

# North Shore **&** Children & Families

**FREE!**

## IN THIS ISSUE

### Family Vacations

**Ask Dr. Kate Q&A:**  
*Summer Plans for  
Tweens & Teens*

**Healthy Eating:**  
*Two Stone Fruits*

**The Summer  
(Math) Slide**

**Last Call for Camp!**

**Children's Book Reviews:**

- *Daddy Trains for the Marathon*
- *The Crocodile Who Didn't Like Water*

**Back to School Season  
Advertising Special!**  
*See page 11!*



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

*The LARGEST distribution local publication for parents on the North Shore – since 2007!*



**SUMMER ISSUE • JUNE/JULY 2016**

## From the Publisher & Editor

# It's Almost Summer! Congratulations Grads! Happy Father's Day to All North Shore Dads!

by **Suzanne Provencher,**  
**Publisher/Editor**

Hello again, dear readers! Can you believe that summer is finally here?

I'd like to congratulate all grads and wish all Dads a Happy Father's Day!

You are reading our 2-month Summer issue, which covers June AND July. After this issue, we'll be back with our August issue – just in time for *Back to School Season!* To advertise in our August issue, please contact [suzanne@northshorefamilies.com](mailto:suzanne@northshorefamilies.com) by noon, Wed., July 20. Check out our *Back to School Season Advertising Special* on page 11!

In this issue, we have our final installment in our 9<sup>th</sup> Annual Summer Camps & Programs Showcase Series. If you still need to make plans for

your kids' summer – the time is now! Visit our online Camp Directory, too, at [www.northshorefamilies.com](http://www.northshorefamilies.com) – click on a camp – and you'll be connected to their website. And please tell our camps that you saw them in **North Shore Children & Families** when you register.

On the bottom of this page, check out the ad for Unlimited Computer/Technology Services. When my computer stopped working last weekend, I made a few calls to try to find someone who could help me when I literally didn't even know where to begin. I first called a major retailer, who wanted to keep my computer for 24 hours while someone across the country would attempt to fix my computer remotely – for close to \$180. My computer is the lifeline to my business – and this

option did not sit well with me. I recalled an ad I used to see in our local publication – thankfully found an old copy – which led me to Will. He literally got me back in business and saved the day, keeping me informed along the way. Having computer problems is a nightmare if you are not too technical, like me. But Will assured me that he could fix my computer problems without losing my important files. He made a very stressful experience turn in to a successful solution and his confidence and knowledge were a comfort to me.

If your computer is running slowly (what did the kids download now?) or if you need to buy a new computer, smart phone, home theater or security system – Will can guide you through this daunting process and

help you select and install your new gadgets with ease. Before you buy a new computer because yours is running too slowly, call Will for a tune-up, which is all you may need. He can also help small businesses, too – and even offers tutorials for individuals, staffs and families on everything from how to use a new gadget or software to selecting a new computer or electronic device. From fixing your technical problems to providing purchasing guidance to offering solutions and ideas – Will is your one call source for all of your technical needs. He's been serving the North Shore area since 2000 – and he knows his stuff.

In closing, I am looking forward to taking a little break from the day to day operations of **North Shore Children & Families** for some summer fun. I wish the same for you and your family. May your summer be filled with family, friends and fun.

**Until August ~  
Suzanne**

## Is Your Computer Running Slowly?

### Do You Need Technical Support or One-on-One Training?

Would You Like Some Expert Assistance to Purchase Your Next Electronic Device, TV/Home Theater or Smart Phone?

**I can help you. And I make house calls.**

Computer Repairs, Set-ups • Installations • Slow Computer Solutions  
Virus Removal/Protection • Networking • File Backup & Recovery  
Purchasing Consultations • Personal Computer & Smart Phone Training  
TV Home Theater Installations & Repairs • Security Systems/Cameras

**For New Clients:** Mention this ad and save **\$20 per hour off** your first service! (reg. \$80/hour). Expires 12/31/16.

### Unlimited Computer/Technology Services

William G. Letourneau, Computer Engineer BCOT  
781.215.1226 • [willtest@live.com](mailto:willtest@live.com)  
Serving the North Shore since 2000.



# 8 Tips to Make this Summer Family Vacation the Best Ever!

by **Dr. Kate Roberts**

In our overscheduled and fast paced world, families often look forward to the family vacation with unrealistic expectations. High expectations are often followed by great disappointments. Successful vacations are about a person's attitude more than what actually happens on the vacation. And parents' attitudes impact children's attitudes which impact the entire family vacation experience.

- 1. Be realistic.** One vacation is not going to fit everyone's needs at all times. It's natural for people to want relaxation while on vacation, but it's also a time to be together as a family – and family foibles and faults don't disappear just because people are away from home and visiting, for example, Animal Kingdom. Parents should expect a certain amount of complaining from kids while sight-seeing, especially if kids are younger than teenagers – and older kids may not want to go to the zoo or playground. Remember that if parents react positively to difficult situations, kids are less likely to complain.
- 2. Plan a universal agenda.** Traveling with teens and tweens can be overwhelming if parents try to placate every person's needs at all times. Parents should be flexible with plans and allow everyone to participate in some aspects of the decision making. Parents should make it clear from the outset that they expect a climate of tolerance among family members even when participating in activities that aren't their first choice, but remain

patient when a teen's tolerance wanes.

- 3. Budget in advance.** Having a planned budget avoids being financially stressed out during vacation time. Things always seem to cost more than parents expect and parents can anticipate they will want to say "yes" to buying an unplanned-for souvenir. Plan for extra expenditures costing 10 to 20 percent of the overall budget, just to be safe.

- 4. Embrace the unexpected.** Parents' reactions to their own disappointments set the tone for others. Maybe the hotel isn't what was expected or the food at the all-inclusive resort is less than



Continued on page 4

## North Shore Children & Families



[www.northshorefamilies.com](http://www.northshorefamilies.com)  
P.O. Box 150  
Nahant, MA 01908-0150  
781.584.4569

A publication of North Shore Ink, LLC  
© 2016. All rights reserved.  
Reproduction in full or in part without  
written permission of the publisher is prohibited.

Suzanne M. Provencher  
Publisher/Editor  
[suzanne@northshorefamilies.com](mailto:suzanne@northshorefamilies.com)

Designed by Group One Graphics  
Printed by Seacoast Media Group

Please see page 3  
for our upcoming deadlines.

Published and distributed monthly throughout the  
North Shore, 10x per year, and always online.

Information contained in NSC&F is provided for  
educational and entertainment purposes only.  
Individual readers are responsible for their use of any  
information provided. NSC&F is not liable or responsible  
for the effects of use of information contained in NSC&F.

Established 2007.

**North Shore Children & Families**  
is available for free each month at over 450 family-  
frequented locations throughout the North Shore!

**Attention Advertisers: Ask us about our ...**

- ... "Try Us!" program for new advertisers
- ... Annual advertising frequency programs
- ... The Annual Planner for Schools program
- ... Annual Summer Camps & Programs Showcase series

**Target your message to North Shore parents.**

**We've got the North Shore covered – since 2007!**

### 2016 PUBLISHING SCHEDULE

Issue	Ad Space Deadline* (for ads that need production help)	Ad Space Deadline (for completed ads**)
August	noon, 7/20	noon, 7/22
September	noon, 8/24	noon, 8/26
October	noon, 9/21	noon, 9/23

\*Also the due date for ad materials/ad copy changes for ads that we produce or revise.  
\*\* Completed ads are due the Tuesday following the final, Friday, ad space deadline.

**To explore your advertising options or to secure your space,  
please contact Suzanne at 781.584.4569 or  
[suzanne@northshorefamilies.com](mailto:suzanne@northshorefamilies.com).**

**To learn more, please visit  
[www.northshorefamilies.com](http://www.northshorefamilies.com).**

**This is our  
2-month  
Summer issue,  
which covers  
June AND July.**

**Our next issue is  
our August issue.**

Contact  
[Suzanne@northshorefamilies.com](mailto:Suzanne@northshorefamilies.com)  
by noon, Wed., July 20  
to advertise in our August issue.

**See page 11 for our  
Back to School  
Advertising Special!**

# The Village School

## Preschool



### Village School Offers:

- Preschool classes 2,3,4,5 half day programs for ages 2.9 through 5 years.
- Flexible early morning drop-off and extended days until 1:30 or 2:30p.m.
- Exceptional teachers with a student to teacher ratio 7:1.
  - Central location serving North Andover, Boxford and surrounding communities with bright clean classrooms and a wonderful playground.
  - Children do not need to be toilet trained.

### **NEW Bridges PreK program –**

transitional kindergarten for children turning 5  
April 1 to August 31, 2016.

Our program offers an extension of our PreK learning path which will provide children more time to grow and mature cognitively, socially and physically before entering Kindergarten in the Elementary School environment.

We welcome your questions at 978-352-7294,  
or send a message to [myvillageschool@gmail.com](mailto:myvillageschool@gmail.com).  
Call to schedule a visit.

**173 Washington Street, Boxford, MA**  
**[myvillageschool@gmail.com](mailto:myvillageschool@gmail.com) 978-352-7294**

## Family Vacations

*Continued from page 3*

optimal, but compared to the cares left behind – jobs, bosses, the mortgage, the tenants, etc. – these inconveniences are very small. Families will accept setbacks when parents respond with a positive attitude to challenges. Use humor and family connection to rally through annoyances!

- 5. Co-parent effectively.** Effective co-parenting can mean the difference between fighting and fun for everyone. Parents set the tone that trickles down. Partner together in advance and make a pact to support each other. Maybe mom wants a night with her novel or dad wants a round of golf. Parents can model teamwork *and* get their individual needs met.
- 6. Don't be a downer.** When together with their older kids, some empty-nester parents may emphasize their time spent apart with comments like “you're never with us anymore, when are we going to have you with us next?” Focus on the present vacation together! Stay in the moment. Enjoy the time together and don't go beyond that. Unnecessary pressure about the future detracts from the present and causes undue stress.
- 7. Address differences in parenting styles.** What happens when two well-intentioned families get together for a fun vacation and the families have different parenting rules and reactions? The best strategy is being prepared. Parents need to talk with their children beforehand and let them know that there may be differences in rules and management styles. Preparation with kids in advance and as well as in the moment, side bar coaching is the key to success here.
- 8. Blended family vacations.** Spending time with stepchildren during a vacation can seem like a potential battle ground, but it doesn't have to be that way. Circumstances often dictate that blended families – including stepparents, stepchildren and half-siblings – are thrown together on family vacations. Attempt to look at this as an opportunity to spend time together, getting to know each other. Try not to expect more than that in order to avoid the frustration of, for example, a stepson constantly complaining that he's “bored” with everything.

The annual summer vacation comes with much anticipation and inevitably, with a few mishaps. Maybe the weather is bad. Maybe the kids complain about being away from their friends. Maybe the car breaks down. A typical family vacation, much like life, is unpredictable and that can add to the excitement. Have fun during this summer vacation while modeling flexibility, humor, resiliency and joy. If parents display those characteristics, the vacation will be a success, regardless of what actually occurs.



*Dr. Kate Roberts is a licensed child and school psychologist and family therapist with offices in Salem and Hamilton. She specializes in cognitive-behavior therapy, family therapy, anxiety and learning disabilities. Reach Dr. Kate at [kate@drkateroberts.com](mailto:kate@drkateroberts.com) and [www.drkateroberts.com](http://www.drkateroberts.com).*

## Ask Dr. Kate

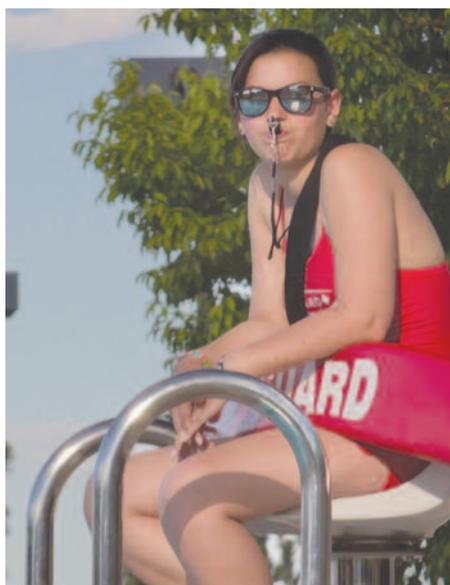
## Q&amp;A for North Shore Parents

**No Plans for Your Tweens and Teens This Summer? Don't Panic!**

**Question:** Dr. Kate, what can I do with my bored tween and teen this summer?

**Answer:** Many parents ask me for help figuring out what to do about their tweens and younger teens who have no plans for the summer. Kids in this age group want freedom and independence during their summer break, but they need guidance to help them find productive ways to use unstructured time. Here are some suggestions:

- **Advertise for odd jobs.** With your supervision, a tween/teen can post their availability to work within the community. For example, my town has a parents' Facebook page where many kids post (through their parents) their availability to babysit, walk dogs, do yard work, be a mother's helper, etc.
- **Community service.** Opportunities on the North Shore include the *Open Door* and *Beverly Bootstraps*. *Boston Cares* has statewide volunteer opportunities listed on their website ([bostoncares.org](http://bostoncares.org)).
- **Volunteer.** If you belong to a local church or synagogue, ask the minister or rabbi if there are volunteer projects that your tween/teen can engage in. Most high schools require volunteer hours.
- **Promote self-reliance and creativity.** Encourage them to learn a new software program. Many programs have written instructional manuals and can be self-taught by a tech savvy tween or teen.
- **Exercise, exercise, exercise.** Most tweens and teens can go for a run or walk independently. Summer is a great time to get in shape. In addition to the physical benefits, the mental health advantages are endless. Most importantly, it will make them tired and reduce anxiety because of the relaxation that exercise provides. If parents can exercise with their child, it's an easy way to connect.



it will make them tired and reduce anxiety because of the relaxation that exercise provides. If parents can exercise with their child, it's an easy way to connect.

- **Home projects.** With instruction, guidance and monitoring, tweens and teens can attempt odd jobs at home. Who couldn't use some help reorganizing the kitchen or painting the deck? Take pictures of what you want the end product to look like so that they have a model to refer back to.

A simple daily structure for children

*Continued on page 6*

Education that inspires.

1936

**SHORE**  
COUNTRY DAY SCHOOL

[www.ShoreSchool.org](http://www.ShoreSchool.org)

**NOW BUSING FROM GLOUCESTER, LYNNFIELD, AND NEWBURYPORT**

Coeducational Pre-K through Grade 9  
Buses from Andover, Gloucester, Lynnfield, Marblehead/Swampscott, and Newburyport  
545 Cabot Street, Beverly, MA | (978) 927-1700

## Ask Dr. Kate

Continued from page 5

this age looks like the following:

9am wake up; exercise and structured activity until midday; afternoon of social time or planned family/friend activity; dinner, downtime with family and friends and then bedtime.

If your tweens and teens are itching for more freedom, insist that they demonstrate their maturity by engaging in responsibilities at home. It is not unreasonable to expect them to help out by doing the laundry or having dinner ready when you get home.

If you consider your tween and teen capable of having a friend over during the daytime in your absence, here are some guidelines for parents of kids up to age 18:

Know who is in your house at all times.

Do not allow your child to have friends of the opposite sex over when you're not home.

If your child does have a friend over, make sure the friend's parents know you're not home.

Some parents expect that their tweens will sleep until noon and upon waking be glued to technology until bedtime. This behavior is not normal and it teaches a child's developing brain addictive behavior instead of responsibility and discipline. Insist on better for your children this summer!

*Dr. Kate Roberts is a licensed child and school psychologist, parent coach and family therapist with offices on the North Shore. Questions can be directed to [kate@drkateroberts.com](mailto:kate@drkateroberts.com). We may anonymously publish your question and Dr. Kate's answer in a future issue.*



**It's childcare you can trust like family.** Our au pairs are carefully screened and trained by our own staff, and are infant CPR and First Aid certified.

**It's flexible.** You set the schedule however you decide, and have help when you need it including mornings, after school, evenings, even weekends!

**It's affordable.** Get up to 45 hours of childcare each week for an average monthly cost of \$1,571.



**CULTURALCARE.COM**  
**1-800-333-6056**

## Healthy Eating

# Two Stone Fruits

by **Mary Higgins**

It's almost summer and so many fruits and vegetables await in colorful pyramids at the supermarket and at Farmer's Markets. Crimson berries, succulent honeydew

melons with their pale green flesh, orange-hued cantaloupe and the stone fruits, two of which we will take a look at this month. One is small and sweet with smooth skin and most of the time, red to maroon in color – the cherry – which we associate with fun. The latter is brown, twice as big, somewhat oval in shape, wrinkled and often referred to as “ugly” and may be viewed as medicinal: the prune.

What do the two have in common? Both the cherry and the prune came to us from the country of Japan. They are both stone fruits, meaning they have a central inedible pit, and at one time both cherries and prunes were enjoyed only by the wealthy class. Prunes were once plums, a summer fruit. But when people discovered that when leaving them out in the sun they became sweeter, a new fruit, the prune, was recognized. As a fruit dries and the water evaporates from it, the sugar content concentrates – making it higher in calories which provide energy.

The sweetness of these fruits pairs well with the pungency of cheese such as cheddar and Swiss, which keeps blood sugar stable. Although fruit is full of natural sugar, the type found in prunes is sorbitol, with its unique effect of drawing water into the intestines. Yep, you guessed it: a laxative-effect results but let's give credit where it's due. Prunes are also



a good source of potassium which our muscles need, along with vitamin C and the mineral, selenium. Stewed prunes are a staple on breakfast menus. But you don't need to cook them to enjoy all the benefits. I enjoy eating pitted prunes right out of the canister. They retain their chewy texture, much like a raisin, rather than the very soft consistency they have when stewed. One to two will do for a child. Four is a good serving for an adult.

### Cherries and their History

Cherries Jubilee, cherry cordials, cherry, chocolate-chip ice cream, cherry pies and decadent wedges of cheesecake smothered with a layer of cherries on top are some of the delightful desserts made of cherries.

Cherries, simply put, are fun to eat! Originating from the Caucasus region in the Middle East in 634 B.C., cherries have been cherished for a very long time and were prized by well to do people due to the expense in transporting them by ship. Poorer residents lucky enough to live in the region where cherries grew loved them just as well.

There are two basic kinds of cherries: sweet, which peak in June and are delicious right off the vine, and sour cherries, often baked into pies, tarts and muffins.

## The Summer Slide

## Summer Math Learning Keeps Students on Track for Success

by Jim Aloisio

Incorporating consistent, enjoyable and meaningful opportunities for math learning into your family's summer agenda could benefit your kids long after they bid summer break a fond farewell.

The reason: summer learning loss (or the "summer slide"). This refers to the loss of skills all students experience when they don't participate in educational activities over summer vacation. This phenomenon has been extensively documented in studies dating as far back as 1906. According to researchers at Johns Hopkins University, math proficiency is particularly susceptible to the summer slide, with students losing "about two months of grade level equivalency in mathematical computation skills over the summer months".

Continued on page 9



Cherry trees are valued for their wood to make furniture but are even more admired for their beautiful blossoms, especially in Michigan and Washington, D.C., where cherry festivals are held annually. Have you ever wondered why there are so many cherry blossoms near our nation's capitol? Turns out Helen Taft, the wife of President William Taft, spent time in Tokyo admiring the cherry trees. Spending time with the Viscountess Chinda from Japan, the two women became friends and Mrs. Taft was given 2 cherry trees, which were planted near the Jefferson Memorial Building in Washington, D.C.

Cherry trees require perfect conditions to grow, neither too hot nor too cold and tend to rot if conditions are not perfect for their growth. Do you think it was a great surprise when 2000 cherry trees, later given to our country from Japan, needed to be replaced? When new trees along the Potomac River and around the White House were planted two years later, a celebration ceremony was held. Resplendent in all their blossoms, the cherry trees delighted everyone who saw them. In 1934, the first Cherry Blossom Festival was held, now an annual event each March when the trees come into bloom.

**Health Benefits**

Cherries are not just a pricey fruit we anticipate eating every summer, but are loaded with antioxidants that

protect our tissues from harm that would damage our DNA. They are loaded with vitamin A, plus provide a few B vitamins. They are rich in Ellagic acid, also found in many of the berries. Cherries are low in fat and provide only 84 calories for an entire cup.

Even though cherries are pricey in New England, we no longer rely on Asian countries to export them to us. Cherry growers compete with one another with the majority of sweet cherries coming from Michigan.

One of the most popular cherries, the Bing Cherry, is named after a Chinese man who worked on the farms. That bright red cherry we find in our Mai Tais and the Shirley Temples our children drink is yet another kind, called the maraschino cherry. Originally these were quite expensive as they were soaked in liquor. Now the liquor has been replaced by water artificially colored with FDA approved dyes.

Be patriotic with your summer festivities by combining cherries along with blueberries. You can dress up a chocolate or vanilla cake, or layer them with creamy vanilla yogurt, scatter them into your fruit salads or just eat them by themselves. But don't forget the napkins as they do stain clothing. With its natural melatonin content, tart cherry juice is currently enjoying popularity as a pain reliever and sleep aid. Do you have little ones with trouble drifting off to dreamland? Give them 4 ounces of

cherry juice sweetened with a tiny amount of honey and they will have fewer problems getting to sleep.



Mary Higgins, M.Ed., is a nutrition educator who writes about food for several websites. She has a Bachelor's degree in both Nutrition and Education. She studied exercise science and received her M.Ed. from the University of Massachusetts at Amherst. She has worked as a Sports Nutritionist and personal trainer at YMCAs in the greater Boston area and is certified by both the American Council on Exercise and the American Academy of Sports Dietitians and Nutritionists. Mary is also the author of Daddy Trains for the Marathon, a book written about the Boston Marathon and available on Amazon.com. Please see page 10 for a review of this book.

Are You Looking for a Unique Location For Your Next Big Function?

## The Bayside of Nahant

Enjoy our ocean front location with sparkling views of Boston at night.

Elegant and Affordable Functions Since 1992:

- Weddings • Bar/Bat Mitzvahs • Sweet 16s • Quinceañeras
- Proms • Showers • Birthdays • Christenings • Anniversaries
- Retirements • Family & Class Reunions • Graduations
- All Special Occasions • Many Packages & Menus Available

Call to arrange your visit today!  
Ask about our all-inclusive wedding packages.

Select 2016 Dates  
Available for Your  
Wedding or Event!



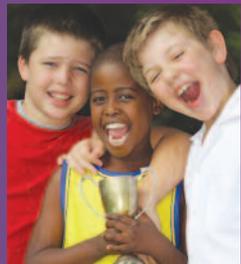
One Range Road, Nahant • 781.592.3080 • [www.baysidefunctions.com](http://www.baysidefunctions.com)



8 North Shore Children & Families

# Summer Camps & Programs Showcase Series

## 9th Annual - Part 5 of 5




# summer@Pingree

## day camp

June 27 - August 19

Fun and enriching day camp for PreK through grade 8

Visit our website to learn more and register today.

CELEBRATING 30 YEARS...  
...pingree.org/daycamp..



Pingree School | 537 Highland Street | South Hamilton, MA 01982 | 978.468.4415 x255

### Waring Writing Workshop:

*Developing the Personal Essay*

This intensive workshop helps high school students to develop and fine-tune their writing using the personal essay as the main medium of study.

**When:**  
August 15-19, 2016  
Monday-Friday  
10:00am-12:00pm

**Where:**  
Waring School

**Who:**  
High School students, Grades 9-12



# WARING WORKS

& WaringWorks Jr.

35 Standley Street • Beverly, MA • 01915  
waringschool.org/summer

WaringWorks at Waring is a long-established summer experience combining learning and fun. Children work in depth in majors such as Theater, Visual Arts, and Video.

**When:**  
July 5-29, 2016  
Monday-Friday  
9:00am-4:00pm

**Where:**  
Waring School

**Who:**  
Students age 7-14  
(5-7 for Waring Works Jr.)

## Creating EXCEPTIONAL Futures Through QUALITY Experiences

Brooks School Day Camp - comp\_camp@brooks  
Brooks Summer School - Teen Quest

Great Summer Opportunities for Kids ages 4-18.  
Transportation and Extended Day Options!

1160 Great Pond Road North Andover, MA  
summer.brooksschool.org 978-725-6253  
daycamp@brooksschool.org

BROOKS SCHOOL SUMMER PROGRAMS




## Summer Math Learning

Continued from page 7

Additionally, a study conducted by the RAND Corporation states that summer learning loss is cumulative and can have far-reaching effects on a student's long-term academic success. The good news is that it's possible to stop the summer slide in its tracks and help your kids retain concepts they learned throughout the school year. The RAND Corporation report notes the advantages of attending summer programs and embracing summer learning opportunities, adding that "Programming needs to be high-quality, and students need to enroll and attend regularly."

The fact is summer presents valuable and often overlooked chances for kids to dig deep and explore concepts not necessarily covered in school while learning at their own pace. With regular school year pressures on hold, summer could be the season your child discovers how fun learning math can be! To get the most out of summer math learning, pick a program that:

### 1. Ramps up the fun factor while ensuring that kids make

**progress.** Summer break was made for fun and frolic, so do your child a favor and pick a summer math program that specializes in creative, effective ways to teach math; really makes concepts come alive; and allows your family to balance math learning with non-academic summer pursuits.

### 2. Provides individualized instruction in a comfortable, stress free environment.

Summer is the time to break free of the constraints and

limitations of a traditional classroom environment. Whether your child is far behind, performing at grade level or in need of an extra challenge, a high quality math program meets your child where they are and helps them get to where they want to be – with a smile!

**3. Emphasizes regular attendance and goal setting.** Consistent learning over time is key to staving off the summer slide! A solid summer math program will help you and your child pinpoint learning goals and develop a steady plan of action to ensure progress without causing burnout.

**4. Keeps you in the loop.** Program administrators should be enthusiastic communicators eager to provide you with regular updates about your child's progress.

Committing to the right summer math program can help your child start the next school year on the right foot and gain long lasting confidence and a love of learning along the way. Have a great summer!

*Jim Aloisio has been married to his wife Mary for almost 30 years and they have three great kids who are now grown and in college or pursuing careers. Jim has been a respected member of the community as a parent and a coach (soccer and baseball), and Mary was an officer of her local PTA for many years. Over Jim's 27 years as a professional, he has had many diverse experiences from business owner and executive manager, to math teacher and head of the Gloucester High School math department. In 1997, Jim volunteered his time designing systems to evaluate MCAS data for the City of Gloucester. Jim is now the owner and Center Director of Mathnasium Learning Center in North Beverly. Mathnasium teaches math to students of all ages in a fun and motivating learning environment. Jim can be reached at northbeverly@mathnasium.com.*



# Summer Camps & Programs Showcase Series

## 9th Annual - Part 5 of 5



**2016 Summer Quest**  
The Crane Estate  
Ipswich  
North Shore

First Place  
Kids Programs  
*North Shore Magazine*  
2015

**best. summer. ever.**  
Unforgettable memories and new friends await. Curious minds will discover and engage with nature and the environment. Both spectacular Trustees properties offer a unique camp experience.

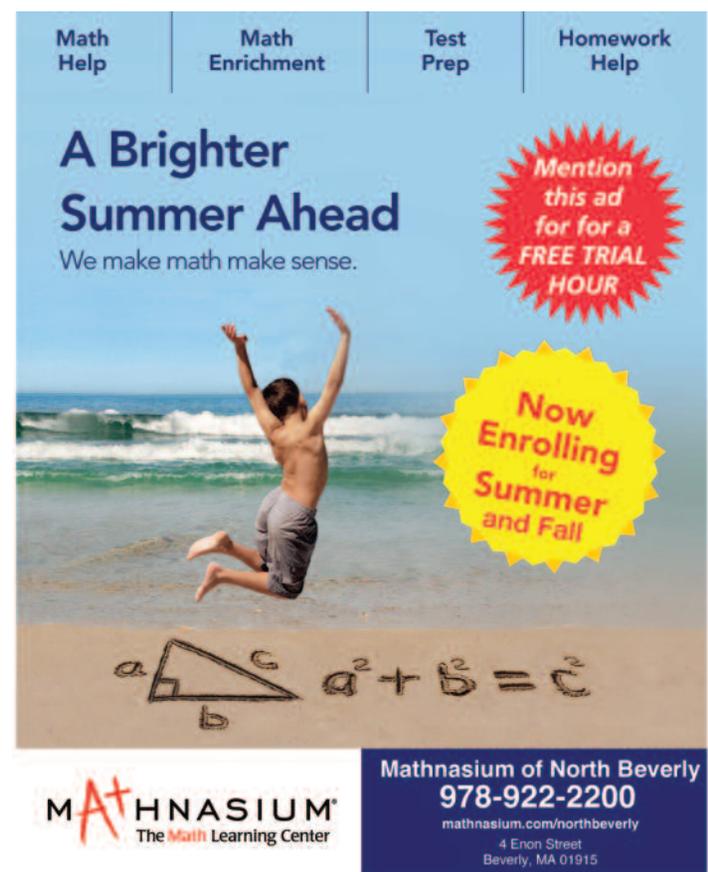
**TWO ULTIMATE CAMP ADVENTURES**

**APPLETON FARM CAMP**  
Appleton Farms  
Hamilton & Ipswich  
North Shore

New  
This Year!

Register now at  
[www.thetrustees.org](http://www.thetrustees.org)  
*where spirits soar*

**t**  
trustees



Math Help | Math Enrichment | Test Prep | Homework Help

**A Brighter Summer Ahead**  
We make math make sense.

Mention this ad for for a **FREE TRIAL HOUR**

Now Enrolling for Summer and Fall

$a^2 + b^2 = c^2$

**MATHNASIUM**  
The Math Learning Center

Mathnasium of North Beverly  
978-922-2200  
mathnasium.com/northbeverly  
4 Enon Street  
Beverly, MA 01915

## Children's Book Review

# Daddy Trains for the Marathon

Written by Mary Higgins;  
Illustrated by Ralph C. Di Pesa  
(Trafford Publishing;  
available on [www.amazon.com](http://www.amazon.com))

by **Suzanne Provencher**

If you or your spouse have ever run a marathon, *Daddy Trains for the Marathon* is a detailed children's story about what it's like to train for and run in a marathon – and in this case, The Boston Marathon. This story will help readers, young and old, fully understand the marathon experience and is helpful for children who have parents who run.

Daddy is challenged by Mommy, when she observes his big belly at the 4<sup>th</sup> of July cookout. This inspires Daddy to exercise and he begins to run. Before long, Daddy decides to run in The Boston Marathon the next year – and his training begins.

Throughout the tale – we learn how Daddy trains and the discipline it requires. We see how exercise benefits his body and makes him stronger and healthier. Daddy explains why many people, like him, run in The Boston Marathon – namely to raise money for medical research.

Many Boston area cities and towns are named as we see the Marathon route on the course map that Daddy puts on the refrigerator. We get to see the good foods that Daddy eats while training and on race day, foods that will give him energy to run the 26.2 mile race. We also learn how Daddy prepares for race day as we lead up to the main event.

And finally, race day arrives and Mommy takes us all to the starting line where we watch the runners and see all of the big tents. The runners



warm up before the race, with stretches and exercises to limber up.

*“Red shorts, blue shorts, green shorts, black pants. Look! There is a man dressed like a rhinoceros and two ballerinas in pink tutus. The runners are all colors and sizes.”*

Mommy then takes us to lunch in

Boston before we arrive at the finish line to wait for Daddy to finish the race.

This tale is told with humor and clearly explains what it's like to experience a marathon – from a runner's perspective as well as a child's perspective as a spectator. The illustrations are reminiscent of a coloring book, which most young children will be able to relate to and enjoy.

If you or someone you know is a runner and plans to run in a marathon, this local story, written by our own regular *Healthy Eating* contributor to **North Shore Children & Families**, Mary Higgins, will make it easy for anyone to understand the process and the event. And adults will enjoy the local references and Mommy's jokes, at Daddy's expense. This is a story that all ages will enjoy.

*Daddy Trains for the Marathon* is available at [www.amazon.com](http://www.amazon.com).

## Earn Cash for Vacations, Tuition & Camp!



### North Shore Mothers & Others: Sell ads for North Shore Children & Families!

Turn your free time into cash! If you have 5-10 hours per week to contact local businesses who need to reach North Shore parents, you could become an Independent Sales Contractor.

Work around your own schedule and earn money towards your family vacation, tuition, summer camp and more!

**North Shore Children & Families is the LARGEST distribution local publication for parents throughout the North Shore - since 2007!**

Interested candidates, please email [suzanne@northshorefamilies.com](mailto:suzanne@northshorefamilies.com) with your note of interest. Please use "ADVERTISING SALES" in your email's subject line. No phone calls, please and thank you.



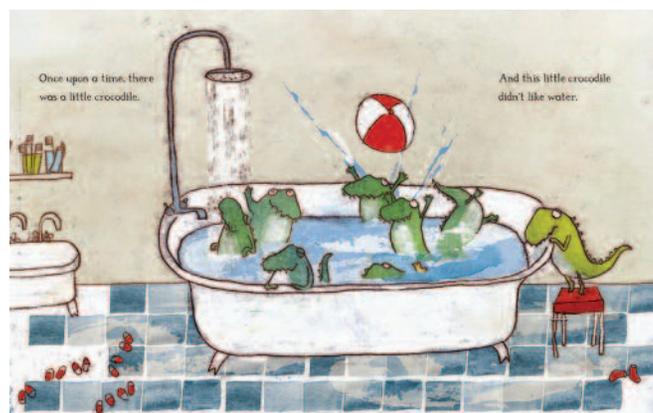
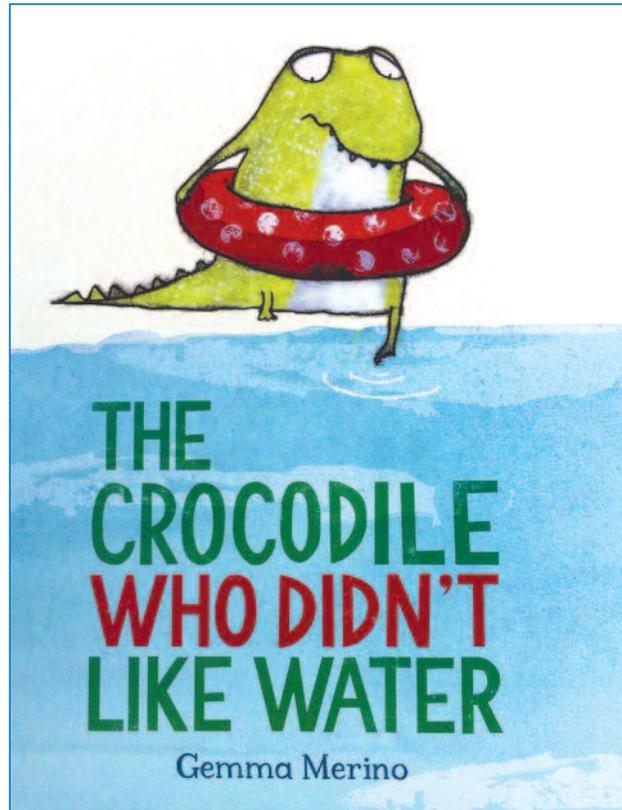
## The Crocodile Who Didn't Like Water

Written and illustrated by Gemma Merino  
(NorthSouth Books, \$17.95, Ages 4-7)

by **Cathy Ballou Mealey**

It's the summer issue – hooray! For many of us on the North Shore, summer will bring hours of family sun and fun in the water and waves at our fabulous beaches, lakes and rivers. But what if you have a little one who is water-wary, or prefers a drier, indoor sport? Reading this silly, surprising story might lead to some unexpected and delightful discoveries.

Everyone knows that crocodiles love water and are good swimmers. But this funny picture book features a young crocodile who does not like water one bit! He longs to join his mother, brothers and sisters who swim, splash and dive without fear. While they cavort in the water, little crocodile prefers climbing trees. Swinging from branches is lonely though, when everyone else is down below in the lake. So little crocodile takes all the money he has saved from the tooth fairy and buys himself a snazzy, polka-dotted, red rubber floatie ring.



At first he's off to a great start, hopping in the water and surrounded by his family while gamely bobbing along. But clutching the swim ring prevents him from playing ball or diving underwater. He floats for a bit, then decides to follow the others up

onto the diving board. While he is a pro at climbing the big, steep, wobbly ladder, he just doesn't have the heart to take the plunge off the board.

Alone again, little croc ditches the swim ring and summons every ounce of courage he can muster. *Kersplash!* He is finally in! But he is wet, cold and much to his chagrin, he needs a rescue. All he has gained from his dunking is embarrassment and a giant snoutful of lake water. *Achoo!* It is only because he

dared to take this big, bold, final step that little crocodile is ultimately able to discover who he really is, and why he had struggled all along.

Merino's illustrations are brilliantly expressive and creatively detailed. Each spindly-limbed croc sports an appealing individuality through an incredible range of expressions on their snaggy-toothed faces. Merino balances the rich textures of waves, water and lumpy croc skins within a perfectly muted blue-green color palette. Red is her preferred accent color, beautifully used with restraint and clever attention to detail, highlighting tiny red rain boots, red slippers, blankets, beach balls and fish. The text is placed with precision on each page, perfectly underscoring the action and stretched into big energetic words like *J-U-M-P* and *S-P-L-O-S-H!*

**The Crocodile Who Didn't Like Water** is short, smart, uplifting and tickles the funny bone for readers of all ages. The hilarious illustrations and an imaginative *read-it-again* ending will pair perfectly with cold lemonade, sticky s'mores or any other sweet summer treat you might enjoy. Bring your favorite floatie ring and share with your friends!

*Cathy Ballou Mealey is a picture book writer and mom to two great kids. She lives in Lynnfield and shares book reviews through Twitter via @CatBallouMealey. Cathy borrowed The Crocodile Who Didn't Like Water from her local library, where she discovers wonderful new stories every week.*

### Back To School Advertising Special!

Advertise in our August issue at open rate –  
**Save 15% off**  
**your September issue ad!**

Ads must be the same size in both issues  
but your ad materials can change.

Contact [Suzanne@northshorefamilies.com](mailto:Suzanne@northshorefamilies.com)  
by noon, Wednesday, July 20  
to secure your space and your  
**Back to School** season – and **Save!**  
[www.northshorefamilies.com/advertise](http://www.northshorefamilies.com/advertise)



**We've Got the North Shore Covered – Since 2007!**



# BOSTON'S FIRST MAKER FAIRE EVENT

**Boston Mini  
Maker Faire®**

**Saturday, July 23, 2016**  
AT BOSTON CHILDREN'S MUSEUM

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

