

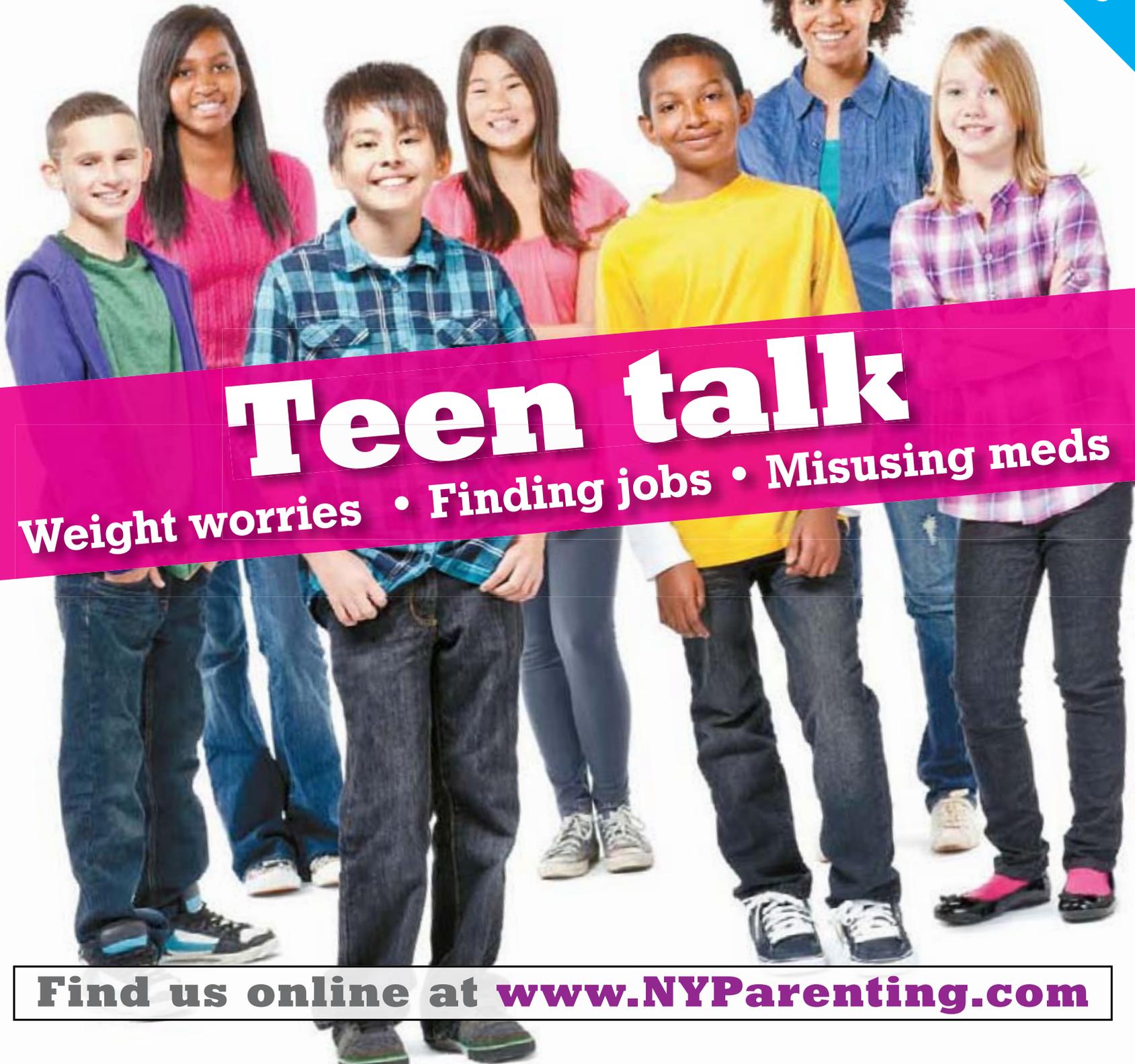
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# Letter from the publisher

## Parenting teens

Being a teenager is often a period of great frustration. You want to be taken seriously, but most of the time you're not. This is a relatively new phenomenon, probably a mid twentieth century evolution, because before that time the term didn't



exist. When there was child labor everywhere, if you were tall enough to work, you did, and girls were often married early in their lives or sent out to service, or they helped out with the younger children and were saddled with parental responsibilities early on through their siblings.

This has largely changed in our western industrialized countries and along with the mandate of secondary education, a new stage of life was

given a new moniker, *Teens*. A highly sought after market of consumers and trend setters, since after the 2nd World War, the influence of this age group has only grown larger and there is a mad dash in the marketing world to find the secrets to getting the attention of their buying habits. Everyone wants to reach this demographic, and along with their importance have come issues that have become more extreme as the years pass.

Eating disorders such as anorexia, bulimia and obesity are prevalent and who ever heard of them in previous generations? Pharmaceutical drugs have brought miraculous cures of formerly pervasive illnesses and

diseases, but they have also brought about easy access and the misuse of these same drugs by pre-teens and teens using them for purposes other than cures.

There has never been a time when "image" has been more important or more pressuring than in today's multi-media world where everything is instant and celebrity is both glamorized and abused. Trends abound and it seems a whole generation has not only been pierced but now tattooed and the growing influence of the teen/adolescent market is indeed growing.

This issue is largely devoted to teen stuff and our writers have attempted to address some of these topics that all parents of this age group are struggling with and hope to manage. As in every issue, our regular teen columns are here and also

some additional provocative focus on behavior we need to be aware of. As parents of teens, our responsibility is enormous and growing with each new fad, each new trend, and each new marketing campaign that seeks our youngster's attention and dollars. It is both daunting and manageable, if we do our best to "keep up" and not "turn off" the important lines of communication with our kids.

We hope these articles bring some new information. We all must fully recognize the huge job that parenting kids in this 21st Century world brings, particularly as the ticking seconds produce newer technologies and distance our kids further from the way things used to be yesterday.

A big subject and one we can't hope to cover in just one issue. Thanks for reading!

Susan Weiss-Voskidis, Publisher

### STAFF

#### PUBLISHER / ADVERTISING / EDITORIAL:

Susan Weiss

#### PUBLISHER / BUSINESS MANAGER:

Clifford Luster

#### SALES MANAGER / ADVERTISING:

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#### SPECIAL ADMINISTRATIVE ASSISTANT:

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**MANAGING EDITOR:** Vince DiMiceli

**ASSISTANT EDITORS:** Courtney Donahue, Juliet Linderman

**COPY EDITOR:** Lisa J. Curtis

**CALENDAR EDITOR:** Joanna Del Buono

**CONTRIBUTING WRITERS:**

Risa Doherty, Allison Plitt, Candi Sparks, Mary Carroll Winingar

### 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](http://www.NYParenting.com)

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# Having the wrong LOOK

When teens miss out on jobs — just because of appearance

BY RISA C. DOHERTY

**I** made a deal with my daughter that, once she was a senior in high school and was accepted to college, she could get a job to earn some spending money. She decided to apply to the local outlet of one of the most popular chains selling teen clothing.

I agreed to call and set up the interview for her, since she was in school during all normal business hours. The manager said, "Let her come in, and I will take a look at her."

I thought that was an odd comment.

In the drive over to the store, I reminded my daughter to highlight her relevant experience. She nodded, focusing more on the meticulous application of blue metallic eyeshadow, and complaining that she didn't have enough time to work on her hair or get enough sun.

Of course, I told her that she looked just fine.

She insisted that the store "really cared" about how she looked. Although I understood that personal appearance matters, I was not in the least concerned. After all, she is a pretty, petite teenager and a size zero, fitting well into all the latest skimpy styles marketed to teens. She disappeared into the store, three-page application and resume in hand.

## 'Look policy'

When she returned moments later, she was frustrated, understanding

that the referral to an affiliated store meant that she did not fit the bill here. It seems that this chain had an actual "look policy," only hiring teens who fit its ideal image. The application asked the applicant to report how many varsity sports she plays, and includes modeling contract information. One might think that the public is apathetic about the physical beauty of the kid who pulls the requested size sweater from the shelf. Apparently, this company is banking on beauty.

Another well-known teen shopping destination has been known to circulate memos to staff with regard to overall physical appearance for prospective employees, including the policing of eyebrows, hair, and makeup, purportedly rejecting applicants based on their standards for overall physical appearance, including weight.

Professor Daniel S. Hamermesh, from the University of Texas, explores the phenomenon of "lookism" (judging people based on their appearance alone) in his latest book, "Beauty Pays." In it, he recognizes the existence of discrimination based on appearance in the job market and the fact that beauty sells. He grapples with the complex question of whether or not discrimination of this type should be protected by law.

## Impact on teens

I have always been a proponent of talking out issues with my children. Luckily, my daughter has a strong

self-image and did not seem to be as disturbed by the lookist policy she knew to be in place, as she was with the inconvenience of continuing her job search. But, not all teens would feel that way.

When I spoke with her by phone, Dr. Susan Bartell, child psychologist and author of "Dr. Susan's Girls-Only Weight Loss Guide," told me that, if retailers' "lookist policies" are part of a growing trend, then "they can make kids feel that what they look like is more important [than it should be], and push kids to feel inadequate and do things they are not comfortable with, such as [extreme] dieting or wearing clothing that is not comfortable."

Still, according to "So Sexy, So Soon," a 2008 book by Dr. Diane E. Levin and Dr. Jean Kilbourne, exposure to sexualized images and fashion, among other things, "[can make] girls think of and treat their own bodies as sexualized objects." Aspiring to fit within the parameters of some stores' idealized images is no different. Sexuality is linked to the very nature of the clothing marketed to teens and the provocative style of the advertising.

When I spoke by phone with Alissa Quart, author of "Branded — The Buying and Selling of Teenagers," she told me that the store my daughter applied to — and others like it — intentionally "want there to be a confusion." Since teens begin to feel strong allegiances to a particular store or manufacturer, and

the salespeople begin “to resemble the store,” the confusion ensues as the teens begin to feel as if the salespeople are their friends. According to Quart, their goal is “to sell a total atmosphere” where the salespeople all look a certain way.

“Things get all muddled,” she explains, “as there is confusion between the teen-tween consumers’ emotional life and consumption.”

It seems as if the stores can get away with this because of what Quart refers to as the “hierarchy that the stores are held in in adolescent culture.” Teens and tweens tend to identify themselves with the store or brand of choice, referring to themselves as a “Store A person” or a “Store B person,” for example. She also told me that an issue arises “when people become objects and objectify others and themselves.”

### Valuing the ‘whole person’

Now the question becomes: what can we — or should we — do about this phenomenon?

My daughter was unscathed by her experience, recognizing after the store interviews that she did not have the look they wanted. Secure with her own self-esteem, she moved on and obtained gainful employment elsewhere. Unfortunately, not all teens or tweens would react in the same way.

Quart agreed that most parents want to protect their children from this type of discrimination and from the “pervasive commercialism” that has made these stores so significant in our youth culture. She would recommend an open-ended conversation, questioning the norms.

Still, “you do not want your child to be totally alienated from their social group,” she adds.

Bartell said she would recommend an age-appropriate, ongoing conversation, initiated when the opportunity presents itself, starting as young as age 4. She told me that such opportunities will arise often, whether they come from the TV or are passing comments by a child or another adult about how someone is dressed or how she looks.

She would advise parents to focus on talking with their own children about the inner qualities they should value in people, and cautions them to model good behavior by not being critical of other people’s looks. Par-



ents should help the children empathize by asking them how they would feel if others judged them by their looks or criticized their appearance. They should understand the importance of “valuing the whole person” and should know not “to judge a book by its cover.”

On one end of the spectrum, upon recognizing the unfairness of such policies, some would tell young people to “just deal with it, because that is the way the world is.” On the other end of the spectrum, others would counsel their children to take action and boycott stores with discriminatory hiring practices, or even take action to try to alter unfair hiring practices.

I agree with Bartell and believe that parents should take the most essential step of talking with children when they identify or witness such an unjust situation.

It is the parent’s job to share her feelings about right and wrong with her kids, and guide them to act in a way that she feels would be appropriate.

As parents, we will never be able to shield our children from all unfair merchandising situations, marketing ploys, or unjust employment rejections. What we can do is educate them and try to give them the tools to deal with those injustices.

*Risa C. Doherty is an attorney and freelance writer from East Hills, NY.*

It seems as if the stores can get away with this because of the hierarchy that the stores are held in in adolescent culture.



## A TEEN'S TAKE

AGLAIA HO

# Passing with flying colors

**T**he mere mention of a pop quiz, test or exam sends a wave of moans and groans around a classroom. I'll admit that I join the chorus of complainers with cries of outrage. It's natural for teenagers to passionately abhor testing. We're far too busy with more "important" things to do. Sleeping, surfing the Internet, chatting on the phone, listening to music, and watching TV are all in a day's "work" for us. However, now that I'm entering my junior year of

high school, I've noticed what a huge part testing has played in my school life. I've managed to endure close to 11 years of studying and last-minute cramming. Looking back on my experiences, I've come to realize that testing has taught me much more than just the right answer.

My introduction to testing was the Early Childhood Literacy Assessment System, administered to New York public schools from kindergarten through second grade. I was only 5 years old, rudely awakened to the fact that testing was inevitable. I don't remember much about my first test, except that it was a big deal—especially for a little girl who was still struggling to distinguish her left from her right. I don't recall the test having a pass-or-fail system, but I do remember that getting a word wrong would result in a disapproving look from my teacher. For a painfully shy and timorous kindergartner, that was the apocalypse for me!

Today, I can laugh at my innocence, but I learned a lesson all the same. The Early Childhood Literacy Assessment System often required teachers to be absent from the room in order to administer the tests. I believe students—especially young ones—need their teachers present. I've come to appreciate the time my teachers spend actually teaching, rather than testing.

Passing or failing started to make sense when New York statewide exams rolled around in the third grade. The idea of standardized tests still gives me a sickening sensation. All I see now are teachers pressuring students to get top grades, and piling students with loads of prep work. Despite this chaotic mess, I did learn that practice makes perfect.

My parents never believed in rewards for good grades, and taught me that achievements are self-rewarding. At the time, I was slightly disappointed for not receiving something special for my good grade. So when my friends chat-

tered on about their new CD player (gosh, I feel old) or their new Barbie doll, I would flaunt my invisible self-reward. It would take years for maturity to set in, in order for me to understand what "self-reward" really entailed.

In elementary school, subject tests were infrequent and did not influence report card grades. Nonetheless, middle school and high school brought a new type of testing experience. Spanish tests, science quizzes, math exams, oh my! Subject tests introduced me to a dreaded school chore: studying. I learned that in order to receive a good grade on an exam, I'd need to put in 100 percent toward my studies. I yawned my way through future tense Spanish verbs, repeat geometry theorems, memorize the Cold War events, and reread all the quotes in Shakespeare's work.

One of the biggest lessons studying has taught me is that no matter what mark I get on my test, I'll always be the winner. All the work I put into studying helped me absorb the information, and my mistakes only called attention to the material I missed.

Another big part of high school was the highly anticipated Regents exam, the subject-specified New York standardized exams. While these exams are unique to New York, most colleges don't acknowledge high Regents grades, but they do judge poor ones. Therefore, Regents are often heavily stressed in high schools. For me, Regents equaled tediously practicing every old exam online. It's all about getting used to the questions, since many of them repeat themselves over the years. I initially thought of Regents as an unnecessary evil designed to torture students, but preparing for these exams has helped me handle pressure (an inconvenience we all have to overcome in life) and manage my time.

We're always caught up in getting answers right and focusing on the exam material. However, testing has more significant lessons that lie beyond the pages of a test book. I've learned to have confidence in myself and feel pride in what I've achieved. So, maybe testing isn't as bad as it seems.

*Aglaia Ho is a 16-year-old student from Queens who enjoys writing. Her work has been published in Creative Kids, Skipping Stones, Daily News-Children's Pressline, and The State of the Wild.*



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# Pound wise

## How to discuss weighty matters with your teen

BY KATHY SENA

**A**re you concerned about your teen's weight? Are you hitting a brick wall when trying to discuss fitness and health issues with your son or daughter? You're not alone. Many parents report that this is a particularly tough, and often emotional, subject for both parents and teens. So we've asked the experts for tips on broaching this important topic with your child.

### Respect your child's feelings

Teens are certainly not alone in their less-than-desirable reactions to the topic of weight, says Steven Crawford, MD, associate medical director of The Center for Eating Disorders at Sheppard Pratt in Baltimore, Md.

"Consider how you, even as an adult, might react if someone — maybe even your own child — commented on your recent weight gain or pointed out that your exercise and eating habits were really unhealthy," says Crawford. It's a sensitive topic for a lot of reasons, he adds, but more and more because of the intensity with which our culture, and the media, have focused on weight and connected it to individual self-worth and social status.

"These are, developmentally, very sensitive topics for teens," says Crawford, "so some resistance is to be expected."

Weight is often a tricky subject for moms and daughters, especially because moms tend to bring their "body baggage" to the conversation, says Dara Chadwick, a journalist and author of "You'd Be So Pretty If...: Teaching Our Daughters to Love Their Bodies — Even When We Don't Love Our Own."

"For example, if mom was heavy as a child and found that to be a painful experience, she may want to 'spare' her daughter from going through what she went through and may take a heavy-handed or critical approach to talking with her daughter about weight or eating," says Chadwick.

"Or, if mom works very hard to stay slim, she may feel that an overweight daughter is somehow a reflection on her as a mother," Chadwick says. "Daughters tend to shut down when they feel they're being lectured, or when it's a 'do I as I say, not as I do' situation. In other words, mom or dad tells the daughter to go out and play, or get some exercise, from his or her perch on the couch.

"Stay alert for natural opportunities to discuss healthy living," she continues. "While you're in the kitchen together preparing dinner, while you're taking a walk after dinner, while you're watching a television show that makes fun of weight or features an actor who's incredibly thin. Using moments like this helps take the focus off the daughter her-

self. Instead, it's a more global discussion, which tends to feel safer."

### Watch the humor

"I'll admit I've made jokes about my size in the past. But those jokes can hurt just as much as criticism," says Chadwick. "Don't make your butt the 'butt' of every joke. And think twice before joking about your teen's body or appearance in any way." Teens are notoriously sensitive and an off-hand joke about clothes, hair or weight can sting more than adults may realize.

"Never yell, bribe, threaten or punish your child about weight, food or physical activity. If you turn these issues into parent-child battlegrounds, the results can be disastrous," says Dayle Hayes, MS, a registered dietitian in Billings, Mont. "Shame, blame and anger are set-ups for failure. The worse children feel about weight, the more likely they are to overeat or develop an eating disorder."

### Focus on health

"Make sure you set a good example for health, balanced eating and body image," says Crawford. "This means not 'dieting,' fitting in family meals whenever possible, no excessive exercising, and no criticism of your own or other people's bodies."

If you don't want your kids to shut down when the topic of weight comes up, let go of a focus on the weight, or the number on the scale, and focus on general health, he says.

Instead of saying, "I'm concerned because you have lost so much weight over the past month," say, "I'm really worried about you, because it seems like you don't have as much energy lately. Are you feeling OK?"

Likewise, instead of saying "You seem to be gaining weight. You'd better start watching what you're eating," it might be better to say, "I know you've been grabbing a lot of meals on the run lately. Let's try to make some more time to have family meals

## Could my teen have a serious problem?

If you're concerned that your child is underweight or is losing weight, pay attention to any "restrictive" behaviors, suggests Steven Crawford, MD, associate medical director of The



Center for Eating Disorders at Sheppard Pratt in Baltimore, Md. Some potential red flags:

- Large or sudden shifts in weight in either direction
- Continual fluctuations up and down in weight

- Cutting out entire food groups (i.e., fat or carbs) from the diet
- Counting calories or adherence to "diets"
- Frequently weighing oneself
- Evidence of binges (large amounts of food disappear) or purges (odor of vomit, diet pills, excessive exercise, etc.)



together,” and then follow through by planning and preparing meals that incorporate a variety of foods.

“Keep in mind that everything in moderation — as opposed to completely banning fast food or desserts — is the key to balanced eating,” says Crawford.

### **Emphasize breakfast**

“It is vital for teens to have breakfast,” says registered dietitian Joan O’Keefe, a frequent speaker on nutrition at schools and the creator of the “Nutrition 101” video series (available at [www.foreveryoungdiet.com](http://www.foreveryoungdiet.com)). “Their biological clocks say ‘sleep in,’ but the reality is that they have to get up, and they have to have breakfast, and it must include protein.”

Protein in the morning will keep kids satisfied and will help eliminate junk-food cravings, says O’Keefe.

“Protein sources can be fast,” she adds. “Leftover protein from dinner (chicken breast, etc.), yogurt with berries, peanut butter and an apple or whey protein (mix it and go out the door with it) are all quick-and-easy options.”

### **Team effort**

“As with any other important issue, make sure that both parents and important relatives are all on the same page,” suggests Hayes. “Sending mixed messages about weight can also have unhealthy consequences.”

If you’re concerned about other family members having potentially negative discussions with your teen about weight, you may want to share this article with them and talk a bit about the approach you want to use.

### **Puberty-related weight changes**

Teens naturally go through a normal and necessary weight gain at the start of puberty, which allows their bodies to proceed with maturation, says Crawford. As time goes on, with normal eating behavior, their weight will level off at their bodies’ unique set point. Parents who draw negative attention to this period of weight gain could trigger body-image concerns and dieting behavior.

Has your daughter started her period yet? If not, would you have expected her to have started earlier? There may be a possibility that

*Continued on next page*

# Weight worries

*Continued from previous page*

low body weight has delayed the onset of menstruation. If she did start menstruating, is she still getting her period, or has it stopped or been irregular? If you have concerns about this, talk with your daughter's doctor.

## Surf Web together

Make the most of your teen's interest in the internet, and introduce her to some helpful websites that focus on teen health, such as [www.empowermetobe.org](http://www.empowermetobe.org), [www.nflrush.com/play60](http://www.nflrush.com/play60) and [www.kidshealth.org](http://www.kidshealth.org) (which also has a teen section), suggests Dallas, Texas registered dietitian Paragi Mehta.

"Together, visit sites such as [www.americanheart.org](http://www.americanheart.org) and [www.diabetes.org](http://www.diabetes.org)," says Mehta. "This is not to scare your teen, but to create an awareness that if we get healthy now, we can reduce our risk of having lifelong disease or health conditions. Explain to your child that diabetes and heart disease are serious, and talk about how making healthy lifestyle choices now can help protect her health in the future."

While these sites offer positive examples for teens, the same can't be said of all media, of course.

"Have open conversations with your kids about the distorted messages their magazines, and media in general, send to us about weight," says Crawford. "Remind them that models in advertisements have been Photoshopped and retouched, and that they don't represent what the majority of people actually look like."

## De-emphasize 'dieting'

"Diets can further complicate an already stressful relationship with food, and could trigger continued problems with eating for your child," says Crawford. "Diets are the number one risk factor for developing eating disorders. Instead of putting your child on a diet, the goal would be to work toward normalizing eating behavior, ensuring that they are getting most or all of the necessary nutrients they need in a day, and get-



ting in touch with the body's natural hunger and fullness cues."

"Always keep the focus on health, rather than weight," says Hayes. "Losing weight is incredibly difficult, and it is not the only measure of success. If your family starts eating better and moving more, your children may 'grow into their weight' as their height increases."

"Try to make healthy food choices whenever possible, such as a baked sweet potato instead of fries, water instead of soda, etc.," suggests Chadwick. "But don't point out your choice or make a big deal out of how you're choosing the healthy version. Kids will tune that out quickly."

Remember to show that all foods can be enjoyed in moderation.

"Have a treat and enjoy it," suggests Chadwick. "Show kids that everything — pizza, cheeseburgers, hot fudge sundaes — has a place in a balanced approach to healthy living. When you choose to have a treat, do it mindfully, and let your child see you enjoy it. Proclaim it 'treat night,' and don't say one word about how it's going to your thighs or how you shouldn't be eating it. Just enjoy!"

## Be the family that plays together

Getting your teen involved in meal planning and physical activities can be a big help, and you can do it without a lot of talking about "the problem." Get your teen involved with meal planning, creating healthy

grocery lists and the grocery shopping, suggests Mehta.

"Get involved in exercise activities with your teen, i.e., kickboxing, martial arts, biking, walking, jogging, tennis, rock climbing or dance aerobics," suggests Mehta. "Join a health club together or do dance/exercise DVDs together. This can help with bonding and is a win-win situation," she says. "You get to spend quality time together, get exercise together, and show how you really care about your health and your family's health."

## Know when to consult an expert

If you want to be as informed as possible before you talk to your child or her doctor about your concerns, it can be helpful to call an eating disorder specialist first, suggests Crawford. Inform him of your child's weight gain/loss, current symptoms, health problems or any other concerns you might have.

It's always best to have an open line of communication with your child if possible.

"If you do express these concerns to your child, indicate that your primary concern is for her health, instead of focusing on the weight or the food she may or may not be eating. Be prepared for her to be defensive," says Crawford.

Your child's primary-care doctor can be a great first step, because your child is already familiar with

Weight is a sensitive topic for a lot of reasons, but more and more because of the intensity with which our culture, and the media, have focused on weight and connected it to individual self-worth and social status.

this person, and an appointment can be scheduled without too much resistance from your child generally, especially if it's incorporated into an annual check-up or well-visit.

Make the doctor aware of your concerns in advance of the appointment, so that she can plan to ask your child the necessary questions, run the appropriate blood and lab tests and make a referral for recommended treatment.

But don't put all your eggs in one basket, Crawford stresses. It's common for parents to take their concerns to a pediatrician who may not be familiar with eating disorders and, thus, may not take the appropriate steps. If your pediatrician dismisses symptoms and you still have concerns, follow up with an evaluation by an eating-disorder specialist, he suggests.

Also, make sure your pediatrician knows that you endorse a non-diet approach, and that you do not want her to focus on the number on the scale or discuss a need for weight gain/loss in front of your child, Crawford advises.

Don't hesitate to ask for help. Don't be offended if someone else is able to get through to your child more easily than you are.

Crawford explains, "Often, a teenager that continually shuts down when confronted by a parent will respond more openly to the concerns when they are expressed by a doctor, school counselor or even a friend."

*Kathy Sena is a freelance journalist who frequently covers health issues and teens. Visit her blog at [www.badballet.com](http://www.badballet.com).*

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# High School

## DIRECTORY

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### Cathedral High School

350 E. 56th Street, Manhattan, (212) 688-1545 ex. 224 or [www.cathedrals.org](http://www.cathedrals.org)

Has been synonymous with academic success since its founding in 1905. As a college preparatory school, they have educated generations of young women to meet their scholastic potential. They offer a number of Honors and AP courses as well as Medical, Law, and Business programs. Students in these programs are placed as interns in institutions such as Lenox Hill Hospital, Mount Sinai Medical Center and at prestigious New York law firms. They offer a very competitive tuition and their graduates earn millions of

dollars in college scholarships and grants. They go on to colleges such as Colombia, Fordham, NYU, Yale and many more.

### Catherine McAuley High School

710 East 37th Street, (718) 462-7282 or [www.mcauleybrooklyn.org](http://www.mcauleybrooklyn.org)

Nationally recognized by the U.S. Department of Education and sponsored by the Sisters of Mercy, McAuley has met the needs of young women for nearly 70 years. McAuley continues to serve the young women of today and is dedicated to preparing young women for life. The school's mission is to stimulate students academically, develop good moral character, awaken inner strength, provide self-awareness and offer social and athletic experiences. Over 98% of McAuley's graduates go to college, many on scholarship. Graduates have been accepted to Adelphi, Georgian Court, Hampton, Hofstra, Iona, Johnson & Wales, NYU, Notre Dame, Pace, Penn State, Polytechnic, Spellman, St. John's, Syracuse, Temple and Virginia State University.

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La Salle Academy Facts: Did you Know... LSA is the oldest continuously operating Lasallian school in the United States, LSA is recognized by the Middle States Association of Schools and Colleges and accredited by the U.S. Department of Education as a "Blue Ribbon National School of Excellence." The student/faculty ratio is 13:1 and the average class size is 23 students. LSA meets the needs of those families that want to send their boys to an affordable, private, all-boys Catholic college preparatory school in NYC.

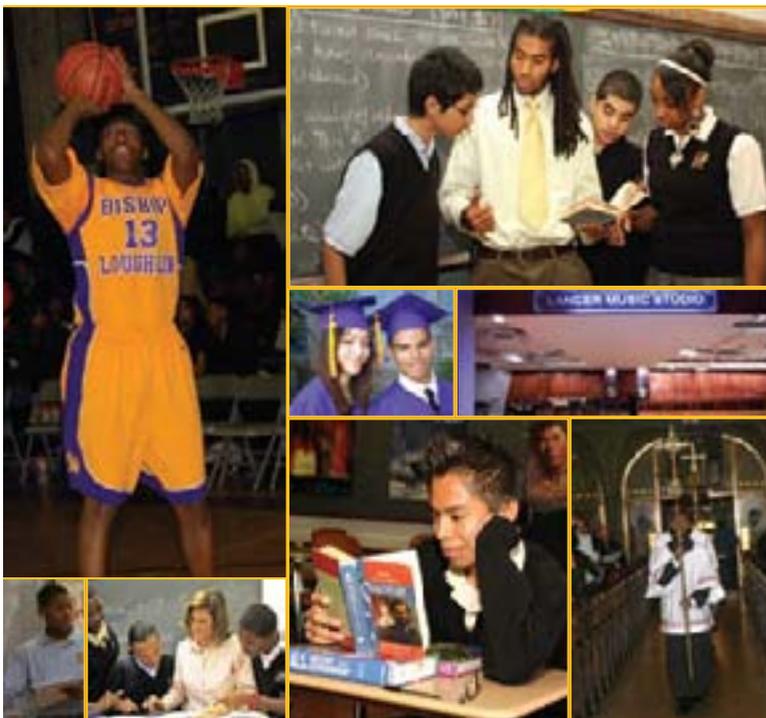
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The sports program includes volleyball, basketball, soccer, tennis, softball, and a nationally ranked cheerleading team. Clubs and activities include student council, honor societies, art, Amnesty International, cultural clubs, yearbook and service projects among others. Tuition \$6800, Fees \$875. Enrollment: 700; 100 percent college acceptance. Sr. Patricia Wolf, RSM, President; Sr. Ann M. Welch, RSM, Principal; Open House: October 23, 2011, 11 am – 2pm

### St. Jean Baptiste High School

173 East 75th St., New York, NY 10021-3296, (212) 288-1645 or [www.stjean.org](http://www.stjean.org)  
St. Jean Baptiste High School, a girls'

school, was founded by the Sisters of the Congregation of Notre Dame in 1929. The School is accredited by the Middle States Association of Secondary Schools.

The school partners with St. Joseph's College and offers Advanced Placement courses in the liberal and fine arts, as well as advanced science and math electives. Students participate in programs such as The Cornell Weill Medical Research Internship, the Futures and Options Career Essential Program the Cooper Union Summer Research Institute in Science and Engineering, The Telluride Association Summer Seminar at Indiana University and the University of Michigan, the Hugh O'Brien Leadership Conference at Adelphi University, as well as summer foreign exchange programs. All seniors participate in a full day of service each week at local hospitals, schools, soup kitchens, senior centers, and other social service agencies, earning 140 hours throughout the school year.

Activities include Student Council, National Honor Society, French and Spanish Honor Societies, Ambassadors, softball, soccer, track, step teams, as well as clubs in art and photography, cooking, Latina dance, public speaking, French, and Global Concern.

Enrollment: 350. 100 percent of graduates attend college. Principal: Sister Maria Cassano, CND; tuition: \$6,900, \$500 fees; information: (212)288-1645, ext. 134. Open House: Saturday, October 15th, from 10:00am to 12:30pm. [www.stjean.org](http://www.stjean.org).



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# Rx for vigilance

## How to prevent your teen from misusing medications

BY SANDRA GORDON

**I**f you've never asked yourself, "Is my teen misusing medications?" it's high time to consider it.

According to the Centers for Disease Control and Prevention, one in five high school students in the U.S. has taken a prescription drug, such as OxyContin, Vicodin, Adderall, Ritalin, or Xanax without a doctor's prescription. All told, 15.4 million teens reported misusing prescription drugs at least once in 2007 (the most recent stats), according to the National Institute on Drug Abuse. Abusing over-the-counter drugs — such as cough medicine — recreationally is also a widespread problem, especially among U.S. eighth to 12th graders, the Institute says.

Teens use these drugs to get high, to cram for tests, lose weight or just because their friends are doing it. But, in general, "they use them because the drugs make them

feel happy and change their normal frame of reference," says David J. Mendelson, MD, vice president of medical affairs for EmCare, a company that manages more than 400 hospital emergency departments in 40 states. The teen years are ripe for this behavior because a child's brain isn't fully mature until age 25. Until then, they're prone to risk-taking and living in the moment when it comes to decision-making.

Although these drugs can be purchased online or acquired from the local pharmacy, most teens don't get them that way.

"The great majority of kids who misuse prescription and over-the-counter drugs get them from family members and friends," says Joseph Lee, MD, child and adolescent psychiatrist at the Hazelden Center for Youth and Families, which has seven U.S. treatment centers.

Teens help themselves to over-the-counter and prescription drugs

from the household medicine cabinet, then share them with or sell them to friends, under the misguided notion that these drugs are safer than illicit drugs because they're prescribed by a doctor or sold over the counter. But they can still be just as deadly, or lead to addiction. Both types of drugs — legal and illegal — send about 1 million people to U.S. emergency rooms each year.

### Gen Rx

"One of the best things that parents can do is to educate themselves about which prescription and over-the-counter medications can be potentially abused," Lee says. Here's a round-up of the most commonly misused meds among teens. Keep in mind, however, that it's not any one drug that's the biggest culprit.

According to Lee, "Many teens are mixing it up, using multiple drugs most of the time."

Teens help themselves to over-the-counter and prescription drugs from the household medicine cabinet under the misguided notion that these drugs are safer than illicit drugs.



**Med mishap:** Taking large doses — commonly referred to as Robo-tripping, skittling, dex or candy — can cause distorted emotions and perceptions, making one feel detached. It can also cause numbness, nausea, vomiting, fast heart rate and increased blood pressure. On rare occasions, Robo-tripping can cut off the brain's oxygen supply, causing brain damage.

Besides being up on prescription and over-the-counter teen drug trends, here are more steps you can take to bust the misuse of these meds, or the potential for it, at your house:

- Empty out your medicine cabinet.

“Saving leftover medication for a rainy day is a really bad idea when you have teenagers,” Lee says. To dispose of tempting, unused medication properly, follow these Food and Drug Administration Guidelines.

- Talk to your kids about drug misuse. Use reference points in the media as teachable moments.

“When you see examples of kids using on TV, or there’s an accident in the newspaper, have a brief conversation about it,” Lee says. Try to be approachable, rather than preachy, to build trust and keep the lines of communication open.

- Keep your kids on your radar. Supervise your teen and know where she’s at and who she’s hanging out with at all times. And don’t assume your older teen or 20-something is fine, even if he’s out of the house.

“Most drug abuse and addiction starts between age 17 to the early to mid 20s,” Lee says. “Those are hot spots. That’s when kids can fall through the cracks, because nobody’s paying attention to them anymore, because they’re technically adults,” he says.

- Signs to watch out for that might indicate drug misuse: A change in friends; physical complaints and doctor shopping; a drop in academic performance, change in sleep habits, and/or moodiness.

If you suspect there’s a problem, don’t wait to take action. Many parents wait too long before stepping in. Talk to your child, your child’s doctor, or a therapist versed in substance abuse for an assessment and a professional opinion about what to do next.

For more information about the National Institute on Drug Abuse, visit [drugabuse.gov](http://drugabuse.gov).

### Prescription drugs teens abuse

**Opioids.** The pain-relieving medications Vicodin (acetaminophen and hydrocodone) and OxyContin (oxycodone) are two of the most commonly abused drugs by high school seniors, according to the Institute.

**Med mishap:** Opioids can be taken orally, or the pills can be crushed and the powder snorted or injected. They can produce an addicting feeling of euphoria. They also slow breathing and cause drowsiness. Taking just one dose that’s too large or mixed with other depressants — such as alcohol, antihistamines, barbiturates, or benzodiazepines (like Xanax or Valium) — can be deadly.

**Stimulants.** Central nervous system stimulants, such as the amphetamines Adderall and Dexedrine and methylphenidate (Concerta and Ritalin) are typically prescribed to treat attention deficit hyperactivity disorder, narcolepsy, and — in some cases — depression that’s not responding to other treatment. They increase alertness and attention.

**Med mishap:** Stimulants must be taken orally, but they can be crushed, dissolved in water and injected. They can enhance the ability to focus for studying and tests and produce a feeling of euphoria. But high doses can cause hostility, heart failure, seizures, or paranoia.

### Over-the-counter misused medications

**Cough and cold medicine.** The most common misused medications are those containing the active cough suppressing ingredient dextromethorphan (DXM), such as Robitussin. When taken as directed, these medications are safe and effective.

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## LIONS AND TIGERS AND TEENS

MYRNA BETH HASKELL

# Teens and **lying**

**D**id you ever lie to your parents when you were a teenager? Be honest with yourself. Not even a teeny, tiny lie? Here is a typical scenario: You started out studying with Mary, but you wound up at John's party afterward. It really wasn't in the game plan, but you conveniently left the latter part out when arrived home and your mom asked why you were late.

Fact: Kids aren't perfect, and lying is common in adolescence. Fiction: "Good" kids don't lie.

### Telling tall tales

Parents may unintentionally serve as role models. Adults often use "white lies" to spare hurt feelings or embarrassment. For instance, you might tell a friend her haircut is adorable after discussing in your child's presence that you would never use that salon.

"Many parents teach children that social or 'white' lies are acceptable. For example, most parents tell their children to express thanks and pleasure for gifts, even if the gift is something the child does not want. Parents also teach children that some thoughts, while honest, do not always need to be relayed to others when they might cause hurt feelings or discomfort," says R. Andrew Harper, MD, medical director at the University of Texas Harris County Psychiatric Center and associate professor of Psychiatry and Behavioral Sciences at the University of Texas Medical School at Houston.

By adolescence, however, teens understand the difference between lying to spare feelings and lying to get one's own way. Teens lie for many reasons, including trying to avoid getting into trouble or seeking more freedom than parents are allowing. If a teen has learned that bending the truth will help him get his way, lying may seem like a good option.

"Pleasing their friends becomes more important than following the rules. When teenagers have to



choose between lying to parents and disappointing a friend, parents often lose that coin toss," says Loren Buckner, a psychotherapist and the author of "ParentWise: The Emotional Challenges of Family Life and How to Deal with Them."

### Be a lie detective

Recognizing a lie can be tricky.

"There are behaviors that may indicate your teen is lying, such as avoiding eye contact, or changes in vocal pitch," explains Harper. "However, many parents have learned through experience when to be suspicious of what their teen is telling them. Explanations that are inconsistent or seem to shift on retelling may be clues." He warns, "Many teens learn to lie to their parents without being detected, particularly if the lie is well planned in advance."

Buckner suggests that parents look for patterns. Teens who stick to curfew, do their school work, and show up when and where they're supposed to can generally be trusted.

### Choosing consequences

Teens don't tend to think ahead. Parents should discuss various scenarios with their teens to illustrate

what can happen when a lie leads to putting oneself and others in danger.

"Some lies have consequences that teach important life lessons," Harper points out. "For instance, a teen who lies about completing homework will get a lower grade. However, lies that place someone at risk should call for more serious consequences from parents."

Harper believes it's wise to involve teens in the process of choosing consequences.

"Parents should consider negotiating with their teens when choosing consequences," he says. "This is an opportunity to teach them about problem solving and collaboration in difficult situations."

Frequent lying can be a sign of a more serious problem. However, belittling or shaming a teen can make matters worse.

"Teens need to know they're loved, even when they get into trouble," says Buckner.

### Tips and tales

"My kids know I will call teachers or friends' parents to check up on them if necessary. If they are caught lying, the consequences are much, much worse!"

—Andrew Bradford, Poughkeepsie, NY

"As a parent, you know what to look for in each of your kids with their different personalities. There are usually telltale signs. Some teens are better at lying than others."

—Kathleen King, Woodstock, NY

### Share your ideas

Upcoming topic: Content ratings (movies, TV, music, games) — do you strictly follow them, or find them useless?

Please send your full name, address, and brief comments to [myrnahaskell@gmail.com](mailto:myrnahaskell@gmail.com), or visit [www.myrnahaskell.com](http://www.myrnahaskell.com).

Myrna Beth Haskell is a feature writer and columnist specializing in parenting issues and child and adolescent development. She is the mother of two teenagers.



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## Activities

### DIRECTORY

#### ACTIVITY / AFTERSCHOOL / PLUS

##### **Bathgate Day Care Center**

1997 Bathgate Ave. Bronx 10457  
(718) 731-3991

Bathgate Day Care Center offers afterschool programs and activities for school age children. We offer a weekday afterschool for ages 5-12, Saturday Afternoon Play Date, and Friday Parent Date Night/Child Movie Night. Children are served meals like pizza, mac and cheese, and spaghetti with turkey meatballs and can watch a movie, play games and do arts and crafts.

We also have space rental available for Saturday Birthday Parties and other functions. Please contact Carmen D. Bermudez for details.

##### **Hostos Community College Continuing Education**

500 Grand Concourse, Bronx 10451  
(718) 518-6656 or [www.hostos.cuny.edu/contedu](http://www.hostos.cuny.edu/contedu).

Gear Up for Success at Hostos!

As our children head back to school, there is no time like the present to capitalize on the excitement of starting anew and getting a head start on their future.

This fall, we are pleased to offer the After-school Academy; a 10-week Monday to Friday program designed to help your child excel in school with homework assistance, positive reinforcement and other activities to help your child stay on top.

In addition to the After-school Academy, we also offer a College for Kids weekend program with a wide ranging curriculum for children of all ages. Improve their academic skills in reading and writing, mathematics and test preparation techniques, or simply discover a new talent in the arts such as music or dancing.

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Putting the cool back into school, your child will have a positive and productive learning experience here at Hostos. Spend your week-day afternoons or Saturday mornings with us and see your child's potential blossom!

##### **Lehman College**

Carman Hall room 128, near Gate 2 on Goulden Avenue, 250 Bedford Park Boulevard West, Bronx, NY 10468.  
718-960-8512 or [www.lehman.edu/ce](http://www.lehman.edu/ce)

Give your child a chance to experience a real college campus! The popular "Kidz at Lehman College" Enrichment Program for children and teens starts mid-October. For over 25 years, Lehman College has been providing quality courses at affordable prices in Academic Skills, Test Prep, Languages, Computer, Art and Creative Learning, Music, Physical Fitness, Dance and Swimming. Courses are taught by experienced professionals on the beautiful, tree-lined, Lehman College campus.

Early bird registration discounts are available for those who register by October 6! To learn more about these programs and our full-day summer camp, please visit our website.

##### **The Riverdale Community Center at M/S/HS 141**

660 West 237th Street, (718) 796-4734 or  
[www.riverdalecommunitycenter.org](http://www.riverdalecommunitycenter.org)

We are accepting registration for fall Adult

and Youth Education Program. A sampling of categories include the Arts, Computers, Dance, Exercise/Health, Languages, Leisure Activities, Music, small group tutorials, test prep, etc.

The RCC Enrichment Center (grades 2 & 3) focuses on mathematics, ELA/Reading and music. Each component will be approximately one-hour and children will rotate throughout the three-hour program to each component.

Tuesday classes for adults include Yo! Yoga for Osteo, Pilates, Zumba, Ballroom and Belly Dancing, Piano, Cooking, Life Drawing/Painting, much more.

Saturday classes for children include Holiday Crafts for Kids, Tennis, Hip Hop, Basketball, Gymnastics, Jewelry Making, Guitar, Piano, and more...

#### ATHLETICS

##### **Uptown Sports Complex**

170 West 233rd St., Bronx 10463  
(718) 549-PLAY (7529) or [www.uptownsportscomplex.com](http://www.uptownsportscomplex.com)

Uptown Sports Complex offers a fun and challenging after-school sports program created around the exciting worlds of Baseball, Gymnastics, and Dance! Our Program is designed for Kids ages 5-12 who are in need of after-school care. We provide a safe and caring environment where your children will develop fundamental sports skills while making friends and having fun!

Activities include: Gymnastics, Hip-Hop dance, Baseball, Soccer, Basketball, Homework Help and Snack. There are 5, 4 or 3 day programs available.

Call Now to Register for our Fall Programs!

#### MUSIC

##### **Belle School of Music**

1088 Central Park Avenue, Scarsdale 10583  
283 Tarrytown Rd, White Plains 10607  
1537 Central Park Ave, Yonkers 10710  
(914) 961-5511 or [www.belleschool.com](http://www.belleschool.com)

The Belle School of Music, 'where learning is fun!' has a unique, effective and enjoyable way of learning for children (18 months and up) and adults. Under the supervision of highly qualified and dedicated staff, the child you love will learn to play, and develop an appreciation and love for music that will last a lifetime. Bring out the musical talent in your child! To schedule a FREE introductory lesson and consultation please call.

##### **Palomba Academy of Music and Voice**

974 East Gun Hill Road Bronx 10469  
(718) 882-3700 or [palomaacademy.com](http://palomaacademy.com)  
[optonline.net](http://optonline.net)

Palomba Academy has been teaching music in the community for over 50 years. We offer instrument and voice instruction to children with Special Needs. Classes are tailored to the individual needs of the child. Children participate in several performances in the community throughout the year. Many of our students are referred to us by Special Needs Agencies like The Lavelle School, St. Dominick's, IAHD, and Grace Cavanaugh. We pride ourselves on the success of these students as they perform along with our mainstream students. The Academy is the only school that departmentalizes their curriculum into Jazz, Rock, Reggae, R&B and Christian styles of music. Our teaching staff includes highly trained musicians, Pre-school and Special Ed teachers. We are an 1199 SEIU service provider.

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- Baseball • Soccer
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- Homework Help
- Snack

Call Now To  
Register

## FALL PROGRAMS

SEPTEMBER - JANUARY

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### DANCE

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Hip Hop 15 weeks  
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- Remedial Reading, Grades 2-5
- Saturday Morning Enrichment Center For Grades 2 And 3 ELA/Reading, Math And Music Components

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Saturday, October 1<sup>st</sup> and Tuesday, October 4<sup>th</sup>

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660 West 237<sup>th</sup> Street • Middle School/High School 141

Call (718) 796-4724 to Register or for Information

Visit our website at [www.riverdalecommunitycenter.org](http://www.riverdalecommunitycenter.org)

## Bathgate Daycare Center

## After School Programs



### • Weekday After School Program

For Children between the ages of 5-12. 3pm-6pm

### • Saturday Afternoon Playdate

Games, Arts & Crafts and lunch. 2pm - 6pm

### • Friday Parent Date Night/Child Movie Night

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## HEALTHY LIVING

DANIELLE SULLIVAN

# Mom trusts her gut

## The doctors said her daughter was fine, but she kept looking

**I**t was early fall, but it had already been a long school year for my daughter. Kate was a good student with a lot of friends, but she had begun to dread going to school. At the same time, she was also noticeably tired, angry, and very worried. An initial physical exam showed nothing but good health. Yet, Kate — always an outgoing and fun-loving kid — was changing before my eyes, and I had no clue as to why.

She also had purple circles under her eyes and a distinct lack of appetite. I took her to a new doctor, since the pediatrician she had since birth had just retired. She was tested

for everything from Lyme disease to West Nile, and all the tests came back normal.

Her teacher said she didn't notice any odd behavior and Kate's grades were still good. She assured me that Kate wasn't being bullied or left out, but, increasingly, Kate did not want to go to school or do much of anything, really.

Kate complained of severe headaches and stomachaches, but — more than anything — she was always tired. I wondered if all the symptoms were just a combination of her worrying about going to school, which caused her to lose sleep and not eat right, which in turn, I assumed, accounted for her feeling sick. After all, her pediatrician said everything was fine.

But deep down, I felt it was more than that. I knew my child instinctively, and I knew something was wrong beyond her not wanting to go to school.

I resigned myself to find a physician who could help her, so we went to another doctor who ordered more blood work. While waiting for the tests to come back, Kate started having panic attacks, both at school and at home. She felt like she couldn't breathe and had heart palpitations, which made her believe she was going to die.

It was heartbreaking and probably the most worried and confused I have ever been as a parent. She had already been to a doctor who said she was fine, yet she was getting worse.

The next afternoon, the new doctor called me, and said Kate's thyroid levels were completely off. She had to be hospitalized and have more tests done. The doctor assured me that her diagnosis was not life threatening and

could be handled with medication as soon as she found out the extent to which her thyroid was functioning.

Her official diagnosis was Hashimoto's hypothyroidism with fluctuating high and low thyroid levels, which accounted for the panic attacks. The compromised thyroid was responsible for the headaches, listlessness, joint pain, severe weakness, and a host of other symptoms she was experiencing. After a few days, Kate started on the drug of choice, Synthroid, which is a synthetic thyroid replacement hormone, and over the next few months, she slowly improved.

It has been 5 years since was diagnosed at age 9. Now at 14, although she has improved, she still suffers from debilitating symptoms. Hypothyroidism is an autoimmune disease that causes the thyroid to not function optimally, so the thyroid gland is underactive or sluggish. It produces a host of symptoms, including extreme fatigue, weakness, exhaustion, headaches, and many more. It is managed, not cured. In many cases, it's a lifelong struggle to find a balance and feel good.

If I had not pursued the fight to identify what was wrong, if I had settled for the doctor's word above my daughter's symptoms, she might have gone for years without treatment. Thyroid disease is typically diagnosed in infancy or in postmenopausal women. It is not commonly diagnosed in children, and many pediatricians do not have experience with it.

When you know something is not right in your child, you have to explore it. Nothing is as on target as a mother's gut feelings. Trust yours, every single time.

**Next month:** Do you suffer from hypothyroidism and still feel terrible, despite treatment? We'll explore the mistreatment of patients with hypothyroidism in the November issue.

*Danielle Sullivan, a Brooklyn-born mom of three, has worked as a writer and editor in the parenting world for more than 10 years, and was recently honored with a Gold award for her health column by the Parenting Media Association. Sullivan also writes for Babble. You can find her on her blog, Just Write Mom.*





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# CRAFTING

## a fabulous fall party

Everything you need for a seasonal celebration

BY DENISE MORRISON  
YEARIAN

**W**hether you're planning a bountiful harvest celebration or a creepy-crawly Halloween party, consider these seasonal sensational craft, game and food suggestions.

### Crop of crafts

When doing crafts with kids in a group, plan a main craft with a short, second activity — coloring pages or stringing popcorn — for early finishers. Whatever crafts you choose, pick ones that are easy to clean up, so you can move on to the next activity.

•**Black cat candy jar:** Place black electrical tape over the sharp edges of a tin can. Cover the can with black construction paper and glue in place. Glue two wiggly eyes to the can, then use a thin paintbrush and white paint to draw a mouth, nose and whiskers. Draw and cut out a black tail shape and two triangular-shaped ears. Cut two smaller triangles from pink paper for the insides of the ears; glue to black triangles.

Glue ears to the top inside edge of the can and the tail to the back side of the can. Fill with treats.

•**Jack-o-lantern pots:** Buy vari-

ous-sized terracotta pots and turn them upside down so the drainage hole is facing up. On yellow construction paper, draw and cut out two eyes, a nose and a toothy grin — the wackier the better. Apply Mod Podge (a craft glue) with a paintbrush under and over the facial features, then attach them to the pot. Place a short, wide stick out of the hole to resemble a pumpkin stem.

•**Pumpkin noisemakers:** Paint a 12- by 1/2-inch dowel rod black; let dry. Trace and cut out two leaves using green craft foam, then cut a small slit in the center of each leaf. Draw a face onto the bottom



side of an orange paper plate with a black permanent marker. Line up the face plate with a second orange plate, rims together and bottoms facing out. Use a hole punch to

create holes 1-inch apart around the perimeter of both plates. Place dried beans and small jingle bells between the two plates. Also put the dowel between the plates, moving a short end of the stick above the facial features to represent the pumpkin stem, and a long end below for the handle. Sew plates together by lacing yarn through the holes. Push leaf slits through the short end of the dowel rods and secure with a glue gun.

### Gathering for games

Games are a staple at kids' gatherings: Choose ones every child can participate in, where no one is eliminated. With a little forethought and creativity, any game can be adapted to fit the fall theme.

• **Broom ball:** Purchase half-sized brooms for each party guest and two different colors of seasonal garland. Decorate half of the brooms with one color of garland and the remaining half with the other garland to specify teams. Establish goals at opposite ends of the yard, and divide the children into teams. Place a kickball in the center of the yard, then give each child a broom to sweep the ball to his team's goal. The first team to score five goals wins.

• **Ring around the pumpkin:** Place three large pumpkins with stems in a line several feet apart. Gather four hula hoops. To play, children should take turns standing behind the designated tossing line and try to ring the pumpkins with the hula hoop. The child with the most rings wins.

• **Scarecrow relay:** Separate children into two teams. Choose one child from each team to be the scarecrow. Place scarecrows at one end of the room, along with hay and oversized scarecrow-type clothing items. Teammates line up at the other end of the room. To play, teammates take turns running to the scarecrow and dressing him

with one clothing item, then tag the next player who does the same. When the scarecrow is completely dressed, each teammate returns a second time to stuff straw in his clothing. The first team to finish making its scarecrow wins.

### Seasonal snacks

Food is more fun when kids are involved in the preparation process. Stick with things children like to eat and add a seasonal twist to it.

• **Floating faces:** Core and peel an apple, then cut it in half. Lay one half on the table and use a paring knife to create facial features. Repeat these steps until you have enough apple halves for each party guest. Place apples in a cider punch bowl. When the cider is ladled out, give each child a floating face.

• **Itsy-bitsy caramel apples:** Cut lollipop sticks in half. Use a melon baller to scoop little balls out of medium-sized apples, making sure each ball has a section of the apple peel. Push a lollipop stick into the peel of each apple ball. Blot apples dry with a paper towel. Melt a 14-ounce package of caramel candies with two tablespoons of water. Have children dip and swirl their apple balls in caramel, then roll in crushed Oreo cookies, nuts, sprinkles, nonpareils or mini-chocolate chips. Place on waxed paper to cool for 15 minutes.

• **Pumpkin pancakes:** Mix dry ingredients: 1 cup flour, 1 tablespoon sugar, 2 teaspoons baking soda, ¼ teaspoon salt and ½ teaspoon cinnamon. Set aside. Separate two eggs. Mix yolks with ½ cup of plain pumpkin puree, 1 cup milk and 2 tablespoons canola oil. Add dry ingredients. Beat egg whites until fluffy, then fold into the batter. Pour ¼ cup of batter onto a greased griddle; flip when bubbles form on top. Kids can make jack-o-lantern faces using raisins, dried fruit, nuts, chocolate chips and whipped cream.

*Denise Morrison Yearian is the former editor of two parenting magazines and the mother of three children.*

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# Boro treats

Check out these local Halloween events

BY JOANNA DELBUONO

**T**he time has come for all ghosts, goblins and witches to spin their magical tricks and treats. Halloween is here and there are some ghoulishly spooktacular events to get you in the mood. So grab your witch's hat and hop on your broom to one of the eeriest events in our fall line up:

## Boo at the Zoo

With bats, cats and creepy critters the Bronx Zoo's "Boo at the Zoo" will definitely provide chills and thrills. Everyone from Cinderella to the Headless Horseman can enjoy hay mazes, magic shows and pumpkin carving. You can take the Haunted House Safari and wander through Dr. D. Zaster's top secret lab, if you dare, and try to get out before the Doctor can re-boot his system.

The tricks and treats start Oct. 1 at 11 am and continue every weekend until Oct. 30. "Boo at the Zoo" activities are free with paid admission

of \$16. Children wearing wildlife costumes are free with a paying adult.

With puppets and props, the Zoo's staff will be leading the costume parade through the park along with a 10 foot tall grasshopper, 8 foot tall butterfly and other fanciful characters on stilts that are sure to entertain and delight. The parade runs daily at Noon and 2 pm.

*Bronx Zoo, [2300 Southern Blvd., (718) 220-5103]. For more information visit [www.bronxzoo.com](http://www.bronxzoo.com).*

## Pumpkin party

The New York Botanical Gardens is a Ghoulish good place to enjoy all things creepy, spooky and eerie.

Children can enjoy a day of weird and skeeery hands on fun with spooky storytelling and puppet making with Ralph Lee at the Spooktacular Pumpkin Party at the New York Botanical Gardens. Come and celebrate the season of the witch on Oct. 8, 9 and 10 starting at 10 am.

Or take a stroll through the Haunted Pumpkin patch daily except Saturdays, Oct. 1 through Oct. 30 beginning at 10 am in the Everett's Children's Adventure Garden. Youngsters play inside a "Gourd'geous" Pumpkin House and then put on a gory ghoulish show.

If the day time is not for you, visit the gardens after dark and tour the Adventure Garden with flashlight in hand and trick and treat along the path, or decorate a pumpkin to take home. The tour is offered every Saturday from Oct. 22 to 29 starting at 6 pm.

Admission to the gardens is \$20 for adults; \$18 for seniors and students; \$8 for children 2 to 12; Free for children under 2.

*New York Botanical Garden, [200th St. and Kazimiroff Blvd. in Fordham*

*Manor, (718) 817-8700]. For more visit [www.nybg.org](http://www.nybg.org).*

## Mask makers

In the spirit of do-it-yourself — and Halloween — come to Wave Hill and create a mask made up of twigs and branches from the woods that can change you into a hairy insect. Then wear it during our parade. Saturday, Oct. 29 and Sunday Oct. 30 from 10 am to 1 pm. Free, and admission to the grounds is free until noon.

*Wave Hill Public Garden and Cultural Center at the Ecology Building, enter at West 249th Street and Independence Avenue.*

*For more information call (718) 549-3200 or visit [www.wavehill.org](http://www.wavehill.org).*

## Frights and bites

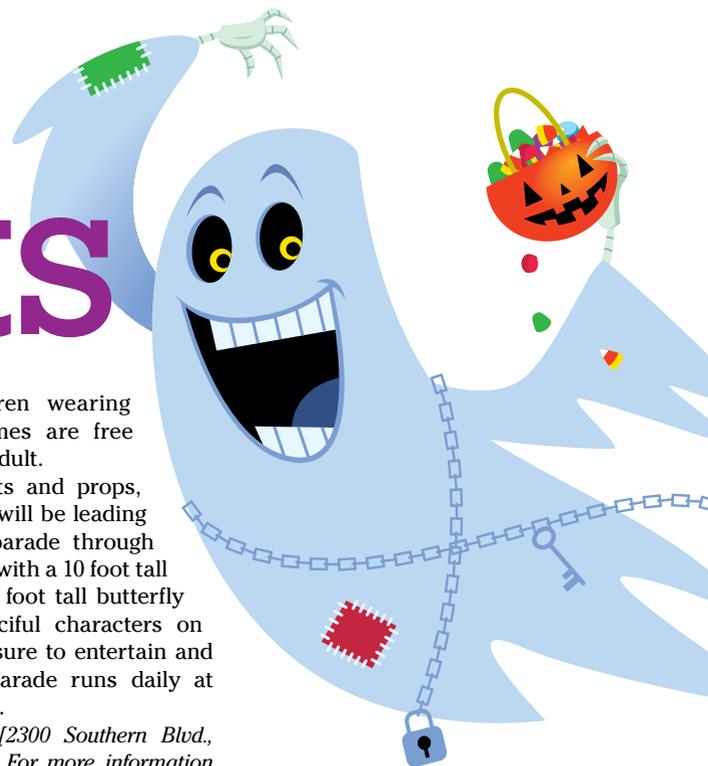
### Ghoul Pool

For the fright of your life or death, take a plunge in the Old Bath House pool at Van Cortlandt Park on Oct. 30 from 4 to 7 pm. Not for the faint of heart or the very young. The tour is free.

### Howl-o-ween

Don't leave your pets out of the spooky fun. Dress up man's best friend in costume in this competitive event on Oct. 30 from Noon to 2 pm and march on over to Van Cortlandt Park for a howlishly good costume contest. Pre-registration is required; admission is \$10 per dog.

*Van Cortlandt Park, [Broadway and 252nd Street in Riverdale, (718) 796-4541].*



# MORE SPOOKY FUN

Attention trick-or-treaters: *Monstrous Manhattan* abounds with more Halloween spooktacles!

## Wacky waxworks

Is there life after dark? Find out at the world's most famous wax museum where "After Dark: The Haunting" is poised to jangle bones on Oct. 20-23 and Oct. 27-30, from 9 pm till midnight.

Experience Madame Tussauds New York's notoriously terrifying paranormal activity. Tread the creepy corridors in unnerving darkness, hear the ceaseless moans and feel the chills run up your spine as sinister eyes follow your every move, and restless souls come alive to haunt the living — complete with teeth-melting special effects and "live" wax figures lurk in the shadows, waiting to pounce on tremulous trick-or-treaters.

The spectacle is not recommended for children under the age of 12, and teenagers under 15 must be accompanied by an adult.

Admission is \$25 at the door, \$22 online and \$18 for groups of 15 or more. Pre-purchased tickets are recommended as general admission tickets will not be accepted.

Madame Tussauds [234 West 42nd St. between Seventh and Eighth avenues, (800) 246-8872 or [www.afterdarknewyork.com](http://www.afterdarknewyork.com)].

## Woof-tastic parade

Howl with pride when your costumed pup is deemed the most magnificent at the Halloween Dog Parade in the East Village on Oct. 22.

Bring Fido and pals to Tompkins Square Park, from noon till 3 pm, for one of the nation's largest pooch spooktacles. Now get gussying!

Tompkins Square Dog Run [East Ninth Street between Avenues A and B, (646) 675-2125].

## Halloween central

Expect gourds of fun in Central Park when the Central Park Conservancy holds a Pumpkin Sail on Oct. 23, from 4 till 7 pm.

Bring your own orange beauty to carve and decorate. (Be sure to check out the website below for details about pumpkin size and weight.)

The pumpkins will be illuminated and set sail on the Harlem Meer at 6 pm.

Central Park [Dana Discovery Center, 110th Street between Fifth and Lenox avenues, [www.centralparknyc.org](http://www.centralparknyc.org)].

## Top o' the Rock

The Top of the Rock Observation Deck at Rockefeller Center will welcome children and families to a jubilant Halloween celebration on Oct. 30, from 1 till 4 pm.

Children enjoy face painting, magic shows, sweet treats, and arts and crafts while the whole family takes in a breathtaking view. Activities are free with admission.

Tickets — also available at several on-site terminals — are \$23 for adults, \$21 for seniors and \$15 for children 6 to 12 years old. Children ages 5 and under are free.

*Top of the Rock* [30 Rockefeller Plaza, between 49th and 50th streets and Fifth and Sixth avenues, (877) 692-7625 or (212) 698-2000, [www.topoftherocknyc.com](http://www.topoftherocknyc.com)].

## High Line high jinks

Aim high this Halloween! Friends of the High Line will present the elevated park's first-ever All Hallow's Eve parade on the High Line, on Oct. 30, from noon till 3 pm.

Families are invited to dress in costume, assemble on the Seating Steps and keep an eye out for puppet master Ralph Lee, who will lead a cavalcade of students — featuring a giant train car puppet created by the kids. Masqueraders will march, beginning promptly at noon, to The Porch, the High Line's new open-air cafe, to paint faces, dance to kooky tunes, and build a spooky house with the Children's Workyard Kit.

It's free, but children 16 and under must be accompanied by an adult.

*The High Line* [West 22nd Street to West 15th Street, (212) 206-9922, [www.thehighline.org](http://www.thehighline.org)].

## Mask-a-rade

The American Museum of Natural History will fling open more than 30 of its popular halls on Oct. 31 — from 4 till 7 pm — for trick-or-treating, arts and crafts, strolling entertainers, and more.

Don't be surprised if you bump into your favorite cartoon character — past years have included appearances by Curious George, Winnie-the-Pooh, Strawberry Shortcake, Clifford the Big Red Dog, Madeline, Maya & Miguel, plus performers from the Big Apple Circus, stilt walkers, and master pumpkin carver Hugh McMahon. Wow!

American Museum of Natural History [Central Park West at 79th Street, (212) 496-3409, [www.amnh.org](http://www.amnh.org)].

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**MOTHERHOOD OUT LOUD**

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WRITTEN BY LESLIE AYVAZIAN, BROOKE BERMAN, DAVID CALE, JESSICA GOLDBERG, BETH HENLEY, LAMEECE ISSAQ, CLAIRE LAZEBNIK, LISA LOOMER, MICHELE LOWE, MARCO PENNETTE, THERESA REBECK, LUANNE RICE, ANNIE WEISMAN, AND CHERYL L. WEST  
CONCEIVED BY SUSAN ROSE AND JOAN STEIN  
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## GROWING UP ONLINE

CAROLYN JABS

# Safeguarding your digital photographs

**C**hildhood is fleeting, so it's natural that parents want to capture the good times, especially during the holidays. Digital devices make it easier than ever to record memorable moments. Some experts recommend that parents decrease clutter by using digital images to preserve a memory of everything from science projects to beloved toys that have been outgrown.

The nagging question is whether

as they may look, CDs, DVDs and flash drives can break or decay when they are exposed to temperature extremes, humidity and mold. Also, data consists of magnetic signals. If even a few of these are degraded, an entire disk may become unreadable.

Second, digital information can be read only if you have the right machine and the right software. Every time you upgrade equipment, you risk losing access to files that were encoded with an earlier format.

So what's a parent to do? Commit yourself to a few simple strategies that make it more likely that your memories will be available to you — and maybe your grandkids.

- **Be selective.** Digital storage makes it possible to take 300 pictures of your child's birthday party. Delete photos that are blurry or boring. If you can't bear to do that, create two archives — one for truly memorable photos and one for everything else.

- **Get organized.** Setting up a good filing system takes time and thought, but it's effort that will be repaid. The easiest system is chronological. Get

in the habit of downloading photos from phones and cameras, as well as video and audio files, at least once a month. You can also build archives around seasonal events. Kids love seeing themselves grow from Christmases or, for that matter, Halloweens past. Or, build a separate archive for each child.

- **Label and tag.** Nothing is more frustrating than being unable to retrieve a great photo. Images that are especially meaningful deserve a label that includes all the information a good reporter would want. When? Put the year first and then the month to stay in chronological order. Who? Include names or initials to make

searching easier. Where? This is especially important for travel photos. Why? Make up a code word that will help you identify special photos.

- **Back it up.** Having one copy of anything you care about is asking for heartbreak. Although DVDs, CDs, and flash drives make it possible to store copies of important files in a fireproof box or even a safe deposit box, they are easily lost and damaged — and you have to remember to update them. A portable hard drive can be programmed to perform a regular back up for everything that's on your main computer, but will survive neither fire nor flood.

Storing photos online makes it easy to share and get access no matter where you are, but you can't necessarily count on the company managing the cloud to be there in 20 years. Crazy as it sounds, paper may be the best way to guarantee the longevity of photos and other documents. Tapes can also be surprisingly durable if they are stored properly in a cool, dry place.

- **Update.** Some experts recommend creating new copies every five years to avoid data loss. Others point out that every copy of a digital file is a little less perfect than the one before. To some extent, parents who are serious about preservation have to think of themselves as curators, checking the quality of the archive periodically. For advice, as well as materials, visit [familyarchive.com](http://familyarchive.com).

Given the effort that goes into caring for a digital archive, it's worth giving some thought as to why you are creating one in the first place. Especially during the holidays, it's important to remember that, often, the very best way to make a memory that lasts is to be fully present in the moment with your child.

*Carolyn Jabs, MA, has been writing about families and the Internet for more than 15 years. She is the mother of three computer-savvy kids. Other Growing Up Online columns appear on her website [www.growing-up-online.com](http://www.growing-up-online.com).*

© 2011, Carolyn Jabs.



memories are actually safe when they are stored in digital formats. Concerns about such storage are showing up among preservationists who have begun to mutter about the "digital dark ages." The Library of Congress has actually created a website designed to help families build and protect a personal digital archive at <http://www.digitalpreservation.gov/you/>.

According to the experts, you should be concerned about two things if you hope to see your child's baby pictures when he graduates from high school. First is data rot, the degradation of information that's encoded in bits and bytes. Durable

# Frightful news

## Linking your kid's Halloween candy and hyperactivity

BY THE FEINGOLD ASSOCIATION

**A**re you one of the many parents who have to suffer through their children's temper tantrums and moodiness in the days following Halloween? You may be surprised to learn that these and other behavior problems are often due to synthetic food dyes and certain other additives found in the candy kids consume on this popular holiday.

"If your children act up after eating lots of Halloween candy, you might be tempted to blame the sugar, but the most likely culprits are petroleum-based food dyes," said Jane Hersey, national director of the nonprofit Feingold Association, a charity that helps special needs children. "Unlike sugar, these additives can lead to hyperactive behavior for days after kids have eaten the offending candies."

A Food and Drug Administration panel recently concluded that synthetic food dyes can have a detrimental effect on some children's behavior, and narrowly rejected requiring warning labels on foods containing these additives. The conclusion was based upon numerous scientific studies that support the link between synthetic food dyes and hyperactivity.

A 2007 study led by Dr. Jim Stevenson, published in the British medical journal *Lancet*, found that synthetic food dyes can trigger hyperactive behavior in all children, not just those

diagnosed with attention deficit hyperactivity disorder (ADHD). Stevenson later reported to the British government that the harm done by these dyes to children's IQs is similar to the impact of lead, and that banning these additives might "result in a 30 percent reduction in the prevalence of ADHD in children."

A 2011 study led by Dr. Lidy Pelsler also found that when 41 young children with ADHD completed a restricted additive-free diet, 78 percent of them had improved behavior. When suspected problem foods were reintroduced into the diet, two-thirds of the children experienced a relapse in symptoms.

Studies such as these have prompted the European Union to require labels on most foods containing synthetic food dyes to warn that these additives "may have an adverse effect on activity and attention in children." The British government also called on manufacturers to voluntarily remove the dyes and advised parents to limit their children's consumption of dyed foods if they show signs of ADHD.

"Europe is way ahead of the United States in regulating synthetic food dyes, because parents there have been more vocal about the harmful effects these chemicals have on their children's behavior," said Hersey, whose eldest daughter's behavior was helped by the low-additive Feingold Diet.

The harmful dyes are Blue #1, Blue #2, Yellow #5, Yellow #6, Red #3, Red #40, Green #3 and Orange B, and parents should also help children avoid candies containing: artificial flavorings, aspartame, and the artificial preservatives BHA, BHT and TBHQ.

### Devilish dyes

Hersey offers these tips to parents desiring a calmer Halloween:

- **Feed them first.** Be sure your child goes trick-or-treating with a full stomach to discourage snacking en route.
- **Offer a swap.** Exchange the synthetic candies that your children bring home for natural candies, homemade treats, or new toys.

- **Limit the damage.** Go through the stash with your child to toss out the brightly-colored candies.

- **Offer a buy-out.** Offer to buy the candy your child collects.

- **Visit a pumpkin patch.** Take the kids to a pumpkin patch to pick their favorite pumpkins for jack-o-lanterns or homemade pumpkin pie.

- **Throw a Halloween party.** Feature natural treats and include a costume competition, a scary movie, and spooky music like Rimsky-Korsakov's "Night on Bald Mountain." Plus, decorating the house for the party can also be a fun family activity.

- **Buy natural candy.** To find natural versions of popular candies like dark and milk chocolates, peanut butter kisses, fruit candies, chocolate mint patties, and hard candies, check out the Feingold Association's Foodlist and Shopping Guide, Mail Order Guide, and other publications. Individual dietary needs vary and no one diet will meet everyone's daily requirements. Before starting any new diet, check with your doctor or nutritionist.

- **Plan a candy-free outing.** Arrange for a special evening at the skating rink, bowling alley, or movies, followed by healthy treats.

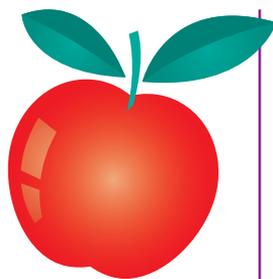
"Halloween and the days following it do not have to be stressful," said Hersey. "If you follow these suggestions, you and your family will not be singing the Halloween blues."

For more information on the Feingold Association, visit its website, [www.feingold.org](http://www.feingold.org), or call (800) 321-3287.

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## DEAR TEACHER

PEGGY GISLER AND  
MARGE EBERTS

# Evaluating writing skills

**Question:** My fourth-grader's writing is very sloppy, and she misspells a lot of words. On top of this, her sentences are only three or four words long. If I ask her to write a sentence, she finds it very difficult to put words together. Is she displaying age-level behavior with her writing skills?  
— *Anxious*

**Answer:** Your daughter's writing skills should be judged on the basis of what is expected of students at the end of third grade. Her handwriting at that time would be considered legible if she has correct spacing between letters in a word and words in a sentence.

As far as spelling goes, by the end of third grade, most schools would expect students to at least spell one-syllable words correctly. She also should be able to correctly spell the words that were on last year's spelling tests.

Your daughter also should be able to capitalize the first word in a sentence and use appropriate end punctuation of simple sentences. She should be able to vary the length of her sentences.

Parents often evaluate the skill level of their children by using adult standards. Talk to your child's teacher to find out if your child's writing meets the school's expectations for her grade level. You will also find it helpful to look at the writing of other students in the class. If your daughter's work is not up to grade level, this is the time to discuss how it can be improved.

Parents who are concerned about their young children's writing skills in preschool through third grade can get a good idea of how they are doing by going online to [www.readingrockets.org/looking\\_at\\_writing](http://www.readingrockets.org/looking_at_writing) and seeing samples of real children's writing at these levels. There are also comments about what each child needs to learn to do next.

## Response to Intervention

**Question:** I've heard about Response to Intervention, but I really don't understand exactly what it



is, and how it will affect my child. Please explain.  
— *In the Dark*

**Answer:** Response to Intervention is a new instructional framework designed specifically to provide quick, early help to students who are having difficulty learning — before they are failing. One of the aims of Response to Intervention is to prevent unnecessary assignment of students to special education.

Response to Intervention integrates assessment and intervention with a three-tiered prevention program to ensure that all students achieve, along with reducing behavior problems. How your child is affected by the program depends on how rapidly his or her school is moving to implement it fully.

In a school using the program, a screening is used with every student. Then, based on the results of the screening, it provides support for all students at the intensity level each one needs to achieve academic success. Students are placed in one of three tiers. As the year progresses, tiers of intervention can change.

•Tier one: Most students will be in this tier, which is the grade-level

classroom. Help is given in the form of research-based interventions to the class or individuals based on frequent assessment of the progress the group and individuals are making in meeting grade-level norms.

•Tier two: Students placed in this tier will receive classroom instruction, plus supplementary instruction three to four times a week from 30 to 60 minutes for nine to 12 weeks in small groups (usually two to four students). The supplementary instruction is provided by trained personnel. These students are frequently monitored to see if they no longer need Tier two services or may require Tier three services.

•Tier three: These students need more intense and more frequent interventions. They are having significant learning difficulties and have not been helped by Tier two interventions. Special-education instruction is provided to these students individually or in small groups by special-education teachers.

Students who need more support than provided in the tier system will be further tested to identify their specific learning disability needs. For more information on Response to Intervention, visit [www.rti4success.org](http://www.rti4success.org).

## Handling behavior problems

**Question:** Our second-grader has been in school for almost a month now, and he has behavior problems. He is unable to stay in his seat. If he happens to be in his seat, he is always talking. The teacher says he never stops. I am running out of ideas on how to discipline him when he gets home at night.  
— *Tired*

**Answer:** You can discipline him when he gets home, but it is too late to do much good. Do go to his school and observe his behavior, and see if you have any suggestions for the teacher.

This teacher needs to become proactive. The school's behavior specialist or a mentor should come and observe your son in class. Then a behavior intervention plan can be developed to improve his behavior. If this doesn't work after a few weeks, he may need to be tested to see if there is some underlying reason for his behavior.

Parents should send questions and comments to [dearteacher@dearteacher.com](mailto:dearteacher@dearteacher.com) or ask them on the columnists' Web site at [www.dearteacher.com](http://www.dearteacher.com).

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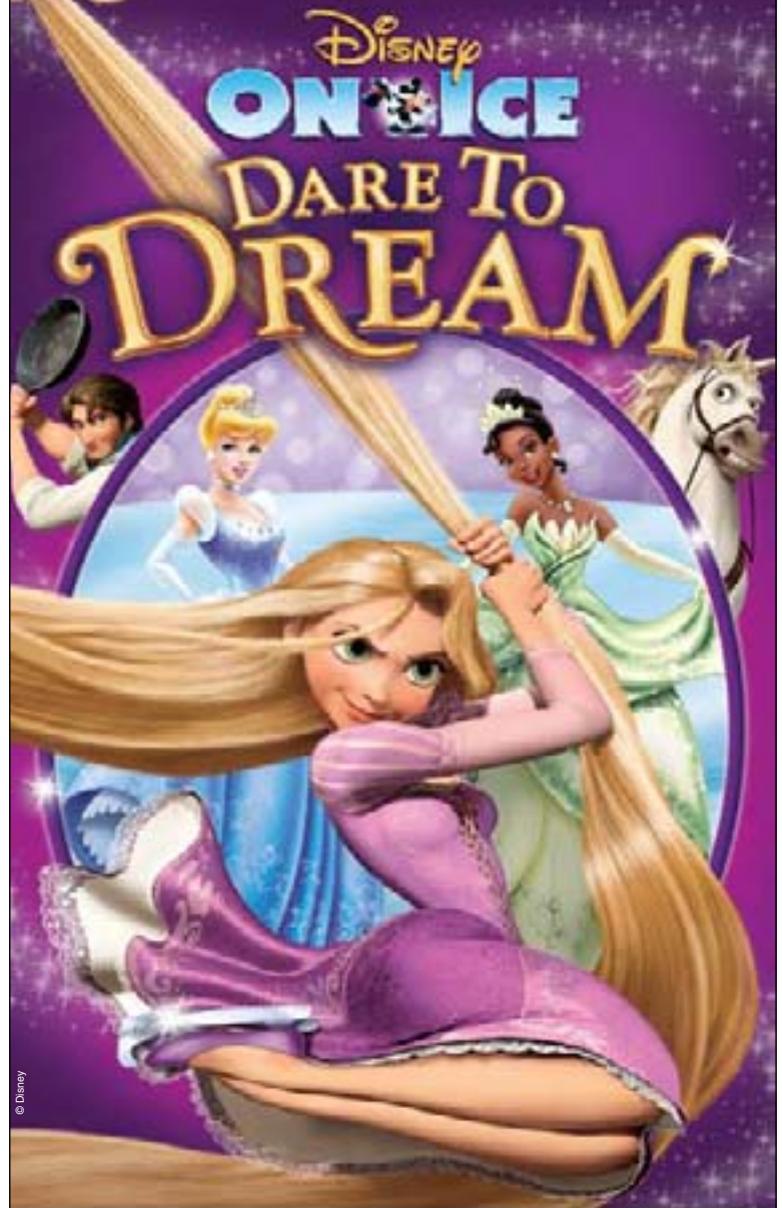
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NOV.  
16 - 20



Wed. NOV. 16	Thu. NOV. 17	Fri. NOV. 18	Sat. NOV. 19	Sun. NOV. 20
7:30 PM*	7:30 PM	7:30 PM	11:00 AM 3:00 PM 7:30 PM	1:00 PM 5:00 PM

NOV.  
22 - 27



Tue. NOV. 22	Wed. NOV. 23	Thu. NOV. 24	Fri. NOV. 25	Sat. NOV. 26	Sun. NOV. 27
7:30 PM*	10:30 AM 3:00 PM 7:30 PM	11:00 AM	10:30 AM 3:00 PM 7:30 PM	10:30 AM 3:00 PM 7:30 PM	7:30 PM

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## OUR RELATIONSHIPS

JOAN EMERSON, PhD

# Waves of emotion at the beach house

**B**eing out at a beach house for two weeks with different family configurations definitely gives one pause to think about what it takes for families to get along throughout a life span. Looking back to all the years that this summer vacation house has seen is a reminder of the angst, as well as pleasure, that went along with each of the stages of my own life: singlehood, young marriage, kids, failing marriage, divorce, single motherhood, new relationships, no relationships, adult kids, a (finally) good remarriage, sons' marriages, daughters-in-law, and grandchildren.

Surprisingly, I'm not done adjusting to life's stages yet, as this grandparent stage carries with it unexpected challenges that, like new parenthood, can't be mastered in advance, but only through trying to figure out how to make it work as I go through it.

I remember, upon becoming a grandmother, finding a book of essays, "Eye of My Heart," by well-known female writers, expounding the joys and tribulations of grandmotherhood. Tribulations?? Thank god I wasn't the only one — what a relief!! I lent that book to every grandmother I knew.

Staying under the same roof at the beach with my children and their own children has made me think continuously — obsess, actually — about why this new grandmother role should be so fraught, and not as simply joyful as I was taught to expect. The closest I've come to understanding the struggle is to see that it's not the relationship with the grandchildren that is the hard part — it's the relationship between their parents and me that needs the attention. So I'm back to dealing with my own children, this time with them as full-fledged adults and me as the aging generation who apparently still can't get it right.

True, my story is only one of a myriad of possibilities, but as I talk to my peers and young parents, I see



that there can be many areas of conflict over the grandchildren. Some of us grandparents think we know ways in which life could be made easier for everyone if our kids would just make some adjustments in their parenting styles. We wish for an independent relationship with the grandkids that's special only between us, yet, when our kids are present, they don't want to be pushed aside. They feel they must help in interpreting between us and the grandkids, as we cannot be counted on to communicate effectively. We feel that they are overly involved and don't let the kids have the time and space to relax and learn on their own, while they feel we are neglectful and not sensitive to the kids' needs. We feel like the third wheel and left out as the parents and kids enjoy each other, and they see us as too self-centered.

Naturally, our own kids feel — as we did when we were starting families — that it is not our business to comment on their parenting styles. Instead, they see ways in which we could make their lives easier if we could avoid what feels, to them, like judgments, and just step up and help them out by going along with the program.

After these recent summer experiences, both my sons went out of

their way to try to make me understand how pushed to the max they were with responsibilities and the accompanying stresses of this stage of life, and how my focus on my own feelings and needs just makes their lives harder. I've come to accept that this is my role for now: go along with the program when with the family. If I want to get to know my grandkids separately, I can do that when babysitting them and as they get older. If I want to relate adult-to-adult with my sons, a short, interrupted telephone conversation is probably the closest I'll come to that for now. This has been a learning process of giving up some of my needs that I haven't been forced to deal with in a long time.

Yet, somehow, it was extremely liberating to hear an honest, open — even if angry — expression of my sons' frustrations with me. At least the harbored resentments on both sides were now spoken, and, afterwards, I noticed myself smiling with relief that both my sons were willing to try to communicate these feelings with me, painful as they were. I've thought, talked, examined, and just sat with what was brought up in me by these talks, and am coming to see that this is the way it must be for now, and going along with their wishes is the right path for me to take. I just hope I can do it.

Once again, talking about feelings — instead of keeping them in — was the turning point for me. This time I was the listener, and hearing my sons talk, angry and upset and overwhelmed as they were, was hard. I spoke to myself during these conversations ("Just shut up, Joan") and it felt good to quietly listen, have them be the ones to share some deep emotion with me, and let them know that they were heard. Next step, the follow-through. I'll let you know how I do.

*Joan Emerson is a New York psychologist who specializes in couple's therapy. Visit her website at [www.JoanEmerson.com](http://www.JoanEmerson.com).*

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## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

# Step up to the 'Plate

**G**oodbye baffling pyramid. Hel-LO MyPlate!

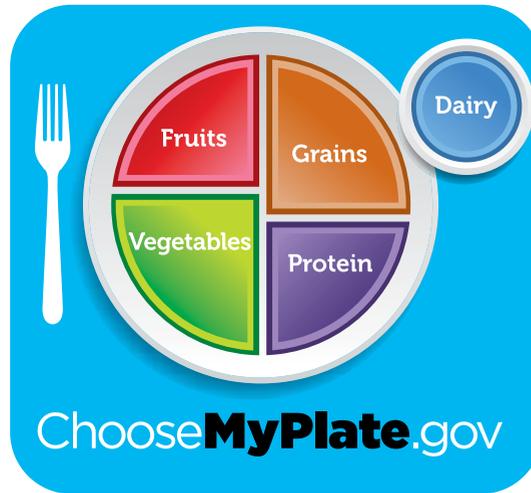
We are finally rid of the striped Food Guide Pyramid and now have a familiar plate in its place. In June, the United States Department of Agriculture unveiled the symbol that should guide our meals: a plate divided into food groups shown in the recommended proportions.

The plate makes it perfectly clear that eating right means plenty of vegetables and fruits, plus whole grains.

"This is a quick, simple reminder for all of us to be more mindful of the foods that we're eating," said First Lady Michelle Obama during the press conference to unveil the new plate. "And as a mom, I can already tell how much this is going to help parents across the country."

The key recommendations are:

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half of your plate fruits and vegetables.
- Make at least half of your grains whole grains.
- Switch to fat-free or low-fat (one percent) milk.
- Compare sodium in foods like soup, bread and frozen meals, and choose the foods with lower numbers.
- Drink water instead of sugary drinks.



make fruits and vegetables half of our plates, the latest United States Department of Agriculture figures show that fruits make up just three percent of our total daily calories, and veggies just five percent. Added fats, oils, sugars and other sweeteners made up 41 percent of calories in 2008.

Plenty or more detailed advice is offered in the full nutrition guidelines at [ChooseMyPlate.gov](http://ChooseMyPlate.gov). For example, right on the home page, you can use the MyFoodapedia, Daily Food Plan, Food Planner,

and Food Tracker interactive tools. Would you like to know the calorie count of a particular food? Ask there. Also, if you click on New and Media, scroll down to Print Materials to download coloring sheets in English or Spanish.

Zonka recommends that parents of pre-school aged children use MyPlate as a game. She suggests taking pictures of foods like broccoli, meat and whole grains, and matching the foods to the food groups, like a puzzle. "Ask, what do you think this is?" She suggests.

Children ages 6 and up should become involved in the kitchen, according to Zonka.

"Get them making food and plating it. Talk about colors and texture, put it on the plate and let them play around. Have them come up with a menu," she says. "Ask, how does it all work together?" By making it more tactile, kids can function better in the kitchen.

As for me? I like that the plate is simple enough for anyone to understand. I'm happy that the tips found on the website start off with encouragement to enjoy your meals. And as Obama said, if her daughters' plates are filled with lots of fruits and vegetables, "then we're good. It's as simple as that."

*Christine M. Palumbo, RD, practices nutrition in suburban Chicago. Contact her at [Chris@ChristinePalumbo.com](mailto:Chris@ChristinePalumbo.com) with your column ideas or questions, or follow her on Facebook at Christine Palumbo Nutrition.*

The changes are especially important for childhood nutrition.

"It's much simpler now. It brings me back to the basic four food groups that worked because it was easy to remember," says Chef Renee Zonka, Dean of the School of Culinary Arts at Kendall College in Chicago, who approves the new plate graphic. "It was visual. Proportionally, this shows you the amount of protein, grains and vegetables that should be on your plate."

Getting advice on what to eat from the United States government is nothing new. In fact, it has been dishing it out for more than 100 years. This time, the agriculture department tested the plate using focus groups with about 4,500 consumers, including children.

How have we been doing?

While MyPlate recommends we

of whatever fruit you want! Do this until the stick is almost covered from end to end. Hold your kabob at the ends and roll it in the yogurt, so the fruit gets covered. Then roll it in the coconut. Repeat with the remaining fruit and skewers.

**NUTRITION FACTS:** 90 calories, 18 grams carbohydrate, 3 grams protein, 2 grams fat (1.5 gram saturated), 0 cholesterol, 2 grams fiber, 30 milligrams sodium, 77 milligrams calcium, 12 milligrams vitamin C.

Recipe adapted and used by permission from Kendall College School of Culinary Arts.

## Fruit kabob

(Makes seven kabobs)

### INGREDIENTS:

- 1 apple
- 1 banana
- 1/3 cup red seedless grapes
- 1/3 cup green seedless grapes
- 2/3 cup pineapple chunks
- 1 cup nonfat yogurt
- 1/2 cup flaked coconut
- 7 10-inch wooden skewers

**DIRECTIONS:** Prepare the fruit by washing the grapes and apples and cutting them into small squares; peel-

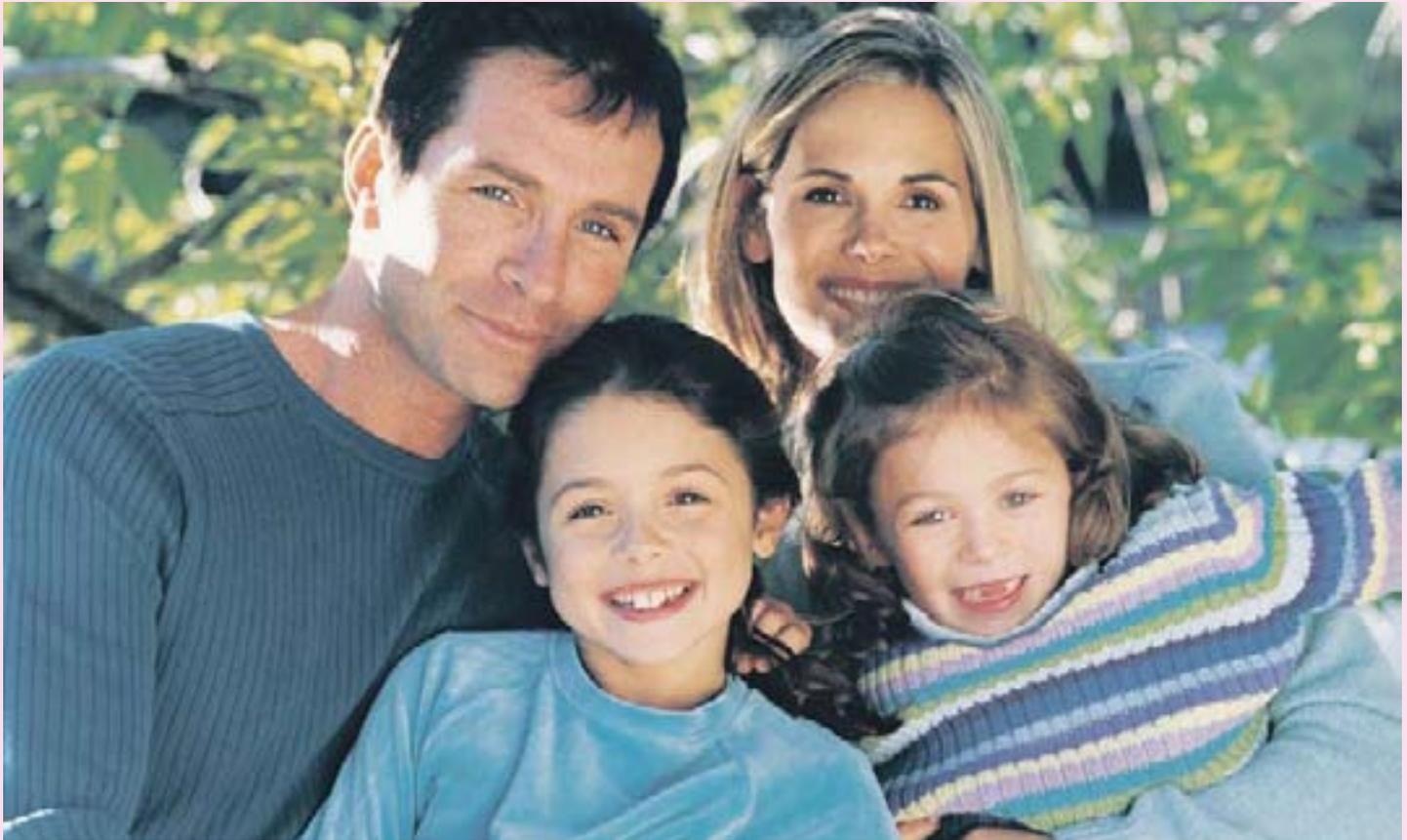


ing the bananas and cutting them into chunks; and cutting the pineapple into chunks, if fresh. Put the fruit onto a large plate. Spread the coconut and yogurt onto two other large plates. Slide the pieces of fruit onto the skewer and design your own kabob by putting as much or as little

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# Going Places

## LONG-RUNNING

**Dinosaur display:** American Museum of Natural History, Central Park W. at 79th Street; (212) 769-5000; [www.amnh.org](http://www.amnh.org); Daily, 10 am–5:30 pm, Now – Mon, Jan. 2, 2012; \$24 (\$18 students, \$14 children).

Children learn about the largest dinos, the long-tailed sauropods by examining the innovative model.

**Bug Carousel:** Bronx Zoo, 2300 Southern Blvd. at Boston Road; (718) 220-5103; [www.bronxzoo.com](http://www.bronxzoo.com); Daily, 10 am–4:30 pm, Now – Mon, Oct. 31; \$3 plus general admission (\$15 adults; \$14 seniors; \$12 children).

Children enjoy a delightful ride on a praying mantis, a bright green grasshopper or another favorite creepy-crawly.

**Farmers market:** Bronx Park, Southern Blvd. at Dr. Theodore Kazimiroff Boulevard; (718) 817-8700; [www.nybg.org](http://www.nybg.org); Wednesdays, 9 am–3 pm, Now – Wed, Nov. 23; Free.

Fresh and locally grown veggies and home baked goods.

**Mott Haven farmers market:** Padre Plaza, Success Garden, E. 139th St. at St. Anns Avenue; (718) 887-7113; [www.nycgovparks.org](http://www.nycgovparks.org); Wednesdays, 9 am–6 pm, Now – Wed, Nov. 9; Free.

Nutritional workshops, community chefs, recipes, fruit and drink tastings and local produce.

**Farmers market:** The New York Botanical Garden, 2900 Southern Blvd. at the Mosholu Gate; (718) 817-8700; [pubrel@nybg.org](mailto:pubrel@nybg.org); [www.nybg.org/green-market](http://www.nybg.org/green-market); Wednesdays, 9 am–3 pm, Now – Wed, Nov. 23; Free.

Affordable, locally grown produce and fresh, nutritious baked goods.

**The Yak Packers:** Rubin Museum of Art, 150 West 17 Street, between 6th and 7th avenues; (212) 620-5000 X 344. [www.rmanyc.org](http://www.rmanyc.org); Thursdays, 10:30–11:30 am, Now – Thurs, Dec. 29; \$10 child and parent (\$5 members).

Children two to four accompanied by an adult touch, explore and create projects inspired by Himalayan art.

**Haunted Pumpkin walk:** New York Botanical Garden, 200th St. and Kazimiroff Blvd. (718) 817-8700; [www.nybg.org](http://www.nybg.org); Tuesdays – Sundays, 10 am, Sat, Oct. 1 – Sun, Oct. 30; \$20 (\$18 seniors and students; \$8 for children 2-12).



## What's the buzz?

**B**e a bee and have a buzzing good time at Wave Hill when all things yellow, black and fuzzy are celebrated.

The buzzing never stops during Honey Weekend with lots to do. Put on gear and get up close and personal with Bee-keeper Dan and his furry hives, view bee extraction demonstrations, taste the freshest honey ever, or make yourself a pair of bee wings, don antennae and grab a pollen cup to wander through a hive of activity and forage

through the fall flowers for a sip of nectar.

Honey Weekend at Wave Hill, Oct. 1 and Oct. 2 from 10 am to 4 pm. Most events are free with admission to the grounds (\$8 for adults, \$4 for students and seniors, \$2 for children 6-12 and it's always free on Saturday mornings until noon.

*Honey Weekend at Wave Hill [West 249th St. and Independence Avenue, (718) 549-3200] Oct. 1 and 2, from 10 am to 4 pm. For more, visit [www.wavehill.org](http://www.wavehill.org).*

## 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](mailto: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!

Stroll through spooky gourds, scarecrows and frightening spiders.

**Mystery at the Museum:** American Museum of Natural History, Central Park W. at 79th Street; (212) 769-5100; [www.amnh.org](http://www.amnh.org); Saturdays and Sundays, 10 am–5 pm, Sat, Oct. 1 – Sun, Oct. 30; \$50.

Park walking tour, part game and part theater, children 10 and up explore the museum in a new way. Advanced registration required. There are eight performances each day and each runs approximately two hours.

**Story time:** Barnes & Noble Bay Plaza, 290 Baychester Ave. (718) 862-3945; [barnesandnoble.com](http://barnesandnoble.com); Saturdays, 11 am, Now – Sat, Dec. 31; Free.

Children enjoy a story and craft. All ages welcome.

**Boo at the Zoo:** Bronx Zoo, 2300 Southern Blvd. at Boston Road; (718) 220-5103; [www.bronxzoo.com](http://www.bronxzoo.com); Saturdays and Sundays, 11 am–4:30 pm, Sat, Oct. 1 – Sun, Oct. 30; \$16 (\$12 children 3-12 and free for children under 3).

Visit the cats and bats and snakes too at the zoo with favorite events like the Haunted Safari and Hess Spooky Hayride.

**Creepy Creatures:** New York Botanical Garden, 200th St. and Kazimiroff Blvd. (718) 817-8700; [www.nybg.org](http://www.nybg.org); Saturdays and Sundays, 1 pm, Sat, Oct. 1 – Sun, Oct. 30; \$20 (\$18 seniors and students; \$8 for children 2-12).

Get up close and personal with Madagascar hissing cockroaches, the emperor scorpion and the pink toe tarantula.

**Big Apple Circus:** Lincoln Center, 62nd St. between Amsterdam and Columbus avenues; (888) 541-3750;

# Going Places

www.bigapplecircus.org; Sundays and Mondays, 10 am–6 pm, Tuesdays – Saturdays, 10 am–8 pm, Thurs, Oct. 20 – Sun, Jan. 8, 2012; \$15–\$95.

The Big Top returns featuring the Flying Cortes, magician Scott Nelson and Muriel Brugman, aerialist Anna Volodko and the mistress of the horses Jenny Vidbel on her fiery Arabian and pet pooches.

**“Seascape with Sharks and Dancer”:** Red Room Theater, 85 E. Fourth St. and Bowery Place; (212) 868-4444; www.smarttix.com; Thursdays – Saturdays, 8 pm, Sundays, 2 pm, Thurs, Nov. 3 – Sun, Nov. 20; \$20 (\$15 students).

Don Nigro’s off-beat love story about a young man who saves a young woman from the sea.

## MON, SEPT. 26

**Video game day:** Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Ave. (718) 579-4244; www.nypl.org; 4 pm; Free.

Children eight to 12 play Wii, PS3 and Xbox.

## TUES, SEPT. 27

**Reading aloud:** Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Ave. (718) 579-4244; www.nypl.org; 4 pm; Free.

Children three to eight years old listen to a story.

## WED, SEPT. 28

**Movie day:** Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Ave. (718) 579-4244; www.nypl.org; 4 pm; Free.

Feature films for children.

## THURS, SEPT. 29

**Story time:** Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Ave. (718) 579-4244; www.nypl.org; 11 am; Free.

For children three to five years old.

**Puppet workshop:** Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Ave. (718) 579-4244; www.nypl.org; 4 pm; Free.

Hands-on projects for children five to 12.

## FRI, SEPT. 30

**Teen advisory group:** Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Ave. (718) 579-4244; www.nypl.org; 4–5 pm; Free.

Children 13 to 18 lend their voices to library topics.

**Game day:** Kingsbridge Library Cen-



## See scary creatures

**I**t’s the season of the witch for the bats, cats and snakes, too, at Boo at the Zoo. Have a scary visit with Dr. D. Zaster in his top secret lab in Haunted Safari, (11 am to 5 pm), or take a hay ride after you find your way through the hay maze (11 am–5 pm), then dress up in your favorite costume and march in the zoo’s parade marching alongside a giant 10 foot tall grasshopper, (noon to 2 pm).

For tamer entertainment, watch a musical revue presented

by the Lehman College Players in the production of “So You Think That’s Scary?” about some misunderstood animals at 12:30 pm, 1:30 pm and 2:30 pm in the Asia Plaza Theater. The fun abounds each and every weekend Oct. 1 through Oct. 30. General admission is \$16 for adults, \$12 for children 3–12 and tots under 3 are free.

*Halloween at the Bronx Zoo [300 Southern Blvd. at Boston Road, (718) 220-5103] Oct. 1 through 30. For more, visit www.bronxzoo.com.*

ter, 310 E. Kingsbridge Rd. at Briggs Ave. (718) 579-4244; www.nypl.org; 4 pm; Free.

For children three to five to 12.

## SAT, OCT. 1

**Be a bee!:** Wave Hill, West 249th St. and Independence Ave. (718) 549-3200; www.wavehill.org; 10 am–1 pm; Free with admission to the grounds.

Outfit yourself with wings, antennae and a pollen cup, buzz around in a hive and forage in fall flowers.

**“The Story Pirates”:** Leonard Nimoy Thalia, 2537 Bdwy. at 95th Street; www.symphonyspace.org/genre/family; 11 am and 2 pm; \$11–\$25.

Smart and zany troupe creates musical sketch comedy.

**Honey fair:** Wave Hill, West 249th St. and Independence Ave. (718) 549-3200; www.wavehill.org; 11 am–4 pm; Free with admission to the grounds).

Gathering honey from the garden’s hives with beekeeper Don, projects, tastings and crafting.

## SUN, OCT. 2

**Be a bee!:** 10 am–1 pm. Wave Hill. See Saturday, Oct. 1.

**Honey fair:** 11 am–4 pm. Wave Hill. See Saturday, Oct. 1.

**Antique auto show:** Bartow-Pell Mansion Museum, 895 Shore Rd. (718) 885-1461; www.bartowpellmansionmuseum.org; 1–3 pm; \$30 (per car).

See unique cars and benefit the museum. Bring a picnic and show off your

wheels. Registration required.

**Dan Zanes and Friends:** Jack H Skirball Center for the Performing Arts, 566 LaGuardia Pl. at Washington Square; (212) 352-3101; www.skirballcenter.nyu.edu; 3 pm; \$25.

Children’s concert featuring material from “Little Nut Tree.”

## TUES, OCT. 4

**Jewelry workshop:** Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Ave. (718) 579-4244; www.nypl.org; 4 pm; Free.

Jennifer Jacobs shows teens and tweens 13 to 18 years old how to make beads and baubles to take home. Materials provided.

## THURS, OCT. 6

**Nature talk:** Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Ave. (718) 579-4244; www.nypl.org; 2 pm; Free.

Wildlife expert Andrew Simmons introduces children 12 to 18 years old to lions, eagles, lizards and snakes.

## FRI, OCT. 7

**Teen advisory group:** Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Ave. (718) 579-4244; www.nypl.org; 4 pm; Free.

Children 13 to 18 lend their voices to library topics.

**First Friday:** Bartow-Pell Mansion Museum, 895 Shore Rd. (718) 885-1461; www.bartowpellmansionmuseum.org; 5:30–8:30 pm; \$8 (\$5 seniors and students; members free).

## SAT, OCT. 8

**Family-art project:** Wave Hill, West 249th St. and Independence Ave. (718) 549-3200; www.wavehill.org; 10 am–1 pm; Free with admission to the grounds.

Search for migrating hawks, make a windsock and then enjoy a performance by The Friendly Falcons.

**“Women of the Calabash”:** Leonard Nimoy Thalia, 2537 Bdwy. at 95th Street; www.symphonyspace.org/genre/family; 2 pm; \$11–\$25.

Musical performance combining traditional instruments, lush vocals and musical forms.

## SUN, OCT. 9

**Family-art project:** 10 am–1 pm. Wave Hill. See Saturday, Oct. 8.

*Continued on page 38*

# Going Places

Continued from page 37

## MON, OCT. 10

**Columbus day:** Wave Hill, West 249th St. and Independence Ave. (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10 am–4 pm; Free with admission to the grounds.

The park is open to explore and enjoy a day of raptors.

## FRI, OCT. 14

**"Treasured Stories by Eric Carle":** Jack H Skirball Center for the Performing Arts, 566 LaGuardia Pl. at Washington Square; (212) 352-3101; [www.skirballcenter.nyu.edu](http://www.skirballcenter.nyu.edu); 10 am; \$15-\$25.

Beloved children's stories, from "The Very Hungry Caterpillar," "Brown Bear Brown Bear What do You See?" and "Papa Please Get the Moon for Me."

## SAT, OCT. 15

**Open house New York:** Wave Hill, West 249th St. and Independence Ave. (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10 am–4 pm; Free with admission to the grounds.

Celebrate the best of New York architecture and visit significant examples of various building styles. Pre-registration required.

**Family-art project:** Wave Hill, West 249th St. and Independence Ave. (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10 am–1 pm; Free with admission to the grounds.

Examine the greenhouses and impressive ecology building, then create your own visionary structure out of clay, cardboard and natural recycled materials.

**"Treasured Stories by Eric Carle":** 11 am and 2 pm. Jack H Skirball Center for the Performing Arts. See Friday, Oct. 14.

## SUN, OCT. 16

**Open house New York:** 10 am–4 pm. Wave Hill. See Saturday, Oct. 15.

**Family-art project:** 10 am–1 pm. Wave Hill. See Saturday, Oct. 15.

**"Treasured Stories by Eric Carle":** 11 am and 2 pm. Jack H Skirball Center for the Performing Arts. See Friday, Oct. 14.

**Kings of Salsa:** 4 pm; \$40, \$35, \$25 (\$10 children under 12).

Featuring Roclan Gonzalez Chavez.

## TUES, OCT. 18

**"Jessie and the Case of the Missing Candy":** Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs



## Follow the music

**O**ran Etkin, the Pied Piper of children, will be weaving his magic tunes at the Leonard Nimoy Thalia Theater as part of Symphony Space's children's series on Oct. 22 at 11 am.

Etkin — the creator of the Timbalooloo method of music instruction featuring Clara the Clarinet, Big Mama Tuba and a host of other friends — will have the children (and adults) dancing in the

aisles. This fun, interactive show engages a child's innate musicality by incorporating melodies and rhythms from all over the world and leading the audience through games, stories, and songs.

*Oran Etkin at the Leonard Nimoy Thalia Theater [2537 Broadway at West 96th Street, Manhattan, (212) 316-4962] Oct. 22 at 11 am. Tickets \$20, \$17 for members; \$13 children and \$11 for member children.*

Ave. (718) 579-4244; [www.nypl.org](http://www.nypl.org); 4 pm; Free.

Children 3 - 10 years old listen to a Jessie tale.

**Art workshop:** Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Ave. (718) 579-4244; [www.nypl.org](http://www.nypl.org); 4 pm; Free.

NakhaCitra, master Suhas, teaches children 12 to 18 years old how to create embossed art. All materials provided.

**Family party:** American Museum of Natural History, Central Pk W. at 79th Street; (212) 313-7161; [familyparty@amnh.org](mailto:familyparty@amnh.org); 5–7 pm; \$85 (\$175 adults).

Families partake of educational activities, entertainment, interactive workshop with animals, and the science center.

## SAT, OCT. 22

**Enchanted weekend:** Wave Hill, West 249th St. and Independence Ave. (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10 am–1 pm; Free with admission to the grounds.

Build a tiny house in the woods using sticks and leaves, then listen to guest storyteller Rama Mandel and sing-along with Jim Keyes. Parents also learn about the mystical properties of witch hazel, snakeroot and wolfsbane on a folk lore walk.

**Galumph:** Peter Jay Sharp Theater, 155 W. 65th St. at Lincoln Center; [www.symphonyspace.org/genre/family](http://www.symphonyspace.org/genre/family); 11 am; \$11-\$25.

Acrobatics, visual effects, physical comedy and choreography.

**Artie Bennett:** Barnes & Noble Bay Plaza, 290 Baychester Ave. (718) 862-3945; [barnesandnoble.com](http://barnesandnoble.com); 11 am; Free.

The author reads from his hilarious "The Butt Book."

**Oran Etkin and Timbalooloo:** Leonard Nimoy Thalia, 2537 Bdw. at W. 96th Street; (212) 316-4962; 11 am; \$20 (\$17 members; \$13 children, \$11 member children).

Zany jazz music just for kids, featuring Clara the clarinet, Big Mama Tuba and all their friends.

## SUN, OCT. 23

**Enchanted weekend:** 10 am–1 pm. Wave Hill. See Saturday, Oct. 22.

## THURS, OCT. 27

**Arts and crafts:** Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Ave. (718) 579-4244; [www.nypl.org](http://www.nypl.org); 4–5 pm; Free.

Children 5-12 years old create Halloween items and decorations.

## SAT, OCT. 29

**Masked parade:** Wave Hill, West 249th St. and Independence Ave. (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10 am–1 pm; Free with admission to the grounds.

Use found materials to create funny, fuzzy insect masks, then assemble for the fall parade.

**Ben Rudnick and Friends:** Leonard Nimoy Thalia, 2537 Bdw. at W. 96th Street; (212) 316-4962; 11 am; \$20 (\$17 members; \$13 children, \$11 member children).

Hip upbeat music with fun to sing lyrics.

## SUN, OCT. 30

**Masked parade:** 10 am–1 pm. Wave Hill. See Saturday, Oct. 29.

**National Acrobats of the People's Republic of China:** 4 pm; \$45, \$40, \$25 (\$10 children under 12).

Direct from Beijing.

## MON, OCT. 31

**Halloween celebration:** American Museum of Natural History, Central Pk W. at 79th Street; (212) 769-5100; [www.amnh.org](http://www.amnh.org); 4–7 pm; \$19 (\$10.50 children) general admission.

The halls will be open for trick or treating, arts and crafts and cartoon characters. Families partake of educational activities, entertainment, interactive workshop with animals, and the science center.

## FRI, NOV. 4

**First Friday:** Bartow-Pell Mansion Museum, 895 Shore Rd. (718) 885-1461; [www.bartowpellmansionmuseum.org](http://www.bartowpellmansionmuseum.org); 5:30–8:30 pm; \$8 (\$5 seniors and students; members free).

## SUN, NOV. 6

**Compania Flamenca Jose Porcel:** 4 pm; \$40, \$35, \$25 (\$10 children under 12).

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# Boo-tiful bash

Clever tips for hosting a Halloween party for kids and adults

BY PENNY WARNER

**H**ost a happy Halloween party — that's fun for both kids and adults — at your own haunted house. Make it creepy or kooky, cover up in a costume, and keep the treats and tricks coming!

## Eerie invitations

To invite your ghoulish guests, send out “pumpkin pal” invitations. Blow up orange balloons and write party details on them with glow-in-the-dark pens. Then, deflate the balloons and mail them to guests with instructions to inflate the balloons in a dark room to read the message.

Add plastic spiders and other creepy crawlers in the envelope to make the invite extra spooky.

## Boo-tiful decorations

Turn your humble home into a haunted house with the following tips:

- Create a “spooktacular” party setting by stretching cobwebs with rubber spiders over the doors and party tables. Make the atmosphere even more frightening with a fog machine and scary music.

- You can also scare up a few ghosts by inflating white helium balloons and adding ghost faces and white crepe paper streamers. Then let the spooky ghosts float around the room.

## Ghoulish games and activities

Party activities are a great way for kids and adults to have fun together:

- One idea is to create “Pumpkin-



peel back the glove. Float the ice hand in the punch bowl.

- You can also make worm-filled ice cubes by freezing water and gummy worms in ice trays.

- Finally, set out “body parts” as appetizers or snacks, such as Vienna sausages for fingers, deviled eggs for eyeballs, and tiny white mints for teeth.

## Frightening favors

When the party ends, send guests home with ghoulish goodies such as glow sticks, vampire teeth, gummy worms, stage makeup kits and mini pumpkins. Let them select Halloween tricks and treats from a treasure chest and take home their booty as favor.

*Penny Warner, the party planning expert for Balloon Time, has more than 25 years of experience as an author and party planner and has published more than 50 books. For more information, visit [BalloonTime.com](http://BalloonTime.com).*

heads.” Give each guest an inflated orange balloon and a permanent marker. Place guest’s names in a hat, then, have everyone secretly select a name. Draw that person’s face on a balloon. Then, let everyone try to match the Pumpkinhead to the guest.

- Hold a trick-or-treat treasure hunt by hiding creepy items like plastic spiders, gummy teeth, and slimy eyeballs throughout the party room. Break into teams and search for the ghoulish goodies.

## Frightening refreshments

- Get creative — and creepy — by adding a floating green “hand” to your punch. To make the hand, freeze green tinted water in a rubber glove. To set the “handy” ice sculpture free from the glove, run the hand under warm water and



# It figures

BY CYNTHIA WASHAM

## BEWITCHING BITS



**36 million** Number of children in the U.S., ages 5 to 13, who go trick-or-treating each year.

**20** Percent of Americans who visit a haunted attraction around Halloween.

**26** Percent of people who hand out full-sized treats to trick-or-treaters.

**\$1** Price dentists participating in Operation Gratitude pay children per pound for unwanted Halloween candy to be shipped to U.S. soldiers overseas.

**\$17** Amount Philadelphia children collected in 1950 during the first Trick-or-Treat for UNICEF.



**\$148 million**

Amount children nationwide have collected during the annual event in the six decades since then.



**25** Pounds of candy a double-bagged, brown paper grocery bag can hold.

**48** Pounds a standard-size pillow case can hold.

**1,352** Estimated number of houses you'd have to visit to collect that much candy, assuming a 50 percent success rate.



**90** Percent of a pumpkin that's water.

**More than 20,000** Number of people who attend the World Championship Punkin Chunkin pumpkin-toss competition to be held Nov. 5 through 7 in Sussex County, Del.

**16th** Century children in Europe started the tradition of bringing apples to their teachers.

**1977** Year Apple unveiled the logo of its then fledgling company, named for the fruit that founder Steve Jobs spent his youthful summers picking in California.



Sources: TheFasterTimes.com, PR Newswire, AssociatedContent.com, Slashfood.com, Halloweencandybuyback.com, Myscienceproject.org, Pumpkin-patch.com, Punkinchunkin.com, Whyguides.com, eHow.com.

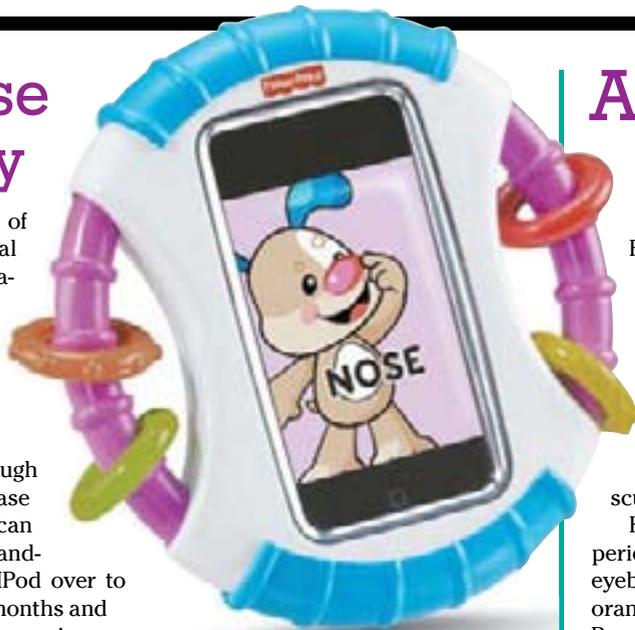
# New & Noteworthy

## The case for baby

There are plenty of fun and educational apps available for babies and young children these days, but the electronic devices they run on certainly aren't dribble-proof.

Thanks to the Laugh & Learn Apptivity Case by Fisher Price, you can now feel confident handing your iPhone or iPod over to your baby (ages six months and up) as she can now enjoy your Apple device without damaging it.

The case is made of durable rubber, and slips right over your device to protect the screen from any drool or rough-housing. Additionally, the Apptivity Case comes with easy grip handles, and a home button lockout feature to prevent your child from making unwanted calls while playing with



your phone. The best part? Colorful rattle beads and a mirror on the back of the case will entertain your child even without a device inside, so you won't feel guilty about making a phone call every once in a while.

Fisher Price Laugh & Learn Apptivity Case, \$15. For info, visit [www.fisher-price.com](http://www.fisher-price.com).

## Go a 'Little Nut' for Zanes

Five years — practically a lifetime! — after his last family album was released, Dan Zanes and his musical "friends" are back with "Little Nut Tree," which picks up where this Grammy Award-winning left off.

Zanes fans will appreciate Zanes's genius for fusing top-tapping musical hooks for adults — from genres as diverse as blues, soul, rock, and the Broadway musical — with lyrics that appeal to the younger set.

So the soulful opening track, "In the Basement," sounds like a 1960s dance party, but is actually a tribute to the classic play room.

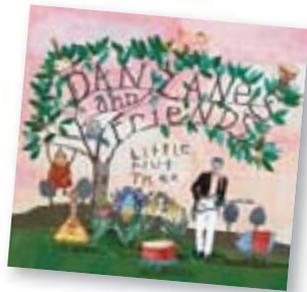
Another song, the show-tuney

"Summer Trains," starts out like "Sidewalks of New York," but becomes a classic Zanes journey by rail where "everybody's laughing and no two trips are the same."

And it wouldn't be a Zanes album without something flat-out silly — in this case, "John Kananaka," a song the kids will love (and sing along to).

Zanes's regular band backs him up faithfully, but the former Del Fuegos frontman also takes advantage of a lifetime in the music business, inviting such pop stars as Joan Osborne and Sharon Jones to join the fun.

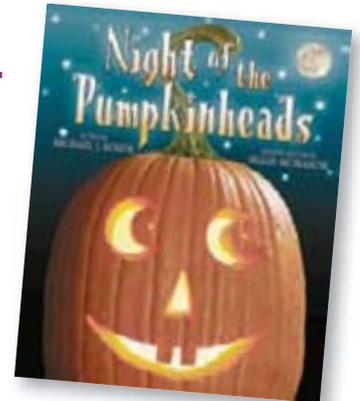
For info on all of Dan Zanes's releases, [www.danzanes.com](http://www.danzanes.com).



## A gourd read

Get into the spirit of the season with Michael J. Rosen's "Night of the Pumpkinheads." Follow jack-o-lanterns Jackpot, Jackie-O, and their pumpkin pals as they try to frighten children on Halloween, but can't quite accomplish their scary scheme. The hardcover is illustrated with photographs of actual gourds that have been carved by Brooklyn-based sculptor Hugh McMahon.

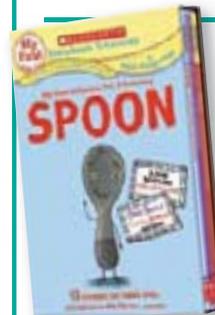
His 35 years of knife-wielding experience are evident in the variety of eyeballs he renders from the rinds of orange baby gourds. Unfortunately Rosen makes a gruesome error by



dubbing Scotland's famous serpent "Lock Ness" instead of "Loch Ness."

Suitable for kids ages 5 to 8.

"Night of the Pumpkinheads" by Michael J. Rosen, \$16.99. For info, visit [penguin.com/youngreaders](http://penguin.com/youngreaders)



## 'Spoon' it up

What do a spoon, a fox, a dog, a frog, a skeleton and a pail of blueberries have in common?

They're all

found, in animated form, in "My First Collection, Volume 2, Featuring Spoon," a three-DVD set of 13 adorable short stories designed to bolster literacy and problem-solving

skills among pre-and young readers.

Each DVD will entertain and delight your child with sing-alongs, music and a cast of lovable characters.

The set also includes interviews with "Bugs! Bugs! Bugs!" author-illustrator Bob Barner and "Spoon" author Amy Krouse Rosenthal.

"My First Collection, Volume 2 Featuring Spoon," \$24.95, \$12.95 for separate DVDs. For info, visit [www.newkideo.com](http://www.newkideo.com).

## App helps make math fun

How do you make math fun? Launch it into outer space!

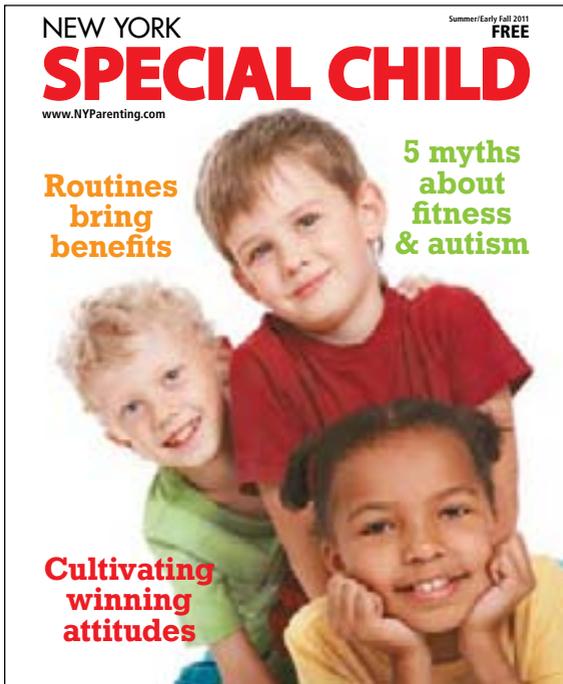
Meteor Math is a numbers game for the iPhone, iPod Touch and the iPad, in which players tap meteors tagged with numerals in order to complete math equations. As the levels get higher, the time limit gets tighter, encouraging your child to solve math problems and puzzles more and more quickly. For kids of all ages, it aids in teaching basic arithmetic, as well as helping more math experienced mathletes brush up on their skills.

With puzzles focused on addition, subtraction, multiplication and divi-



sion, this app will entertain and engage your child in a way that is by the numbers.

Meteor Math by Mindshapes. \$2.99, available under the "Games" category at the Apple App Store.



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\*One child (ages 3-12; children under 3 are free) in costume will receive a free child's general admission with the purchase of one full-priced adult general admission ticket. Valid for Boo at the Zoo 2011 dates only. May not be combined with any other offer. ©2011 Wildlife Conservation Society