

FAMILY

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Photo: Norbert Kramer/Masterfile

Raising the Bar

Simply incorporating salad bars into school lunch has been shown to increase fruit and vegetable consumption an average of 1.2 servings per day—but only 21% of U.S. schools currently offer one at least once a week. Let's Move Salad Bars to Schools, a grassroots public health initiative, aims to bring in at least 6,000 of them by 2013. Help your child's school receive this healthy option by visiting saladbars2schools.org.

FAMILY TIME

→ BY CELIA SHATZMAN

Nathan Gamble (left) and Harry Connick Jr. with Winter in *Dolphin Tale*.

→ *Movie of the month*

DIVE RIGHT IN

After a team of Florida wildlife conservationists fitted an injured bottlenose dolphin with a prosthetic tail, she quickly became an inspiration to countless injured and disabled kids—and veterans. *Dolphin Tale*, a moving true story about Winter, who was hurt in a crab trap, is now on the big screen in 3-D, starring Morgan Freeman, Ashley Judd, Harry Connick Jr. and the real Winter. The Challenged Athletes Foundation, which supports those with physical disabilities and encourages active lifestyles, will benefit from the movie's premieres in Los Angeles and Clearwater, Florida. Visit challengedathletes.org to learn more.

60%

of kids ages 17 and younger think parents should offer up rewards for good grades. Their top recommended incentives:

33% Desired items, like iPods, clothes and games

27% Parents' praise and encouragement

26% Cash

12% A special dinner

2% A trip to a theme park or attraction

Source: themint.org



CASHING IN

Save major money with these smart college sites:

→ **ZINCH.COM**, an online social network that connects students and parents with admissions recruiters and about \$2 billion worth of scholarships. Zinch matches winnings from scholarships that students or their friends apply for through the site—bonus!

→ Known as Groupon for the college crowd, **CAMPUSDIBS.COM** zeroes in on deals relevant to a specific school or sports conference. Your kid can snap up bargains on school supplies, lunch hangouts, pizza delivery and more.

Make Your MOVE

Start strategizing now—these entertaining word challenges borrow moves and tricks from a few favorite games.



SCRUBLE CUBE

Combines the fun of Scrabble and Rubik's Cube. Scrublecube.com, \$25



KONEXI

Think Jenga with letters. Build words upward, downward or sideways in this 3-D game. Barnes and Noble, \$25



BIG BOGGLE

This classic gets revamped—and ups the ante—with 25 squares instead of 16 and double-letter cubes. Winning-moves.com, \$21



LEXIGO

Place letter tiles in a grid any which way to form words. Target, \$20



PATHWORDS

Use Tetris skills and your eagle eye to play this extreme word search, with beginner- to expert-level challenges. Thinkfun.com, \$20