

JUNE 2014

WESTCHESTER family™

Growing Great Families Since 1990

145

FUN JUNE
EVENTS

**Summer
Getaways
Fun Awaits!**

**FATHERHOOD
AND THE NEW FAMILY
BALANCING ACT**

**TEACHER
GIFT IDEAS**
HOW TO SAY
THANK YOU

KINDness Counts

A Talk with KIND Snacks
Founder Daniel Lubetzky



Photo by KIND Healthy Snacks

features

- 16 KINDNESS COUNTS**
Have you noticed an abundance of KIND products everywhere you shop? We have, and it inspired us to find out more about Daniel Lubetzky, founder and CEO of the New York City-based KIND Snacks. Learn more about this father, entrepreneur and man on a social mission.
- 18 FATHERHOOD AND THE NEW FAMILY BALANCING ACT**
According to recent polls more modern dads are leaning in on a regular basis at home. What accounts for this change in lifestyle and how are dads making the adjustment? See if your family structure matches this growing trend.
- 32 SUMMER GETAWAYS!**
Taking your family on vacation this summer doesn't have to involve long flights to faraway locales. There are plenty of getaway options within a day's drive of Westchester County. Pack up the car, and set your GPS to one of these family-friendly destinations.



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Photo of Photo of Rob and Paisley Holmes
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azzuraphotography.com

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COMING NEXT MONTH

Westchester Family Favorites We asked and you voted! Now it's time for the big reveal. Make sure to find out who won the 2014 Family Favorites Awards.

The Best Cars for Dogs Not every car is suited for Fido. Find out which makes and models are best. Make your next purchase a good car for your good dog.

Plus ...
Westchester Family's award-winning searchable calendar for families and much more!

Look for it starting June 27!

SUMMER



GETAWAYS!

BY TRACI SUPPA

Taking your family on vacation this summer doesn't have to involve long flights to faraway locales. There are plenty of getaway options within a day's drive of Westchester County. You can get caught up in big city buzz, relax on a beach, learn about history, or spend time at waterparks, aquariums and theme parks. Pack up the car, and set your GPS to one of these family-friendly destinations.

LAKE GEORGE, N.Y.



Photo courtesy of VisitLakeGeorge.com

THE VIBE: Because the Lake George region is at the southern edge of the Adirondacks, you'll enjoy views of tree-covered mountains and access to more than 20 pristine lakes. While the area is comprised of several small, serene communities, you'll find hustle and bustle in the Village of Lake George, where you can stroll down the main street for shopping and dining, or take a river cruise aboard a classic paddlewheeler like the Minne-Ha-Ha.

WHY IT'S GREAT FOR FAMILIES: The range of attractions allows you to enjoy wholesome, back-to-basics activities and high tech thrills in equal measure. Thrill seekers head for the roller coasters at Six Flags Great Escape and Splashwater Kingdom. A quieter day can be spent playing mini-golf, or swimming at Million Dollar Beach, a state park on Lake George, which has recently undergone a \$3 million dollar upgrade.

Accommodations suit families of any size, and vary from spacious suites in full-service hotels to rustic lakeside cottages. There are more than 40 campgrounds, including forested island sites accessible only by boat.

HIGHLIGHTS AND WHAT'S NEW: Six Flags Great Escape in Queensbury features more than 135 rides, shows and attractions including Sasquatch, Screamin' Eagles, a full outdoor water park and petting zoo. New this year is the Extreme Supernova ride, a spinning adventure that lifts riders 50 feet in the air.

FOR MORE INFO: Warren County Tourism Department, visitlakegeorge.com

MYSTIC, CONN.

THE VIBE: "Mystic Country" covers the eastern third of Connecticut, a total of 42 towns in close proximity, allowing you to enjoy New England coastal communities as well as rural rolling hills inland. The town of Mystic's maritime history and culture is omnipresent at the boat docks, clam shacks and at Mystic Seaport, a recreated 19th-century coastal village complete with general store, school, bank and lighthouse.

WHY IT'S GREAT FOR FAMILIES: The Mystic Aquarium is a must-do attraction, with sea lion shows, animal encounters, beluga whale and African penguin exhibits, state-of-the-art touch displays and a 4-D Theater.

Further afield, you'll find The Dinosaur Place at Nature's Art Village in Montville, Mashantucket Pequot Museum in Mashantucket and the Essex Steam Train & Riverboat in Essex. Want to swim in the Atlantic? You can head to the white sand at Ocean Beach Park in New London.

HIGHLIGHTS AND WHAT'S NEW: Just last year, the Adventure Park at Storrs, an "aerial forest park," opened near Mystic. Within five acres of woodland you can climb a series of bridges and trails through the trees connected by cable, wood, rope and zip lines.



Photo Courtesy of Mystic Seaport

FOR MORE INFO: Eastern Regional Tourism District/Mystic Country, mystic.org

LONG BEACH ISLAND, N.J.



THE VIBE: Bring your bathing suits, boogie boards and beach towels, because this region encompasses 18 miles of Atlantic Ocean shoreline on a barrier island off the southern New Jersey coast. You'll spend most of your time in sand and surf, but there are other ways to entertain the troops. Try an afternoon at Fantasy Island Amusement Park or Thundering Surf Water Park.

WHY IT'S GREAT FOR FAMILIES: During your trip to "LBI," you'll be mainly in the company of other families, in contrast to other more boisterous Jersey Shore towns. Most lodging comes in the form of rental properties close to the beach, including single-family and multi-family houses and condos. You'll also find small hotels and motels, such as the Jolly Roger and Lorry's Island End, offering family packages where kids can stay and eat for free.

HIGHLIGHTS AND WHAT'S NEW: The SurfFlight Theatre in Beach Haven has a summer calendar full of children's programs and live musicals, including *Dora the Explorer's Pirate Adventure*, *Willy Wonka, Jr.*, and a Winnie the Pooh character lunch. For an introduction to maritime history, visit the Tuckerton Seaport and Baymen's Museum in Tuckerton, the New Jersey Maritime Museum in Beach Haven, or the Barnegat Lighthouse State Park on the island's northern tip, where you can climb to the top of the historic 165-foot-tall lighthouse for expansive views.

FOR MORE INFO: Southern Ocean County Chamber of Commerce, visitlbiregion.com

THE BERKSHIRES, MASS.

THE VIBE: The Berkshires may seem rural and laid back, but that doesn't mean there's nothing to do. In fact, this region in western Massachusetts covering 30 towns and two cities is known for its arts and culture, specifically for Tanglewood, the summer home of the Boston Symphony Orchestra.

WHY IT'S GREAT FOR FAMILIES: The Berkshires offer plenty of opportunities for wholesome, unplugged family time. Visit a farmer's market, walk through the Berkshire Botanical Garden, or take a canoe to the Bartholomew's Cobble preserve.

There are also several museums well suited for kids, including Mass MoCA, the Massachusetts Museum of Contemporary Art in North Adams, and the Norman Rockwell Museum in Stockbridge. At the Berkshire Museum in Pittsfield, you'll find a dinosaur exhibit hall, an aquarium and more.

HIGHLIGHTS AND WHAT'S NEW: Ramblewild, an aerial park in Lanesborough, opens this month with eight self-guided courses ranging from beginner to expert. For even more adventure, try Jiminy Peak Mountain Resort, which not only has an aerial adventure course, but also scenic chairlift rides, an alpine slide, mountain coaster and a rock climbing wall.



Photo Courtesy of the Berkshire Visitors Bureau

FOR MORE INFO: Eastern Regional Tourism District/Mystic Country, mystic.org

THE POCONOS, P.A.



Courtesy PoconoMountains.com

THE VIBE: The scenery says it all — more than 2,400 square miles of forests, waterfalls and mountains spanning four counties. You can enjoy it from horseback, on a mountain bike, in a canoe, on a lakeside beach, or while taking a historic train ride.

WHY IT'S GREAT FOR FAMILIES: Located just 90 miles from Westchester's border, the Pocono Mountains region is quick to reach. Family attractions include Camelback Mountain Waterpark, Claws n' Paws Wild Animal Park, No. 9 Coal Mine and Museum, Blue Lightning all season tubing park, and NASCAR races at Pocono Raceway. Families can stay at campgrounds, cottages, condos and popular resorts like Woodloch, which offers all-inclusive packages that include Family Olympics and Family 101 Golf.

HIGHLIGHTS AND WHAT'S NEW: At 78,000-square-feet, Great Wolf Lodge® boasts the northeast's largest indoor waterpark. Your stay includes lodging in themed suites, daily events including nightly story time, and a kids' spa. The adventure game ShadowQuest was introduced late last year. Utilizing the same wand technology of its sister game, MagiQuest™, this new interactive game takes players through the resort in search of crystals, artifacts and magical places.

FOR MORE INFO: Pocono Mountains Visitors Bureau, poconomountains.com

NEW YORK CITY, N.Y.



Photo courtesy of NYC & Company, Inc.

THE VIBE: The sights and sounds of the city definitely make this a high-energy getaway. There are enough attractions, theaters, restaurants and shops to fill a week, but just strolling the streets or taking a double-decker bus tour can be exciting enough for kids.

WHY IT'S GREAT FOR FAMILIES: With such an expansive range of activities and events, everybody in your family – from toddlers to teens – can find something that interests them. With easy-to-navigate trains and subways, you don't need a car. And yes, there is plenty of low-cost and free entertainment, such as free movie screenings at the Sony Wonder Technology Lab, free guided walking tours of the High Line park and the many public playgrounds within Central Park.

HIGHLIGHTS AND WHAT'S NEW: It's nearly impossible to narrow down the choices of what to do and see in New York City. You can play tourist and visit the Empire State Building or the Statue of Liberty. You could enjoy a day in Times Square – don't miss the Ferris wheel inside Toys 'R Us and M&M's World – ending with a new Broadway show such as Disney's *Aladdin*. Don't forget the outer boroughs. The nation's first museum dedicated to kids, the Brooklyn Children's Museum, has a new exhibition, the "Brooklyn Block Laboratory." This 1,000-square-foot pop-up activity area encourages block play with wood, foam and magnetic blocks.

FOR MORE INFO: NYC & Company, Inc., nycgo.com

DAY TRIP IDEAS

Can't get away for a whole weekend? Take a day trip to these nearby attractions.

- **Dinosaur State Park and Arboretum, Rocky Hill, Conn.**
stateparks.com/dinosaur.html
- **Liberty Science Center, Jersey City, N.J.**
lsc.org
- **Maritime Aquarium, South Norwalk, Conn.**
maritimeaquarium.org
- **Splashdown Water Park, Fishkill, N.Y.**
splashdownbeach.com
- **Walkway Over the Hudson, Poughkeepsie, N.Y.**
walkway.org

Traci L. Suppa is a frequent contributor to Westchester Family.



Courtesy Maritime Aquarium

A trip to Maritime Aquarium in Connecticut is an ideal family day trip.