

QUEENS

Family

Where Every Child Matters

May 2012
FREE
Camps inside

Kids Rock!

Music, dance,
theater & more

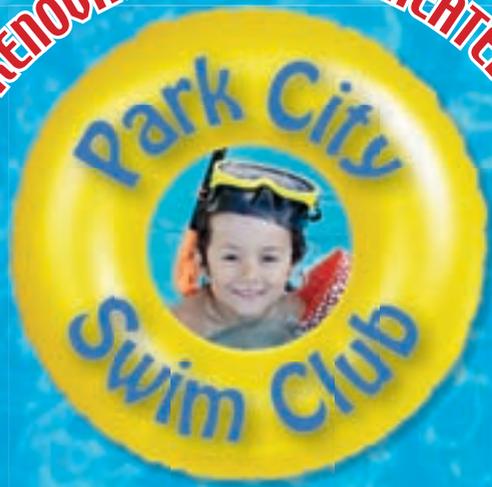
Miracle
moms

Big
bad
bullies



Find us online at www.NYParenting.com

NEWLY RENOVATED • NEWLY HEATED POOLS



Come join us and
enjoy Queens'
LARGEST outdoor
heated pools

40'x80' **HEATED** Olympic Pool

25' Round **HEATED** Kiddy Pool

24'x20' Shaded Area

Cabanas • Umbrellas

Lounge Furniture • Tables

SWIM SCHOOL

POOL PARTIES

RECREATIONAL ACTIVITIES

REGISTRATION DATES:

May 5, 12, 13, 19 & 20

From 11am - 3pm



REGISTER BEFORE MAY 26
Hurry Up And Save!

**25%
OFF**

For New Three Person
Family Memberships

Park City Swim Club

98-00 62nd Drive • Rego Park, NY 11374

718-830-9634 • www.parkcityswimclub.com

Family May 2012



6



20



44

FEATURES

- 6 Miracle moms**
How these women survived life-threatening labors
BY SANDA GORDON
- 8 Sleeping peacefully?**
What parents should know about their child's snoring
BY KIKI BOCHI
- 12 Chasing their dreams**
Two determined Ailey dancers share their stories
BY JENNY GRACE TORGENSON
- 16 City kids play together in perfect 'Harmony'**
Under-served elementary students are developing their musical talents
BY LAURA VAROSCAK-DEINNOCENTIIS
- 18 Creative theater games**
Spark your child's imagination with these ideas
BY JOCELYN GREENE
- 20 Celebrate mother's of special-needs children**
Remarkable moms need extra thanks on Mother's Day
BY REBECCA MCKEE
- 22 What we all need to know about bullying**
End abuse with these helpful tips
- 28 Is technology a sleep snatcher for your kid?**
Research indicates electronics may cause serious problems
BY JENNY CHEN
- 36 Dyslexia's potential**
New book uncovers a disorder's inherent set of abilities
BY MARY CARROLL WININGER

CALENDAR OF EVENTS

- 41 Going Places**
Take the family out and find out what's going on in your town

SPECIAL SECTIONS

- 14 Arts Directory**



12

COLUMNS

- 10 Mommy 101**
BY ANGELICA SERADOVA
- 24 Healthy Living**
BY DANIELLE SULLIVAN
- 26 Death By Children**
BY CHRIS GARLINGTON
- 30 Good Sense Eating**
BY CHRISTINE M. PALUMBO, RD
- 32 Divorce & Separation**
BY LEE CHABIN, ESQ.
- 34 Our Relationships**
BY JOAN EMERSON, PhD
- 38 Lions and Tigers and Teens**
BY MYRNA BETH HASKELL
- 50 New & Noteworthy**
The hottest new products

Letter from the publisher

Art is for everyone

We received responses from readers this month commenting about trash and littering around the city. I was pleased to see that so many people support my contention that we need to create urgency about the condition of



our streets. Apparently many of you have clean-up teams going strong in your own neighborhoods and I loved hearing from you about this and hope more of you will contact me with your thoughts.

This May Issue has an annual focus about Arts for Kids and the importance of introducing children early in life to any or all branches of the arts. There is no doubt that exposure and participation in music,

theater, dance, or fine art helps imaginations soar, enhances the child's academic performance and contributes strongly to the future growth of a well rounded person.

Having been myself, both a performer and teacher of performance, married to a musician, the daughter of a singer and a designer, my personal exposure came from the beginning. Other children may have been sung to sleep with a lullaby but for me it was a Verdi aria.

Music was and is a constant in our home. My daughter has grown up with classical music, jazz, opera, world music, R & B, and classic rock from the beginning. Being exposed to it always, she has come to appre-

ciate all of it and I fully believe that someday as a mature adult, she will choose of her own volition to turn on Bach or Puccini, or listen to Ravi Shankar or Flamenco. We have always gone to museums and the walls of our home are adorned with art and photographs and we regularly go to plays and concerts.

I signed her up for dance when she was little and she went on to do it happily for years. The love of the arts is there, deep and solid and there is great respect for those who make art and are thus enhancing our experience here on our planet earth through their work.

Art is universal and there is no culture that doesn't do art of some kind, although there are cultures where it is so natural a part of everyone's reality that they have no word for it. It is just what everyone does.

When visiting the island of Bali, for example, one finds this surprising but charming truth.

We are brought together through these truths and whether making music together, or creating a mural, or watching a film in a foreign language from a cultural reality far away, we discover the links of a chain that binds our humanity and takes away the strange part of being strangers.

Make sure you and your kids are involved. Dance together and sing and make sure they are given a chance to express their unique inner selves.

Thanks for reading.

Susan Weiss-Voskidis, Publisher

STAFF

PUBLISHER / EXECUTIVE EDITOR:

Susan Weiss

PUBLISHER / BUSINESS MANAGER:

Clifford Luster

SALES MANAGER / ADVERTISING:

Sharon Noble

SPECIAL ADMINISTRATIVE ASSISTANT:

Tina Felicetti

SALES REPS:

Lori Falco, Sharon Leverett, Stephanie Stellaccio, Jay Pelc

ART DIRECTOR:

Leah Mitch

PRODUCTION DIRECTOR:

On Man Tse

LAYOUT MANAGER:

Yvonne Farley

WEB DESIGNER:

Sylvan Migdal

GRAPHIC DESIGNERS:

Arthur Arutyunov, Charlotte Carter, Mauro Deluca, Earl Ferrer

MANAGING EDITOR:

Vince DiMiceli

ASSISTANT EDITOR:

Courtney Donahue

COPY EDITOR:

Lisa J. Curtis

CALENDAR EDITOR:

Joanna Del Buono

CONTRIBUTING WRITERS:

Risa Doherty, Allison Plitt, Candi Sparks, Laura Varoscak, Mary Carroll Winingter

CONTACT INFORMATION

ADVERTISING: WEB OR PRINT

(718) 260-4554

Family@cnglocal.com or

SWeiss@cnglocal.com

CIRCULATION

(718) 260-8336

TFelicetti@cnglocal.com

EDITORIAL

(718) 260-4554

Family@cnglocal.com

ADDRESS

New York Parenting Media/CNG

1 Metrotech Center North

10th Floor

Brooklyn, NY 11201

www.NYParenting.com

New York Parenting

MEDIA

Where Every Family Matters

www.NYParenting.com



The acceptance of advertising by **New York Parenting Media** does not constitute an endorsement of the products, services or information being advertised. We do not knowingly present any products or services that are fraudulent or misleading in nature.

Editorial inquiries, calendar information, advertising rates and schedules and subscription requests may be addressed to **New York Parenting Media**, One Metrotech Center North, 10th Floor, Brooklyn, N.Y. 11201.

New York Parenting Media can also be reached by calling (718) 250-4554, emailing family@cnglocal.com or by visiting our website, NYParenting.com.

Join the conversation on Facebook.

New York Parenting Media has been recognized for editorial and design excellence by PPA.

New York Parenting Media is published monthly by New York Parenting Media/CNG. Subscription rate is \$35 annually. Reproduction of New York Parenting Media in whole or part without written permission from the publisher is prohibited. All rights reserved. Copyright©2012 Readership: 220,000. 2012 circulation audits by CAC & CVC.





New York has a great new team.

Health Plus and Amerigroup have become one health plan. All of our members still have the **same great products** — **they're not changing.** But now they're backed by a team that has more doctors, more hospitals and more choices than ever. **HealthPlus Amerigroup: we're even better together.**

HealthPlus Amerigroup is an HMO with a Medicare contract.



Medicare



Y0005_12 HP Print File & Use 03/26/2012

Questions? Visit healthplus.amerigroup.com.



GARDEN SCHOOL SUMMER PROGRAMS

Full Day Camp • Ages 18 Mos. - 13 Years • June 25 - August 17

OPEN HOUSE

Every Wednesday @ 9am

HALF DAY MINI CAMP

18 Mos. - 5 Years
9am - Noon

Outdoor Playground
Arcade Game Room
Large In Ground Pool



718-335-6363 • www.gardenschool.org

Miracle moms

How these women survived life-threatening labors

BY SANDRA GORDON

When you're expecting a baby, you do what you can to take control of the experience. You go to your ob-gyn appointments and childbirth classes, take prenatal vitamins, and try to eat a healthy diet. Still, there's always that feeling that Mother Nature's really the one in charge, and you're just along for the wild ride. Ever wonder what you'd do if your pregnancy or labor suddenly took a surprising turn? That's what happened to these three women, who were forced to call upon reservoirs of strength and resourcefulness they never knew they had in order to bring their babies into the world.

Babies in danger

"We nearly lost our twins."

— Jennifer Miller, 35

Two weeks before giving birth, Miller woke up in a puddle.

"I assumed my water had broken, so I called my doctor and went to the hospital," says the web designer.

There, though, Miller was told her water hadn't broken and she returned home, where she continued to leak fluid.

"I also felt like there was blood rushing through me. I could hear it pounding in my ears," she says.

Then, 10 days before her due date, Miller went into labor. At the hospital, she developed a 102-degree fever due to an uterine infection.

As it turned out, "I had been leaking amniotic fluid all along," she says. Consequently, even though the babies were in the right position to be born vaginally, Miller had an emergency C-section.

Baby Josie was born first; she weighed just 2 pounds, 12 ounces, and was followed by Anna,

who weighed 3 pounds, 15 ounces. Because of their size difference, the identical twins were easy to tell apart. Although Anna was the larger baby, "she was basically stillborn; she had an initial APGAR of 0 and she was bright red, but they were able to bring her back," Miller says.

After giving birth, Miller learned that she had an undiagnosed case of twin-to-twin transfusion syndrome, which is a complication specific to identical twins who each have their own amniotic sac but share a single placenta. With this syndrome, blood flow through the vessels in the placenta connecting the twins becomes unbalanced; one twin, the "donor," doesn't get enough blood while the larger twin, the "recipient," becomes overloaded with it.

In turn, the recipient twin increases the urine it makes to reduce its blood volume. That twin eventually has too much amniotic fluid. The donor twin produces too little urine and the amniotic fluid becomes very low or absent.

"They mentioned TTTS at the hospital to me once, but nobody talked to me about it," Miller says. Fortunately, after some initial developmental delays, Josie and Anna are now perfectly healthy 7-year-olds.

Life lesson: "Looking back, I dismissed a lot of things I shouldn't have, chalking them up to just having twins," says Miller. "Like the fact that I began feeling really uncomfortable and felt the constant rush of excess blood, which is a symptom of TTTS."

For more about twin-to-twin transfusion syndrome, visit www.tttsfoundation.org.

A deadly complication

"I survived a rare syndrome."

— Miranda Klassen, 33

When Klassen, a sales representative, was in labor with her first child, she had a seizure and went into cardiac arrest, which caused a temporary lack of blood flow to the baby because of her lack of oxygen. To



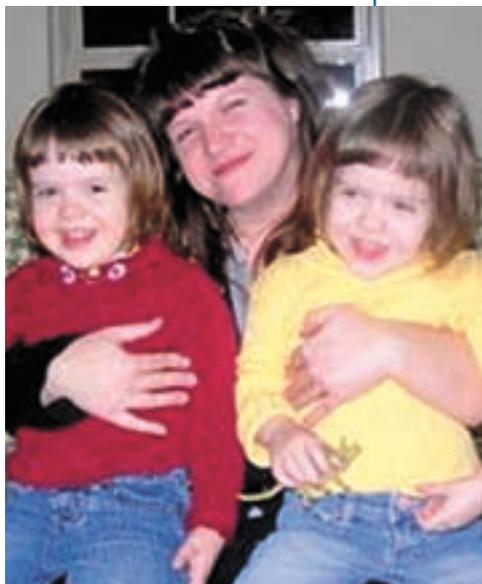
Mikala and Celia Vidal.

restore her heartbeat, her husband, Bryce, later told her that respiratory technicians administered chest compressions while her obstetrician performed an emergency C-section. Her baby, a boy, was delivered in just eight minutes. Yet, it took 10 minutes to resuscitate him. Would he be OK? It was too soon to tell.

While the baby was whisked to the hospital's neonatal intensive care unit, doctors put Klassen into a medically-induced coma to assess the situation. An electrocardiogram showed amniotic fluid in the chambers of her heart, indicating that she had suffered from an amniotic fluid embolism, an extremely rare complication that manifests in response to amniotic fluid entering the bloodstream during delivery, which is not unusual.

"But a very select few women have an anaphylactic-like reaction to the fluid, which causes life-threatening blood clots. I was one of them," Klassen says.

An amniotic fluid embolism can cause heart and lung collapse and excessive bleeding and clotting. Amniotic fluid embolism is an elusive syndrome with no known cause. The condition is estimated to affect one in 80,000 women during labor and when it happens, 80 percent of the women don't survive. Newborn mortality is 30 to 40 percent. Surviving mothers and babies can suffer serious compli-



Jennifer Miller and her girls.



The Klassen family

cations, such as brain and heart damage.

After Klassen's diagnosis, doctors performed intravenous surgery to place a filter just below her heart to catch any potential blood clots that could form and travel to her heart as a result of the embolism.

The filter, in fact, caught a large clot that would have otherwise killed her.

"It was so large that they weren't able to remove it, and it will be in me forever," Klassen says. "Over time, it's very likely that I will lose a lot of circulation in my legs as a result of it."

Nonetheless, she's glad to be

alive and to be there for Bryce and her baby, whom they named Van. He's now a completely healthy 4-year-old, meeting all of his developmental milestones.

Life lesson: After her near-death experience, Klassen started the AFE Foundation (<http://www.afe-support.org>), the first of its kind to educate women about amniotic fluid embolism and support families who have been affected.

"I'm going to take the blessing of having survived AFE and create a voice for people who can't," she says.

"Only five percent of people come out completely intact after AFE like my son and I have."

Wrong diagnosis

"I was a walking fish tank."

— Mikala Vidal, 28

When Vidal, a former public relations representative, was pregnant with her first child, she immediately began retaining so much water that almost every part of her body was bloated.

"At work, I joked that I was a walking fish tank. I had only one pair of shoes I could wear, and I could barely squeeze my arms and legs into my maternity clothes," Vidal says.

Her ob-gyn brushed it off.

"I was told, 'Some women just carry more water,'" recalled Vidal, so she shrugged it off, too. But six

weeks before her due date, Vidal noticed some spotting, so she went to the doctor. From there, she was hospitalized and diagnosed with preeclampsia (pregnancy-induced hypertension). After a few days in the hospital, she was induced, because she had also been leaking amniotic fluid.

"At one point during the labor, I felt a huge pain just under my rib cage. When I told the nurse, she said it was just a contraction, and it was time for my epidural. I didn't think it was a contraction, but then again, I had never had a baby before. So I got the epidural, and it did take away the pain," Vidal says. Ten hours later, she delivered a healthy baby girl, Celia, who weighed 5 pounds, 1 ounce.

"Preeclampsia goes away after the baby is born, so I should have been cured," Vidal says. But after her epidural wore off, she still had that excruciating rib-cage pain. "It turns out that my liver was failing, which was causing the pain, along with a few other organs. I had to be med-flighted to the intensive care unit at another hospital," Vidal says.

There, she was stabilized and diagnosed with a severe case of hemolysis syndrome—a breakdown of red blood cells—elevated liver enzymes, and a low blood platelet count.

"It presents like preeclampsia, but only gets worse after you deliver," Vidal says. Hemolysis syndrome occurs in less than one percent of all pregnancies, and mortality rates

are reported to be as high as 25 percent.

Life lesson: "At the ob-gyn's office, I just trusted the certified nurse midwife and never asked questions, which was a huge mistake. I knew retaining that much water wasn't normal. I realize the importance of being your own advocate and asking as many questions as possible about your health and the health of the baby," Vidal says.

For more information about hemolysis, visit www.aafp.org/afp/990901ap/829.html.

Sandra Gordon is a mom of two who writes about parenting, health, nutrition, and baby products for books, national magazines and websites. Visit her at www.sandrajgordon.com.

Sleeping peacefully?



What parents should know about their child's snoring

BY KIKI BOCHI

You can't help but smile at that soft snoring sound your baby makes while snoozing — it's almost like purring. And who can resist that? If your child is older and makes a bit more of a racket, you may smile indulgently. Sounds a lot like Dad, right?

Snoring on the part of your child should not just be a source of enchantment and amusement, however. It turns out, it may be a sign of trouble.

Children who snore or who have other sleep-related breathing problems are more likely to have behavioral issues years later, according to a large population-based study in the April issue of the medical journal "Pediatrics."

More than most parents realize, that sweet snoring may be impeding children's ability to sleep, which can have serious behavioral consequences. An estimated one in

10 children snore regularly; while between 2 and 4 percent have sleep apnea, defined as abnormally long pauses in breathing during sleep.

For the study, researchers at the University of Maryland and the Albert Einstein College of Medicine in New York asked parents about their children's snoring, mouth breathing, observed apnea, and their behavior. They started tracking 11,000 6-month-old children, and continued periodically until they reached age 7. Upon analysis, the link between sleep and behavior problems was startling.

By age 4, children with sleep-disordered breathing were 20 percent to 60 percent more likely to have behavioral difficulties such as hyperactivity, aggressiveness, emotional symptoms, and difficulty with peer relationships. By age 7, they were 40 percent to 100 percent more likely. The more pronounced the symptoms reported by parents, the worse the behav-

ioral challenges, the study found. What's more, behavior issues were not always immediately obvious; sometimes it took years for them to emerge.

The study authors concluded that sleep-disordered breathing early in life has strong effects on behavior later in childhood, possibly because this is a critical period of brain development and there is the greatest need for sleep.

Disordered breathing causes abnormal gas exchange, interferes with sleep's restorative processes, and disrupts the cellular and chemical balance in the body.

The study findings suggest that snoring and snorting during sleep may require attention as early as the first year of life. If you notice your little one is sleeping less than peacefully, be sure to mention it to your pediatrician.

KiKi Bochi is the mother of two and an award-winning writer and editor who specializes in family topics.

BIG APPLE CIRCUS
DREAM BIG

ALL NEW SHOW!

Grandma's Farewell Tour!

MAY 22 - JUNE 17
CUNNINGHAM PARK
QUEENS
UNION TURNPIKE IN FRESH MEADOWS, NY

Tickets Start at \$20!*
BUY TICKETS NOW!
Big AppleCircus.org • 888.541.3750

* Offer good on select seats and shows. Other conditions apply. Children under 3 are free on the lap of a paid adult, one child per lap.

THE CRAYON BOX
PRESCHOOL

Family Discounts
Hours & Programs To Fit All Schedules

LEARNING & FUN ALL ROLLED INTO ONE!

SUMMER
8 Week Program

Begins Monday, July 9th
Ends Friday, August 24th

On-site water and outdoor play

FOR CHILDREN AGES 2.9 - 5 YEARS
NYS Certified Teachers • Great Teacher/Student Ratio
Enrollment begins for Summer and September 2012

Call us at **718-888-9341**
44-10 192nd St. Flushing
www.crayonboxpreschool.com

One Week Only

A Midsummer Night's Dream

June 5-10

Balanchine's timeless choreography brings to life Shakespeare's magical and humorous story of a fairy kingdom and the humans that enter into it.



Photos © Paul Kalnik

ALSO:
CHILDREN'S WORKSHOP

Saturday, June 9 at 12:45 pm

45-Minute Pre-Performance Movement Workshop for Children 4-7.
\$12 per person (both children and adults). Performance tickets must be purchased separately.

NEW YORK CITY BALLET

2011-12 SEASON

NEW \$29 SEATS

nycballet.com 212-496-0600
David H. Koch Theater at Lincoln Center



Family programming at New York City Ballet is generously supported by Macy's Foundation.



MOMMY 101

ANGELICA SERADOVA

Patience required for motherhood



On my morning commute, I saw a woman trying to soothe her toddler as he cried and kicked while being strapped to his stroller. The mom kept her cool as her son continued to struggle with her. I should also mention that she had two other children with her, and one was an infant.

Most of the train riders gave her a cold stare, and, up until about eight months ago, I probably would have done the same. How dare she ride the subway during rush hour? Doesn't she know people are trying to get to work? This was my selfish, pre-baby way of thinking. It's funny how, for some people (ahem, me), it takes having a child to realize that the world, in fact, does not revolve around them. But this impatience with children was not limited to mass transit.

Truthfully, I've never really been too tolerant of them. I wasn't the girl who baby sat for the neighborhood kids, and I didn't "ooh and ahh" when my friends started to have babies. Even now, a lot of my single friends worry obsessively about finding the right person to settle down with before "it's too late" to have kids. I never felt that way. Having

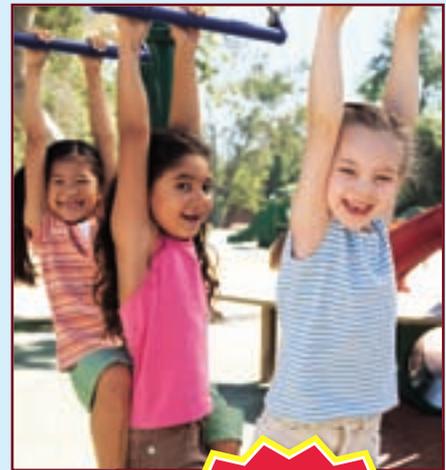
children, to me, was always something in the very distant future, and, although I was aware of my poor attitude, I vowed (and still do) that my children would always behave, especially in public! To say I had no patience with children is a huge understatement.

Babies teach us a lot of things even before they're born; compassion, joy, unconditional love, but your patience is challenged right around day three as a new parent. It's patience you need when breastfeeding isn't happening as naturally as you thought it would. Patience will get you through a rough patch of colic and sleepless nights, and you will definitely call on your patience when your baby spits up all over you when you're running late for work. Big smile.

Unfortunately, some people's patience runs a little thinner than others, and there will always be people who have a problem with your kid on the train, or at a restaurant, movie theatre, etc. I am patient with impatient people, because I am one. I have to remind myself of my new, calmer identity, at least for my daughter's sake. My mother has been telling me to work on it for years. She even bought me a cute little "Patience" rock, which I keep at my desk as a gentle reminder. And, yes, I rub it in moments of high stress. (Hey, whatever gets you through your day!) Funny, her patience isn't particularly great either...

That day on the train, I was able to do my small part in making a mom's day just a little easier. As she continued to struggle with her whiny kid and prepare the others to leave the train, I held the emergency exit door for her and gave her an empathetic smile. Sure, I was late for work, but it was the right thing to do for a fellow mom. So, as I held the door open and three more moms passed through with their strollers and small parade of kids, I bit my bottom lip, called on my patience, and just kept holding on.

EARLY SUNRISE PRESCHOOL



Ages 2-6 Mon. - Fri. 7:30am to 6:00pm • We Accept All Vouchers • Breakfast, Lunch & Afternoon Snack

- Educational Field Trips
- Large Playground Area
- Computers
- Near Major Transportation
- Multicultural Teaching Staff and Student Body

FREE
UPK Program
for children born
in 2008

187-08/10 Hillside Avenue • **(718) 736-9064**
www.earlysunrisepreschools.com • Fax #: (718) 880-2523



It's Our Mission.

Quality Health Coverage

Child Health Plus with Fidelis Care

- Free or low-cost health insurance coverage for children up to age 19 in New York State. Almost every child is eligible!
- Checkups with your child's doctor
- Immunizations (shots)
- Hospital and emergency care
- Prescription drug coverage
- Dental and vision care
- Speech and hearing services
- More than 48,000 quality providers

Proof of age, income, and address necessary to enroll.

Some children who had employer-based health insurance coverage within the past six months may be subject to a waiting period before they can enroll in Child Health Plus. This will depend on your household income and the reason your children lost employer-based coverage.



FIDELIS CARE®

Child Health Plus is a New York State-sponsored health insurance program offered by Fidelis Care.



To find out if you are eligible for one of our government-sponsored health insurance programs, call Fidelis Care at:

1-888-FIDELIS (1-888-343-3547)

(TTY: 1-800-421-1220) • **fideliscare.org** To renew your coverage each year, call 1-866-435-9521

CHASING

Two determined

BY JENNY GRACE TORGERSON

For two kids with a passion for dance, nothing could stop them from realizing their dreams. Because of their spirit and dedication, these two, now in their early 20s, are dancing with one of the most prestigious — and competitive — dance companies in the city.

Paige Fraser

Many little girls grow up dreaming of becoming dancers. For Paige Fraser, that dream is a reality. Fraser is a member of the Ailey II dance company, affiliated with the prestigious Alvin Ailey American Dance Theatre. After beginning her dance training at the age of 4, Fraser spent 12 years in serious study, which led to a spot in the Alvin Ailey high school program.

“It was a great experience and a huge privilege,” says Fraser, now 21. That led to a chance for Fraser to study further with the Alvin Ailey company while pursuing her degree at Fordham University, where she is currently a senior. In 2010, Fraser was one of 12 dancers selected out of the Ailey School’s 1,500 to join the Ailey II company.

However, Fraser’s dream of becoming a professional dancer almost turned into a nightmare. At the age of 12, the Eastchester Bronx native was diagnosed with scoliosis, which severely affects the alignment of her spine and pelvis. After being urged by several doctors to undergo corrective sur-

gery that would effectively end her dream of becoming a professional dancer, Fraser and her parents made the pivotal decision to forgo. Instead, through yoga and gyrotomics (which is a form of pilates-like exercise involving machinery), Fraser built up strength in her core muscles and managed to all but correct her scoliosis.

“People see me today, and they don’t believe I have scoliosis,” says Fraser. “It’s a blessing that I am still pursuing a career in dance.”

And today, Fraser is focused on dance and her studies. Although she enjoys modeling and musical theatre, she says “dance is my main passion and has to have all of my attention.” That focus has certainly paid off.

In 2010, Fraser had the honor of performing in Alvin Ailey’s “Memoria” in celebration of the compa-



THEIR DREAMS

Ailey dancers share their stories

ny's 50th anniversary. Over the past year, Fraser has performed across Europe, in 35 U.S. cities, and on the island of Bermuda. This year, she will be dancing leading roles in Thang Dao's "Echoes," Troy Powell's "Reference Point," and Donald Byrd's "Shards," all with Ailey II. Someday, Fraser would love to be a part of the main Ailey company.

Fraser's advice for others aspiring to follow in her dancing footsteps is to remember to "never settle for someone else's opinion, and to believe in yourself and never give up."

Thomas Varvaro

Growing up in Marine Park, Brooklyn, dance was not on Thomas Varvaro's mind. As an avid sports enthusiast, Varvaro's dreams revolved around baseball and karate. So, when his mother initially suggested he take up dance, Varvaro balked.

"I thought it was too girly," says the now 22-year-old. But his mother saw through his hesitation to his desire to perform and insisted he try. At age 8, Varvaro took his first dance class, and his career as a dancer was born.

After his initial training, Varvaro took a trip with his mother to see the American Ballet Academy perform a production of "A Midsummer Night's Dream," and he knew he was on the right path.

"It really made it obvious to me that this is what I should be doing," remembers Varvaro. After that pivotal moment, Varvaro went on to earn a place at Bay Academy, a former performing arts magnet school, where his teachers realized his exceptional potential. At the faculty's urging, Varvaro auditioned for, and landed, a space in the Ailey Athletic Boys Dance Program, where his technique grew.

Varvaro felt from the beginning that the Ailey school was welcoming to him and his family, and he felt at home there.

"The faculty took the time to get to know me and help me," he says.

With their support, Varvaro went on to study at LaGuardia Performing Arts High School, where he honed his classical ballet technique through a joint program with the School of American Ballet. At the end of his senior year, his hours of training really paid off. He chose to return to Ailey and its Bachelor of Fine Arts program. From there, the prestigious — and immensely competitive — Ailey II company asked Varvaro to become an apprentice.

For Varvaro, it was "a dream come true to join the company." As a young dancer, he had collected Alvin Ailey American Dance Theatre posters and fliers and dreamed of someday dancing with them. While apprenticing with Ailey II, Varvaro would sit in on rehearsals, watch the dancers, and happily soak up every moment of the experience.

Now a full-fledged member of Ailey II, dance has taken Varvaro to places he only ever dreamed of visiting. As an apprentice, he spent a summer dancing in Paris, and last season, he toured with the company throughout Europe and across the United States. After this season in New York, Varvaro will be traveling with the company to Germany, Poland, and Luxembourg.

"Dance has taught me that you really can live your dream; with dedication it's possible," says Varvaro. And he hasn't stopped dreaming. After his time in Ailey II is over, Varvaro hopes to join the main Ailey company, or possibly dance with Cirque du Soleil, then get a Master's degree and teach dance to other dreamers.



DIRECTORY

All Star Studios

108-12 72nd Avenue, Forest Hills
718-268-2280 or www.allstarstudiosnyc.com

Is more than just a dance studio; Theater, Triple Threat, and Acro classes are also offered. Dance classes include Ballet, Jazz, Tap and Hip hop for children starting from age 3 to adults. Celebrating their 8th season in Forest Hills (formerly Just East of Broadway), this rapidly growing studio never loses sight of their philosophy of keeping the fun in the arts. Why choose them? Small teacher-student ratio, superior customer service, great relationships with their students, and their ability to instill a love of the arts in their students!

Garden School Summer Program

33-16 79th Street, Jackson Heights
11372
718-335-6363 or www.gardenschool.org

Provides a memorable camp experience for children 3 – 13, with a nursery program for children ages 2 – 3, full or half-day.

The air-conditioned facility offers a large in-ground pool, fully equipped gymnasium, large outdoor field for sports, and game room.

The F.A.S.T. program offers specialization time each day in Fine Arts, Academic Test-Prep, Sports or Theatre Arts.

Four or eight-week sessions are available, you pick the weeks. Extended hours, 8am to 6pm, as well as door-to-door transportation is offered.

A mini-camp program is for children two-and-a-half to three-and-a-half who are ready to separate.

Joe's Music & Dance Academy

114-04 Farmers Blvd 718-454-3036
5712 Church Avenue – 718-774-0700
or www.joesmusiccenter.org

A large diversity of dance classes. Instruments offered are from piano, violin, viola, cello, guitar, bass guitar, drums, saxophone, clarinet, flute, trumpet, trombone, voice, etc. to the less common instruments such as bassoon and tuba. Students can begin with classical, but the Academy also

has many students that study pop, jazz, contemporary music or gospel. Students have the opportunity to pursue NYSSMA evaluations and prepare for specialized high school auditions. There are also competitive music and dance opportunities.

Kimmy Ma ART Studio

190-19 Union Turnpike, Fresh Meadow.
646-209-9352 or www.kimmyma-artstudio@live.com

Summer Youth Art Club 7/17-8/16/2012:

Learn fundamental techniques and explore various mediums through well-guided instructions.

Art appreciation, creative ideas discussions & readings are woven into the curriculum.

We are here to provide young creative thinkers an inspired environment to making art while fostering their confidence through their creative process and theories.

Leisure Art Club for adult art members: Make art in a relaxing and artistically supportive environment.

Instructions in various mediums and various levels are welcome. Enjoy companionship while sharing discussions & art appreciations.

Meet on Thursdays for instructions 10:30am-1:30pm.

Music School of New York City

917-710-7175 or www.musicsofny.com

Music School of New York City blends old-world values and classical traditions, with an innovative teaching style designed for children of the twenty-first century.

Our fantastic team of all-star teachers

is the best in the five boroughs, hand-selected for their teaching specialties, from top conservatories including The Juilliard School and the Manhattan School of Music. We truly care about your child's development through his or her earliest, most formative years and seek to enrich young lives in new and unexpected ways. We offer lessons in piano, violin, voice, cello and guitar and offer concierge service throughout Queens, Manhattan and Brooklyn. Let Music School of New York City bring the magic of culture and the arts into your home.

Call today to schedule your free first lesson.

Queensborough Community College, Office of Continuing Education & Workforce Development

222-05 56th Avenue, Bayside 11364
718-631-6343 or www.qcc.cuny.edu/conted

Continuing Education Kids College presents the new Teens College! This immersive learning experience targeted at high school students will excite and help your teen achieve academic, personal, and professional goals during the summer when students face a potential two-month learning loss. Your teen is a member of Generation M, which implies they are used to instantaneous and technologically based information gathering, which positions them well for the ever evolving work place. Rather than fight the media-strong environment we are living in, we have chosen to embrace it! Classes include Architecture, Leadership skills, social media workshops, local internships how to be entrepreneurial, and the famous High School & College test prep classes. Call for more information: 718-631-6343

CONTINUING EDUCATION

Architecture
College Prep
Leadership
Entrepreneurship

TEENS COLLEGE

Engineering
Technology Test Prep
Internships

CLASSES START JULY 9 THRU AUGUST 16, 2012

718-631-6343 • www.qcc.cuny.edu/conted
222-05 56th Avenue, Bayside, NY 11364 • Library 118P



Music School
of New York City

Bringing the Magic of Music Into Every Child's Life

:: Piano :: Violin :: Voice :: Guitar
Servicing Queens, Manhattan & Brooklyn

www.musicsofny.com
Phone: 917-710-7175 :: Email: info@musicsofny.com



QUEENSBOROUGH
COMMUNITY COLLEGE

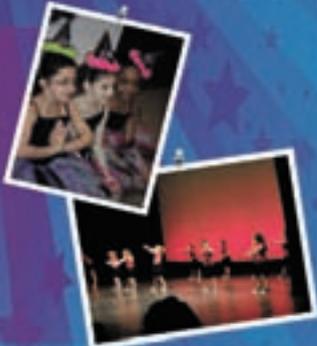


ALL STAR STUDIOS

dance, theater, and MORE!

Offering Classes in:

- ★ Ballet
- ★ Tap
- ★ Jazz / Contemporary
- ★ Hip Hop
- ★ Acrobatics
- ★ Theater/Singing
- ...And MORE!!



ALL STAR STUDIOS
 108-12 72nd Ave (Ground Level)
 Forest Hills, NY 11375
 718-268-2280
 E-mail: allstarstudiosnyc@gmail.com
www.allstarstudiosnyc.com

CHECK OUT OUR BIRTHDAY PARTIES!




Kimmy Ma ARTStudio

Launching Creative Minds

Summer Fine Arts Youth Club
 Ability Level Instructions
 With well-guided medium-based studies
 1 - 3:45 pm T-W-TH Weekly 7/17-8/16: 5-week program
 Visit www.kimmyma-artstudio.com for curriculum

FALL Session: Young Artist Program
 September - June, T-F after 3:30 pm & Sat. 9:30 am - 4 pm
 Audition is encouraged now through June.
 Fall registration begins 1st week in July.
 For Age 7+

Leisure ART Club for Adults
 September - June, Thursdays 10:30 am - 1:30 pm
 Monthly or 4-week membership (Now - June)
 ART in the PARK in the month of May

Fine arts instructions by Mrs. Ma, Master of Art in the Graduate School of Education NYU

190-19 Union Turnpike, Fresh Meadow
 646-209-9352 • Kimmyma.artstudio@live.com



Joe's Music

Music Lessons for All Ages!



Summer Program - Group Lessons

3 Different Disciplines - Singing ♦ Dancing ♦ Instruments
 (Piano, Drums, Violin, Guitar & Saxophone) & Music Theory

4 wk. program w/ concert • July 30th - Aug. 24th • 9am-3pm • Early drop off • Late pick-up

Program Ends with a Field Trip to Dorney Park

www.joesmusiccenter.org

114-04 Farmers Blvd. ♦ St. Albans, NY 5712 Church Ave F Brooklyn, NY
718.454.3036 **718.774.0700**

Joe's Music Store ♦ 114-02 Farmers Blvd. ♦ St. Albans, NY 11412 ♦ 718.454.3030

City kids play together in perfect ‘Harmony’

Under-served elementary students are developing their musical talents

BY LAURA VAROSCAK-DEINNOCENTIIS

An organization is developing the musical talents of young New York City students who would not ordinarily be exposed to music education.

The Harmony Program provides free music education to elementary students in select public schools. Children who are interested in the program apply by submitting an essay on why they want to study a musical instrument. Once accepted, they choose an instrument from the brass, woodwind, string, and percussion families. Participants receive daily music lessons, instruments, books, supplies, and opportunities to attend cultural events.

Anne Fitzgibbon, founder and executive director of the Harmony Program, traveled to Venezuela in 2007 on a Fulbright Fellowship to study the famous National System of Youth and Children’s Orchestras, known as El Sistema. Impressed by its commitment to social change through music, she returned to New York.

Her primary goal was to design a program that uses music as a means to help children grow into healthy, well-rounded, and productive individuals. In addition to fostering social development, the Harmony Program encourages learning through ensemble playing, creates a supportive community for program participants and families, and demands a serious commitment to daily music study.

The Harmony Program prioritizes serving schools in high need areas, as well as those that do not offer formal band or orchestra. Equally



important to the selection process is the partnership of a dynamic and cooperative principal who believes in the value of music education. PS 152’s principal, Dr. Rhonda Farkas, recognizes how the Harmony Program enriches the educational experience of the students in her school in Flatbush, Brooklyn.

“It has benefited them in exponential ways,” said Farkas, “by lifting their confidence levels, boosting self-esteem, enhancing cooperation and collaboration, self-direction, flexibility, adaptability, productivity, and responsibility.”

I recently visited PS 152’s after-

school program, listened to the students play, and heard what they have to say.

The kids — taught by college- and graduate-level music students trained by the Harmony Program — were enthusiastic and ready to learn, even after a long day of school.

Instructor Patrick O’Reilly taught his young drumming students how to identify notes and rests, rhythms and patterns, repeats and loops. There was a strong sense of group learning and peer teaching in the intimate class of four. Sebastian, a fifth grader, took a break from the snare drum to help a classmate identify the



down beat from a series of notes on the board. He was patient and kind, and continued to support her until she played the music correctly.

The kids expressed their gratitude and appreciation for the program.

"When I have a bad day, the music and my friends make me happy," said Mia. "The two go together."

Fifth-grader Theresa added that playing music is not only fun and exciting, but it helps her to focus and concentrate, too.

"I think it's going to help me on the [English Language Arts] exam," she said.

Sebastian agreed and said learning to read music has helped him improve in math.

Cassandra recalled that the Harmony Program brought made it possible for her to perform with one of the most famous musicians in the world. "Playing with Placido Domingo was awesome!" she recalled. In January, Cassandra was one of 35 young musicians chosen from the Harmony Program to perform at the gala celebration honoring the tenor and conductor. The maestro conducted the orchestra of fourth to sixth graders.

"Making music as a part of an orchestra is an important part of the program, because it requires children to respect their places as members of a community and to understand the rules, structure, and organization that govern that community," explained Harmony founder Fitzgibbon.

Lexy, a violinist, joined the Harmony Program in second grade. Now a fifth grader, she also had the opportunity to play with Domingo. Lexy recalled the experience with excitement, but quickly shifted her focus to the Harmony Program itself.

"Music allows me to express my feelings," explained Lexy, whose favorite pieces of music are Pachelbel's "Canon in D" and "The Magic Flute." "I'm so grateful that it is a free program. Otherwise, I would not have the opportunity to play an instrument."

When I entered the woodwind group's practice room, the students were in the middle of learning a new, challenging Bach piece. They struggled persistently until the end, then immediately asked their teacher if they could play "The Magic Flute," which they had been practicing for the past few months. They performed it with joy, confidence, and pride. The young musicians' talent amazed me, but I was even more impressed by their dedication and respect for the music-making process.

The Harmony Program teaches more than music. It develops important skills necessary for children to succeed in many areas of their lives.

Principal Farkas explains, "It offers our children the tools, resources, and experiences that have helped facilitate and drive the knowledge, complex thinking skills, collaboration, and creativity required for the college and career outcomes needed to succeed in the 21st century."

For more, visit harmonyprogram.cuny.edu.

Laura Varoscak-DeInnocentis is a mom, teacher, and freelance writer. She is a regular contributor to *New York Parenting Media* and has won several editorial awards from *Parenting Media Assoc.* Varoscak holds master's degrees in fiction writing, education, and psychology. Visit her webpage at www.examiner.com/parenting-in-new-york/laura-varoscak for more articles on *Brooklyn parenting*.

SENSATIONAL KIDS

"We Believe In Children"

Summer Day Camp

Children Ages 3-14

OPEN HOUSE:
May 7 • 6:30pm - 8:00pm

The Mary Louis Academy
176-21 Wexford Terrace • Jamaica Estates

May 8 • 6:30pm - 8:00pm

Our Lady of Hope
61-21 71st Street • Middle Village



Program Includes:

- Exciting Games
- Spectacular Trips
- Sports Activities
- Water Activities & Swimming
- Arts & Crafts
- Weekly Theme Parties
- Music & Movement
- Snack & Drink

Payment Plan Available
Bus Service Available
Camp Is Non-Sectarian

CAMP HOURS
7:00am - 6:00pm
PROGRAM HOURS:
9:00am - 4:00pm

For More Information Call: **718-386-1962** Fax: **718-386-2520**
www.sensationalkidscamp.net

A Wide Variety of Classes to choose from:

Mommy & Me, Kidz & Family
Zumba, MoonSoup, Capoeira,
Greek Dancing, Kidz Yoga,
and many more!

New Morning Mommy Classes Also Available:

Zumba, Yoga, Belly Dance,
TRX Suspension Training,
and many more

BIRTHDAY PARTIES:

Kidz Yoga, Kidz Zumba,
Kidz Capoeira,
Puppet & Magic Shows,
Bouncers, Face Painting,
Animal Balloons, Bubble Maker
& Theme Parties

Tutoring
School for Squirts
917-974-1506



Workshop Series
For Expectant, New Moms
& Moms Of Toddler's
For More Info
Call **917-747-9807**

27-14 23rd Avenue, Astoria, New York 11105
347-455-3661 • info@gym-azing.com • www.gym-azing.com

Creative theater games to spark your child's imagination

BY JOCELYN GREENE

Looking for a fun activity to spark your kids' imaginations? Kids love to be entertained, and they especially love to take part in their own amusements. Luckily, there are two great theater games that will entertain them and let their imaginations soar.

One great game that even works for just two people is "story clap." It's inspired by Viola Spolin, an important innovator of the American theater in the 20th century.

Here's how to play:

One person starts with an opener that puts us in the fairy tale or fable mind-set, as in "Once upon a time, there lived a firefly who didn't know she was a firefly..." or, "In a deep forest there was a witch who loved to make soup out of..."

That storyteller then claps, which passes it to the next person. It is that person's job to continue where the first person left off, then pass it on to the next person, and so on. The game continues in this fashion until the story reaches a natural end.

You'll be surprised at how creative the story becomes as the tellers feel inspired by the collective voice of the group.

As you play the game more and more, experiment with the length of the story chunk you tell. Archetypes — such as princesses, witches, animals, dragons — are great to play off of, and you can combine elements of your children's favorite books and characters. This game is also a great way to air an issue that may have come up at home, so kids can give voice to their feelings.

As the adult in the group, it is important that you help direct the story. Set up a conflict and then help it toward resolution. With kids ages 4–6, it's a good idea to designate the adult as the clapper to keep the action going. You'll be amazed by how much they already understand story structure, and how excited they are to create their own tales with you.

In my experience, we end up physically re-telling the story, but it is a great activity all on its own for winding down at bedtime, on car trips, or at a family gathering. On rainy days, you can help the kids write the story on paper and they can illustrate it!

Another great game is "ACTive reading" — a reading aloud game in which kids get to play the parts in the stories.

Let your child create the environment of the book. Let him explore the way the ocean sounds while you read "Mariana and the Merchild: A Folktale from Chile." Playfully whistle and whoosh the sounds of the sea and the wind with him, or create whale calls and dolphin whistles. Then, have your child quietly continue the ocean soundtrack while you read aloud — the effect can be quite hauntingly beautiful.



When reading "Make Way for Ducklings," watch what happens when your child acts out the traffic and noisy streets of Boston, or creates the quacks of the duck family? How about the sounds of the monkeys in "The Hatseller and the Monkeys," or the monsters in "Where the Wild Things Are?" You may come up with sounds that are funny, or some that are eerie. You'll be surprised by the way your child astutely hears his world and gives voice to his imagination.

Most children are eager to play the parts in the stories they read. If they read themselves, they enjoy following along while you read, and getting the chance to say the words of a certain character. Whether you are reading "Horton Hears a Who," or the Harry Potter books, there will likely be a character with whom they identify. Let them cast themselves and say their characters' dialogue while you read the rest. They will be living inside the story in a very exciting way. For a moment in time, the characters' journeys become theirs. If they aren't reading yet, gently prompt them with the character's lines and let them interpret the rest.

In this way, you enter into a kind of dialogue with your child, even while you are reading. He'll feel connected to the world of the book because he is a part of creating it, and he'll feel connected as you both tell the story. He'll also be having a lot of fun, which is always the bottom line!

Jocelyn Greene is the founder and executive director of the theater program Child's Play NY. She also runs the after-school acting programs at Packer Collegiate Institute, the Berkeley Carroll School, and Greene Hill School.





THE LEARNING TREE

Now Registering For
FREE UNIVERSAL PRE-K
 (children born in 2008)
Nursery & Pre-K Programs for September 2012
 Extended Hours 7:00 am - 6:30 pm



Registration Open for Summer Camp

SPORTS • FIELD TRIPS • MUSIC • DANCE • ARTS & CRAFTS
FILTERED POOL • SWIMMING INSTRUCTION ON PREMISES



Junior Group – Ages 2 to 4
Middle Group – Ages 5 to 6
Senior Group – Ages 7 to 13

PRIVATE GROUNDS
TRANSPORTATION AVAILABLE
 74-15 Juniper Blvd., Middle Village
718-899-2020 • www.thelearningtree.org



WEST SIDE TENNIS CLUB SUMMER CAMP

13 WEEKS OF CAMP STARTING JUNE 4TH

39 Courts - 4 Different Surfaces
 (Har-Tru, Red Clay, Deco-Turf & Grass)



The Best Summer Camp For Kids Who Want To Have Fun
 & Learn How To Play Tennis Using The Best Facilities Available.

Multiple Week Discounts
 MULTIPLE IMMEDIATE FAMILY MEMBER DISCOUNTS

Forest Hills • 718-268-2300 x127
 JUNIORTENNIS@FORESTHILLSTENNIS.COM



Summer at Kew-Forest!

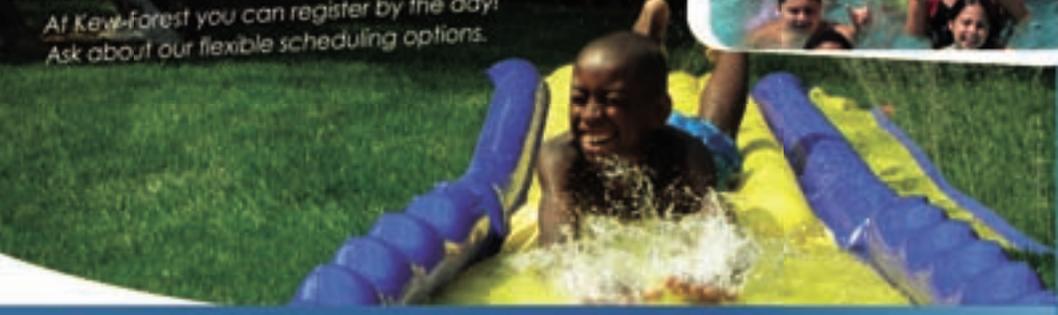


A fun and flexible summer program for children entering Pre-K – 6th grade!
 July 2 – August 17 • Mon. – Fri., 9 – 4:30



Get a head-start on September
when you register for Morning
Academics or Combo Camp!

*At Kew-forest you can register by the day!
 Ask about our flexible scheduling options.*

- Flexible Scheduling
- Academics & Recreation
- Daily Swimming
- Cooking
- Hands-on Science
- Before & After Care
- Field Trips & More!

The Kew-Forest School, 119-17 Union Turnpike, Forest Hills, NY 11375
 Phone: (718) 268-4667 ext. 108 Email: summer@kewforest.org Website: www.kewforest.org

Celebrate mothers of special-needs children

Remarkable moms need extra thanks on Mother's Day

BY REBECCA MCKEE

May is the month to appreciate our mothers and grandmothers. We make a special effort to show our love and gratitude this time of year through our words and actions (and, for good measure, a beautiful bouquet doesn't hurt!).

But a more and more homes include family members who have autism spectrum disorder. Many of these individuals may rarely convey to their mothers just how much adoration and love exists within their special bond, and those moms can use

some special recognition.

Mothers of children with special needs work tirelessly day in and day out for their children.

Their work includes motherly duties of love, providing food, shelter, clothing, tenderness, and teaching.

But standing atop of that mountain is a pressure-cooker filled with speech and language goals, fine- and gross-motor coordination activities, functional life skills, opportunities for generalization, natural environment teaching moments, sensitivity and awareness for siblings and peers, team meetings, workshops, parent-training

visits, data collection and analysis for behavioral outbursts, and so much more.

It is a world that involves these mothers' front doors opening and closing continuously to allow for professionals to enter and exit. Between those times it is the mothers who hold everything together.

It is a motherhood that requires patience; patience that includes waiting an entire summer while an 8-year-old child learns to imitate waving.

It is a motherhood that requires grace; grace that includes calmly handling a very loud 10-year-old autistic child in the supermarket while every other adult in the surrounding area glares. It is a motherhood that requires fortitude — courage and advocacy mixed together in a cake bowl — that has to be at an all-time high level from the time of diagnosis throughout adulthood.

It is a motherhood that requires connectedness; connectedness means constant networking, attendance at workshops, fund-raisers, classes, and more.

It is a motherhood that requires a realistic view of accomplishment; accomplishment can easily mean her child learning how to tie his shoes at the age of 19 after working on this skill for more than 300 hours. It is a motherhood that requires balance; balance between caring for all members of her family, herself, and a person with special needs who naturally requires just that much more.

We should all remember to honor our mothers each day, and especially on Mother's Day.

This May, if you know a mother or grandmother who has the personal privilege of having a family member with autism spectrum disorder, or individualized personality, acknowledge her. Take the time to wish her a happy Mother's Day.

These are words she may have yet to hear from that special person in her life.



GERMAN for CHILDREN

AFTER SCHOOL PROGRAM
LOW TUITION



Minimum Age: Four Years
Children's Class Meets Once A Week
From 4:30-6:15pm
No Previous German Required
Classes Start In September-
Register Now
AP German Class

Teaching German For 119 Years

GERMAN-AMERICAN LANGUAGE SCHOOL*

212-787-7543

www.German-American-School.org

Four Convenient Locations:

Manhattan (Eastside) • Franklin Square • Garden City • Queens (Ridgewood)

*NY STATE REGENTS ACCREDITED SINCE 1911

Magic Carpet

Summer Day Camp

For Your Child's Summer
Recreational Needs

AGES 4 TO 14

are invited aboard



**Fly The Magic Carpet
To A Fun-Filled Summer!**

OPEN HOUSE DATES:

MAY 6, 13, 20, & 27

Call For Time & location

**\$1800 for Bayside,
Whitestone and surrounding
area kids whose parents
drop off and pick up.**

All Inclusive Rates

- Door to Door Transportation
- Small Groups • Private Pools
- Spacious Indoor & Outdoor Play Areas
- Exciting Trips & Special Events - Daily!
- Drama • Lunch • Personal Attention

WE ACCEPT 1199

**2-8 Week
Sessions
Available**

SPORTS WE TEACH:
Swimming • Basketball
Tennis • Soccer
Baseball • Football

Family Owned And Operated

**LICENSED PROFESSIONAL SUPERVISION
REASONABLE RATES**

Beautiful "Air Conditioned" Bayside/Flushing Location

Call For More Information

718.634.8109

www.magiccarpetdaycamp.com



**Give Your
Child A
Summer To
Remember**

Flushing Meadows Corona Park Aquatic Center
125-40 Roosevelt Avenue • Flushing, NY 11368
Intersection of Avery Avenue and 131st Street



SPEECH PATHOLOGY & SWALLOWING DISORDER SERVICES OF LONG ISLAND

Specializing in the Treatment and Correction of:

Language Disorders • Memory & Auditory Processing Difficulties
Fluency • Voice Disorders • Motor Planning Disorders
Deviate Swallowing which Contributes to Orthodontic, Pedodontic and Periodontic Problems
Tongue Thrust • Feeding and Swallowing Problems / Aversions
Thumb and Finger Sucking • Articulation Disorders • Oral Facial Muscle Weakness

Specialized Therapy Approaches Including

PROMPT Therapy • Individual Feeding Therapy
Augmentative Communication Evaluations & Therapy

**PARTICIPATING WITH MOST MAJOR
HEALTH INSURANCE COMPANIES**

**444 LAKEVILLE ROAD
LAKE SUCCESS, NY 11042**

718-640-6767

WWW.LISPEECHANDMYO.COM

What we all need to know about **BULLYING**

End abuse
with these
helpful
resources

Everyone should know:

- Bullying is a power issue. It's about preying on the weak and on those who may be "different."

- Bullying has moved out of the schoolyard and onto the Internet and mobile phones. Cyber bullying is the fastest growing method students use to bully others.

- It takes a village. Children who are bullying others need to understand that everyone is watching — parents, teachers, neighbors, church members, coaches, troop leaders, etc. — and will speak up when their behavior is inappropriate.

- Kids fall into three roles: the bully, the victim, and the witness. The witnesses who do not speak up against bullying provide an audience that encourages the bully.

- Speaking up against a specific bullying incident or pattern takes courage and can result in repercussions for the victim or witness. To keep them safe, protect the students' anonymity.

Parents should know:

- Just as you teach a child personal hygiene, ethics, and good behavior, you need to teach him that bullying is wrong and that witnessing a bully calls for action. What action? At a minimum, tell an adult.

- There are warning signs that may indicate your child is being bullied, or may be bullying others. Become familiar with them. You can find warning signs at stopbullying.gov.

- Have regular conversations

about all of those topics that are uncomfortable for both you and your child — such as bullying, drugs, sex. Acknowledge that these are difficult conversations for both of you, but that you are going to have them anyway.

- You are your child's advocate. If you suspect or know your child is being bullied, your job includes engaging school staff and others to help support your child through this bad time. Visit the school frequently. Get to know teachers and other staff before problems occur.

- Monitor and supervise your child's online and cellphone activities, set boundaries, and let him know you are monitoring him. It's the best way to know that he is

neither bullying nor being bullied, sexting, sharing passwords, or compromising his privacy, safety, and security.

Here are some links about how to monitor:

- How much should you monitor? At childhelp.org.

- Spying or monitoring? At about.com.

- Four things to help protect kids online at Microsoft Safety and Security Center at microsoft.com.

- Overview of monitoring cellphone use at education.com.

Kids should know:

- No one deserves to be bullied. It is harmful and can have long-lasting repercussions.

- It's difficult to deal with bullying by yourself. Ask for help from your



friends, parent, or an adult you trust or know has been assigned to deal with bullying.

• Doing nothing says you think it's OK to bully another person. Take a stand against bullying.

• If someone gets upset with your behavior toward others, even if you think you're just being funny, you may be bullying. Stop, reflect, and talk about it with someone you trust.

Additional links for kids:

- That'sNotCool.com.
- StopBullying.gov.

Teachers should know:

• Early and immediate intervention to resolve conflicts will mini-

mize bullying and support victims. Find tips at stopbullying.gov.

• Dealing with bullying is a team effort. Learn all you can about bullying through research and recommended interventions.

• There needs to be a designated leader who serves as a resource for staff and students and keeps track of incidents. Kids should know who that person is and that anonymity will be protected.

• Your attention needs to extend beyond the schoolhouse or program doors to include the school neighborhood, Internet, and texting.

• For a cyberbullying toolkit for educators, visit *common sense media* at commonsensemedia.org.



MAKKAR DENTAL

Family & Cosmetic Dentistry

- Children of all ages & Adults welcome
- Evening & Saturday Appointments available
- Kid Friendly Environment - Play Area
- Digital X-Rays • White Filings / Sealants
- Zoom Whitening • TV's in All Rooms
- Accept Most Insurance
- Emergencies & Walk-in welcome
- Implant crowns • Invisalign

HAPPY VISITS
Children Under 3

NEW LOCATION!

718-641-1160 • WWW.MAKKARDENTAL.COM
121-02 LIBERTY AVE., S. RICHMOND HILL



NYC GIFTED & TALENTED PROGRAM PREP



Kent Prep is now accepting registrations into their comprehensive G&T summer program for current **Pre-K to 1st graders**.

Under the instruction of experienced instructors, prepare your child for the upcoming 2012 school semester by building needed reading and math skills.

To learn more about our G&T test prep and enrichment courses, please call our counselors or visit www.kentprep.com for more information.

- Date: **Summer I** (Jul. 2~Aug. 9)
Summer II (Aug. 20~Aug. 30)
- Days & Time: **Mon. - Thurs.**
9:00 am~1:45 pm

718.423.5757
194-11A Northern Blvd.

KENT *KJP* PREP

The Firehouse HEALTH CENTER

Announcing The Opening Of...

- Family Medicine
- Free Blood Pressure Screenings
- Women Preventive Health Services
- Saturday and Late Night Appointments
- Women Preventive Health Services
- Behavioral Health
- Family Dentistry

Call: **347 505-7000**
for information or appointment
Hablamos Espanol



89-56 162nd Street • Jamaica, NY



HEALTHY LIVING

DANIELLE SULLIVAN

Tips for pain-free breastfeeding

It is possible!

Among the endless concerns that come with new parenting and first-time pregnancy is the decision of whether or not to breastfeed. Many new moms want to breastfeed but are honestly afraid to do so after hearing stories about the pain and anguish associated with it.

Susan Bennington of Bay Ridge was one of them. When her son, Jamie, was born two years ago, Bennington admits that she almost didn't even try to breastfeed, because she thought it would hurt too much.

"My sister had given birth to my niece a year before I got pregnant, and she had such a hard time with it, she eventually gave up. Ever since then, she talks about how she should have just bottle-fed from the beginning and saved herself the torment," she says.

Bennington cites sore nipples and difficulty in latching on as the top two causes of why her sister stopped.

"While I was naturally concerned seeing what my sister went through, I still felt in my heart that breastfeeding was best, and wanted to give my child every chance at the best health possible," says Bennington. "So, I started reading up on it in my sixth month almost daily. When my son was born, amazingly enough, he latched on right away. It gave me the confidence to continue, and I'm so glad I did."

Sara Chana, a breast-feeding expert and certified lactation consultant, says that when breastfeeding is working properly, it shouldn't hurt.

Here are her best tips for pain-free breastfeeding:

- Don't believe that breastfeeding is supposed to hurt and that sore nipples are to be expected. If the baby is latched on to the breast properly, breastfeeding should not hurt!

- Do teach your baby to latch onto the breast, not the nipple! Most



women that come into my office are letting the baby latch onto the nipple and not the breast itself. (Remember, it is called "breastfeeding," not "nipple feeding.")

- Don't worry about getting your whole areola into the baby's mouth. Most women are taught to get the whole areola into the baby's mouth, but all women have different size areolas, so this is really not the judge of a good latch. With a good latch, there usually is some areola showing, and often times, lots of areola is showing.

- Do hold your breast steady and compress it into a pointy shape with your hand, because a pointy breast can fit deeper into a baby's mouth. Be sure to bring the baby to you deeply (not trying to stuff your nipple into the baby's mouth). Your goal is to get your breast deeply into the baby's mouth with the nipple touching the S spot (between the baby's hard and soft palate). Your nipple

actually needs to point back into the baby's throat.

- Don't get discouraged. If your latch hurts, try again. If you allow the baby to nurse in a way that hurts you, your baby will not get the message that he needs to nurse deeper. When a mom and her baby share the experience of being on the breast deeply, with practice, mom will be able to nurse pain free.

- Do get help from a professional lactation consultant if you are in pain, not getting enough soiled diapers, or feel unsure or discouraged. Birth hurts — breastfeeding is not supposed to!

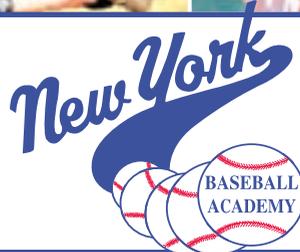
Danielle Sullivan, a Brooklyn-born mom of three, has worked as a writer and editor in the parenting world for more than 10 years. Sullivan also writes about pets and parenting for Disney's Babble.com. Find her on Facebook and Twitter @DanniSullWriter, or on her blog, Just Write Mom.

Finest Summer Athletic Instruction – Our 37th year

Finest professional staff and facilities **New York Institute of Technology, Old Westbury Campus**
 Door to Door transportation: Nassau, Suffolk, Queens and Manhattan. Swimming and Hot Lunch Daily



New York Softball Academy
 Girls Ages 7-14 Two Weeks:
 June 25 - 29 & July 2 - 6
College Prospect Program Ages 15-17
 July 3rd - One Day Event!
516.404.5052
www.nysoftballacademy.com
OPEN HOUSE DATE at NYIT:
 Saturday May 12th 10am - 12noon



New York Baseball Academy
 Ages 7-17
 Bob Hirschfield - Director
One through six weeks
 July 9 - August 17
516.922.7133
www.nybaseballacademy.com
OPEN HOUSE DATE at NYIT:
 Saturday May 12th 10am - 12noon



New York Sports Academy
 Boys and Girls Ages 4-7
 • Multi Sport Instruction •
 INSTRUCTIONAL SWIMMING • SOCCER • TENNIS
 BASKETBALL • GOLF • LACROSSE • BASEBALL
One through eight weeks
 June 25 - August 17
516.922.1439
www.nysportsacademy.com
OPEN HOUSE DATE at NYIT:
 Saturday May 12th 12 noon - 2PM

Building a better future, one child at a time

OPEN HOUSE

Thursday May 3rd, 4:00 am - 6:00 pm
 Tuesday May 8th, 4:00 am - 6:00 pm
 Saturday May 19th, 11:00 am - 1:00 pm
 Saturday May 26th, 11:00 am - 1:00 pm
 Saturday June 2nd, 11:00 am - 1:00 pm
 Saturday June 5th, 4:00 pm - 6:00 pm



Don't Miss out on early Registration.



TRANSFORMERS .. Ages 3-5
 TRAILBLAZERS .. Ages 6-11
 PIONEERS .. Ages 12-15

Ages 3 to 15



WWW.BLUEDOLPHINSUMMERCAMP.COM

(718) 847 - 6470
 69-26 Cooper ave. Glendale NY 11385

- ARTS & CRAFTS
- DORNEY PARK
- SOFT BALL
- YOGA
- LASER TAG
- GARDENING
- KARAOKE
- BASKETBALL
- BOWLING
- MOVIES
- SWIMMING
- HERSHEY PARK
- CARNIVALS
- FOAM PARTIES
- PICNICS & BARBECUES
- HANDBALL
- NATURE ACTIVITIES
- VIDEO GAMES
- MUSIC & DANCE
- PROFESSIONAL STAFF
- FISHING

We accept A.C.D. & 1199 & T.W.U. Members
 Free Extended Hours * Bus Service Available



DEATH BY CHILDREN

CHRIS GARLINGTON

Dad comes in last

Let us establish, now, that I am not very good at this fatherhood thing. Never have been, never will be. I am a struggling father, an amateur, a dilettante. My children know this; I've been proving it to them since they were born. For my son, the proof was never so obvious as during the pinewood derby.

I tend to plan the way some people fall off a cliff. I backplan, coming to my senses moments after something expensive lies smoldering at my feet

ewood derby car.

First of all, the manufacturer's verbiage claiming the paint will dry in one hour is a big fat lie. The only thing happening in an hour is the Scoutmaster will come into the broom closet where you're building your car (your son's car) AS THE DERBY IS STARTING to tell you [unprintable] or he will [unprintable]. And the wheels will get stuck to the fuselage, which really doesn't matter in the great story arc of life.

that's even heavier. And that's when the chucks release and all the cars speed down the slope toward the finish line. All the cars.

Except his.

Yeah, the manufacturer coulda said something about that.

Look, I know something about being shamefaced: I attempted dating in the '80s. I worked at a theme park. I drove a Gremlin. I drove a purple Gremlin.

So I knew how to react. I knew precisely the harrowing precipice of dignity that my father-and-son dynamic skidded uncontrollably toward in the gravity of that glance. As my son's public humiliation went nuclear, as an entire auditorium of parents shushed, their heads swiveling in unison toward me, as the raw force of an accumulated scowl swept toward me like a bright red tsunami, I thought to myself: "I should have used a hair dryer."

The next year was no better. Heck, the next two years were no better. My car — my son's car — never placed. I spent at least 50 bucks on kits, sandpaper packs, chrome pipes, high-gloss lacquer; but no matter how many hours I put into my car — into my son's car — I didn't place. He didn't place.

Finally, the kid said, "Dad, can I try?" — and then I got it. I mean, it was soooo obvious. I should have seen it coming a mile away: this was one of those blunt lessons of fatherhood, a Zen smack, a lightbulb as bright as the sun, and it was shining across that dim auditorium directly onto me and I knew, I knew right then, that I needed powdered graphite lube.

The kid was having none of it. He grabbed a chunk of pine and built what appeared to be a wedge of cheese with a number seven scrawled on its side. It wasn't sanded. The wheels were crooked. It was yellow. This car had nothing going for it.

He didn't win. I mean, he was racing a block of cheddar against a Sponge Bob, a third-generation door-stop, and a perfectly rendered 1967 Camaro Super Sport. He came in fourth.

And he didn't care.

Winning had nothing to do with it.

Winning has nothing to do with it.



long enough to say, "Maybe I should have read the instructions." I also tend to reject proper tool usage to the point where the home improvement chain Menards has issued a restraining order.

So nobody should be surprised I screwed up my pinewood derby car.

I mean, so nobody should be surprised I screwed up my son's pin-

But there is a moment when it does matter. There is, in fact, a moment where those wheels, shellacked to the body of the car by a generous application of Krylon Red #5, bear the weight of a '57 Chevy in a single glance as your son tries to place his race car on the track...and it sticks to his fingers.

However, there is another moment

PARTY PARTY PARTY!

HAVE YOUR CHILD'S FABULOUS BIRTHDAY PARTY WITH US!!

Come in for a **free tour.**
You won't be disappointed

Swimming • Basketball • Soccer • Baseball
In-Line Skating Moon Walk • Super Slide • Healthy & Fun



INCLUDES

- Hostesses
- Two Sports
- Pizza & Soda
- Gift for Every Guest
- **Special Gift for Birthday Child**
- Table for Adults
- **Party Area For 2 1/2 Hours**
- **Ask About Our Photography Show**
- **FREE** Indoor parking for birthday child's parents

We give all our parties our "personal touch" as we are committed to customer satisfaction!

Visit our web site for a virtual tour & prices



ASTORIA SPORTS COMPLEX

34-38 38th Street • Astoria, NY 11101
(Bet. 34th & 35th Aves.)

718-729-7163 www.ascsports1.com

Conveniently located in the heart of Queens -
One block from public transportation (M,R)

"THE PLACE EVERYONE IS RAVING ABOUT"

Is technology a sleep snatcher for your kid?

Research indicates electronics may cause serious problems

BY JENNY CHEN

We all know that sleep is important for growing children, and that they often aren't getting enough shut-eye. But a recent report shows just how serious the problem might be. Yet, even if you get your kids to bed on time, they may have trouble falling asleep. The culprit? Increased use of technology.

The results of a survey conducted by the Centers for Disease Control show that 68.9 percent of children in the United States don't get enough sleep. Students who get less than eight hours of sleep per night are 86 percent more likely to seriously consider suicide, and 60 percent more likely to smoke cigarettes or drink alcohol. Sleep deprivation also leads to memory loss, poor focus, and weight gain. In recent years, studies have suggested that habitual Internet use and computer gaming can lead to lost sleep.

"Sleep is really important, but it seems to take a backseat these days. Media and electronics are available 24-seven, and it makes it harder to go to sleep," says Kyla Boyse, a registered nurse with the University of Michigan and a mother of three.

At her clinic, Boyse has seen first-hand the effects of electronics on quality of sleep for growing children and teens. She recommends that parents remove all electronics from the bedroom. That means TVs, computers, and even cellphones and their chargers have to go. Even when kids are not using the electronics, the devices emit high levels of electromagnetic radiation, which disrupts melatonin produc-

tion — a key player in sleep pattern regulation. Bright, unnatural light from electronic screens can also stimulate the brain and disrupt circadian rhythms.

In fact, electronics are so powerful in affecting a child's quality of sleep that Dr. Victoria Dunckley, a child

and adolescent psychiatrist in California and blogger for Psychology Today, recommends a three-week electronic fast for all her patients who have sleep problems. Among her patients who have prior behavioral or mental problems, Dunckley sees a 50 percent decrease in symp-



toms relating to poor sleep after the fast. Among regularly developing children, she sees nearly a 100 percent decrease in symptoms relating to trouble sleeping. Young children are particularly sensitive to the negative effects of electronics, because their brains are still forming.

"It really makes a difference. If it didn't make such a big difference, I wouldn't be so radical about it," says Dunckley. "Disrupting the circadian rhythm even 30 minutes a week can ... upset everything."

Of course, this is even if your child goes to sleep at bedtime. But many of today's children and teens eschew sleep for engrossing video games, texting conversations, and Facebooking. According to the American Academy of Pediatrics, 75 percent of teens use cellphones at night when they should be sleeping, and after 9 pm, 34 percent of adolescents reported text messaging, 44 percent reported talking on the telephone, 55 percent reported being online, and 24 percent played computer games. Media use also often stimulates the brain, which makes it harder to sleep hours after you've turned your electronic devices off.

Furthermore, electronics use often displaces physical activity, which helps in promoting high-quality sleep. The National Wildlife Federation reported in 2011 that playing outdoors increases a child's exposure to natural daylight and exercise, which can lead to a marked increase in quality of sleep.

Lack of sleep is nothing to snore at. The 10 hours that children are supposed to get at night help them strengthen their immune systems, process emotion-laden memories into their long-term memory, and grow. Sleep deprivation actually interferes with the production of the human growth hormone. Studies have also suggested that children's sleep habits set the foundation for sleep habits into the adolescent and adult years.

But what if your child has schoolwork to finish? Surely a couple hours of sleep sacrificed in the name of studying, often on the computer, is no big loss. Dunckley disagrees. She says that electronics actually suppress the frontal lobe and cortex. The frontal lobe is linked to long-term memory

and other higher mental functions, such as recognizing long-term consequences for actions. The cerebral cortex also plays an important role in memory, attention, language, thought, and consciousness. In other words, children who use electronics too much and don't get enough sleep will actually not do as well in school, and will have trouble developmentally.

Never mind the schoolwork, Dunckley says, your child's health is the number one priority.

Of course, in a world of smartphones, over scheduling, and busy parents, how does one begin to limit a child's use of electronics? Here are some tips:

- **Set a good example.** Try to do all your work during the day, and turn off your electronics after dinner. Not only will it set a good example for your children, it will help you relax as well.

- **Limit screen time to two hours a day.** Dunckley says that limiting all screen time (this includes computers at school, TV, video games, etc.) to two hours significantly reduces sleep problems.

- **Discourage electronics use after 7 pm.** When it starts getting dark, your body naturally begins preparing itself for bedtime, and artificial light can confuse it.

- **Get outside.** For every hour of screen time Dunckley recommends an hour of outdoor activity. "The benefits of outdoor activity can help offset the negative impacts of electronics," she says.

- **Take electronics out of the bedroom.** Kids who learn to fall asleep in front of the TV never actually achieve deep sleep because their brain is still being stimulated. But Boyse says that there's no need to go cold turkey all at once. First, take the TV out of the bedroom, then the computer, and then the cellphone. Before long, your child won't even miss the devices!

- **Be firm.** Boyse acknowledges that there might be some whining and balking on the part of the kids when you first try to limit electronic use.

"But one thing that parents need to remember," says Boyse, "is you're the parent, and it's up to the parent to do what's right for the kid."

Jenny Chen is a freelance writer. She has written for Washington Parent and Parent Connection.

Energy World

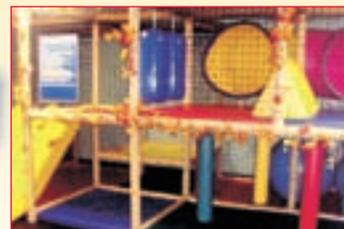
IN ASTORIA

Summer Fun at Energy World

- Private Half Day Summer Camp In Astoria
- Days Filled With Fun And Energy!!
- 2-8 Weeks Program For Boys & Girls (3-6 Years Old Limited To 20 Kids)
- Enrollment Begins March 2012



Energy World is 2,500 sq. ft. large enough to have your child's party as low as **\$199**



Call To Be Added To Our Email List!

718-777-1220

18-17 42nd Street, Astoria, NY 11105

Email: energyworldkids@yahoo.com for monthly events

EnergyWorldPlay.com

Pappas Pediatric Dentistry



Warm child friendly environment

TV/DVD in waiting room and operatories

Turn Your Child's Dental Visit Into A Fun Experience

Come Pet the Friendly Dinosaur

- Convenient afternoon and Saturday Appointments
- Nitrous oxide (laughing gas) analgesia
- 30+ years experience
- Accepting many insurances as full or partial payment
- Digital radiography
- Zoom Bleaching (for our older patients)

Despina Pappas D.D.S. Elayne Pappas D.D.S.
215-41 23rd Road Bayside, NY 11360
718 224-0443



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Eating healthy for two

Good nutrition tips for those mothers-to-be

The minute I learned I was pregnant during each of my pregnancies, I cut out coffee (and wine) and otherwise spruced up my diet. My objective? Do everything I could in my power to get baby off to a good start.

Every mother-to-be wants the best for her baby, so let's take a look at the latest nutritional recommendations.

Go-to nutrients

- **Choline.** This B-vitamin plays a key role in developing the hippocampus, the memory center of the brain. It's also involved with building the neural tube and central nervous system. Egg yolks are a particularly rich source. Find smaller amounts in beef, poultry, pork, and fish, as well as pistachio nuts.

- **DHA omega-3.** DHA is the building block of our brains, according to Tara Guidas, MS, RD, author of "Pregnancy Cooking & Nutrition for Dummies"® and the mother of two preschool-aged sons.

"Aim for low mercury, high omega-3 fishes like salmon or sardines or take a supplement," she advises.

- **Folate.** This B-vitamin is needed to prevent birth defects even before you're pregnant. Take a prenatal, mul-

tivitamin, or folic acid supplement when you're trying to get pregnant. Eat folate-rich foods like asparagus, spinach, orange juice, and legumes.

- **Iron.** Blood volume increases and so do iron needs. Meat is the best source, due to its highly absorbable form of this mineral.

- **Protein.** You need a significant amount of additional protein to support the growth of the baby. Aim for things like Greek yogurt, lean meats, and beans to meet these needs.

- **Vitamin D.** "Most women enter into pregnancy deficient in this vital nutrient, and you need more when you're pregnant," states Guidas. "Supplements are the best way to get it."

Steer clear of these

Guidas points to three categories of foods that pose a safety risk: Anything unpasteurized, such as milk, cheese, or freshly squeezed juices; undercooked or raw meats, fish, seafood, or poultry; and raw or runny eggs.

Cravings

Food cravings are normal, and for the most part, hormonal, according to Guidas.

"They don't necessarily mean you

are 'deficient' in a nutrient if you are craving it. For example, you may not be deficient in iron if you're craving a steak." She suggests you enjoy that food. "Go with the cravings and have small amounts of the foods you are craving, as long as it's not a dangerous food or a non-food substance." As every mom of two knows, every pregnancy is different, so don't be surprised if one pregnancy finds you with extreme cravings and the next with not much at all.

If food allergies run in the family

Guidas says if food allergens run in the family, it's best to limit them during pregnancy. However, with no history of allergies, "there is no need to limit milk, eggs, peanuts, soy, or any of the other common allergens."

In two studies presented at the American Academy of Allergy, Asthma, and Immunology's annual meeting in March, researchers found that nursing mothers who attempt to ward off allergies by eliminating high-risk foods did not reduce the development of food allergies in their children.

Post delivery

After baby arrives and the new moms get into a rhythm, many are anxious to get their bodies going back to normal. Guidas suggests patience.

"Don't expect too much too soon. Make sure you rest and recover," she says. Guidas recommends drinking plenty of fluids, as well as eating to keep your strength up.

"Focus on nutrient-rich foods like lean meats, low-fat dairy, whole grains, and of course, lots of fruits and veggies. Eat small meals and frequent snacks so you give your body energy consistently throughout the day."

Christine M. Palumbo is a registered dietitian in Naperville, Ill. who experienced stronger food aversions than she did cravings during each of her three pregnancies. Find her on Facebook at Christine Palumbo Nutrition or contact her at Chris@ChristinePalumbo.com.

Spinach, Egg, and Cheese Sandwich



Prep time: 5 minutes
Cook time: About 10 minutes
Makes one serving

INGREDIENTS:

Nonstick cooking spray
½ cup fresh spinach, stems removed

½ cup chopped fresh mushrooms
1 egg
1 slice Swiss cheese
1 whole wheat bagel thin

DIRECTIONS:

Spray a small skillet with nonstick cooking spray and heat it over medium heat. Add the spinach and mushrooms to the skillet and cook until soft, about two to three minutes.

While the vegetables are cooking, mix the egg in a small bowl with a fork. Remove the vegetables from the skillet and set them aside.

Add the egg to the hot skillet, and cook it until it's no longer runny, about four minutes, flipping or stirring halfway through. Place the

cheese on top of the egg and heat until melted, about one minute.

Toast the bagel thin in a toaster. Add the egg and cheese to the bottom half of the bagel thin. Top that with the sauteed vegetables and the other half of the bagel thin.

Vary it! Use asparagus in place of spinach if you want a different flavor, or if you want to take advantage of it while it's in season.

NUTRITION FACTS: Calories 305; fat 14 g (saturated 7 g); cholesterol 239 mg; sodium 340 mg; carbohydrate 28 g (dietary fiber 6 g); protein 22 g; iron 2 mg; calcium 354 mg; folate 75 mcg.

Excerpted from "Pregnancy Cooking & Nutrition For Dummies"®, with permission from publisher John Wiley & Sons, Inc.



The Little Dolphin School

Nursery & Pre-Kindergarten

DAY CARE VS. SCHOOL

Selecting the best childcare is one of the most important choices you'll make as a parent

Over a quarter of a century of experience!
Over a quarter of a century educational success!



Come Look Us Over... You Will Find...

- Newly Renovated, Well-Illuminated, Spacious Classrooms
- Outdoor Fenced-In Play Area
- Central Air Conditioning
- Security Camera
- Professional Staff of College Graduates
- Parent/Teacher Conferences
- Member National Association for the Education of Young Children (N.C.E.Y.C.)

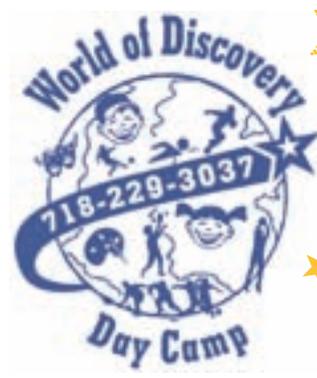
NOW ACCEPTING 2-YEAR-OLDS!

www.littledolphin.org
107-01 Cross Bay Blvd., Ozone Park
718-641-7754

8 WEEK SUMMER PROGRAM
JULY 2 – AUG 24
AGES 2-5

Now enrolling

FREE
Universal Pre-K
for Sept. 2012 for
children born
2008




Specialized Sports Program

- Gymnastics • Karate • Swimming • Music
- Private Outdoor Pool • Small Groups • Trips
- Dance • Arts & Crafts • Free Transportation

Established in 1978 • Ages 4-15

Reasonable Tuition

Certified Teachers • 2-8 Week Program

Bayside • 718-229-3037

Visit us at: www.worldofdiscovery.org



Immanuel Genius
EDUCATIONAL CENTER



*Confident
for next
school
year*

IMMANUEL GENIUS SUMMER CAMP

Kids can lose an average of one month of learning over the summer.

STRATEGY

We help students review the past school year & teach the next grade level computerized & individualized targeting system w/experienced certified public school teachers.

RESULT

Children have more skills & more confidence for the next grade in school

• Language Art	• Reading & Writing	• Debating	• Math
• Science	• Current events	• Listening & Speaking	

Taekwondo	Art	Ballet	Chess	Computer
Cheerleading	Cooking	Science	2nd Language	

• **Fantastic Friday Trip** • **Door to Door Transportation**
• **Free Hot Food** (Breakfast, Lunch and Snack) • **Open 7am-7pm**
*Half day * Full Day *Extended Care | *Exceptional Price for This Summer

REGISTER NOW FOR
FREE
UPK PROGRAM
FOR ALL
4-YEAR OLDS

163-15 Oak Ave., Flushing, NY 11358 | 718.460.9991
213-01 Northern Blvd., 3 Fl., Bayside, NY 718-819-0190
Visit our website: www.ImmanuelGenius.com
Bus Service To Flushing, Fresh Meadows, Bay Side, Whitestone and Douglaston

**We Accept
ACD & HRA
Vouchers**



DIVORCE & SEPARATION

LEE CHABIN, ESQ.

Helping someone through a divorce

When someone is getting divorced, the concerns are often pretty obvious: the welfare of the children and future relationships with them; a place to live; money; a job; and so forth. But, for many of us, how to respond and be there for someone in this situation is complicated — and not only because of her emotions, but because of our own as well.

Recently, I spoke with a colleague about how friends and family can be supportive when a divorce is taking place, and about the challenges we can face in providing that support. Marie Wetmore, a life and career coach who assists clients dealing with transitions and stress, has heard first-hand what people most want when splitting up.

We discussed how reaching out — even to people we know very well — can be an awkward step. What should we say? What shouldn't we say? Divorce is a very sensitive topic to bring up. It can seem “too sensitive” — even taboo. And people often don't know how to handle it. Maybe we're even worried about getting close, afraid of what another's divorce may suggest about our own marriages. We wonder, “Could that happen to me?”

We may respond by pulling away, and allowing the relationship to disintegrate.

On the other hand, we may overdo it. When your friend talks about her divorce, do you top her stories with tales of your own, or some War of the Roses story you have heard about? Do you give advice when it hasn't been asked for, or act like an expert when you've read exactly three articles on the subject? If you are not honoring where she is, it may be your friend who pulls away. Without realizing it, you may lose the trust of someone you really care about and want to help.

So, what to do?

There is a middle ground. Don't back away or drop the relationship.



Instead, be sure to be around and available, and answer the phone or call back. Open the door to conversation, but without putting pressure on her. Listen, without judging, because when you're getting a divorce, just being able to talk is so important. Propose meeting for lunch or doing something else she'll enjoy. The requirements of day-to-day living can be overwhelming to someone going through a divorce. Offering to help with the practical necessities can alleviate the burden more than one might imagine.

Can you offer to babysit? Of course. For some, the biggest challenge is childcare, so if you can handle that for a few hours, and your friend can attend a therapy session, run errands, or get to an aerobics class, it will be a big help to her.

If you've got the contacts or the research skills, offer to check into lawyers, financial planners, or support groups. Maybe a move is planned, and you can help with the packing.

Let her know that mediation is an option, and that she doesn't have to have a contentious divorce.

Wetmore related how, when a friend was going through a divorce, the woman didn't know anyone else who had been in her position. When

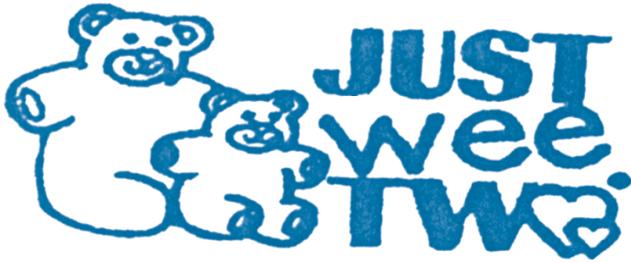
she did eventually find someone to connect with, it helped a lot to have a person who could say, “It was hard, but this is what it's like, and it's better now.” So, if you know someone who is divorced and in a good place, and someone else going through it now, ask whether they would like to be hooked up in order to talk.

Many divorcing spouses struggle with a sense of failure. And even those who don't will still have their fears, frustrations, and disappointments. You should listen and let them vent. But, you can also gently remind them that ultimately, divorce can open up possibilities for creating a happier life. While their emotions will rise and fall like waves, the storm will pass. Make it known that throughout, your love and friendship are constant, and you are there for them.

Lee Chabin, Esq., a Divorce Mediator and Collaborative Divorce Lawyer, helps clients end their relationships respectfully and without going to court. Contact him at lee_chabin@lc-mediate.com, (718) 229-6149, or go to <http://lc-mediate.com/home>.

Reach Marie Wetmore at marie@lionssharecoaching.com.

Disclaimer: All material in this column is for informational purposes only.



where children and grown-ups learn and play together

For 8 months - 3 1/2 years

REGISTERING NOW

for Spring

At our Bayside Location

Join Us For Fun

- Arts & Crafts
- Music • Stories
- Creative Movement
- Playtime
- Narrow Age Spans
- Maximum 10 Children Per Class
- 1 1/2 Hour Classes
- Professional Staff

"Just For Me"

2½ - 3½

Separation Program

Partial Separation Classes Also Available

Infant Classes (Mommy & Me) and ABC Enrichment Classes Also Available

For Information Call 1-800-404-2204 or 516-433-0003
Or Log Onto Our Website: www.justweetwo.com

Other Locations: Park Slope & Brooklyn Heights, Plainview & Manhasset, Greenwich & North Stamford, CT

CHRISTY'S

GYMNASTIC CENTER

ACADEMY FOR CHILDHOOD FITNESS & DEVELOPMENT

FUN - FRIENDS - FITNESS

Register now for Spring/Summer Programs

From Tots - Teens

Arts & Crafts

Wee Tumble..... 1 1/2 - 3 Yrs.
Junior Gym..... 3 - 5 Yrs.
Gym Time 5 1/2 - Teens

Birthday Parties

School Trips!

Advanced Gymnastics - High School Gymnastics
Just Tumble - Rising Stars - Team
Highly Qualified Staff - Viewing Area
State-Of-The-Art Facilities

Our Program Is Safety Certified & Kinder Accredited by USA Gymnastics

WE MAKE A DIFFERENCE!

Competitive USGF Teams • Mini Teams
Christine Philips/Owner, Director FREE PARKING

150-50 14th Rd., Whitestone

718-767-0123 • www.christysgymnastics.com

NEW YORK FAMILY PRESENTS
NEW YORK Baby SHOW

Saturday May 19th } at Pier 92
Sunday May 20th } 10am-4pm



NEW YORK Baby SHOW is excited to announce the "Ultimate Nursery" giveaway!

- Meet Dr. Harvey Karp, America's #1 pediatrician, and Ali Landry Celebrity Mom and Founder of Spokescmoms.com

- Preview "What to Expect When You're Expecting" with Britax's mobile van and win incredible giveaway prizes!

- Top brands for new and expectant parents: Destination Maternity, Britax, Skip Hop, Joovy, Quinny and many more!

- Test the newest strollers on the Original Stroller Test Track

- Check out the Stroller Pit Stop, sponsored by Stroller Spa.

- Relax and enjoy the Mom's and Dad's lounges.

- Entertain your little ones in the play and classes areas with toys and scheduled activities like yoga, music and tumbling!

- Enter to win the "Ultimate Nursery Giveaway," for your chance to take home the most amazing nursery!

Buy Tickets

NewYorkBabyShow.com



OUR RELATIONSHIPS

JOAN EMERSON, PhD

To each his own

Well, it's spring, and my husband and I have just gone through a hard few days. He's a baseball fanatic — player, fan, and fantasy participant — and it's time for me to accept, again, that for the next several months, I will be sharing him with his other passion.

As the season begins, I've heard public figures I highly regard — all men, it seems — talking about how delighted they are to be watching their favorite sport again and how much baseball means to them on a deeply emotional level.

The rational part of me, therefore, knows my husband's not totally out of line to want to watch all of the games of the opening week, and that's exactly what he did for three straight days.

But, it's vacation; neither of us is working this week. When the first

day of the vacation arrived, my fantasy of how it should be spent was obviously totally different than his. I wanted to jump into time together; he wanted to transition slowly into that togetherness by relaxing into himself, and watching baseball. I made every effort to han-

dle my disappointment and annoyance in a mature, contained way, but I definitely wasn't perfect. He acknowledged that he wasn't happy with how overly hooked in he was getting, and was also sorry that he wasn't handling it better.

It's now a few days later and we are, yet again, reflecting on how these differences are pretty much normal and unavoidable with us, but still regularly catch us by surprise. Each of us has our own vision of how to get to this place of togetherness we both want: his is to slowly transition after some time of winding down and doing his own thing; mine is to jump on the bandwagon as soon as possible.

I guess we'll always be talking about how to overcome these differences in a way that feels comfortable and fair to both of us.

Yet, even though it's nothing new, the fact that the conversation about this balance has resumed again feels good.

We all know that even with love, commitment, and the best of intentions, the path of couplehood is not smooth. But it is a surprise that even when it's the same old patterns repeating, and history has shown that we'll be alright again, the rational part of us cannot always prevent the emotional pain we feel when things go off track.

The hardest part is staying with those feelings without overreacting until some time passes, and things are back to normal.

Nobody wants to feel the pain that goes along with a really good and deep connection falling apart for a while, but it seems to go with the turf.

It's a reminder of the vulnerabil-

ity we all have when we are in a truly committed relationship, and that pain can go so deep, we can even understand why some people just choose to never even risk getting into the game.

What am I learning from this mini-breakdown after many years and many repeats? I don't really know the whole answer.

I do know that one basic ingredient that helped ease the angst was the fact that we were sharing the loss of each other, and we were committed to working to reconnect.

But, ultimately, I seem to be learning again how important it is to communicate our expectations.

If we had, we could have lovingly agreed on how to care for each other's needs and also for our own.

During one of those baseball evenings, I took the opportunity to go hear some local music in a place that I rarely get to.

It felt great to be there, but it would have felt so much better if we had talked in advance and planned that, on this evening, we would lovingly give each other the chance to do our own thing.

Without this loving feeling, there was probably a little guilt and self-righteousness on both sides.

So, I realize that the most helpful component is that talk in advance about what each of us is wanting and needing that will help get us through these difficult transitions and differences.

Nobody is doing anything wrong here, so even if we start off in totally different places, at the very least, we'll know what to expect and will plan accordingly.

Chances are, we'll even be able to negotiate some small accommodations that will make the different goals more acceptable.

It can feel risky to state our needs, but it's so much better to know what each feels, than to wind up hurt and disconnected.

Dr. Joan Emerson is a psychologist specializing in couples therapy. For more information and writings, visit her website at www.JoanEmerson.com.



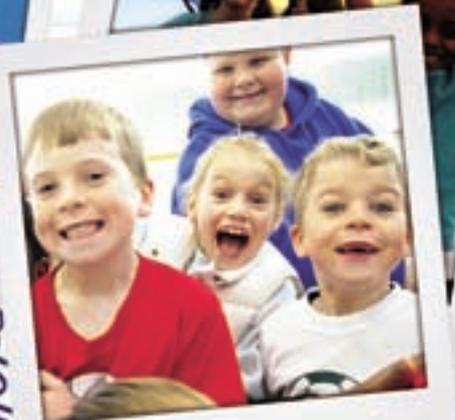
AVIATOR SUMMER CAMPS

the **NEW**

**OPEN HOUSE
SAVE 10%**
**Saturday, May 12th
& Sunday, May 20th**
12pm-4pm



3 Pools Keep Me
Cool All Summer!



Making New Friends



TRANSPORTATION OPTIONS AVAILABLE



HIGHLY QUALIFIED COUNSELORS
First Aid and CPR certified,
Certified Teachers and Gym-
nastics Instructors, Trained in
Emergency and Abuse Prevention



FLEXIBLE CAMP SCHEDULES
Choose weekly or full summer
options, before and after
camp care available

Over 20 activities under one roof

- Fitness
- Soccer
- Theater
- Rock Climbing
- Ice Skating
- Dance
- Field Sports
- Team Building
- Day Trips
- Gymnastics
- Swimming
- Art and Much More!



AVIATOR
sports and events

The Aviator Sports and Events Center ~
Floyd Bennett Field, 3159 Flatbush Avenue, Brooklyn, NY 11234

T: 718-758-7510 / F: 718-758-9801

Email: camps@aviatorsports.com Also visit aviatorsports.com.

Parking is always FREE!



Dyslexia's potential

New book
uncovers a
disorder's
inherent set
of abilities

BY MARY CARROLL
WININGER

Dyslexia may be one of the most well-known and yet least understood of all the learning disorders. But many authorities in the field have begun to view dyslexia simply as a different way of absorbing and processing information, with its own inherent set of abilities and gifts.

The common misconception is that dyslexia is characterized primarily by mirror writing (writing certain letters backwards) and rearranging letters when reading (reading “was” for “saw”), when, in fact, these behaviors

band-and-wife duo Drs. Brock and Fernette Eide, have written a book that details the valuable features that can manifest in a dyslexic person. The book, “The Dyslexic Advantage: Unlocking the Hidden Potential of the Dyslexic Brain,” discusses how the dyslexic brain is different, the unique capabilities it can possess, and the different ways a dyslexic person can maximize his full aptitude.

“[W]e’ve come to believe that thinking of dyslexia as simply a disorder of reading and spelling is both deeply incomplete and misleading,” says Dr. Brock Eide. “Usually, dyslexic individuals are thought of as having brains that are trying hard to learn and work just like everyone else’s, but are failing because they’re defective

not completely known.”

These strengths can serve dyslexics well, in the fields of architecture, design, and surgical medicine (material); visual art (interconnected); law (narrative); and the sciences (dynamic).

“Not every dyslexic individual has these strengths...in our experience all have at least some, and each of these tends to be much more common in dyslexic than non-dyslexic individuals,” reports Dr. Brock Eide. “It’s important to recognize and understand these strengths, because we’ve found that dyslexic individuals who succeed in adulthood usually do so, because they’ve learned how to take full advantage of one or more of these strengths, and not just because they’ve fully overcome dyslexic challenges with reading or spelling.

“Typically, they’ve learned to only use these strengths to work around their weaknesses, rather than letting their weaknesses define who they are or what they are capable of achieving.”

How, then, can dyslexic individuals be assisted to embrace their full potential, seeing as how they’re capable of so much? In an ideal world, say the doctors, the current educational system would be different, and geared more toward students of all learning abilities.

“We need to focus much more heavily on understanding and taking advantage of how the brains of dyslexic students actually work, rather than teaching them as if the goal were to get their brains to work just like everyone else’s,” says Dr. Brock Eide. Dyslexic students follow a “different developmental pattern than other children” and they “need a different kind of education that reflects these differences,” he says.

“Schools cannot just operate on this ‘mode of normal’ and expect all kids to learn well,” confirms Dr. Fernette Eide. “An ideal education needs to be tailored more towards [everyone’s] strengths.”

Mary Carroll Winger is a writer based in New York City. She is a frequent contributor on topics ranging from etiquette to feng shui.

“We need to focus on taking advantage of how the brains of dyslexic students actually work, rather than teaching them as if the goal were to get their brains to work just like everyone else’s.”

only occur in a very small percentage of dyslexics.

The disorder is actually more frequently observed through other signs, such as difficulty with rhyming words in very young children, word

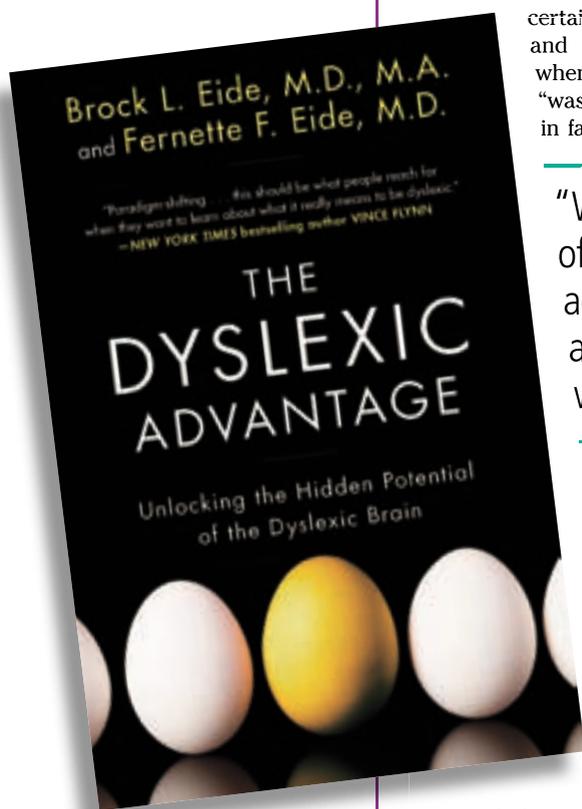
letter omission when writing and reading, and substitution of similar-looking words to replace the ones intended (“help” for “held,” “who” for “how”). For these reasons, dyslexia has often been seen as a burden or a weakness—or even a condition to be overcome. But, now, experts and evaluators are starting to realize that the so-called disability can be accompanied by an array of skills and talents not understood or even noticed before now.

Two Seattle-based physicians, hus-

in some way.”

After working with and speaking to hundreds of dyslexic individuals, the doctors have witnessed, again and again, that dyslexics “share many desirable and useful features in how they learn and process information.”

In the book, the doctors detail four common areas of dyslexia-associated talents, which they call the MIND strengths: material, or spatial, reasoning; interconnected reasoning, or the ability to see connections and relationships, particularly big-picture relationships; narrative reasoning, or the ability to see facts as stories, cases, or examples, rather than abstract, non-contextual information; and dynamic reasoning, the ability to use bits of remembered experience to make predictions about how things will change over time, which, the doctors write, “helps dyslexics function well in situations where the conditions are changing or all the facts are





At 10:37 pm,
she needs the
extra special
attention, not
just the x-ray.

**At Bayside's kid-friendliest alternative to the ER,
your child will spend less time waiting for care and
more time getting the extra attention she needs.**

PM Pediatrics, an award-winning provider of after-hours urgent care, is staffed by Pediatric Emergency Specialists who have special training in treating children in urgent situations while minimizing pain and unnecessary tests. Our commitment is to provide quality care when you need it, where you need and how you need it. And with short wait times, we'll help your child get back to feeling all better a lot sooner.

**210-31 26th Avenue
(Bay Terrace Shopping Center)
Bayside, NY 11360**

718-747-KIDS
5 4 3 7

Open 365 days a year

**Monday - Friday: 5PM - Midnight
Weekends & Holidays: Noon - Midnight**

No appointment necessary

Short wait times

Most insurance plans accepted

Patients thru age 21

 **AFTER HOURS URGENT CARE**
PM Pediatrics
Care when you need us.™
www.pmpediatrics.com



LIONS AND TIGERS AND TEENS

MYRNA BETH HASKELL

The role reversal: Teens as caregivers

When teens take care of younger siblings

I loved to hang out with my baby sister when I was a teenager. I used to take her everywhere, even to some social activities at my high school. I really enjoyed the “mommy role,” even when she did something out of the blue, like kicking one of my guy friends in the shin at a winter carnival.

I realize that I probably enjoyed her tagging along with me, because it was my choice. It may have been an entirely different story if I was obligated to care for her on a regular basis, especially if the care got in the way of my own activities.

Sometimes, teens are responsible for younger siblings for long hours after school due to their parents’ job schedules or their family’s financial situation.

This can be a catalyst to a teen becoming responsible at an early age; however, in some situations, a teen might feel resentment for having to assume a parental role. Is there a limit

to how much responsibility a teen should take on?

The benefits

Beth H. Garland, PhD, a licensed psychologist at Texas Children’s Hospital, reports, “Benefits may include increased responsibility and an opportunity for increased trust between the adolescent and his parent.”

Pamela Garber, LMHC, a Manhattan-based therapist who works with adolescents regarding family issues

and other life stressors, believes that teens can gain important life skills while caring for a younger sibling.

“The benefits can be the development of a strong sense of responsibility, an understanding of choices and consequences, and a value system based on family,” she explains.

Amy B. Acosta, PhD, a licensed psychologist at Texas Children’s Hospital, agrees.

“Some teens may respond to caretaking roles in ways that promote skills for nurturing others, and these responsibilities may increase feelings of closeness within the family,” she says. She feels that there is a potential for family connectedness when there is a sharing of responsibilities.

Too much to handle?

Most experts agree that teens need time for social activities. This can be a challenge when teens are spending a great deal of time outside of school hours watching over younger siblings.

“Often, the negative consequences, such as resentment and an over-developed sense of responsibility, are linked to other issues and problems,” warns Garber. For instance, teens might begin to exhibit negative behaviors because they feel their own needs are not being met.

Garland finds that social experiences help teens learn skills that enable them to navigate situations as adults.

“The balance between childcare responsibilities and activities associated with adolescent development (e.g. social events, dating, free time) may be one potential challenge,” she says. Parents should also talk to their teens to be sure their teens are not overwhelmed.

Finding a balance

“It is helpful for parents to make sure their teen has structured time that is strictly for him,” instructs Garber. Ideally, teens should be able

to allocate time in their schedule for both school and social obligations. This will help them feel cared for and valued. Additionally, teens will have the opportunity to mature socially, so the peer disconnect will be limited.”

Parents should consider community resources, such as support groups and churches. Another idea is to work out childcare swaps where families take turns with childcare.

“Some cities offer free or low-cost after-school and weekend programs at city parks and recreational centers,” says Garland.

Acosta suggests extracurricular activities.

“School sports and clubs may provide a logistical solution to childcare while simultaneously honoring a need to explore new interests and create bonds with other children.”

Tips and tales

“I used to babysit my younger siblings all the time. Every family is different, but I grew up way too fast and never really had time to be a child.”

Renee Falanga Brenner, New Paltz, NY

“I think that taking care of a younger sibling could be favorable. However, the teenager could build resentment against his younger sibling and rebel.”

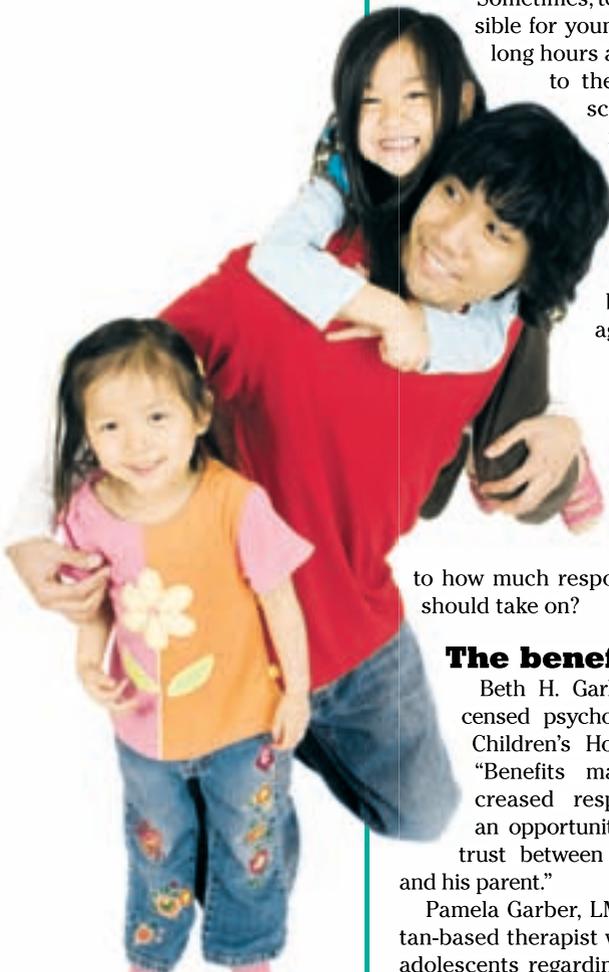
Charles Knapp, Brooklyn, NY

Share your ideas

Upcoming topic: Tips for dealing with the day your teen leaves for college.

Send your full name, address, and brief comments to myrnahaskell@gmail.com, or visit www.myrnahaskell.com.

Myrna Beth Haskell is a feature writer, columnist and author of the newly released book, *Lions and Tigers and Teens: Expert advice and support for the conscientious parent just like you* (Unlimited Publishing LLC). Visit www.myrnahaskell.com.





He promises to work hard. Promise to do your part.

Through all the homework, projects, and hours of practice, your child gives you his best. All this hard work will pay off when it's time for college. Do your part to help pay for his education by opening a New York 529 College Savings Program *Direct Plan*. With as little as \$25, you, family and friends can open and contribute to an account for your child. Contributions can qualify for a generous deduction from New York State taxable income.* Earnings grow tax-deferred, and you pay no state or federal taxes on qualified withdrawals, making a 529 plan one of the most tax-efficient ways to save.** Plus, a rewards service from Upromise® can add to your account. It's so easy—just visit ny529directplan.com, and in about ten minutes, you've kept your promise.

Visit ny529directplan.com
or call 1-800-608-8617



*Up to \$10,000 is deductible from New York State taxable income for married couples filing jointly; single residents can deduct up to \$5,000 annually. *May be subject to recapture in certain circumstances—rollovers to another state's plan or non-qualified withdrawals.*

**Earnings on non-qualified withdrawals may be subject to federal income tax and a 10% federal penalty tax, as well as state and local income taxes. Tax and other benefits are contingent on meeting other requirements and certain withdrawals are subject to federal, state and local taxes.

Before you invest, consider whether your or the designated beneficiary's home state offers any state tax or other benefits that are only available for investments in such state's qualified tuition program.

The Comptroller of the State of New York and the New York State Higher Education Services Corporation are the Program Administrators and are responsible for implementing and administering the *Direct Plan*. Upromise Investments, Inc. and Upromise Investment Advisors, LLC serve as Program Manager and Recordkeeping and Servicing Agent, respectively, and are responsible for day-to-day operations, including effecting transactions. The Vanguard Group, Inc. serves as the Investment Manager. Vanguard Marketing Corporation markets, distributes and underwrites the *Direct Plan*.

No guarantee: None of the State of New York, its agencies, the Federal Deposit Insurance Corporation (FDIC), The Vanguard Group, Inc., Upromise Investments, Inc., nor any of their applicable affiliates insures accounts or guarantees the principal deposited therein or any investment returns on any account or investment portfolio.

New York's 529 College Savings Program currently includes two separate 529 plans. The *Direct Plan* is sold directly by the Program. You may also participate in the Advisor Plan, which is sold exclusively through financial advisors and has different investment options and higher fees and expenses as well as financial advisor compensation.

Upromise is a registered service mark of Upromise, Inc.

For more information about New York's 529 College Savings Program *Direct Plan*, obtain a Program Brochure and Tuition Savings Agreement at www.ny529directplan.com or by calling 1-800-608-8617. This includes investment objectives, risks, charges, expenses, and other information. You should read and consider them carefully before investing.

© 2012 State of New York



Like Us on
facebook
to **WIN**
tickets or
prizes

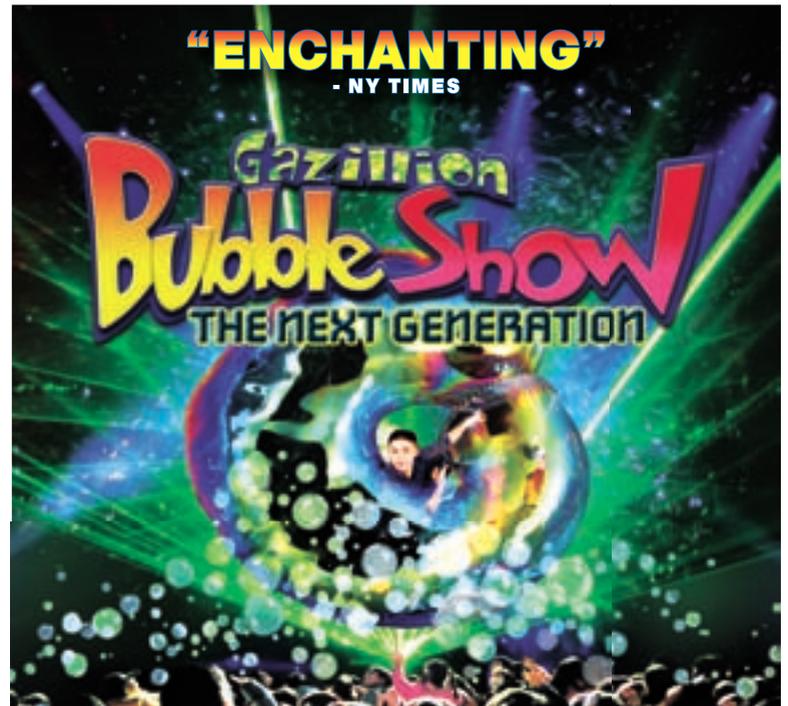
Visit us at our
NYParenting page
and register to win

Attention All Writers!

We're looking for personal essays
about you, your family and life
in your community.

Partner with us and share your
stories and your memories.

Email family@cnglocal.com to
have your piece included in our
magazine and on our website.



Wed 11 & 2, Sat 11, 2 & 4:30, Sun 12 & 3

For groups & birthday parties visit our website or call
1-866-6-GAZ TIX (1-866-642-9849)

GazillionBubbleShow.com

TELECHARGE.COM or 212.239.6200

NEW WORLD STAGES NY 340 WEST 50th ST.

THE RHYTHM OF NEW YORK



\$40 Sundays @5:30PM

Tue-Fri @ 8, Sat @ 3&8, Sun @ 2&5:30

ORPHEUM THEATRE

Second Avenue at 8th Street [ticketmaster](http://ticketmaster.com) (800) 982-2787

www.stomponline.com

Going Places

LONG-RUNNING

Cartoon exhibit: New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 ext. 353; www.nyscience.org; Weekdays, 9:30 am–5 pm, Saturdays and Sundays, 10 am–6 pm, \$11 (\$8 children 2-17, college students and seniors).

A 6,000 square exhibit features characters from the Cartoon Network, including larger than life graphics, animation from concept to finished product, storyboarding, character design and drawing.

Volunteers needed: Friedberg JCC and Sunrise Day Camp, 15 Neil Ct. (516) 634-4158; bflatow@friedbergjcc.org; Daily, 10 am–4 pm; Now – Mon, April 30.

Sunrise on Wheels, an outreach program for children and families who are in the outpatient pediatric hematology/oncology clinic, is asking for volunteers to keep the children occupied while they await treatment. Volunteers are needed for the Stony Brook University Medical Center location and must be 18 years or older, be able to engage children and be very compassionate, patient and kind.

Get Your Kids Moving with Outdoor Spring Sports Leagues:

Central Queens YM & YWHA, 67-09 108th St., between 67th Avenue; (718) 268-5011; www.centralqueensy.org; Sundays, 12 pm, Now – Sun, May 20; \$165 for each league.

Children will participate in game play as they develop their skills. They will be evaluated and placed on teams based on their age level and or ability.

Spies!: Three Village Historical Society, 93 N. Country Rd. (631) 751-3730; www.tvhs.org; Sundays, 1–4 pm, Now – Sun, June 24; \$5 (\$3 children and members).

Docent led, interactive exhibit with hands-on activities and computer games about the Revolutionary War.

Family sundays: Nassau Community Museum of Art, One Museum Drive at Glen Cove Road; (516) 484-9337; www.nassaumuseum.org; Sunday, April 22, 1 pm; Sunday, April 29, 1 pm; Free with museum admission.

Docent led tours through the museum along with supervised art activities.

"Little Miss Muffet's Monster Sitting Service": The Swedish Cottage Marionette Theatre, West Dr. at



Smell the flowers

This Mother's Day, make mom happy with a visit to Queens Botanical Garden!

There's something for everyone: moms can enjoy a quiet stroll through 39 acres of gardens, and from 1 to 4 pm, kids can make a special treat for her at the Children's Activity Table.

79th Street Transverse; (212) 988-9093; cityparksfoundation.org/swedishcottage.html; Mondays, Tuesdays, Thursdays and Fridays, 10:30 am and noon, Wednesdays, 10:30 am, noon and 2:30 pm, \$8 (\$5 children under 12).

Based on the nursery rhyme, "Little Miss Muffet", this version tells the story of Molly Muffet, the descendent of the original Miss Muffet. Run time is approximately 50 minutes and is suitable for children 3-9.

Homework and project help: Holis Public Library, 202-05 Hillside Ave. (718) 465-7355; www.queenslibrary.org

Mother's Day Fun at Queens Botanical Garden [43-50 Main St. at Dahlia Avenue in Flushing, (718) 886-3800] on May 13. Children's Activity Table open from 1 to 4 pm. Free with admission, \$4 adults, \$3 seniors, \$2 students with ID and children ages 3 and older. For more, visit www.queensbotanical.org.

org; Weekdays, 4 pm, Now – Mon, April 30; Free (\$15 for the trolley tour).

Teens learn how to use a laptop to do research for projects.

Homework help: Lefrak City Library, 98-30 57th Ave. (718) 592-7677; www.queenslibrary.org; Mondays – Thursdays, 4 pm, Now – Mon, April 30; Free.

Teens help each other with their school assignments.

Poetry workshop: Barnes & Noble, 176-60 Union TPKE. (718) 380-7077; Mondays, 7:30 pm, Free.

Budding poets perfect the craft with

Submit a listing

Going Places is dedicated to bringing our readers the most comprehensive events calendar in your area. But to do so, we need your help!

All you have to do is send your listing request to calendar@cnglocal.com — and we'll take care of the rest. Please e-mail requests more than three weeks prior to the event to ensure we have enough time to get it in. And best of all, it's FREE!

Bob Trabold and Amanda Konstantine Perlmutter.

Kite decorating: Long Island Children's Museum, 11 Davis Avenue; (516) 224-5800; www.licm.org; Tuesdays – Fridays, 2:30 – 4 pm, Now – Fri, April 27; Free with museum admission.

Design a kite using special dot markers, yarn and paper to create a one-of-a-kind project. (No classes April 6-13).

Project Posterity: Central Queens YM & YWHA, 67-09 108th St., between 67th Avenue; (718) 268-5011; www.centralqueensy.org; Tuesdays, 3–4:30 pm, Now – Tues, April 24; Free. Everyone has a story, seniors 55 and older are welcome to tell theirs to teen volunteers from the Academy of Public Service of Forest Hills HS. Presented in part with the Central Queens YM&YWHA. Registration required.

Storytime: Barnes & Noble, 176-60 Union TPKE. (718) 380-7077; Wednesdays and Saturdays, 11 am, Now – Sat, June 30; Free.

Children listen to a different author and theme each week.

Gaelic classes: Ancient Order of Hibernians Hall, 27 Locust Ave. www.scotlandgael.org; Wednesdays, 7–10 pm, Now – Wed, June 27; Free.

For beginners (8-9 pm), and novices (7:15-8 pm). Grammar 8-9 pm and advanced workshops (8-10 pm).

Kindershul: Hillcrest Jewish Center, 183-02 Union Turnpike; 718-380-4145; www.hillcrestjc.org; Saturdays, 10:30 am, Now – Tues, June 5.

For children 2 to 7. An interactive program for parents and kids.

Arts and crafts: Lakeshore Learn-

Continued on page 42

Going Places

Continued from page 41

ing Store, 2079 Hillside Ave. at Marcus Avenue; (516) 616-9360; mgermain@lakeshorelearning.com; www.lakeshorelearning.com; Saturdays, 11 am – 3 pm, Free.

Children 3 and up create fun projects.

“The Amazing Max and the Box of Interesting Things”: The MMAC Theater, 248 W. 60th St. between Amsterdam and West End avenues; (212) 239-6200; www.telecharge.com; Saturdays, 4:30 pm, Now – Sat, June 30; \$29.50 (\$49.50 VIP seating).

The magic show with a mind of its own. Magician Max Darwin makes objects appear out of thin air.

SUN, APRIL 22

Photo day: Central Park Zoo, 830 Fifth Ave. at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10–11:30 am; \$45 (\$50 non-members).

Children 6-18 years old team up with parents and photograph zoo animals in celebration of Earth Day. Wildlife photographer Judith Wolfe, takes guests on a journey through the zoo to capture the adventure. Digital camera required.

Children’s concert: 92Y Tribeca, 200 Hudson St. at Vestry Street; (212) 601-1000; www.92ytribeca.org/byok; 11 am; \$15 (Free for children under 2).

Performing sisters Nerissa and Katryna Nields sing folk songs.

Carnival: Queens County Farm Museum, 73-50 Little Neck Pkwy. (718) 347-3276; www.queensfarm.org; 11 am–6 pm; \$10 (rides included).

Have fun in the apple orchard, with rides, midway games, food, hayrides and a magic show. (Performance times for magic show are 2,34, and 5 pm in the barn.)

Hunt for Sweet Cicely: Forest Park, Union Turnpike and Park Lane; (914) 835-2153; www.wildmanstevebrill.com; 11:45 am; \$20 (\$10 children under 12).

Naturalist Steve “Wildman” Brill leads you on a nature walk through the park in search of burdock and other seasonal roots. RSVP requested.

Earth day: Flushing Town Hall, 137-35 Northern Boulevard; (718) 463-7700; www.flushingtownhall.org; 1 pm; Free.

Celebrate the earth in all it’s beauty.

Earth Day Live Animal Program: Alley Pond Environmental Center, 228-06 Northern Blvd. (718) 229-4000; 1 pm; \$15

By Animal Adventures.

Fred Garbo Inflatable Theater Col: Colden Auditorium, Kupferberg Center for the Arts, Queens College, 65-30 Kissena Blvd. (718) 544-2996; www.kupferbergcenter.org; 3 pm; \$12-\$18.



Spark their creativity

Get ready to invent something!

Engage your creative side at Design Squad Nation Family Day at the New York Hall of Science.

Join PBS’s “Design Squad Nation” host Nate Ball in a special show from 1 to 3 pm, participate in hands-on activity challenges from 11 am to 4 pm, and more. Hall of Science members can also

meet Ball at a special Meet and Greet at 1:30 pm. Free with general admission.

Design Squad Nation Family Day at the New York Hall of Science [47-01 111th St. at Avenue of Science in Corona, (718) 699-0005 ext. 353] on May 19, 11 am–4 pm. Free with general admission: \$11 adults, \$8 children ages 2-17, students with college ID, and seniors ages 62 and older. For more, visit www.nysci.org.

Fast paced clever performance with big blow up shapes.

Concert: Free Synagogue of Flushing, 41-60 Kissena Blvd. (718) 961-0030; info@freesynagogue.org; 3 pm; Free.

Pianist Albert Lotto performs.

“The Dragon Child”: Jack H Skirball Center for the Performing Arts, 566 LaGuardia Pl. at Washington Square; (212) 352-3101; www.skirballcenter.nyu.edu; 3 and 7 pm; \$25-\$40.

Performance blends traditional Chinese art, music and culture with contemporary puppetry, theater and animation. Suitable for children six and up.

“The Nerd”: Houghton Hall Theatre at Trinity Episcopal Church, 130 Main St. (631) 732-2926; www.minstrelplayers.org; 3 pm; \$15 (\$12 seniors and children).

Performed by the Minstrel Players of Northport.

MON, APRIL 23

Jewelry workshop: Bayside Public Library, 214-20 Northern Blvd. at 215th Street; (718) 229-1834; www.queenslibrary.org; 4 pm; Free.

Children explore their creative side and make unique pieces of wearable art. Along the way they will learn jewelry techniques.

World Book Night: Jacob A. Riis Neighborhood Settlement House, 1025 41st Ave. 4 pm.

Talk about the power, joy and love of reading. Sponsored by the Queensbridge Scholarship Fund.

TUES, APRIL 24

“Peter Pan”: Once Upon a Time Inc, 87-61 111th St. (718) 846-9182; 10:15 am; \$5.

Join Peter, Wendy and the Lost Boys.

Toddler Time: Central Park Zoo,

830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10:30–11:30 am; \$25 (\$30 non-members).

Scaly Critters - for 2 and 3 year old children. Live animals, movement and musical activities plus a craft.

Tiny Tots: Theodore Roosevelt Nature Center, Wantagh State Pkwy at Jones Beach Causeway; (516) 780-3295; 1:30–2:30 pm; \$4 (children under 3 free; Parking fee must be paid).

Children 3-5 discover nature. Registration required.

Advisory Board: Flushing Public Library, 41-17 Main St. at Parsons Boulevard; (718) 661-1200; www.queenslibrary.org; 5 pm; Free.

Teens brainstorm about new ideas about programs, books and services. Club hours count toward community service.

THURS, APRIL 26

“Alice in Wonderland”: Once Upon a Time Inc, 87-61 111th St. (718) 846-9182; 10:15 am; \$5.

Take a trip with Alice through the looking glass.

Toddler Time: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10:30–11:30 am; \$25 (\$30 non-members).

Winged Wonders- for 2 and 3 year old children. Live animals, movement and musical activities plus a craft.

Motivational workshop: Laurelton Public Library, 134-26 225th St. at Merrick Boulevard; (718) 528-2822; www.queenslibrary.org; 5 pm; Free.

Teens learn to deal with everyday issues.

Open mic: East Elmhurst Public Library, 95-06 Astoria Blvd. at 95th Street; (718) 424-2619; www.queenslibrary.org; 6 pm; Free.

Share your talents in poetry, writing, music and comedy. All are welcome.

Art and literacy workshop: City Treehouse, 129A W. 20th Street; (917) 463-8609; www.privatepicassos.com; 6–7:30 pm; \$30 (adults only).

Discuss the importance of visual arts in child’s development as well as the literacy connection and fine motor skills.

FRI, APRIL 27

Family fun: Theodore Roosevelt Nature Center, Wantagh State Pkwy at Jones Beach Causeway; (516) 780-3295; 7:30–9 pm; \$4 (children under 3 free; Parking fee must be paid).

The whole family discovers nature and gazes at the universe. Registration required.

Going Places

SAT, APRIL 28

Nature workshop: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10–11:30 am; \$35 (\$40 non-members).

Children 9-12 years old learn about frogs toads and everything amphibian.

Arbor Day Celebration: Alley Pond Park, 76th Ave. & Springfield Blvd. (718) 229-4000; 10 am.

Help plant trees and shrubs in Alley Pond Park.

Toddler Time: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10:30–11:30 am; \$25 (\$30 non-members).

Animal Sing-A-Long - for 2 and 3 year old children. Live animals, movement and musical activities plus a craft.

Josh Selig: Barnes & Noble, 97 Warren St. at Murray Street; (212) 587-5389; www.barnes&Noble.com; 11 am; Free.

Author of "Olive Branch: Red & Yellow's Noisy Night" and creator of the Wonder Pets will be on hand to read a story and sign copies of his books.

Earth day: Heckscher State Park, Heckscher State Pkwy and Forty Foot Road; (631) 581-2100; www.nysparks.com; 11 am–4 pm; \$8 vehicle per car.

Come and celebrate the 42nd anniversary of Mother Nature with hands-on environmental activities, live animals, pony rides, children's arts and crafts and vendor booths.

Storytime: Barnes & Noble, 176-60 Union TPKE. (718) 380-7077; 11:30 am; Free.

Meet Skippyjon Jones, children's character reads.

Golf fest: Chelsea Piers, 23rd St. and the Hudson River; (212) 336-6800; www.chelseapiers.com; Noon–6 pm; \$15 (\$10 children).

Stop by and demo out the latest golf equipment and enjoy complimentary hitting and swing tips from pros, a kids corner and hot dogs and beverages.

Spring Book Fair: Jamaica Farmers Market, 90-40 160th St. 12 pm.

Timid Turtles: Alley Pond Environmental Center, 228-06 Northern Blvd. (718) 229-4000; 1:30 pm.

12 participants. Pre-register. Discover the wonders of turtles. First day for ages 4-6, second for age 3.

Ballet Hispanico: The Joyce Theater, 175 Eighth Ave. at 19th Street; (212) 242-0800; www.joyce.org; 2 pm; \$10-\$59.

The world premier of Espiritu Vivo.

"Aladdin": BroadHollow Theatre, 700 Hempstead TPKE. (516) 775-4420;



Cinco de Mayo fun

Start the month off right with a day of fun for the whole family.

On May 5, Jamaica Center for the Performing Arts and Learning hosts Cinco de Mayo Family Fun Day, with art activities and a performance by Hot Peas 'N Butter.

The fun starts at 1 pm, when kids have the chance to participate in hands-on art workshops. At 2 pm, the Peas take to the

stage, blending traditional Latin and Afro-Caribbean music with jazz, folk, and rock for a show that gets the whole family dancing.

Cinco de Mayo Family Fun Day at Jamaica Center for the Arts and Learning [161-04 Jamaica Ave. between 153rd Street and Parsons Boulevard in Jamaica, (718) 658-7400] on May 5, 1–3 pm. Workshop starts at 1 pm; performance starts at 2 pm. Free. RSVP, space is limited.

www.broadhollow.org; 2 pm; \$10.

Open sesame - join with Aladdin, Jasmin and the genie for a wonderful magic carpet ride through Agrabah.

"The Wizard of Oz": BayWay ArtsCentre, 265 E. Main St. (631) 581-2700; www.broadhollow.org; 2 pm; \$10 (\$22 for tea party).

Follow Dorothy and friends in her search to go home.

"The Nerd": 8 pm. Houghton Hall Theatre at Trinity Episcopal Church. See Sunday, April 22.

Kol Dodi: Little Neck Jewish Center, 49-10 Little Neck Parkway; 718-224-0404; www.lnjc.org; 9 pm; \$20-\$25.

Celebrate Israel Independence Day with live music by this Israeli/Greek band. Reservations are required for this event.

SUN, APRIL 29

Antique auto show: Queens County Farm Museum, 73-50 Little Neck Pkwy. (718) 347-3276; www.queensfarm.org;

11 am – 4 pm; \$5 (\$2 for children 12 and under).

Members of the New York Antique Auto Club show off their retro vehicles, memorabilia for sale, hayrides and food.

Arbor festival: Queens Botanical Garden, 43-50 Main Street; (718) 539-5296; www.queensbotanical.org; 11 am–4:30 pm; Free with admission to the gardens.

Enjoy a variety of activities with in-house gardening tips, local artists, vendors, workshops and performances.

Recess Monkey: 92Y Tribeca, 200 Hudson St. at Vestry Street; (212) 601-1000; www.92ytribeca.org/byok; 11 am; \$15 (Free for children under 2).

The acclaimed Seattle children's band performs selections from the latest album.

Earth day: 11 am–4 pm. Heckscher State Park. See Saturday, April 28.

Gustafer Yellowgold's Year in the Day: Cinema Arts Centre, 423 Park Ave. (631) 423-3456; cine-

maartscentre.org; Noon; \$12.

The little guy from the Sun returns to NYC with his national tour with an out-of-this world multimedia show.

Golf academy: Chelsea Piers, 23rd St. and the Hudson River; (212) 336-6800; www.chelseapiers.com; Noon–5 pm; Free.

Enjoy a 15 minute lesson with a golf pro, demos and more.

Marionetas de la Esquina: Queens Theatre, Flushing Meadows Corona Park; Box Office 718-760-0064; Administration 718-760-0686; www.queens-theatre.org; 1 pm; \$16.

The Mexican puppet theater performs, "A Moon Between Two Houses" the story of two boys who become friends on a scary night. In Spanish.

Ballet Hispanico: 2 pm. The Joyce Theater. See Saturday, April 28.

Marionetas de la Esquina: Queens Theatre, Flushing Meadows Corona Park; Box Office 718-760-0064; Administration 718-760-0686; www.queens-theatre.org; 3 pm; \$16.

The Mexican puppet theater performs, "A Moon Between Two Houses" the story of two boys who become friends on a scary night. In English.

Night Jaguar: Long Island Children's Museum, 11 Davis Avenue; (516) 224-5800; www.lbcm.org; 3 pm; free with museum admission.

Listen to folktales and myths of the Mayas and make a craft.

THURS, MAY 3

Discover nature hour: Caleb Smith State Park Preserve, 581 W. Jericho Tpke. (631) 265-1054; 10–11 am and 11:30 am–12:30 pm; \$4 (\$3 per child; free for children under 3).

For children 3-5 and their parents. Learn about the natural world with hands-on activities and stories. Reservations required.

Gilbert and Sullivan: Dicapo Opera Theatre, 184 E. 76th St. <https://www.dancespatrelle.org>; 7:30 pm; \$35.

The ballet is presented by Dances Patrelle featuring favorite Gilbert and Sullivan selections, from the "Pirates of the Penzance" to the "Mikado." Appropriate for all ages.

FRI, MAY 4

"Wizard of Oz": John H Hessel Hall, 336 Woodmere Blvd. at W. Broadway; (516) 374-5559; 7 pm; \$15 (\$12 children).

Presented by the LWA Middle School Drama Department.

Gilbert and Sullivan: 7:30 pm. Dicapo Opera Theatre. See Thursday, May 3.

Continued on page 44

Going Places

Continued from page 43

SAT, MAY 5

Zoo help: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 9–10:30 am; \$50 (\$60 non-members) each session \$170 (\$215 non-members) four sessions.

Children 8-10 years old help the animal keepers and study the behaviors of animals.

Sheep shearing: Queens Zoo, 53-51 111th St. at 53rd Street; (718) 271-1500; www.queenszoo.com; 11 am–4 pm; Free with admission.

Watch expert shearers help the sheep out of their winter coats.

Pet adoption: North Shore Animal League, 25 Davis Avenue; (516) 883-7900; www.animalleague.org; 9 am–5 pm; Fre.

Puppies, kittens, dogs and cats available. More than 2,000 animal shelters and rescue groups around the world join in for this global pet adoption event, sponsored by Purina One. The marathon event features adoptions, face painting, balloon sculptures, arts and crafts, plant sale and more.

"The Wizard of Oz": 2 pm. BayWay ArtsCentre. See Saturday, April 28.

Gilbert and Sullivan: 2 and 7:30 pm. Dicapo Opera Theatre. See Thursday, May 3.

Hot Peas N' Butter: Jamaica Center for the Arts & Learning, 153rd St. and Jamaica Ave. (718) 618-6170; jpac@jcal.org; www.jcal.org; 7:30 pm; Free.

Children's concert that incorporates traditional Latin, and Afro-Cuban rhythms.

"The Nerd": 8 pm. Houghton Hall Theatre at Trinity Episcopal Church. See Sunday, April 22.

SUN, MAY 6

Pet adoption: 9 am – 5 pm. North Shore Animal League. See Saturday, May 5.

Sheep shearing: Queens Zoo, 53-51 111th St. at 53rd Street; 11 am–4 pm. See Saturday, May 5.

Fleamarket: St. Raphael's church, 35-20 Greenpoint Ave. (718) 729-8957; 9 am–4 pm; Free.

Outdoor event, new and used items.

Farm fest: Queens County Farm Museum, 73-50 Little Neck Pkwy. (718) 347-3276; www.queensfarm.org; 11 am–4 pm; \$5.

Celebrate spring with a visit to the farm. Sheep shearing demos, artisanal foods and plant sale, plus entertainment by the Country Western Band.

Astrograss for Kids: 92Y Tribeca,



Sheep Shearing

Even sheep put away their winter coats.

The Queens Zoo is springing into spring with its annual Sheep Shearing Weekend on May 5 and 6 from 11 am to 4 pm — and you're invited!

Families can watch an expert shearer help the fluffy sheep out of their winter coats, watch

wool spinning and dyeing demonstrations, and participate in arts and crafts activities.

Sheep Shearing Weekend at Queens Zoo [53-51 111th St. at 53rd Street in Corona, (718) 271-1500]. May 5 and 6, from 11 am to 4 pm. Free with admission to the zoo. For more, visit www.queenszoo.com.

200 Hudson St. at Vestry Street; (212) 601-1000; www.92ytribeca.org/byok; 11 am; \$15 (Free for children under 2).

A unique blend of bluegrass and down home humor. The concert features sing-a-longs, dance contests, hoedowns and songs about Brooklyn neighborhoods.

Tulip Festival Pirate Parade: Heckscher Museum Terrace, 2 Prime Ave. (631) 351-3250; www.heckscher.org; 11 am–4 pm; Free.

Enjoy the parade and children make a pirate craft on the museum terrace.

Celebrate Queens Farm: Queens County Farm Museum, 73-50 Little Neck Pkwy. (718) 347-3276; www.queensfarm.org; 11 am; \$5.

Free parking. Watch sheep shearing, go on farm tours, pick vegetables and more.

Green for Queens Earth Day event: Central Queens Y; (718) 268-5011; 1–4 pm; Free.

The Central Queens YM&YWHA hosts a fair that will feature green living exhibits, workshops, and vegan cooking demonstrations.

Spring fair: The Morgan Museum, 225 Madison Ave. (212) 590-0393; <https://www.themorgan.org/public>;

2–5 pm; \$8 (\$6 members; \$2 children).

Children 6-12 along with parents enjoy a day filled with music, dance, art and animals. To kick off the event, in the company of animals, conductor and composer Adam Glaser presents The Composer's Paintbrush: Painting the Animal Kingdom following the performance strolling actors in animal costume encourage children how to explore music, a photo shoot, dancing, singing and mask making workshops.

Gilbert and Sullivan: 2 pm. Dicapo Opera Theatre. See Thursday, May 3.

"The Nerd": 3 pm. Houghton Hall Theatre at Trinity Episcopal Church. See Sunday, April 22.

TUES, MAY 8

Tiny Tots: 1:30–2:30 pm. Theodore Roosevelt Nature Center. See Tuesday, April 24.

SAT, MAY 12

Maritime festival: The Village of Port Jefferson, Main St. and E. Broadway; (631) 418-6699; 9 am–6 pm; Free.

Showcasing the harbor village, boaters enjoy easy access to prime locations, deep draft and local shops, restaurants

and entertainment, the festival offers dozens of boats and vendors on display, Regattas and boat demos.

Kinder Kritters: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10–11 am; \$25 (\$30 non-members).

For 4 and 5 year old children. Instructors lead the children through songs, dances, games, and crafts.

Toddler Time: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10:30–11:30 am; \$25 (\$30 non-members).

Hop Skip and Jump - for 2 and 3 year old children. Live animals, movement and musical activities plus a craft.

Fun for kids: Theodore Roosevelt Nature Center, Wantagh State Pkwy at Jones Beach Causeway; (516) 780-3295; 10:30 am–noon; \$4 (children under 3 free; Parking fee must be paid).

Children 6-12 discover nature. Registration required.

SUN, MAY 13

Maritime festival: 9 am–6 pm. The Village of Port Jefferson. See Saturday, May 12.

Mother's day: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 11 am–12:30 pm; \$45 (\$50 non-members).

Children 3 to 10 years old with an adult meet a variety of animals, make a tasty treat for one of the zoo animals and embark on an animal moms scavenger hunt, followed by a craft and cake.

Mil's Trills: 92Y Tribeca, 200 Hudson St. at Vestry Street; (212) 601-1000; <http://www.92ytribeca.org>; 11 am – 2 pm; \$15 (Children under 2 free).

Amelia Robinson plays her original songs on her ukulele. Suitable for babies/toddlers ages birth to 4.

Celebrating Mom: Heckscher Museum Terrace, 2 Prime Ave. (631) 351-3250; www.heckscher.org; 11 am–4 pm; Free.

Moms and grandmas enjoy the museum for their special day.

Mother's Day event: Queens Botanical Garden, 43-50 Main Street; (718) 539-5296; www.queensbotanical.org; 1–4 pm; Free with admission.

There will be an activity table for children at Queen's Botanical Gardens.

MON, MAY 14

CHADD support group: East Meadow Jewish Center, 1400 Prospect Ave. (516) 932-0903; www.chadd.net/105; 7:30–10 pm; Free.

Monthly forum for parents.

Going Places

THURS, MAY 17

Discover nature hour: 10–11 am and 11:30 am–12:30 pm. Caleb Smith State Park Preserve. See Thursday, May 3.

FRI, MAY 18

Art Slam: Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; rachel@rrapoport@cmayn.org; www.cmany.org; 6:30–9 pm; Free.

Children in seventh to ninth grade party with pizza, music and art. RSVP required.

SAT, MAY 19

Fun for kids: Caleb Smith State Park Preserve, 581 W. Jericho Tpke. (631) 265-1054; 9–11 am or 1–3 pm; \$4 (\$3 per child; free for children under 3).

For children 5 and older. Enjoy hands-on activities and stories. Reservations required.

Insect workshop: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10–11:30 am; \$35 (\$40 non-members).

Children 7-10 years old learn about bugs and how to identify the different species at the zoo.

Garden walk: Queens Botanical Garden, 43-50 Main Street; (718) 539-5296; www.queensbotanical.org; 1 pm; Free with admission.

Discover native plants in bloom and celebrate NYC Wildflower Week with a guided tour.

SUN, MAY 20

The Deedle Deedle Dees: 92Y Tribeca, 200 Hudson St. at Vestry Street; (212) 601-1000; www.92ytribeca.org/byok; 11 am; \$15 (Free for children under 2).

The Brooklyn-based educational band performs children's favorite numbers that will have them clapping along.

TUES, MAY 22

Tiny Tots: 1:30–2:30 pm. Theodore Roosevelt Nature Center. See Tuesday, April 24.

SAT, MAY 26

Tall ships: Greenport Village; (516) 932-4365; www.greenportvillage.com;

10 am–5 pm; \$7 (\$5 seniors 65 and older; Free children under 12).

Come aboard one of majestic tall ships that will compete in the Tall Ships Challenge Race Series, and then enjoy a maritime festival in the village.

Air Show: Jones Beach, 1000 Ocean Parkway; (516) 785-1600; www.lovebethpage.com; 10 am–3 pm; Free (\$10 vehicle use fee).

F-22 Raptors will join this year's lineup to the annual air show.

SUN, MAY 27

Tall ships: 10 am–5 pm. Greenport Village. See Saturday, May 26.

Air Show: 10 am–3 pm. Jones Beach. See Saturday, May 26.

MON, MAY 28

Tall ships: 10 am–5 pm. Greenport Village. See Saturday, May 26.

THURS, MAY 31

Discover nature hour: 10–11 am and 11:30 am–12:30 pm. Caleb Smith State Park Preserve. See Thursday, May 3.

SAT, JUNE 2

Kinder Kritters: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10–11 am; \$25 (\$30 non-members).

For 4 and 5 year olds. Instructors lead the children through songs, dances and games, as well as creative crafts.

SUN, JUNE 3

Fleamarket: 9 am–4 pm. St. Raphael's church. See Sunday, May 6.

Flag Day Craft: Fort Totten, Fort Totten; (718) 352-1769; 2 pm; \$5 (\$10 family, BHS members free).

Reservations suggested. For ages 5-10.

TUES, JUNE 5

Fun for kids: 10:30 am–noon. Theodore Roosevelt Nature Center. See Saturday, May 12.

SAT, JUNE 9

Fun for kids: 8:15 am. Caleb Smith State Park Preserve. See Saturday, May 19.



SISTAS
The Musical

A joyous musical celebration of African-American women from Bessie Smith to Mary J. Blige

WINNER 2011
Midtown International Theatre Festival

"Sweet and Sassy!"
-NY Times

"A Winner!"
-NY Beacon

Mother's Day Celebration Throughout May!
FUN FOR THE FAMILY! • Recommended for ages 12+

St. Luke's Theatre, 308 W 46th St
Thur 7 pm, Sat 1:30 & 4:30 pm, Sun 4:30 pm
Telecharge.com 212.239.6200
Special rates for groups call 212.977.5925
SistasTheMusical.com



Family Portraits
Children's Photos
Events & More

rebekahmae
photography.com
Call Today
702-217-8817

FREE 8x10 With Booked Session
Queens Studio

"SUPERSTAR ROCKS BROADWAY!"

DAILY NEWS

**"THE BEST
SHOW
OF THE
SEASON!"**

WOR RADIO

**JESUS
CHRIST
SUPER
STAR**

➤ NEIL SIMON THEATRE, 250 WEST 52ND STREET
TICKETMASTER.COM ★ 877-250-2929
GROUPS (15+): 877-536-3437

SuperstarOnBroadway.com

VOCAPeOPLE
Music is Universal.

"THE COOLEST SHOW EVER!"

JIMMY FALLON, LATE NIGHT
JIMMY FALLON

"BLUE MAN GROUP MEETS GLEE!"

TELECHARGE.COM • 212-239-6200

For groups & birthday parties contact 1-877-401-8542 or VocaPeopleGroups@gmail.com
New World Stages, 340 West 50th Street • VocaPeopleNYC.com



www.NYParenting.com



*Where every family matters
and where New York parents
find help, info and support.*

- Great Articles
- A Happening Calendar
- Informative Directories
- Ticket Give-A-Ways: *Everyone's a winner. Log-in, enter & find out.*

SCAN HERE

NYParenting Media/CNG
NYParenting@cnglocal.com
718-260-4554



theMarketplace

shops • services • restaurants • recreation

BUSINESS OPPORTUNITIES

Wanted Distributors & Sales Agents
Earn Big Money! Set Your Own Hours!
Be Your Own Boss!
 Use Your Home Or Place Of Business
 To Earn Extra Income
 Selling Ladies Lingerie & Accessories
 Customer Service 24 Hours
Tel. 917-833-7643 Ask for Barrett
 E-mail: bjmlingerie@gmail.com • www.bjmlingerie.com

CHILDCARE

Simone's Shining Stars Group Family Daycare LLC
Making A Difference In Early Childhood

 • 7 am - 6 pm Mon. - Fri. • Early Childhood Curriculum
 • Licensed Provider • Toilet Training
 • 6 Weeks To 12 Years Old • After School Program Available
 • Nutritious Meals Daily • Near Major Transportation
144-17 123rd Ave. • South Ozone Park • 646-724-0641

CHILDCARE

Ira's Parkway Daycare & Preschool, Inc.
 Open from 8am to 6pm
Get-Ready-To-School Program
 Hot Meals Three Times A Day • Certified Teachers
AGES 18 MONTHS TO 6 YEARS OLD
 English, Math, Drawing, Arts & Crafts,
 Music Lessons, Exercise Program
Birthday Parties With Barney • Annual Summer Camp Parties During The Year
718-526-1803
 141-20 G.C. Parkway • Briarwood, NY 11435

CHILDCARE

STANFORD DAYCARE
 Jamaica, Queens • 516.884.0005
 • Licensed Nurse Provider
 • \$50 First Week Special
 • 6 wks to 12 yrs of age
 • Meals/Snacks Provided
 • Responsive to Individual Needs
 • Strong Learning Environment
 • After School Services Available
SATISFACTION GUARANTEED

Trust and Growth is Our Focus

NUTRITION

CTS Nutrition & Primary Care Medical Therapy

 Providing One on One Nutrition & Primary Care Services
 347-661-7079
cslobodsky@gmail.com
 Cheriece Slobodsky, MPH, RPA-C

TUTORING

NINA'S TUTORING CENTER
 Private Tutoring by Experienced Tutors
 For All Grades • For All Subjects • School Homework
 All School Tests
 (SHSAT, TACHS, SAT, REGENTS, CITY/STATE WIDE TESTS)
Now Registering for CITYWIDE/STATEWIDE ELA, MATH, and SCIENCE TESTS
OPEN 7 DAYS A WEEK
 LOOK FOR YELLOW SIGN
 87-02 GRAND AVENUE, ELMHURST, NY 11373
 Phone: **718-205-7508**

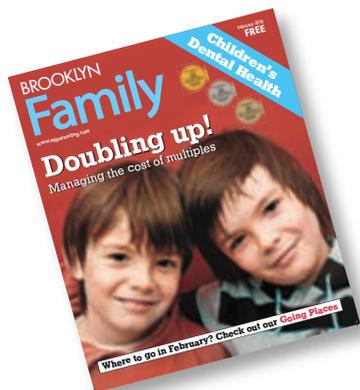
ADVERTISE WITH US!

BROOKLYN
Family

QUEENS
Family

BRONX
Family

STATEN ISLAND
Family



TO PLACE AN AD IN OUR LINE OF FAMILY PUBLICATIONS, PLEASE CALL 718.260.4554

NEW YORK **SPECIAL CHILD**
LONG ISLAND **SPECIAL CHILD**

Trusted since 2008

Informing & Enriching
"Special Needs"
Families throughout
NYC & Long Island

For more information about distribution or how to get your free copy, please e-mail us at family@cnglocal.com.

Visit us online at

www.NYParenting.com

Like us on our Facebook page, NYParenting or follow us on Twitter



To advertise your business and or services contact us at 718-260-4554 or e-mail us at family@cnglocal.com



Family Publications New York/CNG

1 MetroTech Center North - 10th Fl. • Brooklyn, NY 11201

718-260-4554 • family@cnglocal.com

Party Planners



Rico The Clown
Magician Comical Nerd
As seen on TV

- Magic • Balloon Sculpting
- Comedy • Roasting
- Educational Shows
- Adults/Kids

Rico is a University Professor of Speech and Communication

718-434-9697 • 917-318-9092

RECEIVE 5 EXTRA TOKENS PER CHILD WITH THIS AD

KIDS FUN HOUSE
www.kidsfunhouse.com

Specializing in Themed Birthday Parties

Arts & Crafts, Dinosaur, Candy, Glamour Makeover, Princess/Knight and more

Each 3 hour party includes:

- 1.5 hours in private party room
- Pizza, soda or juice • Birthday cake with candles
- Costumes, dancing or craft • Balloons and all party supplies • Dedicated host • Invitations

6000 sq of plain fun!
 Tri-story playground with mazes and triple slide, toddler area, video games!
 Great destination for school trips and summer camps starting at \$5 per child.

62-73 Fresh Pond Road • Tel: 718.418.5437

KIDS-PARTY WITH RUBY
 LET US MAKE YOUR PARTY AMAZING FUN
FOR KIDS AND ADULTS!
 Invite Your Favorite Character

Full Face & Body Painting + Music

Balloon Animals & Hats + Games

Perfect For: Birthdays, Communion, Christenings, Fund Raisers, School/Daycare Party's, Pool Party's, Fairs, Picnics, BBQ's, Grand Openings AND ALL FAMILY AFFAIRS!

BOOK NOW!
 CALL RUBY - 646 683-1881

ALL IN ONE ENTERTAINMENT INC.
 ALL AT A REASONABLE PRICE
 (718) 441-5764
 (718) 441-7796
www.allinoneentertainment.com

Clowns • Magicians • Cartoon Characters
 DJ Service • Arts & Crafts
 All Types of Bounce • Face Painting Sand/Spin Art • Balloon Artists
 Private Events • and much more!!!

WEEKDAY SPECIAL STARTS AT \$90⁰⁰
 PARTY ROOM AVAILABLE

95-25 Jamaica Ave, Woodhaven, NY 11421

Brand New PARTY ROOM w/Soft Play Area

Best Clowns
 Clowns • Costume Characters
 Princess Parties • Magicians
 Face Painters • Balloon Art
 Caricaturists • Toddler Games
 Cotton Candy & More

1-800-75-CLOWN or 212-614-0988

Bi-Lingual Performers Available • Private & Corporate Events
 All Boros, L.I. & Westchester

PARTY! PARTY! PARTY!
 Have Your Next Fabulous Party With Us

Includes:
 Hostesses • Two Sports • Pizza & Soda
 Gift for Every Guest • Special Gift for Birthday Child
 Table for Adults • Party Area For 2 1/2 Hours

We give all our parties "personal touch" as we are committed to customer satisfaction!
 See inside ad for more information.

ASTORIA SPORTS COMPLEX
 34-38 38th St., Astoria, NY 11101 • 718-729-7163 • www.acsports1.com

Have A Kid's Party That's Very Different!

PARTY PETS.com

- We bring the zoo to you!
- All ages & all occasions
- Bug & Reptile Shows
- Barnyard Petting Zoo
- Pony Rides
- Exotic Pet Program
- Nature Programs
- Pet Therapy
- U.S.D.A. Licensed & Insured

\$20 Off with ad code family

Visit our website: www.party pets.com

Hands-on learning about exotic animals from around the world

WE ADOPT UNWANTED EXOTIC PETS!

All Day Enrichment Programs Available to Schools, Scouts, Libraries, & Private Occasions • BOOK EARLY!

Call 516-766-1100 • Party Pets, Inc. • P.O. Box 439 • Baldwin, NY

Tortoise • Chinchilla • Hedgehog • Alligator • Snakes & Bees

HAPPY HENRY
 "The Wizard/Magician Clown"

Close Up Magic AT ITS VERY FINEST

- HANDS-ON MAGIC
- BALLOON ANIMALS
- FACE PAINTING
- ILLUSIONS AND HUNDREDS OF COSTUME CHARACTERS

Birthdays, Bar Mitzvahs, Christenings, Children's and Adult Parties
 CORPORATE ACCOUNTS WELCOME

917-617-3698
www.HappyHenrytheWizard.com

Seen on HBO

SEND IN THE CLOWNS ENTERTAINMENT CORP.

Free Cotton Candy w/ Party

(516) 754-1915 • (718) 353-8846
www.sendinthecloowns.com

50 Hudson Terminal Road New York Park, New York

Music Parties with Richard
 Award-Winning Kids' Entertainer
 brings fun, games and music to your child's party.
 Lots of participation for a memorable time.

FREE CD for Every Child Guest

917-538-7213
www.richardyounger.com

New & Noteworthy

BY LISA J. CURTIS



A neat seat

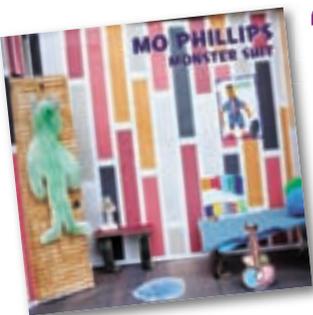
We all know at least one girl that would swoon for the “Princess” Fainting Couch by Levels of Discovery. She’s the daughter, granddaughter, or niece that loves to host a tea party, prefers tutus to pants, and clamors for Fancy Nancy books at bedtime. And such a girl would feel glamorous indeed as she lounged on these purple cushions, perched above hardwood that is embellished with the words “Her

Royal Highness.”

HRH’s parents will adore the practical function of this lounge: the seat — equipped with a slow-closing metal safety hinge — lifts to reveal storage for your little princess’s tiaras, bejeweled shoes and feather boas.

The couch, which features removable back, arm, and seat cushions, measures 31-inches wide, by 13.5 inches-deep, and 27-inches high. Perfect for all ages, up to 100 pounds.

Levels of Discovery “Princess” Fainting Couch with Storage, \$151.96–209.95. Visit barnesandnoble.com.



‘Monster’ talent

Warning: Listening to Mo Phillips’ latest CD, “Monster Suit,” will make your head bob uncontrollably and add a cheesy grin to your face. That’s because this Portland, Oregon-based singer-songwriter’s collection of 14 rockin’ songs are both silly and smart. Phillips entertains parents and children alike with lyrics that demonstrate sympathy to both camps, whether this dad of two boys

is exhorting listeners to not “fall off the couch ‘cause the carpet is lava” in the country-influenced “Hot Lava;” or commiserating over an unruly ‘do in “Bed Head;” or he’s encouraging his young listeners to be true to themselves in “The Princess and The Cowboy.” Now, giddyup to the record store.

“Monster Suit” CD by Mo Phillips (Hey! Bacon!! Records), \$12.99. Visit mophillips.com.

The best babysitter ever

A wonderful Mother’s Day gift for a special grandmother, “Silly Frilly Grandma Tillie” is a beautifully illustrated tribute to those special women that can’t help but delight their grandkids.

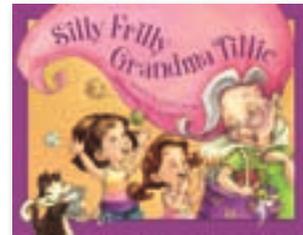
In Laurie Jacobs’ humorous hardcover, Grandma Tillie is babysitting Chloe and So-

phie. Rather than parking the girls in front of the TV, Grandma Tillie becomes the entertainment, transforming herself into a series of fun-loving characters.

The sweet, comic tale is recommended for children ages 4–8.

“Silly Frilly Grandma Tillie” by Laurie Jacobs (Flashlight Press),

\$16.95. Visit ipgbook.com.



Picnic fit for Yogi

GoPicnic has developed an allergen-free mealtime solution to enjoy on your child’s time-crunched days. Its SunButter + Crackers ready-to-eat, meal-in-a-box is a balanced, light lunch with creamy sunflower seed spread that is easily squirted onto the crunchy, multi-grain crackers. The box also contains seed and fruit trail mix, tropical fruit “bites,” and a

chocolate cookie.

The components are delicious and don’t need to be refrigerated.

Bring a napkin and a drink and you’re on your way!

GoPicnic SunButter + Crackers ready-to-eat meal, \$4.99. Available at Target stores and at GoPicnic.com.



For her little twinkle toes

Whether your daughter is 3 or 23, a mommy-and-me pedicure date can be a fun, bonding experience for both. Just in time for toe-baring sandal weather, Piggy Paint has released four new shades: Glitter Bug, translucent with multi-color sparkles; Glamour Girl,

fuschia with silver glitter; Pocketful of Posies, a matte, dark pink; and Hypnotize, a deep, shimmery teal in Piggy Paint’s “Refined” line of chic colors that is geared toward moms.

What makes these polishes so special? Piggy Paints are water-based, non-toxic, and devoid of the dizzying odor of standard polishes. The chip-resistant paints — made in the U.S. — are a great favor idea for your little princess’s spa-themed birthday party. Now you can both put your best feet forward — safely.

Piggy Paint nail polish, \$3.98–\$8.99. Visit walmart.com.





SOME KIDS JUST CAN'T WAIT FOR YMCA CAMP.

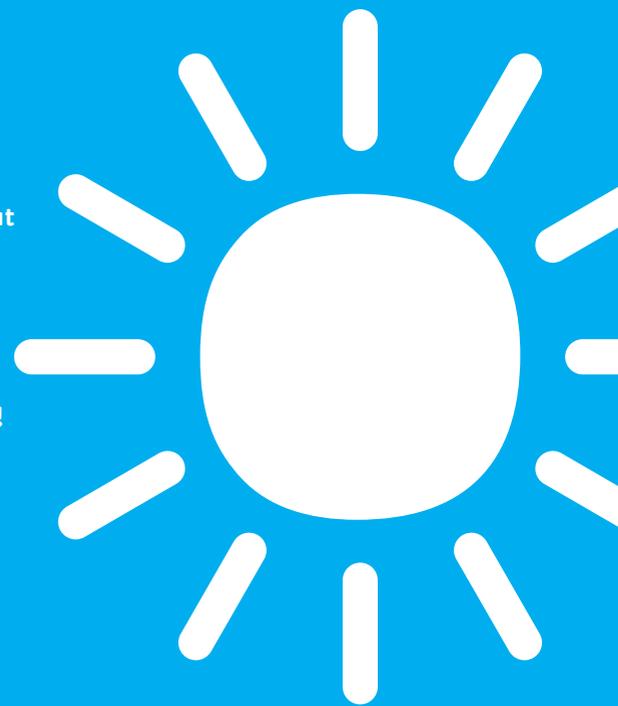
Have you made plans for your child's summer yet?

YMCA SUMMER CAMP is the perfect place to meet new friends, participate in sports and creative arts, explore science and technology, swim, go on field trips, learn about nature, build core values, appreciate culture and diversity, and—of course—have fun.

REGISTER FOR YMCA DAY AND SLEEPAWAY CAMP TODAY. SPACE IS FILLING FAST!

10% EARLY BIRD AND SIBLING DISCOUNTS AVAILABLE THROUGH MAY 19TH ONLY!

VISIT OUR OPEN HOUSE AT ALL BRANCHES SATURDAY, MAY 19TH, 10AM-4PM



YMCA Camps in Queens

Cross Island YMCA	(718) 479-0505
Flushing YMCA	(718) 961-6880
Jamaica YMCA	(212) 912-2010
Long Island City YMCA	(718) 392-7932
Ridgewood YMCA	(212) 912-2180
YMCA Beacon @ JHS189	(718) 961-6014
YMCA Beacon @ JHS194	(718) 747-3644
YMCA Beacon @ MS210	(718) 659-7710

YMCA Sleepaway Camp in Huguenot, NY

New York YMCA Camp	(845) 858-2200
--------------------	----------------

New York City's YMCA
WE'RE HERE FOR GOOD.™

ymcanyc.org



40TH ANNIVERSARY CELEBRATION & YOUR CHILD IS INVITED!

#1 PRIVATE DAY CAMP IN QUEENS... SINCE 1972!



DAYS FILLED WITH FUN, FUN, FUN!

- ☺ For Boys & Girls, 4 - 14
- ☺ 2 - 8 Week Programs Available
- ☺ Operated By Licensed Teachers & Administrators
- ☺ We Accept All Union Rates
- ☺ Weekly Field Trips
- ☺ Sports With Instruction
- ☺ Arts & Crafts

AND MORE!

HIGHEST
QUALITY,
LOW RATES!



Call Now For Pre-Season Discount!

OPEN HOUSE

SAT., MAY 5 & 19, 2012 • 1pm - 3pm

JIB LANES

67-19 Parsons Blvd. • Flushing, NY 11365

**CALL 1-631-209-2041 OR
1-800-DAYCAMP**

FREE
TRANSPORTATION



**WWW.YPDC.COM
WWW.QUEENSCAMP.COM**

