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# CITISCOOP

THE INSIDERS GUIDE FOR MODERN PARENTS \*

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## Education:

### Chess: Brain Exercise

By Russ Makosky, [Chess  
NY](#)

Chess has beneficial effects on learning and development, especially when it is played from a young age. Chess has proven to develop analytical, synthetic, and decision-making skills, which children can transfer to real life. Chess also helps build confidence.

Chess is also a good means by which children gain insights into the nature of competition which will help them in any competitive endeavor. When children play chess they must call upon higher-order thinking skills, analyze actions and consequences, and visualize future possibilities. In countries where chess is offered widely in schools, students exhibit excellence in the ability to recognize complex patterns and consequently excel in math and science.

According to research, "Test scores improved by 17.3% for students regularly engaged in chess classes, compared with only 4.6% for children participating in other forms of enriched activities."

Approximately 30 nations across the globe, including Brazil, China, Venezuela, Italy, Israel, Russia, and Greece, among others, have incorporated chess into their country's scholastic curriculum.

It is with all of this in mind that Citibabes has engaged New York City Chess to introduce the game to Citibabes' littlest members with a dynamic new offering called "Check Mates." New York City Chess Inc. makes the critical game of chess fun for all levels of play.

Through thoughtful, fun, and intelligent instruction and competition for appropriate ages the students are thoroughly engaged.

Introducing young children to chess is an excellent way to help foster an interest and enthusiasm that will follow them throughout their entire childhood development.

Don't miss Citibabes' new chess class, "Check Mates." For more information, please contact [info@citibabes.com](mailto:info@citibabes.com).

## Fun:

### Eyeliner for your Age

By Erica Lytton-Miles

With multiple products to choose from, it's often hard to know which eyeliner is best for your age. Below are some things to consider when picking out eyeliner.

Certain types of eyeliners work better for different ages, based on the condition of eye tissue. These types are: pencil, gel, powder, and liquid.

Pencil is the least versatile because it pulls the eyelid and is difficult to apply to "loose eye tissue." Pencils are best for teens, 20s and 30s. A liquid line is also ideal for a very tight, smooth eyelid, and a youthful face can carry the thick line a liquid liner creates. A thick dramatic line tends to give an aged look the older we become. Also, never wear liquid liner on the bottom lashes, no matter what age!

A powder liner, which is a dark shadow applied with a thin brush, is ideal for loose eye tissue because it can be applied easily, it doesn't have to be perfect, and it can be made smoky or thin just along the lashes. A powder liner appeals to women in their 30s, 40s, and up because of its ease to apply, and it looks great! A gel liner, applied with a brush, is ideal for many ages too because it can look like a dramatic liquid line, or it can be smudged and smoky on loose eye tissue.

The older we get, the more we want our faces to defy gravity and look youthful. Some try to do their makeup like teenagers, thinking it will make them look younger, but it can actually have an aging effect. The older we get, the less eyeliner we need on the bottom lashes. To give a "lifted" effect, only apply eyeliner, shadow and mascara to the top lashes and lid. This draws attention upward, defying gravity, so to speak.

With these tips in mind, go out and look your best!



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