When it comes to food, some kids just “Can’t like it.”

If I had one piece of advice for new parents, it would be “Be careful of what you name your child. They will assume that personality.” One piece of advice for current parents? “Too late and good luck!”

Sometime after our first child was born, my husband said to me, “If we have another kid and it’s a boy, I want to name him Calvin.” “OOO. I like that name.” I said. Four years later, he arrived. He already had an opinion starting at day 1. His biggest opinion was on food. Although he loved milk and drank it by the gallon, he refused to eat most other foods. Oatmeal baby cereal, no. Whole wheat baby cereal, no. Rice baby cereal, sometimes. Fruit, please. Vegetables, forget it. Meat, definitely not.

Somehow we made it through and he survived. Being a born vegetarian, we struggled with finding protein sources that he would eat. By the age of 4 his diet consisted of:

- Peanut butter and jelly sandwiches
- Grilled cheese sandwiches
- Cheese quesadillas
- Angel hair pasta
- Mac and cheese
- Goldfish
- Milk
- Bananas
- Grape Juice
- French fries
- Popcorn

Yes, that is it. Of course I received the age old advice, “If he gets hungry enough, he will eat.” No, he won’t. His doctor said he would grow out of it. No, he didn’t.

When he would go to sleepovers, the other child’s parent would always say with desperation, “I tried to feed him, he just wouldn’t eat anything.” I truly felt sorry for them. I was used to it.

Some people said he was a picky eater and to just offer him new foods. I did that. I offered him everything there was to offer. “Calvin, just try this (insert food here). You will like it.” “I can’t like it.” “Just try it.” “Mom, I can’t like it.”

Of course my mother didn’t understand it and I was bombarded with “Will Calvin eat (insert food here)?” No. “Have you tried...?” Yes. I felt sorry for her. Being a mother and southern woman feeding people was at the core of her being.

Continued on page 15
## Tuition and Program Fees

<table>
<thead>
<tr>
<th>Program fees</th>
<th>Current</th>
<th>Effective</th>
<th>September 1, 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual Registration Fee</td>
<td>Charged at Enrollment &amp; every September</td>
<td>$10</td>
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<td>Late Tuition Fee</td>
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<td>Late Pick-up Fee</td>
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<td>Per minute after 5:35 PM</td>
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## Tuition Rates

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<th>Infant and Toddler Center</th>
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<tbody>
<tr>
<td>Alumni/Community</td>
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<tr>
<td>Faculty &amp; Staff</td>
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<td>FSU Student</td>
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<td>Military Connected student family</td>
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<tr>
<td>Pell recipient/eligible student</td>
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<table>
<thead>
<tr>
<th>Children’s Center</th>
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<tr>
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<tr>
<th>VPK Wrap Around Rate</th>
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<tr>
<td>Alumni/Community</td>
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<tr>
<td>Faculty &amp; Staff</td>
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<tr>
<td>FSU Student</td>
<td>$237</td>
<td>TBA</td>
<td></td>
</tr>
</tbody>
</table>

## FSU Childcare & Early Learning Programs

**FSU Child Development Programs**
*Monday-Friday 7:30 AM- 5:30PM*

- Associate Director, Tiffany Karnisky  
  850-644-5664  
  tkarnisky@admin.fsu.edu
- Program Associate, Brenda Thompkins  
  Grants Analyst, Bill Stacey  
  Telephone: 644-7970  
  Fax: 644-8565  
  157-01 Herlong Drive  
  Tallahassee, FL 32310-4174

**Infant and Toddler Center**
*DCF License #C02LE0260 Monday-Friday 7:30 AM- 5:30PM*
- Center Director, Dana Johnson  
  Telephone: 644-0003  
  330 Pennell Circle #1  
  Tallahassee, FL 32310

**Children’s Center**
*DCF License #C02LE0519 Monday-Friday 7:30 AM- 5:30PM*
- Center Director, Beth Roberts  
  Telephone: 645-9576  
  169 Herlong Drive  
  Tallahassee, FL 32310

The Little Noles is a monthly publication of The FSU Child Development Programs, 942 Learning Way, University Housing, Florida State University, Tallahassee, FL 32306-4174, (850) 644-7970. The information contained herein is considered adequate notification of activities, tuition notification and policies and procedures. The Little Noles is also available in alternative formats upon request. Material submitted for publication must be type-written and submitted by the 15th of each month. The Little Noles is distributed to the parents of The FSU Child Development Programs, selected university administrators, staff, and support personnel.
**Withdrawal Notices**

A thirty day written notice must be given to avoid incurring tuition fees past the date you plan to have your child participate. The notice must be submitted online or by paper form available at the center or at FSU Childcare & Early Learning Programs Office, 157-01 Herlong Drive. Online forms are considered valid and binding once submitted. Paper forms must be signed and time/date stamped by a program staff member to be valid. Other notifications such as verbal communication with a staff member will not be considered valid notices. Once a withdrawal form has been submitted, changes to an earlier date will not be accepted. Failure to give the required 30 day notice will result in monetary charges for a full month’s tuition irrespective of whether the child attends or not. This allows the centers and families adequate time to prepare for the child’s departure from the center and new families adequate time to enroll.

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**Tuition Rates.** Tuition rates are assessed according to parent status. Non-refundable registration fee $10 upon enrollment and each Sept. 1, thereafter. Tuition is calculated on 44 weeks of care or 11 months. Tuition is not charged in August. Tuition is due on the first day of the month; late by the 10th day.

**Student Rate**
Undergraduate parents must be registered for a minimum of 6 hours and graduate student parents must be registered for a minimum of 3 semester hours. During the summer semester, if a student parent is not enrolled, to receive the student rate during the summer semester, the parent must be registered at as

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**Pell Recipient/Eligible student**
(under Infant and Toddler Center CCAMPIS Grant)
To receive the Pell Grant student parent rates, the parent must be eligible to receive or be receiving Pell Grant funds.

**Military Connected Family student**
(under Infant and Toddler Center CCAMPIS Grant)
To receive the Military connected student parent rate, the student must be in veteran or active duty status or have a spouse in veteran or active duty status.

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**Faculty/Staff Rate**
Parents must be employed as an FSU faculty member, OPS, USPS or A&P staff member, FSU Visiting Scholar/Researcher/Post Doc. FSU employees enrolled as special students or as a student using the university tuition waiver will receive the Faculty/Staff rate.

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**School Readiness Subsidies.**
Parents will be responsible for paying the full amount of tuition at the stated rate above before the 10th of each month. Any subsidies from the School Readiness Program will be applied as a credit to your account when it is received from the agency. School Readiness Program provides tuition assistance to eligible families who are working and/or attending school for a minimum of 20 hours per week.

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Do you have news you would like to share? Tell others about a great book you and your child have read? or just say happy birthday, thank you or congratulations?
Please send us your news. Submissions are due a month in advance. Email Brenda Thompkins at bthompkins@admin.fsu.edu
### FSU Registrar Calendar

<table>
<thead>
<tr>
<th>Event</th>
<th>Session A</th>
<th>Session C</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Main Campus Dates</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Last day for doctoral students to submit their manuscript for initial format check.</td>
<td>June 22</td>
<td>June 22</td>
</tr>
<tr>
<td><strong>Prorated 7th week session deadline.</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Last day to submit form requesting S/U grading or to change S/U option back to regular grade.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Last day to reduce course load without permission of Academic Dean.</td>
<td>June 26</td>
<td>July 17</td>
</tr>
<tr>
<td>Last day for doctoral students to take and pass their preliminary examination in order to add or convert dissertation hours for the current semester.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Last Day to drop a course without receiving a grade.</td>
<td></td>
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<tr>
<td>Last Day to withdraw from school without receiving a grade.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>No Classes: Independence Day Observed.</td>
<td>July 3</td>
<td>July 3</td>
</tr>
<tr>
<td>Last day for master’s students to submit their manuscripts for initial format check.</td>
<td>July 6</td>
<td>July 6</td>
</tr>
<tr>
<td>Financial Aid Exit Interviews Deadline, for all students with federal loans graduating, transferring or taking less than six semester hours at <a href="http://my.fsu.edu">http://my.fsu.edu</a>.</td>
<td>July 15</td>
<td>July 15</td>
</tr>
<tr>
<td><strong>End of prorated 12th week of classes.</strong></td>
<td></td>
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</tr>
<tr>
<td>Deadline for late drop with dean’s permission.</td>
<td>July 17</td>
<td>July 31</td>
</tr>
<tr>
<td>Last day for all doctoral and master’s students to submit revised, defended version of manuscript and all required forms.</td>
<td>July 20</td>
<td>July 20</td>
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<tr>
<td>Last day for all doctoral and master’s students to receive clearance email from the Manuscript Clearance Office.</td>
<td>July 31</td>
<td>July 31</td>
</tr>
<tr>
<td>Financial Aid Deferments Expire. Full tuition payment must be received to avoid a late payment fee.</td>
<td>August 1</td>
<td>August 1</td>
</tr>
<tr>
<td>Last day for community college, FSU, and FAMU students to submit Fall 2015 Cooperative Program applications. Veterans’ Deferments Expire. Full tuition payment must be received to avoid a late payment fee.</td>
<td>August 1</td>
<td>August 1</td>
</tr>
<tr>
<td>Last day to turn in ServScript hours online.</td>
<td></td>
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<tr>
<td>Last day to officially withdraw from the University.</td>
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<td></td>
</tr>
<tr>
<td><strong>Last Day of Classes.</strong></td>
<td>August 7</td>
<td>August 7</td>
</tr>
<tr>
<td>Last day to reduce course load, if permitted, by the Academic Dean.</td>
<td></td>
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</tr>
<tr>
<td>Last day to apply for AA Certificate at the Office of Undergraduate Studies, <a href="https://uca.fsu.edu">UCA 3400</a></td>
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</tr>
<tr>
<td>Final Exam Week.</td>
<td>...</td>
<td>...</td>
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<tr>
<td><strong>Term Ends.</strong></td>
<td>August 7</td>
<td>August 7</td>
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<tr>
<td>Summer 2015 Diplomas dated with the following date.</td>
<td>August 7</td>
<td>August 7</td>
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<tr>
<td><strong>Commencement</strong>, Civic Center, 9:00 a.m.</td>
<td>August 8</td>
<td>August 8</td>
</tr>
<tr>
<td>Residence Halls close at noon.</td>
<td>August 8 (noon)</td>
<td>August 8 (noon)</td>
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<tr>
<td>Online Grades Due by 4:00 p.m.</td>
<td>August 11</td>
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</tr>
<tr>
<td>Grades available online.</td>
<td>August 12</td>
<td>August 12</td>
</tr>
</tbody>
</table>
Teacher Recommendations

- The Rainbow Fish
  *Author: Marcus Pfister*

- If You Give a Moose a Muffin
  *Author: Laura Joffe Numeroff*  
  *Illustrated by Felicia Bond*

- The Emperor's Egg
  *Author: Marcus Pfister*  
  *Illustrated by Jane Chapman*

- The King's Taster
  *Author: Jon J. Muth*  
  *Illustrated by Jon J. Muth*

Good Reads

- Over in the Rainforest
  *In Corinna and Peter Renz*  
  *Illustrated by Carol Schmidt*

- Magic Windows: Touch and Feel
  *Under the Sea*

- Five Little Sharks Swimming in the Sea

- Gregory, the Terrible Eater
  *Written and Illustrated by Mitchell Sharmat*
Last month we worked on “Travel and Vacation” and “Down by the Seashore”. First we packed up our suitcases and headed on vacation. We sent post cards, rode on airplanes, trains, boats and cars. We visited so many wonderful places and had so much fun along the way! Then when we got to the seashore, we decided to stay a while. We made flip flops out of construction paper, seagulls, sandcastles and sunglasses. We have also been pretending we are at the beach in the sand box and playing with seashells in the sand table. We are continuing Water Days for the summer. We each go one day a week for the whole summer to splash in the baby pools out back!! It is so much fun and keeps us cool on these hot summer days!!!

To start off this month we are celebrating America and the Fourth of July!!! We will make handprint American flags and glitter fireworks!!! We even made red white and blue streamers and had a July 4th parade around school. For the rest of July we will be going “Under the Sea”!! This is one of our favorite units, we have so much fun with this one! We will finger paint sharks, paint big blue whales with water colors, make an under the sea collage along with many other under the sea friends. We will play with our sea animals in the water table and in our pools on splash day. We will sing “five little fish” with our finger puppets and one of our favorite songs called “baby shark” along with many others. We will be reading Rainbow Fish by Marcus Pfister, Touch and Feel Under the Sea by Beck Ward, Five Little Sharks Swimming in the Sea by Steve Metzger to name a few.

***Make sure your child has an appropriate change of clothes in his/her cubby for the warmer weather. Thank you.
Summer time is a perfect opportunity for travel with friends! So why not shoot for the moon? We had a week long space adventure in the first week of June. The Little Noles became astronauts and aliens as we explored planets, stars, and Earth’s moon. The children learned about gravity and our solar system. Upon our return to Earth, we took a trip around the world making stops on three different continents to learn about the cultures, geographies, and industries of other countries. In Africa, we learned about the various animals that live on the savannah and made representations of these animals in art center. We enjoyed a parent presentation from Chidirim’s mommy, Oyidia about life and culture in Africa, went on safari, and enjoyed some special African cooking activities. In Asia, we learned about the continent’s incredible variation of animals, geography, cultures, and people from another parent presentation, thank you Azra’s mommy, Tugba and Kaylee’s sister Jenna. We focused on the Middle East, India, Russia, China, and Korea. On our tour of Europe, we delved into the arts as our art took on the look and practices of masters such as Michelangelo, Monet, and Picasso. We enjoyed making exciting cuisine like zebra cake, Ukrainian pampushky, and spring rolls. We especially loved baking scones for our English tea party!

In July, we will continue our world tour and visit the remaining four continents, North America, South America, Antarctica, and Australia. In North America, we will learn about Mexico, Native American Cultures, and the USA. This study will include some delicious Mexican food, Native American crafts, and a Fourth of July parade! Then we’ll head south to explore the rainforest and further south into Antarctica where we will have fun with various ice and cold experiments. Finally, we’ll take a trip “down under” to Australia!

We will sing “Yankee Doodle”, “Bueno Dias”, and “Kookabura”, and read If You Give a Moose a Muffin, Over in the Rainforest, and The Emperor’s Egg, and Snap! The letters of the month are A for America, Antarctica and Australia and K for koala and kangaroo. The color is yellow. The children will enjoy cooking activities like red, white, and blue parfaits, “monkey bars” and strawberry bread.

As our Pre-K friends prepare to leave us for Kindergarten, it’s important to continue to practice letter naming and identification, and to review letter sounds. Lots of writing and drawing activities will help strengthen those hand muscles! Remember that our Splash Days are every Friday in June and July! Come prepared for wet fun in the sun!

FSUCC Staff
Max loves his job as the cook’s dog and the king’s taster, making sure the food isn’t poisoned. He enthuses, “My name’s Max and I eat like a king.” However, when the new king (a young boy) refuses to eat the food, Max and the cook go in search of kitchens in Paris, Italy, and Mexico for tasty new recipes, but French fries, pizza, and chili tacos are all rejected. “Off with his head!” orders the king. Unable to sleep that night, Max follows a shadow scuttling out of the kitchen; he wakes the cook and they peek through the keyhole. There is His Highness sitting in bed eating candy—licorices, ginger cookies, and huge hunks of marzipan! When the cook threatens to tell his mother, the king relents, and, at last, eats everything on the plate. The mixed-media illustrations are deliciously capricious with clever collage details—for example, the cook’s jacket is constructed of photographed fabric with handwritten recipes all over it, and the beagle, Max, for some goofy reason, wears glasses. Kids will relish this comic culinary calamity, especially the peek-a-boo sight of the king in his accidentally revealing pjs.

**The King’s Taster**

From Booklist

Gregory isn't like most goats. Instead of indulging in delicacies like old shoes, boxes, and bottle caps, he prefers to eat fruits, vegetables, eggs, and fish. Mother Goat and Father Goat are disgusted, and after several attempts to get Gregory to eat like a proper goat, they finally take him to see Dr. Ram. But when Gregory finally develops a taste for flat tires and broken violins, he's not just eating like a goat—he's eating like a pig! Will Gregory be able to find a healthy balance before he eats everything in the house?

**Gregory, the Terrible Eater**

*By Bill Stacey*

*By Kenneth Oppel, paintings by Storie Johnson & Lou Fancher*
Children's nutrition: 10 tips for picky eaters

By Bill Stacey

Children's nutrition doesn't have to be frustrating. Consider these strategies to avoid power struggles and help the picky eater in your family eat a balanced diet.

By Mayo Clinic Staff

Is your preschooler refusing to eat anything other than chicken nuggets? Or would your toddler rather play than eat anything at all? If children's nutrition is a sore topic in your household, you're not alone. Many parents worry about what their children eat — and don't eat. However, most kids get plenty of variety and nutrition in their diets over the course of a week. Until your child's food preferences mature, consider these tips for preventing mealtime battles.

1. Respect your child's appetite — or lack of one

If your child isn't hungry, don't force a meal or snack. Likewise, don't bribe or force your child to eat certain foods or clean his or her plate. This might only ignite — or reinforce — a power struggle over food. In addition, your child might come to associate mealtime with anxiety and frustration or become less sensitive to his or her own hunger and fullness cues. Serve small portions to avoid overwhelming your child and give him or her the opportunity to independently ask for more.

2. Stick to the routine

Serve meals and snacks at about the same times every day. You can provide milk or 100 percent juice with the food, but offer water between meals and snacks. Allowing your child to fill up on juice, milk or snacks throughout the day might decrease his or her appetite for meals.

3. Be patient with new foods

Young children often touch or smell new foods, and might even put tiny bits in their mouths and then take them back out again. Your child might need repeated exposure to a new food before he or she takes the first bite. Encourage your child by talking about a food's color, shape, aroma and texture — not whether it tastes good. Serve new foods along with your child's favorite foods.

4. Make it fun

Serve broccoli and other veggies with a favorite dip or sauce. Cut foods into various shapes with cookie cutters. Offer breakfast foods for dinner. Serve a variety of brightly colored foods.

5. Recruit your child's help

At the grocery store, ask your child to help you select fruits, vegetables and other healthy foods. Don't buy anything that you don't want your child to eat. At home, encourage your child to help you rinse veggies, stir batter or set the table.

6. Set a good example

If you eat a variety of healthy foods, your child is more likely to follow suit.

7. Be creative

Add chopped broccoli or green peppers to spaghetti sauce, top cereal with fruit slices, or mix grated zucchini and carrots into casseroles and soups.

8. Minimize distractions

Turn off the television and other electronic gadgets during meals. This will help your child focus on eating. Keep in mind that television advertising might also encourage your child to desire sugary or less nutritious foods.

9. Don't offer dessert as a reward

Withholding dessert sends the message that dessert is the best food, which might only increase your child's desire for sweets. You might select one or two nights a week as dessert nights, and skip dessert the rest of the week — or redefine dessert as fruit, yogurt or other healthy choices.

10. Don't be a short-order cook

Preparing a separate meal for your child after he or she rejects the original meal might promote picky eating. Encourage your child to stay at the table for the designated mealtime — even if he or she doesn't eat. Keep serving your child healthy choices until they become familiar and preferred. If you're

Continued on page 15
Restaurant Survival with an Infant or Toddler

By Dana Johnson

Here are some survival tips to help make dining out with your infant or toddler an enjoyable experience for everyone.

The first tip is to "Childproof Your Table." When your child gets to the age where he or she is reaching for objects, be aware of the items on the table that are sharp or can easily spill. To be safe, remove forks, knives creamer and other things that are accidents waiting to happen until you need them. This will keep idle hands from using these items as playthings. Although parents can't be mind readers, many arguments and mishaps are foreseeable and can be avoided.

The second tip is to come prepared. Once you arrive at the restaurant, you will want to keep your child happy at the table for as long as possible. This can be a challenge with children of all ages, be sure to bring small, assorted toys and books that will help pass the time. It is even a good idea to have a "restaurant bag" with special toys that your child only gets to play with out at a restaurant. This will help your child not get bored with the toys and as your child gets older they will begin to look forward to playing with the special toys when they go out to eat. Remember that these toys will undoubtedly end up on the floor, so it is best to pack things that can be easily washed and won't be terribly missed if lost.

The third and final tip is to know your child's schedule. An enjoyable dining experience will very much depend on how cooperative your child is during the outing. In order to ensure that there is more dining than whining, you should always consider your child's disposition first. No matter what your child's temperament, always try to venture out when your child is well rested. Whenever possible, avoid going out just before your baby is due for a nap. An overtired child will have a hard time enjoying the outing no matter his or her age.
Holiday History

Canada Day
July 1

Canada Day is a celebration of Canadian nationalism, heritage and pride. Canada became self-governing on July 1, 1867, with the passage of the British North America Act (BNA Act) in the British Parliament. The holiday was originally known as "Dominion Day". It was changed to Canada Day by the Canadian Parliament on Oct. 27, 1982.

Independence Day
July 4

Although July 4th is celebrated as America’s official split from Britain’s rule and the beginning of the American Revolution, the actual series of events show that the process took far longer than a single day. Taxation without representation! That was the battle cry of the 13 colonies in America who were forced to pay taxes to England’s King George III with no representation in Parliament. As dissatisfaction grew, British troops were sent in to quell any signs of rebellion, and repeated attempts by the colonists to resolve the crisis without war proved fruitless. The original resolution was introduced by Richard Henry Lee of Virginia on June 7, 1776, and called for the Continental Congress to declare the United States free from British rule. On June 11, 1776, the colonies’ Second Continental Congress, meeting in Philadelphia, formed a committee with the express purpose of drafting a document that would formally sever their ties with Great Britain. The committee included Thomas Jefferson, Benjamin Franklin, John Adams, Roger Sherman and Robert R. Livingston. The document was crafted by Jefferson, who was considered the strongest and most eloquent writer.

The following day, copies of the Declaration of Independence were made. It was not until July 4th that the American people officially declared their independence from British rule. The original resolution was (nevertheless, a total of 86 changes were made to his draft!) The final version, the document that we know as the Declaration of Independence was officially adopted by the Continental Congress on July 4, although the resolution that led to the writing of the Declaration was actually approved two days earlier. The following day, copies of the Declaration of Independence were distributed to the public.

Continued on page 16

Legislation in Review

By Beth Roberts

The ending of the legislative session in June for children’s issues was essentially the status quo but there were a few strides towards increasing quality care and education for Florida’s children. The first was an increase of $5 million dollars in the state’s subsidized child care program (School Readiness) which will assist in supporting parents seeking quality care and education for their children. It also assists and encourages providers to continue improving the quality of the services they offer.

The second is very critical in ensuring children with potential delays can be identified as early as possible and receive the services they need to address the challenges they face. Early intervention has its greatest potential for success the earlier it is provided in a child’s life. A much needed $10 million dollar allocation to the Early Steps Program is a wonderful stride in the right direction for our children with special needs and their parents. Funding towards a statewide incentive system for early childhood teachers was also provided. This is an incentive program that was piloted this past year in a few areas throughout Florida. It has received good reviews because it focuses its rewards or incentives on the teachers rather than program.

An additional highlight was more funding for Help Me Grow. The statewide parent resource system received almost $2 million dollars in year-after-year funding. This will assist those working on Help Me Grow to build a foundation on which to begin reaching parents with highly localized information in all 67 Florida counties. It’s the first-of-its-kind resource to give parents answers to their questions so they can best help their children.

As with all the proposed budget items the next stop for all these is the Governor’s desk.
Continued from page 11

Concerned that picky eating is compromising your child's growth and development, consult your child's doctor. He or she can plot your child's growth on a growth chart. In addition, consider recording the types and amounts of food your child eats for three days. The big picture might help ease your worries. A food log can also help your child's doctor determine any problems.

In the meantime, remember that your child's eating habits won't likely change overnight — but the small steps you take each day can help promote a lifetime of healthy eating.

Continued from front page

“I'll make him something. You'll see he will eat it.” He didn’t. She finally gets its and makes him pasta. “Why is he not eating it? You said he eats pasta.” I ask him. “I can’t like it.” “Calvin you love pasta. What’s wrong with it?” It tastes different. I taste it. To my mother, “Did you put salt on this?” “Of course! Everyone salts their pasta.” He doesn’t.

Many years later while flipping through TV channels, I happened upon a show on Super Taster. What caught my attention was a man who only ate grilled cheese sandwiches and french fries-breakfast, lunch and dinner. The man and other super tasters like him discussed how this affects their lives and how others perceive them, particularly as picky eaters. He doesn’t.

Supertasters have a heightened sense of taste and more taste buds that the average human. The term “Supertaster” was coined in the early 1900s by Linda Bartoshuk during her study on saccharin. Bartoshuk found that while most people tasted the sweetness of saccharin, some found it to be bitter. Further study lead her to identify the tongue's anatomy as the distinguishing characteristic of supertasters. While supertasters are picky eaters, picky eaters are not necessarily supertasters.

Bartoshuk also found that a large proportion of professional chefs are supertasters. This strikes me as funny because Calvin, from a very young age, wanted to be a chef. I told him that to be a chef you have to actually eat food. He insisted that thousands of people would eat at his pasta restaurant, assuming the only topping choices you are interested in are butter or parmesan cheese.

There could be big money in his super tasting taste buds. Another Gordon Ramsey? Sommelier? I doubt it. Over the years he has added in more foods, corn, hot dogs, rice, chicken (nuggets only), bacon and watermelon (with seeds only). He still has never eaten a hamburger or any other vegetable except corn or potato (fries or mashed only). I asked him about the watermelon, since finding them with seeds is hard now days.

“So for parents out there who continue to deal with “picky eaters,” think again you may have a supertaster on your hands and this little person truly “Can’t like it.”


Image: http://calvinandhobbes.wikia.com/wiki/Dinner
Independence were distributed and, on July 6, The Pennsylvania Evening Post became the first newspaper to print the extraordinary document.

On July 8, 1776, the first public readings of the Declaration were held in Philadelphia’s Independence Square to the ringing of bells and band music. All of this had occurred with some of the delegates to the Congress not even present; New York, for example, did not even vote on the resolution until July 9. (Did you know that not a single signature was appended to the Declaration on July 4? While most of the 56 names were in place by early August, one signer, Thomas McKean, did not actually sign the Declaration until 1781.) One year later, on July 4, 1777, Philadelphia marked Independence Day by adjourning Congress and celebrating with bonfires, bells and fireworks. The custom eventually spread to other towns both large and small, where the day was marked with processions, oratory, picnics, contests, games, military displays and fireworks.

Observations throughout the nation became even more common at the end of the War of 1812 with Great Britain. On June 24, 1826, Thomas Jefferson sent a letter to Roger C. Weightman, declining an invitation to come to Washington, D.C. to help celebrate the 50th anniversary of the Declaration of Independence. It was the last letter, that Jefferson, who was gravely ill, ever wrote. In 1941, Congress declared July 4 a legal Federal holiday. Today, communities across the nation mark this major midsummer holiday with parades, fireworks, picnics and the playing of the "Star Spangled Banner."

Countries who celebrate their own Independence Day:
- Afghanistan: August 19
- Argentina: July 9
- Bahamas: July 10
- Belgium: October 4
- Botswana: September 30
- Brazil: September 7
- Chile: September 18
- Dominican Republic: February 27
- Finland: December 6
- France: July 14
- Ghana: March 6
- Greece: March 25
- Haiti: January 1
- Iceland: June 17
- India: August 15
- Indonesia: August 17
- Jamaica: August 6
- Jordan: May 25
- North Korea: September 9
- South Korea: August 15
- Latvia: May 4
- Lebanon: November 22
- Morocco: March 2
- Nigeria: October 1
- Norway: June 7
- Panama: November 3
- Philippines: June 12
- Poland: November 11
- Romania: May 9
When most people in the United States think of Ramadan, they probably picture the millions of pilgrims in Mecca that are shown on news channels each year, but my first experience observing Ramadan was in Israel. I lived in one of the Arab villages of Israel from 1997 to 2001 and was invited to participate in the meals that broke each day’s fast and to take part in the three days of feasting and celebration.

It is very different to watch something on television or read brief descriptions on the Internet than it is to actually participate.

During the actual month of fasting, the day’s routine is somewhat modified from a normal work or school day. Most families get up while it is still dark out and have a large breakfast together. The food is supposed to help them keep their energy throughout the day ahead, and in the summer, the Israeli days are very long and hot. Most families started the day with omelets with chopped mint and fried in olive oil; bread broken and dipped in olive oil and Zatar (an herb similar to thyme that grows wild in the mountains); lebaneh, a soft cheese made from a yogurt base; olives; tomatoes; and onions. Hot tea with mint or sage was drunk with the meal and the strong Arabic coffee with cardamom ended it.

After breakfast, the religious members of the household went to pray. Children sometimes went back to sleep for a bit before they had to go to school.

At what would have normally been lunch time, many people in the village would take a break in the form of a nap or at least sitting down for a while. Not eating or drinking throughout the day sapped many of them of their strength, especially people who had physically demanding jobs in construction or agriculture. Many took another nap or rest break after the work or school day was done and before the sun went down.

At sunset, an announcement would ring out from the mosque that people could now break the fast. Extended families of children, grandparents, aunts, uncles, and cousins would gather for the meal. Usually the opening part of the meal was small – dates and some water in the tradition of the Prophet Mohammad. After everyone had broken the fast in this humble way, the larger meal would follow. Rice with boiled lamb or chicken; vegetables; a variety of salads; olives; bread; and soda were shared by everyone.

The nicest part of Ramadan was the celebration at the end of the month. White lights were strung from every house and building in the town, so it was like the stars had fallen into the little mountain village. All the children were given spending money and the streets and shops were crowded with kids trying to decide how to spend it – toys? Snacks? Everyone, young and old, bought new clothes and had their hair cut or styled for the feast days. The whole town and its people glittered for three days. Girls wore costume jewelry, tiaras, and princess dresses. Little boys had on dress pants and shirts with collars.

One of the things that I treasured during this time was the sense of community – there is a feeling of awe and humility when 6,000 people are doing something together. Even if we did not all break the fast in the town square, it was sometimes overwhelming to realize as I took a bite of my meal that the rest of the village was doing the same thing. That sense of everyone being connected is something we don’t often experience in the United States where our families are so spread out and close ties don’t get to develop in many neighborhoods. The other place where one feels the community during Ramadan is in the sharing – families that were well off would buy meat and have communal suppers for anyone who wanted to take part or they might quietly distribute the meat among their neighbors who were down on their luck. I have not touched on the religious side of the holiday in this article because I am not knowledgeable enough to do so; however, as an observer, I saw that the physical sacrifice and the generosity of my hosts helped them develop their faith a little more each day.
Explore the Great Outdoors One Park at a Time

On the third Saturday of June, July, August and September, from 10:00 am - 12:00 pm staff will welcome kids of all ages to come discover select City parks. Staff will host interactive games and scavenger hunts unique to each park. Scavenger hunt participants will receive prizes and will be entered to win a grand prize at the end of the program.

Program events include:
- July 18 – Lafayette Heritage Park Trail, 49000 Heritage Park Boulevard
- August 15 – San Luis Mission Park, 1313 San Luis Road
- September 19 – A.J. Henry Park, 2701 A.J. Henry Park Drive
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