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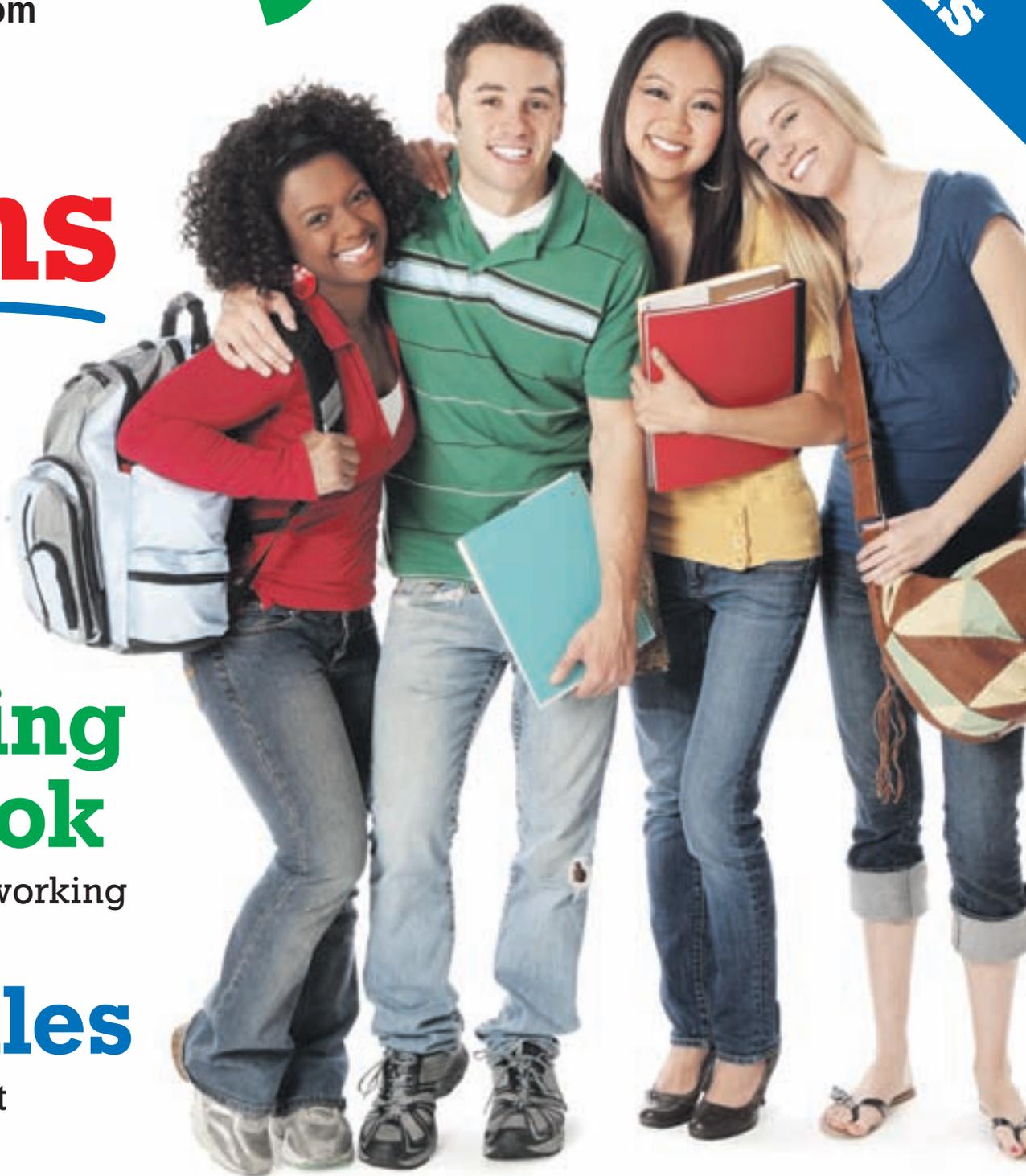
For today's iTeens

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Letter from the publisher

We approach this October issue as our "Teen Issue," and although we know that many of the readers who pick up these parent magazines are looking for them because they have small children,



I know there are many others whose children are older who also are confronting complicated parenting issues. These issues seem to escalate when your child turns 12 or 13, and the teen years are, at the very least, an extremely challenging time — challenging for parents and challenging for your teens.

Being a teen means you've gotten taller, you're not really a "child" anymore, but you're not yet an adult. It's often like being between a rock and a hard place. I remember it was for me. I hated being told what to do and I resented being given orders when I considered myself fully grown. I don't think it's gotten any easier, in fact, I think it's become even more complicated now with social networking, mass media, cell phones and texting. Our teens have more independence than ever, and with the present day fashions and cosmetics, they are years ahead of my generation in their look and their awareness.

This independence presents a host of issues and concerns that often baffle both parents and teens alike. In this issue we try to address some of the concerns and offer positive information to help your teens mature in safe and secure ways that both parent and youth can feel comfortable with.

We will continue to focus on the pre-teen and teen years in coming issues. We know there are many families who have children of varying ages and "second families" are not at all uncommon. These new style families present their own issues and we will continue to pursue helpful information that can aid all of us to raise healthy and hopefully mature kids.

Have a safe and happy Halloween! Enjoy the wonderful Indian summer and early fall weather and have a great month!

Susan Weiss

Susan Weiss-Voskidis, Publisher

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NEWBIE DAD

BRIAN KANTZ

My Jekyll and Hydes

At home and at school, two sides of my boys

Quick question: Do your kids act differently in school than they do at home? Mine certainly do. Now that summer has faded into fall and my two boys' days are spent in the classroom instead of the living room, the distinction has become glaringly obvious: they are a couple of reserved, polite, demure Dr. Jekylls at school and a couple of raucous, wild-eyed, frothing-at-the-

spare her the indignity of being named in such a sordid story. She was a sweet lady.

My mom dropped me off in the morning and, as the story goes, I turned into a complete maniac. I cried, I screamed, I flopped on the floor to scream and cry some more. The worst part, though — the part that lives on in family lore forever — is that I kicked the teacher in the shins!

would break loose and my three brothers and I would spend the rest of the day roughhousing and, generally, just causing mischief. I would be the best Mr. Hyde that I could be.

That Jekyll-at-school and Hyde-at-home act would become my trademark. In high school, one of my teachers nicknamed me the “Master of the One Word Sentence” for my ability to answer any query with “yes,” “no,” or “maybe.” I even loved this old story of our 13th president, Calvin “Silent Cal” Coolidge: at a White House party, a woman told him that she made a bet that she could get more than two words out of him. Cal coolly replied, “You lose.” He was a “Master of the Two Word Sentence.”

And now, here I am, a few years later, watching my two boys act the same way. At home, you can hardly get them to shut up or stop squabbling. At school, their teachers report quite sincerely, they are soft-spoken, model citizens.

At home, it's like a scene straight out of Dr. Seuss's “How the Grinch Who Stole Christmas.” Just like those wild Who kids, my boys love to shriek, squeak, and squeal racing round on their wheels, dancing with jing-tingers tied to their heels, blowing their flu-flubbers, banging their tar-tinkers, blowing their hoo-hoovers, banging their gar-dinkers, beating their trum-tookers, slamming their sloo-slunkers, beating their blum-blookers, whamming their hoo-whunkers, and making earsplitting noises deluxe on their great big Electro-Who-Cardio-Flux. I know exactly how the Grinch felt. I, too, can't always take all that NOISE, NOISE, NOISE, NOISE!

I suppose I should count my blessings, though. I should be glad that it isn't the other way around. Dr. Jekyll is much better suited for school.

Out of curiosity, Brian Kantz searched eBay for a used great big Electro-Who-Cardio-Flux. No dice. Apparently, not everything is available on eBay. Visit Brian online at www.briankantz.com or drop him a note at thenewbiedad@yahoo.com.



mouth Mr. Hydes at home. It's quite interesting, really.

Of course, I know exactly from whom they get this trait — me. Yes, their dear old dad. It all started with my first day of school. The year was 1978 (wow, I'm getting old). The place was the kindergarten room at St. Ann's School in suburban Cleveland. The teacher was... ah, let's

I was so off my little rocker that they had to remove me from the classroom and calm me down in the hall.

After that, I was silent in class — unless I was directly answering a question — for nearly four years! But, eventually, I slipped up. My next run-in with the law occurred when my third-grade teacher sent a note

home to my mother to tell her that I was giggling in class. Me — giggling in class! My best friend's mother received a similar note about her son. He was a quiet kid, too, and we had been giggling together, presumably to avoid speaking. Other than that, I didn't cause any trouble at school at all.

Now, on the other hand, at home, I was completely transformed. Every day when I arrived home, all heck

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Today's iTeens

Internet safety for modern teenagers

BY CANDI SPARKS

Twenty-first century teens face a threat that older generations never had to deal with — the Internet.

Teens know that freedom of speech is a constitutional right, and they often can't help their outbursts. However, free speech on the Internet can be used against a teen by peers, in background searches, job interviews and school admissions.

Teens need to understand that content posted online can become part of their "permanent digital record." Information and photos that appear on Facebook, MySpace, Friendster, Xanga, LiveJournal, Twitter, and in other photo, chat, and video postings can remain online in perpetuity, and getting items removed can be difficult. Here are some ways you can help your teen stay safe:

Monitoring

Teens like their privacy and using the computer can all but eliminate family face time. Your teen may make online friends that she knows you would find unsavory as she tries to assert her independence.

"Technology should not be the excuse for a lack of communications between parent and child, but unfor-

tunately it is," says Ronald Hartridge, a city elementary school Parent Coordinator. "We as parents are losing this battle of staying in tune and connected with our young people and as a result we are losing them in more ways than one."

Hartridge is the father of two daughters, ages 24 and 11, and is tuned in to their online chats.

The girls keep their online conversations accessible to their father so that he can keep a watchful eye on things.

Becoming your teen's online friend, or having a relative become a friend, can serve as a guide to help the teen through sticky situations. It's like having a chaperone for your teen in cyberspace. If you wouldn't let your kid have company when you're not home, then you might not let her roam around the Internet alone, either.

Nothing is sacred online

Make sure your teen understands that the Internet is not a place to where secrets are kept.

Manhattan teen Amy learned the hard way during a highly competitive college application process. She was accepted to two top-tier schools, and wanted to go to school "A," while her mom wanted her to go

to school "B."

Amy posted her hatred for school "B" and her mom's preference of it on Facebook. A Facebook friend took that information and sent it to school "B," which promptly rescinded the offer.

Teens should know that whatever is typed in a chat room or on a virtual wall can come back to hurt them, and people with access to their information know this. They should not put anything that they do not want everyone — and I mean everyone — to know on their wall.

Queens mom Janet is Facebook friends with her daughter, Jennifer. She saw the whole chat about 420 — code for marijuana — between all of Jennifer's Facebook friends just before a holiday break.

"You have to be cool," said Amy's mother. "You can't overreact about what some kids are doing. They are going to do it anyway, but now I know who is doing what."

Is Janet worried about her daughter doing drugs because her friends are?

"Not yet," she said. "But I'm watching."

Keep your 'privates' private

Once something is posted online, it can become accessible to literally everyone, with just one click. When a drinking photo, body part or sexy pose appears online, it can become an irrevocable part of a teen's digital record. Friends — and even strangers — can copy, download and circulate embarrassing stuff. Even a squeaky-clean school record can become besmirched by a poor choice of what photo was uploaded. Potential employers conducting background checks on web profiles to evaluate candidates can find something a candidate never wanted them to see.

MSNBC reported the story of a woman applying for a hospital position. When the recruiter did an online check he found some unsettling pictures of her.

Safety guidelines for teens

- When online, have an adult or relative in the room who you can turn to for advice. It could save you a lot of problems in the long run.

- Keep your profile limited and never make friends with anyone you don't know.

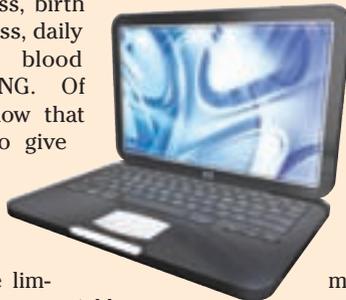
- Keep photos G-rated. If you don't want your grandmother or your boss to see it, don't post it! If a friend posts a less-than-flattering photo, ask him to remove it, and never use your real name in photos.

- Do not give out personal information! No social security, phone number, address, birth date, job address, daily schedule, or blood type. NOTHING. Of course, we know that we all have to give out some information at some point.

- This information should be limited. A stalker can quickly put these pieces of information

together and find you offline, if he wants to.

- Anything you say can and will be used against you — think of it as your online Miranda rights. Keep it light and positive. Use the Internet to circulate positive words and thoughts and nothing more. Anything you say should only make people think how wonderful, smart and great you are.





“Pictures of her taking off her shirt at parties,” recalled Van Allen. “Not just on one occasion, but on another occasion, then another occasion.”

The woman was asked to explain, but could not and did not get the job. No one can predict how long these pictures will continue to haunt this woman. Poor choices in posting pictures can literally result in the loss of income.

Positive uses for the Internet

Alexander joined an online community for his Brooklyn high school’s graduating class as a way to make

friends when he entered as a freshman.

He used the Internet as a social hub and educational tool by hosting a tutoring session with online video chat when a face-to-face session was not possible.

“It was good because I could see from the camera that the other person was alone and there were no distractions,” he said.

Using the Internet as a tutoring session or other specific educational purpose could pay off — colleges are using social media to evaluate a candidate’s suitability for admissions and financial awards.

Alexander’s advice about online

communities?

“Do not make friends with anyone you don’t know,” says the 15 year old.

• • •

While contemplating using the word “iTeens” as the name of this article I did a Google search and, ironically, a porn site popped up — I think. (I didn’t actually get past the “you must be 18 or over” homepage because I was so turned off). The title cuts right to the chase. Let’s keep our teens safe.

Candi Sparks is the author of the “Can I Have Some Money?” book series. You can follow her on Twitter and Facebook as Candi Sparks (writer).

Teens should know that whatever is typed in a chat room or on a virtual wall can come back to hurt them, and people with access to their information know this.

Scary-Island!

Have fun this spooky season with these Long Island events!

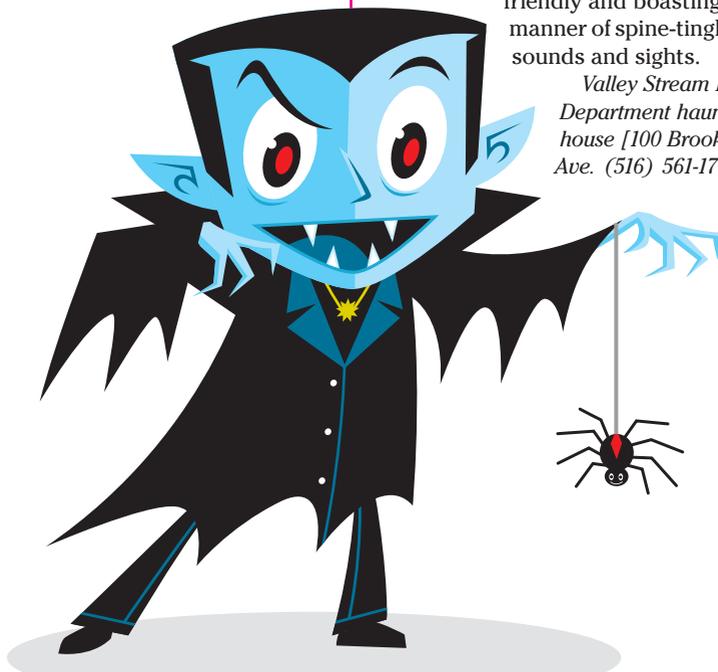
BY SHAVANA ABRUZZO

Gadzooks. The golden season is here, bringing with it gourds of bone-jangling fun and the promise of a spooktacular hobnob with ghosties, goblins and other fanciful critters whose pleasure — nay, duty — it is to get your mojo movin' and your goosebumps poppin' as THAT DAY approaches. Diabolical revels lie around every bend on the island where there are plenty of phant-astic opportunities for the whole family to get its ghoulish on — from unearthly strolls to boo-erific musicals to screech-yer-lungs-out Halloween howl-fests.

HAUNTED HOUSES

• What's Halloween without a good ol' shriek spree? Screaming-mimmies ONLY need apply to this graveyard-full of Halloween emporiums, aptly hosted by the Brrr-vest and guaranteed to scare your pants off. Get ready to shiver with the hordes when the Valley Stream Fire Department opens the creaky doors to its Haunted House — not for the faint-hearted but very kid-friendly and boasting all manner of spine-tingling sounds and sights.

Valley Stream Fire Department haunted house [100 Brooklyn Ave. (516) 561-1777].



Oct. 1-31, Fridays-Saturdays from 7-11 pm; \$10 (\$5 for children under 12).

• Trek at your own risk — but leave the small kiddies home with the sitter — when the North Patchogue Fire Department provides three thrill-filled floors of frightful shenanigans.

North Patchogue Fire Department haunted house [33 Davison Ave. (631) 475-1788 X 137]. Oct. 9-31, Fridays and Sundays. Tickets are \$10 (\$6 for children under 10). Call for times.

• Come dressed to thrill for safe 'n' spooky frolics at the Ghostly Gala at Long Island Children's Museum where magical, memorable fun awaits mom, dad and the

kids. Not-too-scary thrills include getting your face painted (courtesy of an artist), plus a chance to show off your glad rags, so come in costume and press flesh with other wraithy revelers.

Ghostly Gala [11 Davis Ave. (516) 224-5800]. Oct. 30 from 6-9 pm. Tickets are \$9 (\$7 for members). For more info, visit www.licm.org.

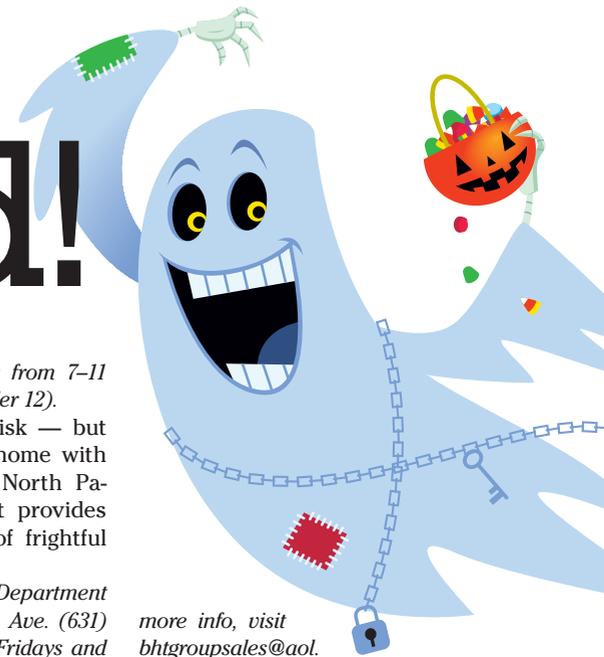
MUSICALS

• Music always makes it boo-tiful. Prep for the BIG day by taking your blood for a curdle at Theater Three, where Bram Stoker's Victorian novel, "Dracula the Musical," beckons adult thrill-seekers ONLY with its time-honored tale of the creepy count and his gory escapades. View it through the month, but show times are varied with matinee and evening performances.

"Dracula the Musical" at Theater Three [412 Main St. (631) 928-9100]. Oct. 2-3; 8-10; 13; 15-16; 21; 23-24; 28-30. Tickets are \$15-28. Adults only.

• If you're hoping to make your red stuff boil over, take a tremulous trek to the Bay Way Arts Center, and take in — if you're brave enough — a performance of "Phantom," October 9-24, featuring matinee and evening shows.

"Phantom" at Bay Way Arts Center [265 E. Main St. (631) 581-2700]. Oct. 2-24. Tickets \$18 (\$16 for seniors and students, and \$14 for children 12 and under). For



more info, visit bhtgroupsales@aol.com; www.broad-hollow.org.

HOWL-FEST

Looking to shriek your insides out? The Bayville Scream Park should do the trick for intrepid treaters. Tread with care — if you dare — inside the Bloodworth Haunted Mansion, Uncle Needle's Fun House of Fear, Temple of Terror, Zombie Pirates and Evil in the Woods, where witches, wizards and all manner of other frightful folk are awaiting with a nerve-popping welcome, weekdays and weekends from Oct. 29 through Nov. 7.

Bayville Scream Park [8 Bayville Ave. (516) 62-GHOST]. Oct. 29 through Nov. 7, Sundays through Thursdays 6-10 pm, Fridays and Saturdays 6 pm -midnight.

ORANGE BEAUTIES

• Creative types can ply their gourd-geous craft on orange jewels to bedeck and take home at one of the many free pumpkin-carving events being hosted by emerald empires: Hicks Nursery invites one and all to spawn a spooktastic jack o'lantern amid other family-friendly fun, including a 3-D demo by artist Andrew Gertler.

Pumpkin carving at Hicks Nursery [100 Jericho Turnpike (516) 334-0066]. Oct. 9, 10, 16 and 17 from 9 am - 5 pm. For more info, visit www.hicksnursery.com.

• Have your pick of more goofy gourds and pretty pumpkins at Caleb Smith State Park Preserve, on Oct. 16.

Pumpkin carving at Caleb Smith State Park Preserve [Route 25, W. Jericho Turnpike (631) 265-1054]. Oct. 16 from 10-11:30 am. Tickets are \$4, \$3 for the wee ones.

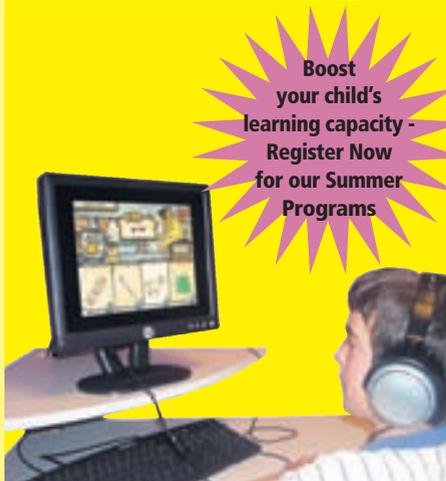
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The LIU Center for Gifted Youth announces its 32nd annual **Fall Program** for gifted children at the C.W. Post Campus of Long Island University.

The ten-week Saturday program runs from October 2 – December 11, 2010 and is opened to gifted children entering grades K-6 in September 2010. The major focus of the program is to expand students' knowledge and develop creative and critical thinking skills. The program offers children the opportunity to learn in an innovative and exciting environment.

Admission is highly selective and enrollment is limited.



For info call: (516) 299-2160 or write:

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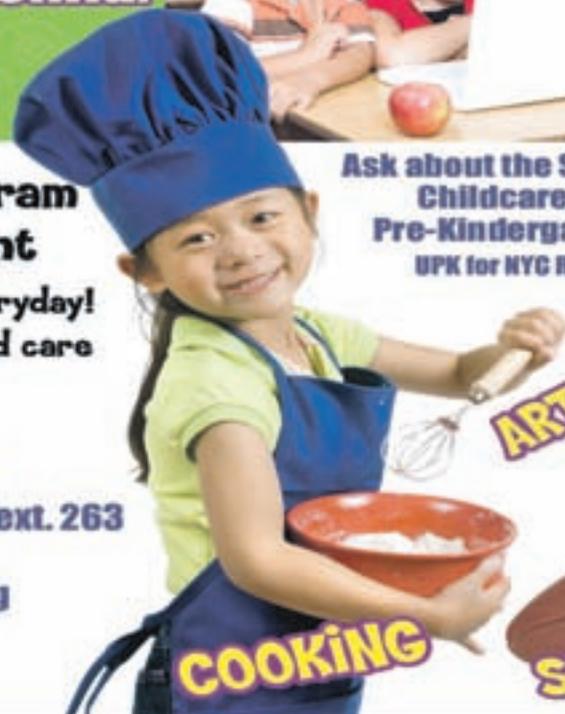
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Fun stuff for fall

Some things
to with your
family this
autumn

BY BELINDA MOONEY

In the fall, the temperatures cool, the days get shorter, and — best of all — the leaves change from a lush green to warm, rich red and orange hues.

Most children cannot resist gathering up those brightly colored leaves to bring home. And who doesn't enjoy being outside in that

fresh, crisp air? It's the perfect time to enjoy being outside with your family.

Here are some activities that your family can do to turn fall into a fun learning experience — while spending quality time together.

Do some science

What kid hasn't asked why leaves change colors?

Well, here's the perfect chance to answer that question with some cool fall science: It's photosynthesis, and it gives the plant food and us oxygen. The color you see in the fall is actually the leaf's true color.

Chlorophyll fills the leaves dur-

ing the spring and summer, providing the food the leaves need — and the lush green color. When autumn arrives and the leaves start to die, they separate from the tree a little at a time. This cuts off their food and the chlorophyll no longer floods the leaves.

Teach your kids about the trees they see everyday.

Visit your library to find pictures of different trees and their leaves. Then, walk around your neighborhood and see which trees you can find. When you find a leaf on the ground, bring it home and start a leaf collection.

If you live near fields and like to take walks, take a "fall sock walk."



Get crafty with leaves

Making leaf rubbings is one of the easiest things to do and is fun for all ages. Simply lay leaves down, vein side up, place a piece of paper over them and rub across them with a crayon. Beautiful!

Stained glass leaves: You will need squares of construction paper, wax paper and crayon shavings.

- Take two squares and draw the same leaf shape on each of them. Cut it out so you have a leaf-shaped "hole" in both pieces of paper.

- Cut two squares of wax paper slightly smaller than the paper squares.

- Sprinkle fall-colored crayon shavings on the one of the sheets of wax paper. Lay the other piece on top.

- With an adult helping, place a hanky or napkin over top the wax paper and iron it. Set the iron on warm. This will melt the crayons.

- Now glue the wax paper in between the two pieces of con-

struction paper. It's now ready to hang in your window.

Leaf printing: You will need cardstock or heavy paper, poster paints.

- Gather some of your favorite leaves and paint the back of them, the side with the veins showing, your favorite color.

- Now lay the leaf down on your paper and gently rub. Pull the leaf up and you will see a nice picture of your leaf. You can overlap them, using different colors; use different kinds of leaves or whatever you want to do.



Be sure and take a tree guide with you to help identify the trees you pass by.

Have an snack

When you come back from your walk, enjoy some apple cider and cookies. Make a fall salad by adding sliced apples and walnuts to your favorite leafy green salad. Or, go apple picking and make homemade applesauce.

Take a sock walk

You will need wool pants, long wool socks, or something made of similar fabric; a field, forest or empty lot.

Dress for the weather and put your pant legs inside your socks. Walk all around and try to identify trees, birds or interesting plants. Let your legs brush up against as many plants and bushes that you can.

When you get home, take a look at what has stuck to your socks. Carefully pick off each burr, bristle, grass or weed, but watch out for

deer ticks. See if you can identify what plant they came from with the help of a plant guide. You might want to draw and label them. Write down what they feel like and where you found them.

If you want to save your collection, glue them into your notebook. Spray paint or dry them. Use your imagination.

Make memories

Make leaf rubbings, or stained-glass leaves to hang in the window. Leaf prints are a wonderful way to preserve the beauty of fall and are nice to frame and hang up.

You can also cut apples in half and make prints. Collect seeds and seed pods, go fishing, or grow a fall garden.

It really won't matter to your children which activities you choose to do, just as long as you're spending time with them. And you will be helping them explore the world around them.

What are you waiting for? Go play in some leaves!

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experience

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Lessons from a teacher

Know what your child is feeling

BY ANDREW SCHORR

I've been a teacher for 21 years and feel fortunate to have been allowed into the lives of so many children. Having witnessed their public and deeply felt private joys and sorrows, I'd like to share some of the lessons I've learned about my students' feelings and the ways they are expressed. I hope that you, as a parent, will benefit from these insights in your parenting.

Children feel things very deeply, and these feelings may be displayed in different ways.

Some children can be very direct



and will tell me, for example, that a relative has died. But by the later elementary grades, many boys and girls have learned ways to mask their feelings. In these cases, feelings are expressed in more subtle ways.

Lesson 1

Behavioral changes have a logical explanation.

Several years ago, a student who was always eager to participate came in to class one morning with an unusual sour expression. He was silent and when I asked if anything was the matter, he answered me in a monotone voice. I thought this was pre-teen moodiness and went on with my lesson.

Several weeks later, his mother came to school to pick him up early. She told me that they had visited his father in prison recently — the weekend before his behavior changed.

Family challenges and crises definitely affect children, although they may not show it. Some behavioral changes are very short-lived. If the behavior persists, however, it may be time to seek outside help. Speak to your child's doctor, school counselor, teacher, or your religious leader. They can help you or make a referral to other professionals.

Lesson 2

Many children reveal deep-seated feelings they would not dare express out loud through writing.

All year long a girl in my class displayed an inner sadness that was cloaked in a façade of indifference. One day, as I was going through students' notebooks for a writing assignment, I came across the girl's. The other students' writing was fairly routine, but she wrote about her deep feelings of self-hatred and how she had tried to commit suicide. Of course, I made sure she received counseling and thanked her for feeling comfortable enough with me to take this risk.

If your child is comfortable expressing himself through writing, encourage them to write a journal. Help your child pick out a notebook to be decorated. Tell him he can write about any topic, and that he doesn't necessarily have to be a daily entry. Emphasize that this journal is strictly private — unless he chooses to share it with you.

Lesson 3

Most students are aware they are misbehaving.

More than once, I have gotten unsolicited notes apologizing for misbehaviors — and I'm not talking about the usual notes promising eternal good behavior right before report cards or parent-teacher conferences. These were heartfelt apologies.

All year long a student had given me a really hard time. "Surly" would not be a strong enough word to describe her — but the expression "if looks could kill" does come to mind.

On the last day of school, after report cards had been distributed, she handed me a note and quickly left for summer vacation. The note contained a full apology in which she acknowledged she had been really mean to me. She also expressed the realization that I just wanted her to do her best.

It may be helpful to understand that, at times, children cannot control their behavior. As they mature, they will be able to exert greater self-control. It's not always easy to remember this when they are misbehaving, but it may help you gain control of the situation. They need limits and understanding.

Lesson 4

'Test anxiety' is real.

Despite some students' apparently nonchalant attitudes, test anxiety is very real. Whether students are told directly, or pick up on subtle clues, they sense the enormous pressure. I have never had a student — no matter how difficult — misbehave on the day of the test.

Before a New York State Math Test, a group of girls asked if it was OK if they formed a prayer circle. Be assured, these students had been very talkative and were not shy about expressing their displeasure to me when I attempted to rein in their conversations. I watched in amazement as they joined hands, closed their eyes, and prayed. Yes, I think they were a bit anxious.

Remember, test anxiety is caused by the fear of failure. By letting your child know that as long as he tries his best he won't be considered a failure, you can help him relax. Also, making sure your child gets enough sleep and eats a good breakfast will help him concentrate.

• • •

There is one more lesson I have learned the hard way. That is, don't be afraid to pause and "take five." I have always regretted when I have risen to the "bait" and responded emotionally. Yelling only raises the tension level. Take a deep breath and calm down. You and your child will benefit.

Andrew Schorr is a New York State-certified teacher, an author, and tutor. Visit his website at Schorrservice.com.

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CHRISTINE M. PALUMBO, RD

A fun Halloween, even with diabetes

The sugar frenzy that accompanies the entire Halloween season is enough for any parent to sigh. But for parents with a diabetic child, Halloween can be worrisome. Treats abound the entire month of October culminating in the big day of trick-or-treating.

Inez Lane remembers her daughter, Jordan's, Halloween just weeks after being diagnosed with type 1 diabetes in 2005. At the time, Jordan was in the third grade.

"We were very careful the first Halloween. We paid her 25 cents for each piece of candy," said Lane. They allowed her to have a just a few pieces that year.

"Now we are more comfortable with the situation. We still pay her, but let her keep a small bagful. She's allowed one piece a day or every other day."

Diabetes experts generally agree that diabetic children can enjoy some of their loot as long as they balance it with the proper dose of insulin.

"As long as it is worked into a meal plan and covered by the child's insulin, sugar is allowed," explains Lela Iliopoulos, a registered dietitian and certified diabetes educator.

She says this is where carbohydrate counting skills are used.

"After eating treats, you can check blood glucose levels and make any

insulin adjustments, if needed." Iliopoulos, who is the diabetes program coordinator at Palos Community Hospital in suburban Chicago, recommends looking up the candy's carbohydrate content ahead of time, if possible.

Other kids

It can be a challenge when there are siblings without diabetes.

"Instead of focusing on diabetes, shift it to overall health by setting the same guidelines for all the kids and the entire family," suggests Iliopoulos. "Do not single out the diabetic child or treat him or her any differently than the other children — because then he or she will feel different."

For example, each member of the family can select two pieces of candy as a treat.

Try to avoid putting a negative emphasis on eating candy. Instead, focus on moderation and teaching your kids how to fit treats into a healthy balanced diet for special occasions.

Parties

If you are the one hosting the party, you will definitely have more control over the situation. Incorporate fun games to take the emphasis off candy consumption. Costume contests, pumpkin carving, crafts, face painting and spooky storytelling are classic party fare.

Offer healthier alternatives, such as homemade popcorn balls, apple

slices with just a bit of caramel, nuts, sandwiches shaped into Halloween shapes with a cookie cutter, or homemade cookies that are made with a little less sugar. Toys and other non-candy prizes such as colorful pencils, stickers, erasers or coins are also a hit.

Other candy tips

- Set a few rules like "no candy eating during the hunt" to minimize the amount of sugary foods eaten.

- Limit the number of houses at which your children can trick-or-treat.

- Agree on a candy allowance ahead of time with your children. Have him pick out a few candies at a time and put the rest away.

- Swap the candy for money to purchase books or toys. Or have them trade you their candy for cash to buy something they have been saving up for. This will last longer than a piece of candy.

- If your child is diabetic, after the holiday, save the haul and allow a piece of candy each day that has been worked into the meal plan.

- Keep a stash of treats to treat low blood sugar levels.

•••

Like anyone else, children with diabetes should be allowed to enjoy Halloween, as it only comes once a year.

Lane says her daughter, who is a competitive gymnast, truly enjoys Halloween.

"Now she trick-or-treats by herself. I really put her diabetes care in her hands and put a lot of faith in her. She has done it very well. She rarely gets low. She knows her own body."

Resource: Carbohydrate content of popular Halloween treats (<http://www.diabetes.org/assets/pdfs/youth/ada-halloween-candy-list.pdf>)

Christine M. Palumbo is a Naperville, Illinois-based registered dietitian and mother of three who will be relieved when Halloween is over. She can be reached at (630) 369-8495 or Chris@ChristinePalumbo.com.



No-Bake Classic Snack Mix

Makes 14 servings. Prep Time: 10 min. Total Time: 13 min.

INGREDIENTS

3 cups Post Original Shredded Wheat Spoon Size Cereal
2 cups popped popcorn
1 cup small pretzels
1/2 cup peanuts

3 Tbsp. butter, melted
1 Tbsp. Worcestershire sauce
1/2 tsp. seasoned salt

INSTRUCTIONS: Toss cereal with popped popcorn, small pretzels and peanuts in large microwavable bowl. Mix melted butter or margarine, Worcestershire sauce and seasoned salt

until well blended. Drizzle evenly over cereal mixture; toss to coat. Microwave on high two to three min. until cereal is crisp, stirring after two min.

NUTRITION FACTS: 110 calories, 6 grams total fat, 2 grams saturated fat, 5 milligrams cholesterol, 190 milligrams sodium, 14 grams carbohydrate, 2 grams dietary fiber, 3 grams protein. Diet Exchange: 1 Starch 1 Fat

Recipe courtesy of www.postcereal.com

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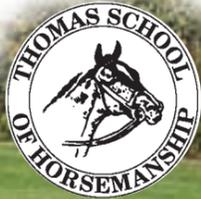
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LONG ISLAND FOCUS

Huntington has a lot to offer

North Shore region boasts history, museums, parks and more

BY COURTNEY DONAHUE

The greater Town of Huntington is located on Long Island's North Shore and encompasses a number of hamlets, including the hamlets of Huntington and Cold Spring Harbor, as well as the villages of Northport and Lloyd Harbor.

From the birthplace of poet Walt Whitman to the Henry Lloyd Manor House where the first African-American poet, Jupiter Hammon, was born, Huntington offers a wealth of attractions.

In April 653, Richard Holbrook, Robert Williams and Daniel Whitehead, all of Oyster Bay, bought from the Matinecock tribe a parcel of land that is now known as "the First Purchase."

In the years between the first settlement of the town and the start of the American Revolutionary War, Huntington became an established community. As the town prospered and grew, people moved to fill the outlying areas. In addition to many farms that were established in remote, as well as central portions of the town, the town included a school, church, flour mills, saw mills, brickyards, tanneries, a town dock, and a fort.

The arrival of the railroad in 1867 foreshadowed the decline of the maritime economy. With the increased accessibility of Long Island due to steamboats, trains and, later, automobiles, Huntington became less isolated. Residents of New York City were able to easily visit Huntington, as had not been possible in earlier days. Cold Spring Harbor became a popular summer resort.

At the end of World War II the population of Huntington, like that of Long Island as a whole, exploded. Huntington had approximately 32,000 residents in 1940. By 1960 there were 126,000 inhabitants. By the 1980s, the population had grown to more than 200,000. With this enormous growth, the town's rural landscape changed. Farms and vacant land disappeared, replaced by housing, schools, highways, recreational facilities and new and expanding business and industry.

Today, you can stroll and shop in Huntington Village or the Walt Whitman Mall, with more than 80 stores — including major retailers — on Route 110. Visit

the shores where Captain Nathan Lane landed on his ill-fated spy mission, visit Walt Whitman's birthplace, or tour the slave quarters of the nation's first published African-American poet, Jupiter Hammon.

Attractions

See the life of the common soldier and his wife during the American Revolutionary War at the Huntington Militia Arsenal, built c. 1740.

If art is your thing, check out the Heckscher Museum of Art, which showcases a collection of more than 2,000 works of art from Renaissance masters to contemporary Long Island artists, plus changing exhibitions and arts programs.

Visit four historic sites that are part of the Huntington Historical Society Museums. The Kissam House, c. 1795; The David Conklin Farmhouse, c. 1750; The Soldiers and Sailors Memorial Building, c. 1893; and the Huntington Sewing and Trade School, c. 1905.

See the birthplace of Huntington's best-known resident, Walt Whitman, who was born in West Hills in 1819 before he and his family moved to Brooklyn. America's greatest poet's house is c. 1819, and the exhibit includes his papers, schoolmaster's desk, recording of his voice, and more.

See the Joseph Lloyd Manor House, c. 1766; home of Jupiter Hammon, the first published African-American poet.

The Huntington Historical Museum Shop is a favorite of locals and a must-visit. An emporium of antiques and collectibles, it is a quaint consignment store located on the Dr. Daniel Kissam Property.

Built as an attachment to the 1790 Kissam Barn a few years after the barn was moved to the property in 1973, it was originally heated by a wood burning stove, located in the back corner of the shop, to add an air of authenticity to the shop. The all-volunteer staff also used the stove to heat their tea during those cold winter days.

Huntington Militia Arsenal [425 Park Ave., (631) 351-3244]. Open Sundays, 1-4 pm, year-round. Free.

Heckscher Museum of Art [Two Prime Ave., (631) 351-3250]. Open Wednesday



The birthplace of Walt Whitman in Huntington.

through Friday 10 am - 4 pm, first Friday of every month expect April 2 4 pm - 8:30 pm, Saturday and Sunday 11-5 pm. Huntington residents \$6 per adult, children under 10 free. Non-residents \$8 per adult, children under 10 free.

Huntington Historical Society Museums [209 Main St. (631) 427-7045] Open year-round, Tuesday through Friday and Sunday 1-4 pm.

Walt Whitman Birthplace State Historic Site and Interpretive Center [246 Old Walt Whitman Rd., in South Huntington (631) 427-5240]. Summer hours: Monday through Friday, 11 am - 4 pm; Saturday and Sunday, 12-5 pm; closed major holidays. Winter hours: Wednesday through Friday, 1-4 pm; Saturday through Sunday 11-4 pm; closed major holidays. Fee.

Joseph Lloyd Manor House [Lloyd Lane, in the Village of Lloyd Harbor (631) 692-4664]. Open Saturdays and Sunday from Memorial Day through Columbus Day 1-5 pm. Fee.

Huntington Historical Museum Shop [434 Park Ave. (631) 427-3984]. Open Tuesday, Wednesday, and Sunday 1-4 pm. Consignments accepted Tuesdays from 9:30 am - noon.

Events

Take part in the Apple Festival at the Dr. Daniel Kissam House Museum on Oct. 17. The leaves are falling and the crops are being taken in. Apples are

dropping from the trees and the Society is celebrating. Bring your children to play traditional games, try old-time arts and crafts and dance to the tunes of traditional music.

Enjoy the Huntington Public Library's Friday Evening Concert Series with Frederick Katzenberg on the oboe and Gary Klein on the piano Oct. 1. Or, see Jennifer Stumm on the viola Nov. 5. Sebastian Baverstam with play the cello with pianist accompanist Constantine Finehouse on Dec. 3.

Spend a delightful afternoon exploring the history and culture of our Native Americans on Nov. 20. Learn about their traditions, skills, food, clothing and view authentic artifacts. Crafts, games, songs and refreshments are included.

Apple Festival at the Dr. Daniel Kissam House Museum [434 Park Ave., (631) 427-7045]. Sunday, Oct. 17 from noon - 4 pm.

Huntington Public Library's Friday Evening Concert Series [338 Main St. in the Main Auditorium, (631) 427-5165]. Frederick Katzenberg and Gary Klein Oct. 1; Jennifer Stumm Nov. 5; Sebastian Baverstam and Constantine Finehouse Dec. 3. No registration required, open to all.

Native American Day at the David Conklin Farmhouse in the barn [2 High St., (631) 427-7045 ext. 401]. Nov. 20 from 2-4 pm. \$10 per child, ages 7-12. Free for adults that accompany children. Advanced registration required.

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Kung Fu kiddies

How martial arts discipline can benefit development

Martial Arts for children can provide many positive benefits besides basic self-defense. Confidence, self-esteem, self-discipline, self-respect and focus are but a few of the many benefits your child will develop.

One of the most important benefits developed initially is self-confidence. This can be seen by the way the child speaks, carries their posture, and through their movement. Continued consistent training develops more confidence, through the psychological effects of being able to defend themselves.

Discipline is achieved by seeing the results of their practice. They come to realize that by doing something on a regular and consistent basis, they can and will achieve their martial goals. Children see that they can accomplish many other goals in life and the learning process excites them. Once experienced in one facet of their life, they unconsciously apply it into other areas, such as school, sports, music, etc. It's simply an understanding that learning can and will come with persistence. Martial arts are an excellent impetus to develop pride, willpower, and a strong work ethic in your child.

Next is the health of your child. The activities we pursue in our youth greatly influence how we will develop as adults. If a child is brought up in an environment that emphasizes exercise and a good physical condition, they tend to continue such practices as adults. Furthermore, what a child does physically will influence

how their bodies develop.

The body has a way of providing you with what you need. All you need to do is ask for it on a regular, consistent basis. When the body is exercised regularly, the body will rise to the challenge and provide you with strength and flexibility. In essence, we are telling our children how to develop in these ever so crucial years.

The bones, tendons, ligaments,

and musculature grow much stronger than they would have in a less active childhood. Muscle tone and flexibility will be much easier to maintain throughout their adult life, simply because this pattern of development has been ingrained early in life.

As parents providing and caring for our children, good martial arts training is a wonderful gift for your child. Many adults wish this gift had been given to them in their youth, especially when they consider their own difficulties maintaining good physical and mental well being.

Five important benefits

1. The Graded Color Belt System improves children's self-esteem. Martial arts are not like team sports because the emphasis is on developing the individual's self-esteem not the team's winning record. The belt system is the key. When children earn their belts it gives them a great sense of accomplishment that really improves the way they feel about themselves.

2. Martial Arts teach children discipline. One of the things parents appreciate most about our classes is the improvement in their child's self-discipline. Good instructors are patient professionals who love to work with children, but are also very clear about limits. They should be expected to enforce good rules of behavior in class, and expect the same good behavior at home and in school.

3. Activities channel children's aggression. Martial arts provide a positive outlet for children's excess energy.

4. Confidence enhances children's self-esteem. Confidence is one of the most im-



portant things we can give children.

5. Essential self-defense skills are important for every child. But they must also be taught that the martial arts are not to be tried out on their brothers and sisters, or their friends or school mates.

"Children in martial arts have a lower level of anxiety; an increased sense of responsibility; a decrease in the willingness to take foolish risks; a higher sense of self-esteem; higher level of social intelligence; and were less likely to be radical," noted an article in "Psychology Today."

Are the martial arts too violent for my child?

The answer is "no." Unfortunately, violence is the most glamorized and publicized aspect of the martial arts. Fighting is only a very small fraction of what true martial arts are all about. What you see in almost any movie starring Bruce Lee, Jean Claude Van Damme, Steven Seagal, or Jackie Chan is entertainment. The real aim of the traditional martial arts, an aim that transcends mere fighting, is the perfection of character. That takes a lifetime to unfold, this is hard to depict in movies. Of course, this sounds daunting, even pretentious.

Martial arts are an excellent impetus to develop pride, willpower, and a strong work ethic in your child.

No one joins a martial arts class thinking, "I want to perfect my character!" One joins to learn self-defense or to get in shape or for a myriad of other reasons. Under the proper instruction and after a period of time, a very subtle change occurs. The student realizes that there is far more to the martial arts than just getting fit and fighting. When a student is aware of his or her fighting abilities, he or she is unlikely to use them. People who get in a fight, any kind of fight, do so because they feel they have to prove something about themselves. The code of many martial arts can be summed up this way:

- 1) Exert oneself in the perfection of character**
- 2) Be faithful and sincere**
- 3) Cultivate the spirit of perseverance**
- 4) Respect propriety**



5) Refrain from violent and impetuous behavior

The accomplished martial artist will create alternatives to violent conflict. When confronted, the accomplished martial artist feels no shame in being shoved. There is no reason to prove what he or she already knows. He or she can walk away knowing that had there been a fight, he or she would have won.

For children, such knowledge can be empowering. At a time when they are especially vulnerable to peer pressure as well as the internal pressures of finding their way in life, martial arts instills within them the awareness that there are always options in any given situation. Whether it's a taunt from a playground bully, a dare from friends to steal, or a teacher's direct question, the student of the martial arts will develop the courage to make personal decisions as to the proper course of action. Self-confidence and self-esteem are the ultimate results.

There is an expression that says, "When you point an accusing finger, there are three more pointing right

back at you." Children and adolescents are not inherently bad; their behavior reflects their upbringing and their environment outside the home. If parents and adults do not act as good role models, then such accusations are hypocritical and groundless. Children and adolescents do look for role models. A traditional martial arts instructor, like a parent, teacher, or family friend, is among the best qualified.

He or she works with children and adolescents and sets examples for them in both word and action.

The instructors make it very clear to children that the martial arts are not to be used irresponsibly, nor will a few lessons make them expert fighters. Anything less would give them a false sense of security.

Instead, the lessons focus on the harmony of working together with the instructors and with fellow students. While children find the workouts fun and entertaining, there are equal emphases on discipline and self-control, which carry over to their daily lives, as many parents will tell you. Furthermore, by working together children learn teamwork and can overcome shyness or insecurity. A good instructor always praises a child's individual effort.

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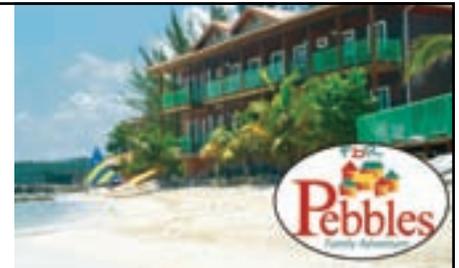
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GROWING UP ONLINE

CAROLYN JABS

The Facebook facts

When can your child join a social network?

Now that a quarter of the people online are also on Facebook, it's no surprise children want to be there, too. Getting a first Facebook page has become a rite of passage, just like picking out a first backpack or having a first sleepover.

Fortunately, teaching kids to use social media responsibly is easier now, since so many parents have direct experience with its opportunities and perils. If you don't already have your own Facebook page, set one up before your child asks. Then, you'll be able to explain the dif-

ference between sending a private message to a friend and posting on a wall, where that post can be seen by the wider world.

Parent Section of the Facebook Safety Center. This comprehensive guide will clear up any lingering uncertainty about how to use the many safety features on the site.

Here are a few things you'll want to emphasize — repeatedly — as your child joins the world of social networking:

No contact info!

Facebook wants you to use your real name so you can connect with people who know you in real life. For kids, finding high school classmates is irrelevant, so it may be better to use a first name and last initial. Other contact information should also be taboo. No one of any age should post an address, e-mail address or phone number on Facebook.

Age limits for friends

At first, approve all friend requests if only to be sure your child's network is limited to children he knows in real life. Once your child starts adding adults — even relatives — he will have access to their pages on which they will, in all likelihood, discuss their adult lives. Think carefully about whether you really want your child to read political rants from his uncle or see photos from an older cousin's spring break. As a child demonstrates maturity, the kids-only rule may loosen, but you should still go through the friend list from time to time and ask how people got there.

Picture policy

For newbies, you'll want to approve every posted photo — including the profile picture. Even experienced users need reminders that they shouldn't post salacious or foolish photos of themselves. They also shouldn't post — much less tag — photos of others (including family members!) without their permission. That's especially true if the photo shows something that might be regarded as funny by some and humiliating by others.

Know your apps

Games and quizzes are part of

the fun on Facebook. Unfortunately, Facebook doesn't approve apps, so signing up for one may expose your child — and his friends — to spam or viruses. Encourage younger kids to ask before accepting an app invitation. With older kids, periodically visit the "Applications and Websites" link at the bottom of the Privacy Settings page. Clicking on that link brings up a list of apps your child has downloaded and gives you a chance to remove unwanted or "spammy applications."

Grandma approval

It's hard for young children to wrap their minds around the idea that what they post on Facebook might make it hard for them to get into college or land a good job. Asking your child to imagine what grandma would think if she saw a post should cut down on meanness, as well as bragging about inappropriate behavior.

Schedule time

Facebook can consume hours of time without much to show for it. So set up specific times for social networking — and enforce them.

• • •

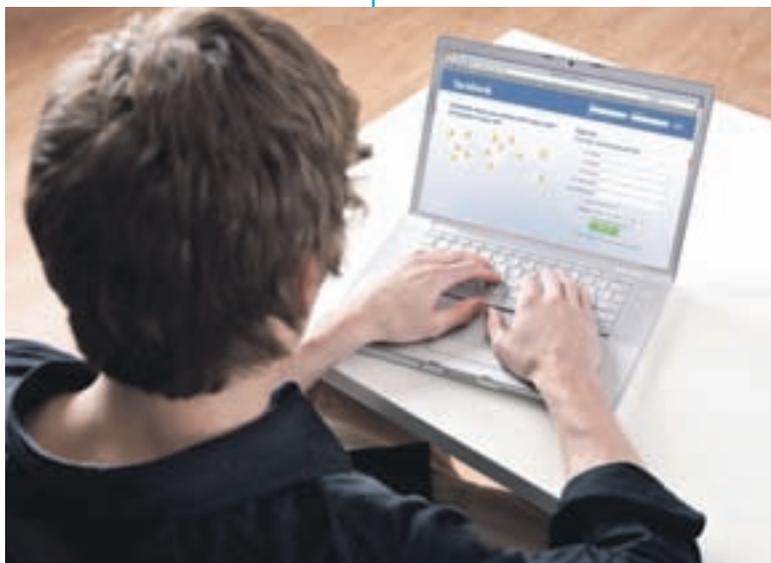
As children get older, they should earn more freedom and privacy on Facebook by demonstrating responsible behavior. You'll also want to have ongoing conversations about social networking so your child will feel free to talk to you about problems he encounters.

Helping your child learn responsible use of social media is a lot like teaching your child to ride a bike or answer the phone properly. The difference is that what your child says and does online can — and probably will — follow him into adulthood.

That should be an incentive for parents to help kids master the nuances of social networking from the start.

Carolyn Jabs, M.A., has been writing about families and the Internet for over 20 years. She is the mother of three computer-savvy kids. Read other Growing Up Online columns at www.growing-up-online.com.

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Whenever you decide your child is ready for the real deal, visit the

Deciding when your child is ready for an account is tricky. If you start when your child is younger, he will be happy to have your help in setting up the page. That way, you can establish the strictest level of friends-only privacy, choose a good password and insist your child include you on his friend list. These safeguards allow you to keep an eye on how your child behaves in the company of online friends, something you should be doing for pre-teens regardless of venue.

Whenever you decide your child is ready for the real deal, visit the

How smart is

A guide to levels of intelligence in children

BY DEBORAH L. RUF, PHD

Many parents wonder how their child compares to other children and are curious to find out if they are raising the next Einstein, or whether she is just on par with other children her age.

It is important to know how your child's level of intelligence compares to other children her age, especially when it comes to time to choose a school. I have found that the single most important factor for achieving academic, social and emotional success is knowing whether or not the child fits the school.

Thankfully, there are certain childhood milestones that can tell us when children are ahead of — or behind — others their age.

Here's an overview of what I call "Levels of Giftedness," five levels for measuring children's intelligence — from those who are simply bright, to those who are intellectually astonishing — with milestones that are common, but not necessary, to each level.



Level one

- These children show interest in many things before they are even 2-years-old — like colors, counting numbers in order, and playing simple puzzles.

- Most are good talkers by age 3, and by 4, many can print letters and numbers, recognize simple signs, their name, and know most of the alphabet.

- By the time they are 6-years-old, many read beginner books and type at the computer, and most read chapter books by age 7.

- It is not unusual to find six to eight level one children in an average classroom — children who are nearly always a few steps ahead of what the teacher is teaching the whole class.



Level two

- These bright children love looking at books and

being read to, even turning pages without ripping them by the time they are 15-months-old. Some shout out the name of familiar stores as you drive past.

- Many know lots of letters by 18 months and colors by 20 months, and between ages 3 and 4, they count small groups of objects, print some letters and numbers, and they very likely drive their parents crazy with all their questions.

- They'll sit for, what seems like, hours as you read advanced-level books, especially fiction and fantasy, to them, but they require a bit less of your time by age 6, because most of them read for pleasure and information on their own.

- Level two children can find only one or two others in their classroom who are as advanced as they are, which makes it hard to find good friends.



Level three

- They're born wide-eyed and alert, looking around the room, reacting to noises, voices, and faces.

- They know what adults are telling or asking them by 6 months. You name a toy, pet, or another person, and they will look for it.

- Everything level two children do by 15 months, these kids do by 10 to 12 months, and they can get family members to do what they want before they are actually talking.

- By 2-years-old, many like 35-plus piece puzzles, memorize favorite books, and know the entire alphabet.

- By 3-years-old, they talk constantly, skip count, count backwards, and do simple adding and subtracting because they enjoy it. They love to print letters and numbers, too.

- They ask you to start easy reader books before 5 years, and many figure out how to multiply, divide, and do some fractions by 6 years.

- Most of these children are a full two to five years beyond grade level

by age 6 and find school too slow.

- There are one or two level three children in every 100 in the average school. They are rarely in the same elementary class and can feel very, very lonely.



Level four

- Level four babies love having books read to them, and pay attention within a few months of their birth.

- They are ahead of level three children by another two to five months while less than 2-years-old.

- They have extensive, complex speaking by 2-years-old, and their vocabularies are huge!

- Most of them read easy readers by 3-and-a-half to 4-and-a-half years, and then read for information and pleasure by age 5, with comprehension for youth and adult level books at about 6 to 6-and-a-half years.

- There are about one per 200 children in the average school. Without special arrangements, they can feel very different from their typical classmates.



Level five

- Level five children have talents in every possible area. Everything is sooner and more intense than other levels.

- They have favorite TV shows before 6- to 8-months-old, pick out letters and numbers by 10 to 14 months, and enjoy shape sorters before 11 months.

- They print letters, numbers, words, and their names between the ages of 16 to 24 months, and often use anything that is available to form these shapes and figures.

- They show ability with 35-plus piece puzzles by less than 15 months and interest in complex mazes before they are 3-years-old.

- Musical, dramatic, and artistic aptitudes usually start showing by 18 months.

- Most speak with adult-level complexity by age 2.

my child?

- At 2- and 3-years-old they ask about how things work, and science — particularly biological and life-and-death questions — emerge.

- They understand math concepts and basic math functions before age 4.

- They can play card and board games ages 12-and-up by age 3-and-a-half to 4.

- They have high interest in pure facts, almanacs, and dictionaries by age 3-and-a-half.

- Most read any level of book by 4-and-a-quarter to 5 years.

- They read six or more years beyond grade level with comprehension by 6 years old and usually hit 12th grade level by age 7 or 8.

- We know they occur more often than once in a million and regular grade school does not work for them. Levels three through five score very high on ability tests.

• • •

Once you have a sense of your child's abilities, you can provide her with more activities and experiences that build on these strengths and take advantage of her talents. You can also begin your search for appropriate environments in which she will thrive. Choosing the right schools for your child might be the most important decision you ever make for her healthy intellectual and emotional growth.

Deborah Ruf, PhD, of Minneapolis, is a private consultant and specialist in gifted assessment, test interpretation, and guidance for the gifted. Having been a parent, teacher and administrator in elementary through graduate education, she writes and speaks about school issues and social and emotional adjustment of gifted children. She developed the Ruf Estimates of Levels of Gifted™, which is delineated in her book, "5 Levels of Gifted: School Issues and Educational Options" (formerly titled "Losing Our Minds: Gifted Children Left Behind," 2005 [www.giftedbooks.com/productdetails.asp?id=48]) as well as in the new online assessment, TalentIgniter (www.talentigniter.com).



Bracing for the future

Preventative measures can make braces a thing of the past

BY MANI ALIKHANI

Kids teasing your child about her teeth can not only hurt her feelings, but can affect her for the rest of her life. Some teasing can just be kids being kids, but if you notice that there actually are problems with your child's growing teeth and jaw, it's time to see an orthodontist.

There is a window of opportunity during a child's growth when the correction of the jaw size and position is possible with simple orthodontic appliances. If this window is missed, treatment later will need to focus on camouflaging the problem rather than correcting it, which can include the removal of teeth, or, in severe cases, jaw surgery.

At what age should your child see an orthodontist?

According to the American Association of Orthodontics, by the time your child is 7 years old, her adult molars are coming in behind the baby molars, and the incisors are slowly

making their way into her smile.

At this time, an orthodontist can recognize abnormal growth in the jaw or problems in the arrangement of the teeth, such as a lack of space.

This is also the age when, if necessary, the orthodontist can use simple appliances to help create the space needed to accommodate those larger, permanent teeth.

How do you know if early treatment is best?

There are two main philosophies of treatment in orthodontics — "one phase" versus "two phase" treatments.

Many orthodontists believe in using only braces to treat the problem after all permanent teeth are present. If there is not enough space in the mouth, the orthodontist will remove two to four teeth to ensure proper tooth alignment. Because all treatment is completed in one phase, this is considered the more cost effective solution.

Others argue that if jaw problems — such as a narrow upper jaw or a



short lower jaw — are caught early on, early treatment can ensure no teeth will have to be removed, permanent teeth will come in well aligned, and the jaw can develop properly.

Correcting with early treatment can take two to three years, and not all kids who are treated early require braces later on. In many cases, if the second phase is needed, it will take less time to fix the problem, saving family money and sparing your child a long period in braces during the adolescent years.

• • •

If you think your child can benefit from early treatment, do some research and learn more about the orthodontists in your area. Call or visit their offices and ask about their treatment philosophies.

It can also be helpful to speak with other parents about their child's experience with early treatment. Most parents will share information or can refer you to an orthodontist that will help create a smile for your little one that will last a lifetime.

House of Orthodontia [122 Atlantic Ave. (718) 858-4414]. For more information, visit www.houseoforthodontia.com.

For more information on this and other orthodontic-related topics, contact the American Association of Orthodontists by visiting www.braces.org

Mani Alikhani, DDS, MS, PhD is a Board-Certified Orthodontist. He serves as the Director of Research at NYU College of Dentistry, Department of Orthodontics and is an orthodontist in private practice.

Let's check your bite!



Do your front teeth stick out too far?

YES NO



When your back teeth touch can you stick your tongue in between the front teeth?

YES NO



Do your front teeth cover the lower too much?

YES NO



Is there too little or too much room for your teeth?

YES NO

If you answered yes to any of these questions, call (718) 852-4414 for free orthodontic consultation.

House of Orthodontia, 122 Atlantic Avenue, Brooklyn NY 11201

LONG ISLAND ORTHODONTISTS

Meet The Practitioners

Inna Gellerman, DDS

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631-427-8444 or www.drgellerman.com

Dr. Inna Gellerman is sensitively attuned to the aesthetic and functional concerns of her patients. She combines her scientific background with an artistic eye to bring the highest quality of personalized care to each of her patients. Dr. Gellerman is caring, gentle, and understanding. She maintains a professional working environment, and listens to the needs and concerns of her patients. Dr. Gellerman's gentle chair-side manner, acute attention to detail, and dedication to providing patients with the full orthodontic experience, are what makes our practice a special place to receive orthodontic treatment. Dr. Gellerman received her doctoral degree from SUNY at Stony Brook School of Dental Medicine, along with numerous awards for academic clinical academic achievement.



Dr. Tsivas Kourtsounis

1150 Portion Road, Holtsville
631-451-7700

Or "Dr. K" as he is called by the little ones, is one of Holtsville's favorite new pediatric dentists. Like pediatricians, Dr. Kourtsounis has limited his practice to infants, toddlers, and all children including those with special needs. Because of this, he is able to keep current on the latest diagnostic and treatment procedures for young people. Pleasant visits to the dental office promote the establishment of trust and confidence that will last a lifetime. Just as the pediatrician monitors development from infancy, Dr. Kourtsounis will evaluate your child's dental condition regularly to provide the highest level of prevention and treatment. He enjoys teaching children the importance of oral health care and how good care will benefit them throughout their lives.

Dr. Kourtsounis received his Bachelor's degree in Biology from the State University of New York at Stony Brook and his Doctor of Dental Surgery degree from the University Of Maryland College of Dental Surgery. He completed his pediatric dental residency training at the Mount Sinai Medical Center in New York City.



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TWICE THE ADVICE

JACQUELINE AND
KERRY DONELLI

The tall and short of it

Don't worry about their height

Dear Twins,

I'm so worried about my son (he is 8). He has always been home-schooled but now I have to go back to work so he will be starting at a regular school. He has a great personality, always smiles and laughs, and everyone likes him. The problem is, he is very short for his age. I mean very short. But he is excited and has no idea what may be in store for him. I'm afraid the smiling and laughter will stop. Kids can be mean. Please advise, twins!

— *Worried Mother*

Kerry says: You are worrying about something that has not even happened yet. Besides, holding your child captive for fear he may be ridiculed is far worse. If his height doesn't bother him it probably won't bother anyone else. He's a likeable child. Let him be and stop fretting.

Jacqueline says: I agree with Kerry. Moreover, what do you think your lack of confidence in your son is doing to him? And there isn't even a problem yet. If it becomes a problem (of which you don't know yet) then he will most certainly need a strong, supportive parent to teach him to be brave, stand tall and have confidence in himself. The way you handle this will have far more impact on your son than anyone else.

• • •

Dear Twins,

I'm a single mom and my teenage daughter is just about to start school and is so excited she is driving me nuts with all the clothes she wants to buy. This last week I drove her back and forth to 10 stores to buy one thing from here, another from there — and it's costing me a fortune! Is

this just a phase or will it end?

— *Mother of Teenage Brat*

Jacqueline says: The fact that your daughter is excited about school is a problem most parents would want. Be grateful your daughter has any interest in school or that she isn't deeply depressed that she has to go back. If money and time are an issue, then explain to your daughter that she is allowed to spend a certain amount of money in three stores only. What you could have made into a memorable mother-daughter shopping experience you have spoiled. Hopefully, your daughter wasn't put off by your annoyance with her.

Kerry says: I totally disagree with Jacqueline. It is your daughter whom is the brat. And it will never end if you don't put your foot down. Why in the world are you catering to her every whim and spoiling her rotten? Instead of her being appreciative, she is ungrateful and demanding. In order to discipline your child you need to learn to stand up for yourself. Tell her the budget you can afford to work with; anything extra will come out of her own money that she will earn doing chores or at a job. And tell her you will go to a maximum of two stores at any given time. Enough's enough.

• • •

Dear Twins,

For a part time job, my 13-year-old son has started a dog-walking business. Because there are quite a few dog owners in our apartment building, he is just getting his little business going pretty well. However, there is one woman who always asks a little extra of my son when he is walking her dog, such as, "on the way back, can you stop by the laundry shop and pick up my husband's suit," or "on the way back, can you pick me up some milk, bread and eggs, etc..." While she pays for these items, she never offers any extra to my son for these favors. Is this fair?



Should I say something to her, or have him say something to her? Or say nothing at all?

— *Miffed in Manhattan*

Kerry says: Your son should not be taken advantage of. In fact, this is a good time to learn that his hard work is valuable and he needs to be compensated for it; this includes any "extras." He also needs to learn to speak up for himself. If your son wants to make extra money he should very amicably say, "The rate I charge is only for dog walking, but I would be happy to do any additional work you may need at \$5 per job." Or, if he prefers to keep it as solely as a dog-walking service he might say, "I am only offering dog walking services at this time. Unfortunately, I won't be able to do any extra outside jobs."

Jacqueline says: Yes, your son is being taken advantage of because he is 13 and easy to take advantage of. But I disagree with Kerry. I am all for going the extra mile at a job. That's how we get recommendations and more clients. If the chores are part of the paid hour, then what's the big deal? Does he complain about doing them? What I'm hearing is this actually bothers you more than your son. If he doesn't want to do these chores, then by all means have him say something. However, if your son is fine with it, stay out of it and let work breed more work.

Jacqueline and Kerry Donelli, twin sisters, are multi-award winning filmmakers. They are currently getting their Masters in Mental Health and have a radio show on WBCR-AM also called, "Twice the Advice" — where one twin gives advice and, often, the other completely disagrees! Please e-mail them at TwiceTheAdvice2@gmail.com.

It figures

BY CYNTHIA WASHAM

SPOOKY STUFF

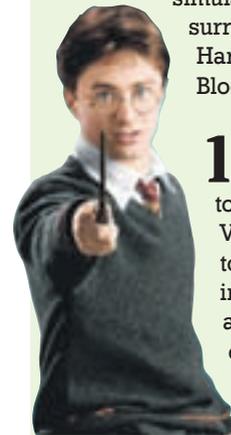


80 Percent of U.S. pumpkins that are available in October.

1,689 Weight, in pounds, of the world's biggest pumpkin, grown by Joe Jutras of Rhode Island in 2007

1996 Year Alabaman Brian Adkins founded Scripture Candy, which produces Halloween lollypops, candy corn and other treats wrapped in bible verses.

8 Months computer-graphics artist Chris Horvath spent developing the simulation of a fiery tornado surrounding Harry in the movie *Harry Potter and the Half-Blood Prince*.

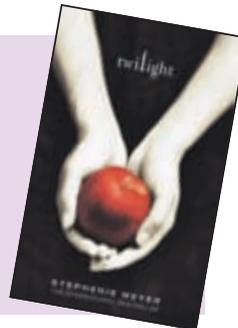


11 Number of colleges that went to Middlebury College, Vermont, in October 2008, to compete in the quidditch intercollegiate World Cup, a down-to-earth version of Harry Potter's favorite airborne sport.

21 Minimum age one must be to buy fog-producing dry ice at a Kroger store.

More than 42 million

Number of vampire-theme, young-adult, *Twilight* romance novels that have been sold.



25 Percent of Americans in the 1980s who believed humans may have been abducted by aliens.

40 Percent who believe that now.



TEACHER TIDBITS

1993 Year World Teachers' Day, Oct. 5, was initiated by the United Nations Educational, Scientific and Cultural Organization (UNESCO).

More than 100 Number of countries that observe World Teachers' Day.

More than 50 Average number of hours teachers work per week, including grading assignments and other tasks at home:

\$443 Average amount of their own money teachers spend each year on their classrooms.



Going Places

LONG-RUNNING

Creatures of the deep: Cold Spring Harbor Fish Hatchery & Aquarium, 1660 Route 25A; (516) 692-6768; info@cshfha.org; www.cshfha.org; Weekdays, 10 am to 5 pm, Saturdays and Sundays, 10 am to 6 pm, Now – Fri, Dec. 31; \$6 (\$4 children three to 12).

Northeast's largest living collection of New York State-native fish, reptiles and amphibians.

Flying high: American Airpower Museum, 1230 New Highway; (631) 293-6398; info@americanairpowermuseum.com; www.americanairpowermuseum.com; Thursdays – Sundays, 10:30 am–4 pm, Now – Fri, Dec. 31.

Preserved vintage aircrafts in the original hangar where they were readied for war.

History of Heroes: Francis X. Pendl Nassau County Firefighters Museum, 1 Davis Ave. between Mitchell Field and Railroad Avenue; (516) 572-4177; www.ncfiremuseum.org; Tuesdays – Sundays, 10 am to 5 pm, Now – Tues, Dec. 28; \$4 (\$3.50 children).

Hands-on showcase featuring a goose-neck handdrawn and operated water-pump dating back to 1832.

Sailing away: Long Island Maritime Museum, 86 West Ave. near Shore Road; (631) 447-8679; limm@limaritime.org; www.limaritime.org; Mondays – Saturdays, 10 am to 4 pm, Sundays, 12–4 pm, Now – Fri, Dec. 31; \$4 (\$2 children and seniors).

Delve into Long Island's seafaring and shipwrecked past.

Kid power: Children's Museum of the East End, 376 Bridgehampton Sag Harbor Tpk; (631) 537-8250; www.cmee.org; Mondays and Wednesdays – Saturdays, 9 am–5 pm, Sundays, 10 am to 5 pm, Now – Fri, Dec. 31; \$7 (free under one year old).

Exhibits cover a wide range of interests and include a little bit of everything.

Orientation Meeting: Suffolk County Department of Social Services, 455 Veteran's Memorial Highway; (631) 854-9335.

Prospective foster parents receive information and training.

Long Island Game Farm: 638 Chapman Blvd. (631) 878-6670; www.longislandgamefarm.com. Daily, 10 am–6 pm; Now – Mon, Oct. 11; Call for fees.

Petting zoo and activities.

Friendship Group: Friedberg JCC, 15 Neil Ct. at Fireman's Memorial Drive;



Peter Pan flies again

Travel to Neverland this month.

From Oct. 9-30, the children's theater of BayWay Art Center in East Islip presents "Peter Pan and Wendy," a musical adaptation of J.M. Barrie's beloved tales.

Fly along with Peter and Wendy as they visit an enchanted place where kids refuse to grow up and Indians and pirates rule. Along for the ride are the pixie Tinker Bell, Captain Hook, and the Lost Boys.

(516) 766-4341; www.friedberg.org; Daily, 2–3 pm; Now – Thurs, Dec. 30; Call for Fees.

Middle school students with disabilities swim in the indoor pool, hang out in the renovated teen lounge and participate in exciting art projects.

Haunted Firehouse: Valley Stream Fire Department, Brooklyn Ave. (516) 56101777; Fridays and Saturdays, 7–11 pm, Fri, Oct. 1 – Sun, Oct. 31; \$10 (\$5 for children under 12).

Fireman and community volunteers get together to scare your pants off.

"Dracula the Musical": Theater Three, 412 Main Street; 631-928-9100;

The colorful costumes will vividly bring to life Barrie's fantasy, and the musical numbers will keep you humming long after the production is over — and the fairy dust has worn off.

"Peter Pan and Wendy" at the BayWay Arts Center [265 East Main St. between Yockel Place and Laural Avenue in East Islip, (631) 581-2700], Oct. 9-30, Saturdays at 2 pm. Tickets \$10. For info, visit www.broadhollow.org.

Friday, Oct. 1, 8 pm; Saturday, Oct. 2, 8 pm; Sunday, Oct. 3, 3 pm; Friday, Oct. 8, 8 pm; Saturday, Oct. 9, 8 pm; Sunday, Oct. 10, 7 pm; Wednesday, Oct. 13, 2 pm; Friday, Oct. 15, 8 pm; Saturday, Oct. 16, 8 pm; Thursday, Oct. 21, 8 pm; Saturday, Oct. 23, 8 pm; Sunday, Oct. 24, 3 pm; Thursday, Oct. 28, 8 pm; Friday, Oct. 29, 8 pm; Saturday, Oct. 30, 8 pm; \$15-\$28.

For mature audiences.

Southold Indian Museum: 1080 Main Bayview Road; (631) 765-5577; indianmuseum@optonline.net; www.southoldindianmuseum.org; Sundays, 1:30–4:30 pm, Now – Sun, Dec. 26; \$2 (50 cents children).

Submit a listing

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

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

Largest collection of Algonquin ceramic pottery and impressive array of soapstone pots and bowls.

Science is fun: Long Island Science Center, 11 West Main St. near Peconic Avenue; (631) 208-8000; programs@lisciencecenter.org; www.lisciencecenter.org; Sundays, 11 am–4 pm, Now – Sun, Dec. 26.

Interactive museum dedicated to fostering a love of math, science and technology in young people.

Sleeping Beauty: The John W. Engeman Theater, 250 Main Street; (631) 261-2900; www.engemantheater.com; Saturdays, 11 am, Sundays, 10 am, Sun, Oct. 3 – Sun, Oct. 31; \$15.

Children's classic Grimm's fairy tale.

Polo: Bethpage State Park, Polo Field; (516) 249-0700; www.nysparks.state.ny.us; Sundays, 3–5 pm, Now – Sun, Oct. 3; \$8 vehicle use fee.

Meadowbrook Polo Club - competitive polo matches. Bring a picnic lunch. Glass items, pets, and alcohol are not permitted.

Tiny tots: Theodore Roosevelt Nature Center, Jones Beach State Park, PO Box 1000; (516) 679-7254; Tuesdays, 10:30–11:30 am and 1:30–2:30 pm, Tues, Oct. 5 – Tues, Dec. 14; \$4 (free children under three).

Children three to five discover nature with hands-on activities. Pre-registration required.

Family Night: Barnes & Noble, 1542 Northern Blvd. (516) 365-6723; Wednesdays, 7:30 pm, Now – Wed, Dec. 29; Free.

For children - enjoy an evening of Bingo every Wednesday evening at the Manhasset Barnes & Noble. Call prior to the event to confirm.

Haunted House: North Patchogue Fire

Going Places

Department, 33 Davison Ave. (631) 475-1788 X 137; Fridays and Saturdays, 7–11 pm, Sundays, 7–10 pm, Sat, Oct. 9 – Sun, Oct. 31; \$10 (\$6 for children under 10).

Three floors of horror. Come and join in for a night of frills, thrills, and getting the bejesus scared out of you. Not recommended for small children.

Fear Fest: 1303 Round Swamp Rd. (646) 896-9071; Fridays – Sundays, 7 pm–midnight, Sat, Oct. 9 – Sun, Oct. 31; \$12 (\$20 RIP).

Experience fear like never before. Wander through halls of desire, hear the sounds on the wind, fevered moans, and plaintive cries in the night. Come and visit if you dare. Not recommended for young children.

"Phantom": BayWay Arts Center, 265 East Main Street; (631) 581-2700; bht-groupsales@aol.com; www.broadhollow.org. Saturday, Oct. 9, 8 pm; Sunday, Oct. 10, 2:30 pm; Wednesday, Oct. 13, 2 pm; Friday, Oct. 15, 8 pm; Saturday, Oct. 16, 8 pm; Sunday, Oct. 17, 2:30 pm; Friday, Oct. 22, 8 pm; Saturday, Oct. 23, 8 pm; Sunday, Oct. 24, 2:30 pm; \$18, (\$16 seniors and students, \$14 youths 12 and under).

Musical adaptation.

Scream park: Bayville Scream Park, 8 Bayville Ave. (516) 62-GHOST; Sundays – Thursdays, 6–10 pm, Fridays and Saturdays, 6 pm–Midnight, Fri, Oct. 29 – Sun, Nov. 7; \$14.75 - \$21.75.

The ghosts and ghouls come out to play in the Bloodworth Haunted Mansion, Uncle Needle's Fun House of Fear, Temple of Terror, Zombie Pirates and Evil in the Woods. Not appropriate for young children.

SAT, OCT. 2

"Puss in Boots": The New Victory Theater, 209 West 42nd St. (646) 223-3010; www.newvictory.org; 2 and 7 pm; \$14-\$38 (\$9-\$25 members).

Operatic version of children's classic tale.

SUN, OCT. 3

"Puss in Boots": Noon and 5 pm. The New Victory Theater. See Saturday, Oct. 2.

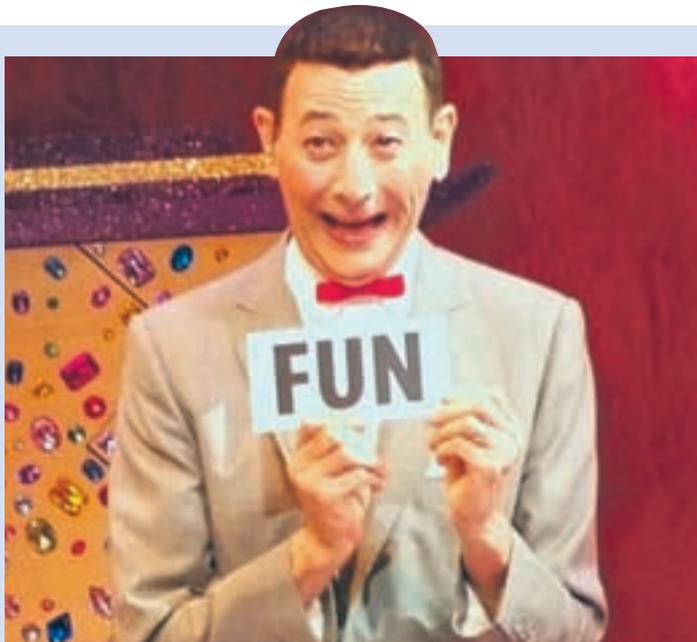
MON, OCT. 4

Monday Minnows: Cold Spring Harbor Whaling Museum, 279 Main Street; (631) 367-3418 X17; www.cshwhaling-museum.org; 1:30 pm; \$4 for adult and tot; (free-members).

Stories, crafts and play for pre-schoolers.

Working Mom's Support Group: Mid-Island Y JCC, 45 Manetto Hill Road; (516) 822-3535; www.miyjcc.org; 8–9 pm; Free.

Working mom group: Mid-Island Y JCC, 45 Manetto Hill Road; (516) 822-



Pee-wee on stage

Pee-wee's back! "The Pee-wee Herman Show," a new Broadway show based on the Paul Reubens' 1981 stage productions, movies, and the Saturday morning television show, brings back the bow-tied icon and his friends from Pee-wee's Playhouse.

Fresh off a sold-out run in Los Angeles, the fanciful production will feature new music and delightful puppetry work, with the cast of characters including Miss Yvonne, Cowboy Curtis, Pterri the Pterodactyl, Jambi the Genie,

and Chairry in an all new celebration of sophisticated silliness.

Filled with subversive humor and childlike wonder, "The Pee-wee Herman Show" charts a day in the life of the bow-tied hero, one of the most inspired comic personas of our time who's ready to charm a whole new generation.

"The Pee-wee Herman Show" at the Stephen Sondheim Theatre [124 W. 43rd St. between Broadway and Sixth Avenue in Manhattan, (212) 719-1300], Oct. 26-Jan. 2, 2011. Tickets \$67-\$122. For info, visit www.Pee-wee.com/Broadway.

3535; www.miyjcc.org; 8–9 pm; Free.

WED, OCT. 6

College workshop: Friedberg JCC, 15 Neil Court; aschiller@friedbergjcc.org; www.friedbergjcc.org; 7:30 pm; \$5.

Dr. Rachele Wolosoff offers an insightful look at the college search process for parents and students.

THURS, OCT. 7

"Puss in Boots": 7 pm. The New Victory Theater. See Saturday, Oct. 2.

FRI, OCT. 8

"Puss in Boots": 7 pm. The New Victory Theater. See Saturday, Oct. 2.

SAT, OCT. 9

Pumpkin carving: Hicks Nursery, 100 Jericho Turnpike; (516) 334-0066; www.hicksnurseries.com; 9 am–5 pm; Free.

Artist Andrew Gertler demonstrates 3-D pumpkin carving.

Writer's workshop: Barnes and Noble, 1542 Northern Boulevard; (516) 365-6723; www.barnesandnoble.com; 11 am; Free.

Linda Frank, author of "The Madonna Ghost," provides helpful hints to student novelists plus signing copies of her book.

Fall Festival: The Heckscher Museum of Art, 2 Prime Ave. (631)351-3250; www.heckscher.org; 11 am–5 pm; Two-for-one admission.

Docent-led tours of the exhibitions Rock On! Masterworks of Rock Photography and Night on the Town.

Harvest weaving: The Heckscher Mu-

seum of Art, 2 Prime Ave. (631)351-3250; www.heckscher.org; 11 am–4 pm; Free.

Children of all ages create an autumn-inspired craft.

Children's fall walk: Nissequogue River State Park, 799 Saint Johnland Rd; (631) 581 – 1072; 1:30–3 pm; \$4 (\$3 children).

Children five and up make a leaf impromptu collage after collecting leaves on a short nature walk. Pre-registration required.

"Puss in Boots": 2 and 7 pm. The New Victory Theater. See Saturday, Oct. 2.

KISS Night Bowling: Mid-Island Y JCC, 45 Manetto Hill Road; (516) 822-3535; www.miyjcc.org; 6–8:30 pm; Call for fees.

For grades five and up at AMF Syosset Lanes. Pre-registration required.

Campfire night: Caleb Smith State Park Preserve, Route 25, W.Jericho Turnpike; (631) 265 – 1054; 6:30–8 pm; \$4 (\$3 children).

Experience a campfire along with s'mores and spooky stories.

Talent show: Cross Island YMCA, 238-10 Hillside Ave. (718) 479-0505; www.ymcanyc.org; 6:30 pm; \$10, (\$5, children five-12; Free, Children under five; \$5 Parents Booster in program).

SUN, OCT. 10

Pumpkin carving: 9 am–5 pm. Hicks Nursery. See Saturday, Oct. 9.

Meet Madeline: Barnes and Noble, 1542 Northern Boulevard; (516) 365-6723; store-locator.barnesandnoble.com/event; 11 am; Free.

Hear some funny stories.

Fall Festival: 11 am–5 pm. The Heckscher Museum of Art. See Saturday, Oct. 9.

Harvest weaving: 11 am–4 pm. The Heckscher Museum of Art. See Saturday, Oct. 9.

2010 Walk for Food Allergy: Eisenhower Park, Parking area 6/6A, Hempstead Turnpike; (800) 929-4040; Noon; Call for fees.

Create a team, join a team, or register as an individual – 3 miles. Restrictions: No pets, glass bottles, bikes, roller skates, or skate boards. Baby strollers and wagons are welcomed.

"Puss in Boots": Noon and 5 pm. The New Victory Theater. See Saturday, Oct. 2.

Spider workshop: Caleb Smith State Park Preserve, Route 25, W.Jericho Turnpike; (631) 265 – 1054; 1:30–3 pm; \$4 (\$3 children).

Hands-on games and activities.

Arts and crafts: Theodore Roosevelt Nature Center, Jones Beach State Park, PO Box 1000; (516) 679-7254; 1:30–3:30

Continued on page 30

Going Places

Continued from page 29

pm; \$4 (free children under three).

Make wreaths and decorations with found objects of seedpods and dried flowers. Pre-registration required. Supply your own ribbon.

Craft workshop: Cold Spring Harbor Whaling Museum, 279 Main Street; (631) 367-3418 X17; www.cshwhalingmuseum.org; 2 pm; \$6 (\$5 children, 5-18).

Guy DeMarco demonstrates the art of ship in a bottle building.

Village tour: Cold Spring Harbor Whaling Museum, 279 Main Street; (631) 367-3418 X17; www.cshwhalingmuseum.org; 3 pm; \$8 (\$3 members).

Light rain or shine. Approximately 45 min.

MON, OCT. 11

Columbus Day: Mid-Island Y JCC, 45 Manetto Hill Road; (516) 822-3535; www.miyjcc.org; Call for times. Call for fees.

Programs for preschoolers/school-age children/children with special needs/tweens & teens.

THURS, OCT. 14

Let's discover nature: Caleb Smith State Park Preserve, Route 25, W.Jericho Turnpike; (631) 265 - 1054; 10-11 am; \$4 (\$3 children).

Children three to five and parents explore the natural world with hands-on activities. RSVP required.

FRI, OCT. 15

Club "T": Tilles Center for the Performing Arts, Route 25A; (800) 745-3000; www.tillescenter.org; 7:30 and 9:30 pm; \$40 (\$50).

Christine Ebersole in Concert.

SAT, OCT. 16

Pumpkin carving: 9 am-5 pm. Hicks Nursery. See Saturday, Oct. 9.

Freshwater Fishing Festival: Hempstead Lake State Park, Lake Side Dr. and Peninsula Blvd. (631) 321-3510; www.nysparks.com; 10 am-4 pm; \$6 for all 12 and over.

The fishing license requirement is suspended for this event. Loaner rods and free bait provided. Other events include a magic show, face painting, a casting for pumpkins, pony rides, games, prizes, and raffles.

Goofy gourds and pumpkins: Caleb Smith State Park Preserve, Route 25, W.Jericho Turnpike; (631) 265 - 1054; 10-11:30 am; \$4 (\$3 children).

Decorate gourds, pumpkins and Halloween decorations.

Writer's workshop: 11 am. Barnes and Noble. See Saturday, Oct. 9.

Ecology workshop: Theodore Roosevelt Nature Center, Jones Beach

Extreme pumpkins

Would you love to have the most spooktacular carved pumpkin on your block this Halloween? If so, visit Hicks Nurseries where artist Andrew Gertler shows you how to create pumpkin extreme pumpkin art. Gertler explains how he carves a relief into the pumpkin flesh and does not rely on carving all the way through.

Gertler will be on hand on two consecutive weekends, Oct. 9 and 10 and Oct. 16 and 17, from 9 am to 5 pm to not only demonstrate the art but to give helpful hints



along the way.

Hicks Nurseries, 100 Jericho Turnpike in Westbury, (516)334-0066. For more information visit www.hicks-nurseries.com.

State Park, PO Box 1000; (516) 679-7254; 1:30-3:30 pm; \$4 (free children under three).

Learn about the effects of a drop in ocean temperature and sea turtles.

SUN, OCT. 17

Pumpkin carving: 9 am-5 pm. Hicks Nursery. See Saturday, Oct. 9.

Cooking workshop: Mid-Island Y JCC, 45 Manetto Hill Road; (516) 822-3535; www.miyjcc.org; 1-2:30 pm; \$18 (includes one child; \$5 additional child).

Create delicious chocolate desserts for the chocoholic within us.

Nature hike: Caleb Smith State Park Preserve, Route 25, W.Jericho Turnpike; (631) 265 - 1054; 1:30-3 pm; \$4 (\$3 children).

Enjoy the splendor of fall colors by exploring the park's beautiful woodlands.

MON, OCT. 18

Monday Minnows: 1:30 pm. Cold Spring Harbor Whaling Museum. See Monday, Oct. 4.

THURS, OCT. 21

Book signing: Mid-Island Y JCC, 45 Manetto Hill Road; 516-822-3535 X 320; www.miyjcc.org; 7:30 pm; Free.

Author Elaine Hall reads from her book, "Now I See The Moon: A Mother, a Son, a Miracle."

FRI, OCT. 22

"Wailing Museum": Sag Harbor Whaling Museum, 200 Main St. (631) 725-0770; info@sagharborwhalingmuseum.org; 6-9 pm; \$10.

Children 12 and up experience the Tunnel of Doom, VooDoo Lady, Wreck of the Essex, Pirate Troubadours, Cannibals and

much more.

SAT, OCT. 23

Chili cook-off: Family and Children's Association, 100 E. Old Country Rd and Holly Avenue; (516) 746-0350 X336; www.familyandchildrens.org; Noon-3 pm; \$10 (Free Children 12 and under).

Fundraiser to benefit Family and Children's Association. Judges award the winner \$500.

"Wailing Museum": 6-9 pm. Sag Harbor Whaling Museum. See Friday, Oct. 22.

Saturday night out: Mid-Island Y JCC, 45 Manetto Hill Road; (516) 822-3535; www.miyjcc.org; 6:30-9:30 pm; \$20 (\$30 non-members).

Children in grades K through fourth enjoy sports, games, indoor GaGa, special activities and snacks. Pre-registration required.

Broadway Stars in Concert: Tilles Center for the Performing Arts-CW Post Campus, Route 25 A; (516) 299-3100; www.tillescenter.org; www.ticketmaster.com; 8 pm; \$100, \$70, \$50.

Marvin Hamlish and Michael Feinstein.

SUN, OCT. 24

Fall Dog Festival: Old Westbury Gardens, 71 Old Westbury Road; (516) 333-0048; <http://www.oldwestburygardens.org>; 10 am-5 pm; \$10, (\$8 Seniors, \$5 children 7-17, Free 6 and under).

Spend a day at the Gardens with man's best friend. Games, agility demonstrations and exhibits by animal welfare organizations.

Hayride and safe zone: Northport Chamber of Commerce, Village Park; (631) 754-3905; 1-4 pm; Free.

Hayrides, music and pumpkin painting.

Silent Auction: Island Hills Country

Club, Lakeland Avenue; (631) 218-0315; www.ovationsdance.com; 6-10 pm; \$10.

Admission includes raffle tickets, cake and coffee. All proceeds benefit Ovations Dance Repertory Company.

"Wailing Museum": 6-9 pm. Sag Harbor Whaling Museum. See Friday, Oct. 22.

Poetry reading: Long Island Children's Museum, 11 Davis Avenue; (516) 224-5800; www.licm.org; 7-9 pm; Free.

Open mic following the reading.

THURS, OCT. 28

Let's discover nature: 10-11 am. Caleb Smith State Park Preserve. See Thursday, Oct. 14.

"Wailing Museum": 6-9 pm. Sag Harbor Whaling Museum. See Friday, Oct. 22.

FRI, OCT. 29

"Wailing Museum": 6-9 pm. Sag Harbor Whaling Museum. See Friday, Oct. 22.

SAT, OCT. 30

Halloween myths unraveled: Theodore Roosevelt Nature Center, Jones Beach State Park, PO Box 1000; (516) 679-7254; 10:30 am- Noon; \$4 (free children under three).

Children six to 12 explore the origins of Halloween stories. Pre-registration required.

Pumpkin Park: Adventureland Amusement Park, 2245 Route 10; (631) 694-6868; 11 am-6 pm; \$21.99 includes all rides.

Kids can trick or treat around the amusement park and enjoy all the rides.

Ghostly Gala: Long Island Children's Museum, 11 Davis Avenue; (516) 224-5800; www.licm.org; 6-9 pm; \$9 (\$7 members).

Families have fun in a safe and spooky (not scary) way. Show off your costume, decorate your own goody bag, trick or treat throughout the museum, get your face painted and more.

Concert: 4Troops: Tilles Center for the Performing Arts-CW Post Campus, Route 25 A; (516) 299-3100; www.tillescenter.org; www.ticketmaster.com; 8 pm; \$36 (includes \$1 donation).

SUN, OCT. 31

Pumpkin Park: 11 am-6 pm. Adventureland Amusement Park. See Saturday, Oct. 30.

Pumpkin fair: Sag Harbor Whaling Museum, 200 Main St. (631) 725-0770; info@sagharborwhalingmuseum.org; Noon-3 pm; Free.

Youngsters participate in gentle Halloween activities, a petting "zoo" and scary face painting, with prizes and fun for all.

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New & Noteworthy

Monkey around with words

Bananas ... split!

If you're tired of Scrabble or Boggle, there's a new word game in town.

Bananagrams is like traditional Scrabble, but without the board. Players work independently, forming words that build off of each other using their own set of tiles. The goal

is to use your letters as quickly as possible and be the first person to finish forming complete words once all the tiles have been doled out, at which point you get to yell out, "Bananas!"

There are other instructions involving banana word play, such as "splitting" and "peeling," but that lingo is easy to pick up.

Perhaps the best part of all, the game comes in a little yellow banana pouch, perfect for carrying around without worrying about losing any pieces. Well, it wouldn't be so bad if you happened to lose a Q or a Z.

For more info, visit www.Bananagrams-intl.com.



Reading comes to life

Here's a little gadget that makes learning to read fun for the little technophile in your house.

The V.Reader is an animated e-book system that helps new readers, ages 3–7, practice their reading skills, including reading comprehension, vocabulary, phonics, word-building and definitions.

Stories come to life as children engage with vivid animation, narration, character voices, graphics, sounds and music. With the V.Reader, they can follow

their favorite animated characters such as Toy Story, Shrek and Dora the Explorer, play interactive reading games and view the story dictionary which helps children discover the context of the stories.

More than 100 additional stories are available to download online. And by registering on the website, parents can receive an overview of how their child is progressing. Books are so 20th century.

For more information, visit www.VTechKids.com.



Rockin' biology

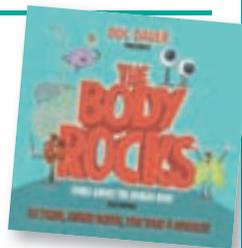
"The Body Rocks" merges modern pop music with biological science, using lyrics that answer children's burning questions about the functions of the human body. And it's set to music performed by people you'd never expect — but are happy to find — on a kid's album, from Liz Phair to Pete Dinklage.

The 11 songs on the album explore the body's systems and senses in a straightforward, insightful way. There's songs about the endocrine and circulatory systems ("We're All Big Fans of Glands," "The Heart Beats Lub Dub"), specific organs and

body parts ("Hair Isn't Just on our Head," "Skin is the Biggest Organ"), senses ("Smell is Invisible," "Sight is One of Our Sense"), and even the body's basic fuels ("Food Gives Energy to Me and You," "Oxygen is Our Friend").

The lyrics are written for kids, but don't be surprised if you find yourself tapping your toe while you listen to Pete Dinklage sing about pee!

For more info, visit www.rounder.com.



C is for colorful

Brighten up a wall, and help your child learn the ABCs at the same time.

With this colorful mosaic by Genny Didly, there's no better way to dress up a blank slate. The original painting is made for any girl's room that needs a splash of vibrant pinks, zesty yellows, plum purples and a summer sky blue.

Each image, from the sweet gi-

raffe to the towering cupcake to the summer dandelion, is painted in 3D.

The mosaic is made of birchwood panel and acrylic paint, topped with many layers of acrylic gloss varnish to ensure better UV protection and a crisp and vibrant look that will last long after your child's learned her ABCs.

For more information, visit www.etsy.com/shop/GennyDiddly.

Tooth-rific

Here's a way to make losing teeth fun.

Tooth Fairy pockets by Kempton Jones dress up the old tradition of leaving a lost incisor under a pillow, with a sweet tooth illustration and soft material that's perfect for slipping under the pillow.

The teeth illustrations come in two smiley designs, so you can decide which one is best for your little one. The pockets themselves range in color from orange to black.

The materials are created from

Ecospun felt — polyester made from recycled plastic bottles. So while losing your teeth doesn't present any opportunities for a second life, at least the case does.

Visit www.etsy.com/shop/KemptonJones.





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