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NEW YORK Parenting

Bronx/Riverdale Family
October 2018

Where every child matters



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Preteens and teens

Something happens to most children when they are nearing their teen years. Think back to your own experience. Reaching puberty is complicated and consuming and that part of it never really changes. What changes are the needs and demands of today's young people in this strong digital age, in an age when so much information is at their fingertips, literally.



There is a lot of confusion in the years that begin at 10, 11 or 12 and go on through to the 20s, and also a myriad of changes. All kinds of things are affected, like sleep, moods, growing pains of all kinds, and certainly awareness of sexuality.

I remember back to my own preteen and teen years and can recall how exciting it was and at the same time how

challenging. Experiencing that time through my daughter showed me that although many things stay the same, a great deal has also changed. Kids these days are more informed, more aware and less insular than we were. The internet has added its influence as well as social media.

New pressures, competitive realities, and, of course, being kids in a major and busy metropolis like New York City all add their effects to what used to be more innocent times in one's growth experience. These kids are savvy and in the know. They are tuned in and connected. Often, as parents, we struggle to keep up with them. It remains our responsibility however, to keep aware of their circumstances and try to remain current.

The main reason we focus on teens

this month is because many of the high schools in our communities are having open houses for next year's registration. Whether you are interested in public or private options, there is something for everyone and we're proud to present some of the terrific schools located around the boroughs. It's an important time for our kids and they need us to be vested and engaged along with them. Make sure you look around carefully for the best school option for your child's needs.

Happy Fall! Thanks for reading.

Susan Weiss-Voskidis,
Publisher/Executive Editor
Susan@nyparenting.com

Community News Group

PRESIDENT & PUBLISHER:

Victoria Schneps-Yunis

CEO & CO-PUBLISHER:

Joshua Schneps

New York Parenting

PUBLISHER / EXECUTIVE EDITOR:

Susan Weiss

PUBLISHER / BUSINESS MANAGER:

Clifford Luster

OPERATIONS ASSOCIATE:

Tina Felicetti

SALES REPS: Erin Brof, Mary Cassidy,

Shelli Goldberg-Peck, Jay Pelc

ART DIRECTOR: Leah Mitch

WEB DESIGNER: Sylvan Migdal

GRAPHIC DESIGNERS: Arthur Arutyunov,

Gardy Charles, Earl Ferrer, John Napoli,

Marcos Ramos

MANAGING EDITOR: Vince DiMiceli

ASSISTANT EDITOR: Courtney Donahue

COPY EDITOR: Lisa J. Curtis

CALENDAR EDITOR: Joanna Del Buono

Contact Information

ADVERTISING: WEB OR PRINT

(718) 260-4554

Susan@NYParenting.com

CIRCULATION

(718) 260-8336

Tina@NYParenting.com

EDITORIAL

(718) 260-4554

Family@NYParenting.com

CALENDAR

(718) 260-2523

ADDRESS

New York Parenting Media/CNG

1 Metrotech Center North

10th Floor

Brooklyn, NY 11201

www.NYParenting.com



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Helping teens with political internships

In anticipation of the midterm elections in November, a 10th-grade student at Manhattan's Dalton School started an organization that makes political internships more accessible to the city's teens.

James Kuntz founded Teens in Politics this past spring as a resource for high-school students who want to start their journey into government with volunteer positions for New York politicians.

Kuntz is a member of Congresswoman Carolyn Maloney's Youth Cabinet. He's hoping to expand his internship opportunities outside of New York for the 2020 election cycle.

Teens with a passion for politics can visit teensinpolitics.org.



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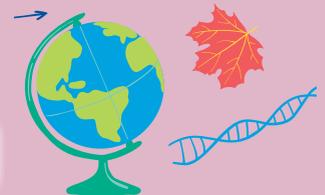


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NEW YORK Parenting



9 tips to help teens get their **ZZZs**



BY KIMBERLY BLAKER

Teen sleep habits are an ongoing frustration for many parents. Teens often stay up into the wee hours of the night and then struggle to wake up for school on weekdays, then tending to sleep the days away on the weekends. This results in daily battles between many parents and teens.

But sleep is crucial to adolescents' well-being. School-age children, from ages 6 to 13, need 9 to 11 hours of sleep per night, according to the National Sleep Foundation. Teens, from ages 14 to 17, need 8 to 10 hours. Yet studies find only a small percentage of teens are getting the necessary sleep.

The problem is, as experts point out, during puberty, teens' circadian rhythm shifts. During their earlier years, kids start feeling sleepy around 8 or 9 pm. But during adolescence, it's 10 or 11 pm before they start getting tired. This is called "sleep phase delay," which is likely caused by a delay in the release of the body's melatonin.

Sleep phase delay, however, isn't the only reason teens don't get enough sleep. Increased demands on their time — including additional household responsibilities, homework and extracurricular activities, socializing with friends, and media use — also contribute to a short-

age of sleep.

So what's a parent to do? In a perfect world, all high schools would adjust their school day to begin and end at least an hour or so later each day. This would make it easier for teens to get the sleep they need and significantly benefit students.

For example, Kyla L. Wahlstrom and her colleagues at the University of Minnesota conducted a three-year-long study of 9,000 students. Their findings, reported in "Examining the Impact of Later High School Start Times on the Health and Academic Performance of High School Students: A Multi-Site Study," revealed high schools that start the day at 8:30 am

or later see several benefits.

First, 60 percent of these students were able to get at least eight hours of sleep per night during the school week. Those getting the extra rest also had lower rates of depression and caffeine use and were at decreased risk for substance use. These students showed better academic performance and had better achievement test scores as well, while having a reduction in tardiness. Also, where schools shifted the start time to 8:55 am, the risk of traffic accidents involving teen drivers was significantly reduced.

You might find it worth talking to other parents about the teen-sleep di-

lemma and the benefits of later school hours. Then create a concerted effort among parents to take the issue to the school board. Of course, this is a longer term solution that won't likely be implemented at least until the following school year.

Fortunately, there are several things you can do right now to help ensure your teens get the sleep they need:

Set a regular bedtime routine

Teens should go to bed and wake up at roughly the same time each day. It might also be helpful to allow your teen to sleep in a little later on the weekends to catch up a little.

But don't let your adolescent sleep in too much later on the weekends. Otherwise, your teen will likely stay up much later as well. Then it'll be much more difficult to fall back into an early bedtime routine during the week.

Remove media from bedrooms

Televisions, computers, music, and cell-phones serve as perfect distractions to keep kids awake late into the night. Have your teen remove all media from the bedroom before bedtime. If your teen usually

uses a phone alarm, get an alarm clock instead.

Restrict caffeine

Soda, coffee, and energy drinks that are consumed late in the evening impede sleep.

Set a curfew for these beverages two to three hours before bedtime.

Keep the bedroom cool

Being too warm at night interrupts sleep. Set the thermostat to 3 degrees cooler at night than it's set at during the daytime. Just make sure your teen has plenty of blankets to maintain comfort.

Eat some carbs before bed

Have your teen eat a light, high-carbohydrate snack before bedtime. Fruit and white grains tend to be high in carbohydrates. Just make sure your teen doesn't overdo it, since feeling stuffed can also make it difficult to fall asleep.

Practice relaxation

Have your teen start winding down 30 to 60 minutes before bedtime.

Your teen should do something relaxing such as read, listen to calm music, or watch a light television show. Better yet, see if you can get your teen to practice

meditation or yoga.

Restrict work hours

Teen jobs often require working the late shift. Restrict the hours your teen can work both on weeknights and weekends during the school year to ensure she can get her Zs.

Take a hot bath

This is a good way for your teen to relax before bed. It could also provide your adolescent an extra 20 minutes of sleep in the mornings by getting the bath or shower out of the way the night before.

Seek medical advice

If you've tried everything and your teen still isn't getting enough sleep or feels sleepy during the daytime, it might be a good idea to talk to your doctor. There are several sleep disturbances such as insomnia, sleep apnea, or a sleep movement disorder that can contribute to the problem. Some mental health conditions such as attention deficit hyperactivity disorder, depression, and bipolar disorder can also contribute to sleep disturbances.

Kimberly Blaker is the author of the book "Horoscopes: Reality or Trickery?"

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In her own words

A child sex abuse survivor, now a mother, fights for change

BY TAMMY SCILEPPI

Connie Altamirano is a survivor of childhood molestation who began her crusade against the sexual abuse of children in the state legislature.

When this mom-activist found her voice, she knew she could help others find theirs.

In this first of a three-part series, she shares how her own experience as a victim has affected her as a woman, and most importantly at this juncture, as a parent.

Sexual abuse of children has become a terrible epidemic. Amid growing concerns about this emotionally charged issue — each year, more than three million reports of child abuse are made in the United States, according to ChildHelp.org — a headline-making report from a Pennsylvania grand jury last month revealed stunning findings about abuse within the Catholic Church. It turns out that hundreds of Pennsylvania priests may have molested more than 1,000 children over several decades.

These startling revelations have motivated one brave New Yorker and mother of two — who is still fighting demons from her difficult past — to keep advocating for victims, as she and other survivors continue to fight for justice in Albany, while bringing awareness about child sex abuse to their local communities.

At 44, Ridgewood, Queens, resident Connie Altamirano looks back on her struggles as a victim, and says she has spent years coming to terms with her ordeal and searching for her voice, so she could live a meaningful, happy life and help other victims find their voices.

But Altamirano is still healing. In a recent tweet she writes, “My past is always in my present affecting my day 2 day living.”

Since first sharing her story with New York Parenting readers back in 2015, her goal has been to fight for reform of New York State’s archaic and rigid child sex-abuse laws. But the battle has been an uphill climb.

These frustrating laws, says Altamirano, help protect the abusers, while leaving victims like herself and others in the dust, scrambling to pick up the pieces, so they can live relatively normal lives.

New York’s problematic legislation,



These statistics are from ChildUSA, an national organization led by a nationally known expert on child sexual abuse, law professor and lawyer Marci Hamilton.

which seemingly hasn’t budged an inch in decades, continues to anger impatient victims who have been seeking closure. Sadly, the wheels of justice haven’t been moving fast enough, and time is of the essence. Although she’s remaining hopeful, Altamirano says, “I’m getting old.”

In short, everybody agrees that this deplorable situation can be remedied by reforming our statute of limitations and by making the so-called Child Victims Act the law in New York. Due to New York State’s outdated statute of limitations law for these offenses, future generations of children are at risk, as predators go unpunished for their crimes — even for decades.

Individuals and organizations have worked tirelessly on behalf of the Child Victims Act. And hopefully, persistent voices like Altamirano’s will ultimately prevail, as she and others continue to point out the unfairness of current law and the damaging effect it has on our society.

The central point of contention on this issue seems to be the “look-back window,” a provision survivors and advocates have been pushing for which would open a one-year window during which child sexual-abuse cases whose statutes of limitation have expired could be brought in civil court against both abusive individuals and any institutions that enabled or protected them.

While the act has been passed several times in recent years by the assembly, it has, year after year, been stalled in committee and has yet to even reach the floor for a vote in the state senate.

“We need the look-back window to expose those hidden predators. Without it, they are free to abuse more children,” Altamirano says, adding, “as of now, there are no updates ... I’m disappointed that the senate failed to act during this session, and I would hope that any senator who’s about protecting our children would return to Albany for a special session to negotiate a bill that will rectify the past, protect the present, and secure the future safety of New York’s children.”

“I have come to realize, as citizens, we must maintain regular contact with senators, assembly members, council members, but also in our communities. I’ve learned it’s important to pay attention to politics and current events.”

Altamirano, who is one of the estimated 42 million survivors of child sexual abuse in America, as estimated by the National Association of Adult Survivors of Child Abuse (naasca.org), says, “We must stop this evil epidemic with prevention and awareness education in our schools.”

And she feels she has a moral obligation as both a survivor and mother to have that conversation and alert parents



Child sexual abuse survivor and advocate Connie Altamirano and her children, ages 9 and 13.

that their children are at risk if the Child Victims Act continues to stall.

“This bill would not only extend the amount of time a New York survivor has to come forward with their abuse, but create a one-year window to allow us to identify all the sexual predators who have been abusing children for decades in New York but remain hidden throughout our communities.”

As of this writing, the act remains in limbo in Albany. So, Altamirano continues to speak at rallies, protests, community boards, and community events; she has been involved with outreach to community leaders, while still advocating by lobbying and meeting with lawmakers, and says she will speak on the issue wherever she can.

For survivors like Altamirano, living in the aftermath of abuse becomes a daily emotional battle. Her rocky journey toward healing and inner peace, and from victim to survivor and mom-activist, began after she gradually realized something wasn't right. She knew she had to take action, as soon as possible — or endure a lifetime of misery.

Despite her terribly unfortunate circumstances early on, Altamirano has created a family of her own, raising her daughter, now 13, and her son, now 9, all while navigating a scary world. Like all parents, she says her number-one

priority has been to protect her kids and teach them how to stay safe and make sound decisions as they get older.

Below is Altamirano's story in her own words.

Parenting as a survivor of childhood molestation

I wanted to share what it's like to parent as a survivor with readers.

My daughter wants to walk home from school — without me. It's a bus and five blocks, but the thought of it makes my heart and mind race.

I want to encourage her to be the independent, adventurous girl she is, and to live without fear. Yet, I cannot help scanning every room, worrying about every stranger, and constantly questioning the safety of my kids.

As a child, I was not safe. My step-grandfather began sexually abusing me as a toddler and continued through second grade. When I finally told my grandmother, she beat me and called me a liar. Police and social workers came and left. I waited for my rapist to kill me and my mother. I suffered from migraines, panic attacks, and nightmares. I was afraid of everyone, and so angry at all those who failed me: my family, the schools, the police, and the city.

When I started high school, I could not handle the attention from boys and

Altamirano knew she had to take action, as soon as possible — or endure a lifetime of misery.

feared I would be raped or killed. I quickly dropped out, locking myself safely away.

Survivors deal with trauma differently. Many of us choose not to have children, but I am blessed with two who are my light and my loves. They know what happened to me. They know why mom comes on every field trip.

Their “normal” includes my constant surveillance and concern. When my son wanted to ride the subway for the first time, I enlisted a full entourage to make sure we were safe. A dream trip to Disney World required a network of helpers to ease my dread.

I still fear that I will be raped or killed.

How often do you think about the worst thing that ever happened to you? How much does it affect your daily life? I carry the baggage of sexual assault with me every day, while my abuser lives free. I know I am not alone.

For now, I continue to try to be my best for my children. I am blessed with a support network that helps me face my limitations and grow my boundaries, giving me time to process change, and encouraging me when the fear takes over.

I see the independence in my children and want it to flourish. I let my son ride the bus, fighting the urge to follow behind. I check out the five-block route from school and beg my daughter to stay on the left side of the street, away from construction areas and dark alleys. I enroll them in self-defense classes and talk to them about dangers.

My daughter thinks I will follow her to college. She knows my heart is calm when she's safe and asleep at home, and how I struggle with her evolving freedom. I am so proud of the confident young woman living without fear, and I'm grateful for her patience as I grow with her.

I'm still in transition from being a victim to being an advocate. The system failed me, and yet I am still here, fighting to change that system that protects predators and abusers instead of children and victims.

Pick up November's issue for Part 2 of this story about Connie Altamirano and her political activism.

Tammy Scileppi is a Queens-based freelance journalist, parent, and regular contributor to New York Parenting.



Thyroid problems after pregnancy

When you come home from the hospital with a newborn baby, you will quite naturally feel exhausted, weak, emotional, and just plain terrible at times. After all, you've been carrying a baby for nine, long months and with delivery, a flood of hormones change swiftly, affecting your body in multiple ways. This abrupt change can be responsible for the postpartum blues, but it can also cause postpartum thyroiditis.

What is postpartum thyroiditis?

The thyroid is a central gland in the body, so it's no surprise that when it has problems, your whole body is affected. According to the American Thyroid Society, more than 12 percent of the U.S. population will develop a thyroid condition during their lifetime, a significant finding considering the thyroid produces a hormone that influences every cell, tissue, and organ in the body.

In postpartum thyroiditis, the thyroid

becomes inflamed, which impairs function. The hypothyroid phase occurs when your thyroid gland does not produce enough of certain important hormones to supply the body. The hyperthyroid phase is diagnosed when the thyroid produces too much of the hormone thyroxine.

Why does postpartum thyroiditis occur?

Postpartum thyroiditis occurs when a woman's antibodies attack the thyroid and cause inflammation. It occurs in approximately five to 10 percent of women. If you suffer from an autoimmune disorder, diabetes, or have a previous history of thyroid problems, your risk is higher. It is typically diagnosed two to four months postpartum but can develop up to eight months after you deliver.

What are the signs and symptoms?

In the hyperthyroid phase, which usually lasts one to three months, a woman



HEALTHY LIVING

DANIELLE SULLIVAN

may experience insomnia, palpitations, fatigue, weight loss, and irritability. During the hypothyroid phase, which lasts nine to 12 months, symptoms involve fatigue, weight gain, constipation, dry skin, and depression.

Dr. Moshe Dekel, a board-certified obstetrician and gynecologist who regularly treats thyroid patients, believes that not all mothers are being properly diagnosed.

"There are many more women exhibiting clear clinical signs of hypothyroidism that are not being treated," Dr. Dekel says.

Furthermore, thyroid testing is not part of the routine, six-week checkup, and, according to Dr. Dekel, many doctors are not trained to look for it. He recommends that moms "see a physician who is willing and able to think 'out of the box,' and who is also willing to do the necessary testing and pay attention to the clinical presentation."

How is postpartum thyroiditis treated?

Treatment is key. Most symptoms can be alleviated through medication, including levothyroxine, analgesics, or steroids, depending on the phase you are in. The good news is that, with treatment, most moms can expect to return to normal thyroid function within 12–18 months of the onset of symptoms. Thyroid disorder isn't fatal, but it can make you feel pretty miserable, so don't let something so easily treatable take time away from enjoying your new baby.

Danielle Sullivan is a writer living in New York City. Follow her on Instagram @Deewrite.



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www.aquinashs.org

Our high school is committed to educating and inspiring young women for a lifetime of faith, learning and compassionate action for a more just world. We are a community of faith and learning rooted in the Catholic tradition and committed to excellence in the education of young women - mind and heart, body and spirit. Since it's founding in 1923, our school has welcomed each new wave of NYC's population with a challenging curriculum, a broad spectrum of co-curricular activities and passionate community service in a diverse and nurturing environment. Today 100% of our students achieve Regents endorsed diplomas and go on to attend college or university of their choice.

Cardinal Hayes High School

Grand Concourse
718-292-6100 ext. 187
www.cardinalhayes.org

Inspiring culturally diverse young men of the NYC Metro Area through spiritual growth and a rigorous collegiate preparatory program of academics, extra-curricular activities and personal discipline. As a Christian community comprised of parents, students, faculty, alumni and benefactors, the goal of personal excellence and responsible citizenship is accomplished by embracing traditional Roman Catholic values. This High School Community believes: an effective Roman Catholic education develops the whole person spiritually, intellectually, emotionally, socially and physically. Every student has unique talents that should be developed to their fullest potential. Every student can become a life-long learner. Every student must contribute to the common good of society. Every student and every

Continued on page 16

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FALL OPEN HOUSE

October 14 • 12pm - 3:30pm

WINTER OPEN HOUSE

January 16 • 6pm - 8pm

TACHS EXAM CODE 115

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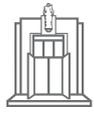
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Time: 10am-1pm

Date: October 13th

Place: Cardinal Hayes High School
650 Grand Concourse
Bronx, NY 10451

For more info contact Craig Joseph at 718-292-6100 x 187
or visit www.cardinalhayes.org

High School Choices

DIRECTORY



Continued from page 14

background deserve respect and consideration. Every student has the right to safety, love and a challenging and stimulating learning environment

Cardinal Spellman High School

Williamsbridge
718-881-8000 x 206
www.cardinalspellman.org

You can have it all – SMALL school friendliness with BIG school opportunities! This High School offers a program of studies and activities to prepare each student for personal success in college and in life. Many of the graduates are awarded college scholarships. In addition to providing a strong academic foundation for college, students are helped to further develop the social skills necessary for the demands of college life. Being a large co-ed school, students are offered a step forward toward a more college-like environment, giving them the opportunity to continue to develop their social skills beyond the small school setting they are leaving behind, while still receiving the support of a nurturing atmosphere. If you have an eighth grader, why not call for an appointment to Spend-A-Day?

Fordham Preparatory School

Rose Hill campus of Fordham University
718-584-8367
www.fordhamprep.org/admissions

A Catholic, Jesuit, college preparatory school located on the campus of Fordham University offering individualized study for highly motivated young men through honors and Advanced Placement courses beginning in freshman year. Qualified students may also take classes at Fordham University. A program of retreats, days of renewal and a 4-year service program provide a rich experience for students in preparation for college and for life. The athletics program includes 18 varsity sports and offers over 60 clubs and activities. Student diversity is one of the special features of Fordham Prep, with the school striving to include qualified students of limited financial resources by providing substantial financial assistance. Our school offers an education that emphasizes faith, scholarship and service; an education that shapes a lifetime.

Lower East Side Preparatory High School

Manhattan
212-505-6366
lesnyc.com

A safe, supportive, and technology-rich environment that motivates all students to succeed. With a renowned ESL/transitional bilingual program in Spanish and Chinese, and a variety of enrichment, Advanced Placement Courses, Regents preparation, and extended day classes; LESP sends more than 80% of their graduates to college. The transfer school provides structure and support to those who are over-aged and under-credited, and helps students get a new start. "We take you from where you are to where you want to be."

Mount Saint Michael Academy

Wakefield
718-515-6400
www.mtstmichael.org

Respect, integrity, perseverance, professional behavior and accountability are the five core values that guide the Mount Saint Michael Academy community, a Catholic, college preparatory school for young men, founded in 1926. Today The Mount has over 800 students of diverse backgrounds. We are the only grades 6 through 12 all-boys school in NYC. We offer an excellent education, recognized by the U.S. Department of Education as a National Blue Ribbon School of Excellence, at a fraction of the cost of other private schools. Our beautiful 22-acre campus on the border of Westchester County offers over a dozen sports opportunities and includes batting

Continued on page 18



Saint Raymond Academy for Girls OPEN HOUSE

Friday, October 12, 2018 from 5-8pm



TACHS code: 220

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ext. 1052 or

lschaller@straymondacademy.org

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Bronx, NY 10462

www.straymondacademy.org



Saint Barnabas High School



OPEN HOUSE EVENTS

Thursday, October 18, 2018 6:00 – 8:30 p.m.

Saturday, October 20, 2018 12:00 – 2:30 p.m.

SHADOW DAYS

Attend classes, meet students and learn all about the SBHS Community!

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TACHS CODE 214

Saint Barnabas High School
425 East 240 Street, Bronx, NY 10470

CARDINAL

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OPEN HOUSE

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High School Choices

DIRECTORY



Continued from page 16

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Preston High School

Throggs Neck
718 863-9134
www.prestonhs.org/

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Saint Barnabas High School

Woodlawn
718-325-8800
www.stbarnabashigh.com

An all-girls, independent Catholic college preparatory high school since 1924, providing an ideal learning environment where girls excel academically, socially and spiritually. Throughout their time at the school, students gain confidence and develop leadership qualities in the classroom and beyond. In 2018, 31 of our 44 seniors earned \$9.6 million college scholarships. With a challenging curriculum, an array of extra-curricular activities and an emphasis on service our goal is to embrace global diversity and educate our young women to develop both the confidence and the recognition that they have the potential to do and the power to be Christian leaders who will change the world. Take a closer look at our school. Attend one of our open house events and schedule a Shadow Day visit.

St. Raymond High School for Boys

Parkchester
718-824-5050
straymondacademy.org

A Catholic high school founded by the parish in 1960, we are a recipient of the Blue Ribbon School of Excellence Award with an enrollment of 550. 97% of our students will attend college. Honors and advanced placement programs are available. Clubs and activities for students include Art Club, Chorus, Band, Yearbook, Newspaper, Photography Club, Video Production Club, Christian Service, Outdoor Club, National Honors Club and Student Council. Our athletic programs include baseball, basketball, bowling, cross country, golf, handball, indoor and outdoor track, lacrosse, soccer and intramurals.

St. Raymond Academy for Girls

Castle Hill
718-824-4220
www.saintraymondacademy.org

Our school is a small Catholic high school for young women in an urban setting. We inspire our students to reach their God-given potential in a safe, supportive, and diverse environment. Through a state-approved curriculum and extra-curricular activities, we encourage our students to seek and value truth. By empowering them with an education that promotes a commitment to excellence, self-discipline and strong Christian values, we challenge our students to become successful and accountable in a dynamic society.

faith, scholarship, service

FORDHAM PREPARATORY SCHOOL

OPEN HOUSE
Sunday, October 28
1-4 pm

Registration Required
fordhamprep.org/admissions

For more information:
www.fordhamprep.org/admissions
admissions@fordhamprep.org
718-584-8367

Fordham Prep is located in the Bronx on the Rose Hill campus adjacent to Fordham University.

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GRADUATES WHO ATTEND COLLEGES RATED BY BARRON'S AS MOST SELECTIVE

140

STUDENTS WHO WERE NAMED AP SCHOLARS IN 2018

6

CONTINENTS VISITED BY OUR STUDENTS AS PART OF OUR GLOBAL ED PROGRAM

36

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ANNUAL OPEN HOUSE

Parents and Guardians are cordially invited to attend this annual open house event for the upcoming 2019-2020 school year. We invite families to our school to preview our school environment and tour the building to see the program currently available for incoming freshman students.

Tuesday, November 15, 2018 • 6:30pm – 8:00pm

Saturday, December 8, 2018 • 10:00am – 1:00pm

Thursday, December 4, 2018 • 4:30pm – 6:30pm

Saturday, January 5, 2019 • 10:00am – 1:00pm

The Mission of AECI is to create an integrated rigorous academic program and career preparatory learning environment that provides students with a foundation of the necessary skills, knowledge, and practical experience to pursue a path leading to college and/or a career in the Architecture, Engineering or Construction Industries.

- Students are exposed to Architecture, Engineering or Construction Industries during their four-year degree
- College partnerships expose students to college level course work in preparation for college and career
- Over 96% of our students graduate and attend 2 and 4 year colleges
- Students are highly encouraged to participate in clubs, sports teams and internships in order to expose students to working collaboratively as teams and individually.



EVENTO ANNUAL DE PUERTAS ABIERTAS

Los padres y tutores están cordialmente invitados a asistir a este evento anual de puertas abiertas de nuestra institución para el próximo año escolar 2019-2020. Invitamos a las familias a nuestra escuela a realizar una vista previa para conocer nuestro ambiente escolar y recorrer el edificio para ver los programas que están disponibles para los estudiantes del primer año.

Jueves, Noviembre 15, 2018 • 6:00pm - 8:00pm

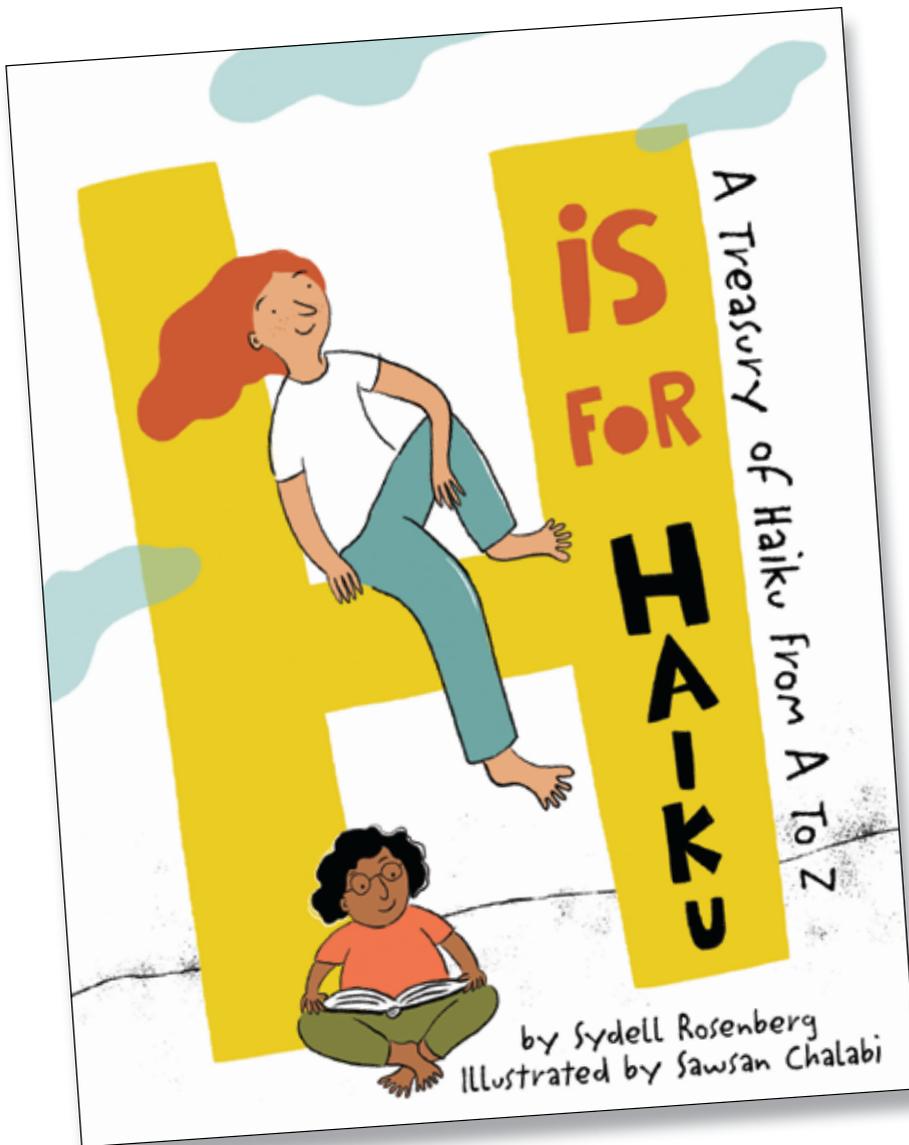
Sabado, Diciembre 8, 2018 • 10:00am - 1:00pm

Jueves, Diciembre 4, 2018 • 4:30pm - 6:30pm

Sabado, Enero 5, 2019 • 10:00am - 1:00pm

La Misión educativa de AECI es crear un riguroso programa académico integrar de enseñanza y aprendizaje preparatorio de carreras que proporcionen a los estudiantes una base de habilidades necesarias del conocimiento y la experiencia práctica, para seguir un camino que los conduzcan a la universidad en los estudios de Arquitectura, Ingeniería e industrias de la construcción.

- Los estudiantes están recibiendo clases sobre Arquitectura, Ingeniería e Industrias de la Construcción durante su carrera de cuarto años.
- Las asociaciones con las Universidades ofrecen a los estudiantes prepararlos en cursos de nivel universitario antes de ingresar a una Carrera universitaria en estas áreas.
- Mas del 96% de nuestros estudiantes se graduado y asisten a colegios universitarios de 2 o 4 años.
- A los estudiantes se les anima a participar en clubes, a formar equipos deportivos y a realizar sus prácticas con el fin de conducir a los estudiantes a trabajar en colaboración como equipos e individualmente.



Little poems for little kids

New children's book features haiku

BY TAMMY SCILEPPI

Whether you're a kid or a kid at heart, reading "H is for Haiku: A Treasury of Haiku From A to Z" (Penny Candy Books) by Sydell Rosenberg is a great way to explore the fun and poetry in everyday moments, captured in beauti-

fully penned micro-poems, accented with Sawsan Chalabi's delightful illustrations that fill the pages of this New York City-inspired, hardcover picture book.

This is a charming tome, which belongs on every young reader's book shelf. You'll see, before long, your youngster may be conjuring up his or her own imagi-

native wordplay, haikus and mini stories depicting colorful characters and thought-provoking plots — 'cause that's what micro-poetry such as haiku and senryu is all about. Senryu is a form of poetry with three lines of unrhymed poetry, like haiku, which differs in that it is humorously about human nature. Haiku is a verse poem written in a structure of five syllables for the first line, seven for the second line, and five syllables for the third.

When you hear the word "haiku," what's the first thing that comes to mind? Perhaps you remember learning about it in school? Ask your kids if they know what it means.

The literary art form, which originated in Japan, says a lot in just three, lines of verse — while leaving the rest to the reader's imagination. Think, "mindfulness poetry" for the soul.

An example is Rosenberg's short nature poem: "Munching on acorns / A squirrel sweeps Up Sunbeams / With her transparent tail"

Although haiku is known for its simplicity and economy of words, the Japanese say that mastering it can take a lifetime; it seems easy, but it's quite challenging. A lot of thought goes into each wonderfully visual poetic nugget.

The poetess behind the book — native New Yorker and Jewish immigrant, Sydell Rosenberg (1929–1996) — spent her entire life in her beloved New York City writing and teaching. She was extremely creative, gifted and fun-loving, according to her daughter, Amy Losak, who collaborated on the book with her mom — in spirit — years after her passing.

Rosenberg lived in Manhattan in the early years of her marriage and motherhood, then moved her brood to Briarwood, Queens, where Losak grew up before moving to New Jersey years later.

As a young wife and mother, Rosenberg developed a passion for everything haiku and loved it so much, she became a charter member of the Haiku Society of America in 1968. Her short poems and other pieces were published in various magazines and anthologies.

Much of that unique poetry reflects an urban sensibility or flavor, according to Losak, who says her mother referred to those poems as "city haiku." They were included in the classic 1974 "Haiku Anthology," edited by Cor van den Heuvel.

After grieving her mom's sudden passing at age 67, Losak went on a years-long mission to revive some of Rosenberg's literary works, especially her haiku, and keeping her memory alive through this special book, which was a labor of love.

Here is Syd's story, according to her daughter:

"I always knew mom was talented and

passionate about her teaching and writing. She studied and wrote haiku and senryu for years; even studied Japanese in order to try and read the original masters.

"But she also was a bit of an 'oddball.' I say this with love. I have come to realize that this was part of her gift ... her vision for seeing 'into' things — even small slices of life we might overlook in our daily distractions and the onslaught of 'busyness' that can get in the way of enjoying them.

"Syd greeted each day with expectation, even joy. She had an almost childlike exuberance. Mom loved the rich cultural and intellectual plenitude of the city. She was always having 'adventures' on her own and with friends.

"When her life became more difficult in later years, her literary pursuits became even more precious.

"They were her escape from drudgery. I didn't quite understand this then, and sometimes, I got impatient — even irritated — with her behavior. But I do now.

"As I've gotten older, I've become more understanding about mom's unusual 'ways.' I now write and even sometimes publish my own short poetry: haiku and senryu. Doing so, brings me joy — the process challenges me. Writing makes me stop and pay attention to my surroundings — those small things. In hindsight, my mother has

You'll see, before long,
your youngster may be
conjuring up his or her own
imaginative wordplay.

inspired me in a number of ways that are still unfolding, still flowering."

An example of Rosenberg's haiku shows her skill at seeing the mundane in a new light:

"Adventures over
the cat sits in the fur ring
of his tail, and dreams."

"A poet-children's author-child play therapist, Rita Gray, once told me, 'haiku is lineage,'" says Losak. "At the time, I wasn't sure I understood what she meant. Now, I do.

"I miss mom's gigantic laugh and joie de vivre, and her offbeat way of engaging with the world. She left her family something of a legacy, one I am trying to carry on, emulate, and share with 'H is for Haiku.'"

• • •

Losak has a successful partnership with Arts for All, a New York-based arts education nonprofit, where Rosenberg's micro-

poems are used in one Queens and one Bronx public school to teach the basics of painting, drawing and collage, as well as music and theater.

She has contacted arts education, literacy, and nature organizations in New York and New Jersey with ideas about using her mother's haiku as teaching and artistic "tools," while also collaborating on several creative projects.

For example:

At the Children's Museum of the Arts in the city, teaching artists built a spectacular golden PoeTree. A selection of Rosenberg's haiku was placed on the walls. Kids wrote their own haiku on colored paper "leaves" and hung them from the tree.

At the Queens Botanical Garden, where Losak did haiku presentations, kids walked around the pretty grounds for inspiration and wrote their own haiku.

After her haiku reading at the Poets House in the city, kids created their own haiku stone keepsakes.

As a proud member of the Haiku Society, Losak says, "As I endeavor to learn more about this exquisite, brief form of poetry, it makes sense to be a member of this talented and supportive community. And it helps keep me connected to my mom."

Tammy Scileppi is a Queens-based parent and regular contributor to New York Parenting.

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‘Processed’ is not always a bad word

For many media pundits and the average consumer, the word “processed” should be spelled “j-u-n-k.” If only we stopped eating processed foods, the thinking goes, Americans would avoid illness and live forever.

Of course, that’s not true. Yet, the degree of processing counts. There are lightly processed foods and ultra-processed foods. The latter are highly processed foods of minimal nutritional value relative to calories.

One obvious example is soft drinks, which have no nutrients, but lots of calories. Others include candy, packaged baked goods, and processed meat products. Studies suggest ultra-processed foods contribute the highest amount of added sugar to the American diet and are linked to a variety of health issues.

Virtually everything we eat is processed to some degree; even grains such as wheat or oats have to be treated in some way to be edible. Olives are another example. Direct from the tree, olives are inedible. While in Turkey a few years ago, I came across some olive trees and tested this for myself. The raw olive was shockingly bitter. Olives do need to be cured before eating!

Processing is important to make food safe, reduce food spoilage, and more. Foods that are cooked, frozen, dried, and fermented can be considered “processed.”

Minimally processed forms of produce — those that are frozen, dried, or canned — are at least as healthy as fresh and

sometimes even more so. Since the majority of fresh produce is picked before it reaches its full nutritional value and travels for days before it arrives at the grocery store, some nutrient levels diminish. Fruits and veggies destined for the freezer or canneries are allowed to fully ripen on the plant and are packed soon after harvest, which preserves peak flavor and nutrition.

Cooking is another form of processing that can make a food more appealing and easier to digest. Cooking can also enhance nourishment. For example, cooked carrots have more beta carotene available to the body compared to raw.

Foods that benefit from light processing

Canned tomatoes. These are a well-known example. Heat processing tomatoes helps break down the walls of the plant, raising total antioxidant activity and lycopene content, enhancing the overall nutritional value. Lycopene is a carotenoid antioxidant thought to reduce the risk of certain cancers and to protect against heart disease. This benefit extends to tomato sauce, juice, paste, and kid-friendly ketchup.

Corn and spinach. Their antioxidants are boosted by heat, both in cooking and in heat processing. For example, lutein — found in corn, spinach, and kale — is a nutrient that protects the eyes from macular degeneration.

Canned peaches. Surprisingly, canned



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

peaches have significantly higher levels of vitamin C, antioxidants, and folate compared to fresh peaches. While canning lowers vitamins A and E and total carotenoids, the amounts are comparable to fresh peaches throughout a three-month shelf life.

You may be asking yourself, “What about the added sodium and sugar in canned vegetables and fruits?” Good question! They’re mainly found in the liquids. By draining and rinsing canned fruits and vegetables, you can significantly reduce the sodium and sugar content. Most plain, frozen produce do not have added ingredients, but do read the ingredient list to make sure.

Healthful processed foods

Canned and dried tomatoes: For pasta, soup, salads, and stews.

Frozen edamame: For snacking, tossing in a stir-fry dish and salads.

Canned olives: For pasta, soup, salads, and stews.

Frozen berries: For smoothies, oatmeal, and yogurt.

Dried apricots: For tossing into trail mix and snacking.

Processed foods are key to our modern lives, and they can make nutritious meals widely available. Having a freezer and pantry stocked with healthful, lightly processed foods makes it easy to put a meal on the table without a special shopping trip.

Christine Palumbo is a Naperville, Ill.,-registered dietitian nutritionist and Fellow of the American Academy of Nutrition and Dietetics. Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition, or Chris@ChristinePalumbo.com.



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Flashback to the '80s

Teens today don't know how good they've got it!

BY CHERYL MAGUIRE

"I'm so jealous of you!"

That was me speaking, not my teen. We signed up for a music-subscription service and within minutes, she had all the latest hits on her iPhone playlist. I was in awe but also jealous of her easy access to music. As a teen growing up in the 1980s, I would have loved to have had the ability to listen to a song of my choosing within seconds. Even though technology can have its downfalls, I'm envious of all the ways my teen will have it better than I did growing up:

Music

Me in the '80s: I loved all types of

music. One of my favorite things to do was create a mixtape. Using my dual-cassette boom box, I recorded a mix of songs onto a cassette tape to later play on my yellow, waterproof Sony Walkman. Sometimes, it would take over a week just to make one mixtape. If I didn't own the album, I waited for the song to play on the radio, and then I recorded it onto the cassette tape, which often captured a little bit of the DJ introducing the song or the song's ending was cut short. If I wanted to change a song, I would have to rewind the tape and record over it, which would really only work for the last song. Recording over a mid-tape song risked recording over other tracks I wanted to keep. Mostly, I was stuck with it.

As you can see, it was a cumbersome,

elaborate process, and by the time you were done making a mixtape, you were sick of most of the songs and ready to make another one.

My teen now: Within seconds, she downloads 20 songs onto a playlist on her phone which she can bring with her anywhere. If she becomes tired of a song, clicking delete will eliminate it instantly, or she can simply hit "next" to forward to the next song without waiting for the tape to move along or without trying to figure out how long to fast forward until the song is over.

Writing research reports

Me in the '80s: Thumbing through the library card catalog, I found a book related

to my research paper. I then searched through the library for it, and checked it out. Usually, I needed at least three or four books, which meant repeating the process. I then had to write the paper by hand (we didn't have a typewriter or word processor, which I didn't use until college) and used my mother as a spellchecker since I was horrible at spelling.

My teen now: A quick Google search reveals more than 100 different links related to her research topic. She then types up her paper in a Google Doc using spellcheck — although, unlike her mother (more like her grandmother), she is an incredible speller and doesn't even need it.

Making a phone call

Me in the '80s: After I finished shopping at the mall with my friends, I needed to find a pay phone (along with a quarter) to ask my mom to pick us up. She gabbed away for more than three minutes, which required me to feed the pay phone another quarter since she went over the time limit. I thought to myself, "I should have used the collect call trick — when they ask for my name I would say, 'Pickup Mall.'"

My teen now: She sends a quick text from her phone, "Please pick me up now," without needing any quarters or search-

After I finished shopping at the mall with my friends, I needed to find a pay phone (along with a quarter) to ask my mom to pick us up.

ing for a pay phone, or using the "collect call" trick.

Communicating with friends

Me in the '80s: One phone in the house and me, my two sisters, and my mom was not a good combination, since we always seemed to want to use it at the same time. If you wanted to make a phone call outside of our town, you would be charged per minute.

My teen now: Everyone in the house has their own phone line and can easily make unlimited phone calls (or Facetime) anywhere in the country without paying additional fees. She hardly ever makes "real" phone calls though — she mostly uses text messages or social media. I doubt she has ever heard a "busy signal" or understands how great it was when

"call waiting" was introduced. (She probably doesn't even know what that is either.)

Taking a picture

Me in the '80s: I loved taking pictures, but similar to the mixtapes, it involved many steps. You had to buy film, use it up by taking 24 pictures, and develop it by bringing it to the store, which could sometimes take a week. It also could add up, costing a lot of money to buy the film and develop it.

My teen now: She snaps pictures of her friends, her sister, or the wall without costing anything, and gets to see it instantly.

...

The next time your teen says, "I'm bored," you can wow her with your stories about how you created mixtapes, needed a pay phone to call home, or used a library card catalog. I recently did this with my niece who said, "I know, and you didn't even have electricity!" which made me laugh, since she really thought that was true.

If nothing else, it will ensure you don't hear the phrase, "I'm bored," ever again.

Cheryl Maguire holds a Master of Counseling Psychology degree. The married mother of three has been published in Parents Magazine, Upworthy, "Chicken Soup for the Soul: Count Your Blessings," and Twins Magazine. You can find her at Twitter @CherylMaguire05

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Calendar

OCTOBER



Photo by Julie Larsen Maher

It's time for Boo at the Zoo!

Boo at the Zoo returns each weekend now through Oct. 28, at the Bronx Zoo.

Activities include traditional favorites such as daily magic shows, costume parades, professional pumpkin-carving demos, crafts, and the extinct animal graveyard. So grab your costumes and get into the spirit.

The month-long festival embraces the spirit of the season while incorporating wildlife. Guests will have an opportunity to see and learn about many of the animals often associated with Halloween folklore, including vultures and owls.

Boo at the Zoo, Saturdays and Sundays, 10 am to 5:30 pm, now through Oct. 28, with a special opening on Mon. Oct. 8 for Columbus Day. Included with admission (\$36.95 adults, \$26.95 children 3-12, children under 3 free).

Bronx Zoo [2300 Southern Blvd. in University Heights, (718) 220-5100; www.bronxzoo.com].

Never miss a great event!

Sign up for our FREE newsletter and get twice-a-week ideas for you and your family right in your mailbox. NYParenting.com

Calendar

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 — 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!

TUES, OCT. 2

IN THE BRONX

Dig! Plant! Grow! – The Three Sisters:

New York Botanical Garden, 2900 Southern Blvd. at Fordham Road; (718) 817-8700; www.nybg.org; 1:30–5:30 pm; Included in All-Garden Pass. Weekdays: \$23 adults, \$10 children 2-12; Weekends: \$28 adults, \$12 children 2-12; children under 2 free.

Learn more about the Three Sisters — corn, beans and squash — and the Native Americans who grew them, the Lenape. Make your own corn husk doll, grind corn, sort beans and identify fun and interesting squash fruits and seeds.

WED, OCT. 3

IN THE BRONX

Dig! Plant! Grow! – The Three Sisters:

1:30–5:30 pm. New York Botanical Garden. See Tuesday, Oct. 2.

FURTHER AFIELD

"The Mile Long Opera": The High Line, Gansevoort Street and 10th Avenue entrance, Manhattan; www.milelongopera.com; 7 pm; Free.

This citywide public engagement project brings together 1,000 singers from across New York for Pulitzer Prize-winning composer David Lang's, "The Mile-Long Opera: a biography of 7 o'clock." Performances are free, but require advance tickets.

THURS, OCT. 4

IN THE BRONX

Dig! Plant! Grow! – The Three Sisters:

1:30–5:30 pm. New York Botanical Garden. See Tuesday, Oct. 2.

FURTHER AFIELD

"The Mile Long Opera": 7 pm. The High Line. See Wednesday, Oct. 3.

FRI, OCT. 5

IN THE BRONX

Dig! Plant! Grow! – The Three Sisters:

1:30–5:30 pm. New York Botanical Garden. See Tuesday, Oct. 2.



Celebrate the fall season

The leaves are turning gold and orange, the smell of apple cider fills the air, and pumpkins are sprouting up everywhere — it's time for the Fall Harvest Festival at Bartow-Pell Mansion Museum on Oct. 6.

Come celebrate autumn in the park at the mansion. Bartow-Pell is hosting

an indoor and outdoor festival of fall delights for all ages.

Fall Harvest Festival, Oct. 6 11:30 am to 3 pm. Free with admission to the museum; suitable for all ages.

Bartow-Pell Mansion Museum [895 Shore Rd. in Pelham Bay, (718) 885-1461; www.bartowpellmansionmuseum.org].

First Friday: Bartow-Pell Mansion Museum, 895 Shore Rd.; (718) 885-1461; www.bartowpellmansionmuseum.org; 5:30 pm to 8:30 pm; \$5 (\$15 non-members; \$10 seniors & students).

Miles East is here for a solo performance in the parlors! Enjoy the music, explore the museum, and stroll the garden; light refreshments available. The trolley makes an hourly loop starting at 5:25 pm from the 6 train Pelham Bay Park subway station to the museum and then to City Island. Registration requested.

FURTHER AFIELD

"The Mile Long Opera": 7 pm. The High Line. See Wednesday, Oct. 3.

SAT, OCT. 6

IN THE BRONX

Family Art Project – Raptors Take

Flight: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 10 am–1 pm; Free with admission. \$8 adults, \$2 children 6–18, children under 6 free. Admission is free until noon on Saturday.

Make your own movable raptor puppet or windsock resembling the migrating hawks and other raptors circling and gliding above the Hudson River. Let your puppet fly during an outdoor group-soar.

Honey & Harvest Weekend: New York Botanical Garden, 2900 Southern Blvd. at

Fordham Road; (718) 817-8700; www.nybg.org; 10 am–6 pm; Included in All-Garden Pass. \$28 adults, \$12 children 2-12, children under 2 free.

Celebrate the Edible Academy's bounty with a cornucopia of harvest traditions. Learn about bees and honey with a live hive viewing, sample honey and honey comb and take home honey-inspired recipes with cooking demonstrations.

Fall Harvest Festival: Bartow-Pell Mansion Museum, 895 Shore Rd.; (718) 885-1461; www.bartowpellmansionmuseum.org; 11:30 am to 3 pm; Free with admission to the museum.

Come celebrate autumn in the park at the mansion. BPM is hosting an indoor/outdoor festival of fall delights for all ages.

FURTHER AFIELD

"The Mile Long Opera": 7 pm. The High Line. See Wednesday, Oct. 3.

SUN, OCT. 7

IN THE BRONX

Family Art Project: Raptors Take Flight: 10 am–1 pm. Wave Hill. See Saturday, Oct. 6.

Honey & Harvest Weekend: 10 am–6 pm. New York Botanical Garden. See Saturday, Oct. 6.

Calendar

Our online calendar is updated daily at www.NYParenting.com/calendar

FURTHER AFIELD

Adventure Course: Alley Pond Park, Cross Island Parkway and Grand Central Parkway, Queens; (718) 217-4685; www.nycgovparks.org; 9:30 am and 1 pm; Free.

Alley Pond Adventure Course is an outdoor adventure that fosters trust, problem-solving, and team-building right in your own backyard at beautiful Alley Pond Park in Queens. Be sure to check out the website before you go, and dress for an adventure — no sandals, flip flops, or open-toed shoes are allowed. Our programs are appropriate for those ages 8 and older. The Adventure Course program lasts about two hours. Due to its popularity, we ask that you arrive at least half an hour before the start time of each program. Space is limited. A valid Photo ID is required for participants ages 18 and older.

"The Mile Long Opera": 7 pm. The High Line. See Wednesday, Oct. 3.

MON, OCT. 8

IN THE BRONX

Monday Opening: New York Botanical Garden, 2900 Southern Blvd. at Fordham Road; (718) 817-8700; www.nybg.org; 10 am–6 pm; All-Garden Pass: \$28 adults, \$12 children 2-12, children under 2 free.

The New York Botanical Garden is open to visitors on this holiday Monday. Explore all that the world-famous 250-acre landscape has to offer, including kid-friendly activities in the Everett Children's Adventure Garden inspired by the exhibition "Georgia O'Keeffe: Visions of Hawaii."

Boo at the Zoo: Bronx Zoo, 2300 Southern Blvd.; (718) 220-5100; www.bronxzoo.com; 10 am to 5:30 pm; Free with purchase of Total Experience Ticket.

Fun activities include traditional favorites such as daily magic shows, costume parades, professional pumpkin-carving demos, crafts, and the extinct animal graveyard. The festival embraces the spirit of the season while incorporating wildlife. Guests will have an opportunity to see and learn about many of the animals often associated with Halloween folklore including, vultures and owls.

Honey and Harvest Weekend: 10 am–6 pm. New York Botanical Garden. See Saturday, Oct. 6.

Migration Information Station: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 11 am–1 pm; Free with admission. \$8 adults, \$2 children 6-18, children under 6 free.

Look out over the Hudson River to see raptors and other birds soaring over Wave Hill during peak, fall migration. Try to stump naturalist Gabriel Willow with your birding questions and find out which birds stay and which birds go.

Falconry Presentation – Skyhunters in Flight: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 1 pm; Free with admission. \$8



A 'Ballerina' to treasure

Angelina Ballerina has *pie'd* her way back into town, from Oct. 6 through Nov. 25 at Theatre at Blessed Sacrament.

Vital Theatre Company and HIT Entertainment present the return of this hit musical. The show, with book and lyrics by Susan DiLallo, music by Ben Morss, and direction and choreography by Sam Viverito, is based on the famous dancing mouseling and her friends created by Katharine Holabird and illustrated by Helen Craig.

Angelina and her friends, Alice, Grace, AZ, Viki, and their teacher, Ms. Mimi, are all aflutter — because a special guest is coming to visit Camembert

Academy! Angelina and her friends perform dance of all types, including hip-hop, modern, Irish jig, and of course, ballet. The mouselings can't wait to show off their skills to their famous visitor, Serena Silvertail. Angelina is the most excited of all, but will she get the starring moment she hopes for?

"Angelina Ballerina," Saturdays and Sundays from Oct. 6 through Nov. 25 at 11 am and 1 pm. Tickets start at \$49.50 (Premium seats are available for \$69.50); reservations required.

Theatre at Blessed Sacrament [152 W. 71st St. at Broadway on the Upper West Side; (212) 579-0528; www.vitaltheatre.org].

adults, \$2 children 6-18, children under 6 free.

Watch hawks, falcons and owls sharpen their hunting skills during an exciting outdoor flight demonstration. Hear about the ancient sport of falconry and see live raptors from around the world courtesy of master falconer Brian Bradley.

SAT, OCT. 13

IN THE BRONX

Papermaking with Lavender: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 10 am–1 pm; Free with admission. \$8 adults, \$2 children 6-18, children under 6 free. Admission is free until noon on Saturday.

Use vats of luscious, violet-colored cotton and abaca pulp to make paper from scratch. Add a bit of the natural material of your choice or sprinkle in a few lavender buds for

marvelous texture and scent.

Family Camping: Pelham Bay Ranger Station, Pelham Bay Park, Bruckner Boulevard and Wilkinson Avenue; (718) 319-7258; www.nyc.gov/parks/rangers; 6 pm to 7 am; Free.

The Urban Park Rangers celebrate the tradition of camping and we look forward to welcoming your family. Space is limited and participants are chosen by lottery. To enter your family into the lottery, please visit the Urban Park Rangers' Event Registration page. Registration opens on Wednesday, Oct. 3.

SUN, OCT. 14

IN THE BRONX

Family Art Project: Papermaking with Lavender: 10 am–1 pm. Wave Hill. See Saturday, Oct. 13.

Family Nature Walk: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-

Our online calendar is updated daily at www.NYParenting.com/calendar

3200; www.wavehill.org; 1 pm to 2 pm; Free with admission. \$8 adults, \$2 children 6–18, children under 6 free. Admission is free until noon on Saturday.

Join naturalist and educator Gabriel Willow on a family-friendly walk through the gardens or woodlands. Ages six and older are welcome with an adult. Severe weather cancels.

FURTHER AFIELD

Adventure Course: 9:30 am and 1 pm. Al-ley Pond Park. See Sunday, Oct. 7.

SAT, OCT. 20

IN THE BRONX

Family Art Project – Wormy, Squirmy Decomposers Parade: Wave Hill, W. 249th Street and Independence Avenue; (718) 549–3200; www.wavehill.org; 10 am–1 pm; Free with admission. \$8 adults, \$2 children 6–18, children under 6 free. Admission is free until noon on Saturday.

Listen to the story “Up in the Garden and Down in the Dirt” and hear about the critters at work in the cool damp earth beneath the ground. On a tall hat, make a dark and murky ecosystem of insects and decomposers, like earthworms, ants, protozoa and fungi. Then top it with a flower and march your decomposing troop in a fall parade.

Giant Pumpkin Weekend: New York Botanical Garden, 2900 Southern Blvd. at Fordham Road; (718) 817–8700; www.nybg.org; 10 am–6 pm; Included in All-Garden Pass. \$28 adults, \$12 children 2-12, children under 2 free.

Marvel at monstrous pumpkins from around the country — some weighing in at more than a ton! Meet the growers (check website for Q&A schedule) and enjoy photo ops with these giant gourds, on display through Halloween.

Decomposer Detectives Family Walks: Wave Hill, W. 249th Street and Independence Avenue; (718) 549–3200; www.wavehill.org; 11 am; Free with admission. \$8 adults, \$2 children 6–18, children under 6 free. Admission is free until noon on Saturday.

Grab a magnifying glass and become a Decomposer Detective! Learn all about how organisms help break down dead leaves, wood, and other organic matter in Wave Hill’s Abrons Woodland. Wear closed-toed shoes and appropriate clothing for a woodland adventure!

Vulture Culture – A Live Bird Presentation: Wave Hill, W. 249th Street and Independence Avenue; (718) 549–3200; www.wavehill.org; 2 pm; Free with admission. \$8 adults, \$2 children 6–18, children under 6 free.

Observe vultures and other scavenging birds of prey and hear about their adaptive (and somewhat cringe-worthy) behaviors with Brian Robinson of Robinson Wildlife Lectures.

SUN, OCT. 21

IN THE BRONX

Family Art Project – Wormy, Squirmy Decomposers Parade: 10 am–1 pm. Wave



John Rocklin

Jamming with monsters

It’s not the Monster Mash, it’s the Monster Ball, at Symphony Space on Oct. 6.

Just Kidding concert series opens its new season with Michael and the Rockness Monsters — a rollicking, spooky good time with a heavy dose of silliness. The group debuts songs from the new album *Monster’s Ball*,

and kids are invited to come in costume for the musical masquerade party.

Michael and the Rockness Monsters, Oct. 6 at 11 am. Tickets are \$14 and \$17 for non-members. All ages welcome.

Symphony Space [2537 Broadway at W. 94th Street on the Upper West Side, (212) 864–5400; www.symphonyspace.org].

Hill. See Saturday, Oct. 20.

Giant Pumpkin Weekend: 10 am–6 pm. New York Botanical Garden. See Saturday, Oct. 20.

Decomposer Detectives Family Walks: 11 am. Wave Hill. See Saturday, Oct. 20.

Vulture Culture – A Live Bird Presentation: 2 pm. Wave Hill. See Saturday, Oct. 20.

FURTHER AFIELD

Adventure Course: 9:30 am and 1 pm. Al-ley Pond Park. See Sunday, Oct. 7.

THURS, OCT. 25

IN THE BRONX

Pumpkin painting: United We Stand Community Gardens, 627 E. 137th St.; (212) 602–5300; www.nycgovparks.org/events/2018/10/25/pumpkin-painting-bronx; 5:30 pm to 7 pm; Free.

It’s that time of year to use your creative chops and turn pumpkins into festive decorations. GreenThumb will have pumpkins and paint ready — please bring any other supplies and decorations to add to the beauty of your seasonal creation. This workshop is great for the whole family! Please RSVP online.

FRI, OCT. 26

IN THE BRONX

Spooky Pumpkin Nights: New York Botanical Garden, 2900 Southern Blvd. at Fordham Road; (718) 817–8700; www.nybg.org; 6:30–8:30 pm; \$25.

Come dressed in your favorite costume, take a flashlight, and go on a nighttime adventure to explore the Spooky Pumpkin Garden’s scarecrow and pumpkin displays. Decorate a bag and collect wholesome goodies, mingle with larger-than-life skeletons and costumed characters, and listen for critters of the night.

Haunted Halloween House: Williamsbridge Oval Recreation Center, 3225 Reservoir Oval East; (718) 543–8672; www.nycgovparks.org/events/2018/10/26/wbo-halloween-haunted-house; 7 pm to 9 pm; Free.

Join NYC Parks for a Haunted House! Come if you dare to get spooked by ghosts, zombies, and creatures! This house is recommended for ages 10 and up. Return to Williamsbridge Oval on Halloween for our Pumpkin Party! Pumpkin Party is fun event geared toward youth and families. There will be arts and crafts, carnival games, prizes, and candy! Event is for children ages 12 and younger.

Calendar

Our online calendar is updated daily at www.NYParenting.com/calendar

SAT, OCT. 27

IN THE BRONX

Día de los Muertos: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 10 am–1 pm; Free with admission. \$8 adults, \$2 children 6–18, children under 6 free. Admission is free until noon on Saturday.

Take part in this special Mexican cultural holiday by making retablos, small boxes filled with meaning and purpose to honor a loved one. Decorate your box with objects and natural materials. Help create a group “altar” honoring a former resident, the majestic cop-beech tree that stood in the Shade Border, providing shade and beauty to countless visitors.

Spooky Pumpkin Nights: 6:30–8:30 pm. New York Botanical Garden. See Friday, Oct. 26.

Haunted Mansion: Bartow-Pell Mansion Museum, 895 Shore Rd.; (718) 885-1461; www.bartowpellmansionmuseum.org; 7 pm to 10 pm; Free with admission to the museum.

Come, if you dare, for a frightful scare and see the mansion decorated for Halloween! Watch out for spirits and other creatures as you intrepidly make your way through the mansion and grounds.

SUN, OCT. 28

IN THE BRONX

Día de los Muertos: 10 am–1 pm. Wave Hill. See Saturday, Oct. 27.

FURTHER AFIELD

Adventure Course: 9:30 am and 1 pm. Alely Pond Park. See Sunday, Oct. 7.

WED, OCT. 31

IN THE BRONX

Pumpkin Party: Williamsbridge Oval Recreation Center, 3225 Reservoir Oval East; (718) 543-8672; www.nycgovparks.org/events/2018/10/26/wbo-halloween-haunted-house; 4 pm to 6 pm; Free.

The Williamsbridge Oval Pumpkin Party is great event for families and youth ages 12 and younger. There will be arts and crafts, feel boxes, guess the pumpkin weight, carnival games, prizes, and candy!

LONG-RUNNING

IN THE BRONX

Spooky Pumpkin Garden: New York Botanical Garden, 2900 Southern Blvd. at Fordham Road; (718) 817-8700; www.nybg.org; Tuesdays – Sundays, 10 am–6 pm, until Wed, Oct. 31; Included in All-Garden Pass. Weekdays: \$23 adults, \$10 children 2-12; Weekends: \$28 adults, \$12 children 2-12; children under 2 free.

Explore dozens of friendly larger-than-life scarecrows set among hundreds of rare and unusual pumpkins and gourds in the Everett

Children’s Adventure Garden. Pot up a spooky black coleus to take home, put on a haunting show with insect, owl and scarecrow puppets, and investigate a mysterious Victorian playhouse to learn all about bats. Weekends feature pumpkin carving demonstrations and live presentations with creepy creatures. Check website for schedule.

Kid’s Le Petit Art: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; <https://www.nycgovparks.org/events/2017/08/01/tiny-tots-stories-and-art>; Tuesdays, 2:30 pm to 4:30 pm, until Tues, Dec. 25; Free.

Kids create their own miniature art to take home. The piece is small enough to carry in your pocket or in your hand. For ages 6 to 12 years old. Parents or adults welcome with their younger child. Children can make a mini greeting card or journal or coloring book.

Recycle to Art: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; <https://www.nycgovparks.org/events/2017/08/01/tiny-tots-stories-and-art>; Wednesdays, 2:30 pm to 4:30 pm, until Wed, Dec. 26; Free.

Kids will turn recyclable materials into adorable works of art to use at home.

Imaginative Arts for Kids: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; Thursdays, 2:30 pm to 4:30 pm, until Thurs, Dec. 27; Free.

Kids use your imagination to create adorable arts and crafts projects to take home. Projects may combine 2D and 3D together.

Seasonal Arts and Crafts: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; Fridays, 2:30 pm to 4 pm, until Fri, Dec. 28; Free.

Kids create fun art inspired by the season, using various materials and techniques.

Kids Art and Table Top activities: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; <https://www.nycgovparks.org/events/2018/09/01/kids-art-and-table-top-activities>; Saturdays, 9 am to 11 am, until Sat, Dec. 29; Free.

While Mom and Dad take fitness class, the kiddies have fun with arts and crafts and table-top activities.

Boo at the Zoo: Bronx Zoo, 2300 Southern Blvd.; (718) 220-5100; www.bronxzoo.com; Saturdays and Sundays, 10 am to 5:30 pm, until Sun, Oct. 28; Free Included with admission. \$36.95 adults, \$26.95 children 3-12, children under 3 free.

This Halloween event returns each weekend with activities including traditional favorites such as daily magic shows, costume parades, professional pumpkin carving demos, crafts, and the extinct animal graveyard.

Kids Paper Arts and Crafts: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; Saturdays, 2 pm to 3:30 pm, until Sat, Dec. 29; Free.

Kids create cute and fun objects out of paper and other ordinary materials they can

take home. Parents are invited to join their little ones in the activities.

Dig! Plant! Grow! – Goodnight, Garden: New York Botanical Garden, 2900 Southern Blvd. at Fordham Road; (718) 817-8700; www.nybg.org; Tuesdays – Saturdays, 1:30–5:30 pm, Sundays, 10 am–5:30 pm, Tues, Oct. 9 – Sun, Nov. 4; Included in All-Garden Pass. Weekdays: \$23 adults, \$10 children 2–12; Weekends: \$28 adults, \$12 children 2–12; children under 2 free.

Say goodbye to the growing season. Learn how to collect and save vegetable seeds and create a seed packet to take home. Join Edible Academy green thumbs in the garden to rake, mulch and prepare for the winter season ahead!

FURTHER AFIELD

Governors Island: New York Harbor, Manhattan; <https://govisland.com>; Weekdays, 10 am–6 pm, Saturdays and Sundays, 10 am–7 pm, until Wed, Oct. 31; Ferries run from Manhattan and Brooklyn. Check website for schedules and fares. Entry to the island is free.

This unique New York City destination is open for the season! The 172-acre island in the heart of New York Harbor has something for everyone, from biking, slides, play fountains and hammocks to tours of historic Fort Jay and Castle Williams.

Ocean Wonders – Sharks! New York Aquarium, 602 Surf Ave. between W. Eighth and W. Fifth streets, Brooklyn; (718) 265-3448; www.nyaquarium.com; Daily, 10 am; Free with admission to the aquarium.

The new exhibit will amaze visitors as they journey through nine galleries breathtakingly eye-to-eye with sharks, rays and hundreds of species of ocean wildlife. As you explore the exhibit, the wondrous world deep below the ocean surface is revealed.

“Frozen” on Broadway: St. James Theatre, 246 W. 44th St., Manhattan; (866) 870-2717; frozenthemusical.com; \$100 and up.

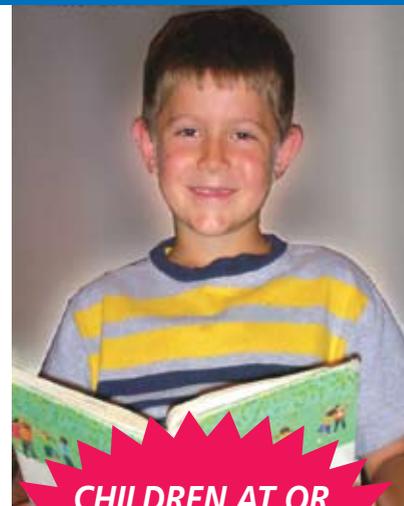
A musical worth melting for! If you loved the movie “Frozen,” you’ll love seeing Anna, Elsa, Kristoff, and Olaf come to life on stage to tell the timeless tale of two sisters who are pulled apart by a mysterious secret. Of course, there’s the classic song “Let It Go,” plus many new numbers for this new production.

Brick or Treat!: LEGOLAND Discovery Center Westchester, 39 Fitzgerald St., Westchester; (866) 243-0770; <https://westchester.legolanddiscoverycenter.com>; Saturday, Oct. 6, 10 am–9 pm; Sunday, Oct. 7, 10 am–7 pm; Saturday, Oct. 13, 10 am–9 pm; Sunday, Oct. 14, 10 am–7 pm; Saturday, Oct. 20, 10 am–9 pm; Sunday, Oct. 21, 10 am–7 pm; Saturday, Oct. 27, 10 am–9 pm; Sunday, Oct. 28, 10 am–7 pm; Wednesday, Oct. 31, 10 am–7 pm; Admission: \$23.95 and up. Children under 3 free.

Jump inside the world’s spookiest box of LEGO bricks at the only Halloween Party that’s built for kids! There are activities around every creepy corner, including a spooky scavenger hunt, a Halloween-themed LEGO mosaic build, a bat build, and more.

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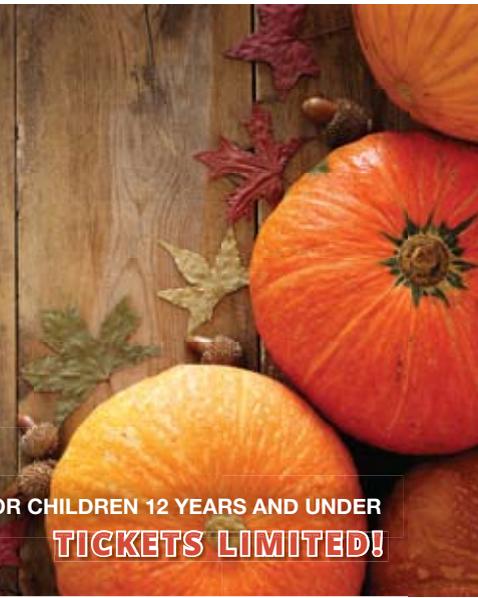
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Magic Shows at 3:30PM & 5:30 PM



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MTA BUSES SERVING THE MALL AT BAY PLAZA: BX5, BX12, BX23, BX26, BX28, BX29, BX30, BX38, BXM7, Q50

SUBWAY #5, 6 SUBWAY TO BUS STATION

200 Baychester Ave, Bronx, NY 10475, Exit 11, Off I-95
or Exit 4N off of Hutchinson River Parkway South