

breaking down the anxiety epidemic facing today's kids

For many active 10-year-olds, Ava\* is involved in competitive cheerleading, enjoys playing the flute in her school's band and loves spending time with her group of five close-knit friends. But daily life is a struggle for this fifth grader, who is haunted by debilitating worries about her personal safety, her health and being alone.

"She's always had issues with being alone in the house," her mom says. "If I'm doing laundry, she's in the laundry room with me. She still sleeps in our bed at night. I make her go to bed in her bed every night, and I sit in her room until she falls asleep. But, by about 1:00, she comes and gets in our bed."

Ever since Ava broke her arm last year during a cheer practice, her anxiety has worsened steadily.

"She thinks she's having heart attacks, and she'll go to the school nurse saying she can't breathe and her face is numb," her mom says. "Before that, she'd never been to the school nurse in the six years she'd been in elementary school."

Ava isn't alone. Mental health experts say that anxiety is now the number one

most common mental health challenge among children. The National Institute of Mental Health estimates that 31 percent of adolescents, ages 13 to 18, suffer from an anxiety disorder of some kind, with girls at a slightly higher risk.

Thanks to increased awareness and understanding of the disorder among health care practitioners, more children receive the treatment they need at an earlier age.

"I'm seeing kids who in the past would have just white-knuckled their way through life until it got to the point where they couldn't do it anymore," says Dr. Jane Soslund, child and adolescent psychologist, University of Kansas Medical Center. "The stigma of mental health is slowly, slowly being chipped away, and that's a good thing."

## what is anxiety?

From your heart slamming against your rib cage before standing up to speak in front of an audience to sweaty palms during a job interview, we've all experienced anxiety. Anxiety becomes a problem when it affects quality of life and interferes with the activities you normally enjoy.

Some symptoms of anxiety disorder include panic attacks, sleep problems, heart palpitations, chest pain, muscle tension, unexplained weakness, dizziness and cold, sweaty, numb or tingling hands or feet. "Usually, anxiety can start in the very young years, but then it can rear its ugly head in the teenage years," Soslund says. "It's something probably to do with hormones and puberty and a time in kids' lives where they are starting to feel more self-conscious."

Left untreated, anxiety can cause kids to miss out on important social experiences and lead to poor performance in school, substance abuse, physical illnesses, depression, self-harm and suicide.

## causes of anxiety

Anxiety can be a product of genetic wiring or a result of a specific stressful or traumatic event. The condition also can be triggered by a combination of factors, ranging from marital and economic distress in the family to overwhelming school pressures, social media and internet news stories.

## SPECIAL REPORT

BY SUSAN DAY

# Are We **SCREWING UP** the Kids?

UM, HELLO? IF YOU'RE JOKING ABOUT BEING ADDICTED TO YOUR SMARTPHONE, WHY ARE YOU HANDING THE THING TO YOUR 2-YEAR-OLD?

**W**hat if children actually DID come with a parenting manual? If tucked inside your baby's swaddling clothes was a step-by-step guide for raising your little one from infancy to age 2? Wouldn't it be great? You could just flip to the chapter on kids and technology and follow along for the well-being of your child.

Well, job's on us. There's no manual, and even if there were, the chapter on technology wouldn't be there because it's not available yet. This era we're in where nearly 100 percent of homes have a smart device is one big grand experiment.

But psychologists are starting to see links between the overuse of technology and our kids' mental health. Psychiatrists are seeing an uptick in childhood depression while eyeing the effects of social media and technology on kids. Parents see kids talking less, heading

down more. Looking at her 3-year-old completely wrapped up in his iPad, a mom laughs, "He's completely addicted!" and throws her hands up in the air, "but so am I!"

What do YOU do when your toddler starts making "ginnao" sounds for your smartphone? Hand it over, right? Yes, technology is fantastic... except for when it's not.

Common Sense Media (CSM), a California nonprofit that studies the relationship between kids and technology, says an electronic childhood has "profound implications for parenting and childhood." Chief Executive Jim Steyer, a dad of four, says, "These devices have great benefits, but the downsides are very significant; you've got all of these parents glued to their blinking devices, and so are their 6-year-olds."

The evidence is clear that parents with toddlers have caved in to "modern" society's clamor for more and more tech at younger and younger ages. The good news is, if you raise your kids with common sense and authority (consistent, firm and loving; being the parent,

not the friend), you stand the best chance of parenting your child through the wacky world of what's good for him and what's not.

## KIDS KNOW MORE THAN PARENTS

So you've heard that Bill Gates refused to let his kids have a smartphone before age 14, but here's why: He knew about their highly addictive quality, and he wanted his kids to know the value of restraint and face-to-face communication. In other words, you'll never see a key college interview if you can't talk to adults.

Nathaniel Clark, M.D., chief medical officer for Vanderbilt Psychiatric Hospital and associate professor of clinical psychiatry and behavioral science, says the right age for a smartphone varies by child, but that "as late as possible" is best. Yet parents give their 16-month-olds smart devices and set up parental controls with little thought to the child's capacity for it.

"Our brains continue developing until well after we reach age 20," Clark says. "Particularly in the frontal lobe, which is responsible for both planning, reasoning and inhibition of impulses."

Ah, impulsivity. It's why kids love Snapchat. Take a pic, write a comment with Emojis, share it and poof it's gone. A 15-year-old boy (who requested anonymity for this article) witnessed a girl, age 7 or so, on Snapchat sitting in front of him at TPAC. He looked disgusted when he said, "She shouldn't be on Snapchat. She doesn't know what she's doing. You just want to do it all the time." A savvy 24-year-old blogger told me, "The problem is, kids are faster at doing things online than parents are. Even if parents think they know what their kids are doing, they don't. THAT's what's going on. They can't possibly keep their kids safe."

While technology is a huge source of pleasure, we also know it can be incredibly overwhelming. With smart devices providing that instant, deeply immersive experience, homes are awash in devices with parents struggling to balance screen time with everything else in their lives.

Joan Twenge, Ph.D., is the author of *Gen Z: Why Today's Super-Connected Kids are Growing Up Less Anxious, More Tolerant, Less Happy and Completely Unprepared for Adulthood* (Atria, 2017). Twenge's eye-opening generational research compares children born in the mid-1990s to the mid-2000s and later. She says the year 2012 (when those having iPhones went above the 50 percent mark) is the same year that kids started saying they felt "sad, hopeless, useless, and that they couldn't do anything right." Kids started describing feeling left out and lonely to her researchers, and Twenge saw a 50 percent increase in teen clinical level depression.

## ADDICTION & STRESS

Children given devices at younger ages means addiction starting earlier and human connectivity waning. You know that weird irritability you witness when you take the iPad away from your 3-year-old? That's what we're talking about. The struggle of it all.

According to Gabor Maté, M.D., the best-selling author and expert on addiction, when you put an iPad or other smart device in the hands of your chubby 18-month toddler, you are giving him a one-way relationship, an indifferent, unloving, inhuman babysitter. Human beings must have human connections or they can become lonely, often deeply so. The iPad, iPhone, Facebook and all of the social media platforms promise connection, but it's not there, Maté says. Technology provides a temporary relief from loneliness, when it's taken away, the "pain" returns and so you need more.

So think: If your child's addicted to his device at age 3, what are

you going to have on your hands when he's a teen? If Snapchat and Instagram monopolize your preteen's social life now, what's going to be running your toddler's life 10 years from now? And another thought: before all of these social media apps, a kid could go home and not take the mean kids at school with her. On social media, they're with her all day long. Parents have to be keenly observant when kids are entering puberty, going underground with their feelings and becoming experts at masking what they really feel.

Psychologist Catherine Steiner-Adair wrote *The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age* (Harper, 2014). To counter a teen's feelings of being "left out" or judged, she says meditation can offer health benefits to help reduce anxiety and depression.

But what if your child is experiencing deep stress? Results from the 2017 National Poll on Children's Health released last April suggest many adults think children today are experiencing worse mental health than when they themselves were young. If you think technology is to blame for making the world faster and noisier, it doesn't take much to connect the dots for kids. It's important to work on your connection to them starting from a young age and to keep it going as they grow. This connectivity will help tremendously when the going gets tough in the teen years.

"If we have a strong connection with our children, we can help them verbalize what's going on inside," Clark says. Stress, in particular, he adds, produces the situations that provoke dangerous thoughts and the word no parent likes to hear — suicide. With the rate of childhood suicides on the rise, the medical community is initiating mental health screenings for kids in school now, but parents must also be on the alert for behavior changes.

"Smartphone addiction is becoming recognized as a societal, if not a behavioral, health problem," says Clark.

## MINDFULNESS TO THE RESCUE

By your five preschooler and a baby on the way. You love your device, and your toddler loves her iPad. That's OK, but Clark says you do need to incorporate a sense of mindfulness so you're not constantly distracted. Your baby and toddler need you.

"Mindfulness as a lifestyle decision has been demonstrated to be helpful in coping with stress, and there is evidence to suggest it can also help with depression and anxiety," Clark adds.

That means we need to pay attention. "When we are not mindful with our children, or distracted by digital technology, we do two things," says Clark. "The first is modeling that distraction is normal, even for the people whom we need to be attentive to. The second is that our children may feel unimportant. Infancy is a crucial time for developing a sense of attachment and stability. It sets the stage for how our children experience relationships in the world," he adds.

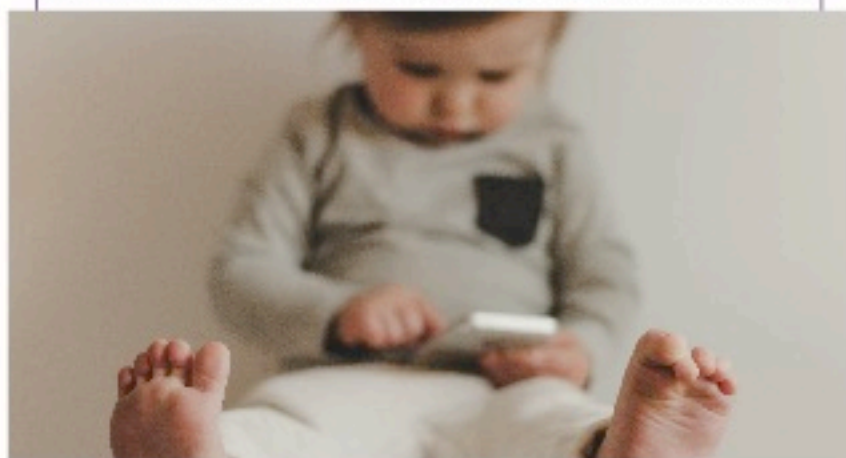
So don't buy in to pop culture's view that limits are old-fashioned or that being authoritative with your children is the wrong way to go. Be the parent, and set clear tech limits for your kids.

"Say no to all screens for your child's first two years, says Steiner-Adair. "Everything she needs to grow into what she can be is available from her relationship to you," she adds.

"If we can approach our children with empathy and respect, and can avoid being punitive," Clark says, "we can often set good limits that help our children grow."

Susan Day is editor of this magazine and mom of four amazing kids.

No new app, no new game can replace the old truth that children thrive in the context of healthy, real-life relationships.







## The Zero Waste Challenge

How one Durham family of six managed to live trash-free

BY MICK SCHULTE

**M**y life revolves around convenience. Instead of thinking through purchases or how our actions affect the world outside of our home, my husband and I live mostly in survival mode. As parents of four children ages 5 and younger, including a set of twins, we do whatever it takes to stay sane.

Then a friend came over and told me about her adult daughter living a “trash-free lifestyle.” She picked up a plastic food container on my counter and explained how her daughter, Annie, wouldn’t be able to buy it because of it being single-use plastic.

I nodded politely and asked myself, “Am I being judged?” Is she telling me this because she saw the heaping mound of disposable Diaper Genie bags billowing out of our trash bin? Or the closet full of paper towels that will need to be restocked next week?

I decided that, knowing my friend’s kind nature, she was simply sharing the brave journey her daughter had decided to embark on. She was understandably proud and supportive.

After her visit, I felt chastised. I kept thinking of Annie every time I threw something away. Then I endured a period of justification. “Of course, she can live a trash-free life — she doesn’t have kids!” I thought. “If I didn’t have kids, I’d save the planet too, and run an ultra-marathon, and get that doctorate degree.”

It got me thinking: “Has any parent ever tried to live a trash-free lifestyle?”

### DISCOVERING ZERO WASTE

I turned to Google and realized that trash-free living is a growing movement. Most people call it “Zero Waste,” a term coined by Bea Johnson, author of *Zero Waste Home: The Ultimate Guide to Simplifying Your Life by Reducing Your Waste*. Johnson started changing her lifestyle while her boys were still young — around the ages of 6 and 8.

Even though I barely have enough time to brush my teeth, let alone read a book, I ordered Johnson’s book and skimmed through it when I had a chance. Her story was surprisingly refreshing and honest. She had transformed herself from a platinum blonde dedicated to keeping up with the Joneses, to a mother with a cause.

Thanks to her words, I became even more committed to the cause and began ignoring my justifications. She proved parents could be aware of the world at large. She also shared how her quality of life dramatically increased after she detached from material things — a natural outgrowth of the Zero Waste life. I wondered if that might happen to me.

# ON A ROLL

A Loch Raven family takes their life on the road.

Story by Kimberly Uslin  
Photo by David Stuck

**H**ave you ever wanted to just pack up your whole life and skip town? For most, the idea of getting away from it all is little more than a fantasy on a fabled day. But for the Fiore family, it's soon to be reality.

For the past 14 years, the family of four has lived in a log cabin by the Loch Raven Reservoir. Within the next year, however, they plan to trade in their more traditional home for a renovated school bus and the open road.

"It all started when my son Ben was in first grade," explains Mary Fiore. "It was becoming clear that regular public school wasn't a good fit for him. He wasn't happy, almost becoming a shell of himself."

Though Mary and her husband, James, knew they couldn't keep Ben in public school, some private school options were cost-prohibitive. They decided to try homeschooling and soon found it was a perfect fit for Ben, now 10, and his younger sister, Gretz, 7.

"During that first year, we realized that we no longer had to be on that nine-to-five, Monday-Friday grind," Mary explains. "We started taking trips on 'off' times, not Christmas or Easter break, and we'd go to the zoo or the aquarium during the day, when no one else was around. We were freed up to live life a little differently than others were."

The freedom was thrilling; so much so, in fact, that Mary began thinking bigger. What if they could do more than take those trips? What if their life could become a trip?

"I was looking at Airstream trailers, then RVs, but when I started looking up converted school buses, I knew that that was exactly what I wanted," she says.





# Listen to Your Body

COVER STORY

## Why intuition is important in the fight against "silent" cancers

By CASSIE FOX



September, 2018. Deep in the throes of morning sickness with my second baby, I got a call from my mom, asking me to sit down. The week before, she had texted me a photo of her bloated belly with the caption, "I look six months pregnant!" My reply still makes me cringe. I had written back "Menopause lol."

It wasn't menopause. It was stage IIC ovarian cancer. Cancer is a numbers game. From the moment a diagnosis is received, life shrinks down to endless combinations of Q-T, tumor markers, blood counts, proteins, ratios, enzymes, white blood cells. For "silent killer" cancers like ovarian, the numbers are particularly grim. Consider the following:

- About 22,240 women will receive a new diagnosis of ovarian cancer in 2018.
- About 14,070 women will die from ovarian cancer in 2018.
- A woman's risk of getting ovarian cancer during her lifetime is about 1 in 78.
- Only 1 out of every 3 women diagnosed with ovarian cancer catch it in the early stages.
- 60% of all cases of ovarian cancer are diagnosed when they are stage II.
- For all types of ovarian cancer, the five-year relative survival is 47%.

I started searching for hope while I was still on the phone with my mom, Googling frantically. "Ovarian cancer stage 3 survival." "How long to live with ovarian cancer?" "Treatment for ovarian cancer late stage." I read dozens of facts and figures while she talked me through the plan for a radical hysterectomy, the size of her tumor, her doctor's credentials. Not a single result could give me an answer to what I was really asking, though, which was simple: "How will I ever live without her?"

She made it almost four years to the day after her diagnosis. That spring, she developed a second primary cancer in her breast, and later that summer, they

discovered a large, inoperable abdominal tumor. Her body was as fragile as glass in her final days, her head covered with an inch of new hair that was heartbreakingly soft. I sang "Amazing Grace" to her, my voice cracking on every other word, and her last breath seemed to go on forever.

Looking at the research on ovarian cancer can be disheartening. My mother dying from it means my own risk of developing it increases fourfold. Although the greatest risk factor is age — about half of all women diagnosed with ovarian cancer are 63 years of age or older — women of all ages can and do get it. My own mom was only 52 when

she was diagnosed. I just turned 40. There is no reliable screening test for ovarian cancer, so what can I do to protect myself? What can any of us do?

As the third anniversary of my mother's death drew near, I reached out to her last doctor, hoping for some advice, and perhaps some reassurance. Dr. Joseph Santoso, an OB-GYN with Baptist Medical Group, specializes in gynecologic oncology, and he's made a name for himself as one of the best doctors in Memphis. Warm and welcoming without being patronizing, uplifting and positive without being unrealistic, he is extremely popular with his patients and their families. I wanted to know, how can we



protect ourselves against a disease we never even see coming?

Intuition, mainly, and an established relationship with your physician. Santoso tells me. Because so many of the symptoms associated with ovarian cancer are non-specific, women often ignore any signs of illness until it's too late. Occasional bloating, abdominal pain, and pelvic discomfort are easy enough to write off, but Santoso stresses the importance of paying attention to any persistent symptoms. Anything out of the ordinary for you that lingers or worsens should never be ignored. This is where it pays to have a trusted healthcare provider who will take your concerns seriously and investigate them thoroughly. Something as simple as an ultrasound can detect any abnormalities, setting your mind at ease or confirming the need for further discussion and treatment.

Living with an increased risk of not only ovarian cancer, but breast cancer as well, I keep up with trends in treatment. For ovarian cancer, treatment options are by and large the same as they are for other cancers. Surgery is generally the first step, removing anything the cancer has touched, followed by standard chemotherapy. Some candidates aren't strong enough to handle surgery first, so the treatment script gets flipped. Ovarian cancer often recurs, sometimes within a year or two, most others within a five-year

window, yet I've read promising things about new treatments like immunotherapy. I asked Dr. Santoso if there was anything exciting on the horizon when it comes to treating ovarian cancer, and as it turns out, there is.

Because most ovarian cancer is found in the later stages, most treatment doesn't have a curative focus. Instead, it works to interrupt the numbers game by slowing averages and disrupting percentages. Maybe the five-year outlook becomes seven, seven becomes ten, and who knows what progress will be made in the meantime? Immunology agents are a unique approach to treatment that work with the body's immune system to remove the cancer cells while keeping healthy cells intact. Some amazingly innovative work is also being done with the targeted delivery of chemotherapy into particular cancer cells. Though both are still in the research and trial phase, the eventual goal is to help patients live better, longer lives through more effective, less toxic treatment. If a single thread of hope is a powerful thing, then whole balls of yarn are waiting in the wings of research centers and laboratories all over the world.

For a long time, I wondered what could have caused my mother's cancer. Was it the baby powder her grandma taught her to use after she showered? (There is no definitive link between talcum powder use and ovarian cancer.) Could it have been her refusal to

ever use hormonal birth control? (Some studies have shown that women who use oral contraceptives for five or more years have about a 50 percent lower risk of developing ovarian cancer.) Was it just a roll of the genetic dice? (The BRCA gene mutation test can predict if you're likely to have one of the gene mutations associated with an increased risk of ovarian cancer.) The unfortunate thing about cancer is how it forces you to become an expert after the fact. If you'd trusted her body more, learned to listen to it, would she have picked up on her symptoms earlier? I'll never know.

Santoso says it's not unusual for women to talk themselves out of knowing there's something wrong with them. Maybe it's a fear of being wrong, or maybe it's a fear of the instincts could literally save our lives. Believing in your body and advocating for your health is the key to catching a silent killer like ovarian cancer early. It may be too late for my mom, but listening to her has taught me that even the smallest whisper is worth listening to when our intuition is trying to tell us a story. We just have to be willing to hear it.

Cassie Fox is a freelance writer, sometimes photographer, and full-time daydreamer who has finally learned to embrace her Southern roots but still refuses to listen to any country music made after 1995.







# FACING THEIR FEARS

# Spouse or Roommate?

## What to Do When It's Getting Hard to Tell

When the romance has dwindled and the stress of kids and everyday life has ramped up, it's easy for couples to fall into a pattern where they feel more like business partners than life mates. How can you get back on track?

BY STACEY WINCONE

**B**efore we became a couple 11 years ago, my husband and I were browsing at the mall when I stumbled on a pair of pink heart earrings I really wanted. I didn't have the extra cash, though, so I put them back and walked away. Days later, before he left for a European trip, we met for coffee and he handed me a gift: It was those same earrings I'd been eyeing.

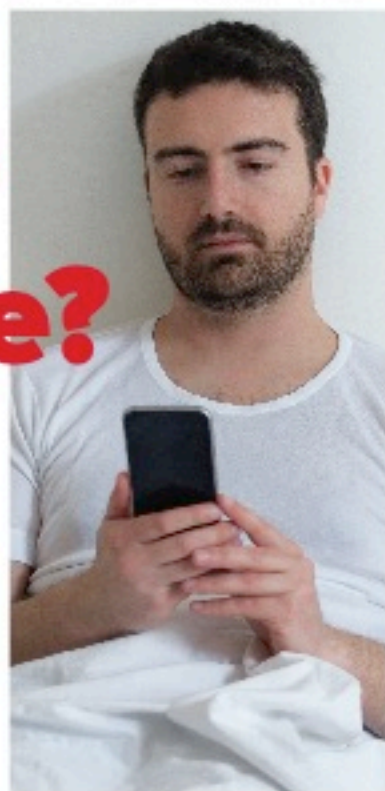
"I know you liked these, so I went back and got them for you," he said.

I smiled. It was one of the sweetest things anyone had ever done for me — and among the many reasons I fell in love with him at age 19.

The earliest stage of a romantic relationship is heart-fluttering. It's when couples are most thoughtful and engaged. It's when you really get to know each other. Every moment together is magic.

But that era, and the passion that comes with it, is fleeting. As the years go by, the intensity fades into something different.

For us — after five years of marriage under our belts and a baby at home — it has faded into con-



versations about housework and child care duties. At the end of most days, we're sitting on separate couches staring at our phones, barely speaking. The thrill, as they say, is gone.

And that's not uncommon for couples. In fact, it's one of the reasons they seek therapy, says Shirley Buonviso, a certified social worker and licensed marriage and family therapist at the Relationship Institute in Ann Arbor.

"It's usually happening in long-term relationships. After a year to a year-and-a-half of a committed relationship, the romantic period is dissolved and it moves on to another stage of intimacy," Buonviso says. "People have to understand that intense connection is going to ultimately change into something quieter."

But as time goes on, issues inevitably arise. And often, when couples can't find solutions they either

# DIAGNOSIS: GIFTED

A child with unusually high intelligence can bring awe and pride  
— but also huge challenges — for parents

BY AMANDA WEBSTER • PHOTOS BY SARAH KARNAS



Gifted Teacher of St. Louis Park  
STIGMA: 2010 DORIS T. HILL AWARDS  
to find the right educational fit for the  
exceptional intelligence.





**Special Series**

**EDITOR'S NOTE:** This is the first part of a two-part series that looks at the use of restraints and seclusions in New Hampshire schools. Next month, *ParentingNH* takes a look at the incident review process and possible alternatives to the practices of restraint and seclusion.

# More reports, fewer investigations

A look at what has transpired since state law changed to limit the use of restraints and seclusions

BY MELANIE FLEUDA

Last year an elementary-age student in a New Hampshire school was placed alone in a utility closet to bring their behavior under control.

Another elementary school student was left alone in a room locked from the outside with a bungee cord for the better part of an afternoon.

And in three other schools, three officials were subject to state disciplinary action for "overly aggressive" use of restraints to curb problem behavior.

These are a few examples of the misuse of restraint and seclusion; the practices themselves are not illegal.

However, four years ago, the legislature amended state laws to limit the use of restraint and seclusion at the urging of disabled rights groups who recognize these techniques are primarily used on mentally and physically disabled children.

The new law set up strict guidelines on what school officials could and could not do and mandated that these practices be relegated to emergency situations only where the student or others are in imminent danger.

However, last year New Hampshire schools reported 2,782 incidents that rose to the level of requiring restraints or seclusion, almost double the number of restraint and seclusion incidents re-

ported in the 2013-14 school year.

Why have incident reports increased? According to an investigator with the state Department of Education, there are a number of reasons including an overabundance of caution, misunderstanding the details of the law and lack of training.

#### THE LAW AND WHY IT CHANGED

Before 2014, school officials only had to report using restraints on a child if the child was unreasonably restrained and they didn't have to report seclusions at all.

"There were incidents that came to our attention that prompted our recommendation to the legislature that they regulate the use of seclusion," said Michael K. Skibbie, Policy Director for the Disability Rights Center-NH.

Skibbie said before the law changed, the Disability Rights Center had represented clients who had received broken bones as a result of restraints used on them in New Hampshire schools.

Disability rights advocates wanted to see more documentation of restraints and seclusions to get a better understanding of how often it was being used and to encourage using other options.

“Close to 100 percent of schools are no longer using seclusion per se. What they are using is time-out rooms or safe rooms... Those are not a situation where the student is alone; there is always a staff member. There are no locks.”

— Richard Faneff, contract investigator with the state Department of Education

Under the amended law, restraints — defined as bodily physical restriction that immobilizes a person or restricts the freedom of movement of the torso, head, arms, or legs — could only be used in emergencies, to ensure immediate safety, “when there is a substantial and imminent risk of serious bodily harm to the child or others.”

Restraint can only be used by trained staff members, “using extreme caution when all other interventions have failed or have been deemed inappropriate and can’t be used.”

The law defines what does not constitute a restraint. An educator can briefly touch or hold a student “to calm, comfort, encourage, or guide”, so long as “limitation of freedom of movement of the child does not occur.” An educator can also temporarily hold a student’s hand, wrist, arm, shoulder or back to get a child to stand or walk safely to a location so long as the child is in an upright position.

The law also allows a person to defend him or herself or another person from what could reasonably be believed to be “the imminent use of unlawful force by a child.”

As for seclusion, the amended law makes it so that this practice — defined as the involuntary placement of a child in a place where no other

person is present and from which the particular child is unable to exit — can only be used when a child’s behavior poses a “substantial and imminent risk of physical harm to the child or to others,” and only as long as the danger lasts.

Further, the law established it can only be used by trained personnel after “other approaches to the control of behavior have been attempted and unsuccessful, or are reasonably concluded to be unlikely to succeed based on the history of actual attempts to control the behavior of a particular child.”

The law also said that the seclusion room has to be like all the other rooms in the school. The room cannot be locked and a staff member either needs to be in the room with the child or continuously monitoring the child through an observation window.

Parents also need to be notified if their child was restrained or secluded as soon as possible and before the child goes home for the day.

School officials have to log incidents of restraint and seclusion in a report that details, among other things, the duration of the seclusion or restraint; a description of the actions of the child before, during, and after; a description of other relevant events preceding the use of seclusion or




By Stacy Nicolau

A nyone who has ever met Cindy Dreyfus knows that (almost) everything in her life runs like a well-oiled machine. With a Bachelor of Science degree in Marine Transportation, a minor in Marine Engineering, and a Tanker Specialist Certification, this formerly named Merchant Mariner and U.S. Naval Reserve Lieutenant had a full career sailing cruise oil tankers along the Pacific Coast and in the Caribbean. As a licensed U.S. Coast Guard Third Officer for Unlimited Tonnage on Any Coast and Any Sea, one would expect that Cindy had the necessary experience to run a family, be a soccer coach, be a board member of the Gulf Coast Little League, and be president of Pine Ridge Middle School PTO. But the first time this spunky and hearty

Michigan-raised stay-at-home mom took into a chair in my living room nearly 10 years ago, she spoke only of the challenges of raising those young children with the look of exhaustion and impatience that any mother could relate to.

In the decade since I first met Cindy Dreyfus, I have volunteered alongside her at our children's schools and watched her take on each task with enthusiasm and fiery persistence. The one thing that always impresses me most (besides her education and career accomplishments) is how she makes sure to tell everyone on her team what she admires most about them. Whether on the water or at school, when things are not smooth sailing, Cindy approaches life with an "all hands on deck" attitude.

**College!** I attended the U.S. Merchant Marine Academy at Kings Point, N.Y. With military obligations to the country, my education instilled a sense of service to a greater good.

**Past career!** I was formally trained as a Merchant Mariner and sailed as a Navigation and Cargo Officer on ocean-going super tankers. I was the Executive Director of the U.S. Sailing Center in Miami, and was part of the leadership team that achieved the designation as an official U.S. Olympic Training Facility. When we moved to Naples, I was a helper for Shore Aero Devices, a local aerospace parts and manufacturing company.

**Tell us about your husband and how you met.** Peter is a mechanical engineer and is currently Director of Engineering for the Shoulder and Upper Extremity Team at Arthro. We met at the U.S. Merchant Marine Academy – now married 21 years, but with nearly 30 years of friendship behind us!

**Volunteer positions once you became a stay-at-home mom.** Locally, it started when our kids were young helping deliver Mash on Wheels with them each week for a few years. Then, as they grew, the activities were focused on where we were on the sports fields and in the schools. My favorite saying is, "Find a need, fill a need". I was volunteer treasurer and then president of Golf Coast Little League for six years. I also volunteered as an Openers soccer coach. For several years, I taught Catechism at St. Ann Catholic Church. I then became involved in each school my children attended.

**What do you love about your roles in PTOs?** Leading in a formal role was not necessarily my intent. However, I have a pretty strong personality and a firm belief that no complaint should be shared without a willingness to offer and be a part of a solution. My fellow volunteers are AMAZING and make my life a whole lot better for knowing and working with them. I love to see the success that can result from that "little bit of extra support".

**Favorite PTO accomplishment!** I think it would be leaving a legacy of giving and encouraging others to give, even if only 2-3 hours for an event once a year, or 1 hour a week to the community in which our children are growing up.

**Talk about how you educate Title I PTOs on how to raise money.** This is an ongoing process. I hope to "teach the chicken how to fish," is a measure of speaking. By sharing good practices that are cost saving and practical based on needs, it starts to encourage more enthusiasm and creativity. It started with a "sister school program" (schools partnering for needed uniform clothing) and expanded to shared volunteer resources and knowledge, sharing excess inventory of uniforms (new and gently used), and adopting causes to support each other.

**Compare sailing a ship to being PTO president.** It's a bit of crisis management. When things are going well, there are no worries. Then comes an event (a hurricane or bad weather) and it's all hands on deck. Getting and motivating the workers or volunteers is about the same – except for the whole "threat of death" thing.

**What are your plans when your kids have grown and flown?** I would love to go back to work, officially. I still feel that love of learning new things. An opportunity to put my community knowledge to work as a county commissioner would be a finer consideration.

**How do you balance being a mom with your professional and volunteer obligations?** Admittedly, not well. When I do something, I am all in. When they were younger, it was kids 24/7. I have learned that as I age, now approaching 50, I operate best with a useful night of sleep. When they were young, they would tag along to activities. As adolescents, they were expected to manage themselves (make their own lunches, wait for a ride until I was done, and make meals on their own). Haven't been able to relieve myself of all of the laundry duties yet, but since the washer works through the night, I will let that pass.

**What is a typical week night like for your family?** We try to eat meals together when all of our schedules allow, whether at home or out. Mornings are up starting at 5:15 a.m. and things usually start quiet. Most nights have a variety of remaining times and since we have pets, it's all the basics of

walking animals, feeding the masses, handling the house cleaning task for the day, maintaining laundry for various sports and school needs, and prepping communication or material for the next day.

**What does your family like to do together for fun/weekends?** Sports, activities, work, pets, and volunteering dominate our days. Occasionally, we will have a quiet part of Krasaydia Island as a family favorite of volunteering at the Humane Society of Naples. Good therapy.

**Typical date night for you and your husband?** What's that? Occasionally, we will look at a dock and see if any local restaurant is still serving at 10 p.m. when the kids are doing homework or watching a movie. I guess we really need to work on that.

**Best and worst part about having teenagers?** Best – seeing them at 6-foot-tall humans is still a bit shocking. I am happiest when they show raw moments of affection. Worst – agh, they are teenagers.



**Facing page:** The Dreyfus family, left to right: Andrew (ML), Peter and Cindy, Kate (7/3), and John (13), along with rescue dog Macy and Eva.

**Left:** Cindy Dreyfus' graduation picture of 22 years old from the U.S. Merchant Marine Academy in Kings Point, N.Y.

**Top:** The view from the bridge of a super tanker on the Albatra route on which Cindy sailed.

Attitude, know-it-all, independence but with the need for staff "right now" – and with opinions, hey! do they have opinions!

**Your proudest personal accomplishment.** Aside from my family and our efforts to be responsible people, I think it would be the longstanding friendships that we have. I am proud of my service to country, and my unique career path.

**Biggest regret?** Professionally, not extending my commission in the Armed Forces beyond my 32 years and not finishing my master's degree in education so that I could formally teach. Personally, not asking my grandfather for another dance at my wedding (he passed away shortly after) or reconciling a bumpy relationship with my father before he died.

**What are your family's New Year's resolutions?** We don't make resolutions; rather, we have a "Five Year Plan." With the kids in high school, I am setting a timeline to finish the memory quilts and photo albums, and enjoying the youthful times with them while I can. ✨





# WHAT NOW?

Schools, parents, politicians consider school safety

FIRST IN A SPECIAL BALTIMORE'S CHILD SERIES

by Jessica Gregg

**NOT LONG** after the February shooting at a high school in Parkland, Florida, there was a threat against Mary Stovener's middle school in Carroll County. The online threat was not real, it turns out, and the school's principal quickly reassured students, teachers and families. But Mary says she couldn't forget the anxiety she felt that day.

The point of childhood, the 13-year-old says, is "to be at school, to learn and to be with friends" and not to wonder "every time you enter a new classroom where you will hide from a shooter."

Moved to prevent other kids from experiencing the fear she did, Mary and her grandmother, Janis D'Silva, a retired social worker from Timonstown, attended the March of Our Lives in Washington, D.C. in March. Mary is hopeful the effort will lead to a ban on civilian ownership of military-style weapons. Her grandmother wants to see increased and improved background checks; she has encouraged her granddaughter to stay politically involved, "to

keep the pressure on and be consistent."

Mary agrees, "Kids should not have to feel unsafe in their schools anymore."

Across the state, and in Mary's own school district, security teams, administrators, counselors, teachers and others have been collaborating to figure out the best ways to make today's schools safe from gun violence, intruders and other dangers.

Since mid-March, armed school resource officers have added a layer of security to Carroll County Public Schools, rotating among the system's 40 schools, says Diane Williams, supervisor of security and emergency management. Prior to that, the school system did not have a regular police presence.

"It's been very helpful," Williams says, adding that good communication with local police agencies is essential for school systems. The positions are approved for the county's school system next year, but not yet funded. Williams is hopeful, but says there are other measures schools should take, too.







## Journey to inclusivity

BY ERIN PAGE  
ILLUSTRATIONS BY CHRIS CASTRO

### Confronting stereotypes about immigrants

Jace Kirk's calling is to help others. Kirk grew up in Moore, where he served as a youth pastor in his first job out of college. He became a single foster parent at age 23, and his first set of siblings were undocumented immigrants. That experience opened Kirk's eyes to the challenges facing children brought to the United States, albeit illegally, by parents seeking a better life for them.

"When the oldest was 12, he realized his future looked different [because he was undocumented]," said Kirk. "He asked me why he should even do well in school, and it was hard for me to answer. I told him you just have to do the right thing and hope things will change for you. That was almost a decade ago."

Hoping to help incite change, Kirk began volunteering for FaithWorks of the Inner City,

a holistic community development agency strengthening families in Shidler Elementary School and surrounding communities in south Oklahoma City. The population is 80 percent Hispanic, with 99 percent of students on the free and reduced lunch program, and Kirk said a large percentage is undocumented. Kirk met a fellow volunteer who shared his vision of how the separator should be treated with dignity and respect. She'd later become his wife. Kirk was named FaithWorks' assistant director in 2005.

The organization has grown from just an after-school reading program to now serving nearly 200 kids each day by mentoring students, offering mommy & me classes to prepare young children to enter school, counseling, an adult/teen work program and assisting families to become homeowners. As it's grown, so has Kirk's heart for the immigrant community and his understanding of the plight of those stuck in what he calls a cycle of poverty. He calls the area FaithWorks serves "the forgotten community; the community that never was."

"It's not a place I knew about growing up," said Kirk. "My parents would have probably told me 'don't get off the highway there.'"

The stark juxtaposition of the neighborhood aesthetics with the hardworking attitudes and compassionate spirits of the people he works with in the Shidler-Wheeler area made Kirk realize he needed to do more to advocate for them, so in 2010 he moved into the very community he serves.

"I live right next to Capitol Hill to be closer and experience the same challenges as my neighbors," said Kirk. "Proximity makes me understand."

With the recent end of the Deferred Action for Childhood Arrivals (DACA) program by the Trump administration, and with deportations up nearly 30 percent, Kirk said the culture of fear in his community is growing.

Raul Font, president of Oklahoma City's Latino Community Development Agency (LCDCA), said the nationwide rhetoric about immigration has exacerbated the profiling



#CampReady

## Outwit Summer Brain Drain

The right camp can be an integral part of making sure your student doesn't lose ground

By Cassandra Lane

Imagine, for a moment, that you are on "Jeopardy!" Host Alex Trebek rattles off the answer to the question you need to provide. "This phenomenon results in two to three months of academic learning loss in school-age children."

You punch your buzzer and light up your podium. "What is summer brain drain?" you yell, triumphant. You are right. While summertime represents that much-anticipated season of rest and riotous fun for kids - sleeping late, basking in waves and vitamin D, indulging in screen time, letting rollercoasters shake equations from the brain - it can also bode the wrong kind of results for students each year. This is the period, also called "summer learning loss" and "summer slide," when students lose chunks of the knowledge and skills their

teachers helped them build during the school year.

I know firsthand. I taught high school English Resilience and composition for a few years, and can attest to the reality of summer brain drain. Each fall, some students I had taught the previous year would end up with me for the next grade. As they wrestled with paying attention and turned in essay drafts fraught with errors, I would sigh.

"Come on, guys - you remember what a claim is, and you certainly knew better than to lowercase proper nouns!"

But summer brain drain carries heavier implications than teacher exasperation. Consider these long-term impacts, published by the National Summer Learning Association (NSLA):

▶ Most students lose two months of

mathematical skills every summer, and low-income children typically lose another two to three months in reading.

▶ Students who fall behind over the summer are less likely to graduate from high school or go on to college.

▶ Nine in 10 teachers spend at least three weeks re-teaching lessons at the start of the school year.

Kim Cullen, senior program manager at Stratford School, says students start the school year at a disadvantage. "Summer brain drain is recognizable as early as first grade," she says. "The slide can compound as the child grows older. By the time a student is in sixth grade, a consistent summer slide can cause a student to be two years behind their peers."



**Special Section  
Within a Publication**

Private Schools Up Close

# RAISING THE BAR

*From the early years right through high school, private schools in our area are focusing on providing high-quality learning opportunities to pupils of all ages.*

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85. 23 Questions to Ask When  
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2017-18 Cover Kids: Gabe A., Wesley H., and Colby B.



## FAMILY FRIENDLY | HALLOWEEN EVENTS



## JUST SPOOKY ENOUGH:

## HALLOWEEN FESTIVAL AT CASTLE OF MUSKOGEE

When: Fridays and Saturdays, Sept. 28-Oct. 27, 6-10 p.m. (gates open at 5:30 p.m.)

Where: Castle of Muskogee, 3400 W. Fern Mountain Rd., Muskogee  
Castle of Muskogee's annual Halloween Festival has attractions for people of every age and desired scare level. Kids can enjoy Halloweentown, the Enchanted Boardwalk, a Halloween Train and more, while those who can't get enough make-believe horror can sign up for *Domus Horrificus*, *Casa Morte* and the *Trail of Blood*. Plus, you can purchase Halloween decor and costumes on-site as well as food and beverages. Learn more at [www.ok-castle.com](http://www.ok-castle.com).

## PUMPKIN PAINTING

When: Saturday, Oct. 6, 1-4 p.m.  
Where: Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.  
Drop-in to paint and take home a pumpkin for the season. \$5 per pumpkin. (Regular admission applies. [www.tulsabotanic.org](http://www.tulsabotanic.org))

## HARDESTY'S HAUNTED MOVIES

[FREE]  
Where: Hardesty Library, 8316 E. 93rd St.

When: Saturday, Oct. 6, 2-4 p.m.: "A Quiet Place" (PG-13, for teens and adults)

Saturday, Oct. 13, 2-4 p.m.:

"Split" (PG-13, for teens and adults)

Saturday, Oct. 20, 2-4 p.m.:

"The Haunting" (PG-13, for teens and adults)

Saturday, Oct. 27, 2-4 p.m.:

"Hotel Transylvania" (PG, for all ages)

## BLOOD AND GORE HALLOWEEN MAKEUP

[FREE]  
When: Saturday, Oct. 13, 2-3 p.m.

Where: Bixby Library, 20 E. Breckinridge

Learn how to perfect your Halloween makeup and create the perfect scars, bruises and grotesque wounds for your costume. For sixth through 12th graders. [www.tulsalibrary.org](http://www.tulsalibrary.org)

## CELEBRATE TEEN READ MONTH WITH DIY MONSTER MAKEUP

[FREE]  
When: Monday, Oct. 15, 6:30-

7:30 p.m.

Where: Broken Arrow Library/South, 3600 S. Chestnut Ave.

Zombies, werewolves, Dracula and Frankenstein have one thing in common - they all can be found in the pages of books. Use face paint and cheap simple products to make cuts and gashes, simple disguises and other monstrous makeup techniques! Plus, get some tips on great books you can check out that contain your favorite characters! For teens. [www.tulsalibrary.org](http://www.tulsalibrary.org)

## POPCORN AND A MOVIE: "HOCUS POCUS"

[FREE]

When: Thursday, Oct. 18, 4-6 p.m.

Where: Pratt Library, 3219 S.

113th W. Ave., Sand Springs  
Bring the family for a Halloween to-

continued next page



2017  
*holiday  
guide!*

- \* MEMBERSHIP GIFT IDEAS
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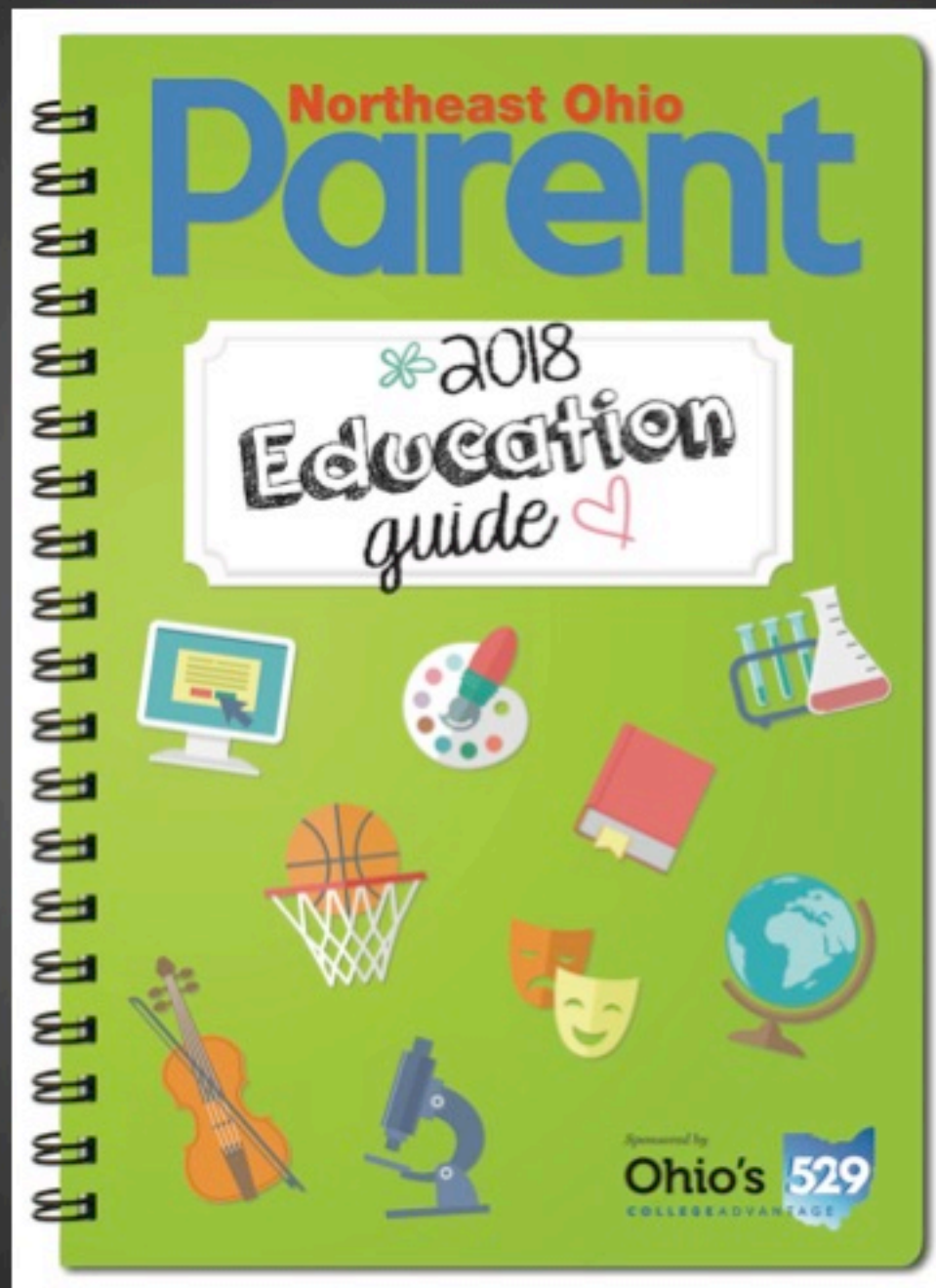
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**132 FUN MAY  
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The Essential Guide for Expectant and New Parents


# Hey Baby

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# beyond L.A.

Spring 2018

From the People Who Bring You L.A. Parent

## EXPLORING HAWAII

The Other ORLANDO

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SUMMER IN Vancouver & Victoria

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# Atlanta Parent

The cover of Atlanta Parent magazine features a photograph of two children, a girl and a boy, sitting at a desk and looking at a tablet together. The girl is on the left, and the boy is on the right. They are both wearing blue shirts. The background is a bright, slightly blurred indoor setting. The magazine title 'Atlanta Parent' is at the top in large, bold letters. Below the title is the date and website. The main headline 'Our A+ School Guide' is on the left side, followed by a sub-headline 'Kids Who Cook'. At the bottom, there is a yellow banner with text about a Camp Expo.

January 2018 / atlantaparent.com

Our  
**A+**  
School  
Guide

Kids  
Who  
Cook

Don't Miss our Camp Expo on Saturday, Jan. 27



# **Overall Writing**

Overall Writing, 25,000 and fewer

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COMPLIMENTARY

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# ParentingNH

## Get ready for baby

From teen to adult:  
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summer fun



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# CHESAPEAKE FAMILY LIFE

## HERO OF AUTISM

Meet Isiah Dodd

HOPE, HEALING, AND LIVING FOR TODAY'S FAMILY

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# Baltimore's Child

May 2018 | BaltimoresChild.com

Magazine

## Hocus Pocus

IT'S THE PARTY FOCUS!

Making Our Schools Safer

Sharing A Diagnosis With Your Kids

The New Digital Divide

Readers' CHOICE FINALIST  
PAGES 34-35



**EMERALD CAMP!** Parents are more going to camp with their kids - **BAKED PIZZA!** Meet our top chef!  
**CUTE CARTOONS!** A doggie show with a few adorable characters - **FUN FISH!** Learning to swim



**FLUCKY BREWSTER!** A boy got what he wanted - **DATA!** **STEM SAFETY!** Mommy's elaborate science kit  
**THE BEST TALK!** Addressing a growing risk trend - **APPLE AWESOME!** Earth Day fun, apple shares, more









**dallas**  
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 WHAT TO DO THIS WINTER BREAK  
 +  
 PUPPY LOVE: GETTING YOUR FIRST FAMILY DOG  
 DALLAS' SPOT FOR INSTANT HOLIDAY CHEER  
 MEET OUR MOM NEXT DOOR  
**PRIYA BHOLA RATHOD**  
**26** MUST-DO DECEMBER FAMILY OUTINGS  
**WITHOUT A HOME**  
 HOW TO HELP THE HOMELESS FAMILIES LIVING AMONG US  
 \* Family vacation planning

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**Child**  
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 Meet the Head of School

**dallas**  
**Child**  
 FEBRUARY 2018  
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**SAFE TALK**  
 HOW TO SPEAK TO YOUR LOVED ONES  
 \* Best Summer Ever Event Feb. 24



**Design**



**Front Cover: Original Photo**

























**dallas**  
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THE MAGAZINE PARENTS LIVE BY IN DALLAS COUNTY  
SEPTEMBER 2018

**23**  
FUN THINGS TO DO THIS MONTH

MAKING SOCIAL ACTIVISM A FAMILY AFFAIR

MOM-APPROVED PEDIATRIC DENTISTS

HOW KIDS BENEFIT FROM MEDITATION

+

MEET MOM NEXT DOOR  
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**PARTY PEOPLE!**  
THE WINNERS OF OUR BEST FOR FAMILIES: KIDS' PARTIES SURVEY

Guide to Local Schools









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**PICKING A  
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our annual directory inside





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**Look.  
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Fire Safety Tips  
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**Have a  
MAGICAL  
Halloween!**  
Find Tricks & Treats  
Starting on p.20

October is for  
**BREAST  
CANCER**  
Awareness

*plus:* pumpkin gingersnap cheesecake p.22  
mentors for moms p.16 local teen JoVi Mongold in the spotlight p.7













**Front Cover: Illustration**





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## The Literacy Issue



## Reading at Every Age





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PLUS  
**SCHOOL  
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HALLOWEEN  
EVENTS

AND  
LOCAL FAMILY'S SHELTER  
DOG ADOPTION STORY





MetroParent.com

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SUMMER DISCOVERIES: Longest zip line and a floating playground - TEETHING TRIALS: Helping little ones cope

# Metro Parent

## Vacationing Without the Kids

Why it's good for you  
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MP





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Ana Homayoun

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Michelle Blanchard Ardillo

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Robin Wilson

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# **Interior Illustration**



# FALL FUN

*in cincinnati*

10 MUST DOS TO MAKE  
THE MOST OF THIS  
GLORIOUS TIME OF YEAR



WORDS BY SARAH MCCOSHAM

ILLUSTRATIONS BY KATIE KORDESH // KATIEKORDESH.COM



# TRIPPED OUT

A mother and daughter set out to find the perfect college

by Jessica Gregg

**T**he summer before my daughter's junior year of high school, a pile of college look books covered our front table. It was a collection of magazines and postcards with clever slogans and beautiful photos of other people's happy, healthy and presumably smart children who were now advertising their school to my 15-year-old.

By day, the pile grew. At one point, I thought it might avalanche and sweep us away, and I realized Leeanah and I needed a plan.

Many years before, I had taken a detour from my writerly life and worked as a graduate support director for Sisters Academy of Baltimore, a middle school for girls

who live in the city's southwest neighborhoods. I helped the eighth graders and their parents apply to public and private high schools. I dropped off students for school visits and listened to their reactions when they returned. I helped parents fill out financial aid forms and coached their daughters through essays.

Would this knowledge be helpful to my daughter and me? The college application process has changed dramatically from the time I was a prospective student. Kids today often apply to 10 or more schools, attend accepted students' weekends to help determine their final choice and await financial aid packages to offset the high cost of college.





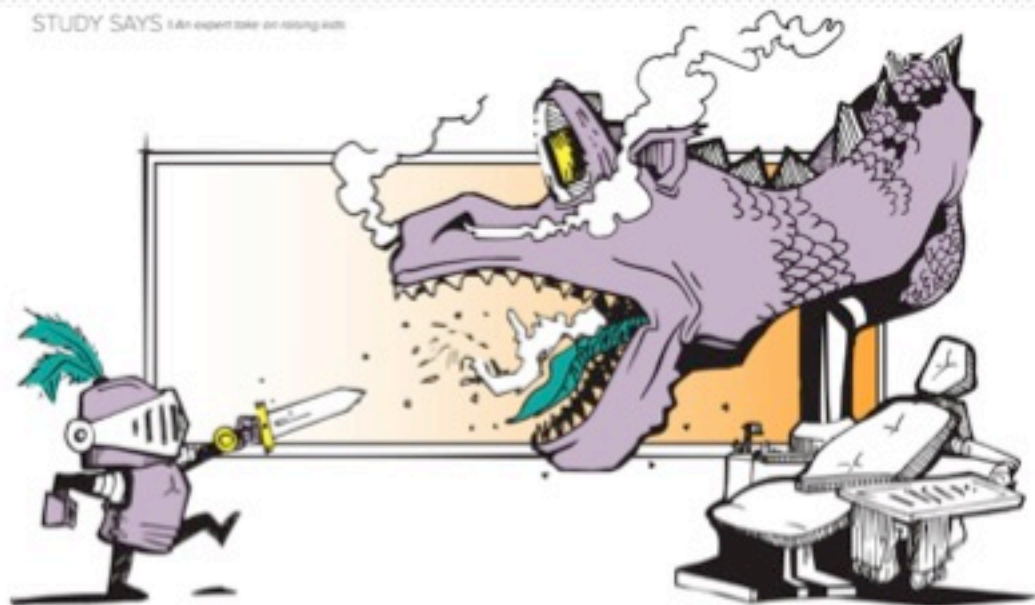
## FAMILY FAVORITE WINNERS 2018

Parent picks for where to eat, play and shop

Illustration by Ellen Byrne

**T**here's nothing better than a personal recommendation when it comes to looking for something that you and your family need. That said, we are giving you hundreds of personal recommendations all at once! We asked our readers and social media followers to tell us their favorite places to play, eat, shop, go on dates, take the kids, and even take the pets, in our annual Family Favorites contest. Thank you to everyone who voted! We wish we could have listed all of your favorites, but with hundreds voted on in each category, we had to limit it to the top vote-getters.

Those starred received the most votes and those following are runners up. Two stars in a category indicate a tie. For a more complete list of nominees, visit [ChesapeakeFamily.com](http://ChesapeakeFamily.com).

STUDY SAYS An expert take on rising costs

## Helping Kids Slay Their Fear of the Dentist

Dental anxiety is real, studies show. But those twice-annual visits don't have to be so scary. A local dentist offers tips to help kids conquer that dental 'dragon.'

BY STACEY WINCOMBE

**M**etal instruments, bright lights and grinding noises: The dentist's office can be an intimidating place for kids — and even some adults.

For most, it's a fear of the unknown, says Dr. Douglas Kardynal, a dentist in Sterling Heights. What's that scary sound? Why do those tools look so sharp? Kids might have all sorts of anxiety-inducing thoughts.

And while that fear is very real, it can decrease with age and experience, notes a 2006 study on dental anxiety in kids ages 10-14. Parents, however, sometimes have a negative impact.

"A lot of parents may have had a bad experience when they were kids," Kardynal says, and they pass that fear

right along to their little ones.

But set your own jitters aside, he says, and start your child's dental visits early.

"The main thing is trying to get them in early before problems develop," Kardynal says. If you begin routine cleanings around age 2, he says, visits should be comfortable for patient and doc. However, if fear has postponed that first visit, problems could arise that make things less than pleasant (i.e. the drilling).

So how do you soothe your child's worries and set her up with healthy oral habits? In honor of National Children's Dental Health Month, Kardynal offers suggestions to help kids feel fearless about dental visits. ▶



## THE ART OF *GRATITUDE*

It doesn't always come naturally. This season of giving thanks, consider these 10 ways to teach kids how to be grateful.

BY JESSICA SCHWARTZ ILLUSTRATIONS BY GEMMA WRIGHT

Your world needs gratitude in any language, but in a world of generational trauma, the language of gratitude is often not understood and not yet a given. Consider these 10 ways to teach kids how to be grateful.

But can we living with gratitude? Thinking of gratitude for our children? How to teach with gratitude, we could probably teach it to our kids, but then we can talk about teaching and gratitude.

will give, and they will be a blessing.

Research shows gratitude improves psychological health, self-esteem and happiness, and the study even found that grateful people report better health and lower stress levels.

To help our children be grateful, we can teach them to be grateful in the face of the world's challenges. We can offer them the 10 simple ways to teach kids gratitude.



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## YOUR KIDS ARE ALL RIGHT

Breathe easy, parents of B students and third-stringers: Your child doesn't have to be top of the class to be successful in life.

WORDS: MIKE JACKSON-WILLER  
ILLUSTRATION: JACOB SAVIGNE

**B**rynn Sandlin is the community coordinator for the Healthy Kids Running series in Frisco. There are no uniforms. No team practices. No stress.

"There isn't anything like it," says Sandlin, whose two sons, ages 6 and 11, participate. The emphasis of the program is on finishing your race, not winning it—the points system favors consistency rather than the occasional first-place finish. Not every kid will win a trophy at the end of the series, but regardless, everyone will have a good time.

Before every race, Sandlin tells her sons, "I expect you to finish your race. That is what your goal is. Someone might be faster than you this week, next week, it might be you."

She's teaching them that coming in second—or last—doesn't mean they'll never finish first in the future, and that success is about more than being the best at everything they pursue.

After all, not all kids are honor students or star athletes or violin prodigies. Yes, some kids excel in academics. Others have gifts like perfect pitch. And the parents of these children have their own sets of

challenges to address. But that's not the typical kid. Typical kids make B's and C's and don't make the varsity squad. Instead they have creative minds or gritty sports skills that are impossible to quantify on a battery of standardized assessment tests. Skills that may shine in the lab or the boardroom 20 years down the road.

And yet, right now, parents push these kids so hard to be something they're not, especially in activities for which they might not have the talent—or even the passion.

It comes at a cost.

Many of the parents I've talked to, both for this article and in more casual settings, agree that this generation of parents is spending more money, and a lot more time, on all the "extras" to push their kids to greatness.

They're not making it up: The Backpack Index found that between 2007 and 2015, the average cost of supplies and extracurricular school activities increased 88 percent for families with elementary school students and 81 percent for middle school students. In 2016, the average family spent \$639 per elementary kid on these school-related activities annually, and \$957 per middle schooler.

And those figures are just for school-related activities. In 2016, TD Ameritrade surveyed families with children in premium athletics programs. A majority spent \$100-\$500 per month, per child—and about a third of the parents surveyed reported spending more than \$500 a month.

The average parent is now spending the equivalent of a monthly car payment (or three) on private tutoring, lessons, league fees, equipment, uniforms, etc. It's no longer enough to have a happy, successful B student or to let the child to compete on a recreational sports team.

The message these kids are absorbing, whether they realize it or not, is that they aren't enough. And if they don't finish first here and now, they never will.

Breathe, Mom and Dad. Your kids are going to be all right. More than that, by pursuing their passions and honing skills like teamwork and perseverance, they're creating their own pathways to success.



# **Interior Photography**



# March for Our Lives in Naples

Photos by Lisette Morales



Photo: Sofia Miller, a student at Naples High School, speaks to the crowd gathered in Cambier Park in Naples during the recent March for Our Lives.



With at least 850 marches taking place nationwide on March 23, March for our Lives Naples was held in Cambier Park and the nearby downtown blocks. More than 3,000 students, parents, teachers, and other Collier County citizens wearing orange and holding homemade signs gathered to hear 18 bells rung in honor of each of the students who died at Marjory Stoneman Douglas High School in Parkland, and one more bell rung for all other children who have died at the hands of a school shooter.

After the bells chimed, the March commenced, following a route along downtown streets and ending back at Cambier Park where several speakers addressed the crowd. In addition to local students and teachers, speakers included former Stoneman Douglas Principal Mike Kinghorn and Congressional candidate David Holden.

"I've never known a world where mass school shootings weren't a threat," Naples High School student Emily Parry told the crowd. "My cousin is starting kindergarten next year and he will be living in a world where he will learn how to get out of a shooting situation before he learns to spell shooter. We are the change we want to see in this world; that change starts now, with us."





# Mom's the Boss

Portland's green, DIY ethos has given rise to moms who have built successful businesses that center on sustainability — and leave time for their families.

STORY BY SARAH WANDERSBERG PHOTOS BY JAMES CARLE

The Rose City is a haven for makers of all stripes, as well as for those who care deeply about protecting the environment, for the next generation and beyond. Small wonder, then, that our city is flush with inspiring mom entrepreneurs who are shepherding successful small businesses that give back to the earth in a big way. Meet four—from a milliner to a just-crowd-funded menstrual cup maker—who caught our eye.

Kori Gaudici of Upside Hats and her son, Moses, stand in front of bolts of salvaged fabric Gaudici uses to craft her hats.



# 2018 TOY GUIDE

## FUN GOODIES AND GADGETS FOR KIDS' GIFT LISTS!

Compiled by **MEMPHIS PARENT STAFF** • Photography by **BRYAN ROLLINS**

Have you made your list? Checked it twice? The holiday season is upon us, and we've had our eyes out, looking for cool kids' gifts and gadgets to jumpstart your search — or help you find those last few items. With input from Memphis-based store Knowledge Tree, we present options for boys and girls of all ages. These toys will help your kids get creative, improve STEM skills, or just have some old-fashioned fun. Happy shopping!

Products marked with an asterisk can be found at Knowledge Tree, whom we thank for their assistance in gathering the latest in kids' toys and gifts.

MEMPHIS2018 NOVEMBER-DECEMBER 2018



### \*EXAMINE AND TREAT PET VET

Does your animal-loving child want to be a veterinarian when they grow up? This kit allows kids to help children like their 17-year-old vet, Dr. Rachel, learn about veterinary work. Coming with two plush pets. \$29.99, Ages 3+



# OLLIE UP!

For some area kids, skateboarding provides a cool, creative alternative to traditional sports.

By Kimberly Uslin





Hallows' Eve  
**LOOK  
BOO**

GROUP COSTUMES ARE THE "IT" THING TO DO THIS SEASON. SHARE THESE THEMED ADVENTURES WITH YOUR FRIENDS AND FAMILY.

REPORTING BY *Angela Gardner*  
PHOTOGRAPHY BY *Kim Stuhke*

# real moms.

mom next door /

## LUCY DANG

pampering with  
a purpose

INTERVIEW: NICHOLE JOHNSON  
PHOTOGRAPHY: BRANDON LYON

Once upon a time, Lucy Dang swore she'd never operate a nail salon. Though her family had been in the industry for over 20 years, Dang had her sights set on fashion.

So she got her degree, hopped a plane to New York City and worked her way up the fashion chain, ultimately launching an eponymous eveningwear collection that won her a slew of industry awards.

She was on the fast track to full-fledged fashion star, but she crossed over.

"I became Stanley Kubrick's premier in-house bridal designer at one point," says Dang. "But the superficiality and stress got to me. I couldn't take undergarments. I wanted to create something real that was of value to the world."

So with baby Olivia in tow, she launched Pink Posh in North Oak Cliff with her husband of four years, Brandon, last spring.

Unlike traditional nail salons, Pink Posh is eco-friendly and fume- and toxin-free—a Dallas first. Confection-like bath and body products line the hipster-chic space, all made in-house, by hand.

Dang's carrying on the family tradition: after all, it seems—with a very modern twist.







## SURPRISE... CAKE!

By Christina Cook

A birthday party simply isn't complete without the perfect birthday cake. But if you're a Pinterest-perfectionist like me, that may seem out of reach. When I started researching ideas for our birthday issue, I stumbled across explosion-cake perfection—cut the fluff of sprinkles—and just had to give it a try. If you've been searching for a way to elevate your child's standard birthday cake, look no further. This rainbow surprise cake is surprisingly easy to make. I used store-bought cake mix and frosting to assemble this beauty in just a couple hours. It's just as tasty as it is pretty, and when it's time to cut into the cake, start be surprised if your little partygoers squeal with glee.

### RAINBOW SURPRISE CAKE

#### SUPPLIES:

1 store-bought white cake mix  
4 8-inch round cake pans (I used a set of 5 pans, but you can reuse the pans if you only have 1 or 2)  
Cooking spray  
2 batches of your favorite buttercream frosting (or about 2 pounds store-bought frosting)  
Food coloring (I used red, yellow, green, and blue, and mixed red and blue to make purple. You can customize the colors to match the party theme.)  
Round cookie cutter or small glass (I used a 2-inch diameter clear glass)  
About 1 cup mixed sprinkles and/or candy-coated chocolate for filling and decoration (I used 2 varieties for frosting)

#### BAKE THE CAKE:

1 Preheat oven to about 25 degrees less than called for on the box directions. Spray the pans with cooking spray.  
2 Mix the cake batter and divide evenly into 3 small bowls (approximately 1/3 cup in each). Add food coloring to each bowl and mix until desired color is reached. Pour into the greased cake pans, filling each pan about halfway.  
3 Bake the cakes for about 20-25 minutes or until golden and firm. Let cake layers cool in pans completely before removing. Chill layers in the fridge for a few hours or overnight.



### ASSEMBLE THE CAKE:

1 Place 1 cake layer on your serving plate and frost the top. Use a round cookie cutter or small glass to cut a hole in the middle of 2 of the other layers, leaving the last layer whole.

2 Place one of the cut layers on top of the frosted bottom layer. Frost the top. Repeat with 2 remaining cut layers. (This will create a well down the center of the cake.)



3 Once the first 4 layers are assembled, mix together sprinkles and candy in a small bowl and pour inside the well in the cake.

4 Add the top layer and chill the assembled cake in the fridge for 20-30 minutes before frosting.



5 Once chilled, remove the cake from the fridge and apply a thin crumb coat to the outside of the cake. Return to the fridge for another 20-30 minutes.

6 Add a final layer of frosting to the outside of the cake, and chill for another 15-20 minutes. Once the frosting is set, remove the cake from the fridge and decorate with sprinkles and decorations of your choice. Chill the finished cake until you're ready to serve.

Note to Mom: Use the centers from the cut-out layers to make your own mini cake to enjoy.





## WHERE TO EAT WITH KIDS IN DENVER

10 family-friendly spots where you can  
enjoy dinner out with the whole crew.

By Christina Cook, Megan Fongey,  
and Deborah Mock

Photography by Lucy Beaupard

**E**ating out as a family was once a hassle: a splurge reserved only for special occasions, but today, taking the family to a restaurant for dinner is on the regular. While it's easy to hit a local drive-thru or fast-casual spot, finding a place to have a relaxed sit-down experience with kids along is a bigger challenge. We do our best to avoid some of metro Denver's popular eateries, to find these 10 family-friendly spots at the city restaurant experiences where families are valued as a primary goal with a vibe of welcoming atmosphere, hold the sugary drinks.

### ACE EAT SERVE

Asian Inspired Cuisine

**SPECIALS:** Ping pong hall, dining reservations available online  
**LOCATION:** Uptown Denver  
**WEBSITE:** [aceeatserve.com](http://aceeatserve.com)

Instead of the standard Chinese take-out, Ace Eat Serve offers dishes elevated just enough for even the pickiest eaters. Their kids' menu offers versions of Asian cuisine favorites like bao buns, wok tossed rice noodles, or dim sum. Each \$7 kids' meal comes with complimentary share ice. But what really makes this spot great are the 12 ping pong tables, including several on the heated patio. Families can break up on their paddle skills during happy hour for \$10 an hour per table.



# **Single Page Design**

## parenting by the numbers

Sometimes when you're parenting you just don't have all the answers, and nothing makes sense and things don't add up. Here I present to you some parenting word problems, and I'm curious to see your answers. No cheating off the parent next to you! Come up with your own solutions, please.



Mom spends \$123 at Aldi, \$132 at Price Chopper and \$21 at Hy-Vee on grocery shopping for two weeks of eating. How much faster did the grocery shopping get done without children?

If two kids raise their hands to go here and three raise their hands to go there, how many tears are shed by the ones who do not get to go where they want?

Calculate the distance between your house and the nearest Starbucks. The nearest book store. The nearest chocolate shop. Now figure how much it will cost for Uber to take you to all three. Better yet, when will Starbucks join Uberats?



Mom spent five hours scraping wallpaper in the kitchen. She spent two hours washing and sanding one wall in the same kitchen. How long will it be before she stops procrastinating putting on the spackle? When she DOES spackle the joint, how badly will she mess it up, and how long will it take her husband to fix it?



A stroller travels at a speed of 2 mph when it is empty. How fast does it travel when it is holding the sixth child (i.k.a. the Toshiba laptop and backpack with a cell phone in it)? With how much force did it hit the park lake last week? Why in the world is there not a brake on the stroller? (don't worry, no kids were in the stroller!)



If the household runs the dishwasher twice a day and the washing machine once a day for one month straight, how many hours will Mom have to work to make money for a maid service? How old will the kids be when they will clean the house while Mom eats her bon bons in the tub?



If X, Y and Z activities are all going on at the same time in the same week, each week, calculate the trajectory of exactly when and where Mom will lose her mind.

If a vacuum cleaner is around 70 decibels, and you have to vacuum four times a week to make your house look halfway decent because you have twin toddlers running around with crackers all day long, how long will you have to save to hire a maid service? Bonus: Calculate the shock and horror on the face of said maid when he/she arrives.



The kids made \$35 at a recent garage sale during two days of the adults' doing hard work and sitting around waiting for customers. The adults made about \$25. Why do we keep having garage sales?



Kerrie McLoughlin is a homeschooling mom of five who just moved from Overland Park to 8 acres in Peculiar, MO, and writes about it at [TheKerrieShow.com](http://TheKerrieShow.com).



# I'M A TULSA KID

WORDS AND PHOTOGRAPHY BY SHEERA ATIQI

## Jayla Patten: Future Chef

Every year Sodexo, a food service management company, holds a Future Chef competition to help students understand the importance of healthy eating and to showcase students' talents in the culinary arts. This year's finalist, 8-year-old Jayla Patten from Owasso, competed and placed with an original recipe that is both unique and healthy!

**TK: How did it feel to be named a finalist in the competition? Prizes?**

**Jayla:** Amazing! It was so fun to cook against other kids in the kitchen. As a finalist, the prizes included an iPad and cover, Snapchat recording glasses and a personalized chef's coat. For the school district, I won a Fitbit, a pots and pans set, measuring tools, pot holders, an apron/hat set, a giant Wok, an autographed cookbook by Chef Remi and other kitchen tools. So many cool prizes!

**TK: When did you start cooking?**

**Jayla:** When I was 2, I used to sit on the counter and help my mom make cupcakes and cookies. By the time I was 3, I could make my own grilled cheese with Hassart.

**TK: What was your winning dish?**

**Jayla:** Asian Chicken Tacos with rice and beans.

**TK: How did you come up with the idea for this dish?**

**Jayla:** Well, I like tacos and I like Teriyaki chicken, so I basically combined the two. Also, the beans were Edamame (soybeans) and they are just fun to eat. I really like those too.

**TK: What is your favorite type of food to make?**

**Jayla:** Brownies. I have a secret recipe.

**TK: Who inspires you and your cooking?**

**Jayla:** My mom, my grandpa and Bobby Flay. I would like to beat him on his show some day. My signature dish would be Lemon Cupcakes.

**TK: Any advice for future chefs?**

**Jayla:** Don't be afraid to try new foods. You might end up liking them.

**TK: What are your plans and goals for the future?**

**Jayla:** To keep cooking and learning new recipes so that I can beat Bobby Flay.

**TK: What are your hobbies?**

**Jayla:** Girl Scouts, cheerleading, biking, fishing, reading and, of course, baking.

**TK: What is a fun fact about you?**

**Jayla:** I once ate a whole pineapple by myself in one sitting... YUM. And I have a super cool mermaid mixer. Oops, that's two.





MOM-ISH

## God Save the Tween

By Lynne Reeder

**Y**ou hear of those mythological creatures throughout your life, and perhaps you become invested in some of these when young. Tracking Big Foot through the woods behind your house, sneaking into your room as an act to alert the fairies before you caught glimpse of a wing. Perhaps you lost sleep over the Boogymen, worrying about his arms creeping from the underside of your bed. As an adult, I'd thought my time with those often-spoken-but-always-beings would be confined to the pages of the story books lining my girls' bookshelves. Then my oldest turned like a werewolf at midnight. She became — I can hardly bring myself to type it — a tween.

I'd heard of these not-quite-teenagers-no-longer-children versions of humans before, but truthfully had not experienced firsthand the stuff of legend. But here I sit, my second grader currently rolling her eyes and sighing like a hurricane because I asked her to hang up her backpack. You know, like I say every single day of our existence at 4:25, after she doesn't do it every single day of our existence when we walk into the house around 4:18. Here I sit, executing torture tactics on her that include: feeding her dinner she

*Here I sit, executing torture tactics on her that include: feeding her dinner she wasn't in the mood for; requesting she put on headphones to play her school math game on my computer; and probably the worst of all — brush her teeth. TWICE. A. DAY.*

wasn't in the mood for; picking up a journal and pen she let in the living room three days ago but that she was CLEARLY about to write in again before I moved it; requesting she put on headphones to play her school math game on my computer, asking her to not carry her baby sister down the basement steps alone; and probably the worst of all — brush her teeth.

### TWICE. A. DAY

Now, perhaps you read that paragraph and you think, Oh, that's typical little kid stuff! Or, she can't be a tween if she's not even quite 8 years old yet. But like any wife who has spent decades trying to connect her husband, it isn't so much about the actual event, or even what's said. It's about the way she claps back. And go ahead. Picture a dog gawps literally clapping her hands in your face while she talks you off. Because that's what it feels like.

You see, my sweet, innocent girl who idolized me endlessly has been replaced. I've become the nag. The protester. The know-it-all ruining her life. Now it isn't just a scream of annoyance, or even those tantrums of days yander. No. We've moved to psychological warfare. She's a little lawyer-in-training, lobbying rebuttals to any point I make, appealing to

the make-believe jury on account of the unfairness. I most certainly repent. You mean she has to fold ALL FIVE TOWELS in this laundry basket? WHAT? Now she has to eat the ENTIRE CHEESEBURGER SHE ORDERED LAST NIGHT AND DIDN'T EAT THEM? You're going to make her eat it for lunch NOW? Why, why, why did she have to get a mother who treats her this way? How heartless can I be? I've entered that territory as a parent where I'm not sure if I am going crazy or not. My patience is pretty minuscule these days, I give the girl that. But sometimes she's mad before I've even spoken. Other times I'm left standing in the dining room surrounded by discarded papers and half-spilled water bottles, screaming about how I need help cleaning things up, not making more messes, and feel like I'm stuck in my own version of Groundhog Day. Because I did this exact thing the day before, and the day before that, and probably the month before that. Yet the tween reacts like this is the first time I've lit on. I'm losing brain cells over this monotony. What do I mean, she's not supposed to use my Sharpies and she's especially not supposed to use them to color on the new couch? What is my PROBLEM with watching YouTube videos? She's only been doing it for two straight hours now. GOD.

So I see the teenager loosing beneath the skin, and I'm not going to lie. I'm a little scared of it. Because I don't want to already be in that struggle of love grudges with her. I don't want to enter that realm of confusion territory in for all involved. But its dawn has been exposed, folks. And there's no putting them back.

Then again, she is also the girl who is still

afraid enough of the Boogymen that she wants me to lay with her until she's fully asleep each night. And I'm still the mom who does. Even if I have to fling a Barbie out of the way to do so.

A high school teacher for over a decade, Lynne Reeder is a two-time Perry County Four Laureate and PCCOE 2017 Educator of the Year. She's also a mom to two girls. You can follow her Mom-Mom-ish, at CentralPennParent.com.



**Did You Know?**

**One ton** of recycled paper can save... 17 trees • 380 gallons of oil  
3 cubic yards of landfill space • 4,000 kilowatts of energy • 7,000 gallons of water



**1970** The year the first Earth Day was celebrated; founded in the U.S. as a day of education about environmental issues.

**140** The number of nations participating in Earth Day celebrations in 1990, when the movement went global. Today, the Earth Day Network collaborates with more than 17,000 partners and organizations in 174 countries.



According to Earth Day Network, more than

**1 billion people**

are involved in Earth Day activities, making it "the largest secular civic event in the world."



Earth Day is big with schools. On many school calendars, it is the third most activity-inspiring holiday, after Christmas and Halloween.



On Earth Day 2012, more than

**100,000 people**

rode bikes in China to reduce CO2 emissions and save fuel.



**EARTH DAY APRIL 22**

BY THE NUMBERS



# RIGHT ON TRACK

Franklin runner sets her sights on the Olympics, college track, another great season

Story by Rebecca Cohen | Photo by David Stuck

**T**his month's cover model exceeds the typical achievements of a high school athlete. Nyjari McNeil is one of the best young track stars in the country, ranked No. 2 in both Maryland and the U.S. She holds 13 state championship titles and 16 medals. Her relay team won gold in the 2014 Junior Olympics, where she also placed third in one of her signature events, the 800-meter race. At the Summer 2017 New Balance Nationals, Nyjari, a Franklin High School senior, took home second place in the 400-meter race.

When asked to talk about her achievements on the track, Nyjari chuckles, noting there were so many, she didn't know where to begin or what to include. Let's start with this: Running track is in her blood.

This superstar started her career at the young age of 6, taking after her then 11-year-old sister, Najtee, who also had her own career on the track as a hurdler, and her mother, Tonya McNeil, who was a hurdler

in her younger days and then took her talents to coaching in her athletic retirement. Nyjari recalls attending practices with her mom and sister, running around the track for fun with friends and eventually the coaches decided to put her on the team.

Nyjari's father, Walter McNeil, is also an athlete. While he was not a track star like the three women in his family, Nyjari says he played just about every other sport as a student, and in his free time as a dad went on training runs with her.

Nyjari started her more serious career in 2009 when she joined the Pikesville Cheetahs summer track team. In 2010, she graduated to the Baltimore City Track Club for three summers, then was off to Owings Mills Track Club for the 2013 and 2014 summers. In the fall of 2014, she was able to begin her year-round career at Franklin High School once she was enrolled as a student.

By then, Najtee had gone to Brown University on a track scholarship and competed for the school for two years. Nyjari



Nyjari McNeil with some of her track medals

herself heads to the West Coast this fall to attend San Diego State University on a fully funded scholarship for track and field. Alrick Monroe, one of her coaches there, won't be a stranger; before he moved to San Diego five years ago, he coached Nyjari for nine years. This was a deciding factor for Nyjari when she considered where to take her talents. He has a fully fleshed out plan for her, hopefully guiding her straight to Tokyo for the 2020 Summer Olympics.

"I like the competitiveness and I like having goals to achieve. ... There's always something for me to strive for, whether it's a title, a personal best or qualification for nationals," Nyjari says.

Nyjari plans to continue to include her family in her track career, as they have played a huge role in it already and are the main component in her pre-race ritual. Before each event, her mom gives her a kiss on each cheek, she and her dad do a secret handshake, Nyjari and Najtee high-five, and if her grandmother is there, she'll shoot Nyjari a thumbs-up.

Nyjari hopes to study kinesiology at SDSU and pave the path for her post-retirement career, in which she hopes to be either a physical therapist or a chiropractor, a career choice inspired by her own chiropractor, who has been a mentor to her.

And, naturally, Nyjari wants to work with athletes. **BC**



## FAMILY FRIENDLY *AND* AL FRESCO

Where to enjoy dining outside this summer

WORDS BY CHARITY R. BARTLEY HOWARD and SUSAN BRYANT

ONE OF THE PERKS OF SUMMERTIME IS BEING ABLE TO ENJOY A GREAT MEAL OUTDOORS - AND IF YOU CAN FIND A PLACE THAT THE KIDS LOVE TOO, THAT'S EVEN BETTER! HERE'S A LIST OF AREA RESTAURANTS TO CHECK OUT NEXT TIME YOUR FAMILY WANTS TO TAKE ADVANTAGE OF A BEAUTIFUL SUMMER NIGHT (OR MORNING) AND DINE OUTSIDE.

### ★ Bru Burger Bar

Who doesn't love a good burger? It's practically a requirement to binge on burgers during the summer months. And Bru Burger serves up a menu of gourmet burgers sure to leave you satisfied. (Kids not feeling your burger craving? There are plenty of other options available to please their palates.)

**LOCATIONS:** Mass Ave, Noblesville, Carmel and Plainfield

**TYPE OF FOOD:** Creative burgers and sandwiches

**KID'S MENU:** Yes, including breaded chicken bites, mac 'n' cheese, popcorn shrimp and grilled cheese

**MORE INFO:** [www.bruburgerbar.com/indianapolis](http://www.bruburgerbar.com/indianapolis)

### ★ Canal Bistro Grille

In the mood for Mediterranean? If you're looking for fresh, healthy and great-tasting food, you're in luck at the Canal Bistro Grille. The owners are from Egypt and Lebanon, so you know it's the real deal.

**LOCATION:** Broad Ripple

**TYPE OF FOOD:** Authentic Mediterranean

**KID'S MENU:** Yes, including gyros, chicken strips, hamburgers and corn dogs

**MORE INFO:** [www.canal-bistro.com](http://www.canal-bistro.com)

### ★ Barbeaux Pizza

When you want a made-to-order pie, go a step above at Barbeaux's. Choose one of their "exotic toppings" for a unique pizza designed just for you. And pizza by the slice is available Monday through Friday 11 am - 1 pm.

**LOCATIONS:** Carmel, Broad Ripple and Downtown Indianapolis

**TYPE OF FOOD:** Signature pizzas, salads and sandwiches

**KID'S MENU:** No, but doesn't every kid like pizza?

**MORE INFO:** [www.barbeaux.com](http://www.barbeaux.com)

### ★ Mug n' Bun

Roll down the window and have dinner served up right in your car - or grab a picnic table to enjoy your meal outside on a warm summer night. Mug 'N' Bun has been around for nearly 50 years (with good reason) specializing in serving up the classics.

**LOCATION:** Speedway

**TYPE OF FOOD:** Tenderloins, onion rings, hamburgers, hot dogs, homemade root beer and more

**KID'S MENU:** Yes, including grilled cheese, peanut butter and jelly, mini corn dogs, etc.

**MORE INFO:** <http://mug-n-bun.com>

### ★ Eitelberg Museum Cafe

Need a bite to eat while you're having fun on the canal? Stop at the Eitelberg! The cafe is open any time the museum is.

**LOCATION:** Downtown Indianapolis

**TYPE OF FOOD:** Soups, hot and cold sandwiches, salads and pastas

**KID'S MENU:** Yes, tater, hot dogs, chicken fingers, grilled cheese and more

**MORE INFO:** [www.eitelberg.org/vt&#039;dine](http://www.eitelberg.org/vt&#039;dine)

### ★ Good Morning Mama's Cafe

Love those Italian dinners at Mama Carol's? Then you'll want to try Mama's other restaurant, too. Good Morning Mama's Cafe can get you up for breakfast and lunch!

**LOCATION:** East 14th St.

**TYPE OF FOOD:** Pancakes, French toast, sandwiches, specialty burgers, pizza and more

**KID'S MENU:** Yes, "kiddie breakfast" available

**MORE INFO:** [www.goodmorningmamas.com/home.html](http://www.goodmorningmamas.com/home.html)

### ★ Another Broken Egg Cafe

This is a gourmet way to start your day. Seasonal selections like treated omelets, quinoa power skillet, pecan praline and candied bacon French toast and sausage and fennel omelette are just the start.

**LOCATION:** 9433 N. Meridian St. and Parkers

**TYPE OF FOOD:** Treats on favorite breakfast and lunch options

**KID'S MENU:** Yes, chocolate chip pancakes, waffle and French toast complex, etc.

**MORE INFO:** <http://anotherbrokenegg.com/location/indianapolis-0>



## 6 Best Apps to Track Your Baby's First Year

By Britni Petersen

The first year of your baby's life is an exciting time! And it's also a crucial period of remarkable development. So capture your little one's precious milestones and special moments with a little help from one of these free baby-tracking apps below.

### BABY TRACKER

Baby Tracker is designed by busy parents, for busy parents. It offers a simple, no-fuss way to track your baby's daily habits, health and memorable "firsts." Record feedings, diaper changes and sleep patterns with a quick one-handed tap, then feel free to go back later and add details and even photos. Baby Tracker also makes it easy to share all of your baby's exciting milestones with friends and



### FIRSTYEAR

FirstYear is one of the easiest ways to track your baby's daily activities. All events can be logged with two simple taps on your iPhone or iPad. View trends daily, weekly or monthly. Keep medical information and health questions handy at doctor visits, and use the powerful note taking feature to make sure you don't miss any important details. And for added protection, the app allows you to back up your baby's records to online storage.



### BABY BUNDLE

Baby Bundle is a mobile toolkit for new parents to collect and record information on a child's development and growth, while providing extensive parenting resources in one comprehensive app. Some of the helpful features include a baby monitor, parenting guide, vaccination check-up schedule and growth tracker.



### SPROUT BABY

Sprout Baby is the ultimate baby-tracking app. Its powerful, all-in-one program allows you to track all of your baby's daily activities and care including feedings, sleep, diapers, developmental milestones, growth, health, medications, illnesses and more. As an added bonus, the app creates a PDF summary of your baby's data, so you can easily print it out for doctor visits!



### EAT SLEEP

EatSleep focuses exclusively on tracking your baby's eating, sleeping and diaper habits. It's designed so you don't have to mess with times, alarms or typing. And you don't have to worry about sifting through other tracking elements that you don't necessarily need. After submitting a certain amount of entries, you can then view trends daily, weekly or monthly.



### TINYBEANS

Tinybeans lets parents track their little one's milestones and share pregnancy and baby pictures with family and friends. Users can get creative with fun stickers, text and photo filters, and can enjoy unlimited storage for all photos, videos, milestones and notes. You can also easily turn your baby's milestones into a beautiful printed photo book!





# Celebrating Dads: Facts about Fatherhood

by Pam Molnar

In 1966 when President Lyndon Johnson designated the third Sunday in June as Father's Day. It took another six years before President Richard Nixon signed it into permanent law.

## \$12.5 billion:

Estimated amount spent on Father's Day in 2014, with an average of \$114 spent per person on their dad.

## 70.1 million:

The estimated number of fathers in the United States. (National Responsible Fatherhood Clearinghouse)

## 27.4:

The average age of a first-time father.

## 8:

Percentage of children in the U.S. who live in households headed by single fathers, compared to 1% in 1990.

## 52:

Percentage of fathers who are the primary grocery shopper in the family – up 10% since 1995.

## 75:

Percentage of dads think they are more involved with their children than their fathers were.

## 14:

Percentage of men who get some paid paternity leave today. Paternity leave was unheard of just a generation ago.

## 21:

Percentage of men reported that they are home primarily as caregivers, an increase from just 5% in 1990. (Pew Research, 2010)



**A 2008 Newcastle University study showed that men with many brothers are more likely to have sons and those with several sisters are more likely to have daughters.**

#### FATHER'S DAY AROUND THE WORLD

- Canada, the United Kingdom, Japan, India, Argentina and the Netherlands celebrate on the third Sunday in June.
- Portugal, Belgium and Spain celebrate their fathers on St. Joseph's Day (March 19).
- Australia, New Zealand and Sweden celebrate the first Sunday in September.

#### DADS IN THE WILD

- Male sea horses get pregnant when their female counterpart deposits her eggs into his brood. The average sea horse has 100-200 babies.
- Hardhead catfish makes carry their fertilized eggs in their mouth for 60 days.
- Male Emperor Penguins keep their eggs balanced on their feet and covered by their belly to protect them from the arctic temperatures.

#### MOST POPULAR GIFTS FOR DAD

- Cards
- Taking dad on a special outing
- Clothes
- Gift cards



# **Department Design**

CONNECT COMMUNITY



GAMING SAFETY FOR CHILDREN

You have often warned your child about "Stranger Danger," but it's possible that the threat may not feel like a stranger to him. Many video games also come with chat features now, so while your child may think he is chatting with another kid who is interested in the same game level, in reality, it could be anyone. Your child could be sharing details of his life with a predator or his school bully. NetSmartz Workshop, an educational program of the National Center for Missing & Exploited Children, recommends asking the following questions to get the conversation started on protecting your child while gaming:

- Can I play this game with you?
- Have you ever been cyberbullied while gaming? What did you do?
- Do you know what information is OK to share about yourself while gaming?
- Who do you play online games with?



SPOOKY SPECTRUM

For a night of eerie astronomy, physics, and aerodynamics, you and your kiddos won't want to miss Spooky Spectrum. Visit BREC's Highland Road Observatory (HRPO) on Saturday, October 20 from 6-10 p.m. for creepy science demonstrations, games, dry ice bubbles, and a marshmallow roast. Also, be sure to bring your binoculars along so you can see all the spooky sights. #hrpoalou



WOMAN'S LAUNCHES GRACE PROGRAM

Women's Hospital announced a new innovative program at Women's Hospital that will help address the needs of pregnant women with opioid addiction and their affected newborns. The new program, called "GRACE" (Guiding Recovery and Creating Empowerment), will work with physicians, social service agencies, hospitals, mental health agencies, the legal system and community partners to identify expectant mothers affected by opioid misuse, and connect them to the appropriate resources to aid in their care and recovery.

■ [womens.org](http://womens.org)



BRING YOUR BIBLE TO SCHOOL DAY

Students across the country are coming together to share God's hope and celebrate religious freedom during Bring Your Bible to School Day on Thursday, October 4. The simple act of a child bringing his or her Bible to school is a powerful step to sharing God with friends. By participating in this special day, your child can also win a trip for four to meet Sade Roberts, star of *Duck Dynasty*. ■ [bringyourbible.org](http://bringyourbible.org)



SPIRITS OF LOUISIANA

Experience the "spirit" of our colorful history while enjoying spirits crafted by local distillers at Spirits of Louisiana. This Halloween-inspired cocktail event features tastings of Louisiana-made rum, bourbon, vodka, and gin by all participating Louisiana distillers. The Ghost of the Castle, the Old State Capital's 3D movie about the struggles and triumphs of the building, will also be showing throughout the night. Don't miss this spooktacular event on Thursday, October 25. ■ [louisianastatecapital.org](http://louisianastatecapital.org)

BABY AND TODDLER

AAP UPDATES CAR SEAT RECOMMENDATIONS

As parents, the safety of our babies is at the top of the list. And recently, the American Academy of Pediatrics (AAP) updated their recommendations on car safety seats. AAP now recommends that children should remain in a rear-facing car safety seat as long as possible, until they reach the highest weight or height allowed by their seat. "Fortunately, car seat manufacturers have created seats that allow children to remain rear-facing until they weigh 40 pounds or more, which means most children can remain rear-facing past their second birthday. It's best to keep your child rear-facing as long as possible. This is still the safest way for children to ride," says Benjamin Hoffman, MD, FAAP, chair of the AAP Council on Injury, Violence and Poison Prevention.

HELPING TODDLERS LEARN NEW SKILLS

Watching our children develop and learn new skills is a joy not comparable to much. Your toddler probably loves showing you how far he can jump and how he can balance on one foot. You can help your child practice these skills and learn more by playing and exercising together. Turn a walk into a scavenger hunt or mix walking with jumping, racing, and walking backwards. Also, use a walk to help him study his numbers and math skills by counting or searching for numbers on houses.

CONSISTENCY IS KEY

Change your toddler's behavior by being consistent. "Between the ages of two and three, children are working hard to understand how their behavior impacts the people around them," says Claire Lerner, LCSW. "If your reaction to a situation keeps changing—one day you let your son throw a ball in the house and the next you don't—you'll confuse him with mixed signals." It may take multiple attempts to correct behavior for it to click with your toddler, but consistency is key in helping him learn right from wrong.

HEAD AND SHOULDERS  
KNEES AND TOES,  
AND EVERYTHING IN BETWEEN.



An Magnolia Pediatrics car seat is the only one that's been tested to hold a child's weight and torso across the spectrum of whole children, from the top of busy heads to the top of tiny feet and on to high heels.

Call 225.794.4424 to join the Magnolia Pediatrics Family today.



Visit [www.magnolia-pediatrics.com](http://www.magnolia-pediatrics.com) for more information. © 2019 Magnolia Pediatrics, Inc. All rights reserved.

Sharing Christian faith one book at a time.



Enjoy these captivating children's books about an extraordinary miniature herford bull named Gus. His stories are filled with hope, love, and determination for children of all ages.

Available at Amazon, Barnes & Noble, Etsy or Angela LeBlanc Books.com  
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OCTOBER 2018  
CINCINNATI PARENT  
**FUN & WACKY**  
*calendar*

SUN	MON	TUES	WEDS	THURS	FRI	SAT
	1  INTERNATIONAL COFFEE DAY	2  WORLD FARM ANIMALS DAY	3 RANDOM ACTS OF POETRY DAY	4 TACO DAY	5  KIDS MUSIC DAY	6  NOODLE DAY
7 BATH TUB DAY	8  WORLD OCTOPUS DAY	9 MOLDY CHEESE DAY	10 WORLD PORRIDGE DAY	11 SAUSAGE PIZZA DAY	12  EGG DAY	13 TRAIN YOUR BRAIN DAY
14 DESSERT DAY	15  WORLD STUDENTS' DAY	16 DICTIONARY DAY	17 TAKE YOUR PARENTS TO LUNCH DAY	18  CHOCOLATE CUPCAKE DAY	19 CONFLICT RESOLUTION DAY	20  HAPPY SWEETEST DAY!
21  COUNT YOUR BUTTONS DAY	22 SMART IS COOL DAY	23 BOSTON CREAM PIE DAY	24 BOLOGNA DAY	25 INTERNATIONAL ARTISTS DAY	26 HOWL AT THE MOON DAY	27  BLACK CAT DAY
28 PLUSH ANIMAL LOVERS' DAY	29 INTERNET DAY	30 CANDY CORN DAY	31  Happy Halloween			

SOURCE: [www.diyoftheday.com](http://www.diyoftheday.com)

IN EVERY ISSUE

## indy's children

There's something special about the bond between **kids and their pets** – as you can tell from these pictures! Thank you to all our readers who sent in these shots of their furry and feathered family members.



Brooklyne and Pepper



Kindell and Benson



Ashton, Phoenix and Sparky



Faye and Chico



Harper and Elle



Hope and PJ



J.J. and Milla



Hank and Sarah Jane

*want to see  
your cute kids  
on this page?*

**next month**  
WE'RE LOOKING  
FOR SIBLINGS!

*Send in your best  
pictures of brothers  
and sisters (with ages  
and first names) to  
editor@indyschild.com  
and your shot may  
be selected to appear  
here!*

Good to Know | Good Stuff



1  
It's a place mat  
and a plate!

## Ultra Violet

Imaginative, magical, and the favorite of many kids, Ultra Violet—a pure purple—was named the 2018 Color of the Year by the color experts at Pantone. Here's a collection of products, from night lights to tutus, to add a pop of purple to your child's life.

By Christina Cook

1. Your kiddo will look forward to mealtime with the **eggs Care Bears mat**. Eggs silicone mats are dishwasher and microwave safe and reduce mealtime messes by sticking securely to dinner-time surfaces—and the company is based in Colorado! Available in Share Bear (purple) and Wish Bear (teal). \$23. [eggsfan.com](http://eggsfan.com)

2. The **KidsErgo stool** at Room & Board features a cool design that allows kids to rock back and forth or wiggle around while doing homework, watching TV, or playing at the kitchen table. Available in six colors. \$75. [roomandboard.com](http://roomandboard.com)

3. **Jellycat's If I Were a Hippo board book** and hippo-stuffed animal make a cute gift for any animal lover. The book is full of different textures to touch as kids turn each page—seriously, how cute is that hippo tail! The matching animal is so soft and huggable your little one won't want to let it go. Available at Nordstrom stores and [nordstrom.com](http://nordstrom.com). \$13 (book), \$23 (stuffed animal).

4. The **gummy bear night light** available at The Land of Nod would be a fun addition to your child's bedroom. It's cordless and portable—it can even be mounted to the wall—and features a one-hour timer. Also comes in red, pink, and blue. \$30. [landofnod.com](http://landofnod.com)

5. Little paleontologists will dig the handmade dinosaur magnets from **Original Animal Magnets**. Kids can mix and match different heads and rear ends to make their own unique species. Note: Due to their small size, these magnets are best suited for older children. \$29 for an eight-piece set, \$27 for 12 pieces. [originalanimalmagnet.etsy.com](http://originalanimalmagnet.etsy.com)

6. The **Satsuma Mac midi tulle skirt** adds a pretty pop of purple to any outfit, whether your child is going to a party or simply playing dress-up at home. Fits sizes 2T to 4T. \$32. [satsumadesigns.com](http://satsumadesigns.com)



2  
That's one  
seriously cool  
looking stool.

This combo  
makes a super  
cute gift!



Squeeze the bear's  
tummy to turn the  
light on and off.



Fun magnets for any  
playroom or kitchen.



Also comes in  
eggshell and pink.



Parenting Hacks

**1: Find a School**

Develop a shortlist of potential schools by looking at your child's interests along with school performance ratings and services. At [schoolchoicetoolkit.org](http://schoolchoicetoolkit.org), a search engine lets parents prioritize things like character education, flexible scheduling, gifted and talented programming, services for at-risk youth, and much more.

**2: Consider Location**

When you enroll your child in a non-neighborhood public school, transportation probably won't be provided. It's a good idea to look for schools near your home or workplace—“Or someplace in between,” says Roberta Walker, senior manager of choice and enrollment services for Denver Public Schools (DPS).

**3: Plan a Visit**

Call the main office at your top schools to set up visits that include a building tour and time with the principal. Some districts make this step easier for parents by hosting annual expos and information nights. Check district websites for offerings and details.

## How to Choose Into a Public School

By Jennie Sebrase

In Colorado, students can apply to “choice in” to a district-managed, charter, or innovation school other than their assigned neighborhood school. If you’re interested in changing schools, here is a primer to take you through the open enrollment process.

**6: Submit and Wait**

Make sure to submit your child's application before the application window closes. Don't sweat it if you're working up to the deadline: “It isn't first-come, first-served,” says Walker. Then, hang tight until March or April for results. But don't worry: no child will be without a school. “If you don't get into your choice school, you'll default to your neighborhood school,” Walker says.

**5: Fill Out Your Application**

Set aside time to complete forms provided by prospective schools. The application process varies by district—sometimes even school!—so make sure you know what's required. Be prepared with “supporting documentation,” which might include a birth certificate, proof of residency, and/or academic transcripts. If a sibling attends the school to which you're applying, mention that: schools give priority to siblings. Consider applying to several schools, in case your first choice isn't available.

**4: Know When to Apply**

You'll be applying for enrollment into a school for the next school year. Districts set their own application time lines, while many hold open enrollment in January year but let it to call prospective schools and ask. DPS recently pushed back its first round deadline to February 28.

# real moms.



mom next door /

## AMBER VENZ BOX

president and co-founder at  
rewardstyle and liketoknow.it

INTERVIEW NICOLE JORDAN

**A**mber Venz Box was a 23-year-old fashion blogger fresh out of Southern Methodist University when her million-dollar idea hit: How can I make money from blogging? The answer: rewardstyle, a platform that allows fashion bloggers to monetize clicks by tracking the traffic and sales they drive to retailers.

Launched in 2011 with her then-boyfriend now-husband, Baxter Box, rewardstyle boasts a global network in the tens of thousands with 4,000 retail partners and more than 500,000 brands. The company's newest lean ches, Liketoknow.it and @Liketoknow.it, Family, make it possible for followers to buy merchandise from their favorite bloggers' and retailers' Instagram posts.

As president, Venz Box is a certified jester and master multitasker, balancing hefty professional responsibilities (she's the creative and marketing brain behind the business) with caring for her two children: Birdie, 2, and Bopey, 8 months.



# **Calendar of Events**



# AUGUST THINGS TO DO

USE "THINGS TO DO" ON YOUR SMARTPHONE!

DISCOVER IT ON [CINCINNATIFAMILYMAGAZINE.COM](http://CINCINNATIFAMILYMAGAZINE.COM) OR [NKYFAMILY.COM](http://NKYFAMILY.COM)



LOOK FOR THIS  
"GUITAR" TO FIND  
MUSIC-RELATED  
ACTIVITIES

## FREE KIDCHELLA! SUNDAY, AUG. 12

Join the second annual Kidchella, a children's music concert benefiting Common Ground, an all-abilities playground. Dance along to favorites Zak Morgan, Songs for Seeds and Jennifer Ellis, visit with local vendors, and enjoy a day in the park. Cattel Park, 5847 Irwin Simpson Road, Mason; 1 - 5 p.m. Call 513-252-0077 or visit [cincinnati.familymagazine.com/uncategorized/kidchella-2018](http://cincinnati.familymagazine.com/uncategorized/kidchella-2018).



#### PUPPY BOWL TAILGATE PARTY

We want to get our rescue pets off the sidelines and onto a warm couch in time for the Puppy Bowl

February 1  
[www.westobou.org](http://www.westobou.org)



We'd love to hear from you. If you have an event you'd like to add to our next issue, send an email to [rene.williams@augustafamily.com](mailto:rene.williams@augustafamily.com).

# calendar

## FEBRUARY

### Special Events

**FEBRUARY 1. Aquinas High School Open House Drop-In.** 9:00 a.m. to 12:00 p.m. All interested families are invited to join for our Open House. [www.aquinashigh.org](http://www.aquinashigh.org).

**FEBRUARY 1. SEEDS:** Westobou's Annual Art Exhibition. Westobou Gallery, 1129 Broad St., Augusta.

The third annual juried exhibition of small works priced at an affordable \$300 or less features local and regional artists working with various media in a variety of styles. [www.westobou.org](http://www.westobou.org).

**FEBRUARY 2. 36th Annual Pasta Festival-Lunch Immaculate Conception Catholic School.** Augusta. Presented by the Italian American

Club of the CSRA.

**FEBRUARY 2, 9, 16 & 23. Girls Who Code at Kroc Center.** Founded with a single mission to close the gender gap in technology... fewer than 1 in 5 computer science graduates are women. Come to the Kroc Center for this after school program for girls ages 11 years - 17 years that will introduce you



# October THINGS TO DO

BY CHAD YOUNG

BEST OF THE MONTH



**BOO AT THE ZOO**  
Oct. 12 - 14, 18 - 21 & 25 - 28  
Nashville Zoo, Nashville  
Page 54

The zoo's annual Halloween boosomony invites costumed kids for trick-or-treating, bubble blast fun, games and lots of other activities.



**FALL FESTIVAL & CORN MAZE ADVENTURE**

Thu Oct. 20  
Lucky Leald Farms, Eagleville  
Page 29

There are costume activities galore for kids of all ages! Plus, a chance to win an iPad mini.



**PUMPKINFEST**

Saturday, Oct. 27  
Downtown Franklin • Page 72  
Come in costume for a day of fun, including a whole city block's worth of kids' activities.



**GOBLINS IN THE GARDEN**

Tuesday, Oct. 30  
Chickwood, Nashville  
Page 76  
This holiday installment of Tuesdays for tots invites little ones to show off their costumes while collecting treats.



**RUTHERFORD PARENT'S FALL KIDS FEST**

Saturday, Oct. 20  
The Avenue, Murfreesboro  
Page 67

The latest fall fest in the 'Boro has new costume contests this year plus a slew of other fun.



**GREAT PUMPKIN FESTIVAL**

Thursday, Oct. 25  
Discovery Center, Murfreesboro  
Page 71

Kids can participate in a costume contest, do science experiments and celebrate Hoot! Trunk-or-treat!



**THE PHANTOM OF THE OPERA**

Oct. 24 - Nov. 4  
TRAC's Jackson Hall, Nashville • Page 63

Experience Cameron Mackintosh's brand-new production of Andrew Lloyd Webber's chilling musical masterpiece.

**PUMPKIN PATCHES PULL-OUT**

Pages 44 - 45

Flip to our handy, dandy center spread round up of Middle Tennessee's pumpkin farms with fall activities!



36

## 38 DAILY ACTIVITIES

October events in day-by-day order.

## 42 FUN FOR LITTLE KIDS

Our top picks for babies, tots & preschoolers.

## 44 PUMPKIN PATCHES

A handy pull-out map of Middle Tennessee pumpkin farms.

## 51 HOT HAPPENIN'

The Haunted Woods and Zombie Fairball adventure at Millers Trillers.

## 52 NATIONAL DAYS OF ...

Special days to celebrate, laugh a lot or National / Love (icy Day)

## 56 SPOTLIGHT

The Tennessee STEAM Festival boasts 51 events in Middle Tennessee.

## 58 FUN FOR BIG KIDS

Great stuff for the 6- to 12-year-old crowd.

## 62 THEATER & DANCE

Take in a show on a stage near you.

## 67 HOT HAPPENIN'

Rutherford Parent's Fall Kids Fest is the premier October outing in the 'Boro.

## 76 ON YOUR RADAR

Put these popular outings on your family calendar.

## 76 NEXT MONTH'S HOT TICKET

The Hip Hop Nubricker returns to TRAC.

## ONLINE

Find library storylines, classes, movie events and reviews at [nashvilleparent.com](http://nashvilleparent.com).





FAMILY DAY AT  
STRICKERS GROVE  
SAT 12



OHIO RIVER PADDLEFEST  
FRI 03



SHREK THE MUSICAL JR.  
SAT 11



CARDBOARD BOAT  
REGATTA  
SAT 18

## calendar

### AUGUST 2018

#### WEDS 01

##### LITTLE TYKES

What has six legs, wears its skeleton on the outside and can fit in your pocket? You guessed it: bugs! Nurture your child's love of the creepy and crawl by getting up close with these amazing players in the animal world. For ages 3-6. **FREE.**

Time: 11 am, Location: Worlton Woods/Worlton Centre, <https://www.greatparks.org/calendar>, Phone: 513-521-7275

#### ZAK MORGAN IN THE PARK

Play in the Park is a weekly outdoor concert series at Kennedy Heights Park. Grammy-nominated Zak Morgan makes his debut appearance on Aug. 1 with selections from *Welcome to Zakland*. **FREE.**

Time: 6:30 pm, Location: Kennedy Heights Park, [www.facebook.com/CincyParks/](http://www.facebook.com/CincyParks/)

#### THURS 02 - SUN 05

##### QUIER'S GOETTFEST

A weekend stuffed from top to bottom with live entertainment, family-focused goetta games and super inventive food, what makes it all so grand is the gathering of the goetta-lovin' community.

Time: Check website for festival schedule, Location: Netherland on the Levee, <http://www.goettafest.com>

#### THURS 02

##### SPECIAL NEEDS DAY AT SCENE75

The first Thursday of every month, Scene75 offers a Special Needs Day for local families. The program has been developed to help improve social and motor skills, hand and eye coordination, reaction time and recognition - all in a safe, controlled and fun environment. Registration is \$10/adult (\$14.99 for siblings). **\*Drop-in \$5!**

Time: All day, Location: Scene75 in Milford, <https://www.scene75.com/about/scene75-special-needs-program/>, Phone: 513-965-4000

#### STORY TIME WITH CAROL MCCLOUD

##### \*CP PICK

Twelve years ago, Carol McCloud wrote her first children's book, *Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids*. In her newest book, *Buckets, Dippers and Lids: Secrets to Your Happiness*, bucket filling is taken a step further by introducing the idea that, in addition to an invisible bucket and dipper, everyone also has an invisible lid. In this fun, family-friendly event, Carol McCloud will read and discuss her newest book using fun songs and role plays. **FREE.**

Time: 10 am, Location: Blue Menus, <https://www.bluemenusbooks.com/author-events/>, Phone: 513-721-2665




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**WEDNESDAY 1**
**Rainbow Puppets: Creatures Great & Small**

**10 a.m. | \$5.** There's an acrobatic flea, a giant stegosaurus and practically everything in between in this Rainbow Puppet production! Meet a Blue Crab, a Fiddler Crab, Bert the Blue Heron and a pair of singing dinosaurs. Grandpa leads audience members on a musical review of animal songs and stories. Ages 2+. [Freedling Park Arts Center, 5644 Blairidge View Ln., Paroleville, VA; freedlingsparkartscenter.org.](http://freedlingsparkartscenter.org)




---

**THURSDAY 2**
**Dive into Dumbarton**

**10 a.m. | \$5.** Dive into Dumbarton and grow your little ones' love of history! Take a mini-tour of our historic property, then interact with fun activities, crafts and games. Ages 3-5. Free for museum members. [Dumbarton House Museum, 2715 Q St. N.W., Washington, D.C.; dumbartonhouse.org.](http://dumbartonhouse.org)

**FREE Musical Instrument Petting Zoo**

**10:30 a.m.** Enjoy this lively introduction to orchestra with this engaging combination of storytelling, a small orchestra performance, and an instrument petting zoo where children will be able to touch and see actual instruments up close. First come,

first served until capacity is reached. Ages 2+ with a caregiver. [Chinn Park Regional Library, 13065 Chinn Park Dr., Woodbridge, VA; chinypark.org/government/dps/library.](http://chinypark.org/government/dps/library)

---

**FRIDAY 3**
**FREE Child and Me Yoga**

**10:30 a.m.** Breathing exercises, poses, music and story time will be used to guide you through a fun time together. Please bring a yoga mat or beach towel. First come, first served until capacity is reached. [Chinn Park Regional Library, 13065 Chinn Park Dr., Woodbridge, VA; chinypark.org/government/dps/library.](http://chinypark.org/government/dps/library)



# Family Fun Guide

Eating Out • Free Fun • Exhibits • Playground • Calendar

## \* Not-to-miss events for August



Planes,  
Trains,  
and  
Automobiles  
Page 48

14th Annual Miss Mary's Ice Cream Crankin'

# 1

### Butterfly Festival

Dunwoody Nature Center / Aug. 11, 10 a.m.-4 p.m.

Three butterfly tents filled with hundreds of butterflies to discover. In addition to the tents, games, crafts, animal encounters and discovery stations will be set up throughout the park, 5343 Roberts Dr., Dunwoody, 770-394-3332. Adults, \$10; ages 4-12, \$5; ages 3 and younger, free. [dunwoodynature.org](http://dunwoodynature.org)



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

# 2



### Night at the Museum

Telus Science Museum / Aug. 11, 6-10 p.m.

Kids can dress as their favorite character from fiction or history and meet characters like Albert Einstein and Alexander Graham Bell as well as fictional characters like Black Panther and Thor. Advance tickets encouraged, 100 Telus Dr., Caryville, 770-606-5700. \$25; ages 2 and younger, free. [telusmuseum.org](http://telusmuseum.org)

Family Fun Guide

# 3

### 14th Annual Miss Mary's Ice Cream Crankin'

Howell Square Park  
Aug. 26, 2-4 p.m.

Taste more than 100 flavors of homemade ice cream and enjoy an ice cream eating contest to help benefit The Drake House. Don't miss seeing who wins for best ice cream recipe. 610 Atlanta St., Howell, \$6 per person, \$25 for families up to five people. [missmarysicecream.org](http://missmarysicecream.org)

August 2018 | Atlanta Parent 43



# Calendar

## JANUARY



**JAN.  
20-21**

By Courtney Drake-McDonough

Sing, dance, and celebrate with Sesame Street Live! Let's Party! at Balboa Theatre Jan. 20-21.

### Sesame Street Live! Let's Party!

Jan. 20, 2pm and 8pm; Jan. 21, 2pm. Jump to the beat with your friends on Sesame Street! This all-new, interactive show unfolds on one of the world's most famous streets at the Balboa, turned party in the neighborhood. 513-158. Balboa Theatre, 700 14th St., Denver. 303-229-4268. balboatheatre.com

Photo courtesy: Sesame Street Live! Copyright ©2016, M&S Entertainment, Inc. All Rights Reserved. Colorado Parent/ColoradoParent.com

### Our Picks

#### For Little Ones



TRICERATOPS  
JAN. 5  
See page 48

#### For Kiddos



STOCK HORSE RODEO  
AND GRAND PRIX  
JAN. 6-21  
See page 54

#### For Tweens



SANTA FE MURAL  
CLIMB  
JAN. 12  
See page 58

#### For Teens



TEEN LOUNGE  
JAN. 12  
See page 50



# **Feature Layout**

# HEROES, BORN & RAISED

By Lisa Carlson  
Information and photos for Hero bios  
provided by Children's Miracle Network

**Meet five young people who know the meaning of resilience better than most, and an organization devoted to making sure their medical needs aren't an expense that prevents their care.**

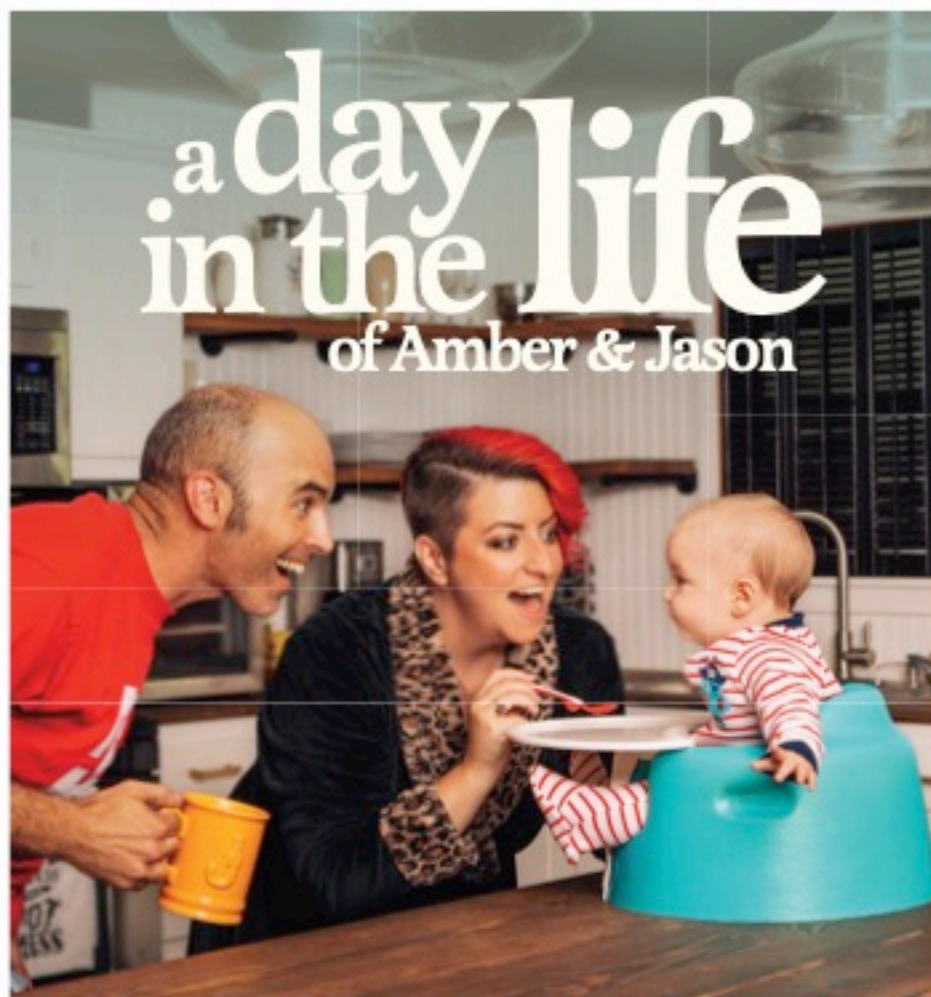
Living with special needs is a lot like living with your race or your eye color, or the size of your nose. It's not an option to pick your eye color or your race any more than a person could opt out of dealing with special needs. Those determined by fate to struggle with special needs are shaped as people and as families.

Children's Miracle Network (CMN) has been providing services to families, regardless of their ability to pay, since 1983 through a network of 170 participating hospitals nationwide. Locally, heroes are born every day, ordinary people who face premature birth, diabetes diagnosis, the onset of infections and diseases such as cancer, and medical problems that can sometimes quadruple the cost of raising a child. Each year, CMN highlights the stories of five of these families, giving the kids the honor of being CMN Heroes for the year.

 GUNDERSEN  
HEALTH SYSTEM  
Children's  
Miracle Network  
Hospitals







Follow along with 106.7 The Ride's Amber Glaze, her fiancé, actor and comedian Jason Thompson, and their 8-month-old son, Jade, to get a glimpse inside their everyday life.

PHOTOGRAPHY BY SARAH OSEN



# Seeing RED

BY NATALE RICHOUX & NICOLE IRVING  
PHOTOS BY JIMMY HO PHOTOGRAPHY  
ON LOCATION AT BEST WESTERN  
GATEWAY GRAND

No matter if it is strawberry blonde, crimson, auburn or copper, there is no denying that red locks are as stunning as they are rare. Only two percent of our population have been adorned with these fiery locks, which make their beauty unique and hypnotizing.

As National Love Your Red Hair Day approaches on November 5th, we wanted to celebrate our own community of redheads this fall!

ALAYNA | 10





# STANDING UP

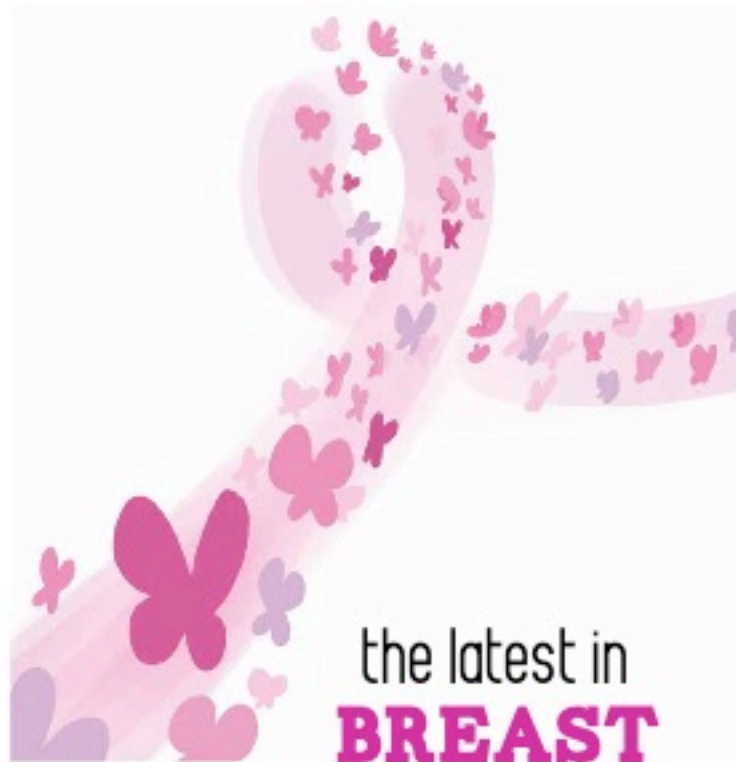
for the *Kids*

Court Appointed Special Advocates support children who need it most.

By Joyce Heid







the latest in  
**BREAST  
 CANCER  
 RESEARCH**

Following advancements in  
 the prevention, detection  
 and treatment of breast  
 cancer

WORDS BY MADGE LOYELLE  
 ILLUSTRATION BY GATE BORDISH

*An estimated one in eight American women will develop breast cancer in her lifetime, according to the American Cancer Society. If you're a mom reading this, you already have the two biggest risk factors for developing the disease: 1) being a woman and 2) getting older.*

But the science is on our side. Every day, new discoveries are being made when it comes to preventing, detecting, treating and recovering from breast cancer. Here are some the latest advancements.

#### **NO CHEMO NEEDED**

The dreaded chemotherapy may not be necessary for the majority of women with the most common type of breast cancer, according to a groundbreaking new clinical trial.

The TAILORx trial began in 2006 and enrolled more than 10,000 women around the world with early stage estrogen receptor positive breast cancer that did not involve the lymph nodes.

Researchers used a 21-gene expression test to categorize women as low risk, intermediate risk and high risk for their cancer returning. Previous studies had shown that women in the high-risk category did best with both chemotherapy and hormone therapy, while women with low risk only needed hormone therapy. But there wasn't much known about the women who fell in the middle. As part of the trial, women with intermediate risk were randomly assigned to hormone therapy alone or hormone therapy with chemo.

# PICK YOUR PRODUCE

Don't know which fruits and vegetables are best? We provide some ways to choose.

*By Ashley Wengert*

You want to challenge your family to eat more fresh fruits and vegetables and try new things, but you're not even sure how to choose many of them as you walk through the produce section. We want to help you get smarter about selecting and storing fresh fruits and veggies so you can help your family eat healthier — all while reducing waste and saving money (and the planet, too). Here are some tricks of the trade that will help demystify your next shopping trip.

## look like an expert

Use all your senses to determine an item's ripeness. Then analyze how that suits your current needs.

- taste
- touch
- smell
- listen
- look

In most stores, you don't have the opportunity to taste a product before you buy it. If they have a sample out, it likely means it is super delicious and it costs a lot so they want you to taste it, fall in love and buy it. Remember, just because an item isn't super sweet doesn't mean you can't use it. Get creative.

Many items need to be squeezed a bit to determine if they are overripe or under-ripe. Good examples of this are items like mangoes, eggplants, avocados, summer squash and cucumbers. In most cases, you don't want an item to be rock hard or super soft. Usually somewhere right in the middle means the perfect ripeness.

If you smell a fruit or vegetable and it has little or no scent, the item is most likely not at its ideal stage of ripeness, which is not necessarily good or bad. It just depends on when you plan to use it. An unappealing or sour smell means the item has gone bad. You'll know the difference pretty quickly.

If you hear a fruit or vegetable making any noises... definitely put it back!

Inspect its color and condition. Look for any soft spots or areas of decay.



# A road map for reading



Not all kids just pick up this incredibly key skill. In fact, if your child has a reading disability, it can take a lot of extra effort. Here's where to start.

**M**any parents believe that learning to read is a natural process, as inherently human as learning to talk. If you simply read to your child daily from birth to pre-K, teach your child her letters and expose her to codexes of books, she'll pick up enough reading readiness for kindergarten.

Unfortunately, science begs to differ. According to a September 2018 report from *American Public Media* — *Hard Words: Why aren't kids being taught to read?* — research has repeatedly revealed that reading doesn't come naturally.

"The human brain isn't wired to read. Kids must be explicitly taught how to connect sounds with letters — phonics," the authors wrote. "But many educators don't know the science and, in some cases, actively resist it. As a result, millions of kids are being set up to fail."

If your child has a suspected reading disability, this mindset can be particularly

challenging — if not destructive — to your child's academic future.

For guidance on this issue, we turned to John Alexander, the executive director at Groves Academy in St. Louis Park.

Groves is Minnesota's only established school for students with learning disabilities, such as dyslexia and attention disorders. It's also a nationally renowned center for literacy — including instruction, education and advocacy.

Alexander, who writes and speaks regularly about reading disabilities, has created a road map for parents of children with suspected reading disabilities.

Here it is, condensed slightly for space.

## What can I do to help my child?

The most important thing you can do for a child with a suspected reading disability is to become his *advocate*. This often requires becoming an expert in the subject through extensive reading and

research. You'll need enough information to persuade school administrators that you know the law, understand reading and know what your child needs to get back on track.

The public school system, due to its sheer size and lack of funding, isn't designed to meet the needs of every child. To ensure your child receives what he needs, you must fight for him.

Parents in this situation often feel discouraged. You might feel like giving up. But don't.

Find a parent support group (in real life or on Facebook) or start one. There are other parents in your school who feel similarly. Join together and share stories. Support each other.

## What's a reading disability?

It's the inability of a child, with otherwise good potential, to read fluently (with accuracy and appropriate pace) and/or with good comprehension.

The problem isn't intelligence. We all have a limit to our cognitive capacity. If a child is spending an inordinate amount of mental energy trying to read words on the page, he won't have enough mental capacity to take in the meaning of what

he's reading. It's critical that children reach a level of automaticity with decoding words so they have the mental energy for comprehension.

Reading disabilities are the most prevalent form of learning disability, accounting for about 80 percent of all learning disabilities.

Research from the National Center on Learning Disabilities suggests that one in five individuals is affected by the reading disability known as dyslexia.

Many people believe dyslexia involves swapping similar letters such as Bs and Ds or Ps and Qs or even reading words backwards. Dyslexia, however, is actually an inability to assign the correct sounds to the abstract concepts of letters.

Students with dyslexia fall on a continuum. One can be mildly affected or significantly affected. The good news is that outcomes for dyslexic children are good, especially if problems are identified early and interventions started thereafter.

**According to the National Institutes of Health, there's only a 25 percent chance that a student with dyslexia will catch up in reading if the disorder isn't addressed during the third grade or earlier.**

Unfortunately, many educators don't want to stigmatize children by labeling them with a learning disability, so they're reluctant to recommend children for evaluations that might determine whether a child has a reading disability, another type of learning disability or an attention disorder.

Other educators mistakenly believe it's a maturity issue and that the reading "light bulb" will go on when the child's brain has sufficiently matured.

Both attitudes do a tremendous disservice to dyslexic children.

According to the National Institutes of Health, there's only a 25 percent chance that a student with dyslexia will catch up in reading if the disorder isn't addressed during the third grade or earlier.

## Why isn't my child reading?

Most students who struggle with reading have an issue with decoding, which is the effortless recognition of words. If they struggle with decoding, they'll struggle with reading fluently, which is required for comprehension.

In general, there are two reasons for decoding issues. One is that a student doesn't have a solid foundation of phonemic awareness, which is the ability to separate, segment and manipulate sounds within words. If a child has poor

phonemic awareness skills, it will be very difficult for him to understand how abstract visual representations (letters) correspond to certain sounds.

For example, the letter "C" usually is pronounced like "K" as found in the word "cat." However, when the C is followed by I, E or Y, it's pronounced as a "S" as in "city," "cum" and "cycle."

Phonics also includes word attack strategies such as breaking words down into component syllables. For example, students learn that when there is a vowel-consonant-consonant-vowel construction — as in the word "splendid" — the word should be divided between the two medial consonants; thus "splendid" would be divided as such: "splen/did."

As students learn to decode individual words, they must also learn — and practice — oral reading of connected text to attain fluency, which encourages good comprehension.

Finally, even when students reach fluency, they may still struggle with reading if comprehension eludes them.

Comprehension can break down at various levels. Perhaps the student doesn't understand important vocabulary from the passage; perhaps he's not familiar with the structure of the written form: Is it a narrative (a story) or expository? If it's expository (non-fiction), what is its form? Cause and effect, persuasive, sequential, descriptive, comparison or problem-solution? Perhaps he doesn't have enough background information about the topic; or perhaps he's a more literal thinker. Just as with phonemic awareness, phonics and fluency need to be taught directly and systematically; vocabulary acquisition and the teaching of comprehension skills require the same approach. ➡



Be a

# HOLIDAY REBEL

Why not "wreck" the halls a bit? We're shaking up our own traditional Holiday "W" List and delivering your family alternative goodies. In 2017, from out-of-the-gift-box surprises and snacks to a décor redo and punched-up playlist. >

BY KIM KOVELLE AND CHRISTINA CLARK

Don't Judge me because of Farting in Target and blaming your child

# DIAGNOSIS: GIFTED

A child with unusually high intelligence can bring awe and pride  
— but also huge challenges — for parents

BY AMANDA WEBSTER • PHOTOS BY SARAH KARNAS





## **Special Section**



# DRIVING AMBITION

COULEE PARENTING'S GUIDE TO TEEN DRIVERS.



When our teenagers are entrusted to maneuver two tons of metal and glass on four wheels, most parents face that coming of age with a fair amount of fear and apprehension. With good reason, according to AAA, who says "driving may be the riskiest activity in which your teen engages."

But we're not here to scare you. In fact, it's our hope that this guide will make you feel a little braver, a little more prepared to face that day when your teen embraces their "driving ambition." Good luck, and safe driving!

BY SARA WALTERS

## NEW DRIVER Q&A

It's probably been awhile since you learned to drive, but if you've got a young teen, prepare for a refresher course in the rules. Trasis Mayer, owner of Enhanced Driving Institute (EDI) of Wisconsin, answers a few questions on how to prep not only your soon-to-be driver, but also yourself.

### HOW DO PARENTS KNOW WHEN THEIR CHILD IS READY TO DRIVE?

The state law says kids can take the class as early as 14.5, yet cannot receive a permit until age 15.5.

Consider the child's maturity level. Are they getting good grades? Are they staying out of trouble? One thing EDI does, unlike other schools, is have each student write an essay on why they think they are ready to drive. The essay has to be signed by mom or dad.

### WHAT KIND OF DRIVERS EDUCATION SHOULD PARENTS PICK?

Parents have choices. Your kids are the most important things in your life; spend the time and pick the best school for you and your child. How is it taught? Who is teaching it? What's the focus?

My focus is defensive driving. I also do a parent class. But I would say one of the biggest factors should be the instructor's connection with the students. As a father of three kids, I am able to connect with all types of kids so they have less anxiety.

### HOW HAS DRIVERS EDUCATION CHANGED FROM WHAT PARENTS MAY REMEMBER?

I took it in school with the gym teacher. Nowadays, with all of the distractions when driving, we have to teach our kids to be defensive drivers. When I took

drivers ed, we read books and watched old videos and half the kids fell asleep. This is why my class is lecture, games, and open discussion.

### THINGS TO CONSIDER:

- **Cost**  
Packages in the area range from \$350-\$375 for comprehensive classroom and behind the wheel training.
- **Location**  
Many schools have programs on site. Online courses are also available.
- **Time**  
State law requires 30 hours of classroom training and at least 12 hours of road time (six driving, six observing).
- **Age Requirements**  
Make sure your teen's 18th birthday lines up with their course completion. 🚗



Before Santa hops onto his sleigh to spread Christmas cheer, we are giving you the inside scoop on what the Elves have been creating in the workshop. From dolls and action figures to STEM and family games, the Elves are filling Santa's bag with toys for boys and girls of all ages this year. Take a peek inside and have your kiddos make their wish lists for the holiday. And just like Santa, don't forget to check it twice!



**See 10 Alien Creation Chambers.** Your kiddos can create their own custom mini figures by mixing and matching alien body parts. They can also select and combine the parts inside the Omnitrix-inspired chamber, and then launch their fully formed alien figures. Ages four and up.



**Ask Casmo Robot.** Bring home Casmo for exciting adventures and fun games. Casmo is a supercomputer and loyal sidekick all at once. He can learn your name and your face, and he evolves the more you hang out. There are no parts to put together. All you need is a compatible smartphone and the free Casmo app. Ages eight and up.



**Spike the Five Meter Hedgehog.** Help your kiddos build hand muscles and fine motor skills as they replace the chunky, peg-shaped "quills" within the holes that dot the Spike's back. Spike's quills also lend themselves well to lessons in counting, sorting, and color identification skills. Ages 18 months and up.

**Flipside.** Flip, slide, and match the colored blocks to the lights. Can you master the moves to beat the blocks? You can take it anywhere and play it anytime. It's addictive fun for everyone. Ages eight and up.



2018-19 Cover Kid Niah N.



# Summer!

## FUN GUIDE

July Edition



### Austin Symphony Children's Art in Park

Children and adults can experience the magic of the performing arts at Austin Symphony Children's Day Art Park. This annual summer event has a new indoor location at Austin Central Library and is FREE. This exciting summer program features local artists. Everyone can sing and clap along with the star of the show. Prior to the show youngsters can visit the Instrument Petting Zoo and after the concert try their hands at different art projects. 710 W. Cesar Chavez, Austin  
www.austinsymphony.org  
512-476-6064



### Austin Zoo

This zoo helps animals in need through rescue, rehabilitation and education and houses more than 300 animals. A train ride through the property, lasting about 20 minutes. Some of the zoo's off-display animals can be observed from the train as well, including emus, alpacas and langhorns. 10808 Rawhide Trail, Austin  
www.austinzoo.org  
512-268-1490



### Bob Bullock State History Museum

What better place to take the entire family or out-of-town guests and spend the day? There is the IMAX Theatre as well as the Texas Spirit Theatre where you can experience an unforgettable journey of Texas history. Visit any one of the Exhibits and pick up lunch in the cafe. When you leave, visit gift shop for all kinds of Texas souvenirs. 1800 N. Congress Ave., Austin  
www.thestoryofTEXAS.com  
512-936-6746

### Catch Air

Fun, safe, unique, dynamic, and interactive activities; laser shows, bubble dance parties, giant three story soft play castle, interactive toys, and lots more. Great for birthday parties.

1401 N. 04 35, Round Rock  
www.catchairparty.com/location/round-rock/  
717-444-2992  
13450 N. Hay 183, Austin  
www.catchairparty.com/location/austin/  
512-697-8800



### Chaparral Ice Skating Rink

Everything's cooler on ice! We promote safe and fun skating on ice for all levels of skaters. Chaparral aims to provide something for everyone through a wide variety of programs and events. In addition to classic, unstructured skating, Chaparral Ice offers broomball, dodgeball, curling, birthday parties, and private skating hours. 2525 W Anderson Ln, Austin  
www.chaparralice.com  
512-252-8500



### Dave and Buster's

Who's ready for fun—there's something for everyone. We offer a family-friendly environment offering classics like Pop-A-Shot, PacMan, and Skee-Ball, or the newest games in our Million Dollar Midway. Everyone in your group will have a blast! Free \$20 game play with purchase of \$20 game play coupon in Austin Family Magazine. Come in out of the heat and enjoy food and fun. 9333 Research Blvd A600, Austin  
www.daveandbusters.com  
512-346-8015

Pick us up at HEB, Whole Foods and Central Market.

July 2018 austinfamily.com 23



# Sense THIS Summer

## Our List of Festivals, Hikes and More to Explore

Compiled by Rebecca Cohen, Selah Maya Zigelboim and Jessica Gregg

*It's finally summertime*, which means lots of extra family time to do the things you couldn't do during the school year. As luck would have it, there are many activities and events in our area for kids of all ages (and some for just the grown-ups). Here's our list of family faves that will get your exploring different cultures or taste-testing Maryland's sweetest fruits or snapping your best photos of the season. You will find our regular listings of kid- and family-friendly activities on page 47.

For now, start adding these events to your family calendar. We're sure you won't want to miss them.



### FRUITY FUN

Sylversville's annual Strawberry Festival returns for a day of fresh fruit, pony rides, entertainment, a silent auction, crafts, food, and, of course, strawberry shortcake. Admission is free, and parking is plentiful.

June 2 at Messiah Lutheran Church, Sylversville, 9 a.m. to 4 p.m. Free. [wvstrawberry.org](http://wvstrawberry.org)

### SEAFOOD ON THE GO

If you've long suspected you have mid-crab-picking skills, here's the chance you've been waiting for. The St. Mary's County Crab Festival doesn't just offer a fine menu of steamed crabs, soft crabs, crab cakes, crab soup and more at its annual celebration of all things crustacean — festivalgoers have

the chance to put their fingers to the test in a picking contest. Live music, classic cars and a pet-welcoming atmosphere round out this road-trip destination.

June 9 at the St. Mary's County Fairgrounds, \$5. Kids under 12 are free. [visitmaryland.com](http://visitmaryland.com)

### JUICY FRUIT

Stak your teeth into a juicy peach at the Lottsberg Peach Festival or try a pie or ice cream. Free entertainment pairs perfectly with this free day of fruity fun; expect crafts, music and more.

Aug. 11-12 at Herlitz Community Park. Free. [interlargravitas.org](http://interlargravitas.org)

Taste



**DENVER'S**

# TOP DOCTORS

**2018**

For more than two decades, 5280 Publishing has asked physicians in the Denver area whom they would trust to treat themselves or a loved one. The following 128 doctors—in 33 specialties—were nominated by their peers this year.



Swim and Splash: Get Wet Guide

# Atlanta Parent



## SUMMER Fun Guide

Game-Changing Places to Play

Be a Hometown Tourist in Atlanta

Best Summer Events

  
**FLIP OVER**  
for our  
June Issue

Metro Parent's

## EDUCATION

# 2018

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Managing class distractions



## **Overall Design**





# GPS

GO. PLAY. SEE.

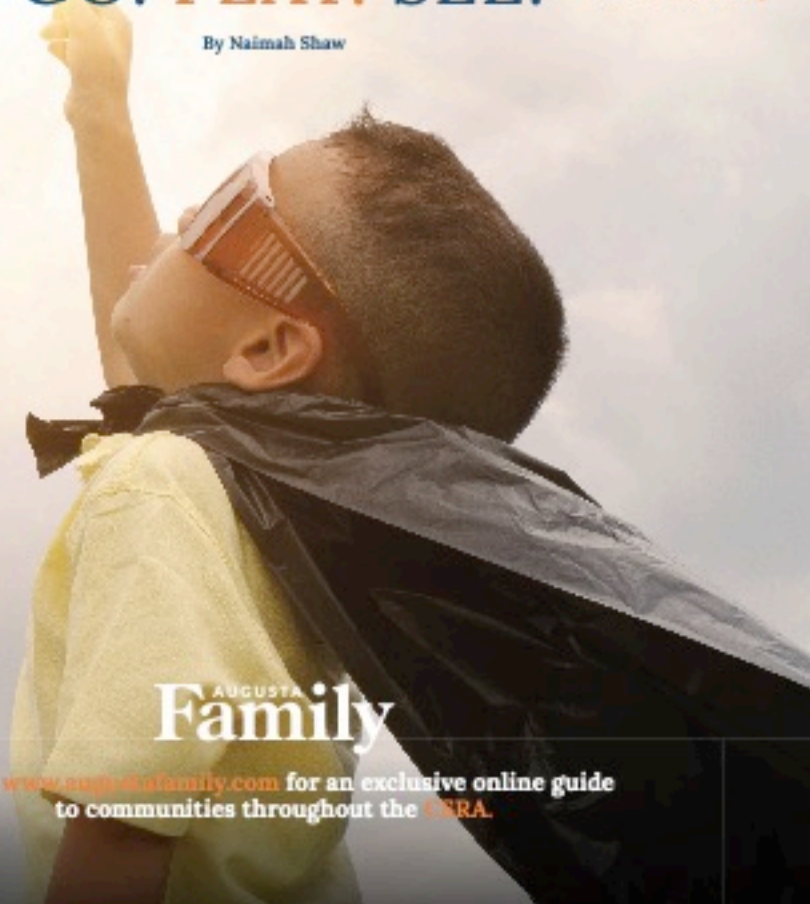
By Naimah Shaw

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FAMILY FUN

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to communities throughout the CSRA.







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PLUS  
THE AREA'S  
TOP DOCTORS

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HOLIDAY EVENTS

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# **Ancillary Publications**





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— CON MUCHO ORGULLO, NASHVILLE PARENT PRESENTA —

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**EVENTOS LOCALES** QUE TODA LA FAMILIA PUEDE DISFRUTAR



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GOLD: Baton Rouge Parents "Pink & Blue"

# pink & blue

FALL 2018 A BATON ROUGE PARENTS PUBLICATION



Not  
*Love*  
at  
First  
Sight?

*preeclampsia*  
before  
and after

**13**  
*gender*  
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**ABCs** of  
pregnancy









# GPS

2018-2019  
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The Parent's  
Guide to  
Charlotte

Where to  
Explore  
Outdoors  
PAGE 14

Hip Hoods and  
Sweet Suburbs  
PAGE 2

8 Must-Visit  
Creative Outlets  
PAGE 17

A PUBLICATION OF  
CHARLOTTE  
parent

# *inclusive* L.A. <sup>2018</sup>

*A Guide for Families of All Abilities*  
From the People Who Bring You *LA Parent*

The Power of  
*Optimism*

ADAPTIVE  
**WATER PLAY**

CAMP  
*fun for all*

Why You  
Should Try  
**'I' TALK**

*Clothes*  
that go  
beyond style







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**GOLD:** Chicago Parent "Going Places"





# **Ancillary Feature Writing**



## When It's *Not* Love at First Sight with Your Infant

By Jennifer Dixon, M.Ed.

**B**efore having a child, it's impossible to truly understand the depth of love you will feel for your newborn bundle of joy. When my husband and I had our first daughter, the doctor handed her to me and, as crazy as it sounds, I literally felt my heart stretch and grow a brand-new part, reserved just for her. When I was pregnant with our second daughter, my mom-friends promised me that I would experience the exact same thing.

However, she was our rainbow baby, and I had unintentionally stolen my heart for another potential loss. The doctor handed me our beautiful daughter and I felt slightly detached. Then confused. Then I felt disappointed with myself, and then guilty. Where was that glowing, growing wonderful heart feeling from the first time? I felt like I had failed in some primal way. No one had ever warned me that this could happen, much less that this can be completely normal.

### UNDERSTANDING THE FEELING

Like so many pregnancy-related issues, such as miscarriage, mothers who do not feel an overwhelming and immediate love for their newborns are left to grapple with these feelings alone. But, you are not alone! You are okay. You

are normal.

"I think this phenomenon is pretty common amongst women who've had traumatic birth experiences such as prolonged labor, being overly medicated due to complications, etc.," shares local pediatrician Amber Doshan. "In these instances, it's often more short-lived. Sometimes, just reassuring the new mother that it's normal to have felt overwhelmed or numb when the baby came helps her to move past that feeling of guilt. More extended problems with mother-newborn bonding are often due to depression (postpartum or chronic), illness of the child, social stressors, or challenges with family dynamics."

### REACHING OUT FOR HELP

Resources for new moms will vary based on the underlying issue. A mom's obstetrician can be a good resource for depression, if medication is needed. The neonatal intensive care unit at the hospital also has resources available.

Before discharge, many hospitals will have a social worker check in on the new mom and baby. I remember this happening with both of our daughters. I remember feeling incredulous when she came in with our first baby. Who could not love their new screaming, pooping, acid-refluxing bundle of exhaustion? With our second daughter, I was too

ashamed to admit that I was struggling. I was already a mom; I felt like I was supposed to know what to do and how to do it.

Counseling can be very helpful for new moms struggling to make a heartfelt connection with their newborns. Local mental health counselor Tara Dixon points out that giving birth is a very high anxiety life experience. "Anxiety prohibits us from truly connecting with others, including newborn babies. Many mothers have a birth plan and have imagined this day over and over again with a planned outcome. If the mother's internal script is overwritten by medical complications, it is very traumatic for both the body and the brain. New moms need to allow time for their psyche to adjust," she says.

Incorporating baby into mindfulness exercises that are used to decrease anxiety are also helpful, Dixon shares. One exercise she likes to use with new moms is utilizing all five of mom's senses. She encourages moms to actively identify one thing they can smell, hear, taste, touch, and see regarding the baby. Moms can also engage in breathing exercises with the baby on her chest. Dixon reminds new mothers to note basic human connectors such as looking into the baby's eyes and touching skin-to-skin. She also says that some mothers do go through these motions, but the feeling can take more time. She encourages moms to go through the motions with the physical until the emotional brain can take over and invent.

Even the most experienced moms can feel a postpartum disconnect. Some moms are able to connect with their infants in a few days, some not for months. The important thing for the new mom to know is that she is not a bad mother. This phenomena of not love at first sight is not uncommon, does not lead to negative parenting outcomes, and can be identified and helped with proper intervention. If you or someone you know is experiencing this distressing feeling, you don't have to feel alone. Reach out. Call a friend, a counselor, your OB/GYN, or your new baby's pediatrician. You can do this, mama! ■



## Pregnancy superhero

Study ties mother's folic acid intake to lower autism risk

BY TAMMY SCILEPPI

**D**id you know that folic acid is a pregnancy superhero?

It has been widely known that taking folic acid daily — before and during pregnancy — can help prevent birth defects (<https://www.webmd.com/baby/fo/birth-defects-testing-what-are-birth-defects-tests#1>) in your baby's brain and spinal cord.

But now, new findings just published in the *Journal of the American Medical Association* reveal that women taking multivitamins with folic acid before and during pregnancy may also lower their babies' risk of autism.

So what is folic acid, and how much should you take?

Folic acid is a man-made form of the B vitamin folate, which plays an important role in the production of red blood cells (<https://www.webmd.com/heart/anatomy-picture-of-blood#1>). Folate is found naturally in dark green vegetables and citrus fruits. And the best food sources of folic acid, surprisingly, are fortified cereals.

Dr. Mary Jane Minikin — clinical professor of obstetrics, gynecology, and reproductive sciences at Yale University School of Medicine — recommends that women take at least 400 micrograms of folic acid daily, and to start taking that amount at least a month before trying to conceive. Folic acid supplementation is available in drug stores without a prescription.

And if your doctor hasn't reminded you to take a prenatal vitamin with folic acid before getting pregnant, you may wish to discuss that during your next visit. According to one study, women who took folic acid for at least a year before conceiving cut their chances of delivering early by 30 percent or more.

Keep in mind that it's important to have folate in your system during the early stages

of your pregnancy, too, when your baby's brain and spinal cord are developing, since birth defects occur within the first three to four weeks of pregnancy.

But the big news is this newest study, which showed a significant decrease in children diagnosed with autism when their moms had been taking folic acid.

"We don't know much about mechanisms of action, or are there other correlates at play? But the data definitely showed a decrease," Dr. Minikin points out.

"My take on folic acid is that anyone who is trying to conceive should be taking folic acid. We have known for about 25 years that women who conceive while taking folic acid supplementation definitely decrease their

risks of having a baby with a neural tube defect, which should be enough to have every woman take it, no matter what other good things it does."

She added: "There has also been some evidence over the years on benefits of decreasing cardiac defects, as well. And I always recommend any woman who is sexually active and not using contraception to take folic acid, because we know that almost



# Life AFTER DIAGNOSIS

One mom of a child with autism shares her journey

by Michon Zysman

There have been only a handful of times in my life when something has come along and really knocked me off my axis, and one of those moments was when I learned that my daughter was on the autism spectrum. My pediatrician, a mother who became a doctor after losing a child, took the time to listen to my concerns about typical vs. atypical developmental stages for infants. She recommended a full developmental evaluation, and I was fortunate to live in a state that had a wonderful organization, an off-shoot of the state's Zero to Three initiative, comprised of educators, occupational, physical and speech therapists and early childhood educators. A home visit was arranged, and the team arrived with clipboards and toys. I made homemade cookies and offered them to. I had no idea what was coming around the bend.

At our second meeting, I received a detailed narrative with data pertaining to behavioral and developmental deficits, based on test results and observations. One of the evaluators took a deep breath, sat up straight, glanced at her colleague, half-smiled and said, "Your daughter has three areas of deficiency or atypical development, which fall two standard deviations below the mean." Six short years had passed since I graduated from college with a psychology degree, an academic path in preparation for a Psy.D. program that I never pursued. Yet, I knew in an instant that this was life-

Her daughter's autism diagnosis ultimately inspired this writer.

altering news. Language delays, self-care/awareness and fine/gross motor planning are all necessary life skills, and having a child with profound deficits at such a young age required urgent intervention.

I excused myself, made my way to the bathroom, threw up, then burst into tears. Ugly, choking, spattering sobs that physically caused me pain. I don't remember the team leaving my house because I never returned to the meeting.

In retrospect, there had been signs, but inexperience and optimism can overshadow shortcomings. Sometime around my daughter's sixth-month mark, I began to notice small things, leading me to wonder if something may be amiss. I'd taken her to the beach while visiting friends, and she had screamed uncontrollably and constantly for no apparent reason. It took a few trips back and forth from their condo to the water's edge for me to realize that the noise from the waves agitated her. Or the time we celebrated her birthday with a large group of friends. While the noise and crowd seemed

to distress her, the cake — especially the sticky frosting that she managed to comb through her curly hair and mash all over her fingers and arms — seemed to upset her the most.

My daughter hit most of her developmental milestones, although many were at the end of the spectrum or a few months late. I sometimes wondered if she was hearing impaired, as she didn't always respond or turn toward me when I called her name. Yet, on the other hand, she was affectionate and loving, smiling easily and looking me in the eye. I took her everywhere, exploring, playing, reading, cuddling and nursing. A strikingly beautiful baby with the face of a doll, brown eyes like brewed coffee, endless black eyelashes and full lips, she once garnered the attention of a bus full of Japanese tourists, who noticed us walking — her with her flower-shaped sunglasses perched on her button nose — and stopped the bus in the middle of a bustling New York City street to take her picture.

I was perplexed. Keep in mind this is when the internet was just beginning, so Google,

Wikipedia and Siri weren't available to help with quick answers or abundant research. I was constantly running a pro-and-cona list in my head. Lack of eye contact and distance for human touch, especially from strangers. Check. Yet, always watching, silent and serene, engaged and absorbing of her environment. Check. But couldn't the fact that she only enjoyed being held by me, her dad and a close friend mean that we're just providing awesome parenting, like "I'm so amazing that she just loves to be in my arms!" She was an amazing eater, eating a variety of foods. I again thought, "I'm knocking this mothering thing out of the park!" until I realized one day that she was swallowing her food whole without chewing.

I would later learn the detailed breakdown of what they believed were her challenges — hypotonia or low muscle tone (affecting chewing, swallowing, posture and movement), low agility when it came to gross motor and fine motor development (such as running and playing or crafting with small objects), executive functioning disorder (understanding the sequence of events and how activities are ordered and managed — which looks like you have a really disorganized or spacy kid), poor motor planning (how to execute movements, often in a specific, necessary sequence like playing hopscotch, packing a suitcase or getting dressed with underwear on first, followed by clothing and socks and shoes on last) and sensory issues — affecting everything from food textures and preferences/aversions to clothing that felt comfortable or

# The Power of *Optimism*

What a positive outlook can do  
for your family - and you

By Christina Elston

**W**eak muscle tone, developmental delays, poor growth, insatiable appetite, life-threatening obesity, intellectual impairment, obsessive-compulsive symptoms, aggressive and violent behavior ...

The neonatologist, clutching photocopied pages of a medical textbook, rattled these symptoms off to Lisa and TJ Graziano, describing their 13-day-old son's future.

"He would read symptom after symptom after symptom after symptom, turn the page and continue," says Lisa. "I think it was three pages of symptoms, and these were really, really not good symptoms." Cameron Graziano, his parents were told, had a rare condition called Prader-Willi syndrome. He would need special-education classes in school and never live on his own. There was no cure. This was just something they'd have to manage.







# **Ancillary Overall Writing**

# B'MORE *inclusive*

A Resource Guide for Families of Children with Special Needs  
in Maryland and the Professionals Who Serve Them

All Your  
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Resources

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a Camp  
or School

A 2018 SPECIAL NEEDS SUPPLEMENT

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magazine









# 5 WAYS TO COLLEGE SUCCESS

## BENEFITS: NUMBERS

- ### 1 GETTING A BROADER WORLDVIEW

Through experiential learning, students gain a broader perspective on the world. This is achieved through various programs, including study abroad, internships, and community service. These experiences help students develop a global mindset and a deeper understanding of different cultures and perspectives.
- ### 2 HAVING A CHANCE TO EXPLORE INTERESTS

Students often have ideas about general education (GE) requirements designed to help them learn more about areas outside of their field of study. This includes, but is not limited to, taking classes in a different discipline than their major. This allows them to explore their interests and discover new passions.
- ### 3 GAINING INDEPENDENCE

Many colleges offer the first two years of college to students who are not ready to live on campus. This allows them to gain independence and experience living away from home. They can still receive support and guidance from their school while adjusting to college life.
- ### 4 MASTERING TIME MANAGEMENT

Mastering time management is a key skill for college success. Students learn to balance their coursework, extracurricular activities, and personal time. This skill is essential for staying organized and achieving their academic goals.
- ### 5 GREATER PEACE OF MIND IN A COMPETITIVE JOB MARKET

With unemployment rates rising, students need to be prepared for a competitive job market. This involves gaining practical experience through internships, participating in career fairs, and networking with professionals in their field. These activities help students build a strong resume and gain confidence in their abilities.

<b>\$161</b>	<b>2.5%</b>	<b>15-19%</b>	<b>45%</b>	<b>69%</b>	<b>8%</b>
The national average income earned by those with at least a bachelor's degree.	The unemployment rate for college grads, compared to 3.8% for high school grads and 17% for high school dropouts.	The national rate of those who have earned a bachelor's degree but not a master's or professional degree.	Percent of 25- to 34-year-olds who are employed in jobs that require a college degree.	Percent of 25- to 34-year-olds who are employed in jobs that require a master's degree.	Percent of students attending college graduate compared to 6% for high school graduates.

**PLANNING 101** | **WISDOM FOR COLLEGE CHECKLIST** | **WHAT ARE COLLEGES LOOKING FOR?** | **METRO PARENT GUIDE TO COLLEGE PLANNING 2018**





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KC Parent Blog / All About Kansas City / Web-Exclusives 2018


## Web-Exclusives 2018



**25 Ways to Say "I Love You" Kansas City Style**

With Valentine's Day right around the corner, surprise your loved ones with a bit of amore, Kansas City style! These are our favorite ideas for couples and families.




### All About Kansas City

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**The Best Sledding Hills in Kansas City**

Enjoy winter fun at one of Kansas City's best sledding hills.




**Code Ninjas: Fostering STEM in Local Kids**

Do you have a child with a growing interest in technology? Would you like to help them focus their interest in positive ways while learning new skills? Then, Code Ninjas may be just the place for you.



**Winter Fun for Families in Kansas City**

Winter doesn't have to be boring! We have great ideas for every budget this winter.



**Kansas City's Ultimate Christmas Fun Guide**


Your complete guide to new and old Christmas traditions in Kansas City!

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Discover family-friendly fun in Kansas City! Festivals, fairs, attractions, museums, free family fun, and super fun ideas to play all right at your fingertips!



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**Grand Life**  
 Adventures in Grandparenting


**Five Ways in Which My Daughter is a Better Parent Than I Was**  
 Dana Morrow-Kandak  
 Comments




**Gathering Place:**  
 Children's Activities and Events  
 Dana Morrow-Kandak  
 Comments



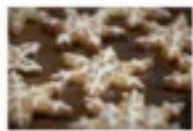
**Lavender's Bleu Literacy Market:**  
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 Dana Morrow-Kandak  
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**Six Things to do With Your Grandkids Without Ever Leaving the House!**  
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**My Pretend Grandmother**  
 Dana Morrow-Kandak  
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**Grand Life**  
 Adventures in Grandparenting

**About This Blog**



Welcome to Grand Life, the TulsaKids blog that will explore all the adventures of grandparenting! As a first time grandparent, I will be experiencing new territory with my grandchild and sharing the joys and challenges in this blog. I will also be researching the various roles grandparents play in their grandchildren's lives.

I'm lucky enough to live close to my grandson and I will be providing part time child care after my daughter returns to work. In my off time, I plan to continue competing in triathlons, reading and writing.

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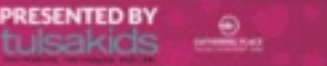
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## Spaghetti on the Wall

### Spaghetti on the Wall


Fun can be messy, messy can be fun.




**Storytime for Grownups**  
 Storytime for Grownups meets on the second Friday of each month at Central Library.  
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**My Top 21 Things To Do in Tulsa**  
 Tula Rittler  
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**Strawberry-Limeade Meringue Roulade**  
 Tula Rittler  
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**Eulogy: 10 Ways of Remembering a Friend**  
 Tula Rittler  
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**Parent Approved:**  
 A review of 'Not Parent Approved,' a card game for tweens (or teenage adults).  
 Tula Rittler  
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### Spaghetti on the Wall

Fun can be messy, messy can be fun.

About This Blog



Tula Rittler is the web & social media editor at TulsaKids, and she recently received a master's in strategic communication from OSU-Tulsa. The name "Spaghetti on the Wall" is meant to reflect Tula's approach to life, parenting, and this blog, a kind of "see what sticks and try not to stress out" mentality. "Spaghetti on the Wall" will chronicle the adventures of raising a two-year-old son, with an emphasis on baking, crafting, exploring Tulsa, and sampling new flavors of ice cream. Tula also has a degree in English Literature from the University of Tulsa and loves reading, so expect some themed book lists and book reviews as well.

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### Weekend Warrior

**Bison, art, free fun and a day out: find four reasons to love the National Cowboy & Western Heritage Museum with your children**

If you haven't been to the National Cowboy & Western Heritage Museum lately, find out why you should plan a day out to enjoy its latest exhibition.

Catie Collins  
Comments

**Lyric Theatre's "Curious George and the Golden Meatball:" art, joy and four other reasons your kids should see it with you**

Everyone's favorite monkey is at Lyric Theatre through Feb. 17. Find out about the show with these four reasons to take your kiddo!

Catie Collins  
Comments

**America's Incredible Pizza: happy kids and three more reasons to go**

Every now and then as a parent, you get to make an announcement you know will spark joy: "We're going to America's Incredible Pizza!" Find three more reasons to visit this newly-revamped venue.

Catie Collins  
Comments

**The January slump: three ways to get past it + how to raise a reader from author Julie Falatko**

January always feels like an uphill climb after the holidays. Moving everyone forward in their routines, wrangling homework and dinner plans all feel like a chore sometimes. I think everyone's focused on #mariekondo-ing their house and making New Year's resolutions fit or not into daily life. Hot Wheels do not bring me joy but how would we live without them?

Catie Collins  
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**MLK in OKC: Events + three education resources**

It takes all kinds but also kindness. Celebrate with your community and find out what's new in education here in Oklahoma.

Catie Collins  
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### Weekend Warrior





About This Blog

Catie Collins lives and writes in north Oklahoma City. She and her husband have four sons, Sam (11), Isaac (8), Gabriel (5) and their youngest, Jacob-Peter, was born in 2016. Catie graduated from the University of Central Oklahoma with degrees in Spanish, public relations and

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## DAD RECKING



### Nesting in Overdrive

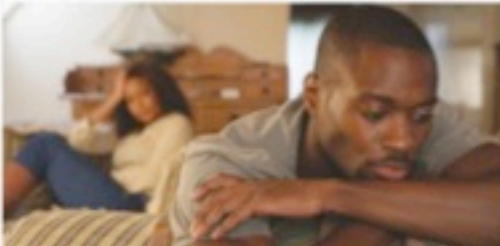
One dad, one new baby, lots of sniffs

By Denise Lederman | September 25, 2013 | 6

Preparations for the birth of my second daughter led me to an unexpected moment of self-discovery. As I get older, I'm getting softer. I don't mean that I'm becoming more snoring or girthier (after the opposite, I succeed). But other than that, more and more, I get a kick out of ...

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### Naming It, Overcoming It

What I want my kids to know about depression

By Denise Lederman | July 1, 2013 | 6

At not quite 3 years old, my oldest daughter is too young for a conversation about depression. But after the suicides of two beloved celebrities in June, I'm growing impatient to talk with her about my own experience with the disorder. Specifically, there are two things I learned in my ...



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## THIS MAMA



### Touch Down

Moving across the country with kids

by April D. Flores | August 24, 2018 | No 1

Our party arrived in Salt Lake City on Wednesday afternoon. When we packed them in Baltimore, I ended up going to the ER the next day which happened to be our last day in D'Row. Not the way I wanted to leave Charm City, but talk about going out with ...

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### Second Time Around

Saying Yes to Love

by April D. Flores | July 16, 2018 | No 1

My wife wanted me to ask a favor of an old friend, a monumental favor, and I wasn't sure I could. Almost five years ago, my childhood friend Jacob agreed to be our sperm donor, so that Jan and I could start the family we wanted. We had Danny, our ...

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## Natalie Dal Pra

BY NATALIE DAL PRA


**Best places for kids to try sushi around Chicagoland**

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**4 Valentine's Day date night ideas on a budget**

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# **Best Use of Multimedia**

## 2018 Standout Students

Nov 05, 12:35 pm



It is with great pleasure that we introduce our 2018 Standout Students!

This inaugural class of impressive teens—students who are nothing short of amazing—prove that your age does not preclude you from being a great leader, motivator, entrepreneur, philanthropist or advocate.

Each of these students, who hail from various schools around Anne Arundel and Prince George's counties, has excellent grades, but, more important a desire to better their communities.

Our Standout Students have volunteered a staggering number of hours in the community, making a difference in local schools, nonprofit groups and elsewhere. One student traveled abroad as a national Teen Ambassador to Brazil, another created her own nonprofit to give clothes to those in need, and one even organized the March for Our Lives in Annapolis last spring. A short profile of each student follows, and you can read more and catch quick videos of each student at [ChesapeakeFamily.com/standoutstudents](http://ChesapeakeFamily.com/standoutstudents).

We enjoyed meeting each of these students; we were truly impressed with what they've accomplished, and they're all genuinely great kids. We are looking forward to seeing what they accomplish in the future.

Thank you and Congratulations to:

[Mackenzie Boughey](#), [Emma Christie](#), [Maggie Crawford](#), [Haley Howard](#), [Anja Martin](#), [Addison Shreve](#), [Jacob Spitzer](#), [Nick Vance](#), and [Leah Winstont](#)

If you'd like to nominate a Standout Student, click [here](#).



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September 4, 2018 10:57 AM

## Podcast Episode 4: School anxiety

by Hillary Bird

Talking with Jacqueline Rhew of [AMITA Health](#), we discuss the causes of school anxiety and how to help your kids through their worries and fears. Check out Rhew's [Successful Parenting](#), a guide to building strong families.

[Masters in Parenting](#) is a podcast presented by Chicago Parent. You can also listen to the podcast on [Spotify](#) and [iTunes](#).

If you have questions or comments, please reach out to host Hillary Bird at [podcast@chicagoparent.com](mailto:podcast@chicagoparent.com).

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# WEEKLY

Rutherford Parent's brand-new Baby & Kids Expo is this Saturday at Saint Thomas Rutherford Hospital. [CLICK HERE FOR EVENT DETAILS!](#)

## WEEKEND FAMILY FUN!



**Fiesta Day**  
Sunday, July 22  
Nashville Shores,  
Hermitage

This celebration of Hispanic families includes music, food, dance troupes and the usual park fun.

Find events to do in your area:

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- [WILLIAMSON COUNTY](#)



## THE BIG GIVEAWAY

## QUICK LINKS

- [ALL EVENTS](#)
- [FREE EVENTS](#)
- [TITANS TRAINING CAMP](#)
- [MOM REPORT](#)
- [COVER KIDS](#)
- [NASHVILLEPARENT.COM](#)



## #WINSday!

Our weekly Wednesday Facebook drawing lets you enter to WIN!

- We ask, "WHAT DAY IS IT?"
- You put in the answer.





**K**ick off Summer Fun with our **Memorial Day Weekend Guide!** Plan the best summer eve with our **KC Summer Fun Guide**. For more ideas, check out our **Top Picks for May**, **Spring Festival Guide**, and **Kansas City's Farmers Markets**. Also, now is the time to sign up for **Summer Camp!** Use **KC Parent's Camp Guide** to find the best camp for your child.

#### Through the Weekend

- CYT presents *Hunchback of Notre Dame*
- Trivial Pursuit®: A 50-State Adventure
- Heroes Honored at National WWI Museum and Memorial
- Pools & Water parks open for the season
- Summer Learning Spectacular Events at MCPL
- Lawrence Busker Festival
- *On Your Feet! The Musical*
- Whirlwind: Art in Motion at the Arboretum
- Big Backyard at Powell Gardens
- The Art of the Brick
- Johnson County Museum is 50 Exhibit
- 'Heroes or Corpses': Captain Truman in WWI

#### Thursday

- Open Jump at Urban Air
- Open Jump at Jump City
- Splash with Me

#### Friday

- Oceans of Fun: Opening Day
- Masika's Birthday Party at the Zoo
- Creative Storytime
- Mermaid Storytime
- 4th Friday in Liberty
- Kids Night Out: Paint, Glaze & Fire
- 4th Friday Olathe
- 4th Friday at Wholly Love's Summer

## T/m THE NATIONAL MUSEUM OF TRIVIAL PURSUITS®

# KANSAS CITY

## MARBLE TOURNAMENT

JUNE 9, 2018 / FREE MUSEUM ADMISSION  
Players ages 7-18, register today!



### BASKETBALL SUMMER CAMP



Backstreet University  
 Head Men's Basketball Coach Drew Diener

SESSION 1: MAY 29-JUNE 1  
 SESSION 2: AUGUST 6-9

BOYS AND GIRLS ENTERING 3RD-5TH GRADE  
 AND BOYS ENTERING 7TH-8TH GRADE  
 \$110 per camper

Register online  
[DrewDienerCamps.com](http://DrewDienerCamps.com)



Join Us for TulsaKids 30th Birthday Bash  
& Kickoff to Summer  
Saturday, June 2, 2018 2-5 p.m.  
at Guthrie Green



## Build Your Summer Bucket List



Plus fall outings and thrilling theater performances!

Rockland-BergenParent  
NYMetroParents.com

## The Weekend Scoop

### The Best Things to Do This Weekend



Morristown, NJ	Engelwood, NJ	Tomkins Cove
Follow the yellow brick road to 'The Wizard of Oz' at Mayo Performing Arts Center (Ages 8 and older)	See your favorite piglet in <b>Peppa Pig Live</b> at Bergen Performing Arts Center (Ages 8 and younger)	Have a blast at the <b>Opening Day of Bear Mountain Ice Rink</b> (All ages)
Paramus, NJ	Walkill	Tenafly, NJ
Eat your heart out at a <b>Food Truck Fall Festival</b> at Garden State Plaza (All ages)	<b>Play with and ride horses</b> at Northwind Horse Farm (All ages)	FREE Discover a <b>shopping extravaganza with holiday gifts and more</b> at Kaplen JCC on the Palisades (Ages 12 and older)



## New Halloween Events &amp; Weekend Family Fun!

SIparent

WEEKLY E-NEWSLETTER  
OCTOBER 17, 2018

**Fontbonne Hall Academy Open House**  
Saturday, October 20 from 12:30-3:30pm  
9901 Shore Road • Brooklyn, NY 11209  
718.748.2244

[Click here for a registration form](#)  
Fontbonne Hall Academy is a private Catholic college preparatory school for young women in grades 9-12 located in Brooklyn, NY. Providing challenging educational opportunities, Fontbonne instills in its students the skills and values that will empower them to create their future in an ever-changing world. Visit [www.fontbonne.org](http://www.fontbonne.org) for more info.



**Pumpkin Picking at Decker Farms**  
435 Richmond Hill Road  
Fun for the entire family! Pick a pumpkin, enjoy an old-fashioned hay ride, corn maze, arts and crafts, and face painting! This picturesque historic site will be open to the public weekends in October, from 10am to 4pm. Tickets include: tractor-pulled hay ride, hip-high kid's maze, feeding farm animals and kid's crafts and activities! [Get tickets here!](#)

## WIN TICKETS!



Win Four Tickets to the  
Laurie Berkner Band  
Holiday Celebration Concert!

ENTER NOW

## OCTOBER ISSUE



Read Digital Issue

Read Past Issues

Atlanta Parent E-newsletter  
 (May 2014 - 17 October 2014)

# Atlanta PARENT

THINGS TO DO | PARENTING | CAMPS | PARTIES | TRAVEL

[f](#) [t](#) [p](#)

### The Ugly Duckling

The WCCA presents The Ugly Duckling. Featuring colorful, glowing puppets and creative movement, this Lightwave Theater production on Sunday, October 7, promises to be an unforgettable theatrical experience for children of all ages.

### Jim Henson's Birthday Celebration

Celebrate Jim Henson's birthday with Henson-related story times, gallery chats, a special Create-A-Puppet Workshop and more at Center for Puppetry Arts Saturday.

ALL ABOARD PEANUTS!  
 THE GREAT PUMPKIN PATCH EXPRESS!  
 Great Smoky Mountains Railroad  
 Oct 9-7, 12-14, 19-21, & 26-28

JOIN THE FUN!  
 Atlanta Parent's FAMILY FESTIVAL  
 October 6 - 10 a.m. - 4 p.m.  
 Moreau University Atlanta Campus

### 20 Best Nature Walks and Hikes for Kids in Atlanta

Atlanta is home to many beautiful spots for an easy hike or nature walk with the family.

### Sleepy Hollow Experience

Meet the headless horseman of Sleepy Hollow and enjoy this classic tale through theater through Nov. 6 at Geneva Playhouse.

Chicago Parent

WEEKEND PICKS

Chicago Parent

Fall Playdate

Sports Fields • Character Walk • Soccer • Hockey • Train • Roller • (Bicycle) Course

Saturday, October 13, 2018  
Naperville Yard Sports Complex  
107 Ogden Drive • Naperville

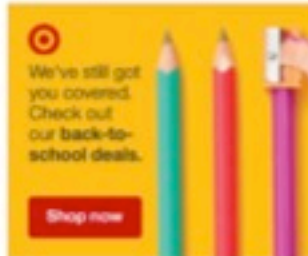


### Get ready for a BIG fun weekend!

23 Chicagoland events that your family will love

READ

GRIZZLY JACK'S  
GRAND BEAR RESORT



FEATURED STORIES



July 2018 Newsletter



# inclusive L.A.

## NEWSLETTER



### Celebrate July 4 on the Quiet Side

Fireworks – and the noise that goes with them – abound on Independence Day, but not all kids love the bright lights and the “boom.” Fortunately, we’ve found four fun family celebrations with all the patriotic spirit but much less noise. There will still be crowds and bright colors, but all four are fireworks-free, making them much more friendly for sensory-sensitive kids. There are parades on bikes and on foot, a parade with balloons and an old-fashioned barbecue and barn dance. [Check them out.](#)



#### To Hover or Not to Hover

With summer in full swing, it's time to give kids of all abilities some independence – balanced with support, of course. Learn how other parents of kids with disabilities approach this challenge. [Read on ...](#)



#### Helping Moms Be 'Brave Together'

Rancho Palms Verde mom Jessica Patey's son was born with a rare genetic disorder. She founded an organization to provide resources and support for moms of kids with disabilities. [Learn more ...](#)



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**Posts**

**Kansas City Parent Magazine**  
February 7 at 12:43 PM · 🌐

In addition to the Kansas City Zoo's regular #PenguinCam they are now streaming #BlizzardCam! The zoo's newest penguin chick and parents can be viewed live from Helzberg Penguin Plaza!

**YOUTUBE.COM**  
**KC Zoo Penguin Cam - Blizzard Cam**  
While fluffy snow was blanketing Kansas City and knocking out power metro wide, including at the Kansas City Zoo, something exciting...

Like Comment Share

Sara Zametoff, What To Do With The Kids in Kansas City and 2 others like this.  
1 Share

**Kansas City Parent Magazine**  
February 7 at 9:00 AM · 🌐

Jungle Jack Hanna is coming to the Kauffman Center for the Performing Arts with Into the Wild LIVE! Use promo code: TIGER to

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**Monterey Bay Parent Magazine**  
 A monthly print publication serving the families of Monterey and Santa Cruz counties.  
[montereybayparent.com](http://montereybayparent.com)

POSTS IGTV SAVED TAGGED

Home Moments #cpturns30

## #cpturns30

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**Worldwide trends**

**#Alita**  
See the 3-D cinematic event of the year, in theaters February 14.  
Promoted by Alita: Battle Angel

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3,157 Tweets

**#BTSinAmerica**  
244K Tweets

**القمرن\_آي**  
114K Tweets

**#ZiyaHocam1200UcretliyiAta**  
17.4K Tweets

**#SuçDosyasıTrtBelgesel**

**Morata**  
43.6K Tweets

**bale**  
58.3K Tweets


**Coby White**  
2,510 Tweets

**Vinicius**  
103K Tweets

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**Carolina Parent** @CarolinaParent · 1 Oct 2018  
Congratulations to Melina Orzes of Chapel Hill, our #30daysofgiveaways grand prize winner! She has won a 2-night stay for 4 at the @MVilleResort Gatlinburg! Thanks to EVERYONE who participated in this special contest! #cpturns30

**Carolina Parent** @CarolinaParent · 30 Sep 2018  
Day 30 of our #30daysofgiveaways contest is here — and ALL entries will be included in this drawing for a two-night stay for four at the @MVilleResort Gatlinburg! Enter now! #cpturns30 carolinaparent.com/CP/30-Days-of-...



**Carolina Parent** @CarolinaParent · 30 Sep 2018  
Congratulations to Patricia Hudson of Cary, winner of our day 29 #30daysofgiveaways prize: a \$100 @aursashleyusa gift card! #cpturns30



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Chicago, Illinois

chicagoparent We asked Sydney Haworth, 13, from Chicago, "What should parents know about going to school every day?" Sydney says, "That sometimes kids are going to act awesome in front of teachers and then once your back is turned, they change."

The feature story in our August issue brings together local kids to talk about important school issues. We asked our participants to write on their hands a phrase that represents them and we'll be sharing these powerful images for the back-to-school season.

Click the link in our bio to read the entire story. #CPBacktoSchool



81 likes

AUGUST 9, 2018

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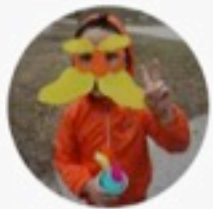


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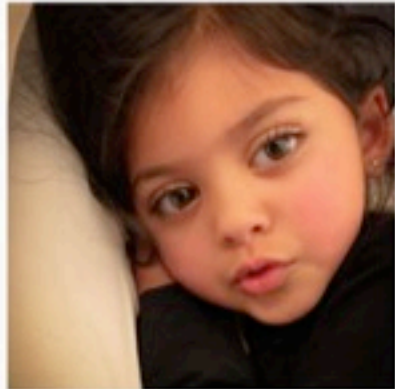
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3,173 posts

Top Posts





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# pink & blue

FALL 2018 A BATON ROUGE PARENTS PUBLICATION



Not  
*Love*  
at  
First  
Sight?

*preeclampsia*  
before  
and after

**13**  
*gender*  
reveals

**ABCs** of  
pregnancy



ParentingNH  
2018

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IN NH

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— CON MUCHO ORGULLO, NASHVILLE PARENT PRESENTA —

VERANO • 2018  
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nashville  
**parent**  
*en español*

¡Nuestro número de estreno!

LEE, CANTA & HABLA PARA UN **Niño Bilingüe**

**PALETAS SABROSAS** PARA EL VERANO

**EVENTOS LOCALES** QUE TODA LA FAMILIA PUEDE DISFRUTAR

The magazine cover features a close-up photograph of a young girl with dark hair and a flower crown, smiling warmly. The background is a soft-focus rainbow. Text is overlaid on the image in various colors and fonts, including a yellow banner at the top, white and purple text for the title, and blue and purple text for the featured articles.



2018-19 Northeast Ohio Edition

# LiveSpecial.com

FREE

A RESOURCE GUIDE FOR INDIVIDUALS WITH SPECIAL NEEDS AND THEIR FAMILIES



**EDUCATION MATTERS**  
OPTIONS THAT FIT

**TAKE A TRIP**  
PREP FOR YOUR FAMILY VACATION

**ACCESSIBLE FOR ALL**  
DEVICES, HOME HELP AND MORE!

## 'Working It'

EMPLOYEES FIND PLACES TO HELP SUPPORT THEIR NEEDS

**FUTURE IS NOW**  
MAKE SENIOR CARE PLANS

BROUGHT TO YOU BY

NCJ Parent

# BMORE *inclusive*

A Resource Guide for Families of Children with Special Needs  
in Maryland and the Professionals Who Serve Them

All Your  
Special  
Needs  
Resources

Life After  
a Diagnosis

Selecting  
a Camp  
or School

A 2018 SPECIAL NEEDS SUPPLEMENT

**Baltimore'sChild**  
magazine





The cover of the Education Guide magazine features a young girl with blonde hair, wearing a dark blue polo shirt, looking intently at a model of the solar system. She is holding a small yellow smiley-face hand puppet. A woman's face is partially visible on the right side of the cover, looking towards the girl. The background is a blurred classroom setting.

**Education Guide** FREE  
2018-19

**678 RESOURCES**  
for Triangle families

Explore Local Career and  
Technical Training  
Options for Students

12 History-Themed  
Field Trip Destinations

**THE OPPORTUNITY  
SCHOLARSHIP PROGRAM**  
Discover private  
school funding for  
low-income students

**PLUS**  
Our Exceptional Child Special  
Section Starts on Page 51

A PUBLICATION OF  
CAROLINA  
**parent**







DALLAS-FORT WORTH  
**thrive**  
A RESOURCE FOR PEOPLE WITH LEARNING DIFFERENCES AND SPECIAL NEEDS

VOL. 10  
ISSUE NO. 1

JANUARY/  
FEBRUARY  
2018

**MEET  
KATE &  
KEVIN**

THE ENTREPRENEUR  
ATTORNEY AND  
HER SON



**HOW TO  
CREATE A  
SPECIAL  
NEEDS  
TRUST**

**5 EVENTS  
FOR THE  
WHOLE  
FAMILY**

**101**  
MUST-HAVE  
SPECIAL NEEDS  
RESOURCES

**ANXIETY  
& AUTISM**  
THERE'S A GOOD CHANCE  
YOUR CHILD HAS BOTH

PUBLISHED BY  
cotton  
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# *inclusive* L.A. <sup>2018</sup>

*A Guide for Families of All Abilities*  
From the People Who Bring You L.A. Parent

The Power of  
*Optimism*

ADAPTIVE  
**WATER PLAY**

CAMP  
*fun for all*

Why You  
Should Try  
**'I' TALK**

*Clothes*  
that go  
beyond style







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THINGS TO DO IN KC

WINTER IN KC

GOING PLACES

LABOR &amp; DELIVERY

EDUCATION

KIDS EAT FREE

PARENTING

PARTY



### 25 Ways to Say "I Love You" - Kansas City Style

With Valentine's Day right around the corner, surprise your loved ones with a lot of amors, Kansas City style! These are our favorite ideas for couples and families...

1 2 3 4 5 6 7 8 9

### To Do This Week: Family Fun in Kansas City



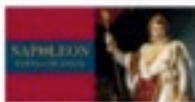
#### Secret Soldiers: Heroines in Disguise

Jan. 22 - Feb. 10: True accounts of four women who, for different reasons, served as men in the Civil War. Slowed into this unique and imaginative play early soft-egg movement as well as the formation of the Massachusetts 10th Regiment (the first African-American regiment in U.S. history) and heroine, Tubman.



#### Dinosaurs Revealed at Union Station

Thu. March 20: Embark on this fascinating journey back to prehistoric time. A time when dinosaurs ruled and named the earth. A time when the world as we know it was being violently and radically transformed... forever!



#### Napoleon: Power & Splendor at The Nelson-Atkins Museum of Art

Thu. Mar. 10: Napoleon: Power and Splendor marks the first exploration of the majesty and the artistic, political and ideological significance of Napoleon's imperial court from Napoleon's self-appointment as First Consul in 1799 to his abdication in 1814. The imperial household was a key institution during Napoleon's reign. It was responsible for the daily lives of the imperial family and the day-to-day existence of former general Bonaparte, who became Emperor Napoleon.

#### Subscribe to FREE Weekly KC Fun Blast




#### Calendar

#### February 2019

Today

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	01	02

#### Sat, Feb 09, 2019

8:00 AM - 10:00 AM	Early Riser Fashion Designer Series
8:00 AM - 9:00 PM	Felted Forms: Making the Forest
8:00 AM - 7:30 PM	Whiteland Art in Motion
9:00 AM - 7:00 PM	Secret Soldiers: Heroines in Disguise
9:00 AM - 9:00 PM	Crown Center Ice Terrace
9:00 AM - 10:30 AM	Sibling 5-5
9:00 AM - 1:30 PM	Free ACT Practice Test with College Tutors
9:00 AM - 12:00 PM	Want to Foster or Adopt? Take the First Step with TIPS-MAPP Training - Seneca

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# ParentingNH

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Formerly  
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It's a new name, new look  
our all new brand!

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Top 10 events for November

Top 10 events happening in November  
Where to find family-friendly fun

1 2 3 4 5

### WHAT'S HAPPENING

**20+ not-to-miss, family-friendly holiday events**

From "The Nutcracker" performances to holiday strolls, here's a roundup of our favorite holiday events.

**Top Teachers 2018**

We selected five Granite State educators to feature in ParentingNH's second-annual Top Teacher issue.

**'Tis the season for Portsmouth's Vintage Christmas**

A month-long celebration of holiday traditions perfect for the whole family.

### PARENTINGNH

- Articles from the current issue
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- Issue archive
- Where to find us
- Resource Book
- Family Summer Fun Guide
- Submit an event to the calendar

### COLUMNISTS

**Reach Out and Read**

Health care providers help promote early literacy skills.

BY DANITY OVERSALL, MERRY MURPHY, RN, AND CHRISTINE D. BRADSHAW, MD

**Excuse me – how much?**

Stunned and sheepish at my daughter's first college fee.

BY BILL BURKE

**The struggle to help my son**

In the end you are the best advocate for your child.

BY ROSE LITVY

**Lessons learned through a Christmas tree (or how I learned to embrace disorder and chaos)**

For as long as I can remember I have compulsively applied order to everything, so I did not understand the holiday magic and why everything couldn't look like it went together.

BY EDITOR MELANIE HITCHCOCK

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Your guide to winter fun in New Hampshire's mountains

See the digital edition

New Hampshire

### E-NEWSLETTER SIGNUP

Stay in touch with us!  
Family fun...sent straight to your inbox

Events and things to do (twice a week)

no  
 yes

Ticket giveaways and other offers (randomly)

no  
 yes

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*Holiday*  
Events, Activities,  
Giveaways & More!

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Ice Cream Cone and Rock Climbing on Your Child's Birthday [Enter](#)

Events: Wednesday, Nov 28th

What's New

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[See All Events](#)

**2018 Holiday Shows in Staten Island**

• NOVEMBER 2018 •

S	M	T	W	T	F	S
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1

Celebrate the season with singing, dancing, live music and more! These festive shows will delight the whole family. Tickets required, call for more information. [CLICK HERE TO SIGN UP FOR HOLIDAY EVENT UPDATES AND MORE!](#) Always call ahead to confirm. ....

**Upcoming Events**

[Read more](#)



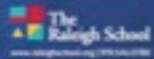
**Paint, Stamp & Draw: 2D Art Day**  
November 28 | 1:30 pm - 4:30 pm  
St. Children's Museum

**2018 Breakfast with Santa Events in Staten Island**

[We know Santa snacks](#)


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BABY FOOD + FUN TRAVEL FAMILY SPECIAL NEEDS CAMPS PARTIES CONTESTS BLOGS




### Fun Things to Do in the Triangle Over Thanksgiving

PHOTO COURTESY OF THE WAKE COUNTY PARKS AND RECREATION DEPARTMENT


Enjoy the Triangle with your family and friends during Thanksgiving week at these museums, parks, trails and at special events this week

\*\*\*\*\*


#### CHECK IT OUT




**How to Talk to Your Child About Healthy Dating Relationships**



**Where to Hike in the Triangle**




**Shop for Handmade Gifts at Holiday Craft Fairs**




**Is Your Child Ready for Kindergarten?**

Sponsored Content



**How to Help Your Child Channel Negative Thoughts**

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**Why it is Important for Children to Play**


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#### MOST RECENT


Archive >



SEASONAL FUN



HEALTH + BABY



LIFESTYLE

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CRITICAL THINKERS

#### CALENDAR

November 2018

< Today >

Sun 18	Mon 19	Tue 20	Wed 21	Thu 22	Fri 23	Sat 24
--------	--------	--------	--------	--------	--------	--------

- 10:00 AM - 11:00 AM - Free Music or Creative Movement Class
- 11:00 AM - 12:00 PM - Kids Discover Nature: The Fallen Log
- 3:45 PM - 5:15 PM - Cooking is Fun: Greek Gyros
- 3:45 PM - 5:15 PM - Specialized Recreation: Greek Gyros

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Town:

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All a short drive away from Charlotte

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Stay connected to what's going on for kids and families in the Charlotte area by signing up for our FREE e-newsletter!


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eli supplemental newborn screening helps identify more treatable conditions


CHECK IT OUT




**10 Questions to Ask When Choosing Child Care**




**A Charlotte Bucket List For Kids**




**Choosing Extracurricular Pursuits That Enrich Your Child's Mind**



**Holiday Events & Gift-Shopping at 7th Street Public Market**



**Does your child have these poor vision symptoms?**



**Q&A: A Day as a Charlotte Third Grader**

DAILY CALENDAR

November 2018

Today

Sun 25	Mon 26	Tue 27	Wed 28	Thu 29	Fri 30	Sat 01
--------	--------	--------	--------	--------	--------	--------

11:00 AM - 7:00 PM: Poptopia

10:15 AM - 11:00 AM: Young Explorers: Turtle Tales

1:00 PM - 2:30 PM: Weaving with Nature

1:00 PM - 2:30 PM: Paint Your Own Pottery: Milk and Cookie Plate/Mug Combo

1:30 PM - Nature Detectives: Turtles

Search:

Category: All

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FOR SOUTHEAST MICHIGAN

CALENDAR FAMILY FUN PARENTING PREGNANCY FOOD + HOME EDUCATION CAMPS + CLASSES HEALTH MORE 🔍

**EARLY ACTIVITIES**

### 10 Fun Ways to Help Kids Learn Science Beyond the Classroom

Jenny Kalish - February 5, 2019

**EARLY EVENTS**

### Valentine's Day Events for Families in Southeast Michigan

**FITNESS**

### Dad Focuses on Parents at The Center for Iyengar Yoga Royal Oak

**EARLY CHILDHOOD EDUCATION**

### Tips for Teaching Kids Their Colors

**METRO PARENT EVENTS**

### Metro Parent Camp Expo

LATEST ARTICLES

This Month's Issue

### Improving Driving Skills in Senior Citizens

Jessica Schroeder - February 5, 2019

Your aging parent's driving days don't have to end at the first sign of issues. Consider these expert tips on improving driving skills in senior citizens.

### How Moms Can Be Happier and More Playful in Parenting

Kristen J. Gough - February 5, 2019

A study declares dads are happier. But it also hints at how moms can be happier and more playful in this parenting gig. Try these five tips to start.

### Ice Fishing for Families in Macomb County and Beyond

Mandy Wisniewski - February 5, 2019

Enjoy a new outdoor sport this winter. Looking for ice fishing for families in Macomb County? Browse these 2019 events and destinations for parents and kids.


### 12 Volunteer Opportunities for Teens in Metro Detroit and Ann Arbor

Miriam Martin - February 7, 2019

Get your high school student involved in the community with one of these

18,876 Fans	1,635 Followers	5,813 Followers

**ONE DAY CAN CHANGE YOUR LIFE.**  
ATTEND EXPERT-LED BREAKOUT SESSIONS ON EDUCATION, THERAPY AND MORE.





Chicago Parent



Holiday Gift Guide November Issue Education Guide Contests Local Guides Calendar

EAT PLAY LEARN SHOP EXPLORE SUBSCRIBE


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**The 2018 CTA Holiday Train schedule has arrived**



**Weekend picks**  
Fun things to do with kids

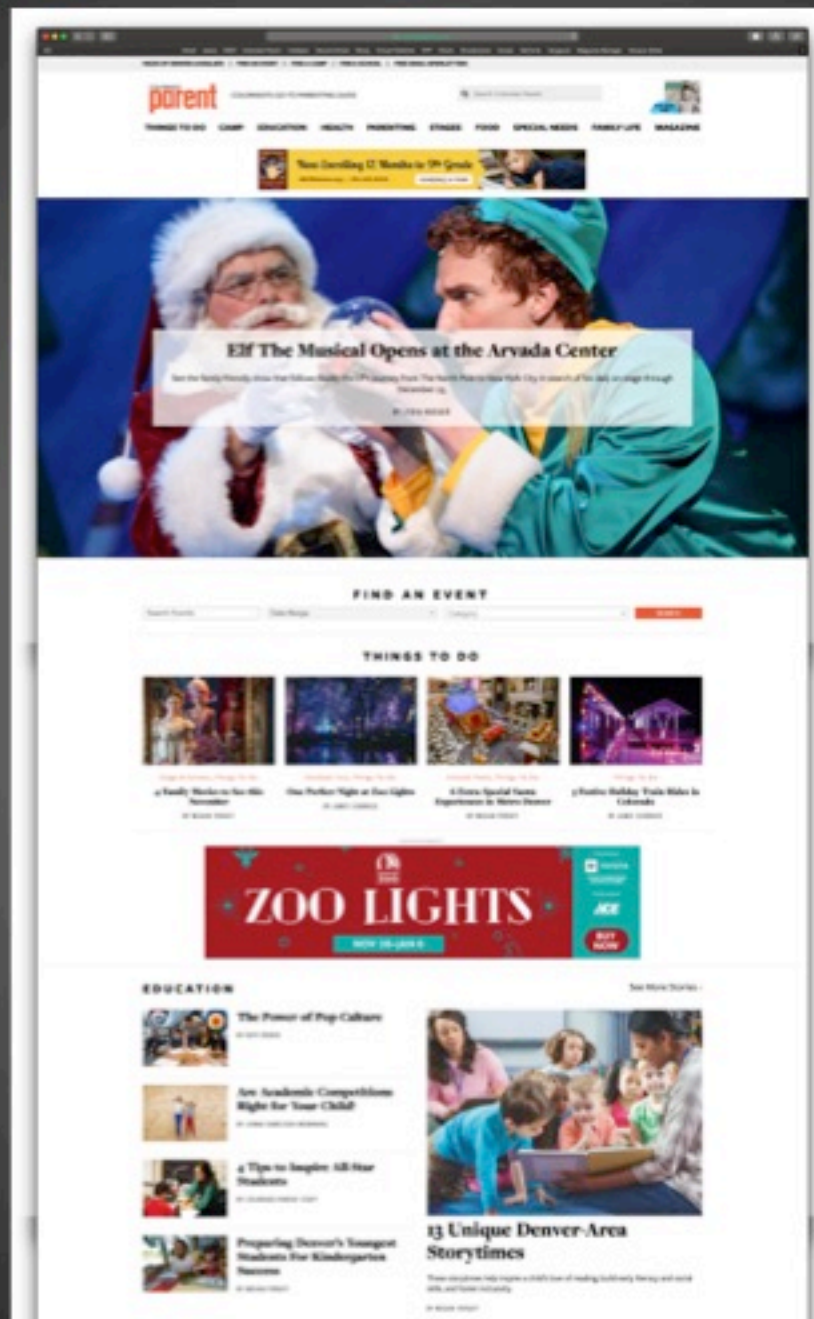


**Museum free days**  
Upcoming free admission days



**Tree-mendous Tree Stories**

Honor your favorite Chicago-area tree by adding to this collection of stories.







**General Excellence**

your favorite pizza, playgrounds, performers and more, pg. 18

FREE

# pdx|parent

for the long days and short years

We're  
throwing  
a party! Join us  
**June 16**  
at Oaks Park  
details pg. 41



## here comes the *Sun!*

**111** kid-approved ways to spend your summer



COMPLIMENTARY

OCTOBER • 2018



# ParentingNH

Halloween fun  
for everyone

Special Healthy  
Families issue —  
Fall edition

Breast cancer  
prevention  
tips





SWFL

# parent & child

SEPTEMBER 2018

## RAISING HEALTHY FAMILIES

Program reduces child abuse by supporting parents

**FALL IN LOVE WITH TENNESSEE**  
Autumn radiates in this mountain setting

## AMBER ALERTS AREN'T PERFECT

Here's what you need to know

# Oh baby!

Where new moms turn for support and friendship

- Bling out your stroller
- Time your pregnancies
- Make great baby food
- Get tips for Baby 2



June/July 2016 • Free

# CAROLINA parent

THE TRIANGLE'S FAMILY RESOURCE

## Delaying Pregnancy

The pros and cons of waiting

## 3 Mountain Getaways

Cool off in Asheville, Brevard  
or Bryson City this summer

## TRADITIONAL GAMES

Why kids need  
to play them

## StoryWalks

READ AS YOU HIKE TRIANGLE TRAILS





CINCINNATI  
**PARENT**

NOVEMBER 2018  
*free*

DO YOU  
SHARE  
**TOO  
MUCH**  
ONLINE?



*tips for  
taking on*  
**DISNEY  
WORLD**

**kid,  
ROCK!**

INTRODUCING  
YOUR CHILD  
TO MUSIC

*inside:*  
**2018  
OPEN  
HOUSE**  
*guide*



A photograph of a man with dark hair, wearing a light blue button-down shirt, sitting on a couch and reading a book to a young child with blonde hair. The man is smiling and looking down at the book. The child is also smiling and looking towards the camera. The book cover features a cartoon girl and the text 'EASTON JOINS THE BALTIMORE RAVENS'. The background is a blurred indoor setting.

FREE | SEPTEMBER 2019

CHESAPEAKE  
FAMILY  
**LIFE**

HOME, HEALTH, AND LIVING FOR TODAY'S FAMILY

**EASTON  
JOINS THE  
BALTIMORE RAVENS**

INSIDE:  
All in the Family  
Learning your health history

*Kickin' It*  
**WITH THE RAVENS'  
JUSTIN TUCKER**  
**PLUS** Full STEAM Ahead!  
Family Tech Fun









Back to  
school  
411

Chicago:  
Your  
baby's  
kind of  
town

AUGUST 2018 | FREE  
**Chicago  
Parent**  
CONNECTING WITH FAMILIES



Handle  
with care

Kids tackle bullies, stress & homework