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Letter from the publisher

Teen awareness

When my daughter became a teenager it seemed as if she was possessed with a new internal structure. Gone was the sweet, mostly compliant, cuddly, good girl, and replacing her was a person with much more cunning. Not a bad girl by any means, but a different temperament and a more personal agenda.

Her friends seemed to matter more than ever and our relationship went through a definite change. I began to be somewhat excluded from her plans, and instead of being the director, I morphed into being her personal chauffeur, driving her back and forth from our house to her various friends and hangouts.

It's odd how that change from 12



to 13 really changes so much. There were certain friends of hers that stayed sweet and obedient, but not many. Most of them turned into typical teen "club members." They dressed alike and often moved in a pack wherever they could congregate. It's not easy to find places to "hang out," especially in the winter, and since teens seldom wear sensible things like hats and gloves, they were usually freezing and coming down with colds.

What happens when that magic birthday is reached? What force reaches inside of them and alters their inherent nature and turns them into teens?

Is it hormones? Does it happen in other cultures too, or only in ours? I

have often wondered, but I have the answer.

In cultures where childhood ends early and adult responsibilities like work and children take over, there is no opportunity for the teen phenomenon that seems to have largely begun here in the US in the 20th Century, as our society formed protective labor laws and unions. With no demanding need to send our children out to work, they were free to develop in other social ways and to become this newly named teenage demographic.

Me too, I was the same. I wore club jackets and followed the boys in a pack with my girlfriends, and whereas today's teens text each other, in my day we "hung" on the corner or talked on the phone for hours. The boy thing hits almost all girls at the same time and puberty's an amazingly scary experience sometimes.

In this October Issue we do a focus on teens and there is ample reason why. Teens present very real problems and struggles, both for themselves and for their parents too. Sex, smoking, drugs, cutting classes, lying, eating disorders, and a possible drop in grades are some of the new issues that parents may have to deal with. It's a foolish parent who doesn't think their kid is possibly going to need some special attention.

I hope these articles will be interesting and helpful. Thanks for reading.

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Harvest & Halloween celebrations

BY DENISE MORRISON
YEARIAN

Planning a bountiful harvest celebration or a creepy crawly Halloween party? You may want to consider these craft, game, and food suggestions.

Crop of crafts

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

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

- **Jack-o-lantern pots.** Buy various-sized terracotta pots and turn them upside down so the drainage hole is facing up. On yellow construction paper, draw and cut out two eyes, a nose, and a toothy grin — the wackier the better. Apply Mod-podge with a paintbrush under and over the facial features, then attach them to the pot. Place a short, wide stick out of the hole to



resemble a pumpkin stem.

- **Pumpkin noisemakers.** Paint a 12- by half-inch dowel rod black; let dry. Trace and cut out two leaves using green craft foam, then cut a small slit in the center of each leaf. Draw a face onto the bottom side of an orange paper plate with a black permanent marker. Line up the face plate with a second orange plate, rims together and bottoms facing out. Use a hole punch to create holes one-inch apart around the perimeter of both plates. Place dried beans and small jingle bells between the two plates. Also put the dowel between the plates, moving a short end of the stick above the facial features to represent the pumpkin stem and a long end below for the handle. Sew plates together





items. Teammates line up at the other end of the room. To play, teammates take turns running to the scarecrow and dressing him with one clothing item, then tag the next player, who does the same. When the scarecrow is completely dressed, each teammate returns a second time to stuff straw in his clothing. The first team to finish making its scarecrow wins.

Seasonal snacks

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

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

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

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

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

by lacing yarn through the holes. Push leaf slits through the short end of the dowel rods and secure with a glue gun.

Gathering for games

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

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

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

- Scarecrow relay. Separate children into two teams. Choose one child from each team to be the scarecrow. Place scarecrows at one end of the room, along with hay and oversized scarecrow-type clothing

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HEALTHY LIVING

DANIELLE SULLIVAN

Healthier choices for trick-or-treat snacks

As soon as back-to-school season begins, it seems like Halloween is just right around the corner. We purchase new decorations and plan pumpkin-picking trips, but we also think about what our own kids will get while trick-or-treating, because that's when the sugar-infused inundation begins.

Due to the large amount of candy acquired that night, many parents limit the number of sugary items that their kids are allowed to ingest in the days following the big event. Others let their kids enjoy their loot on Halloween night but ship it out to shelters and food pantries the day after. (Of course, many parents steal a few treats here and there, which lightens the load considerably.)

Whatever method you choose for Halloween candy consumption, remember that too much of a good thing can have residual effects. Sugar overload can make

kids hyper after they eat it, and sluggish and groggy the next day.

Are you wondering what are the best treats to give out to trick-or-treaters at your door? Here are some things to consider:

Keep it safe

First and foremost, make sure that what you give out is age-appropriate and as non-allergic as possible.

Try to avoid handing out candy with peanuts in it. Parents of allergic children are cautious, but it's nice when you can have the peace of mind that any child who comes to your home will be able to safely enjoy your snack.

Avoid handing out large hard candies and gumballs, which pose a choking risk, especially to small children. There is nothing worse than seeing people hand out oversized rock-like circular candies to toddlers. It happens every year.

It goes without saying that parents need to inspect each piece of candy before giving any to their child. Throw out anything with opened wrappers or looks otherwise old or tainted. Watch out for candy from foreign countries where there is no Food and Drug Administration mandate for food quality.

Make it nutritious (or at least less junk-like)

Calorie wise, there are a few things you can give out if you are looking to avoid adding to the pure sugar overload: fruit-based snacks, pretzels, or individual packs of Goldfish and Cheez-its are a few. Apples are still an option, of course, but you'll surely lose points with the neighborhood kids in the "cool" department.

It also doesn't have to be food-based. Brightly colored pumpkin and witch pencils, stickers, and rings are always a big hit with kids.

Mind those teeth

Chocolate is better than anything sticky for teeth, so avoid gummy worms and bears, Starbursts, and anything else that causes a glue-like bond between the teeth, which can loosen fillings and crowns. Don't give out any sour candy because even though kids love them, some dentists compare it to battery acid on the enamel. Sour and gummy is a recipe for disaster!

Dentists also tend to agree that a one-time candy splurge on Halloween night won't hurt a child's teeth. It is repeated exposure that will cause damage.

Have a happy and safe Halloween!

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



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Getting organized

Mastering the daunting challenge of a busy new school year

BY JENNY GRACE TORGERSON

Facing a new school year can be a daunting task for both parents and children — even a month in, when children are still getting settled and parents are working out schedules. Organization can help the whole family feel more prepared to take on the challenge.

Starting from that first shopping trip for notebooks and folders, you and your child can work together to get organized. By giving children some ownership over their supplies, they may be more inclined to use

and take care of them. Even very young children can have a hand in selecting what they need for school.

Now that you have all the supplies, make sure that everything is labeled clearly with your child's name. Pencil boxes, lunch boxes, notebooks, and food containers are much more likely to find their way home again if they are easily identifiable. Sites like namebubbles.com provide easy-to-customize labels that are both dishwasher- and washing-machine safe.

If you don't have it already, you should come up with a morning routine that can help prevent those last minute searches for homework and

sneakers. Consider having children pack their bags and lay out their clothes (including shoes, socks, and underwear) the night before to save time in the morning. A laminated tag on your child's bookbag with a verbal or picture list of every item that needs to go in each day will help both you and your child remember important details like water bottles or math worksheets. Planning lunches for the whole week on Sunday can be another morning time-saver. Lastly, consider creating a photo book for young children to help them remember everything that needs to be accomplished in the morning. Laminate pictures of getting dressed, brushing teeth, eating breakfast, putting on a backpack, and any other morning tasks onto a metal binder ring to help children navigate the morning more independently, and free up your time for other chores.

Also, create a similar routine for the afternoon. Consider designating a special homework spot where children have the space, quiet, and all the supplies they need to successfully and peacefully complete their work daily. Fun, brightly colored homework-only supplies can help to add special appeal to the task. Similarly, there should be a designated area for school papers — permission slips, parent notices, and activity schedules. Make sure to check your child's bag every night for important papers. Many of these often come home at the beginning of the school year.

Lastly, if you haven't done so already, send your child's teacher a short e-mail to say hello and introduce yourself. This is a great way to introduce yourself or to reintroduce yourself if you met during a chaotic parent's night with many other families. An e-mail can help to make a connection and establish a relationship for the rest of the year.

Jenny Grace Torgerson is a head pre-school teacher at an independent school in New York City and is finishing her masters degree in early childhood at Bank Street.



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Real world math

How to use tangible tools for teen math success

BY HEATHER SHANKS

American students sometimes display dismal performances when they make the leap from elementary to upper-level math. In the areas of creative problem solving, fluency of ideas, and mental agility, some students are falling short. Why?

Could it be that we are expecting teens to give up an important part of the learning process? In early years, we use pattern blocks and toothpicks to give our students pictures of new math concepts. Yet, when students graduate to algebra, geometry, or calculus courses, more “mature” learning techniques are favored rather than the tangible tools of math (manipulatives, games, and hands-on activities).

Unfortunately, what gets lost in that transition is a matter of brain function. More complicated math operations call more of the brain into action. Even though the sequential processing needed to perform a calculus problem may come from the left hemisphere, the right hemisphere is needed to access the big picture. Removing the tangible tools for seeing that big picture inhibits the student from tackling the problem with both sides of the brain.

A question of outcomes

Exceptional educators know that

by attacking a problem or concept from the concrete to the abstract to the theoretical, students are able to interact with the material in a 360-degree fashion. My husband’s high school physics teacher was a genius at taking the abstract algebraic and calculus concepts used in physics and making them meaningful to the teenage mind. He used architecture, footballs, and model rockets to generate interest and make them think. He understood that math games don’t become obsolete when students reach a certain age. Instead, they simply morph from beans and teddy bear counters into activities with more of a “wow” factor.

That physics professor’s example forms a compelling case for the use of tangible education tools in the upper grades. It also raises the question of ultimate outcomes: what are we really trying to accomplish through math education? The discipline of math rests on a foundation of analytical abilities. Three of these — problem-solving competence, reasoning ability, and flexible thinking in application — are skills that cultivate a quick and agile brain by utilizing both hemispheres. Let’s take a closer look at how tangible math provides that type of 360-degree comprehension.

Creative problem solving

Mathematical concepts occur in relationship to one another. They

build on each other, parlay off of one another, and because math is a step-dependent discipline, each step requires a correct answer to move the problem forward. Relationships like these are best discovered and analyzed with the help of symbolic representation. This is where tangible tools shine. As students are given a pictorial peg to hang a concept on, they can work through each step and see relationships they may otherwise overlook. In this way, manipulative tools accelerate understanding and let the mind process relationships, leading to creative solutions.

Fluency of ideas

Real success in upper-level math courses rests on the student’s ability to think mathematically rather than plugging numbers into formulas. Evidence of mastery involves explaining why a solution is valid. Hands-on activities provide an impetus for students to take a concept, internalize it, and bring it to a logical conclusion. After solving a problem in this manner, students have the confidence and understanding to defend their position.

Every time a student has access to symbolic representation of a problem, his brain is being conditioned to look for all possibilities. After he has examined alternatives and verified that his answer makes sense, he can better articulate reasons for those answers.

Mental agility

Mental agility is demonstrated when a student can switch between concepts to determine the most appropriate fit for a problem. Tangible math is a great tool for training the brain to wrap itself around the situation presented and apply the optimal concepts. Students begin by identifying known and unknowns using concrete tools. Then, they can take inventory of which concepts may apply, assess the information they have, and analyze what information they may need to look up. When new scenarios are presented,

Tangible math toolkit

Here are some books, movies, and courses that can help teens with math.

- “A Mathematical Mosaic: Patterns & Problem Solving” by Stanford math professor Ravi Vakil, National Library of Virtual Manipulatives (www.amazon.com/Mathematical-Mosaic-Patterns-Problem-Solving/dp/1895997046)

- Visual Calculus (archives. math.utk.edu/visual.calculus)



- Geogebra — free open-source software; winner of the National Technology Leadership Award 2010 (www.geogebra.org)

- “Algebra in the Real World” movies (www.thefutureschannel.com/algebra/algebra_real_world_movies.php)

- Massachusetts Institute of Technology — open course materials including lecture notes, PDF files, practice sets, exam questions, and experiments tied to mathematical thinking (ocw.mit.edu/high-school/calculus)

- Thinkwell Math — upper-level math courses using visual teaching techniques and illustrations (www.thinkwell.com)

- Mathematica for Students — math graphing and visualization program (www.wolfram.com/solutions/education/students)



tangibles allow students to think of concepts as flexible and apply them appropriately. Flexibility in application demonstrates depth of comprehension.

Bring back the beans?

Maintaining the use of tangibles throughout the transition from elementary math gives you an opportunity to reframe upper-level math. If your teen understands that math is pictures, and that those pictures evidence concepts, then he has a basis on which to tackle more complicated math material with confidence. Turning complex problems into pictures in the mind by using manipulatives, games, and riddles makes the study of mathematics more personal, dynamic, and creative.

Leave the beans in the pantry,

though, because you are no longer limited to elementary tools. A wide variety of creative and age-appropriate techniques are available to solidify complex mathematical concepts in the minds of your teenage students. Tangible tools for higher math have come a long way in recent years. Programs such as Mathematica are designed to create animations that help students play with and visualize concepts such as tessellations and spirographs. Prestigious universities utilize open-source software to make portions of their coursework available online. Riddles, games, and illustrations are bound together in subject-specific volumes, and are terrific resources for extra practice when necessary.

Put it into practice

If all of this seems a little too

theoretical for comfort, check out some of the resources listed in the sidebar for more in-depth ideas on how to make math come to life for your high school student. In the meantime, here are a few examples to illustrate how you can implement tangible math in your current coursework:

- Use a Frisbee to determine different variables, such as wind speed.
- Pump up the water rockets and use triangulation to calculate height or speed.
- For the student whose mind is on driving, let him calculate the financing for that all-important first car.
- Take helium balloons (tied to strings) outdoors, and release them in order to study differing rates of climb.

- Let your more artistic student create a work of art using trigonometric functions.

- Use Riemann sums to estimate the area under the curve of an arch in your student's favorite piece of architecture, or determine the volume of a cone using huge waffle cones (and calculus).

The Internet is a terrific resource for activities to integrate with whatever mathematical concept your student is currently studying. Simply type in a math term, for example, implicit differentiation, with the word activity or illustration, and you will be directed to many hands-on or electronic idea sources, including many that have been contributed by major universities.

Better yet, have your student do this research to design his own practical work. By taking this initiative, your student will become more familiar and comfortable when the time comes for the more self-directed nature of study he will encounter in college.

Final thoughts

Tangible math tools are critical for activating the entire brain in the quest to tackle the complex math concepts of high school. As your teen graduates to upper-level math courses, don't underestimate the valuable role of tangible tools in the development of analytical skills.

Being able to creatively solve a problem, defend ideas, and apply concepts to new and different situations are skills that will help your students rise above and put them on the path to math success.

Heather Shanks, aka Professor Mom, is an author and researcher specializing in best practices in academic curriculum, character education, and learning styles. The Professor Mom website (www.professormom.net), is an education planning ministry for moms, providing low or no-cost resources and coaching to help families create an authentic home education. Shanks enjoys living and homeschooling with her husband, Professor Dad, and their two sons.

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High School

DIRECTORY

Cardinal Spellman High School

One Cardinal Place (Needham Ave & Baychester Ave) Bronx 10466
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Why choose Cardinal Spellman High School? Choose Spellman because you can have it all – SMALL school friendliness with BIG school opportunities! Cardinal Spellman High School offers a program of studies and activities to prepare each of our young men and women for personal success in college and in life. Many of our graduates are not only accepted into college, they are awarded scholarships! Students who meet specific academic requirements will have the opportunity to complete as much as ONE YEAR OF COLLEGE while here at Cardinal Spellman High School.

In addition to providing a strong academic foundation for college, Spellman also helps to further develop the social skills necessary for the demands of college life. Since Spellman is a large co-ed school, it offers its students a step forward toward a more college-like environment. This gives Spellman students the opportunity to continue to develop their social skills beyond the small school setting they are leaving behind, while still receiving the support of a nurturing atmosphere. If you are in eighth grade, why not call for an appointment to Spend-A-Day with us? Come and see for yourself why we are so proud of Cardinal Spellman High School!

Cathedral High School

350 E. 56th Street Manhattan
212-688-1545 ex. 224 or www.cathedralhs.org

Cathedral High School has been synonymous with academic success since its founding in 1905. As a college preparatory school, we have educated generations of young women to meet their scholastic potential. We offer a number of Honors and AP courses as well as Medical, Law, and Business programs. Students in these programs are placed as interns in institutions such as Lenox Hill Hospital, Mount Sinai Medical Center and at prestigious New York law firms. We offer a very competitive tuition and our graduates earn millions of dollars in college scholarships and grants. They go on to colleges such as Columbia, Fordham, NYU, Yale and many more.

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710 East 37th Street, Brooklyn
718-462-7282 or www.mcauleybrooklyn.org

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Cristo Rey New York High School

112 East 106th St., Manhattan
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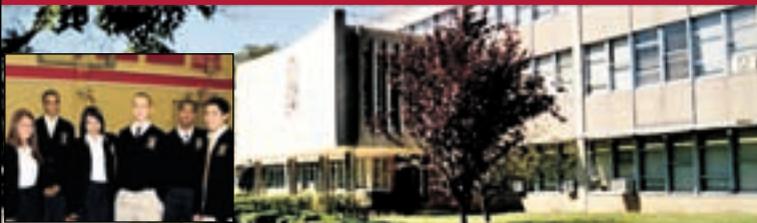
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Cristo Rey High School is Catholic, co-ed college prep school, located in East Harlem, New York City. We provide a unique opportunity for students from low income families to reach their goal of a college education. Students work one day a week in entry level jobs in New York City corporate settings, gaining valuable work experience while earning a large portion of their educational costs. Cristo Rey is accredited by the New York State Association of Independent Schools. 100% of our graduates are accepted to 4 year colleges. We offer an excellent extracurricular program in both sports and a variety of afterschool activities. Students are not required to take the TACHS exam for admission to Cristo Rey. Enrollment: 395 Tuition: \$2,000 per year maximum. Rates are based on family income and average \$1,000 per year. Principal: William Ford. Director of Admissions: Bill Porcaro.

Dominican Academy

44 East 68th Street Manhattan

Continued on page 16

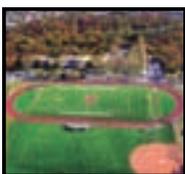
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High School

DIRECTORY

Continued from page 14
212-744-0195 or www.dominicanacademy.org

A place "Where smart girls become intelligent women!" Dominican Academy is a Catholic college preparatory high school for girls which, has served the needs of academically strong young women since 1897. The school is operated by the Dominican Sisters of Peace. Dominican Academy was twice named a Blue Ribbon School. Our students travel from all NYC Boroughs, Westchester and Long Island.

All courses are honors or Advanced Placement. 100 percent of our graduates attend a four year college or university.

Our girls round out their education by participating in over thirty clubs and activities. D.A. fields teams in basketball, soccer, softball, track and volleyball. Although we welcome students who are not of the Roman Catholic faith, all students participate in monthly liturgies, yearly retreats and service activities.

Enrollment: 209; principal: Sister Barbara Kane, O.P.; tuition: \$11,750, fees: \$650; Open house: Saturday, Oct. 13, 10:30 a.m. - 1 p.m.

Dwight School

291 Central Park West, Manhattan
212-724-7524 or www.dwight.edu

Founded in 1872, Dwight School is dedicated to igniting the "spark of genius" in every child through personalized learning so that every student can realize his or her greatest potential. Personalized learning is one of Dwight's three pillars, along with community and global vision. A leader in global education, Dwight was the first school in the US to offer the comprehensive International Baccalaureate (IB) curriculum for students from preschool through grade 12. The rigorous IB is recognized as the "gold standard" and one of the most respected pre-university courses of study in the world. Through the IB, Dwight is educating students to become caring, open-minded thinkers and leaders who can thrive anywhere in the world. The School has a comprehensive college guidance program, and graduates attend some of the finest colleges and universities, including Harvard, Yale, MIT, Stanford, and Oxford. Dwight in New York City is the flagship campus in The Dwight Schools global network, which includes campuses and programs in London, Canada, Beijing, and Seoul all dedicated to educating students

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La Salle Academy

215 East 6th Street, Manhattan
212-475-8940 or www.lasalleacademy.org

La Salle Academy, founded in 1848, is the 3rd oldest Catholic high school in New York City. It has provided educational, spiritual and athletic excellence to young men for over 160 years. La Salle meets the needs of those families that want to send their boys to an affordable, private, all-boys Catholic college preparatory school in NYC.

Did you Know...LSA is the oldest continuously operating Lasallian School in the United States; LSA is recognized by the Middle States Association of Schools and Colleges and accredited by the U.S. Department of Education as a "Blue Ribbon National School of Excellence." The student/faculty ratio is 13:1, Average class size is 23, 65% of faculty and Staff hold a Masters Degree or higher, LSA represents a variety of cultures, LSA has won 8 City Titles in Basketball & 2 City Titles in Baseball. Over 8 alumni have excelled in professional sports from basketball, baseball, soccer, & the Olympics.

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Continued on page 18



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176-21 Wexford Terrace • Jamaica Estates, NY

718-297-2120 • www.tmla.org



Open House

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10am-3pm (Last presentation at 2:00pm)

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www.mtstmichael.org

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12 PM to 3 PM

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OPEN HOUSE

Sunday, October 27, 2012
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TACHS # 208

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Wednesday, November 7nd 6:30 pm - 8:00 pm

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Visit: www.mcauleybrooklyn.org

OR call to schedule a visit to McAuley at *your* convenience!



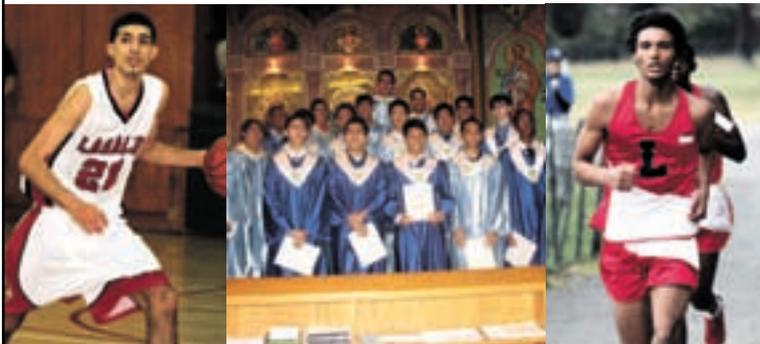
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OPEN HOUSE

for Students & Families interested in Grades 9-12
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Saturday, February 9, 2013 (10:00am-1:00pm)



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Call for an appointment.

High School

DIRECTORY

Continued from page 16

Loyola School

980 Park Avenue, Manhattan
646 346 8132 or www.loyola-nyc.org
Founded in 1900, Loyola School's mission is to provide an independent school education in the Ignatian tradition recognized throughout the world as a model of academic excellence. Loyola is a Catholic, Jesuit, independent, coeducational, college preparatory, secondary day school located in New York City. While this list is lengthy, for over 100 years, Loyola has been an entity greater than the sum of its parts. We see our community as one of service. At Loyola, our students become aware of their personal worth and grow in their concern and ability to reach out to others. The model of the smaller community at Loyola empowers its members to perceive, appreciate, and carry out these activities in the pursuit of an education recognized for academic excellence.

is sponsored by the Missionary Sisters of the Sacred Heart of Jesus. 100% of the graduates go on to higher education. Mother Cabrini is accredited by the Middle States Association of Colleges and Schools and was twice named a Blue Ribbon School of Excellence by the U.S. Department of Education. The campus, which overlooks the Hudson River, provides a safe and enriching learning environment. The college preparatory curriculum includes an honors program with advanced placement and college level courses, as well as internship opportunities. Free tutoring and an after-school program are available. Cabrini's co-curricular program includes over 30 activities that promote the development of leadership and character. Among these activities are varsity basketball, volleyball and softball, the award-winning Drum Corps and Color Guard, Cabrini Singers, Mission Volunteers and community service trips.

Mary Louis Academy

176021 Wexford Terrace, Jamaica Estates, Queens
718-297-2120 or www.tmla.org

The Mary Louis woman is offered an array of intellectually challenging courses that provide academic foundation. Each student develops her program incorporating honors and advanced placement courses focusing on her strengths and interests and leading to a Regents Diploma with Advanced Designation. SMARTBOARD Technology is used throughout the school. Over 100 computers are available for student use.

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Student talents are developed and interests cultivated through participation in more than 50 extracurricular clubs and activities.

Mother Cabrini High School

701 Fort Washington Avenue, at 190th St. Manhattan
212-923-3540; info@cabrinihs.org or www.cabrinihs.com

Founded in 1899 by St. Frances Xavier Cabrini, Mother Cabrini High School

Mount St. Michael Academy

4300 Murdock Ave., Bronx
718-515-6400 or www.mtstmichael.org

Mount St. Michael is a Catholic High School for Boys with a College Preparatory Curriculum. We have received the honor of being recognized as a Blue Ribbon High School. The school is located on a 22 Acre Campus. We offer Advanced Placement classes, Honors and Academic levels. There are 5 Computer Labs and 6 Science Labs. Financial Aid and Scholarship opportunities are available. We have a Full Athletic Program and extracurricular activities. 100% Graduation rate with 98% of graduating Seniors attending a 4 year college/university. Transportation and Bussing is available.

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Continued on page 20



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and 3:30 PM followed by
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areas of interest.

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Where smart girls become intelligent women

High School

DIRECTORY

Continued from page 18

Prep is a Catholic college preparatory school in the Franciscan tradition. Its mission is to enable all students to develop and broaden their spiritual, intellectual, creative, emotional, social and physical abilities.

St. Jean Baptiste High School

173 East 75th St., Manhattan
212-288-1645 or www.stjean.org

St. Jean Baptiste High School, a Catholic girls' school, was founded by the Sisters of the Congregation of Notre Dame in 1929. The School is accredited by the Middle States Association of Secondary Schools. The school partners with St. Joseph's College and student earn college credits in Writing, French Literature and Spanish Literature. Advanced Placement courses in English, social studies, math, science and Spanish, as well as advanced science and math electives are offered. Students participate in programs such as The Cornell Weill Medical Research Internship, the Futures and Options Career Essential Program, the Cooper Union Summer Research Institute in Science and Engineering, The Telluride Association Summer Seminar at Indiana University, the Hugh O'Brien Leadership Conference at Adelphi University. All seniors participate in a full day of service each week at local hospitals, schools, soup kitchens, senior centers, and other social service agencies, earning 140 hours throughout the school year.

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

Enrollment: 350. 100 percent of graduates attend college. Principal: Sister Maria Cassano, CND; tuition: 2012-2013 - \$7,100, \$500 fees; information: (212)288-1645, ext. 134. Open House: Sunday, October 21st, from 10:00 am to 1:00 pm. www.stjean.org.

St. John's Preparatory School

21-21 Crescent St. Queens
718-721-7200 or www.stjohnsprepschool.org

St. John's Preparatory School was founded by the Vincentian Fathers in Brooklyn in 1870. It is currently

located in the residential community of Astoria, Queens. The school building features large and well equipped science laboratories, state-of-the-art computer labs, wireless capability, smart boards, a well stocked library, a band room, art room, a magnificent auditorium, beautiful chapel, spacious guidance center, a large gymnasium, a fully-equipped weight room, an outdoor track, and its own retreat center.

St. John's Prep seeks to fulfill its Mission by providing a vigorous academic education that prepares students for the challenges they will meet in the 21st Century. Advanced Placement courses are offered in all subject areas. Students in the Honor Program take supplementary courses in Latin and Art History. To ensure all students at the Prep are successful, courses are offered on different levels of difficulty; placement in the appropriate level is done on a subject by subject basis.

St. John's Prep has a unique academic affiliation with St. John's University. The Baccalaureate Program is a special program that allows qualified students at the Prep to complete their senior year of high school at the University. For eligible students this is a great saving of time and money.

Saint Peters Prep

144 Grand Street Jersey City
201-547 6400 or www.stpetersprep.org

Founded in 1872, Saint Peter's Prep is an independent, Catholic, college preparatory school for boys located in historic downtown Jersey City, continuing a tradition of academic, social and spiritual development that has been the hallmark of Jesuit education for over four centuries.

Prep's campus lies in the shadow of the Statue of Liberty and Lower Manhattan, where the townhouses of Jersey City's historic Paulus Hook district meet the high rises of the waterfront. Here, more than 900 diverse students representing communities throughout New Jersey and New York grow and challenge themselves in 15 AP courses, 18 varsity sports, more than 50 co-curricular activities, and a four-year Christian Service program.

At the convergence of many paths, Saint Peter's Prep is the starting point for life's great journeys. That's why we say, "It's not just Prep for four years...it's Prep for life!"

Lessons for life. Friends for life. Prep for life.



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Discover what a Jesuit education can mean to you, and why young men from communities throughout New York and New Jersey say, "It's not simply Prep for four years...it's Prep for life!"

Learn more at www.spprep.org/discover.



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Teens and dishonesty

Eye-opening truths parents need to hear

BY MICHELE RANARD, MED

Parents often desire emotional closeness with their teens, which should cultivate honesty in their relationships. But research shows that a shockingly high percent of teens lie, and not always for the reasons you may think.

In their 2009 book, "Nurture Shock," authors Po Bronson and Ashley Merryman summarize the

findings of Dr. Nancy Darling as they deconstruct the science of teen rebellion in an eye-opening chapter about lying.

One of the most shocking statistics revealed is the sheer number of teens who lie: 96 percent!

Does that mean parents are misjudging the quality of the relationship or love shared with their teen? Probably not.

To understand the discrepancy, we must understand a little more

about why kids are lying and what — if anything — parents can do.

Why they lie

Darling, of Penn State University, studied high schoolers and learned that 96 percent of them hid the truth from their parents. What were they lying about? She found that teens lie about what they spend allowance on, whether their homework is done, whether they are dating, the clothes they wear away from home,

Dr. Nancy Darling, of Penn State University, studied high schoolers and learned that 96 percent of them hid the truth from their parents. What were they lying about?

the movie they're seeing, and with whom they're spending time. They also lie about drinking and drug use, what music they listen to, how they spend afternoons, whether a party is being supervised, and riding in a car driven by a drunk teen.

Are you thinking that your honor student probably lies less? Well, it turns out that kids who lie don't fall into one demographic — honor students, overscheduled kids — they all reported deception. Of 36 potential topics, the average teen lies to his parents about 12 of them.

Bronson and Merryman report that:

- Teens reported telling an outright lie 25 percent of the time.
- Teens reported avoiding the topic 25 percent of the time.
- Teens reported simply withholding relevant details about 50 percent of the time.

Before her research, Darling admits that she believed kids probably lied to avoid getting into trouble. So, she says, it was surprising to learn that the most common reason for the teens' deception was actually: "I'm trying to protect the relationship with my parents; I don't want them to be disappointed in me."

They do love you. But in their mind, loving you might mean protecting you — by lying.

And Darling says she was surprised by the number of parents with anxiety about pushing their kids into rebellion.

"Many parents today believe the best way to get teens to disclose is to be more permissive and not set outright rules," she indicates.

However, being permissive does not open the door to learning more about a teen's life! When parents lower their standards, teens interpret the lack of rules to mean par-

ents don't care and don't want the job of being a parent. It definitely does not pay to be permissive.

Should you be worried?

For many parents who fear that their already rebellious tweens will be more rebellious in their teenage years, you may actually not have to worry.

Research in Bronson and Merryman's book suggests that teens objecting to their parents' authority peaks at around age 14 to 15. What is shocking is that this need for autonomy is stronger at age 11 than at age 18! So if you've been thinking the high school years are the high-risk years, think again.

Most parents get stressed out by arguing with their teens, but Bronson and Merryman note that it appears that in families with the least amount of lying, there is a higher ratio of arguing or complaining. Why? Teens don't necessarily see arguing and fighting as harmful or destructive.

The authors suggest the flipside to arguing for many teens is lying! So, a teen can lie to the parent and then go do what he wants behind the parent's back, or argue — in his mind, negotiate with his parent — and avoid lying. More than anything else, it seems to be most important to the teen how an argument gets resolved and whether he feels heard.

Encouraging honesty

The research suggests teenagers are destined to lie about some things, but there are some ways parents can create a climate so their teens lie about less.

"The parents who are the most consistent in enforcing rules are the same parents who are most warm and have the most conversations with their kids," indicates Darling. Such parents set a few key rules (it's too unrealistic and impossible to enforce 20 rules) and explain why the rules are in place. By doing so, these parents demonstrate flexibility.

This spirit of collaboration encourages teens not to lie. Extend freedom to your teen so he can make his own decisions. Instead of hiding 12 areas from you, he might only be hiding as few as five.

Michele Ranard has a husband, two teens, and a master's in counseling.

Resources:

Bronson, Po and Merryman, Ashley. "NurtureShock." Hachette, 2009.

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Calendar

OCTOBER



Photo by Meredith Zimer

Rocking out with the Suzie Shelton Band

Rock out at Symphony Space as it kicks off its “Just Kidding Saturday” series with a special performance by the Brooklyn-based indie group (indie rock for kids under 10), the Suzie Shelton Band, on Oct. 6. The Suzie Shelton Band delights audiences with a musical mix of sounds that illustrate a world full of slumbering lions, squishy jellyfish, and slithering serpents. Her catchy, snappy tunes stay with you long

after the concert is over.

Symphony Space also offers music, theater, dance, and a whole lot more for children of all ages.

The Suzie Shelton Band at “Just Kidding Saturdays” on Oct. 6 at 11 am. Tickets are \$20, (\$17 members) and \$13 children (\$11 children members).

The Suzie Shelton Band at Symphony Space [2537 Broadway at W. 94th Street in Midtown, (212) 864-540, www.symphonyspace.org].

Submit a listing

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

Send your listing request to manhattancalendar@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!

FRI, SEPT. 28

Shababa Bakery: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 10:15-11 am; \$15 child. Adults free.

Children squish, roll and braid their very own challah, and then take it home to bake.

Breastfeeding Support Group: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 11:15 am-12:30 pm; \$20 per session.

New moms meet with lactation specialist to discuss topics such as the emotional ups and downs of breastfeeding, what happens when your milk supply is weak, and other questions.

SAT, SEPT. 29

Swap Event: Scholastic, 557 Broadway at Prince Street; RSVP by email at info@littleswappies.com; www.littleswappies.com; 10 am-12:30 pm; \$15; \$20 at the door.

Items include maternity clothes, children's clothing sizes infant to 5T, costumes, books, and toys. Participants should bring at least five items, and everyone is free to take home as many items as they need.

Shababa Saturday With Karina and Coco: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 10:30 am-12:30 pm; Free.

Join Karina Zilberman and her puppet pal Coco for a multigenerational, interactive and dynamic Shabbat experience through instruments, arts and crafts.

Screening: SONY Wonder Technology Lab, 550 Madison Avenue at 56th St; (212) 833-8100; www.sonywonderdtechlab.com; 11 am; Free.

This double feature showcases "Dora the Explorer: Dora's Dance to the Rescue" and "Dora the Explorer: Rescue, Rescue, Rescue."

Screening: SONY Wonder Technology Lab, 550 Madison Avenue at 56th



Don't miss this fancy musical

"Fancy Nancy the Musical" is singing and dancing its way into the McGinn Cazale Theatre for an extended stay until Nov. 12.

Based on the children's picture book series by Jane O'Connor, this musical production has Fancy Nancy and friends, Bree, Rhonda, Wanda, and Lionel, competing for

the coveted role of mermaid in their inaugural performance of "Deep Sea Dances."

When the role goes to another girl, Nancy is stuck with the part of the dreary old tree. Will Nancy bring her usual "fancy-flair" to her role, even though it isn't the one she wanted?

"Fancy Nancy the Musical" is

suitable for children 3 to 10 years old.

"Fancy Nancy the Musical" at The McGinn-Cazale Theatre, [2162 Broadway at 76th Street on the Upper West Side, (212) 579-0528, <http://vitaltheatre.org>]. Saturdays and Sundays through Nov. 12. Performances at 11 am and 1 pm. Tickets from \$29.50 to \$45.50.

St; (212) 833-8100; www.sonywonderdtechlab.com; 12:15 and 3 pm; Free.

To save earth from the sinister villain Loki (Tom Hiddleston), Nick Fury (Samuel L. Jackson) of S.H.I.E.L.D. brings together a team of superheroes called "The Avengers." Based on the popular Marvel comics.

College Application Help For Teens: Bryant Park, 42nd Street and Avenue of the Americas; (212) 768-4242; www.bryantpark.org; 12:30 pm; Free.

Rebecca Wallace-Segal gives teens tips on how to write college essay.

Young Dancemakers Open House

Celebration: The Pearl Theatre, 555 W. 42nd Street between 10th and 11th avenues; 1 pm; Free.

In addition to Young Dancemakers Company, the celebration will feature readings and scenes by current and returning actors of The Pearl Theatre's Resident Acting Company.

Live Model Sketching for the Family: The Morgan Library and Museum, 225 Madison Ave.; (212) 685-0008 X 560; www.themorgan.org; 2-5 pm; \$15 admission fee, children \$10.

Children ages 6 and up learn the fundamentals of figure drawing.

SUN, SEPT. 30

Channel Thirteen Poster Making Workshop: Museum Of The City Of New York, 1220 Fifth Ave. at 103rd Street; (212) 534-1672; www.mcny.org; 10 am-noon; \$10 admission; children 12 and under are free.

In celebration of Channel Thirteen/WNET's 50th anniversary, children ages 6 to 14 use memories of their favorite Thirteen kids programming and artistic talent to create posters wishing Thirteen a happy 50th anniversary.

Shababa Sukkah Decorating and Pizza Party: 92nd Street Y, 1395 Lex-

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Calendar

Continued from page 25

ington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 11 am-1 pm; \$15.

Children decorate the Sukkah and have pizza the day before Sukkot starts.

Elska Concert: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 11 am; \$15, babies under 2 free.

Pack up the posse and come in for a bagel, a coffee or juicebox and some tiny tushy-kicking tunes. It's not your granny's music.

MON, OCT. 1

Preschool Play: Robert F. Wagner Jr. Park, North of Battery Park, off Battery Place; (212) 267-9700; bpcparks.org; 10 am-noon; Free.

Parents, toddlers and caregivers have fun with interactive and imaginative play.

TUES, OCT. 2

The Spook Show: Canal Park Playhouse, 508 Canal St. between Greenwich and Washington streets; (866) 811-4111; canalparkplayhouse.com; 7 pm; \$20.

Families enjoy a spooky magic show that ends in 10 minutes of pure darkness. Suitable for children over 7 years old.

WED, OCT. 3

Stroller Tours: The Morgan Library and Museum, 225 Madison Ave. between W. 36th and W. 37th streets; (212) 685-0008; www.themorgan.org; 10:30 am; \$15, \$10 children.

Docents lead a lively one-hour tour of the museum. Suitable for parents with children ages newborn to 18 months.

THURS, OCT. 4

Storytime: Scholastic, 557 Broadway at Prince Street; (212) 343-6166; www.scholastic.com; 11 am; Free.

Babies, toddlers, and families join in to hear favorite and new children's books.

SAT, OCT. 6

"The Wonder Pets" Double Feature: SONY Wonder Technology Lab, 550 Madison Ave. at 56th St; (212) 833-8100; www.sonywondertechlab.com; 11 am; Free.

This double feature will show "Save the Beetles: Three Wonder Pets and a Baby," and "Save the Duckling, Save the Kitten."

Songwriting Workshop: Lincoln Center, 10 Lincoln Center Pl. at Broadway; (212) 875-5374; www.LincolnCenter.org; 11 am; Free.

The Meet the Artist Saturdays provides young audiences and family the



It's all black & white

Open Studios for Families pays tribute to Picasso in "Picasso Black and White," an exhibit at the Guggenheim on Oct. 7, 14, 21, and 28.

To celebrate the Spanish master's black-and-white period, more than 118 of his paintings, sculptures and works on paper are on display at the museum. Families with children 5 to 14 years of age are invited and encouraged to view his works and

then create a black-and-white masterpiece of their own at the museum's Studio Art Lab.

No reservation is required, just drop right in and be prepared to exercise your imagination.

"Picasso Black and White" at the Solomon R. Guggenheim Museum [1071 Fifth Ave. at 89th Street on the Upper East Side, (212) 423-3500, www.guggenheim.org]. Oct. 7, 14, 21, and 28 from 1 to 4 pm. Admission \$18, \$15 for students.

opportunity to experience world-class performers, singers and songwriters.

Family Saturdays: New York City Ballet David H. Koch Theater, W. 63rd St. and Columbus Avenue; (212) 496-0600; www.nycballet.com; 11 am; \$20 per person.

One-hour presentations designed especially for family audiences featuring short works and excerpts from New York City Ballet's diverse repertory.

Suzi Shelton: Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org;

11 am; \$20 (\$17 members; \$13 children; \$11 children members).

The Brooklyn-based indie artist will be performing as part of the Just Kid-ding Saturday series.

23rd Annual Autumn Crafts Festival: Lincoln Center, Columbus Avenue at 64th Street; (212) 875-5374; www.craftsatlincoln.org; 11 am-8:30 pm; Free.

Two hundred and fifty master artisans from every region of the United States selected on the basis of quality of workmanship and uniqueness of design, will show their displays, in addition to continuous entertainment and nine different craft demonstrations.

Creepy Critters: SONY Wonder Technology Lab, 550 Madison Ave. at 56th St; (212) 833-8100; www.sonywondertechlab.com; 11 am-1 pm; \$8.

Using pliers, LEDs and craft materials, children make their own little creepy critter, sure to spook their Halloween guests.

SUN, OCT. 7

23rd Annual Autumn Crafts Festival: 10 am-6:30 pm. Lincoln Center. See Saturday, Oct. 6.

Randy Kaplan Concert: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 11 am; \$15, babies under 2 free.

Pack up the posse and come in for a bagel, a coffee or juicebox and some tiny tushy-kicking tunes. It's not your granny's music.

American Landscape Panoramas: Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street; (212) 570-3894; www.metmuseum.org; 1-3pm; \$25, Students \$10, children under 12 free.

Each Sunday Studio drop-in program focuses on a different culture and art form and features family-friendly activities led by an artist. Art supplies provided.

Open Studio For Families: Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; www.guggenheim.org; 1-4 pm; \$18 (\$15 students).

Suitable for families with children ages 5-14.

Hot Peas 'N Butter: The Jewish Museum, 1109 Fifth Ave. at 92nd Street; (212) 423-3200; www.thejewishmuseum.org; 2 pm; \$18, \$13 children.

The rocking group performs songs about nature to celebrate Sukkot. Catchy songs such as "Moishe the Camel," and tunes from their new album of classic lullabies, "Catchin' Some Peazzz" keep children 2 to 7 years old dancing in the aisles.

Calendar

MON, OCT. 8

Columbus Day One Day Camp: TADA! Youth Theater, 15 W. 28th Street, between Broadway and Fifth Avenue; (212) 252-1619 X 4; www.tadatheater.com; 9 am-5:30 pm; \$100.

Children explore the world of acting, singing, and dancing in a special one-day camp that focuses on core elements of Musical Theater.

Kick It Camp: Super Soccer Stars, Central Park at W. 93rd Street; (212) 877-7171; www.supersoccerstars.com; 9 am-1 pm; \$80.

This one-day camp features 4 hours of outdoor soccer skills development and dynamic games including mini World Cups, soccer tag, Pac-man and more. For children ages 6 to 12 years old.

Columbus Day Mini Camp: Super Soccer Stars, Central Park at W. 93rd Street; (212) 877-7171; www.supersoccerstars.com; 9:30 am-noon; \$80.

Super Soccer Stars presents a one-day camp for 2 and a half to 3 year olds and 4 to 5 year olds. Mini Camp features 2.5 hours of soccer games/activities, arts & crafts and a snack.

Preschool Play: 10 am-noon. Robert F. Wagner Jr. Park. See Monday, Oct. 1.

Swaddle Waddle: Swaddle Waddle Studio, 18 W. 18th St, between Fifth and Sixth avenues; (646) 852-6851; info@swaddlewaddle.com; www.swaddlewaddle.com; 2-5:15 pm; \$24 per class (introductory rate).

New Mommy & Me drop-in classes for babies 8 weeks through 24 months. Class combines music, education, yoga, massage and socialization activities. Classes Monday and Friday, call for details or visit website.

TUES, OCT. 9

The Spook Show: 7 pm. Canal Park Playhouse. See Tuesday, Oct. 2.

THURS, OCT. 11

Painting With Computers: SONY Wonder Technology Lab, 550 Madison Ave. at 56th St; (212) 833-8100; www.sonywondertechlab.com; 11 am; Free.

This fun workshop encourages children to explore their artistic talent while they learn about some of the basic functions of a computer.

Storytime: 11 am. Scholastic. See Thursday, Oct. 4.

FRI, OCT. 12

"Urban": The New Victory Theater, 209 W. 42nd St. between Seventh and Eighth avenues; (646) 223-3010; www.newvictory.org; 7 pm; \$14-\$38.

Vigor, danger and attitude infuse every act, from feats of strength to



Halloween fun on the Upper West Side

Bring your little pirate, princess, witch, or bacon-eating robot (never underestimate a child's imagination) to the Halloween Fun Fair on Oct. 20 from 11 am to 5 pm and have a spook-tacular good time!

The fair is packed like a candy-stuffed pillowcase with fun activities such as crafting candy necklaces, and pumpkin and cupcake decorating. There will also be a Bouncy Castle, an obstacle course, and a slew of games such as Candy Land, fishing, and a beanbag, and lollipop toss. Goodies include a hot and cold buffet, and cotton candy. After the

trapeze, tightrope and triple dutch routines.

SAT, OCT. 13

Secret Agent Architect: Museum Of The City Of New York, 1220 Fifth Ave. at 103rd Street; (212) 534-1672; www.mcny.org; 10:30 am-noon; \$10 admission; children 12 and under are free.

Children 7 to 12 years old become a secret agent architect in a family-friendly

fun, "mummies" and daddies can search for hidden treasures in the catacombs of the fair's rummage sale, and pick up children's books and toys.

And if that's not enough, children can flex their art muscles and make temporary tattoos, and sand and spin art.

This event will be a howl and a half and entrance is free — rides, activities, and crafts are \$2 to \$4. Costumed are highly encouraged.

Halloween Fun Fair at MS 44 Playground [77th Street and Columbus Avenue, (917) 514-1723]. On Oct. 20 from 11 am to 5 pm.

scavenger hunt, and then use the shapes to create model buildings representing their own style. Every child who completes the scavenger hunt wins a prize.

"Learning Letters With Elmo": SONY Wonder Technology Lab, 550 Madison Ave. at 56th St; (212) 833-8100; www.sonywondertechlab.com; 11 am; Free.

In this screening, Elmo loves the letter "J" so much he decides to change his name to "Jelmo."

Exit, Stage Left!: Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 11 am; \$13-\$20.

Parallel Exit Theatre presents rubber chickens, balancing ladders, bumbling musicians, clowning, and even a bit of competitive tap dancing create a raucously funny morning the children won't forget.

23rd Annual Autumn Crafts Festival: 11 am-8:30 pm. Lincoln Center. See Saturday, Oct. 6.

Open House: Saint Vincent Ferrer High School, 151 E. 65th St. between Third and Lexington avenues; (212) 535-4680; www.saintvincentferrer.com; Noon-3 pm; Free.

Prospective students in grades six through eight are invited to see the facilities and meet with the faculty and staff at the college preparatory school for girls.

Hands-On Nano Demos: SONY Wonder Technology Lab, 550 Madison Ave. at 56th St; (212) 833-8100; www.sonywondertechlab.com; 1-3 pm; Free.

Children 7 years old and up uncover the fascinating world of nanoscience and nanotechnology by taking part in hands-on activities that explore the properties, structures, materials and scale of this important field of science.

How Did They Do That? Islamic Book Arts: Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street; (212) 570-3894; www.metmuseum.org; 1-4 pm; \$25, students \$10, children under 12 free.

Participants peek at technique and learn — through handling tools and materials — how works of art were created.

"Urban": 2 and 7 pm. The New Victory Theater. See Friday, Oct. 12.

Family Astronomy: American Museum of Natural History, Hayden Planetarium Space Theater, Enter at 81st Street and Central Park West; (212) 769-5100; www.amnh.org; 6 pm; \$12 (\$10 for members).

NASA JPL Solar System Ambassador and Educator Laura Venner will guide budding astronomers and their families as they learn about the stars of the fall sky and the magic and monsters that have been pictured within it.

SUN, OCT. 14

23rd Annual Autumn Crafts Festival: 10 am-6:30 pm. Lincoln Center. See Saturday, Oct. 6.

Second Sunday Family Tour: Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; www.guggenheim.org; 10:30 am-noon; \$15 per family.

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Participants explore sculpture in the exhibition "Picasso Black and White" through tour that incorporates conversation and creative hands-on gallery activities. Suitable for children 5 to 12 years old.

Astrograss Concert: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 11 am; \$15, babies under 2 free.

Pack up the posse and come in for a bagel, a coffee or juicebox and some tiny tushy-kicking tunes. It's not your granny's music.

"Urban": Noon and 5 pm. The New Victory Theater. See Friday, Oct. 12.

How Did They Do That? Islamic Book Arts: 1-4 pm. Metropolitan Museum of Art. See Saturday, Oct. 13.

Open Studio For Families: 1-4 pm. Solomon R. Guggenheim Museum. See Sunday, Oct. 7.

The Composer's Paintbrush with Adam Glaser: The Morgan Library & Museum, 225 Madison Ave. between W. 36th and W. 37th streets; (212) 685-0008; www.themorgan.org; 2 pm; \$8, \$2 children.

Adam shows children in this interactive program how composers use music to paint pictures for our ears. For children 6 years and older.

MON, OCT. 15

Preschool Play: 10 am-noon. Robert F. Wagner Jr. Park. See Monday, Oct. 1.

Stroller Tours: Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; www.guggenheim.org; 3-4 pm; \$15.

Stroll around the ramps with your baby in tow as museum educator (and new mom) Jackie Delamatre leads an engaging one-hour tour for caregivers and their babies. Includes songs, touchable objects, and great adult conversation.

TUES, OCT. 16

College Fair: Jacob K. Javits Convention Center, 655 W. 34th St. between 11th and 12th avenues; www.nacacnet.org/pva; 6:30-9 pm; Free.

College-bound students interested in the arts meet one-on-one with admission representatives from colleges, universities, conservatories, studios, and festivals to learn about specialized programs in the visual and performing arts.

The Spook Show: 7 pm. Canal Park Playhouse. See Tuesday, Oct. 2.

WED, OCT. 17

Nineteenth Annual Family Party: American Museum of Natural His-



'Legendarium' at the circus

Take a bite out of the Big Apple Circus as it opens its 35th season at Lincoln Center's Damrosch Park from Oct. 20 through Jan. 13, 2013.

Big Apple Circus somersaults back in time with its brand new show "Legendarium," which highlights the history of the Big Top with incredible feats. There will be a flying trapeze act, jugglers, majestic horses, death-defying stunts on bicycles, and high-wire performers. The muscled men of the Quinterion Troupe will also

mystify children of all ages as they demonstrate unparalleled power and strength by flipping, throwing, and catching a fearless maiden.

"Legendarium" runs daily from Oct. 20 through Jan. 13, 2013 with performances running approximately two hours and 15 minutes. Ticket prices start at \$25.

Big Apple Circus at Lincoln Center's Damrosch Park [62nd St. between Amsterdam and Columbus avenues in Central Park West. (888) 541-3750, www.bigapplecircus.org]. Oct. 20 through Jan. 13, 2013.

tory, Central Park West at 79th Street; (212) 769-5200; awang@amnh.org; www.amnh.org; 5-7:30 pm; \$175, \$85 children.

Children interact with live animals, measure skulls, look into a microscope to see the inside of an ivory tusk, and work on hands-on activities.

Parents as Partners: High School of Fashion Industries, 225 W. 24th St.

(212) 374-4118; www.schools.nyc.gov; 5:30-8 pm; Free.

Chancellor Dennis Walcott speaks about the importance of parental involvement.

THURS, OCT. 18

Storytime: 11 am. Scholastic. See Thursday, Oct. 4.

Annie Barrows Ivy and Bean Series: Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 6 pm; \$15 (\$12 members).

As part of the Thalia Kids' Book Club, the author and illustrator Sophie Blackall talks about the series that chronicles the adventures of two characters who form an unlikely friendship. For children 6 to 10 years old.

FRI, OCT. 19

"Urban": 7 pm. The New Victory Theater. See Friday, Oct. 12.

SAT, OCT. 20

Go Fish: Robert F. Wagner Jr. Park, North of Battery Park, off Battery Place; (212) 267-9700; bpcparks.org; 10 am-2 pm.

Participants experience the thrill of catch and release fishing, and then enjoy art projects, nature activities, and music.

"Elmo's World Pets": SONY Wonder Technology Lab, 550 Madison Ave. at 56th St; (212) 833-8100; www.sony-wonderlab.com; 11 am; Free.

Join Elmo as he explores the world of pets. Learn about responsibility and how to care for the family dog, cat, and even Elmo's fish, Dorothy.

Learning to Like the World: Aesthetic Realism Foundation, 141 Greene St. at W. Houston Street; (212) 777-4490; www.AestheticRealism.org; 11 am; \$8.

"What's the Difference Between a Good Time and Making Fun?" teaches boys and girls about racism and bullying.

Halloween Fun Fair: MS 44 Playground, 77th Street and Columbus Avenue; (212) 874-1341; www.brownston-eschool.org; 11 am-5 pm; Free.

Pumpkin decorating, cupcake decorating, rides, games, rummage sale and more.

Creepy Critters: 11 am-1 pm. SONY Wonder Technology Lab. See Saturday, Oct. 6.

The Celebration Team: Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 2 pm; \$15-\$25.

Annual blowout concert, featuring a joy-filled performance of music and dance with remarkable dancers, 5 to 15 years old.

"Urban": 2 and 7 pm. The New Victory Theater. See Friday, Oct. 12.

A Night at the Museum: American Museum of Natural History, Central Park West at 79th Street; (212) 769-5200; awang@amnh.org; www.amnh.org; 6 pm-9 am; \$129 per person.

Children 6 to 13 years old, explore

live-animal exhibitions and go on Museum Quests. Sleepover includes presentations by science explainers and Halloween-themed activities, including prizes for the most original costumes. Evening snack, light breakfast, and sleeping cots provided.

SUN, OCT. 21

Learn About Immigration

Through Theater: Museum Of The City Of New York, 1220 Fifth Ave. at 103rd Street; (212) 534-1672; www.mcny.org; 10:30 am-noon; \$10 admission; children 12 and under are free.

Children 7 to 12 years old examine photographs and learn about the challenges faced by immigrants, then create their own dramatic piece showcasing the issues.

Deedle Deedle Dees, Moona Luna, and Babe the Blue Ox Concert

92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 11 am; \$15, babies under 2 free.

Pack up the posse and come on in for a bagel, a coffee or juicebox and some tiny tushy-kicking tunes. It's not your granny's music.

Family Fit Day: 14th Street Y, 344 E. 14th St. between First and Second avenues; (212) 780-0800; www.14street.org; 11 am-2 pm; \$25 per family.

Get moving and get fit together. Children 2 to 12 years old go rock climbing, do relay games, a Fun Walk, marital arts, and more.

"Urban": Noon and 5 pm. The New Victory Theater. See Friday, Oct. 12.

American Landscape Panoramas: 1-3pm. Metropolitan Museum of Art. See Sunday, Oct. 7.

Open Studio For Families: 1-4 pm. Solomon R. Guggenheim Museum. See Sunday, Oct. 7.

Libba Bray The Diviners: Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 5 pm; \$15 (\$12 members).

As part of the Thalia Kids' Book Club, the author of *Going Bovine* and the acclaimed *Gemma Doyle* trilogy shares her latest novel, a cinematic, musical tale of Jazz-Age New York that mixes historical fiction with the paranormal. Ages 14 and up.

MON, OCT. 22

Preschool Play: 10 am-noon. Robert F. Wagner Jr. Park. See Monday, Oct. 1.

TUES, OCT. 23

The Spook Show: 7 pm. Canal Park Playhouse. See Tuesday, Oct. 2.

It's primo Mojo

Get your mojo back at the New Victory Theater on Oct. 26 through Nov. 4.

"Mojo," a collage of puppetry, illusion, dance, and live music by Theatre-Rites, is a multi-disciplinary work for children 5 years old and up.

Imagine a place of adventure where you can open a door lined in neon blue and where families are invited to experience an enchanting world where objects discover their mojo and spring to life in funny ways.

The production bursts with energy and celebrates the magic,

wonder, and mayhem of childhood through puppets, dance, illusion, and music.

Come take an unforgettable trip full of transformations and revelations.

Performances of "Mojo" are on Oct. 26 and Nov. 2 at 7 pm; Oct. 27 and Nov. 3 at 2 and 7 pm; and on Oct. 28 and Nov. 4 at noon and 5 pm. Tickets range from \$14 to \$38.

"Mojo" at The New Victory Theater [209 W. 42nd St. between Seventh and Eighth avenues in Times Square, (646) 223-3010, www.newvictory.org]. Oct. 26 through Nov. 4.



WED, OCT. 24

Lemony Snicket's "Who Could That Be At This Hour?": Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 6 pm; \$15 (\$12 members).

As part of the Thalia Kids' Book Club, the mysterious author of "A Series of Unfortunate Events" talks with Sarah Vowell (*This American Life*) about his brand new series, "All the Wrong Questions," which hits stores on Oct. 23. Ages 8 - 12.

THURS, OCT. 25

Storytime: 11 am. Scholastic. See Thursday, Oct. 4.

FRI, OCT. 26

Fright Night At the Met: Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street; (212) 570-3894; www.metmuseum.org; 6-8:30 pm; \$25, students \$10, children under 12 free.

Can't wait for Halloween? Hit the Met for a night of dark tales, frightening photography workshops, and more, all inspired by the eerie images in the exhibition *Faking It: Manipulated Photography Before Photoshop!*

"Mojo": The New Victory Theater, 209 W. 42nd St. between Seventh and Eighth avenues; (646) 223-3010; www.newvictory.org; 7 pm; \$14-\$38.

Objects take new forms and spring to life in fantastical and funny ways in this collage of puppetry, illusion, dance and live music, for everyone over the age of 5.

SAT, OCT. 27

Theodore Roosevelt Memorial Opening Day Celebration: American Museum of Natural History, Central Park West at 79th Street; (212) 769-5100; www.amnh.org; 10 am-5:45 pm; Suggested admission: \$19 adults; \$14.50 students/seniors; \$10.50 children.

Celebrate the grand reopening with a day full of special family-friendly activities, workshops, tours, and nature walks.

Halloween Party: New York City Police Museum, 100 Old Slip; (212) 480-3100; www.nycpm.org; 11 am-2 pm; \$8 admission, \$5 children, under age 2 free.

Party features gooey and creepy hands-on activities for children ages 3 to 12 years old, including making 'slime', and decorating trick-or-treat bags.

The Polka Brothers: Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 11 am; \$13-\$20.

Whether playing original or classic tunes or even the occasional contemporary cover (from Journey to Lady Gaga), the band delights young and old with their raucous, fun and colorful party music.

Halloween Double Feature: SONY Wonder Technology Lab, 550 Madison Ave. at 56th St; (212) 833-8100; www.sonywondertechlab.com; 11 am; Free.

Children get ready for the big day with "Dora the Explorer: Boo" and "Go, Diego, Go: Freddie the Fruit Bat Saves Halloween."

Children's Book Reading: Books of Wonder, 18 W. 18th St. between Fifth

and Sixth avenues; (800) 207-6968; www.booksof wonder.com; Noon-2 pm; Free.

Children's author Gianna Marino reads from her book, "Too Tall Houses."

"Yo Gabba Gabba" Halloween Double Feature: SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; www.sonywondertechlab.com; Noon; Free.

In "Halloween," it's time for everyone in Gabba Land to dress up and rock out. Celebrate the changing seasons, go trick-or-treating, attend Halloween parties, and more.

Halloween Party: Bryant Park, 42nd Street and Avenue of the Americas; (212) 768-4242; www.bryantpark.org; 1 pm; Free.

Children, 3 to 11 years old, enjoy magic, music and mayhem, and everyone dressed in their favorite disguise at Le Carrousel. Rain date: Oct. 28.

"Elmo Says Boo": SONY Wonder Technology Lab, 550 Madison Ave. at 56th St; (212) 833-8100; www.sonywondertechlab.com; 1 pm; Free.

Elmo visits The Count's spooky castle, but is he scared? Only for a second because soon he's having a howling good time as his "Sesame Street" friends Telly, Baby Bear, Bert and Ernie stir up some spirited fun and spooky surprises.

"Sesame Street" Magical Halloween Adventure: SONY Wonder Technology Lab, 550 Madison Ave. at 56th St; (212) 833-8100; www.sonywondertechlab.com; 2 pm; Free.

It's a Halloween extravaganza when

Continued on page 30

Calendar

Continued from page 29

the monsters on "Sesame Street" get invited to a Tricks and Treats party.

"Mojo": 2 and 7 pm. The New Victory Theater. See Friday, Oct. 26.

SUN, OCT. 28

Channel Thirteen Poster Making Workshop: Museum Of The City Of New York, 1220 Fifth Ave. at 103rd Street; (212) 534-1672; www.mcny.org; 10 am-noon; \$10 admission; children 12 and under are free.

In celebration of Channel Thirteen/WNET's 50th anniversary, children ages 6 to 14 use memories of their favorite Thirteen kids programming and artistic talent to create posters wishing Thirteen a happy 50th anniversary.

Kids' Fest: 300 New York Bowling Center at Chelsea Piers, 23rd Street and West Side Highway, Pier 60; (212) 835-2695; www.chelseapiers.com/300NY; 10 am-2 pm; Free.

Children enjoy free bowling, raffles, and light snacks. RVSP required.

Alastair Moock Concert: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 11 am; \$15, babies under 2 free.

Pack up the posse and come on in for a bagel, a coffee or juicebox and some tiny tushy-kicking tunes. It's not your granny's music.

Morningside Montessori Fall Festival: Morningside Montessori School, 251 W. 100th Street; (212) 316-1555; 11 am-4 pm; Free.

Moey's Music Party gives a special Halloween performance. Pumpkin decorating, face painting, haunted house tour, and more.

Family Tour and Workshop: Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; www.guggenheim.org; 11 am-1:30 pm; \$30 per family.

Participants take an interactive gallery tour of Picasso's "Black and White," and then create their own artwork in the museum's studio. Recommended for children ages 5 to 12 years old.

"Mojo": Noon and 5 pm. The New Victory Theater. See Friday, Oct. 26.

Open Studio For Families: 1-4 pm. Solomon R. Guggenheim Museum. See Sunday, Oct. 7.

Start with Art at the Met Plus: Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street; (212) 570-3894; www.metmuseum.org; 2:30-3:30 pm; \$25, students \$10, children under 12 free.

Participants use printmaking to make a self-portrait. For children ages 3 to 7 years old.



The show must go on

Don't know what to do on those pesky weekdays when school is closed? Parents, don't fret, and children, don't yawn, we've got a handy trick that will prevent boredom this Columbus Day. The youth theater TADA! provides one-day camps during school breaks for children in grades one to five starting on Oct. 8 from 9:30 am to 5:30 pm (flexible drop-offs at 9 to 9:30 am). Ta-da!

Programs include a crash course in musical theater, comedic improv, and dramatic play.

Children master cool dance moves and sing their little hearts out while moms and dads have clear heads at work. At the end of the session, families are invited to watch the last 20 minutes of

the day.

Each one-day camp focuses on a different theme; Oct. 8 is World Explorers, Nov. 6 is Rock the Vote, Nov. 12 covers Heroes in Harmony, Dec. 27 celebrates a Winter Wonderland, and on Dec. 28, children ring in the New Year.

TADA! carries on the one-day camp tradition and honors Dr. Martin Luther King, Jr. on Jan. 21, 2013, with "I Have a Dream."

Classes are \$100 each and must be registered in advance. Parents can pre-register for one or more classes at a time online, on the phone, or in person.

TADA! one-day camps [15 W. 28th St. between Fifth Avenue and Broadway in the Flatiron District, (212) 252-1619 X 4, www.tadatheater.com]. Starting Oct. 8.

Art Trek Plus Island Threads: Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street; (212) 570-3894; www.metmuseum.org; 2:30-3:30 pm; \$25, students \$10, children under 12 free.

Children 5 to 12 years old examine fabrics woven from around the world and then create a woven bracelet or bookmark of their own.

PhilharmonSTER!: Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 4 pm; \$15.

Gear up for Halloween as the young goblins and ghouls of the InterSchool Orchestras of New York's Carnegie Hill Orchestra (ages 8 to 12) and ISO Symphony (ages 12 to 19) perform spooky orchestral classics for the whole family.

MON, OCT. 29

Preschool Play: 10 am-noon. Robert F. Wagner Jr. Park. See Monday, Oct. 1.

TUES, OCT. 30

Astronomy Live!: American Museum of Natural History, 79th Street and Central Park West; (212) 769-5100; www.amnh.org; 10 am-5:45 pm; \$15 (\$13.50 members, students, seniors).

Journey among the panoply of known extrasolar planets as you learn how astronomers are pushing the limits of technology to detect and understand planets that orbit stars other than our Sun.

The Spook Show: 7 pm. Canal Park Playhouse. See Tuesday, Oct. 2.

WED, OCT. 31

Halloween Double Feature: 11 am. SONY Wonder Technology Lab. See Saturday, Oct. 27.

Ghostly Goo: SONY Wonder Technology Lab, 550 Madison Ave. at 56th St; (212) 833-8100; www.sonywondertechlab.com; Noon; \$5.

With a dose of science and some careful mixing children make a special concoction of spooky proportions.

"Yo Gabba Gabba" Halloween Double Feature: Noon. SONY Wonder Technology Lab. See Saturday, Oct. 27.

"Ghostbusters" Screening: SONY Wonder Technology Lab, 550 Madison Ave. at 56th St; (212) 833-8100; www.sonywondertechlab.com; 3 pm; Free.

A great movie to celebrate the holiday. Starring Bill Murray, Dan Aykroyd, and Harold Ramis.

Kiddy Halloween Party: 300 New York Bowling Center at Chelsea Piers, 23rd Street and West Side Highway, Pier 60; (212) 835-2695; www.chelseapiers.com/300NY; 3:30-8:30pm; Free.

Bowling, costume contest, raffles, tricks and treats. RVSP required.

Halloween Celebration: American Museum of Natural History, Central Park West at 79th Street; (212) 769-5200; awang@amnh.org; www.amnh.org; 4-7 pm; \$11.

More than 30 of the museum's popular halls will be open for trick-or-treating, arts and crafts, fun with roaming cartoon characters, and live performances.

LONG-RUNNING

Hava Nagila, A Song for the People: Museum of Jewish Heritage-A Living Memorial to the Holocaust, 36 Battery Pl.; (646) 437-4202; www.mjhnyc.org; \$10, \$7 children 10 and under.

Listeners travel through memories of

celebrations and across generations. Now through spring 2013.

Intrepid Air and Space Museum: Intrepid Sea Air and Space Museum at Pier 86, 12th Avenue at 46th Street; www.intrepidmuseum.org; Weekdays, 10 am–5 pm, Saturdays and Sundays, 10 am–6 pm, Now – Wed, Oct. 31; \$30 general admission (\$26 seniors and college students; \$23 children 7-17 and veterans; \$16 children 3 to 6 years old; Free for active and retired military and children under 3).

Come aboard and explore the 12,240 square foot interactive Exploreum, featuring a variety of hands on exhibits as well as the Space Shuttle Enterprise which now has a permanent home in the museum.

Fair: Soho, 100 Varick St. (914) 295-4794; varicksflea@gmail.com; www.meetup.com/varicks; Daily, 10 am–4 pm; Now – Sat, Dec. 29; \$55/Space.

Enjoy shopping and schmoozing in the all day market.

Creatures of Light: American Museum of Natural History, Central Park West at 79th Street; (212) 769-5200; awang@amnh.org; www.amnh.org; Daily, 10 am–5:45 pm; Now – Sun, Jan. 6, 2013; \$24, \$14 children, \$18 seniors and students.

This interactive exhibit explores organisms that produce light, from the flickering fireflies to alien deep-sea fishes.

Yak Packers: Rubin Museum of Art, 150 W. 17th Street, between Sixth and Seventh avenues; (212) 620-5000 X 344. www.rmany.org; Wednesdays and Thursdays, 10:30–11:30 am, Now – Thurs, Oct. 25; \$10 (\$5 seniors and students; Free for children under 12 and members).

Children 2 to 4 years old explore the exhibits and collections, play, listen to stories, and crafts.

Le Carrousel: Bryant Park, W. 40th St. between Fifth and Sixth avenues; www.nycgovparks.org; Daily, 11 am–8 pm; Now – Wed, Oct. 31; \$2 per ride.

Fashioned to complement the park's French style, this classic ride features brightly colored animals and French cabaret music.

Storytelling: Kidberry, 2046 Seventh Ave. at W. 122nd Street; (212) 866-5437; kidberrynyc.com; Wednesdays, 3–3:45 pm, Now – Wed, Oct. 31; \$10 per family.

This drop-in storyhour celebrates the joys of sharing stories. Children are invited to bring in their favorite books and tell their own stories. Music, singing and exercises follow.

Orbis Pictus: The Gallery of the Czech Center New York, 321 E. 73rd St. (646) 422-3399; info@czechcenter.com



Halloween party at the Police Museum

Some people would say a police station is a pretty scary place. Give yourself a chill at the New York City Police Museum on Oct. 27, when its Halloween fest howls into town.

Have a boo-tiful time running your fingers through oozy, gooey slime, walking through their haunted house, decorating treat bags with spiders and bugs, and learning lots of tips that will keep trick or treating safe and fun.

Halloween at the museum is especially fang-tastic for families with little goblins 3 to 12 years old. Entrance is free after general museum admission — \$8 for adults and \$5 for children.

Halloween at the New York City Police Museum is on Oct. 27 from 11 am to 2 pm and will be a ghastly good time for all.

The New York City Police Museum [100 Old Slip, (212) 480-3100, www.nycpm.org].

www.czechcenter.com; Daily, 6:30–8:30 pm; Now – Wed, Oct. 17; Free.

Play Well is a series of site-specific installations in which artists and children collaborate to create experiences in visuals, sound and motion.

Boo at the zoo: Bronx Zoo, 2300 Southern Blvd. at Boston Road; (718) 220-5103; www.bronxzoo.com; Saturday, Oct. 6, 10 am; Sunday, Oct. 7, 10 am; Monday, Oct. 8, 10 am; Saturday, Oct. 13, 10 am; Sunday, Oct. 14, 10 am; Saturday, Oct. 20, 10 am; Sunday, Oct. 21, 10 am; Saturday, Oct. 27, 10 am; Sunday, Oct. 28, 10 am; \$29.95 (\$19.95 children 3-12; \$24.95 seniors).

A safe, friendly event including the Haunted Habitat Mansion, Creepy Hollows Hayride, costume parade, music, magic and, of course, pumpkin carving demonstrations.

Winged Tapestries Moths at Large: American Museum of Natural History, Central Park West at 79th Street; (212) 769-5200; www.amnh.org; Daily, 10 am–5:45 pm; \$24(\$14 children, \$18 seniors and students).

This exhibition features 34 striking images featuring dramatic images of moths, displaying the arresting beauty and surprising diversity of moth from Ottawa-based photographer Jim des Rivières. Runs through September

2013.

"Fancy Nancy" The Musical: The McGinn/Cazale Theatre, 2162 Broadway at 76th Street; (212) 579-0528; vitaltheatre.org; Saturdays and Sundays, 11 am & 1 pm, Now – Mon, Nov. 12; \$29.50 regular; \$49.50 premium.

Fancy Nancy and her friends, Bree, Rhonda, Wanda, and Lionel are going to be performing in their very first show, "Deep Sea Dances." Nancy is positive, that's fancy for 100 percent sure, that she and Bree will be picked to be mermaids, but will they?

Stories at the Statue: Central Park, Hans Christian Andersen Statue, 72nd Street and Fifth Avenue; dianeworkstein.com; Saturdays, 11 am, Now – Wed, Oct. 31; Free.

Storytellers share fairy tales and stories from around the world with children.

Basketball clinics: North Meadow Recreation Center, 97th Street Transverse Rd. (212) 348-4867; www.nycgovparks.org; Saturdays, Noon–2 pm, through Sat, Oct. 27; Free.

Children 9 to 17 years old get help with the B-ball game.

"Hansel and Gretel's Halloween Adventure": Swedish Cottage Marionette Theater, 79th Street and West Drive; (212) 988-9093; Tuesdays, Thursdays and Fridays, 10:30 am and noon, Wednesdays, 10:30 am, noon, and 2:30 pm, Saturdays and Sundays, 1 pm, Wed, Oct. 3 – Sat, Nov. 3; \$8, \$5 children under 12.

This show picks up where the original Swedish Cottage Marionette Theatre production leaves off, with the pair's pet swan Samantha flying the children back to their humble home after their wild escapade in the forest. Special Halloween showing on Oct. 31 at 4pm.

"Ring A Ding Ding": The New Victory Theater, 209 W. 42nd St. between Seventh and Eighth avenues; (646) 223-3010; www.newvictory.org; Thursdays, 10:30 am, Fridays, 10:30 am and 2:30 pm, Sundays, 10:30 am, 12:30 am and 2:30 pm, Wed, Oct. 17 – Sun, Nov. 11; \$20.

When Alice demands that her dog stop chasing his tail "right now," he runs away, sending her into a tricycle-riding tizzy. Recommended for children 3 to 5 years old.

Big Apple Circus Legendarium: Lincoln Center's Damrosch Park, 62nd Street between Amsterdam and Columbus avenues; (888) 541-3750; www.bigapplecircus.org; \$25 and up.

The Big Apple Circus Legendarium invites you to witness the nostalgic thrills of bygone Big Tops and get a first-hand view of beauties, daredevils, and clowns from another era.

Teenage smoking

Six helpful tips for parents trying to prevent teens from taking up a bad habit

According to the Surgeon General's 2012 report on "Preventing Tobacco Use Among Youth and Young Adults," each day in the U.S., approximately 3,800 young people under 18 years of age smoke their first cigarette.

The overwhelming majority of smokers, experts estimate approximately 90 percent, started smoking before they were 18 years old.

About 20 percent of American teens smoke.

One-third of smokers who began smoking as teens will die prematurely due to a smoking-related illness.

According to Shahriour Andaz, MD, FACS, lung cancer specialist and director of thoracic oncology at South Nassau Communities Hospital, it is important to proactively try to prevent teen smoking.

Nicotine, one of the more than 4,000 chemicals in tobacco, is highly addictive.

Among teens who do smoke, three out of four say they keep smoking because it's really hard to quit. A nearly equal number say they wish they had never started smoking.

"Someone who begins smoking as a young adolescent will have a far more difficult time quitting, can have more serious health problems, and may die younger than a person who begins to smoke in adulthood. It's important that parents and teachers do everything they can to dissuade teens and help them realize the health dangers and negative effects of smoking," said Dr. Andaz.

"Adolescents and young adults are extremely vulnerable to social and environmental influences promoting the use of tobacco," notes Gina Kearney, RN, South Nassau's



director of community education. "Add to that the fact that tobacco companies spend billions of dollars on cigarette and smokeless tobacco advertising, and it can be a true challenge for any parent to help their child stay tobacco-free."

Kearney offers the following prevention tips for parents:

1 Be a good role model: Smoking is more common among teens whose parents smoke. The earlier you can stop smoking, the less likely your teen will become a smoker. A parent who successfully quits also provides an equally strong positive message. It's not only a way to show your child

“Someone who begins smoking as a young adolescent will have a far more difficult time quitting, can have more serious health problems, and may die younger than a person who begins to smoke in adulthood.”

how much you care about him, it also demonstrates that you understand the challenge he faces.

2 Appeal to your teen's vanity: Since most teens believe they are invincible and will not die from cancer or any other disease associated with tobacco use, parents should appeal to a teen's vanity. Reminding them that smoking makes their clothes, hair, and breath smell bad, and that it can also turn their teeth yellow and cause wrinkles, can be extremely effective.

3 Talk dollar and cents: Teens are big consumers and generally enjoy buying clothes or electronic gadgets with whatever money they have. Explaining the current high cost of tobacco products and the effect it will have on their purchasing power can be a reality check. Do a simple math problem — if the cost of cigarettes is \$10 a pack and if you smoke a pack a day, how much money will you spend in a year? In 10 years?

4 Discuss the glamorization of smoking: When you see actors smoking in TV or movies, or see ads featuring adults smoking, discuss it with your teenager. Make sure he understands that advertising and

other media depictions are not real and are misleading. The majority of actors who smoke in movies are non-smokers off the screen. Smoking does not add reality to the film — it generates revenue for the film industry.

5 Become an expert on smoking: Making the case against smoking isn't hard, but having a full grasp of all the facts and using them in ways that are relevant to your child is important. For example, discussing how smoking affects a young smoker versus the health effects on older smokers is more relevant.

6 Be a supporter and sounding board: Lecturing and ultimatums do not work; empathy and understanding are the better options. It's unlikely that your teen will find peers who will quit with him or with whom he can even discuss quitting.

“Parents are the single biggest influence in the lives of their children and it's never too early to start warning your kids against smoking and other forms of tobacco use. It's important to get into the habit of talking openly with your children when they are younger. Eight percent of middle school students are already cigarette smokers!,” Dr. Andaz concludes.

Find out more...

For more information, educational tools, and preventive assistance, Kearney recommends:

- The US Department of Health and Human Services, National Cancer Institute's "Quit Now TXT Program," teen.smokefree.gov (a mobile support, 24-7 assistance for quitting and social media pages, "a must for teens that truly speaks their language in a way they are comfortable communicating," she says);

- www.notobacco.org
- www.tobaccofree.org

- www.cdc.gov/tobacco/tips4youth.htm

- www.fda.gov/tobaccoproducts/resourcesforyou

- American Lung Association's smoking cessation program Freedom From Smoking, ffsonline.org

- NY Smoker's Quitline: www.nysmokefree.com - (866) 697-8487

In addition, South Nassau periodically offers smoking cessation classes. For more information contact the Department of Community Education at (516) 377-5333.

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DEAR
DR. KARYN
DR. KARYN GORDON

20 things teen guys want moms to know

I have two teen sons (ages 14 and 18), and I often find it difficult to know how to connect to them or know what they are thinking. Since you work with teens so much, could you shed some light on simple things mothers should know about raising boys?

Several years ago I had a radio talk show and I enlisted several teen guys to give me some specific tips for parents! It's always a privilege to be able to get into the "headspace" of teens in order to really understand what they need and want. So I asked a teen named Eric Acosta and his friends to create a list called things they want their mothers to know. Enjoy reading and ask your son how many of these apply to him.

The Top 20 things teen guys want their mothers to know

- Stop telling us to pull up our pants.
- Don't take it personally that we don't want to go shopping with you anymore.
- What may be "just a game" to you — e.g., sports, video games —

could be extremely important to us.

- You'll never think that a girl is good enough for us but we need to find out for ourselves.

- Leave "The Talk" to Dad.
- Try to bite your tongue when our voices crack.

- What may sound like noise to you is great music to us.

- Reminding is different than nagging.

- If you think something's wrong, you're probably right, but please don't press the issue. We'll come to you when we're ready.

- We eat a lot.

- Just because video games weren't around when you were a kid doesn't make them any less fun.

- My room isn't messy, it's "lived-in."

- Our first shave should not be considered a Kodak moment.

- If you give us too much freedom we might abuse it. If you give us too little, we'll definitely abuse it.

- My cellphone is not a 24-hour personal Walkie-Talkie.

- It's not just good decisions we learn from.

- Assuring us that our current problem is "not a big deal" won't change our minds.

- It's one thing to introduce yourself to our friends but another to interrogate them.

- Schoolwork is obviously important. That doesn't mean that other things aren't.

- Even if we don't say it enough, we do appreciate you.

• • •

My firstborn just left for college this fall and I'm really scared that I'm going to lose this great relationship I have with her. What can I do to ensure our connection?

Your question is one that many parents can relate to! I did a recent survey with young people going off to college and asked them what their parents could do to be helpful during this transition. Most impor-

tantly, they said, "Tell them not to worry so much." I realize this is easier said than done! However, they also suggested the following five tips:

Send personalized care packages: Receiving a customized package away from home is always a treat! Make sure it's practical and fun. Think about what magazines, music, or hair products they like.

Take them out for dinner: If you are within driving distance, take them out for a meal occasionally. Everyone likes a break from residence food. However, I must caution you — talk with them in advance about how often they would like this to happen. Some young people would prefer one time per week, but I find that most really need their space (especially at the beginning) and may only want to do the dinner date monthly or bi-monthly. Talk about expectations!

Text, Skype, and send phone cards: With today's technology it makes it much easier to stay connected. Some parents and teens like to text mostly (it's quick and fast), others prefer phone or Skyping (you can actually hear and see how they are doing). Be sure to mail phone cards to make connecting that much easier and cheaper!

Ask open questions: When you finally talk to them, ask specific questions: What is the best part of university? What is the worst part? Avoid asking, "How is university?" You'll get "good" or some other one-word answer. Be focused on really getting an idea of how their new life is away from home.

Respect their space and don't take it personally: Remember that they have entered a new chapter of their life. Make it clear you are there for them, but also respect their space. Try not to take this personally if they don't want to talk with you daily — this has nothing to do with how much they love you — they are growing up, and living independently is a great way to boost their confidence!

Do you have a question for Dr. Karyn? E-mail her at karyn@drkaryn.com!



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Circumcision

Small cut, big decision

The health benefits of male infant circumcision

BY KIKI BOCHI

To circumcise or not to circumcise? If you are the parent of a baby boy — or expecting to be one soon — this little question can be a huge issue.

The American Academy of Pediatrics recently issued a statement saying new scientific evidence shows that the health benefits of newborn male circumcision outweigh the risks of the procedure, but the benefits are not great enough for them to recommend routine circumcision for all newborn boys.

In other words, parents should decide.

Hospitals once circumcised newborn boys routinely, but the practice is becoming less and less common in the United States. While it is routinely done for religious and cultural reasons among groups such as Jews and Muslims, the overall numbers have dropped — from around 79

percent of newborn boys in 1980 to around 55 percent to 58 percent in 2010, according to the U.S. Centers for Disease Control and Prevention.

Some parents are opposed to circumcision, viewing it as mutilation. For some parents, such as Hispanics, it is not part of their culture. But others who are ambivalent or uncertain may have turned away from the practice because some insurance and public health programs are declining to pay for the procedure. Eighteen states, including Florida, have stopped paying for circumcision under Medicaid, the state-federal health program for the poor. The American Academy of Pediatrics believes the health benefits are great enough that infant male circumcision should be covered by insurance, which would increase access to the procedure for families who choose it.

“Ultimately, this is a decision that parents will have to make,” Susan Blank, MD, chair of the task force that authored the Academy policy statement, said when it was released. “Parents are entitled to medically accurate and non-biased information about circumcision, and they should weigh this medical information in the context of their own religious, ethical, and cultural beliefs.”

The issue arises every few years. The last time the organization of pediatricians tackled the question was in 2005, and before that in 1999.

Since the last policy was published, scientific research has shown clearer health benefits to the procedure than had previously been demonstrated, the Academy says. According to a systematic and critical review of the scientific literature, the health benefits of circumcision include lower risks of acquiring HIV, genital herpes, human papilloma virus, and syphilis. Circumcision also lowers the risk of penile cancer over a lifetime, reduces the risk of cervical cancer in female sexual partners, and lowers the risk

of urinary tract infections in the first year of life.

Recently, a team of Johns Hopkins University disease experts and health economists warned that that steadily declining rates of U.S. infant male circumcision could add more than \$4.4 billion in avoidable health-care costs over the next decade. In a report published in the Archives of Pediatrics and Adolescent Medicine, it said the added expense stems from new cases and higher rates of sexually transmitted infections and related cancers among uncircumcised men and their female partners.

Already, the decline in circumcision rates has cost upwards of \$2 billion, it said.

“Our economic evidence is backing up what our medical evidence has already shown to be perfectly clear,” health epidemiologist and pathologist Aaron Tobian, MD, said when the study was released. “There are health benefits to infant male circumcision in guarding against illness and disease, and declining male circumcision rates come at a severe price, not just in human suffering, but in billions of healthcare dollars as well.”

The medical data shows that the procedure is safest and offers the most health benefits if performed during the newborn period. The Academy policy recommends infant circumcision be performed by trained and competent providers, using sterile techniques and effective pain management. Parents who are considering newborn circumcision should speak with their child’s doctor about the benefits and risks of the procedure, and discuss who will perform the circumcision.

It’s a good idea to have this conversation during pregnancy, and to learn whether your insurance will cover the procedure, so you have time to make the decision.

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





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May I have this dance?

Ballroom
Basix teaches
dance and
etiquette to
city teens

BY LAURA J. VAROSCAK

Sidney Grant put on tap shoes in the second grade and has not stopped dancing since. As an adult, he danced professionally for more than 20 years before founding Ballroom Basix in 2008. Grant's passion for social dancing and success as an award-winning dancer and choreographer inspired his initiative to benefit inner city kids in New York City. His non-competitive partner dancing program uses the "basix" (named for the six basic steps of the box) of ballroom and Latin dancing to develop the educational, social, and physical skills of its students.

Aptly located in Harlem, the birthplace of swing, Ballroom Basix is influenced by the many famed musicians who made history uptown in the 1930s. Cab Calloway, master of scat singing, led one of the most popular African-American big bands and performed regularly at the Cotton Club. Grant resides in Spanish Harlem, also known as El Barrio, made famous for salsa and merengue by Latin legends like Tito Puente and Celia Cruz. The program's curriculum thrives in a community rich in history and culture.

The success of Ballroom Basix in upper Manhattan has led to an expansion to the other boroughs, including Brooklyn, Queens, and the Bronx. The program, first opened to children in middle school, now includes high school students. During their first year in the program, participants learn to dance the fox trot, tango, merengue, rhumba, swing, and waltz. They are taught the cha-cha-cha, salsa, and the Barn Dance, a country-western favorite, during their second and third years.

Ballroom Basix's motto is "mak-



Farisa and Simeon Boodram say Ballroom Basix has made them more comfortable meeting new people.

ing manners matter ... one step at a time." As the artistic director, Grant stresses the importance of manners in his classes.

"From a societal and historical perspective, partner dancing was (and still is) about ritual celebration, a community of people coming together to share a connection for a celebratory occasion," he says. "What the ballroom industry has largely lost sight of is that partner dancing is and always has been

about social graces, propriety, and etiquette. To give every child — regardless of shape, size, ability, or popularity — the chance to experience this is incredibly transformational."

Sixteen-year-old Ferrisa Boodram, who attended the Ballroom Basix flagship school, PS 180, admits that she hated ballroom dancing at first.

"I thought there was no point in learning it, but I realized I was



A student hugs her instructor.

wrong because it helped me with things in life. Now I'm more comfortable walking up to just about anyone and introducing myself, and I found a new me, which I had been trying to find for awhile."

Her brother, Simeon, says his middle school years of ballroom dancing helped him to overcome many obstacles as well. Now in college, he is more outgoing and proud to be able to walk into new situations with more self-confidence.

As much as the children come to enjoy the program, it is not always easy to get started. Grant stresses the value of qualities unfamiliar to many of today's youth: discipline and etiquette. Partner dancing delivers a powerful anti-bullying message, he says.

"Children have so much academic and athletic competition in their lives, that they both need and deserve a totally non-competitive activity like this that engenders respect among all classmates," he says. "One of the most important lessons I try to instill in these students is the realization that in life, we are not always in the company of people we like, but need to behave graciously in spite of it. So, if they're dancing with someone who isn't necessarily their friend, even if only for a minute, it is important to treat that person politely, with respect."

Sixth grade student Rose Flowers appreciates the safe haven Ballroom Basix provides.

"Outside, on the street, people are being so rude and disrespectful to each other, but when you are in here dancing with your partner, you feel respect."

"Outside, on the street, people are being so rude and disrespectful to each other, but when you are in here dancing with your partner, you feel respect."

In the beginning, some students are not comfortable with holding their partner close, looking into each others' eyes, while maintaining correct posture and a focused mind, but they soon understand why it matters and take what they learn on the dance floor and connect meaningfully in other areas of their lives.

David Ocasio, a recent eighth grade graduate, recalls what it was like before Ballroom Basix came to his school, and recognizes the difference it made in his relationships.

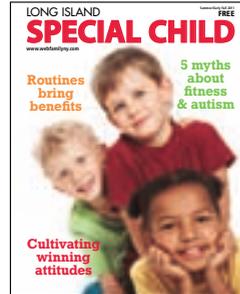
"We didn't have great communication with each other. When I am making eye contact with people I am dancing with, I can actually read them. I can read their emotion."

Many of Grant's students affectionately refer to him as the amazing Dr. Dance, leader of (as Ballroom Basix's slogan says) "fun, fitness, and fancy footwork," but he is much more than that — Grant is a talented, generous man who shares his love for social dancing, his dedication to children, and his commitment to education.

His creative curriculum significantly impacts the lives of more than one thousand young people in New York City. Within a diverse, multicultural environment, children are connecting in positive ways while building a strong sense of self-worth. These are valuable lessons they will carry with them — even after the music ends.

For more information, visit www.ballroombasix.com

Laura Varoscak-DeInnocentiis is a writer, educator, and mom living in Brooklyn. A regular contributor to NY Parenting Media, she has won several editorial awards for her articles.



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Beach treat

Family fun grows up at Beaches Turks and Caicos

BY STACEY ZABLE

The first time my family visited Beaches Turks and Caicos my girls were ages 3 and 6 years old. Imagine how thrilled they were to mingle with such beloved “Sesame Street” favorites such as Big Bird, Elmo, and Zoe. Our return visit, when the girls were then 7 and 10, held equal excitement with the characters and the long list of kid-friendly activities designed for the youngest guests. But when we made our third visit this August to the all-inclusive beachfront resort, I wondered if Beaches Turks and Caicos could deliver for my now “sophisticated” tween and teen, ages 10 and 13.

The answer is “yes!” Families with newborns to college-age children will find a stress-free vacation at Beaches Turks and Caicos, where

virtually everything is included in the package rate. The resort is one that your family can grow with, and is ideal for multi-generational family reunions where all ages can have fun doing what they love. The list of included activities in the water and on land is long, and even your picky-eaters will find something to please them with the resort’s 16 restaurants.

The resort offers an extensive children’s program divided by age group from newborn to age 17. Dedicated programming featuring age-specific activities include sandcastle-building, crafts, scavenger hunts, and boat rides.



Families with young kids will be delighted by all the “Sesame Street” specials: the weekly parade, stage shows, a twice-weekly breakfast where kids sing and dance with seven characters (at an additional cost), and the chance to “Bake with Cookie Monster.” The characters are often seen walking around the resort, where they provide hugs for kids and the coveted photo op.

Tweens and older kids will want to spend time at the Shadow Lounge, a game room with a pool table and foosball, and home to Scratch DJ Academy, where they can learn how to mix and blend music. The Xbox 360 Game Garage provides free-play video games. Pirate’s Island Water Park features nine slides, a lazy river, surf simulator, water cannons, cranks, and spray features.

Our tween and teen found happiness at the Shadow Lounge and water park, and, yes, even spending time with us. We had epic family foosball games (the one “sport” I excel in), and spent long fun-in-the-sun days. The resort fronts the Caribbean Sea bordered by a 12-mile pristine white beach. The water was so calm and clear that you could spot fish even without use of the complimentary snorkeling gear. We spent most days dividing our time between the beach, where we tried kayaking and aqua trikes, and relaxing or participating in family activities, such as water balloon toss and



Photo by Steve Sansonore



Photo by Steve Sinaflore

relays, at one of the seven resort pools. The girls loved the never-ending virgin pina colodas available at the swim-up bars, and lounging on rafts in the pools. My husband played tennis each morning with the resort pro, and my 13-year-old and I were pampered at the Red Lane Spa with a “Couple’s Massage.” It was her first and long-anticipated massage, and needless to say, she is hooked for life.

The resort is made up of three “villages,” creating an intimate feel, despite its large size of 614 rooms and suites on more than 65 acres. A guest room in any village allows for the use of amenities at all three. The Italian Village, where we stayed, is the most-recently added accommodations with spacious Family Suites with separate kid’s rooms with bunk

beds with trundles, flat-screen TVs, Xbox, and lower-sized vanity sinks, all of which the kids will love.

Kid-friendly fare is easy to find among the 16 restaurants, which feature a range of cuisine including Caribbean, Japanese, Italian, French, and seafood with a la carte, buffet, and casual- to fine-dining choices. Our favorite was Barefoot by the Sea, due to its unique setting literally in the sand seated at upscale picnic tables. Children even have their own picnic tables sized for them so parents can eat on their own. Evening entertainment beyond the “Sesame Street” shows included beach and swim parties, family karaoke, and live entertainment poolside.

We ended every night of our trip with dessert at Bobby Dee’s. Open

19 hours a day, the 1950s-style diner offers kid-friendly food staples, as well as made-to-order sundaes and milkshakes. And for us, no matter what age the kids are, nothing says family togetherness more than sharing a banana split sundae under a moonlit sky.

Stacey Zable is an award-winning veteran travel writer and family travel expert who has written about destinations, resorts, and cruise lines around the world. Her favorite trips are those that she shares with her husband and two daughters. Send travel questions and comments to Stacey at info@familytraveltrails.com.

At Beaches Turks and Caicos, nothing beats the soft sand and clear water at the beach (above). But you can also enjoy a boat ride, take a dip in the pool, or enjoy kids activities at Bobby Dee’s.

Beaches Turks and Caicos

Here are some family fun facts about Beaches Turks and Caicos, Providenciales

- Ideal for families with children of any age.

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premium brand wine and spirits, nightly entertainment, water-sports (including snorkeling and scuba diving for certified divers), airport transfers, and all resort taxes and fees.

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Visiting the gynecologist

What your daughter can expect on her first trip

BY JAMIE LOBER

According to the American Congress of Obstetricians and Gynecologists, girls should have their first gynecologic visit between ages 13 and 15. Depending on your family doctor, some prefer that girls go earlier or later depending on their health issues, concerns, and personal circumstances, such as if a teen is going off to college. You know your child best.

It is normal for a young girl to feel nervous and it can ease some of her stress if she understands what to expect. Basically, the first visit may simply be a conversation between your daughter and her gynecologist, in which she discovers what to anticipate at future visits and gathers information about how to stay healthy. Your daughter should be prepared to answer some personal questions about her menstrual period or sexual activities including vaginal, oral, or anal sex.

“Heavy periods, heavy menstrual bleeding, missing periods, and irregular menstrual cycles are all reasons to see the gynecologist,” says Dr. Leslie Hayes, chief of adolescent medicine in the department of pediatrics at New York Methodist Hospital. Young girls may feel relief just to know that changes in their body are normal.

“During the first two years or so, it is not unusual for the menstrual cycle to be irregular and it is not really anything to

worry about,” said Hayes. Young girls are encouraged to keep a menstrual calendar so they can see their pattern. “Write down the first day you start bleeding and the date you stopped, and do that monthly,” says Hayes. They will find that everybody’s period is not the same and does not come on the same day every month.

Your daughter may have her own agenda for the first visit and the gynecologist will be accommodating.

“Your daughter may want to start on some sort of birth control, may have a vaginal discharge, or may be having abdominal pain,” says Hayes. She may want to find out about screenings or just be reassured that she is developing normally. “Depending on the sexual history of the patient, we may need to do what we call anticipatory guidance with someone who is not sexually active to talk about their level of knowledge about protection, preventing sexually transmitted diseases, and preventing pregnancy, and if someone is active, we want to find out if they are interested in using protection or adding another birth control method,” she says.

Girls are often worried about confidentiality and should be reassured that information shared is kept private. If they feel more comfortable, they may have a nurse or family member accompany them for any part of the general physical exam or external genital exam that are often performed. A pelvic exam is not typically part of the first visit unless the girl complains of abnormal bleeding or pain. If she is sexually active, tests for sexually transmitted diseases may be advised, but most can be done by a urine sample. Sometimes vaccinations are addressed.

During the physical exam, the gynecologist checks the girl’s height, weight, and blood pressure. In the

external exam, she looks at the vulva and may give the girl a mirror so she can look as well, and learn about her body. The American Congress of Obstetricians and Gynecologists states that the pelvic exam involves looking at the vulva, looking at the vagina and cervix with a speculum, and checking internal organs with a gloved hand.

If your daughter understands the purpose of the Pap test, she will be more likely to comply.

“The Pap smear is a screening test for cervical cancer, as well as any sort of cervical cell abnormality, and it is also a way to test for certain infections, primarily HPV,” says Hayes. During a Pap test a sample of cells is taken from the cervix with a small brush and the doctor may put one or two lubricated fingers into the vagina, up to the cervix, and the other hand will press on the abdomen from outside.

“The Pap smear is recommended to be done three years after you have started being sexually active or if you have what we call high-risk sexual behavior, which would include early sexual activity, history of sexually transmitted diseases, or pregnancy,” explains Hayes.

The American Congress of Obstetricians and Gynecologists urges girls to talk about cramps, problems with menstrual periods, acne, weight, sex, sexuality, birth control, sexually transmitted diseases, alcohol, drugs, smoking, and emotional ups and downs. The gynecologist promotes maintaining a healthy weight through a well-balanced diet and frequent exercise. The doctors ask that girls avoid smoking, drinking, and using illegal drugs. If a patient is having emotional ups and downs or feels depressed, she is asked to turn to a mental healthcare provider. If girls are having sex, birth control is suggested, as well as protection from sexually transmitted diseases by using a latex condom. The gynecologist asks that girls know their partners, limit sexual encounters, and most importantly, keep up with routine exams, screenings, and immunizations. The gynecologist is meant to be a young girl’s partner and advocate for good health.

Jamie Lober, author of Pink Power (www.getpinkpower.com), is dedicated to providing information on women’s and pediatric health topics. She can be reached at jamie@getpinkpower.com.

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THE BOOK WORM

TERRI SCHLICHENMEYER

Teens can learn from 'Charly's Epic Fiascos'

Your teen may not like hearing the word “no,” but she needs to know that sometimes you don’t get where you want to in life if you don’t yield to the negative response every once in a while.

If this sounds like your daughter, she might learn something by reading Kelli London’s “Charly’s Epic Fiascos,” about a young woman who has never met a “no” she likes.

Charly has a crush on Mason, but she’s been lying to him about everything. She’s from the South Side of Chicago, not New York, and she isn’t just going to visit her father in Brooklyn — she hasn’t seen him since she was 5. And despite her new phone, she’s not wealthy — Charly bought it with money she made at her part-time job at Smax’s BBQ. And it was money she had to hide from her recently laid-off mother, Brigitte who claims every cent Charly makes!

Bridgette is nasty — she stole her daughter’s bankroll and lost it at a

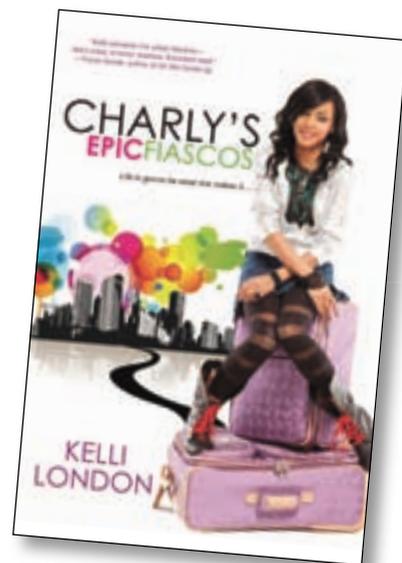
casino. So Charly is packing her belongings and leaving town on the first bus out.

Charly’s aunt lives in the Big Apple too, and she’s sure that her auntie will help her get an audition for a reality show that will hopefully start filming soon. In Charly’s head, it’s practically a done deal. They’ll be no more frontin’ for Charly — there’d be fame and fortune in her near future, fo’ sure.

That is, as long as she can keep away from dealers, juvie, scammers, creeps, thieves, and other haters.

When I first picked up “Charly’s Epic Fiascos,” I was surprised at what I was reading. It seemed to be about a lying, young hustler who manipulated everyone around her to get what she wanted. It didn’t seem like an appropriate book for young women.

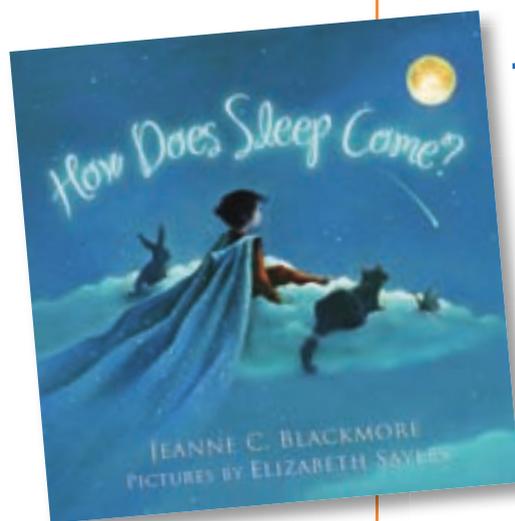
But “yes,” it is. London gives her main character plenty of reasons for doing what she does, as well as a bit of regret. Because of the situations



in which London places her charmingly cheeky character, readers will fall in love with her. I know I did.

Parents should be aware that “Charly’s Epic Fiascos” does romanticize the idea of running away. And is that good? I think that depends on who is reading this book. For 13-to-17-year-olds who can see the story as a story, I think it’s a really fun read. But for teens that struggle to recognize fiction, “Charly’s Epic Fiascos” is a big NO go.

“Charly’s Epic Fiascos” by Kelli London [288 pages, 2012, \$9.95].



A bedtime story that will make sleep come easily

It may be difficult for your child to catch the train to Dreamville without a bedtime story. If so, “How Does Sleep Come?” by Jeanne C. Blackmore is a story she’ll want you to read.

The book tells the story of Jacob, who knows it’s bedtime but isn’t very sleepy. His eyes are wide open.

Still, he climbs into bed and his mommy tucks the covers around him tight. It’s dark. Jacob should be sleeping, but he isn’t ready yet. That’s when he asks Mama, “How does sleep come?”

She imagines a quiet, snowy night filled with snowflakes falling softly. Sleep sometimes comes quietly, she tells Jacob as he snuggles under the covers, his eyelids sagging just a little.

Jacob’s mom thinks for another

minute — about a silent night along the water and tells him that sleep sometimes comes creeping in like fog. She tells him that it’s big and wraps itself around you.

Jacob listens, and yawns. He stretches and rolls over.

His mom tells him that sleep can come in like a cloud in the sky, just floating along with nothing to say. You can’t hear clouds, and you can’t call them to come to your house. Sleep comes like that — just like floating along on a breeze.

Jacob is still awake, but he starts to curl up under the warm blankets. Maybe he is a little sleepy after all.

Sleep comes comfortably, Jacob’s mother says, like a kitten curled up in front of a fire, purring happily, and then snoozing on its pillow. Sleep comes softly, like a butterfly’s wing brushing gently on the petals of a tiny, white flower.

And now Jacob is very sleepy. He closes his eyes and starts to dream.

Can you guess what he dreams about?

Blackmore writes sparingly, using very few words but lots of simple ideas that little sleepyheads won’t have any trouble grasping. Kids who love to ask “just one more question” will readily identify with young Jacob.

But while the story in this book is perfect for nap or bedtime reading, I thought that the illustrations by Elizabeth Sayles are the real appeal. Done in lush, soft, shadowy blues and grays, Sayles’s artwork is quietly soothing, like a calming backrub. They even made this adult long for some shut-eye.

Meant for kids ages 3 to 5, I think a quiet 2-year-old might enjoy this book, so find it and keep it around. When it’s time for a bedtime story, “How Does Sleep Come?” will surely come in handy.

“How Does Sleep Come?” by Jeanne C. Blackmore [32 pages, 2012, \$16.99].

Terri Schlichenmeyer has been reading since she was 3 years old, and she never goes anywhere without a book. She lives on a hill with two dogs and 12,000 books.

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New & Noteworthy

BY LISA J. CURTIS

Wild thing

Inspired by the classic 1963 children's book "Where the Wild Things Are," this sensational Halloween costume will have your mischief maker playing the character Max, "king of all wild things," in no time. Manufactured by Pottery Barn Kids, it brings to life the imaginative boy, who is already disguised as a wolf. It's made of soft polyester chamois with polycotton lining (for warmth and comfort), and it's topped with a regal, shimmery crown. The separate, lined headpiece does not obscure a kid's vision, increasing the odds that he will keep it on longer. Both the bodysuit and headpiece have Velcro closures, so the costume is easy to put on and take off. It's a beautiful tribute to beloved "Wild Things" author-illustrator Maurice Sendak, who died in May at age 83, to unleash the latest generation of his fans (sized 12-24 months, 2-3T, and 4-6) disguised as one of his best-known characters for a Halloween rumpus.

Max costume, \$79, and *Where the Wild Things Are* monster treat bag, \$14.50, www.potterybarnkids.com.



A dog's 'tail' of friendship

Celebrate this spooktacular season by popping in a DVD of "Vampire Dog," and you may find it's just the ticket to getting your whole family howling with laughter. There's nothing scary about the pooch in question, Fang (given a hilarious, sarcastic voice by "Saturday Night Live" alum Norm MacDonald). Instead, Fang delivers one-liners and sage advice to his owner, a tween named Ace (Collin MacKechnie), who needs all the help he can get as the awkward new kid at the Lugosi Public School, where the monsters are the "cool" students,



who tease, bully, and put down the academic achievers.

Don't worry, parents — despite the moniker of "vampire," Fang is not a bloody-thirsty hound, but rather a red-gelatin-dessert-craving canine, who happens to have an allergic reaction to direct sunlight. Although the sweet-toothed pooch catches the eye of mad scientist Dr. Warhol (Amy Matysio), there's a happy ending for the boy and his dog.

The tale, directed by visual effects expert Geoff Anderson, is followed by comic bloopers and outtakes.

"Vampire Dog" DVD, \$14.98, www.amazon.com.

It's storytime for tweens

Indie kids musician Andy Z has recorded a not-too-spooky audio play on CD, "The Grand Scream of Things," just in time for everyone's favorite haunting holiday. "The Grand Scream" tells the tale of Andy Z on a Halloween quest to find Sandy Witch. Joined by his talking chihuahua Reggie, he hopes to return her magic wand to her — and catch the eye of an intriguing alien. The story joins narration with songs in a variety of musical styles. One of the highlights is Jam Master Z and the Baking Fools singing "How We Roll," a pumpkin bread recipe set to hip-hop music, with an unexpectedly sweet message calling for all people to show respect and love



towards each other. Recommended for children ages 8–12.

"The Grand Scream of Things" CD by Andy Z, \$14.99, www.cdbaby.com.

Whooo wins this tall tale?

If there's anything city dwellers love, it's our views, so urban families can't help but appreciate Gianna Marino's new book about Rabbit and Owl, who vie for light and scenery. In "Too Tall Houses" (Viking), Owl and Rabbit find themselves in a race to build the highest home after Rabbit's



angry bird's counter-attack shades Rabbit's garden. By putting their own needs before each other's, the animals create towers that are hilariously lofty. Recommended for children ages 3–5, "Too Tall Houses" is as well written as it is beautifully illustrated.

"Too Tall Houses" by Gianna Marino, \$16.99, www.barnesandnoble.com.

Elbow wrap curbs germs

Cold season is upon us, so parents need to remind kids to sneeze into their elbow — not into their hand where the germs can easily be spread. It seems difficult for kids to remember this healthy suggestion, but if they were wearing a colorful reminder, like My Sneeze, it could jog their memory. My Sneeze is similar in design to a leg warmer, but the brightly colored band is pulled up on



the arm like a knitted sleeve. When the child coughs or sneezes, they can direct their germ-riddled spray into the machine-washable Sneeze. They are soft, absorbent, and are offered in 19 designs, including sports (pictured).

My Sneeze arm band three-pack, buy one pack for \$14.95 plus \$4.95 postage and get one pack free, www.mysneeze.com.



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