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# Family October 2014



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# Letter from the publisher

## Parenting teens

It is somehow assumed that parents of very young children largely read our magazines. I dispute that with certainty. I look at the demographic information we get from readers and it tells me otherwise. It tells me that parents of children from 0 to



18 are in the mix and of course, why not? We regularly publish articles and columns on pre-teen and teen issues and being a parent myself, I can tell you first hand that the real parenting questions begin when your 12 year old is straining to be 13.

At just about that time they begin to ignore you in every way they can and the mad rebellion begins. Their friends begin to take on more credibility than you do and peer influ-

ence seems to take over. Then there are the marketing folks and the digital reality that programs them to shop and buy and run in a pack with their friends toward every new trend that hits the street for their age group.

Having a teen is much harder than having a 2 year old, even one who's adept at pitching fits. With the 2 year old it will soon be over and they will get in the groove and be your fabulous little kid, but with the 12 year old each passing day brings on more independence from you and from your established order.

The messiness, lack of articulate response, friends whose opinion overrides yours, can be some of the negatives one can experience with

the teen(s) in your family. On the other hand, newfound maturity, a person with valid opinions, the almost grown-up you imagined your newborn would become someday is an amazing thing to behold. In my case from the moment my daughter got taller than me, she stopped seeing me as the elder and our roles often started reversing. In looking down at me, her attitude drastically changed and our battle for control began.

It's very challenging to be a parent. It's particularly challenging to try to be a good competent parent to a teenager. They're on their way out and they know it. Still, our responsibilities go on and we have to steel ourselves with determination to steer the course. They may be tall, but they are not yet truly "grown" and we still need to remain vigilant and keep our ears and eyes open

and be watchful. Boundaries are necessary although they will try our patience over and over as they cross them repeatedly. Consequences then become very important follow-ups. Lessons learned over and over hopefully help to cement character in our youngsters and help prepare them for the big wide world out there.

There are very good articles in this issue. I genuinely hope you read them, even if your family's teen years are way in the future. It's not too early to get prepared. It's a big job.

Thanks for reading!

Susan Weiss-Voskidis,  
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# Buying her first bra

## Tips for parents and their tweens

BY KELLY O'BRIEN

**A** girl's first bra is a rite of passage for both her and her parents — and one that's occurring at younger and younger ages. For some girls, it's a turning point fraught with anxiety; for others, it's a celebration. Either way, parents have a hard time ensuring their daughters have good memories of shopping for and wearing their first bra.

Trying on your first bra in a big discount retail store can be unnerving for an 8- or 9-year-old who may already feel shy about the experience. And those stores have limited selections, both in sizes and styles.

The average Caucasian girl now enters puberty, which is marked by breast development, at 9.7 years old — about four months younger than just 17 years ago, according to an ongoing study as part of the Breast Cancer and the Environment Research Program. For African-American girls, the age is 8.8 years and the number of girls developing breasts in first grade has tripled since 1997.

The most well-known lingerie shop is Victoria's Secret, a place most parents don't feel comfortable taking their young daughters to shop. But there are other options out there. And once you've found a comfortable place to shop with a good selection of choices, follow these tips to ensure your daughter is comfortable and happy in her first bra:

**One size does not fit all.** If your tween is average sized, bras labeled "one size fits all" may work. If you're looking at bras with cups and band sizes, you'll need to measure. For the band size, wrap the measuring tape around your daughter just under the breasts, where the band sits. Add 5 to that number, and that's the size. (Tape says 23 inches, band will be 28 inches.) For cup size, measure around the fullest part of the chest and subtract that number from the band size. The difference is the cup size — so 0 to 1 inch is a size A; and



2 inches is a B.

**Check the strap length.** Straps are very important to consider for fit — especially if your tween is petite. If the strap is a traditional adjustable strap, such as those on most women's bras, be sure it can be shortened sufficiently. Elastic or stretchy straps are usually a safe bet.

**Consider a lined bra.** It's not about making her look more developed than she is! Generally speaking, tween padding is not meant to increase cup size. If a tween bra appears to have some padding, it's typically a thin layer of foam used to smooth over the nipple area so nothing is visible under the shirt. It's a modesty measure that also helps some girls feel less self-conscious.

**Go with a different cut.** Camisoles and sports bras are popular options for shy girls who worry a bra will call attention to them. A short or full-length camisole provides a bit of coverage and isn't as noticeable under a blouse. For the same reason, some girls like to start with bras cut in a sporty style that don't feel like a traditional bra.

*Kelly O'Brien is the owner of Linger, an upscale lingerie shop, and blogs about lingerie at ShopLinger.com. A former teacher, digital marketing executive, adjunct college professor, and part of the team that launched glossy.com, the first website for teen girls, O'Brien founded LingerTween (Tween.ShopLinger.com) to address a glaring marketplace absence.*

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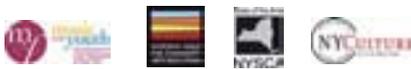
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## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

# Fat fib? Is saturated fat no longer a villain?

**L**ike most parents today, Luke and Natalie Weber watch the saturated fat in their own diet as carefully as that of their young daughters.

“We stick to lean meats and an overall wholesome diet,” said Luke. “The girls love cheese, but we don’t let them eat as much as they want.”

Their interest was piqued recently by the new book, “The Big Fat Surprise: Why Butter, Meat & Cheese Belong in a Healthy Diet.” In it, author Nina Teicholz writes that the low-fat diet message we heard starting back in the 1970s had the unintended consequences of Americans becoming overweight.

She also writes that original evidence was flawed.

Ancel Keys was the American physiologist who embarked upon the famous 1950s “Seven Countries” study. The result was a hypothesis that became the foundation for a body of science implicating fat as a major risk factor for heart disease.

According to Teicholz, Keys cherry-picked his data, leaving out countries that had high-fat diets but low rates of heart disease, including France, Sweden, and West Germany. Instead, he studied the Greek island of Crete during Lent when 60 percent of the population



abstained from meat, fish, eggs, cheese, and butter.

Today, fingers are pointing toward carbs.

Recent research suggests that refined carbohydrates, such as those in processed snacks and sugary drinks, increase the small, sticky fat particles that appear linked to heart disease.

What do the mainstream health and medical groups say about this? For now, they hold the line on saturated fat. Keep in mind that Keys, who followed a low-fat, plant-based

diet, lived to 100.

Natalie Weber hopes that if the dietary consensus changed and some saturated fat is okayed, her doctors would update their nutrition advice.

“Our girls are only 3 and 4. I’d rather they have butter than something artificial,” she said.

While the scientific community re-examines the evidence, my recommendations are:

**Follow the Mediterranean Diet.** It is time tested to provide the right balance of nutrients from a variety of foods.

**Focus on polyunsaturated fats and eat more fish, both lean and fatty.** The omega-3 fats found in fish are more protective than those in fish oil supplements. Be aware that low fat diets actually lower good HDL cholesterol in women.

**Eat more real food in lieu of overly processed stuff.** For example, a steak salad at lunch can satisfy and keep you from snacking all afternoon and evening.

*Christine Palumbo is a nutritionist in Naperville, Illinois who would rather eat a little bit of real butter, full fat cheese or ice cream than a substitute. Find her at Christine Palumbo Nutrition on Facebook, @PalumboRD on Twitter and Chris@ChristinePalumbo.com.*

## Tart Cherry Chia Pudding

**PREP TIME:** 35 minutes; cook time: Five minutes

**YIELD:** 2 servings

### INGREDIENTS:

1 cup tart cherries, frozen

1 cup coconut milk

¼ cup of chia seeds

¼ cup tart cherry juice

1 teaspoon vanilla extract

¼ teaspoon ground nutmeg

¼ teaspoon ground cinnamon

Optional: tart dried cherries, dark chocolate chips or cacao nibs

**INSTRUCTIONS:** In a small bowl, combine the chia seeds, cherry juice and coconut milk. Allow this to soak

for at least 30 minutes or until the chia seeds have absorbed most of the liquid creating a thick gel. Pour the chia seed mixture into a food processor or high speed blender with all remaining ingredients and blend until creamy. Pour into the serving bowl.

**OPTIONAL:** Garnish with a sprinkling of chocolate chips on top or additional tart cherries, fresh, frozen or dried.

**NUTRITION FACTS:** 380 calories, 25 g carbohydrate (11 g sugar), 7 g protein, 31 g fat (22 g saturated), 9 grams fiber, 25 mg sodium, 486 mg potassium, 15% DV vitamin A and calcium, 35% DV iron.

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# MESSY

## teen rooms

What's hiding behind that door? Experts explain how to cope

BY RISA C. DOHERTY

**M**oms like me have found themselves sitting on the floor of their child's room picking up every Lego, Transformer piece, or Barbie accessory our youngster failed to place in the proper bin or box. After all, we paid for all of those expensive toys.

Fast forward 10 years and the toys which once covered the floor are replaced with all manner of clothing, footwear, books, papers, wrappers, glasses of old milk, bags of chips, dirty plates, toiletries, food packaging, water bottles, and wet towels: welcome to a teenager's domain.

### The struggle

Frustrated parents demand teens neaten up, and teens, promising to comply "later," never seem to get to it. Too often the dialogue digresses into yelling and nagging and more yelling, culminating with a territorial conflict the likes of which has not been seen since the colonies declared their independence.

"This is my house!" the parent asserts, followed by the teen staking a claim of his own to the room itself.

Carl Pickhardt, author of "Surviving Your Child's Adolescence," writes that, to parents, "the messy room can feel like an affront to domestic order, representing a 'disrespect' for the more neatly kept home they value."

Mary, whose son Jack attends the Academy of American Studies in Queens, claims her requests that he clean his room "go in one ear and out the other" until she threatens to call his coach, preventing him from attending a game. She settles for dusting and vacuuming the room once a week.

Linda, parent of a Brooklyn high school teen, is resigned to closing the door to her son's room

"for her own sanity."

Parents like Mary and Maxine, also of Queens, clean up when their teens are not in their bedrooms. The boys temporarily grouse about the trespass, but never offer to help. Yet, there is anger and resentment, because the moms recognize that the boys should be responsible for caring for their own possessions.

Mary says, "if he has time to play video games, he has time to clean his room."

Maxine has come to recognize that her son Peter, a student at Archbishop Molloy High School, always has excuses and something more important to do. She also says that he seems to have "an acute awareness of everything in the room" and points out that even a discarded napkin could contain notes for the start of his first novel. She also says Peter, like many teens today, has too much stuff and runs out of space to stow it.

Peter tells his mother she is a nag for begging, whining, and pleading with him to clean up. She is aggravated by his indifference and says, "it takes effort, as does everything else in life."

### What's going on?

Unfortunately, parents have an entirely different perspective than teenagers, who often do not prioritize neatness. Parents see red when teens find time to relax amidst their busy schedules, but can't find time to neaten up, and teens don't understand why cleanup cannot wait indefinitely. At the same time, teens look at their rooms as sanctuaries, where they can unwind and escape other people's rules.

Although a parent may view teens' lack of compliance to tidy up as selfishness, Lori Hiller, a Brooklyn social worker, says teens don't understand why parents care so much about

their rooms. Although they tend to be self-centered, they aren't setting out to upset their parents. "They just feel parents should have nothing to do with it," says Hiller.

So-called "lazy" teens may just be "chronically messy, well-intentioned, and poorly organized," Adele Faber, Long Island co-author of "How to Talk So Teens Will Listen & Listen So Teens Will Talk," tells me.

Pickhardt correlates a neat room with an organized, productive life.

"A room reflects a disorganized internal state: it is an expression of his world."

He tells me the state of a teen's room is not an insignificant issue and is a reflection of who is in control. Young adolescents make a statement of independence by insisting on living according to their own rules, he says, but they need to understand they must live on their parents' terms until they are on their own.

He notes that parents never really have control over their children, they just have an ever-decreasing ability to obtain consent as the child passes through adolescence.

### Problems with just shutting the door

Direct consequences can result from constant disarray.

Crunching noises may surprise the parent who enters a teen's inner sanctum unprepared, inadvertently rupturing CDs hidden under layers of clothing.

While Jack struggles to find his bus pass in the morning rush, other teens stress over misplaced car keys or matching shoes. If they are tardy, they can make other family members late for school or work and put everyone in a foul mood at the start of the day.

Pickhardt firmly believes that parents who allow themselves to be barred from their teen's room are giving teens license to experiment with illicit activities. He says closing the door is self-serving and such a laissez-faire attitude sends a strong signal that more serious infractions will not be addressed.

He also does not condone random searches without a strong suspicion that something is very wrong based on uncharacteristic behavior or problems at school. If a parent finds troubling material in the room, it is because the teen left it there for her to find and did not have the courage to ask for help dealing with it, he adds.

He tells me the challenge is to manage our expectations and give our children the tools they need to organize themselves. He says teens feel



as if they are more in control of their world when their rooms are in order.

In extreme cases, a filthy room can actually be unsanitary if mold, bacteria, or fungus begin to grow or if leftover food and dishes attract mice, ants, or cockroaches.

### **Other common mistakes and real solutions**

Hiller doesn't think a parent should clean a teen's room any more than she should be doing a teen's homework or calling his employer.

"Part of teens learning independence is taking care of their things," she says.

She adds that doing it for them will lead them to believe that a parent will always be there to clean up their mess and teach them that they are not responsible for the consequences of their own actions. It is up to the parent to decide how far she wants the conflict to go if the teen refuses, and at some level, the conflict can cause a permanent rift. At the same time, she says direct threats to spur teens to act won't help either.

Neither Faber nor Pickhardt condone yelling or punishing teens for a messy room. Pickhardt warns that, "yelling shows helpless disrespect in not getting their way [which] can

lead to use of intemperate words as weapons," as parents sometimes "shoot from the hip" and threaten unreasonable punishments in anger.

In place of punishment, which he believes should be reserved for serious infractions, Pickhardt suggests "an exchange," where the parent will only agree to do a favor for the teen, like driving her to the mall, in exchange for some cleanup. Pickhardt also says that parents who want that room clean cannot abnegate all responsibility, but need to make an effort to supervise. Even if the parent knows that the room is likely to return to its post-apocalyptic look in a half hour, it will not have been a waste of time, because the teen will see that cleaning up is not an insurmountable task, he says.

Parents who may be too angry should remove themselves from the situation for a short time, says Faber. Sound advice, as parents may be tired, stressed, and short on patience. Pickhardt tells emotional parents to talk to a friend or spouse and otherwise model anger management techniques before they hit a boiling point in front of their teenager.

Faber says parents should figure out some ground rules together with their teen since "cleanup is a constant

factor in all our lives." She suggests that parents empathize with their teens' concerns and organizational challenges before brainstorming together. This helps to avoid repetition of the same old argument and gives teens some ownership of the solution, which might include the addition of new shelves, bookcases, or bins.

When parents stress over the lack of care teens afford their pricier possessions, Faber encourages them to discuss it. For example, if a teen contributed towards the price of hard-worn designer jeans and the parent finds them rolled in a ball under a wet towel, the parent can tell the teen that such a sight discourages her from wanting to participate in similar purchases in the future.

Faber disapproves of nagging and advocates for a creative non-authoritarian approach, with a little humor thrown in, when possible. In contrast, Pickhardt would have parents persevere, even if it is perceived as nagging. He tells me parents' repetition will wear down their teens' resistance.

"Nagging is honorable work," he says, recommending parents gently remind teens about an earlier request and ask again.

If the teen continually refuses to

clean up, Pickhardt advises the parent to put the mess in a large trash bag (or several, as the case may be) and place it by the rubbish. He says that will motivate the teen to awaken from his lethargy and ask about alternatives.

### **Will they ever reform?**

According to Hiller, "there are sloppy people and neater ones — and sloppy ones that clean up ever so often."

Others agree, though Pickhardt regards teens' ability to overcome this problem as an important anchor for adolescent growth and development. So, maybe there is hope.

Fighting with your teen over this each day just causes tension. If you try to deal with this only once a week or at another agreed upon regular interval, the teen is less likely to react negatively.

We all know teens are encountering a more complicated world. Still, in this child-centric age, it would be nice if more teens made an effort to adhere to parents' rules without prodding or creative intervention. A parent can dream, can't she?

*Risa C. Doherty is an award-winning writer who survived her children's teen years.*



# Tips for teens traveling solo

Lessons in independence, with help from mom and dad

BY MYRNA BETH HASKELL

**M**y son traveled to England, Brussels, and Germany with some friends this past spring break. This was not the first time he had traveled solo, but it was his first time overseas. My son is mature and quite worldly for his age, but that didn't stop me from being worried sick.

He seemed to have everything in check, including a current passport

and EMV card (credit card with security chip). He even applied for Global Entry, which allows expedited clearance for pre-approved, low-risk travelers entering the US.

We decided to communicate via e-mail. I waited with bated breath for those notes. As I peered at a photo of my son in front of Big Ben, I felt a pride like no other. Here was my 19-year-old taking advantage of his youth and exploring places I had yet to visit myself. His trip concluded

sans glitches and with a multitude of publication-worthy photos and stories about all of the fascinating people he had met along the way.

Most parents fret over their children traveling solo, but detailed plans and regular communication before and during his absence will ease your mind.

## Readiness

Parents should ask themselves the following questions when considering sending their teen off unchaperoned:

- In general, does he handle new situations well?
- Would she panic if an unavoidable change to travel plans (e.g. delayed or canceled plane) occurs, or will she remain calm?
- Is he generally cautious and aware of safety issues and potential health issues?
- If traveling by car: Has she demonstrated safe vehicle handling and good decision-making skills all along? Does she consistently avoid distractions (e.g. cellphone usage, eating while driving, distractions from passengers)? Does she have a good sense of direction and stellar map skills?

No matter how mature or prepared, your teen still needs your guidance.

According to Susan Kuczmariski, parenting expert and award-winning author of "The Sacred Flight of the Teenager: A Parent's Guide to Stepping Back and Letting Go" (Book Ends Publishing, 2004), "The fact is that controls do act as a source of unacknowledged security for teens. Total responsibility for one's life, or trip in this case, is a scary thing. It brings stress, and teens have enough going on in their lives to bear the full brunt of worrying about what is best for them. They still need support, guidance, and direction, as infuriating as this is for them."

Parents should work collaboratively with their teen to develop travel plans and any contingency plans. This way your teen will know that you trust his judgment, and he will take ownership of the rules you set together.

"Give them the opportunity to come up with ideas as you put travel plans in place," Kuczmariski suggests. "Reach an agreement together as to what to do in different situations (e.g. plane is late, person meeting them doesn't show up, weather delays, etc.)"

Jay Fitter, a licensed marriage and family therapist, parenting expert, and author of "Respect Your Children: A Practical Guide to Effective

### Useful advice

Additional travel tips provided by Jay Fitter:

- Wear comfortable clothing and shoes.
- Don't wear expensive jewelry.
- Use a money belt that can be concealed underneath clothing.
- Don't carry excessive amounts of cash — bring a credit card.
- Use downtime wisely (waiting in airports, etc.): catch up on schoolwork or reading
- Don't break the law. Smoking weed in a foreign country can land you in prison, even for miniscule amounts.

Parenting" (iUniverse, 2010), warns that teens traveling alone are easy targets for sexual predators or adults looking to take advantage of a teen's inexperience and youth.

"For female teens, never get into a conversation with someone of the opposite sex," says Fitter. He cautions that male teens can also be targets. "Teen males are targets for scam artists and predators, too," he continues.

Therefore, parents should remind their teens that they should only request help or guidance from company employees (e.g. train conductor) or security personnel, and should not engage strangers by communicating their plans or any type of personal information, no matter how friendly that stranger may seem.

### For younger teens

If it is necessary that your young teen (ages 13 to 15) must take public transportation (e.g. plane, bus, train), to visit a relative at a distant location for the holidays, for example, be sure to check the company's "unaccompanied minor" policies. For instance, United Airlines only allows you to use its "Unaccompanied Minor Service" for nonstop flights ([www.united.com](http://www.united.com)). Also, some bus lines do not allow children under the age of 16 to travel solo. Therefore, it is imperative that parents check all guidelines ahead of time.

Enlist a relative or friend to meet your child at the airport, bus terminal, or train station upon their arrival. Be sure that your child has

this person's number and a contingency plan if she does not show up for any reason.

### Overseas travel

Traveling overseas can raise additional concerns due to language and cultural differences. Keen research and savvy planning are imperative in this case. Not all teens can make this leap. Trust your intuition when it comes to allowing your teen to travel solo overseas.

In my son's case, he did all of the planning on his own and then communicated his plans to us prior to his departure. The following is a list of tips and advice from Trevor Haskell:

**Have an organized travel plan for visiting sights.** Without one, you will lose valuable time at the destination trying to figure out what to do.

**Alert all your credit card companies that you are traveling and specify the exact dates you will be away.** Failure to do so will likely trigger account freezes and the inability to access funds.

**Change currency before you go.** Although convenient, airport and hotel currency exchange rates will likely be a rip-off.

**Make extra copies of all your travel documents.** Put copies in separate parts of your luggage.

**Write down the phone number and address of the US Embassy or Consulate nearest your destination.** If you lose your passport or need any kind of emergency assistance, they will be able to help you.

\*Check [www.usembassy.gov](http://www.usembassy.gov) for US Embassies/Consulates near your destination or for travel warnings and alerts.

### Spring break travel safety tips

Perhaps your teen will be traveling with friends to a distant location for spring break. There are a wealth of travel guidelines you should go over with your teen before she seeks respite from her college workload. Here are just a few:

- Legal drinking age at your location? NEVER drink and drive (Intoxication = poor judgment, even for those not behind the wheel).
- Be sure to use licensed cabs or vans for transportation.
- Research food and water safety prior to travel.
- Road trips: Use the buddy system and take breaks from driving.
- Check crime rates and tourist safety information before traveling.



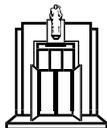
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*Continued on page 16*

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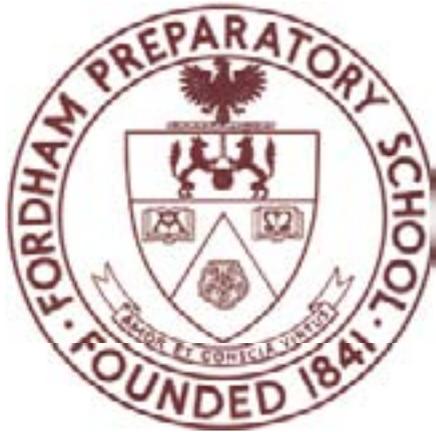
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# High School

## DIRECTORY

*Continued from page 14*

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2250 Williamsbridge Road, Bronx 10469

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St. Catharine Academy prepare our students to take their full, equal place as women in church and society by providing education that is attentive to the whole person and is responsive to the needs of our times. We place a particular priority on the need: for a spirituality that acknowledges the primacy of our relationship with God; to counter prejudice by valuing the dignity of each person; the need to create peace in our world by addressing violence and exploitation. We strive to make this education available to all who seek it, especially the poor and underprivileged of our time. We believe that the following values are integral to the educational tradition of the Sisters of Mercy: collaboration, compassion and service, educational excellence, concern for women and women's issues, world vision and responsibility, spiritual growth and development.

### St. Jean Baptiste High School

173 East 75th St., Manhattan  
212-288-1645 or [www.stjean.org](http://www.stjean.org)

St. Jean Baptiste High School, a Catholic

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 student earn college credits in Writing, French Literature and Spanish Literature. Advanced Placement courses in English, social studies, math, science and Spanish, as well as advanced science and math electives are offered. 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, the Hugh O'Brien Leadership Conference at Adelphi University. 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.

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Saint Raymond Academy for Girls is a small school where you will not be lost, where your successes will be rewarded and your individualized needs addressed.

Saint Raymond Academy, part of the St. Raymond Parish educational outreach, is a Catholic high school for girls located in the Parkchester section of the Bronx with approximately 381 students in grades 9-12. These girls, representing a variety of New York City neighborhoods and a mosaic of cultures, are encouraged to reach their God-given potential in a safe, supportive and diverse environment.

Admission to the Academy is determined by a student's performance on the Archdiocesan Entrance Examination (TACHS), a personal interview and/or recommendation from the student's principal or guidance counselor. While the school is able to provide some limited scholarship assistance to those performing well on a placement test, the Inner City Scholarship and Student Sponsor Program are available for those meeting the criteria determined by those organizations.



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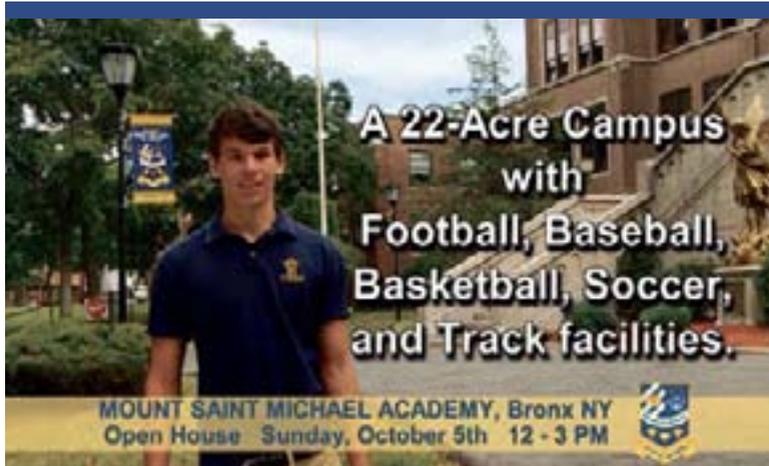
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# Exercise your options

Discovering  
the value of  
exercise after  
breast cancer  
diagnosis

BY SANDRA GORDON

**S**tudies show that regular exercise can help breast cancer survivors live longer and reduce the risk of recurrence. It can also help reclaim your sense of well-being. Here, three inspiring women reveal how pushing themselves after their breast cancer diagnosis made them stronger on every level.

**“My teammates inspired me.”**

— Dale Parenti, 52

Seven years ago, while undergoing radiation treatments for ductal carcinoma in situ, the earliest form of breast cancer, Dale Parenti began dragon boating three days a week with a team of local breast cancer survivors, who call themselves Hope Afloat.

“I had heard about dragon boat teams for breast cancer survivors and thought it sounded like fun,” says the 52-year-old creative services manager.

Dragon boating, a sport originating in China, involves 20 paddlers in a large boat, all rowing to cross the finish line first. Boats are adorned with a dragon head and a tail at race time. The sport is easy to learn, you don’t have to have good hand-eye coordination like you would for a sport like tennis.

“I went to the first practice thinking, ‘I’m athletic. How bad can it be?’” Parenti says, underestimating the effort required. “Afterwards, I felt like such a wimp.” Parenti realized that with working long hours and taking care of her

two kids, she was out of shape.

“In my spare time, I had been doing more knitting than anything else,” she says. But after just four dragon boat team practices, she could feel the years melting away. “I felt happier and more energetic, like I was 20 years younger. And I never experienced fatigue from my radiation treatments, which is a common side effect,” she says. “The push from my teammates spurred me on.”

Parenti was hooked. She now competes in dragon boat races across the U.S., Canada, and Australia.

“It’s hard on the upper body, because dragon boating requires shorter strokes than regular rowing. There’s also a lot of twisting and core work. I’m always sore, but in a good way,” she says.

**Life lesson:** “When you get breast cancer, you want to be the fighter for your family. You don’t want to look weak. But deep down, you’re always afraid it’s going to come back. The dragon boat team is one place where it’s okay to say, ‘I got a scare today,’ and everyone understands. I’m motivated by my team. We strengthen ourselves and support each other.”

*Interested in dragon boating? Visit the International Breast Cancer Paddlers’ Commission at [www.ibcpc.com](http://www.ibcpc.com).*

• • •

**“Cycling helped me get my groove back.”** — Rachel McLeod, 42

While recovering from a bilateral mastectomy in 2007, Rachel McLeod, a casual gym-goer, returned to spinning class at her local gym, because her friends insisted on it.

“At a time when I just wanted to

give up on everything, my friends encouraged me to just go to class and listen to the music,” says the 42-year-old, stay-at-home mom. Soon enough, though, McLeod, with a scarf tied around her head and bloated from steroid medication, was spinning again right along with her pals several times a week. In time, a friend suggested that McLeod participate in the Pan-Massachusetts Challenge, a 163-mile annual bike-a-thon cancer fund-raiser that supports cancer research and treatment at the Dana-Farber Cancer Institute in Boston. The two-day bike race transverses the state of Massachusetts, from Wellesley to Provincetown.

“The idea lodged in my head. The Pan-Mass Challenge became a goal.” For the next five months, McLeod attended spinning class three to four times each week with a purpose, to train for the challenge while also bicycling outdoors regularly for 25-mile rides. McLeod wasn’t out to win.

“My objective was to do the race at my own pace,” she says.

The race, which is held every August, proved to be grueling, especially toward the end of the second day, as McLeod tackled the undulating hills and dunes around Provincetown.

“It was boiling hot, and there was a crosswind,” she says. Memories of her cancer treatment, including “big red needles” and the blue chair she sat in during chemo treatment bubbled up. But other cyclists, especially those with photos of deceased loved ones fastened to their backs, encouraged her to keep peddling.

## OCTOBER IS BREAST CANCER AWARENESS MONTH



"It made me realize that what I was dealing with, and even my own experience with cancer, was nothing compared to what they had been through," she says. When McLeod finally crossed the finish line, "I definitely felt a huge sense of physical achievement."

**Life lesson:** "Cycling gave me the mental well-being to deal with the memories of cancer treatment and put them behind me."

*Want to cycle for a cause? Find out about charity bike rides in your area at [www.bikingbis.com](http://www.bikingbis.com).*

• • •  
**"I always wanted to ride."**

— Risa Hoag, 50

After a ductal carcinoma in situ

diagnosis in 2005 followed by two lumpectomies and radiation, the 50-year-old public relations executive began to re-evaluate everything.

"I thought about my kids, my husband, and my mother, and how my diagnosis affected all of them, and what I really wanted to do with my life. I realized that I've always wanted to ride horses," Hoag says. "By accident, getting a horse became a priority." She soon bought a thoroughbred mare, Abbey, at a rescue barn.

"Thoroughbreds are usually wild and mares are notoriously difficult, so Abbey was everything I didn't want in a horse," she says. "It was a

classic 'what not to do if you want a horse' scenario. But when I sat on her, I fell in love," Hoag says.

It turns out that Abbey, who Hoag kept at a horse barn near her home, had been on good behavior that day. She proved to be as difficult as Hoag suspected.

"It took me four months to be able to walk her out of her stall by herself," Hoag says. "People had to get behind her and push her out. And when I sat on her, she would just whinny and her whole body would shake. She didn't have any brakes either, except for the fence."

Nonetheless, Hoag took Abbey out every day and began riding her

regularly. Slowly, Abbey began to trust her.

**Life lesson:** "Abbey got me exercising and wanting to get in better shape, so I could ride competitively," Hoag says. "She also gave me something to focus on besides my diagnosis. She rescued me as much as I rescued her."

*Want to get in the saddle? For more information on the healing power of horses and ways to get involved with horseback riding and breast cancer research, visit [www.pvdarideforlife.org](http://www.pvdarideforlife.org).*

*Sandra Gordon is an award-winning freelance writer who delivers expert advice and the latest developments in health, nutrition, parenting and consumer issues.*

# Being a team player



Being part of a team can be challenging for kids — and parents

BY PAUL CULFF

**F**or many children, fall brings not only a new school year, but also a new sports season. If your child is new to team sports, she may experience some growing pains. Learning new skills and rules, dealing with losses and setbacks, having a coach, and being part of a team for the first time can be challenging. Here are some tips for parents to help their kids get the most out of their first team sports experience:

**Set expectations.** Think about what you want your child to get out of the activity. How important is it that your child develops good sport-specific skills? Is improving physical fitness a major priority? Or is it more important that she makes new friends and builds self-confidence? If you establish goals and expectations in advance, you and your child will be better equipped to evaluate the experience during and after the season.

**Have patience.** Nobody becomes a superstar overnight. Developing sports skills requires lots of learning, practicing, correcting bad habits — and more practicing. Being part of a team means playing alongside teammates whose skills are developing at different rates. Think about what skills might be challenging for your child and prepare her for it. Make it clear that learning a sport, while fun, is a process. Encourage and reward good effort, not just success.

**Communicate with coaches.** The parent-coach relationship should be a two-way street. Introduce yourself to the coaches at the beginning of the season and learn their goals and expectations for the team. At the same time, you can help the coach better understand your child. Just remember, during practices and games, the coach is in charge and unless he specifically asks for it, parental involvement should be limited to positive reinforcement from the sideline.

**Provide “sandwich feedback.”** Sandwich feedback is an effective way for parents to balance praise with constructive criticism. After a game, tell your child something she did well, sandwiched with some aspect she can work on, followed by another compliment. For example, “I love how you controlled the mid-field today. Remember to make the simple pass to an open teammate even if they are behind you. Great job shooting when you found space and were in range.”

**Avoid heat-of-the-moment criticism.** Try not to pressure your child. For some parents, this requires tak-

ing a step back during a game or practice, and allowing your child to develop a love for the sport on her own. There’s plenty of time after the game, when heads are cooler, to talk to your child about the experience. Hear her out and provide support and guidance where necessary. Your support, or lack-there-of, could make or break the experience for them.

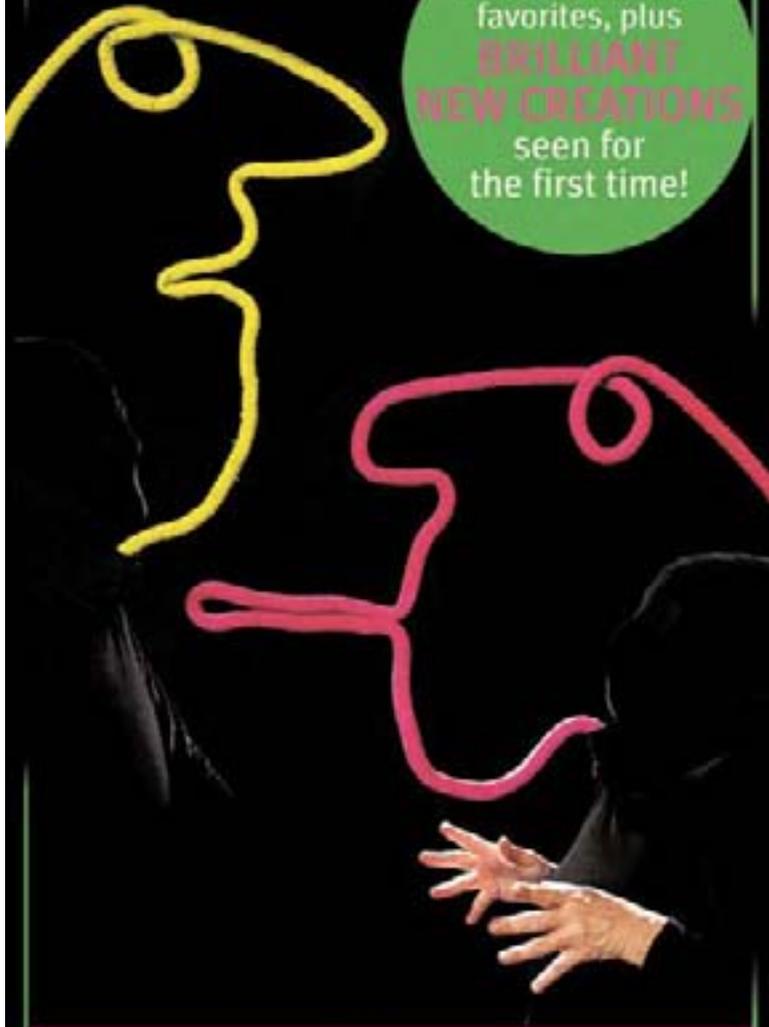
**Emphasize fun.** We’ve all seen professional athletes give retirement speeches saying, “The game just isn’t fun for me anymore.” It’s even more important that young kids, who could have a lifetime of sports activities ahead of them, enjoy playing sports. Nerves and reluctance at the beginning of a season are natural, but if your child continues to dread going to practices and games, figure out why. The solution could be as simple as finding a more suitable team or league, or trying a different sport.

*Paul Culff is the youth sports director at Asphalt Green, a not-for-profit organization dedicated to assisting individuals of all ages and backgrounds achieve health through a lifetime of sports and fitness. For more information, visit [www.asphaltgreen.org](http://www.asphaltgreen.org).*

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# Halloween safety

## Kids should use caution when trick-or-treating

BY ALEXA BIGWARFE

**H**alloween can be a really fun and enjoyable evening, but not all Halloween facts are fun. The harsh reality is this: on Halloween, children are two to four times more likely to be hit and killed by a car than any other day. That is a scary fact. There is potential for injury during Halloween activities, but with these tips, parents can ensure everyone has a safe Halloween.

### Trick-or-treating safety

- Children under 12 should not be out alone. They should be supervised

by an adult, and if at all possible, traveling in a group. Older children should plan a route with their parents and have an established return time.

- Walk on sidewalks or other paths and make sure to check before crossing any streets.

- Only visit homes with the porch light on.

- Ensure your children are carrying glow sticks or flashlights so that drivers can see them better.

A note to drivers: most children trick-or-treat between 5:30 and 9:30 pm, so slow down and be vigilant if driving during those hours.

### Costume safety

- Select a costume that fits well. If your child's costume is too big, there's a good chance he will trip and fall.

- Pick out flame-resistant costumes and do not walk too closely to lit candles.

- Use reflective tape on children's costumes and bags.

- Avoid masks that can obscure their vision.

- Test out makeup first to make sure your child does not have a sensitivity.

- Don't use over-the-counter, decorative contact lenses.

### Pumpkin carving safety

- Allow the kids to draw on the pumpkins, but never cut them. Young children should not handle knives.

- Make sure pumpkins with candles are placed far from anything that may catch on fire.

- Keep matches or lighters stored safely out of reach.

- Candles in a votive is the safest route, but consider glow sticks rather than a lit flame.

### Stranger safety

- Never accept rides from strangers.

- Do not enter a stranger's house.

- Stay in familiar areas.
- Do not accept treats or candy that are not factory wrapped.

### Food safety

- If you're going to parties, don't forget common food safety. Don't leave food out that needs to be refrigerated.

- Feed your child a meal prior to parties to help him avoid overeating candy and other foods that may lead to stomach pains.

- Have an adult sort through all of the candy once the children are home, and throw out any candies that are unwrapped.

- Finally, ration that candy over the next 30 days.

Have a fantastic, spooky, and safe Halloween!

*Alexa Bigwarfe is the mother of three little ghouls. They enjoy darting into the street and eating too much candy on Halloween.*

### Four fun and healthy Halloween snacks

- Halloween "Ghosts": Strawberries dipped in white chocolate and decorated with ghost faces.
- Deviled "Spider" eggs: Deviled eggs served with a plastic spider.
- "Mummy" dog: A hot dog wrapped like a mummy in Pillsbury dough and baked.
- Veggie "Skeleton" platter: On a big plate, place vegetables in the shape of a skeleton.

### Other great resources for safety tips

- [www.cookinglight.com/entertaining/holidays-occasions/healthy-halloween](http://www.cookinglight.com/entertaining/holidays-occasions/healthy-halloween)
- [www.pbs.org/parents/kitchenexplorers/2011/10/18/healthy-halloween-snacks/](http://www.pbs.org/parents/kitchenexplorers/2011/10/18/healthy-halloween-snacks/)
- [www.usa.gov/Topics/Halloween.shtml](http://www.usa.gov/Topics/Halloween.shtml)
- [www.safekids.org/halloween#sthash.hH1GRr5D.dpuf](http://www.safekids.org/halloween#sthash.hH1GRr5D.dpuf)
- [www.safekids.org/tip/halloween-safety-tips](http://www.safekids.org/tip/halloween-safety-tips)
- [www.cdc.gov/family/halloween](http://www.cdc.gov/family/halloween)

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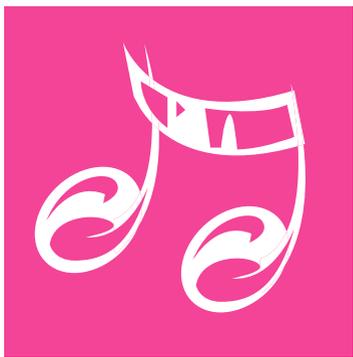
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# A-maze-ing action flick

Teens love the adventure of 'The Maze Runner'

*Opening last weekend, "The Maze Runner" received rave reviews from the teen film critics. The story involves a teen who is deposited into a community of boys with no memory of his past, save his own name. The world he is deposited to is comprised of 60 teen boys who have learned to survive in this completely closed-off environment, subsisting on their own agriculture and supplies. The original group has been in "The Glade" for two years, have tried to escape and have, for the most part, given up hope. Their world begins to change with the latest boy and then, the first girl arriving.*

*KIDS FIRST! Film Critic Raven D, age 17, and Willie J, 15, share their thoughts on the film.*

**"T**he Maze Runner" is an action-packed, visually stunning new film that made hold my breath and kept me on the edge of my seat till the very end. "The Maze Runner" tells the story of Thomas, played by Dylan O'Brien, who wakes up in a giant crate with no memory of his past. He is taken

to "The Glade," a place full of boys who were taken and had their memories erased as well. Thomas soon learns that they are trapped in a giant maze, and once you're stuck inside, you never make it out alive. Everything begins to change when a girl is brought to The Glade, and so Thomas decides it is time to face the maze and find the whole truth about the people who placed them there. But the truth they find might be even more horrible than the maze itself.

I absolutely love this film. It is so intense and visually stunning. It kept me on the edge of my seat and made my heart race through the entire film. Every time Thomas is inside the maze, I felt as if I was there with him, running for my life. But this isn't just an adrenaline-packed adventure. "The Maze Runner" also moved me

to tears and made me think about the way we can work together when we are truly faced with a challenge. The visuals are incredible as well. The maze is so complex and ever changing and it's so cool to be able to "explore" it in a sense and see all of the detail put into the CGI.

The entire cast is incredible. All the characters are so unique and have their own personalities and quirks, but they work together in such a seamless way. My favorite character is the main character Thomas, who really makes the whole thing come to life. The boys that live in The Glade have been there for three years and, of course, they have tried to find a way out. But, most of them have essentially decided that they will live out the rest of their days there. When Thomas shows up, he tests the system and refuses to accept his fate of being stuck in the maze. I admire his character because he thinks outside of the box and finds his own way. He looks past his fear and is a strong leader despite the doubts people may have in him.



It's been very interesting seeing the theme of films that have been coming out recently. "Hunger Games," "Divergent," "Enders Game," "The Giver," and now "The Maze Runner" all have something in common: they tell the story of young adults, children really, who have to group together and take on some very serious situations, sometimes things even adults can't handle. It shows youth questioning authority, standing up for what's right, and making their own way. These strong themes send out a message of empowerment to the youth of our generation, but this can also be a bit overwhelming. I know it's difficult watching adults fight for their lives, kill, and be killed, and have their worlds torn apart. But it's even more shocking to see children go through these trials.

Because of this, I recommend "The Maze Runner" for ages 13 and up, because of the intense situations and violence. It kept me on the edge of my seat and made me hold my breath during the intense situations, and I love when a film gets me so involved, but that may be too much for some to handle. I give "The Maze Runner" 5 out of 5 stars and can't wait to see it again. Catch it in theaters near you now!

— Raven D.

See Raven's video review here: <http://youtu.be/ouprOgTen38>

...

In a generation where the "teenagers face adversity in a dystopian future" is the popular piece of entertainment, "The Maze Runner" is a refreshing entry. Using the element of surprise and leaving unanswered questions, this film proves to be a very formidable mystery, action-thriller.



The acting in this film isn't much different than many other films with teen or child ensembles. They give good performances and they all come off as veterans, especially Blake Cooper (Chuck) who, in only his second feature film, seems like he's been acting on-screen for years. I found him very impressive. The leading performance by Dylan O'Brian is also very good, but is limited to his rather conventional

and predictable character. The most impressive performance in the cast comes from Will Poulter, who plays Gally. His performance earlier this cinematic season in "The Giver" was also impressive and his performance in "We're the Millers" was hilarious, so he is really showing his range. His character is wonderfully written and wonderfully portrayed, so props to him.

The visual effects in the film are also quite amazing. Enrique Chediak, whose beautiful cinematography was at its best in "127 Hours," gives this film a very crisp look. He doesn't over do his shot composition, nor does he try to give unnecessary landscape shots. He lets the beauty of the film come from the special effects, which is a smart move (although there are some genuinely stunning shots). The seemingly effortless movement of giant set pieces is a testament to the great work of the visual effects team.

But, the best aspect of this film is the writing. The secret this film has is what Alfred Hitchcock famously called the "MacGuffin." It is a plot device that the main protagonist pursues with little or no explanation. This film starts with a boy entering the world, but we don't know why. We get to the middle of the film and we still don't know why these kids are isolated, who is keeping them there, or how big their obstacle is and what stakes are attached. Usually, in a movie of this kind, those questions are all answered in the exposition of the film. But even when this film ends, we are still uncertain about why what we just saw happened. What is the motivation and who is behind it? Then, in a wonderful plot twist, we leave with questions that only a next installment can answer — or maybe not.

This is the rare case of a film that makes us wish for a sequel not because more books were written and a bunch of producers feel the need to adapt every book in a series, but because we are generally interested in what happens next. That is why I give this film 4 out of 5 stars. I recommend it for anyone age 14 and up, as it is a little bloodier and more profane than your average PG-13 thriller.

"The Maze Runner" is a tense, suspenseful mystery thriller, that keeps you asking and on the edge of your seat. — Willie J.

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# What is a Q.P.R.T.?

*What is does the acronym Q.P.R.T. mean, and what is it?*

**T**here was once a video game in the 1980s called Q-Bert. This is not that game. A Q.P.R.T. is an acronym (pronounced “cue-pert”) for a sophisticated estate planning technique that allows a person to reduce the value of his estate — and therefore minimize estate taxes — by moving an asset out of his estate at a lower value than the asset might actually have at the time of transfer or at death.

A Q.P.R.T., or “qualified personal residence trust,” is an estate tax savings technique. Although the trust loses popularity in low-interest rate environments, it is still a very effective and economical mechanism for mitigating your estate

tax exposure, especially in light of the expected return to a limited \$1 million federal and state tax exemption in 2011.

A qualified personal residence trust is a form of irrevocable trust, whose sole asset is the interest in your personal residence and other related assets if you so choose. It must comply with the requirements of I.R.C. Regulation 25.2702-5(c). The donor makes a gift of the residence to the trust — effectively to his descendants or the beneficiaries of the trust — and retains the right to occupy the residence for the term of a set period of time. At the expiration of that term, ownership of the residence passes to the beneficiaries of the trust. If the donor dies before the expiration of the trust’s term, the trust terminates and ownership of the residence returns to the estate of the donor (effectively losing the gamble). In short, the beneficiaries only receive the trust property at the end of the term — and only if the donor is still living at that time.

Why would someone make such a strange gift, and why would he jump through so many hoops to do so?

The structure of the U.S. gift tax system offers a tax bargain for the donor in the qualified personal residence trust. The donor gets a discount in computing the value of his taxable gift for the interest he retains in the personal residence when he transfers it to the trust. If he survives the trust’s term, the entire property is out of his estate — even though he paid gift tax on only a discounted value. If he does not survive the term, the residence comes back into his estate and the trust did not save any taxes; but the taxes in that case are no higher than if the donor had never made the gift at all. In other words, the qualified personal residence trust is a gift tax bet that the donor can’t lose. Either the

donor wins or he gets his money back. The trust discounts offer a highly tax-efficient way to make use of the client’s gift tax exemption, which is now \$5.34 million and will increase each year with a cost of living adjustment (previously the Federal exemption was only \$1 million and had incrementally increased to \$5 million until it automatically reverted back to \$1 million in 2010; however, Congress amended the law). The “gift” is complete when the residence is transferred to the trust and the value is fixed as of that date, discounted because of the donor’s retained interests.

Most qualified personal residence trust donors want to remain in their personal residence after the term expires. The donor must understand that he can do so but will need to pay rent. This is a formality that must be observed, otherwise the Internal Revenue Service could unwind the transaction. Many people balk at the idea — pay rent for my own home? But if you want the benefits, you have to pay the price. The residence technically belongs to the donor’s children (or remainder beneficiaries) or even the trust after the expiration of the term. If the donor continues to reside there without paying rent, the residence could be brought back into the donor’s estate, thus negating the tax-saving purpose of the trust.

The qualified personal residence trust is a complicated estate tax technique, and there are many facets that can only be explained and implemented by an attorney.

*Alison Arden Besunder is the founding attorney of the law firm of Arden Besunder P.C., where she assists new and not-so-new parents with their estate planning needs. Her firm assists clients in Manhattan, Brooklyn, Queens, Nassau, and Suffolk Counties. You can find Alison Besunder on Twitter @estatetrustplan and on her website at [www.besunderlaw.com](http://www.besunderlaw.com).*



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# Calendar

OCTOBER



Photo by Julie Larsen Maher

## Frighteningly good time at zoo

It's that time of year again, when weekends become a bit more scary. The annual Boo at the Zoo is back from Oct. 4 through Nov. 2 at the Bronx Zoo.

Dragons, jack-o'-lanterns, scary spirits, garish ghouls, pretty pumpkins, music, magic, crafts, and a costumed parade. New attractions this year include a 3D pumpkin

display and roaring, raring animatronic dinosaurs.

Boo at the Zoo, Oct. 5, Oct. 11, Oct. 12, Oct. 13, Oct. 18, Oct. 25, Oct. 26, Oct. 31, Nov. 1, Nov. 2, from 10 am–5 pm. Tickets range from \$25 to \$35.

*Bronx Zoo [2300 Southern Blvd. at Boston Road; (718) 220-5103; [www.bronxzoo.com](http://www.bronxzoo.com)].*

## Submit a listing

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

Send your listing request to [bronxriverdalecalendar@cnglocal.com](mailto:bronxriverdalecalendar@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!

## WED, OCT. 1

### IN THE BRONX

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

Children 8 to 12 years old use iPads for book discussion group. Workshops are limited to 12 children. Pre-registration required.

**Golf clinic:** Turtle Golf Academy, 1 City Island Road; (718) 885-1129; [www.nycgovparks.org](http://www.nycgovparks.org); 5 pm; \$99 (for five classes).

Boys and girls 9 through 15 learn the basics of the course, grip, posture, alignment, pitching, and sportsmanship.

**Story time:** Barnes & Noble Bay Plaza, 290 Baychester Ave.; (718) 862-3945; [barnesandnoble.com](http://barnesandnoble.com); 6 pm; Free.

Join in for a weekly session of fun reading and activities.

## THURS, OCT. 2

### IN THE BRONX

**Storytime:** Bronx Library Center, 310 E. Kingsbridge Rd. at Briggs Ave.; (718) 579-4244; [www.nypl.org](http://www.nypl.org); 11 am; Free.

Preschoolers 3 to 5 years old enjoy picture books with the librarian.

**Toddler time:** Bronx Library Center, 310 E. Kingsbridge Rd. at Briggs Ave.; (718) 579-4244; [www.nypl.org](http://www.nypl.org); Noon; Free.

Caregivers or parents and their toddlers 18 to 36 months enjoy finger play, songs, stories and play time with other toddlers.

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

Children 7 to 12 years old learn the basics. Pre-registration required.

## FRI, OCT. 3

### IN THE BRONX

**Game Day:** Bronx Library Center, 310



Photo by Victor Chu

## Haunted pumpkin walk

Take a stroll through the Haunted Pumpkin Garden and be prepared to be scared. It's the annual event at the New York Botanical Garden now through Oct. 31.

Youngsters can take part in guided activities, play inside a pumpkin house, go on a scavenger hunt for fall fruits and nuts, look for worms, put on a show at the Pumpkin Puppet Theater, read spooky stories, and watch seeds sprout.

On Saturdays and Sundays children can march in a costumed parade that travels throughout the Children's Adventure Garden, where they run into ghoulish, ghastly zombie pumpkins along the way.

Haunted Pumpkin Garden, weekly now through Oct. 31. From 10 am to 5:30 pm. Free with garden admission.

*New York Botanical Garden*  
[200th St. and Kazimiroff Blvd. (718) 817-8700; [www.nybg.org](http://www.nybg.org)]

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

Children 5 to 12 enjoy games.

**First Friday Trolley & Music:** Bartow-Pell Mansion Museum, 895 Shore Rd.; (718) 885-1461; [www.bartowpell-mansionmuseum.org](http://www.bartowpell-mansionmuseum.org); 5:30-8:30 pm; \$10 (\$8 seniors & students).

Explore the museum, stroll through the gardens, and savor light refreshments.

## SAT, OCT. 4

### IN THE BRONX

**Pumpkin carving workshop:**

New York Botanical Garden, 200th St. and Kazimiroff Blvd.; (718) 817-8700; [www.nybg.org](http://www.nybg.org); 10 am-noon; Free with admission to the grounds.

Budding masters 8 years and older explore the carved pumpkins on display, learn about the amazing gourd family, and then design a creepy pumpkin to take home.

**Family Art project:** Wave Hill, W. 249th Street and Independence Ave.;

(718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10 am-1 pm; Free with admission to the grounds.

Be a bee is a fun work shop for the whole family. Don antennae, wings and a pollen cup and a kazoo and hum with the bees. Join in the bee parade and dance.

**Honey weekend:** Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10 am - 4 pm; Free with admission to the grounds.

Visitors will learn how to make candles, learn all about bees, and taste gourmet honey products.

**"Little Red Riding Hood":** Bronx Library Center, 310 E. Kingsbridge Rd. at Briggs Ave.; (718) 579-4244; [www.nypl.org](http://www.nypl.org); 2 pm; Free.

Children 4 years and older enjoy a puppet production of the children's classic.

### FURTHER AFIELD

**Motion Lab:** New York Transit Museum, Boerum Place at Schermerhorn

Street, Brooklyn; (718) 694-1600; [www.mta.info/mta/museum](http://www.mta.info/mta/museum); 11:30 am-12:30 pm; Free with museum admission.

Unlock the mysteries of motion. Children 2 to 5 years old experiment with ramps and tracks, wings, and wheels and things that glide and slide.

**Octoberfest benefit:** Hillside Swim Club, 151 Signs Rd. between Arlene and Dinsmore streets, Staten Island; Noon; \$40 for adults 21 and up; \$20 for ages 14-20; kids 13 and under free.

Fund-raiser for children of Firefighter Lt. Gordon "Matty" Ambelas, who died in a fire earlier this year. Activities include bouncy house, pumpkin painting, dunk tank, and more.

**Mixed up vehicles:** New York Transit Museum, Boerum Place at Schermerhorn Street, Brooklyn; (718) 694-1600; [www.mta.info/mta/museum](http://www.mta.info/mta/museum); 1:30 pm; Free with museum admission.

Create and color a fantasy vehicle, an amphibious bus or a train with wings. Children 4 years and older use their imagination in this bookmaking workshop.

## SUN, OCT. 5

### IN THE BRONX

**Fall migration:** Van Cortlandt Park, Van Cortlandt Park East and Oneida Ave.; [info@kingsbridgehistoricalsociety.org](mailto:info@kingsbridgehistoricalsociety.org); [www.kingsbridgehistoricalsociety.org](http://www.kingsbridgehistoricalsociety.org); 10 am; Free.

Rangers lead birders through the park and look for different species. Bring your own binoculars and field guides.

**Family Art project:** 10 am-1 pm. Wave Hill. See Saturday, Oct. 4.

**Honey weekend:** 10 am-4 pm. Wave Hill. See Saturday, Oct. 4.

### FURTHER AFIELD

**Paint Party:** New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); 10:30 am - 12:30 pm; \$8 per family, plus NYSCI admission.

Children, ages 18 months and older mix up a batch of washable paint from everyday ingredients to make a work of art. Pre-register online at [nysci.org/little-makers](http://nysci.org/little-makers).

**Nano Art:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 12:30 pm; Free with museum admission.

Children get the nitty gritty of the itty bitty and bring small things into focus.

**Mixed-up Vehicles:** 1:30 pm. New York Transit Museum. See Saturday, Oct. 4.

*Continued on page 30*

# Calendar

Our online calendar is updated daily at [www.NYParenting.com/calendar](http://www.NYParenting.com/calendar)

Continued from page 29

**Hands-On:** The Studio Museum in Harlem, 144 W. 125th St. at Dr. Martin Luther King Jr. Blvd., Manhattan; (212) 864-4500; [www.studiomuseum.org](http://www.studiomuseum.org); 2-4 pm; Free.

The Studio Museum of Harlem joins with the Laundromat Project, a community based non-profit arts organization committed to make art more accessible. A teaching artist helps children create art pieces inspired by exhibits on view in the galleries. RSVP required. Part of Target Free Sundays.

**Garden tour:** Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway, Brooklyn; (718) 623-7220; [www.bbg.org](http://www.bbg.org); 2-3 pm and 3:30-4:30 pm; \$12 (\$15 non-members).

Family-friendly peek inside the gardens, learn about garden plots and make a tasty treat. Pre-registration required and online. Cancelled in case of inclement weather.

**"I'm Not Scared":** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 2:30 pm; Free with museum admission.

Tots 2 years and older listen to how Baby Owl and his stuffed friend face their fears with a reading of Jonathan Allen's book.

## WED, OCT. 8

### IN THE BRONX

**E-book discussion:** 4 pm. Bronx Library Center. See Wednesday, Oct. 1.

**Golf clinic:** 5 pm. Turtle Golf Academy. See Wednesday, Oct. 1.

**Story time:** 6 pm. Barnes & Noble Bay Plaza. See Wednesday, Oct. 1.

## THURS, OCT. 9

### IN THE BRONX

**Storytime:** 11 am. Bronx Library Center. See Thursday, Oct. 2.

**Toddler time:** Noon. Bronx Library Center. See Thursday, Oct. 2.

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

Children use a variety of skills to make a door hanger project. Recommended for children 7 to 12 years old.

## FRI, OCT. 10

### IN THE BRONX

**Game Day:** 4 pm. Bronx Library Center. See Friday, Oct. 3.

### FURTHER AFIELD

**Project! World's Fairs:** New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); 8-11 pm; \$20 per person.

8-11 pm; \$20 per person.

Enjoy a night illuminated by images of the past, present and future, inspired by the 1964-65 World's Fair. Against the backdrop of rockets, visitors will be treated to large-scale artist projections and installations on and around NYSCI's building and exhibits.

## SAT, OCT. 11

### IN THE BRONX

**Pumpkin carving workshop:** 10 am-noon. New York Botanical Garden. See Saturday, Oct. 4.

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

Teddy Bear Caterpillars lead children on a fun adventure to learn all about the fuzzy caterpillar. Adorn a sock puppet with fur, yarn and hair and make your own weather predictions.

**Family time:** Bronx Library Center, 310 E. Kingsbridge Rd. at Briggs Ave.; (718) 579-4244; [www.nypl.org](http://www.nypl.org); 11 am; Free.

Families with children 3 to 6 years old are invited to participate in read-alouds and crafts. Pre-registration required — limited to 25 children.

**Open house:** Bartow-Pell Mansion Museum, 895 Shore Rd.; (718) 885-1461; [www.bartowpellmansionmuseum.org](http://www.bartowpellmansionmuseum.org); Noon-4 pm; Free.

Come and discover the mansion and carriage house, visit with costumed docents, garden walks, wigwam explorations, trail hikes and children's games and crafts.

**Columbus Day:** New York Botanical Garden, 200th St. and Kazimiroff Blvd.; (718) 817-8700; [www.nybg.org](http://www.nybg.org); 1 and 3 pm; Free with garden admission.

Celebrate the explorer the whole weekend with bats, bats, and more bats. Meet a big brown bat from North America, the endangered Rodrigues bat, and come face-to-face with the largest bat in the world — the Gigantic Flying Fox of Malaysia. Rob Mies, a conservation biologist and bat expert, shares interesting facts about the night flyers in a child friendly way.

**Haunted house maze:** Williamsbridge Oval Recreation Center, 3225 Reservoir Oval East; (718) 543-8672; [www.nycgovparks.org](http://www.nycgovparks.org); 7pm; Free.

Prepare to be spooked by zombies and ghosts. Arts and crafts and kid friendly trick or treat candy.

**Broadway Moves to the Bronx:** Lehman Center for the Performing Arts, 250 Bedford Park Boulevard West; (718) 960-8833; [www.LehmanCenter.org](http://www.LehmanCenter.org); 8 pm; \$25 (\$20, \$15; \$10 children under 12 any seat).

Todd Ellison's smash show of Broadway showstoppers.

### FURTHER AFIELD

**Motion Lab:** 11:30 am-12:30 pm. New York Transit Museum. See Saturday, Oct. 4.

**Transit mysteries:** New York Transit Museum, Boerum Place at Schermerhorn Street, Brooklyn; (718) 694-1600; [www.mta.info/mta/museum](http://www.mta.info/mta/museum); 1:30 pm; Free with museum admission.

Children of all ages are invited to check out the mystery relics from the museum's collection and uncover history.

**"Go Away! Big Green Monster":** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 2:30 pm; Free with museum admission.

Tots 2 years and older listen to the story of Ed Emberly's classic and find out why monsters don't have to be so scary after all. Then make a googley-eyed monster to take home.

## SUN, OCT. 12

### IN THE BRONX

**Fall birding:** Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 9:30 am; Free with admission to the grounds.

Naturalist Gabriel Willow leads a talk on the diverse bird species in the park. Children ages 10 and older are welcome with an adult. Canceled in severe weather. Registration required.

**Family Art project:** 10 am-1 pm. Wave Hill. See Saturday, Oct. 11.

**Open house:** Noon-4 pm. Bartow-Pell Mansion Museum. See Saturday, Oct. 11.

**Insect Hunt:** Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 1 pm; Free with admission to the grounds.

After the family art project continue with naturalist Gabriel Willow through the park looking for creepy crawlers and critters.

**Columbus Day:** 1 and 3 pm. New York Botanical Garden. See Saturday, Oct. 11.

### FURTHER AFIELD

**Kid's Abilities Day:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 10 am; Free with museum admission.

Children with special needs enjoy a day of jumping, swinging and touching.

**Sink Float Flink:** New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); 10:30 am - 12:30 pm; \$8 per family,

plus NYSCI admission.

Children ages 18 months and older experiment with a variety of materials and design boats to sail in their bathtubs. Preregister online at [nysci.org/little-makers](http://nysci.org/little-makers).

**Vantage Point:** The Studio Museum in Harlem, 144 W. 125th St. at Dr. Martin Luther King Jr. Blvd., Manhattan; (212) 864-4500; [www.studiomuseum.org](http://www.studiomuseum.org); 1-2 pm; Free.

Families take an interactive and informative tour of the new exhibit Vantage Point, Expanding the Walls 2014. Part of Target Free Sundays.

**Transit mysteries:** 1:30 pm. New York Transit Museum. See Saturday, Oct. 11.

**Movie Matinees:** BAM Kids, 30 Lafayette Ave. at Ashland Place, Brooklyn; (718) 636-4129; [www.bam.org](http://www.bam.org); 2 pm; \$7 children 12 and younger (\$10 adults; \$9 for BAM members).

The BAM series offers the perfect opportunity for families to introduce their children to the classics on the big screen. The first of the series is "Little Fugitive."

**Hands-On:** The Studio Museum in Harlem, 144 W. 125th St. at Dr. Martin Luther King Jr. Blvd., Manhattan; (212) 864-4500; [www.studiomuseum.org](http://www.studiomuseum.org); 2-4 pm; Free.

Children use drawing and collage materials to create a work of art that expresses the way that they see themselves and the world from their vantage point. Part of Target Free Sundays.

## MON, OCT. 13

### IN THE BRONX

**Columbus Day:** Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 11 am-4 pm; Free with admission to the grounds.

The park is open.

**Columbus Day:** 1 and 3 pm. New York Botanical Garden. See Saturday, Oct. 11.

## WED, OCT. 15

### IN THE BRONX

**E-book discussion:** 4 pm. Bronx Library Center. See Wednesday, Oct. 1.

**Golf clinic:** 5 pm. Turtle Golf Academy. See Wednesday, Oct. 1.

### FURTHER AFIELD

**"Wild Grass":** BAM Harvey Theater, 651 Fulton St. at Rockwell Place, Brooklyn; (718) 636-4100; [www.bam.org](http://www.bam.org); 7:30 pm; \$20 and up.

Presented by the Beijing Dance Theater.

Our online calendar is updated daily at [www.NYParenting.com/calendar](http://www.NYParenting.com/calendar)

## THURS, OCT. 16

### IN THE BRONX

**Storytime:** 11 am. Bronx Library Center. See Thursday, Oct. 2.

**Toddler time:** Noon. Bronx Library Center. See Thursday, Oct. 2.

### FURTHER AFIELD

**"Wild Grass":** 7:30 pm. BAM Harvey Theater. See Wednesday, Oct. 15.

## FRI, OCT. 17

### IN THE BRONX

**Game Day:** 4 pm. Bronx Library Center. See Friday, Oct. 3.

### FURTHER AFIELD

**"Wild Grass":** 7:30 pm. BAM Harvey Theater. See Wednesday, Oct. 15.

## SAT, OCT. 18

### IN THE BRONX

**Carving demonstrations:** New York Botanical Garden, 200th St. and Kazimiroff Blvd.; (718) 817-8700; [www.nybg.org](http://www.nybg.org); check for time; Free with admission to the grounds.

Master carver Ray Villafane transforms the gentle giant pumpkins into unearthly spooky creatures. A Q&A follows the demonstrations and snacks.

**Pumpkin carving workshop:** 10 am–noon. New York Botanical Garden. See Saturday, Oct. 4.

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

Fairy wands and tiny houses leads you on a magical tale with a magical wand. Children are entertained with the enchanting fairy stories by Rama Mandel.

**Birding:** Bartow-Pell Mansion Museum, 895 Shore Rd.; (718) 885-1461; [www.bartowpellmansionmuseum.org](http://www.bartowpellmansionmuseum.org); 3:30 pm; \$10 (\$8 seniors, students, and members).

Join naturalist Debbie Becker on a trail for the great fall migration with hawks, eagles, warblers and hummingbirds who are returning to their winter residences. Recommended for teens. Registration required.

**Nighttime adventure:** New York Botanical Garden, 200th St. and Kazimiroff Blvd.; (718) 817-8700; [www.nybg.org](http://www.nybg.org); 6:30–8:30 ppm; \$20 (\$15 members).

Grab a flashlight and explore the pumpkin sculptures as you travel along the Trick-or-Treat Trail, listen for critters or sit in on a spooky story. Capture a skeleton and be on the look out for ghosts. Children also dig around for decomposers and decorate a Hal-



Photo by Justina Wong

## Spooky adventures

Join in and take the trip with Hansel and Gretel on their Halloween Adventure at the Swedish Cottage Marionette Theatre, Oct. 1 through Nov. 1.

Could there be anything more appropriate than a performance of Hansel and Gretel just in time for Halloween?

City Parks Foundation brings back "Hansel and Gretel's Halloween Adventure" at the perfect time of year. Recommended for children ages 3–9, the show picks up where the original Swedish Cottage Marionette Theatre production leaves off; with the children's pet swan Samantha flying them back home, just as they begin having wild dreams of Central Park blossoming into an

action-packed Halloween night, complete with mermaids, monsters, pirates, vampires and, of course, a witch!

Performances run from Oct. 1 through Nov. 1, Tuesdays through Fridays at 10:30 am and noon, with an additional show on Wednesdays at 2:30 pm; Saturday and Sunday at 1 pm. On Friday, Oct. 31 — Halloween! — there will be two additional shows at 2:30 pm and 4 pm. Tickets are \$7 for children under 12, \$10 for all others.

*The Swedish Cottage Marionette Theatre [Central Park at 81st Street and Central Park West, (212) 988-9093; [www.cityparksfoundation.org/arts/swedish-cottage-marionette-theatre/](http://www.cityparksfoundation.org/arts/swedish-cottage-marionette-theatre/)]*

loween pumpkin. Advance tickets recommended.

### FURTHER AFIELD

**Baby Loves Salsa:** BAM Cafe, 30 Lafayette Ave. between Ashland Place and St. Felix Street, Brooklyn; [www.bam.org/programs/bamcafe-live](http://www.bam.org/programs/bamcafe-live); 10:30 am; \$9.

Songwriter Jose Conde is a bilingual, cross cultural, rhythmic concert that teaches children 2 to 6 years old the basics of salsa, featuring original music, and audience participation.

**Motion Lab:** 11:30 am–12:30 pm. New York Transit Museum. See Saturday, Oct. 4.

**The Great Pumpkin:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-

4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11:30 am; Free with museum admission.

Explore the wonderful world of gourds. Children 2 years and older learn all about the history and then watch "It's the Great Pumpkin, Charlie Brown" and have snacks and do a pumpkin printing.

**Shadow puppet stories:** New York Transit Museum, Boerum Place at Schermerhorn Street, Brooklyn; (718) 694-1600; [www.mta.info/mta/museum](http://www.mta.info/mta/museum); 1:30 pm; Free with museum admission.

Transport your imagination by creating silhouette puppets and a nighttime cityscape. For children 4 years and older.

**"Wild Grass":** 7:30 pm. BAM Harvey Theater. See Wednesday, Oct. 15.

## SUN, OCT. 19

### IN THE BRONX

**Carving demonstrations:** check for time. New York Botanical Garden. See Saturday, Oct. 18.

**Family Art project:** 10 am–1 pm. Wave Hill. See Saturday, Oct. 18.

**The Senegal St. Joseph Gospel Choir:** Lehman Center for the Performing Arts, 250 Bedford Park Boulevard West; (718) 960-8833; [www.Lehman-Center.org](http://www.Lehman-Center.org); 4 pm; \$25 (\$20, \$15; \$10 children under 12 any seat).

Direct from Senegal, the choir consists of 15 singers and four drummers.

### FURTHER AFIELD

**Shrinky Dinks:** New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); 10:30 am – 12:30 pm; \$8 per family, plus NYSCI admission.

Children, ages 18 months and older, design a work of art on recycled plastic and shrink it down into a homemade shrinky dink. Preregister online at [nysci.org/little-makers](http://nysci.org/little-makers).

**The Great Pumpkin:** 11:30 am. Brooklyn Children's Museum. See Saturday, Oct. 18.

**Gallery tour:** The Studio Museum in Harlem, 144 W. 125th St. at Dr. Martin Luther King Jr. Blvd., Manhattan; (212) 864-4500; [www.studiomuseum.org](http://www.studiomuseum.org); 1–2 pm; Free.

Families take an interactive and informative tour of the museum. Part of Target Free Sunday.

**Shadow puppet stories:** 1:30 pm. New York Transit Museum. See Saturday, Oct. 18.

## WED, OCT. 22

### IN THE BRONX

**E-book discussion:** 4 pm. Bronx Library Center. See Wednesday, Oct. 1.

**Golf clinic:** 5 pm. Turtle Golf Academy. See Wednesday, Oct. 1.

### FURTHER AFIELD

**Scattered Light Opening Celebration:** New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); 5–8 pm; Free with NYSCI admission.

The evening is inspired by the Celebration of Mind festival, and features magicians, music, and activities that puzzle, raise mathematical concepts and tease ideas of perception.

## THURS, OCT. 23

### IN THE BRONX

**Storytime:** 11 am. Bronx Library Center. See Thursday, Oct. 2.

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# Calendar

Our online calendar is updated daily at [www.NYParenting.com/calendar](http://www.NYParenting.com/calendar)

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**Toddler time:** Noon. Bronx Library Center. See Thursday, Oct. 2.

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

Children use a variety of skills to make a fun coffin project. For 7 to 12 years old. Limited to 30 children.

## FURTHER AFIELD

**Mystery ride:** New York Transit Museum, Boerum Place at Schermerhorn Street, Brooklyn; (718) 694-1600; [www.mta.info/mta/museum](http://www.mta.info/mta/museum); 6 pm; \$7 (\$5 children 2-17 and seniors).

Families are invited to take the spooky subway challenge and search for clues, while listening to music, do crafts and games and have yummy refreshments. Dress up in your costume for maximum Halloween fun. Advanced registration recommended.

## FRI, OCT. 24

### IN THE BRONX

**Game Day:** 4 pm. Bronx Library Center. See Friday, Oct. 3.

**Nighttime adventure:** 6:30–8:30 pm. New York Botanical Garden. See Saturday, Oct. 18.

## FURTHER AFIELD

**Happy Halloween:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 10 am; Free with museum admission.

Celebrate and listen to spooky tales, create a fun craft to take home and have fun the whole day.

**Monster Mash:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 4–8 pm; \$13 (\$8 members).

Calling all ghosts, ghouls, goblins and witches. Come dressed and face your fears of all that is creepy and crawly. Tickets may be purchased in advance.

## SAT, OCT. 25

### IN THE BRONX

**Pumpkin carving workshop:** 10 am–noon. New York Botanical Garden. See Saturday, Oct. 4.

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

Come and learn all about birds of prey in the hawks take flight event. Search for migrating hawks, then create a sailing hawk glider.

**Falconry presentation:** Wave Hill, W. 249th Street and Independence

Ave.; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 1 pm; Free with admission to the grounds.

Brian Bradley of New Paltz, New York offers an outdoor demonstration of hunting birds of prey. Children 8 and older are welcome with an adult. Registration required.

**Puppet workshop:** Bronx Library Center, 310 E. Kingsbridge Rd. at Briggs Ave.; (718) 579-4244; [www.nysl.org](http://www.nysl.org); 2 pm; Free.

Make animal puppets with the traditional South African styles and fabric design. Then share in the fun of a short interactive puppet folktale show. For children 6 to 12 years old.

**Night Sky:** Pelham Bay Ranger Station (PBRs), Pelham Bay Park, Bruckner Boulevard and Wilkinson Avenue; (718) 885-3467; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 6 pm; Free.

Follow the rangers and view the beautiful night sky.

**Nighttime adventure:** 6:30–8:30 pm. New York Botanical Garden. See Saturday, Oct. 18.

## FURTHER AFIELD

**Family Puppet Workshops:** BAM Kids, 30 Lafayette Ave. at Ashland Place, Brooklyn; (718) 636-4129; [www.bam.org](http://www.bam.org); 10 am–12:30 pm; \$7.

Participants will learn about the different kinds of puppets in How to be a Puppeteer, for children 4 to 8 years old.

**Happy Halloween:** 10 am. Brooklyn Children's Museum. See Friday, Oct. 24.

**Puppets on Film:** BAM Kids, 30 Lafayette Ave. at Ashland Place, Brooklyn; (718) 636-4129; [www.bam.org](http://www.bam.org); 11 am; \$7 children 12 and younger (\$10 adults, \$9 BAM members).

The fourth annual festival offers the of puppetry on film. Shortstack! Kids Shorts Program is the first of the series.

**Motion Lab:** 11:30 am–12:30 pm. New York Transit Museum. See Saturday, Oct. 4.

**Pumpkin Chucking:** New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); 1 & 3 pm; Free with NYSCI admission.

Watch NYSCI's catapult, Chuck, toss pumpkins in the air.

**Puppets on Film:** BAM Kids, 30 Lafayette Ave. at Ashland Place, Brooklyn; (718) 636-4129; [www.bam.org](http://www.bam.org); 1:30 pm; \$7 children 12 and younger (\$10 adults, \$9 BAM members).

The fourth annual festival offers puppetry on film in "Muppets Most Wanted."

**Spooky Subway stories:** New York Transit Museum, Boerum Place at Schermerhorn Street, Brooklyn; (718) 694-1600; [www.mta.info/mta/museum](http://www.mta.info/mta/museum); 1:30 pm; Free with museum

admission.

Join with fellow detectives to solve an interactive 100-year-old mystery involving missing keys, squeaky wheels and subway spirits. Children over age 5 will enjoy searching for clues and a hidden stash of candy.

**Monster Mash:** 4–8 pm. Brooklyn Children's Museum. See Friday, Oct. 24.

## SUN, OCT. 26

### IN THE BRONX

**Family Art project:** 10 am–1 pm. Wave Hill. See Saturday, Oct. 25.

**Horszowski Trio:** Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 2 pm; \$28 general admission (\$15 children 8 to 12, members \$12).

An exhilarating concert by the group making its New York debut. Registration required.

## FURTHER AFIELD

**Family Puppet Workshops:** BAM Kids, 30 Lafayette Ave. at Ashland Place, Brooklyn; (718) 636-4129; [www.bam.org](http://www.bam.org); 10 am–12:15 pm; \$7.

Participants will learn about the different kinds of puppets with animal marionettes — for children 6 to 9 years old.

**Spook-tacular Monster Making:** New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); 10:30 am–12:30 pm; \$8 per family, plus NYSCI admission.

Kids transform socks, buttons, fabric and everyday household materials into a spook-tacular monster to call their own, for children ages 18 months and older. Preregister online at [nysci.org/little-makers](http://nysci.org/little-makers).

**Puppets on Film:** BAM Kids, 30 Lafayette Ave. at Ashland Place, Brooklyn; (718) 636-4129; [www.bam.org](http://www.bam.org); 11 am; \$7 children 12 and younger (\$10 adults, \$9 BAM members).

The fourth annual festival offers puppetry on film with "Davy Jones' Locker."

**Pumpkin Chucking:** 1 & 3 pm. New York Hall of Science. See Saturday, Oct. 25.

**Spooky Subway stories:** 1:30 pm. New York Transit Museum. See Saturday, Oct. 25.

**Hands-On:** The Studio Museum in Harlem, 144 W. 125th St. at Dr. Martin Luther King Jr. Blvd., Manhattan; (212) 864-4500; [www.studiomuseum.org](http://www.studiomuseum.org); 2–4 pm; Free.

This two step workshop allows children to explore the works of Charles Gaines, then use complete a line drawing and learn which colors to use. Part of Target Free Sundays.

## WED, OCT. 29

### IN THE BRONX

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

Tweens and teens learn all about life in a vacuum in this new science series.

**E-book discussion:** 4 pm. Bronx Library Center. See Wednesday, Oct. 1.

**Golf clinic:** 5 pm. Turtle Golf Academy. See Wednesday, Oct. 1.

## THURS, OCT. 30

### IN THE BRONX

**Storytime:** 11 am. Bronx Library Center. See Thursday, Oct. 2.

**Toddler time:** Noon. Bronx Library Center. See Thursday, Oct. 2.

**Ghost stories:** Bartow-Pell Mansion Museum, 895 Shore Rd.; (718) 885-1461; [www.bartowpellmansion-museum.org](http://www.bartowpellmansion-museum.org); 6 pm; \$20 (\$15 seniors & students; \$15 adult members; \$10 senior & student members).

Take a walk through the Pell Cemetery and then listen to a ghostly ghoulish story staged reading by the City Island Theater Group.

## FRI, OCT. 31

### IN THE BRONX

**Game Day:** 4 pm. Bronx Library Center. See Friday, Oct. 3.

**Nighttime adventure:** 6:30–8:30 pm. New York Botanical Garden. See Saturday, Oct. 18.

## FURTHER AFIELD

**BAMbool:** BAM Peter Jay Sharp Building, 30 Lafayette Ave., Brooklyn; (718) 636-4100; [www.bam.org](http://www.bam.org); 4–7 pm; Free.

The Brooklyn Academy of Music's annual Halloween celebration with treats, games, a costume contest and more.

## SAT, NOV. 1

### FURTHER AFIELD

**Pumpkin Chucking:** 1 & 3 pm. New York Hall of Science. See Saturday, Oct. 25.

**Dead or Alive Bioluminescence:** New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); 3–6 pm; Free with NYSCI admission.

Join NYSCI for light and Day of the Dead-inspired activities and learn how and when different organisms produce light.

# Calendar

Our online calendar is updated daily at [www.NYParenting.com/calendar](http://www.NYParenting.com/calendar)

## LONG RUNNING

### IN THE BRONX

**Dinosaur Safari:** Bronx Zoo, 2300 Southern Blvd. at Boston Road; (718) 220-5103; [www.bronxzoo.com](http://www.bronxzoo.com); Weekdays, 10 am-5 pm, Saturdays and Sundays, 10 am-5:30 pm, Now - Sun, Nov. 2; \$20.95 (\$16.95 children; Free for children under 3; \$18.95 seniors).

Mysteries Revealed features more than 30 dinosaur species and how scientists reconstruct the fossil pieces.

**Paper Arts & Crafts:** Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; [www.nycgovparks.org](http://www.nycgovparks.org); Wednesdays, 1-3 pm.; Free.

Children have fun creating collages using decoupage, origami, kirigami and more.

**Haunted Pumpkin Garden:** New York Botanical Garden, 200th St. and Kazimiroff Blvd.; (718) 817-8700; [www.nybg.org](http://www.nybg.org); Mondays - Thursdays, 1:30-5:30 pm, Fridays, 1:30 - 5:30 pm,

Saturdays, 10 am to 5:30 pm, Sundays, 10 am-5:30 pm, Now - Fri, Oct. 31; Free with garden admission.

Youngsters can play inside a pumpkin house, go on a scavenger hunt, put on a show at the Pumpkin Puppet Theater, and read spooky stories.

**Learn to draw:** Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; [www.nycgovparks.org](http://www.nycgovparks.org); Thursdays, 2-3:30 pm.; Free.

Children 10 years and older learn the basics of still life pencil drawing, including volume, tone, value, and sketching.

**Seasonal crafts:** Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; [www.nycgovparks.org](http://www.nycgovparks.org); Fridays, 2-3:30 pm.; Free.

Make holiday arts and crafts.

**Dragons, dinosaurs and Boo at the Zoo:** Bronx Zoo, 2300 Southern Blvd. at Boston Road; (718) 220-5103; [www.bronxzoo.com](http://www.bronxzoo.com); Saturday, Oct. 4, 10 am; Sunday, Oct. 5, 10 am; Sat-

urday, Oct. 11, 10 am; Sunday, Oct. 12, 10 am; Monday, Oct. 13, 10 am; Saturday, Oct. 18, 10 am; Saturday, Oct. 25, 10 am; Sunday, Oct. 26, 10 am; Friday, Oct. 31, 10 am; Saturday, Nov. 1, 10 am; Sunday, Nov. 2, 9 am; \$25 - \$34.

It's that time of year again where weekends just got a bit scary, spirits, garish ghouls, and pretty pumpkins, and a costumed parade, with music, magic, crafts and more.

**Creepy Creatures of Halloween:** New York Botanical Garden, 200th St. and Kazimiroff Blvd.; (718) 817-8700; [www.nybg.org](http://www.nybg.org); Saturdays and Sundays, Noon and 2 pm, Now - Fri, Oct. 31; Free with garden admission.

Youngsters meet slithery snakes and scaly reptiles, and learn why they are scary at all. Each weekend features a different creature.

**Family Workshops:** The Cloisters, 99 Margaret Corbin Dr.; (212) 923-3700; [www.metmuseum.org](http://www.metmuseum.org); Saturday, Sept. 27, 1 pm; Saturday, Oct. 4, 1 pm;

Sunday, Oct. 5, 1 pm; Saturday, Oct. 18, 1 pm; Saturday, Oct. 25, 1 pm; Saturday, Nov. 1, 1 pm; Free with museum admission.

Families with children ages 4 through 12 are invited for an hour-long workshop covering different topics each week.

### FURTHER AFIELD

**Traveling in the World of Tomorrow:** The Future of Transportation at New York's World's Fairs: New York Transit Museum Gallery Annex at Grand Central Terminal, 42nd Street and Park Avenue, Manhattan; (212) 878-0106; [www.grandcentralterminal.com](http://www.grandcentralterminal.com); Monday - Friday, 8 am-8 pm; Saturday and Sunday, 10 am-6 pm; Free.

This exhibition celebrates the 50th and 75th anniversaries of the 1939 and 1964 Fairs. The exhibition shows how transportation was a symbol for the future and its potential effect on modern American life.

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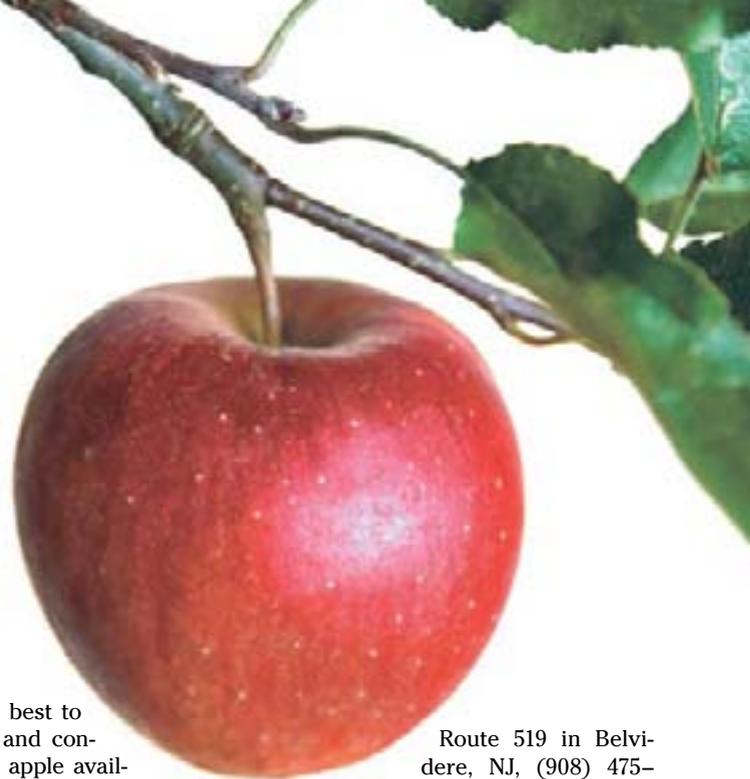
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# Apple picking not far from the Big Apple



**BY SHNIEKA L. JOHNSON**

**T**he colorful autumn foliage is lush, and apples are in their prime, ripe and ready for plucking as it is peak harvesting time. A variety of apples are grown in the tri-state area — including Cortland, Empire, Gala, Golden Delicious, Honeycrisp, McIntosh and Rome — and there are numerous family-friendly farms and orchards in the area where you can witness and take part in the harvesting process with your family.

Through late October, orchards offer families the chance to pick their own apples. The orchards and farms also sell cider, homemade baked goods, and offer tried-and-true attractions, like hayrides, petting zoos, and mazes (either hay and corn). The homemade treats could be a great addition to a picnic lunch, which many orchards allow during harvest time. Considering that this is a popular activity amongst families,

it is always best to call ahead and confirm hours, apple availability, and attractions that may a-peel to your family.

Here are the best spots for apple picking near the Big Apple:

**New York:**

- Applewood Orchard [82 Four Corners Rd. in Warwick, NY, (845) 986-1684]

In addition to apple picking, Applewood Orchard offers wagon rides, puppet shows, a country store, and a picnic area.

- Dubois Farms [209 Perksinville Rd. in Highland, NY, (845) 795-4037]

In addition to apple picking, Dubois Farms offers pumpkins and fall activities on-site like a corn maze and pony rides.

- Jenkins-Lueken Orchard [69 Yankee Folly Rd. in New Paltz, NY, (845) 255-0999]

In addition to apple picking, Jenkins-Lueken Orchard offers pumpkin picking and sells apple cider from their own cider mill.

- Masker Orchard [45 Ball Rd. in Warwick, NY, (845) 986-1058]

In addition to apple picking, Masker Orchards sells honey, which is quite popular.

- Outhouse Orchards [130 Hardscrabble Rd. in North Salem, NY, (914) 277-3188]

In addition to apple picking, Outhouse Orchard offers pumpkin picking and hayrides.

- Stuart's Farm [62 Granite Springs Rd. in Granite Springs, NY, (914) 245-2784]

In addition to apple picking, Stuart's Farm offers pumpkin picking and an area for picnics.

**New Jersey:**

- Mackey's Orchard [284B County

Route 519 in Belvidere, NJ, (908) 475-1507]

In addition to apple picking, Mackey's Orchard has miniature golf, a greenhouse, a farm stand, and Mackey's Ice Cream Barn.

- Wightman's Farms [1111 Mt. Kemble Ave. in Morristown, NJ, (973) 425-9819]

In addition to apple picking, Wightman's Farms offers pumpkin picking and autumn activities like hay rides and a corn maze.

**Connecticut:**

- Bishop's Orchards [1355 Boston Post Rd. in Guilford, CT, (203) 453-2338]

In addition to apple picking, Bishop's Orchards has a market, winery, bakery, and plant store.

- Silverman's Farm [451 Sport Hill Rd. in Easton, CT, (203) 261-3306]

In addition to apple picking, Silverman's Farm offers a hayride and a petting zoo.

If you're driving, review the route as well as construction notifications and estimated driving time. There will likely be crowds descending upon the orchards and farms during the peak season. Most orchards and farms are well equipped to handle the amount of visitors during the apple-picking season. Whether you own a car, rent one, or use public transportation to make your day trip, this family activity is — at its core — about making wonderful memories (however, leave your pets at home because most farms do not allow four-legged friends).

*Shnieka Johnson is an education consultant and freelance writer. She is based in Manhattan where she resides with her husband and son. Contact her via her website: [www.shniekajohnson.com](http://www.shniekajohnson.com).*

## Apple pie

*After you and the kids have visited the orchards and farms, bring your apples home to share with friends and neighbors, as well as make tasty treats — like apple crisp, pie, muffins, and cake. One of my go-to apple pie recipes is here:*

**INGREDIENTS:**

3 to 4 medium apples (Cored, peeled, sliced)  
3/4 c raw sugar  
1 tsp of cinnamon  
1/2 tsp of nutmeg  
1 lemon (zest and juice)

1 store-bought pie shell

**DIRECTIONS:** In a mixing bowl, add apples, lemon juice, and zest, and sprinkle with sugar, cinnamon, and nutmeg. Make sure apples are coated. Pour apple mixture into pie shell. Place topping. (See topping recipe below.)

Bake 400 degrees for 50 minutes.

**TOPPING:**

1/2 c brown sugar  
1/2 c flour  
1/2 c butter (cubed)  
Mix together the sugar and flour. Blend in butter with a fork or stand mixer just until the topping is crumbly.

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