

# OC Family magazine

## Editor

OC Family is a magazine brand dedicated to sharing stories, resources and strategies for raising healthy and happy families in Orange County. With a circulation topping 150,000 OC Family magazine is Southern California's #1 family media brand.

The magazine has been recognized as a leader in digital and online media having been recognized by the PMA as one of the top regional parenting websites in the nation.

In addition to my editor responsibilities I also wrote award-winning travel articles for the HIT THE ROAD section of OC Family as well as a monthly parenting column.

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# Orange County Register

## Columnist

I pinned a weekly parenting column that appeared on the front of the Family section of the Orange County Register. To read some of my past columns you can go to my columnist profile, [here](#).

## OC FAMILY



SHUTTERSTOCK COMPOSITE

WHAT'S  
INSIDE

## THINGS WE LOVE

Cool school kicks  
for back-to-school.  
Page 2

## BOOKSHELF

Celebrate  
Grandparents' Day  
on Sunday with  
these great reads.  
Page 6CLASSROOM  
HEROEach week, learn  
about an educator  
making a difference.  
Page 7Have a story idea  
or a calendar event?  
Email [ocfamily@oregister.com](mailto:ocfamily@oregister.com)THE  
MYTH  
OF THE  
ONLY  
CHILDHaving just one is a growing trend for parents,  
and research shows no detriment to the 'onlies.'By ROXANNE HACK  
ORANGE COUNTY REGISTER"He needs a little brother or  
sister?"I've lost count of how many  
times someone has said that to  
me about my only child. It isn't  
just that they say it - it's how  
they say it. There's usually an  
"awww" right before or after,  
and their heads tilt a little.  
Their statements and gestures  
come wrapped in what I can only  
assume is well-meaning pity  
- for my son, for me, for all the  
poor, defenseless, lonely  
babies I'm not bearing.In most cases, people blame  
my age. "You'll change your  
mind," they chide. "You're still  
young." As if my decision tohave just one kid is senseless.  
How could I possibly only want  
one?But why the stigma? Espe-  
cially when recent research  
shows that society's negative  
assumptions about single-child  
families aren't holding much  
weight anymore.The number of such house-  
holds has nearly doubled since  
the '60s and '70s, according to  
the National Center for Health  
Statistics. But as Lauren Sand-  
ler, author of "One and Only:  
The Freedom of Having an Only  
Child," points out, it isn't just  
about the statistics.

SEE ONE • PAGE 4

My kids  
taste the  
sweet lifeMy kids spent two weeks at my  
mom and dad's house in Nevada  
with their cousins. After hearing  
about their experience, I was  
overcome  
with one, al-  
beit imma-  
ture, feeling:  
Not fair!The first  
morning they  
arrived, my  
mom pre-  
pared the  
breakfast ta-  
ble with ev-  
ery sweet de-  
light that was  
banned from  
my house  
while growing up: Fruit Loops,  
Frosted Flakes, enough sugary  
cereal to feed a 5- and 12-year-old  
through more than a morning's  
worth of tantrums and mel-  
tdowns.I know the topics of "Grandpa-  
rents spoil their grandkids" and  
"Why do my kids get the foods I  
never got as a kid?" have been ex-  
amined to death, but this is a little  
different. Because in this in-  
stance, frankly, it's happening to  
me.In my family growing up, my  
mom filled the kitchen with the  
healthiest food the '70s had to of-  
fer: Roman Meal bread (instead of  
Wonder Bread), grape juice fromWho is this woman  
pushing the Pringles  
on my kids, and what  
has she done with  
my mom?concentrate (instead of soda), red  
delicious apples (instead of fruit  
cups), Triscuits (instead of chips)  
and, the worst (travesty of all, Lau-  
ren Scudder's Natural Peanut But-  
ter (instead of, you know, peanut  
butter).Lauren Scudder's is the kind  
that has the oil sitting on the top  
that you have to try to stir in like  
some kind of cruel science experi-  
ment. It's thick and pasty, and  
there is zero chance of not ripping  
your bread to pieces when  
spreading it.My mom has even acknowl-  
edged that she used to put wheat  
germ in our brownies as a "flax  
booster." What kind of twisted...?  
All this was done in the name of  
eating healthy, and to this day I  
think I have pretty good eating  
habits because of it. I'm grateful  
to her for her efforts, and even  
though as a kid it seemed like my  
friends were eating Pop-Tarts,  
Pop Rocks and Sugar Pops for  
breakfast, I knew she did it be-  
cause she loved us.So I just want to know: who is  
this woman pushing the Pringles  
on my kids, and what has she done  
with my mom? She has taken on  
legendary spoiling status among  
our friends. We get requests to  
tell the same stories over and over  
again. Like once, after seeing  
"Disney on Ice" at Honda Center,  
my mom bought Emily, my daugh-  
ter, cotton candy on the way out.

SEE BROUGHTON • PAGE 6

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# OC Family TV show

Host, Producer, Editor

Awarded Best Broadcast about Orange County by the OC Press Club. I produced, wrote and hosted the half-hour local TV show that aired on Cox3. OC Family TV featured family-friendly activities in Orange County and profiled people and places important to local family life.

You can watch segments of the program, [here](#).