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# Family October 2014



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# Letter from the publisher

## Parenting teens

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



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

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

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

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

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

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

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

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

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

Thanks for reading!

Susan Weiss-Voskidis,  
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# Halloween safety

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

BY ALEXA BIGWARFE

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

### Trick-or-treating safety

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

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

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

- Only visit homes with the porch light on.

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

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

### Costume safety

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

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

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

- Avoid masks that can obscure their vision.

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

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

### Pumpkin carving safety

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

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

- Keep matches or lighters stored safely out of reach.

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

### Stranger safety

- Never accept rides from strangers.

- Do not enter a stranger's house.

- Stay in familiar areas.

- Do not accept treats or candy that are not factory wrapped.

### Food safety

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

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

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

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

Have a fantastic, spooky, and safe Halloween!

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

### Four fun and healthy Halloween snacks

- Halloween "Ghosts:" Strawberries dipped in white chocolate and decorated with ghost faces.

- Deviled "Spider" eggs: Deviled eggs served with a plastic spider.

- "Mummy" dog: A hot dog wrapped like a mummy in Pillsbury dough and baked.

- Veggie "Skeleton" platter: On a big plate, place vegetables in the shape of a skeleton.

### Other great resources for safety tips

- [www.cookinglight.com/entertaining/holidays-occasions/healthy-halloween](http://www.cookinglight.com/entertaining/holidays-occasions/healthy-halloween)

- [www.pbs.org/parents/kitchenexplorers/2011/10/18/healthy-halloween-snacks/](http://www.pbs.org/parents/kitchenexplorers/2011/10/18/healthy-halloween-snacks/)

- [www.usa.gov/Topics/Halloween.shtml](http://www.usa.gov/Topics/Halloween.shtml)

- [www.safekids.org/halloween#sthash.hH1GRr5D.dpuf](http://www.safekids.org/halloween#sthash.hH1GRr5D.dpuf)

- [www.safekids.org/tip/halloween-safety-tips](http://www.safekids.org/tip/halloween-safety-tips)

- [www.cdc.gov/family/halloween](http://www.cdc.gov/family/halloween)

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# MESSY

## teen rooms

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

BY RISA C. DOHERTY

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

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

### The struggle

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

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

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

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

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

"for her own sanity."

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

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

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

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

### What's going on?

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

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

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

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

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

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

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

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

### Problems with just shutting the door

Direct consequences can result from constant disarray.

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

If the teen continually refuses to

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

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

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

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

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

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

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



# Tips for teens traveling solo

Lessons in independence, with help from mom and dad

BY MYRNA BETH HASKELL

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

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

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

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

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

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

## Readiness

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

- In general, does he handle new situations well?

- Would she panic if an unavoidable change to travel plans (e.g. delayed or canceled plane) occurs, or will she remain calm?

- Is he generally cautious and aware of safety issues and potential health issues?

- If traveling by car: Has she demonstrated safe vehicle handling and good decision-making skills all along? Does she consistently avoid distractions (e.g. cellphone usage, eating while driving, distractions from passengers)? Does she have a good sense of direction and stellar map skills?

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

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

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

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

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

### Useful advice

Additional travel tips provided by Jay Fitter:

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

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

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

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

### For younger teens

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

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

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

### Overseas travel

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

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

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

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

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

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

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

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

### Spring break travel safety tips

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

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

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# Buying her first bra

## Tips for parents and their tweens

BY KELLY O'BRIEN

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

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

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

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

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



2 inches is a B.

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

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

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

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

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# Play outside, even in colder weather

**T**wo years ago my pediatrician gave me the best advice ever: “Take the kids to the park everyday. Even in cold weather. Just bundle them up. Cold weather doesn’t hurt kids, but staying indoors too much does.”

Her advice made sense to me at the time, but I also thought, “She’s obviously not a mom of triplets.”

My triplet toddlers are now 4, and up until recently, going out with them was really, really hard. It required two strollers, two diaper bags, two or more adults, and a lot of physical and emotional strength.

Still, I tried to take the doctor’s suggestion and during the summer months I took my kids to the park everyday — sometimes twice a day. Once the weather changed though, regular trips to the park became sporadic. Then they stopped completely. Don’t get me wrong, we made our stops to Kidville and Gymboree, but, truthfully, we spent a lot of time indoors.

Our experience this summer, though, was different. Perhaps it’s

because my kids are older, and a lot more active. They were swimming, bike riding, running, playing, and even gardening, and I watched each of them make a wonderful transformation. My son Samuel, who was a little shy, became a total chatterbox and talked to anyone who would listen. Eva, who struggled a little with her balance, became skilled at climbing, swimming and bike riding. Then there was David, who didn’t like being physical, and after this summer became a lot more athletic and even rivaled his brother at bike riding skills.

There were other, surprising, changes, too. My kids were able to sit for longer periods of time and play board games. They were happier, more confident, and more verbal kids. According to research, playing outside is really important for kids. It helps develop their motor skills, social skills, enhances creativity, and their focus and concentration in the classroom.

And being outdoors more was not just good for my kids, it was good

for me as well. So this winter, I’m committed taking my kids outdoors everyday, even when it’s cold.

Here are three tips to make it easier:

**Bundle up.** Invest in good thermal underwear for the kids, like Icebreaker. Good wool thermal underwear will keep kids warm in even the coldest of weather, and keep them from overheating as well. So pick some up!

**Change it up.** Sometimes going to the park is just not possible because of the weather. So take long walks instead. The most important thing is getting outside and getting that fresh air.

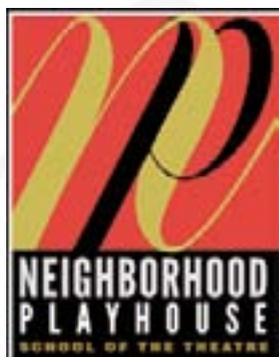
**Make it a ritual.** Research shows that playing outside reduces stress and anxiety in kids and makes kids happier. So make it a ritual — for everyone.

*Notoya Green is a parenting expert and former family law attorney. You can read her blog at [www.tripletsintribeca.com](http://www.tripletsintribeca.com). You can also follow her on Facebook at [www.facebook.com/tripletsintribeca](http://www.facebook.com/tripletsintribeca) and on Twitter @NotoyaG.*



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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! Last year alone, students earned over \$30 million dollars in college 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.

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#### The Ideal School

314 W. 91st Street, 212-769-1699 or [www.theidealschool.org](http://www.theidealschool.org)

The IDEAL School & Academy is New York City's only independent inclusion school. Located on the Upper West Side of Manhattan, the school's K-12 program seeks to create a diverse community that affirms and accepts the full identities of all people, while inspiring academic excellence, creative leadership, and a desire to build a more just and equitable world. IDEAL's commitment to neurodiversity and inclusion education means all students - gifted and talented, typically developing, and students with learning differences - receive an individualized school experience that holds them to high academic standards, while providing the challenge and support necessary for success. The school has two divisions: The IDEAL School (K-5) and IDEAL Academy (6-12). IDEAL Academy is a candidate to become an International Baccalaureate school.

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*Continued on page 18*



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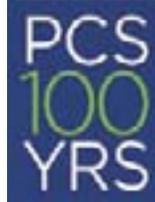
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## High School

### DIRECTORY

*Continued from page 16*

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PCS enrolls 210 students in grades 6-12, including actors, dancers, gymnasts, equestrians, musicians, models and tennis players.

To learn more, or to reserve your place, visit our website or contact Shari Honig, Director of Admissions, 212-582-3116.

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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.

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*Continued on page 20*

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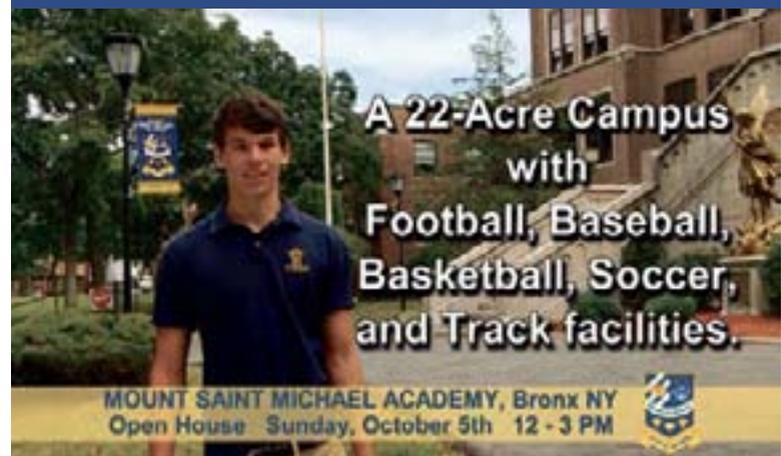
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# High School DIRECTORY

### Continued from page 18

photography, cooking, Latina dance, public speaking, French, and Global Concern. 100 percent of graduates attend college. Principal: Sister Maria Cassano, CND;

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For 111 years, St. Joseph High School (SJHS) has stood in the heart of Downtown Brooklyn. While the neighborhood has gone through its many transformations, SJHS has remained steadfast in educating young women for college, career and life. Alumnae have continued their studies to be professional women in the arts, business, education, government, law, medicine and other professions, supported by a curriculum that meets the needs of diverse learners.

An education at SJHS encourages students to question, to challenge, to recognize, and develop her gifts so that she is able to make a profound impact on the world. Small-class sizes, state of the art laboratories and a technology equipped building is just part of what makes all this happen. In addition our Career Access and Art Ready Programs prepare our students for the world through internships with local businesses and institutions in our Downtown Brooklyn neighborhood. The Society of Young Hispanic Engineers partners with NYU-Poly and exposes students to opportunities in the fields of Science, Technology, Engineering, and Math (STEM).

SJHS has a well-qualified Faculty/Staff

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The SJHS Speech Team continues its winning ways earning, finalist awards at many competitions. Its STEP Team continues its winning ways and with the school Newspaper is one of the tops in the Diocese of Brooklyn. Many other co-curricular activities not only enrich but form a well-rounded student. Students demonstrate an appreciation for all the opportunities provided by being of service in and around our neighborhood.

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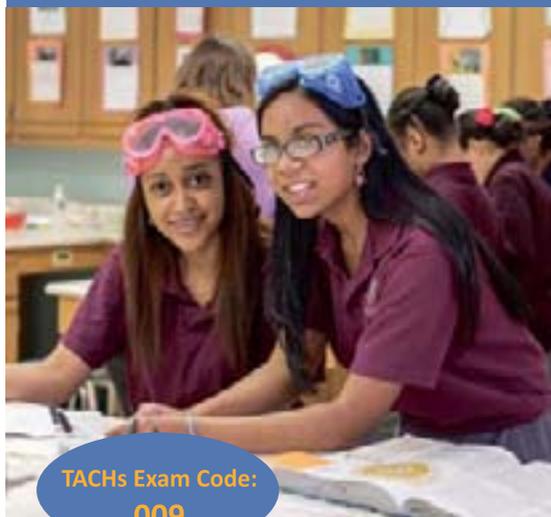
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# Being a team player



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

BY PAUL CULFF

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

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

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

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

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

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

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

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

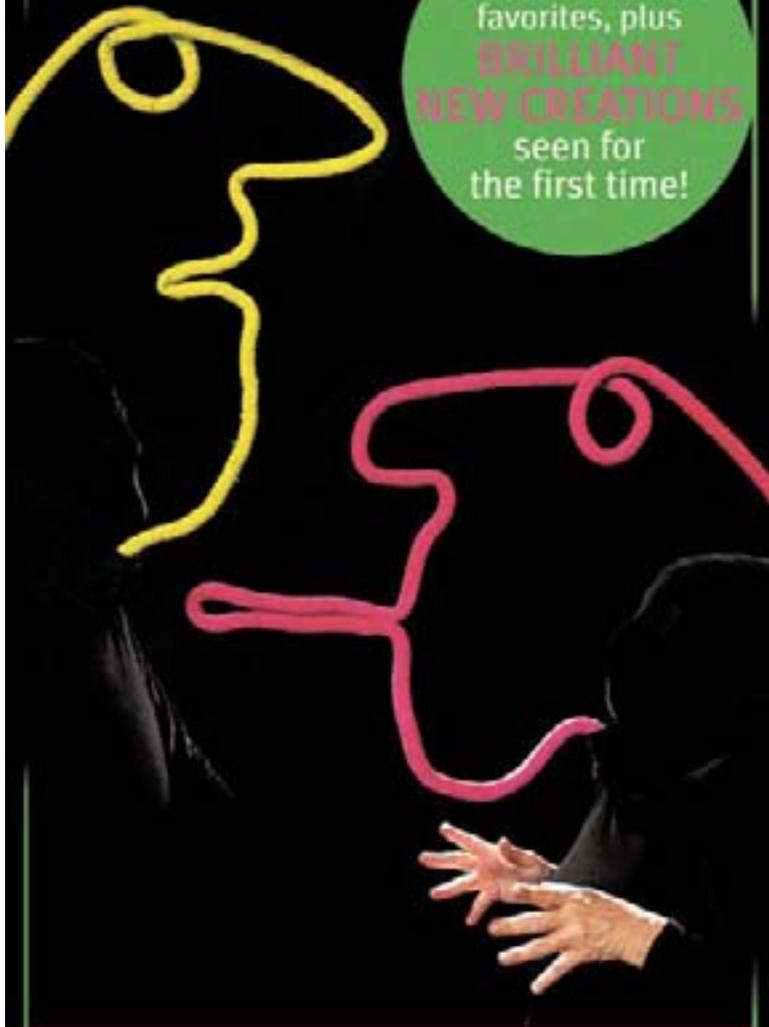
*Paul Culff is the youth sports director at Asphalt Green, a not-for-profit organization dedicated to assisting individuals of all ages and backgrounds achieve health through a lifetime of sports and fitness. For more information, visit [www.asphaltgreen.org](http://www.asphaltgreen.org).*

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## FABULYSS FINDS

LYSS STERN

# Spooktacular fun

October is generally known as the month of haunts, scares, ghouls, leaves changing colors and falling from the trees, and, of course, raising breast cancer awareness. For me personally, I love this month because I love the cooler weather and exploring Central Park with my children, not to mention starting to wear my beautiful fall clothes. There are so many fun and exciting places to visit during the month of October, from apple orchards to pumpkin patches, farms and more.

Boo At The Zoo is the Bronx Zoo's annual Halloween celebration, held on weekends from late September through early November and is geared toward children and families. Face painting, storytelling, and pumpkin painting are among the special Halloween-themed diversions. All activities are included with Zoo admission, except the hay ride, which requires the "Total Experience" ticket or an additional charge. My boys love going on the hay ride every year.

*Bronx Zoo [2300 Southern Blvd. in Belmont, (718) 367-1010, bronxzoo.com]*

The Museum of Natural History has an annual Halloween party on Oct. 31. Join families for an evening of trick-or-treating, arts and crafts, costumed characters, and a special Halloween space show in the museum's planetarium.

*Halloween party at Museum of Natural History [Central Park West and 79th Street on the Upper West Side, (212) 769-5100] Oct. 31 from 4 to 7 pm.*

A few of my favorite places to go pumpkin and apple picking outside of the city are Dykeman Farms, Albert H. Schmitt Family Farms, and Stuart's Fruit Farm.

North of the city, you'll find Dykeman Farm. In addition to taking a hayride to pick your own pumpkin in a real patch, you can get gourds, winter squash, and Indian corn here. Each delicacy is picked fresh daily on the premises.

*Dykeman Farm [823 W. Dover Rd in Pawling, NY, (845) 832-6068]*

Within the reach of the Long Island Rail Road lies Albert H. Schmitt Family Farms. This family



business has all the makings for a SpookyLysscious Halloween celebration. After you pick your own pumpkin, you can make your way through an indoor haunted maze and check out the ghoulish scarecrows. Indulge in a DeLysscious cup of apple cider and a candy apple. Hayrides are free!

*Albert H. Schmitt Family Farms [6 Bagatelle Rd. in Dix Hills, NY, (631) 549-1159]*

Stuart's has been around for the past 180 years. You can pick your own pumpkins right from the vine through November. In addition to seasonal activities, you can buy fresh produce, tomatoes, and apples (more than 30 kinds), or visit the bakery daily.

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

Pumpkin carving has become a designer "sport," and everyone including moms, dads, and kids are getting in on the FabULysss fun. Autumn is the perfect season for DIY

projects and festive decorating, so carve out some time to create your own couture jack-o'-lantern. With ornate sparkles, jewels, and lights, your license to bling is all that's needed to make a one-of-a-kind masterpiece to display on your doorstep.

Don't miss the annual DivaMoms Halloween Spooktacular on Oct. 31 at Dylan's Candy Bar. Little Maestros will be performing and of course doing lots of "Monster Mash" dancing with the lil ones. We have the sweetest Halloween bash every year! Hope to see you there.

*Halloween Spooktacular at Dylan's Candy Bar [1011 Third Ave. at 60th Street on the Upper East Side, (646) 735-0078]. Oct. 31, 10 am to noon. RSVP at Divamoms.com.*

Whether you are visiting a haunted house or going to a spooktacular costume party, have a safe and fun-filled Halloween.

*Lyss Stern is the founder of DivaLysscious Moms (www.divamoms.com).*

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# Exercise your options

Discovering  
the value of  
exercise after  
breast cancer  
diagnosis

BY SANDRA GORDON

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

**"My teammates inspired me."**

— Dale Parenti, 52

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

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

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

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

two kids, she was out of shape.

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

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

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

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

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

• • •

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

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

"At a time when I just wanted to

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

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

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

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

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

## OCTOBER IS BREAST CANCER AWARENESS MONTH



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

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

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

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

— Risa Hoag, 50

After a ductal carcinoma in situ

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

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

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

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

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

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

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

regularly. Slowly, Abbey began to trust her.

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

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

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



## HEALTHY LIVING

DANIELLE SULLIVAN

# Lost sleep linked to weight gain in kids

**M**ost kids don't get enough sleep, plain and simple. Lack of sleep leads to sluggishness and inattention, and it can cause kids to pack on the pounds. Chronic sleep deprivation may also have other long-term effects — everything from catching more colds and viruses to anxiety and depression.

Most children between the ages of 4 and 10 do not get the recommended amount of sleep. The National Sleep Foundation recommends that preschoolers between the ages of 3 and 5 sleep 11 to 13 hours daily and that children ages 5-10 sleep 10 to 11 hours. But this can be a hard task when some moms don't make it home from work by that time, or many kids have afternoon activities that aren't over until 6 pm or later — and then it's dinner time. Yet, regardless of schedules, sleep needs to be a priority. There have been many

studies on children's sleep and they all have similar findings.

## The correlation

Harvard School of Public Health found that lack of sleep contributes greatly to obesity in children and adults. In addition, the number of adults getting adequate sleep measured as at least eight hours each night has drastically dwindled from 35 percent to 28 percent within a seven-year time frame.

Columbia University performed a study that found that teens (16 or younger) who got less than six hours of sleep each night were at a 20 percent greater risk of being obese by the time they reached age 21.

In New Zealand, a study showed that for every hour of lost sleep in childhood, adults were at a 50 percent greater risk of being obese by the time they reached age 32.

While the individual studies and

their subjects differ, all of them suggest that lack of sleep causes weight gain. Let's also remember that in addition to weight gain, it also causes low performance in school, anxiety, poor judgment, and more. Just consider how we get through a day when extremely tired ourselves, and how easy it can be to overeat when we grab a snack to combat our fatigue.

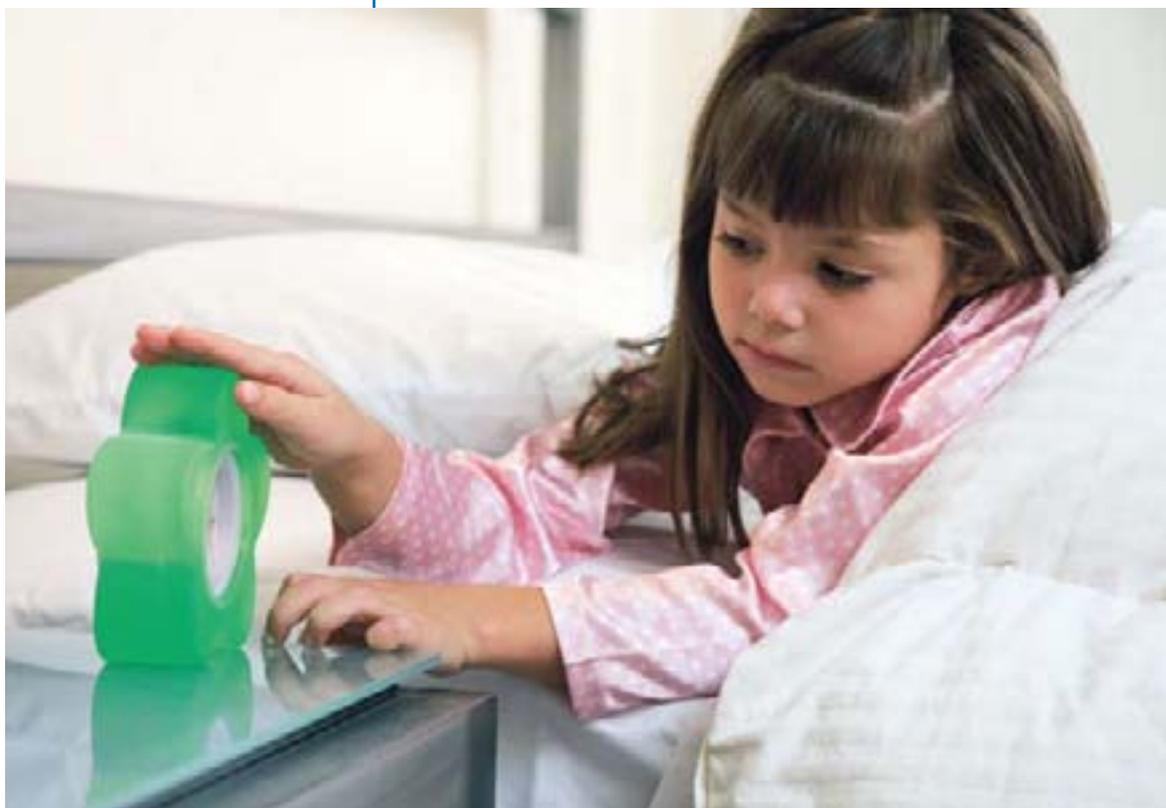
## Can you catch up on lost sleep?

Researchers at the University of Chicago say that if kids catch up on weekend sleep, it may help prevent them from gaining extra weight. This study published in the journal *Pediatrics* suggests that it's beneficial to let our kids sleep in on weekends. It shows that obese children did sleep less overall, their sleep schedules were more irregular, and they were less likely to experience "catch-up" sleep on the weekends. Compared to children who slept about nine hours a night, children who slept an average of seven hours and had the most irregular sleep patterns had a fourfold greater risk of being obese.

Kids who maintained irregular weekday sleep schedules but made up for lost sleep during weekends were less likely to be obese than children who missed out on the catch-up sleep. Parents must be careful not to let children sleep too late though, which can throw off their ability to fall asleep at bedtime. An hour is a good catch-up time allotment.

So try your best to keep a regular sleep schedule for your kids, but when they just can't get those hours of uninterrupted snooze time, it might be beneficial to let them sleep in a bit during the weekend.

*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 Sullivan on her blogs, Just Write Mom and Some Puppy To Love.*





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# Apple picking not far from the Big Apple



BY SHNIEKA L. JOHNSON

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

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

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

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

**New York:**

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

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

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

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

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

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

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

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

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

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

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

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

**New Jersey:**

- Mackey's Orchard [284B County

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

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

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

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

**Connecticut:**

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

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

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

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

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

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

## Apple pie

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

**INGREDIENTS:**

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

1 store-bought pie shell

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

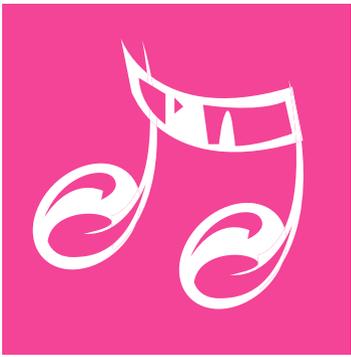
Bake 400 degrees for 50 minutes.

**TOPPING:**

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



**Online Activity Guide  
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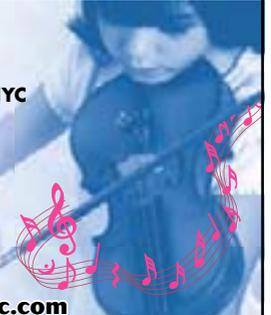
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# Family fun, close to home

## Crystal Springs Resort offers year-round activities

BY STACEY ZABLE

**A**mere 90 minutes from New York City in northwestern New Jersey is Crystal Springs Resort, where the choices in accommodations and activities are abundant any time of year. This fall or winter, you can save time and money

### Package It

Fall and winter packages are available that include accommodations with time at the spa, on the golf course or lift tickets to Mountain Creek depending on the time of year. Packages for guests of both Grand Cascades and Minerals also include complimentary access to Minerals Sports Club's pools and fitness classes; guests of Grand Cascades get complimentary use of the 18-hole putting course (weather permitting) and access to the Biosphere Pool Complex as well.

on the air fare, pack up the kids and be where you want to be in no time.

Crystal Springs, located in Vernon and Hamburg, N.J., is actually three properties in one, plus a whole lot of recreational choices. The luxury Grand Cascades Lodge or Minerals Hotel are the two resort choices, while Mountain Creek offers slope-side accommodations and town homes at the base of Vernon Peak. The resort's complimentary shuttle service — available on-demand — takes you wherever you want on the expansive property, and even to a few restaurants located right outside its environs.

We stayed at Grand Cascades in a one-bedroom suite, which was perfect for our family of four. It comes

with a bedroom with a King-size bed, living room with Queen-size sleeper sofa, fireplace, and oversized balcony and a full kitchen, which even includes a washer and dryer. The large bathroom with separate tub and stall shower is accessible from both the living room and bedroom.

We took full advantage of the kitchen, stocking up on breakfast and snack items at the nearby supermarket. Crystal Springs has 12 restaurants ranging from casual to gourmet, with kid's menus available. DJ and dancing adds to the fun of dinner on weekends at Kites at Minerals Hotel. There is an official tour of Grand Cascade's 135,000 bottle Wine Cellar, or you can request ac-



D. Becker Photo

At Crystal Springs resort, the Biosphere features heated pools, a hot tub, aquarium, and more. (At left) In the winter kids can enjoy skiing.

cess at other times. Kids may not be impressed with the wine, but will like the cavernous cellar, which has a very "Harry Potter" feel to it.

The major kid-friendly attraction at Grand Cascades is the glass-enclosed Biosphere, perfect for cold weather inside fun. The indoor pool complex features an aquarium, heated pools, hot tub, caves, lush foliage and a 140-foot water slide. The Biosphere is also the site for kid-friendly, dive-in movies on a big-screen. A heated outdoor pool is adjacent to the Biosphere, which also opens many of its own windowed walls in the summer. The 18-hole natural grass putting course provides more outdoor fun.

Numerous outdoor seating areas with couches surrounding fire pits and oversized cabana beds provide cozy nooks for relaxing. At night, the amphitheater's fire pit is the place to roast marshmallows, weather permitting. Reflections Spa is reserved for pampering for adults only at Grand Cascades. However, Elements Spa at Minerals Hotel welcomes guests 13 and older. My 15-year-old older daughter and I enjoyed turning the spa's "Couples" massage into a "Mother-Daughter" massage. All treatments end with time in the lounge in a hot water foot soak to help continue the relaxation. This was a lovely way to sit and talk to my daughter without electronic devices distracting us.

Minerals Sports Club at Minerals Hotel was our recreational destination for much of the trip. In addition to three indoor and outdoor heated nature pools and hot tubs, there is a children's spray

ground, racquetball and indoor basketball, running track and tennis. The 6,000-square-foot fitness center and the selection of more than 80 weekly exercise classes (included in the rate for Grand Cascades and Mineral Hotel guests) helped burn off all those snacks in our kitchen.

For more exercise, we walked the Grand Cascades Nature Trail Hike. Crystal Springs also provides a brochure and information on how to access eight local hiking trails that range from easy to strenuous, and we spent one morning exploring beyond the property. Depending on the season, guests have a choice of seven championship golf courses and can improve their game at the David Leadbetter Golf Academy.

Mountain Creek offers skiing and snowboarding (including lessons) in the winter, with 167 acres of trails on four mountain peaks, 100 percent snowmaking and night skiing coverage. The area transforms into Action Park in the summer, where you can hike, bike, canoe, zip-line or enjoy the waterpark, with more than 24 different rides, slides and attractions; one of many reasons to plan a return visit this summer.

*Crystal Springs Resort [Vernon and Hamburg, N.J., (855) 977-6473, crystalgolfresort.com]*

*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@staceyzable.com.*



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# America the beautiful

Young man creates an organization to give teens a chance to see more of their country

BY TAMMY SCILEPPI

**G**reat role models are few and far between these days.

A group of lucky city students spent an unforgettable part of their summer enjoying a trip of a lifetime — on the house — thanks to a young man who created a very special organization when he was just 16. Trip of a Lifetime is the brainchild of Stan Rosenberg, now 22, who has been an inspiration for young adults. He's passionate about providing student travel scholarships to qualifying, underprivileged teens, and his organization has been empowering them through travel experiences that expand their horizons.

The shy kid from Scarsdale said he was transformed after going on a trip.

"I started Trip of a Lifetime after going on a teen tour myself, in the summer of 2007. I was a freshman in high school, and the experience changed my life, making me more confident and allowing me to develop my leadership skills," Rosenberg recalled. "After my trip, I spoke with family and friends about my idea for the organization and in the fall of 2008, the organization was officially born."

When he's not involved with Trip of a Lifetime, Rosenberg is a consultant at Deloitte.

"Some people are surprised that I also have a full-time job, but part of the reason is to let students that have been on trips before take the lead with this organization. I aspire Trip of a Lifetime to be 'for students by students,' where each group trains the next to run every facet."

He says family and friends have been extremely supportive.

"Almost everyone has had a memorable travel experience, whether it has been in school, at work, or for a family vacation," says Rosenberg. "Tapping into the power of travel has helped make our message uni-



Stan Rosenberg, 22, started an organization called Trip of a Lifetime, which provides underprivileged students with travel scholarships for free trips.

versal."

Rosenberg explained how the organization works. "Every accepted student travels on a trip with 30 to 40 other students that lasts two to three weeks. These trips are organized by our partners: Rein Teen Tours and American Trails West, two of the most established teen travel companies in the country, and vary slightly by age and when the student departed for their trip.

"On their trips this summer, students experienced destinations such as the Grand Canyon, Golden Gate Bridge, and Mount Rushmore during the day and participated in social events and team-building activities at night. When it was time to go to sleep, students stayed in a variety of name-brand hotels, camping grounds, and college campuses."

Trips are funded through a combination of grants, individual donations, and corporate sponsors, including American Express Travel.

It all starts with filing an application between November and mid-

March, followed by an essay and brief phone interview, then hopefully, an e-mail that says, "Congratulations, you have been selected as a finalist for the Trip of a Lifetime scholarship."

Just ask Bria, Selina, and Wilmaris, local students who traveled together and couldn't wait to share their adventure stories with family and friends, as well as NY Parenting readers and their teens. The following excerpts are from their post-trip essays in which the girls talk about the application process, some of their trips' highlights, and what they learned from their travels.

Selina Asamoah, 14, from the Bronx writes:

*This summer can truly be called an unforgettable summer. The trip was an amazing experience which taught me a lot about myself, my goals and people from different backgrounds. It began on a boring October school day in history class. I remember the teacher on the intercom saying "Come down to room 306 to get an application for Trip of a Lifetime." Every teacher was saying how much of a good experience it would be and that we should all apply.*

*Around February break, I was really giving up on the idea, but there was a little spark of hope still left in me. The deadline was quickly approaching, March 15, 2014. I mailed the (pre-trip) essay on time.*

*At that point, I can't even explain the amount of excitement that filled me. Stan called me, and I had my interview for like five minutes. About two weeks later, while decorating the gym for a school dance, I got the e-mail that I was accepted into the Trip of a Lifetime program. I was so grateful that Stan actually saw something in me and accepted me. I couldn't wait for the summer to arrive, so I could be on the trip.*

*My favorite places that we visited were Park City, Utah and Lake Tahoe. First and foremost, the bus ride to Utah was really beautiful. When we got to the resort, the counselors gave us our roommates.*

*The next day was very adventurous — we went mountain biking and Alpine sliding. The next day, we took a jet to Reno, Nev., then a bus to Lake Tahoe.*

*This trip has taught me to be confident, has restored my self-esteem and made me realize that there's more in the world than just the South Bronx. But the most important thing that it has shown me is to be open minded and to always try and experience new things.*



Bria Taylor, 16, and her twin sister, Brianna are from Jamaica, Queens. They flew to Denver with the group, then it was off to South Dakota, where they visited Mount Rushmore and went hiking.

The next day, everyone bused down to Jackson, Wyo., then to Reno, Nev. and Lake Tahoe, where they went tubing and wakeboarding before heading off to San Francisco. Bria writes:

*Every time we left a new city, I picked up new traditions, cultures, friends, etc. This trip brought out the best in me, and it actually gave me the opportunity to branch out to new things ... and [I] stepped out of my comfort zone to where I know that I am willing to go the distance.*

Wilmaris DeLaCruz, 16, from Washington Heights writes:

*Travel for free? I got an e-mail from the organization, and I couldn't believe that I was a finalist! I cannot thank you guys enough for giving me the chance to not only have fun and travel, but to make a difference and help others that have so much less than I do.*

*I have never traveled before or even been on an airplane. This was a huge step for me ... getting out of my comfort zone and going out into the real world to discover things that I never knew existed. I grew ecstatic and eager to learn and travel.*

*The day I [had] been waiting for finally arrived. It was June 29, the day I left everyone and everything behind for two entire weeks and ventured out into the world.*

*Looking around in JFK airport and seeing not one familiar face (other than my mom who was with me) wasn't at all easy. But I kept on thinking positively. I waved goodbye to my mom with tears in my eyes, walking away towards the Rein Teen Tours group. Thankfully, I was able to see two people that I saw recently at the Trip of a Lifetime meeting: Kalifala and Zairia. I also sat next to Zairia on the plane, and I was excited that we would be going to California together!*

*I was stunned by how different California was from New York City, with its big, beautiful palm trees and breathtaking landscapes. One of my favorite places was the Santa Barbara*

*Beach because of how beautiful the scenery was. I also loved going bowling, roller blading, kayaking, the improv club in Los Angeles, and I even learned how to swim! On top of all that, we had the chance to dorm at UCSB (University of California, Santa Barbara) and get a glimpse of how college life really is.*

*However, what made this trip a lot more memorable for me was waking up at 7:30 am every morning, eating breakfast, and leaving by 9:15 am to do community service for three hours every day at a place called Unity Shoppe. It is an organization that helps provide food, clothing, and basic necessities to low-income, working families, their children, and the elderly. It's unique because it allows families and individuals who are going through a tough time to get back on their feet.*

*Being a volunteer at this shop was the highlight of my entire trip. I learned so much. I had many roles and learned how to do each and every one of them. I was a cashier, I learned how to put tags on clothing, I organized the clothes, as well as put*

*them on hangers, I put bar codes on cans and other foods, I packaged food ... and my favorite one of all: I helped take the customers around and helped them feel at home, so that they won't feel ashamed having to receive help. Seeing the brightness in their eyes and the smile on their faces and the way they would hold my hand and say, "thank you so much," really touched my heart and made me want to continue helping others ... which I will, after this life-changing experience.*

*Unity Shoppe also helped me appreciate my own life, because I finally realized and saw it with my own eyes, that there are others who have so much less than I do. Now, I am immensely thankful for what I have and as soon as I got home, I hugged my mom and told her, "Thank you so much for all that you have done for me!"*

*Knowing that I can have fun while helping low-income families get back on their feet, was a blessing. I didn't want to leave, but I promised I'd be back.*

• • •

*For more info on Trip of a Lifetime, visit [www.projecttoal.org](http://www.projecttoal.org).*



# A-maze-ing action flick

Teens love the adventure of 'The Maze Runner'

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

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

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

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

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

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

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



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

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

— Raven D.

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

...

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



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

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

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

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

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

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

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# The big test

## Understanding admission to top city specialized high schools

BY DR. SHAHID SHAIKH

**A**dmission to elite colleges and universities is an extremely arduous task for every student, including the top students. It is even rare to be noticed by admission officers of elite colleges simply by attending a high school. However, that's not the case for students who attend one of the New York City's specialized high schools. There are nine specialized high schools in the city, with at least one specialized high school in each borough. These elite schools strive to serve the needs of academically and artistically gifted students who are goal-oriented and highly self-motivated. These schools are ranked among the nation's most prestigious public schools. The top four schools are: Stuyvesant High School, Bronx High School of Science, Staten Island Tech, and Brooklyn Tech.

Admission to these schools requires the acing of Specialized High School Admission Test, which is highly competitive as well as standardized. This test is recommended for students who have a 90-plus av-

erage in seventh grade and have scored a level four on both their sixth and seventh grade New York State English Language Arts and math exams.

Approximately 30,000 eighth graders take the specialized exam every year. Their numbers are increasing every year, owing to the fact that most people are becoming familiar with the admission process of these top schools. In 2012–2013 school year, only 6,435 students gained admission in these nine schools. Only 2,350 students gain admittance to the top three schools: Stuyvesant High School, Bronx High School of Science, and Staten Island Technical High School.

The Specialized High School Admission Test tests students' academic knowledge, study skills, as well as a higher-level critical thinking skills acquired over past several years. The biggest challenge associated with the test is that it does not just test students' knowledge (in fact, most problems require only basic knowledge), but that it tests students' ability to understand and interpret complex

texts, think logically, look for non-standard solution methods, use spatial reasoning, answer intermediate questions on the way to a solution, and the ability to separate necessary and extraneous information.

The test is usually given in the last week of October right after students enter eighth grade. It is a timed multiple-choice test with two sections — verbal and math — which must be completed in a total of two hours and 30 minutes.

Here's the breakdown:

**Verbal:** three parts, 50 points.

**Scrambled paragraphs:** five questions, worth two points each.

**Logical reasoning:** 10 questions.

**Reading comprehension:** 30 questions.

**Mathematics:** 50 multiple choice questions covering various topics, such as, arithmetic, algebra, probability, statistics, and geometry.

*Dr. Shaikh runs Leadership Academy on Staten Island. If you have any questions or concerns about your child's academic needs, please feel free to contact (718) 477-5705 or aeriusa@hotmail.com.*

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# Calendar

OCTOBER



## Say 'boo' at the Children's Museum

Boo! Take a workshop, create a mask, and then march in the Halloween Parade at the Children's Museum of the Arts on Oct. 30, 31, and Nov. 1.

Children can design their own monster mask, create a gory story, make a creepy monster pop-up card, build spooky sets, create strange creatures at the Clay Bar, and participate in blacklight animation in the museum workshop. After creating fun projects the chil-

dren join in a parade that takes them through the museum.

The workshop is held on Oct. 30 through Nov. 1, from noon to 6 pm.

The Halloween parade will be held on Nov. 1 at noon and 3 pm. Children in costume receive \$2 off admission on Oct. 31 and Nov. 1. Admission is \$11.

*Children's Museum of the Arts [103 Charlton St. at Hudson Street in the West Village, (212) 274-0986; [www.cmany.org](http://www.cmany.org)]*

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

## Submit a listing

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

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

## WED, OCT. 1

### IN MANHATTAN

**Grandparents, Good Advice/Bad Advice:** 92Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 10:30 am–noon; \$10.

Led by 92Y Parenting Center director Sally Tannen and New York's top child psychologists and pediatricians, this weekly discussion group is a great way for new grandparents to share experiences, learn from one another and make friends.

## THURS, OCT. 2

### IN MANHATTAN

**Sci-Tech Workshop 3D Sukkah:** SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; [www.sonywondertechlab.com](http://www.sonywondertechlab.com); 11 am–1 pm; \$5 per participant.

Children learn about the history of the sukkah and design a fun digital 3D sukkah of their own.

## FRI, OCT. 3

### IN MANHATTAN

**Shababa Fridays:** 92Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 9:30–10:15 am OR 10:45–11:30 am; \$10 adults.

Enjoy a friendly, welcoming atmosphere and give your toddler an opportunity to embrace the festive feeling of Shabbat with songs, stories, challah and snacks.

## SAT, OCT. 4

### IN MANHATTAN

**Yom Kippur Family Services:** 92Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 10 am and 2 pm; \$50 and up (free children under 1).

Celebrate with traditional and contemporary music, prayers, songs and stories on the themes of the holiday, led by Karina Zilberman, 92Y's Director of Jewish Family Life and Culture.

**Shababa Saturday Experiences:** 92Y, 1395 Lexington Ave. at E. 91st



Photo by Justina Wong

## Spooky adventures

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

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

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

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

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

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

Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 10:30 am–noon; Free.

Babies to children 10 years old join the Shababa community for singing, art projects, playground visits, and holiday-themed celebrations.

**Vanessa Trien and the Jumping Monkeys:** Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; [www.symphonyspace.org](http://www.symphonyspace.org); 11 am; \$14 children, \$21 adults.

The Just Kidding Series continues with a magical music medley of pop, jazz, folk and Caribbean influences.

**Autumn Crafts Festival:** Lincoln Center, Hearst Plaza; (973) 746-0091; [www.craftsatlincoln.org](http://www.craftsatlincoln.org); 11 am–8:30 pm; Free.

More than 250 master artisans display more than 25,000 fine craft objects. Crafts demonstrations, refreshments, and entertainment including The Big

Apple Circus.

**Family Workshop – Glowing Goo:** SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; [www.sonywondertechlab.com](http://www.sonywondertechlab.com); 12–1 pm; \$7 per participant.

Children roll up their sleeves and get messy making some icky, slimy, glowing goo of their own.

### FURTHER AFIELD

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

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

**Motion Lab:** New York Transit Mu-

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

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

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

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

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

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

## SUN, OCT. 5

### IN MANHATTAN

**Autumn Crafts Festival:** 10 am–6:30 pm. Lincoln Center. See Saturday, Oct. 4.

**Children's Concert:** Museum of Jewish Heritage, 36 Battery Pl. at First Place; (646) 437-4202; [www.mjnhyc.org](http://www.mjnhyc.org); 10:30 am; \$10, \$7 for children 10 and under.

Brooklyn band Yellow Sneaker and their puppet pals nurture family bonds and bridge connections to Jewish life and traditions through their performance.

**Workshop For Children With Special Needs:** The Jewish Museum, 1109 Fifth Ave. at 92nd St.; (212) 423-3200; [thejewishmuseum.org](http://thejewishmuseum.org); 10:30 am–12:30 pm; Free with museum admission.

Families who have children, ages 5-17, with developmental and learning disabilities visit an exhibition with a museum educator and then create their own works of art. The workshop includes gallery activities, an art project, and snacks.

**Submerge! NYC's Marine Science Festival:** Pier 26 on the Hudson River; 11 am–3 pm; Free.

This daylong festival provides a hands-on view of ocean and marine science — interactive demonstrations, presentations by scientists, sustainable food vendors, touch tanks, music, catch-and-release fishing, kayak lessons and more.

**Going Gold:** The Museum of the City of New York, 1220 Fifth Ave., between E 103rd and E 104th streets; (212) 534-1672; [www.mcny.org](http://www.mcny.org); 11 am–2 pm; Free with \$10 admission.

Bring the kids to see the glitzy jewelry  
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## Continued from page 41

and clothing worn by New York's rich and famous in the late 19th century in Gilded New York, and then help the little ones create a "gilded" piece of jewelry using brightly colored fall foliage found in Central Park.

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

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

**"Carnival of the Animals":** PS 166, 132 W. 89th Street; [www.ps166.org](http://www.ps166.org); 4:30 - 5:30pm; \$15 adults, \$10 children.

A wonderful tale that will spark the imagination, the "Carnival of the Animals" features a variety of instruments, each depicting a different animal, from the royal lion to the graceful swan.

## FURTHER AFIELD

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

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

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

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

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

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

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

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

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

## Lois Lowry speaks out

Sci-fi author Lois Lowry comes to Symphony Space on Oct. 19.

The esteemed author of "The Giver" and "Number the Stars," is taking part in the Thalia Kids' Book Club at Symphony Space to celebrate the 25th anniversary of the Newbery Medal-winning "Number the Stars."

Along with other authors, Lowry will appear with special guests Sean Astin ("The Goonies," "The Lord of the Rings") and his wife, Christine Astin, to join together for a reading and



conversation of the winning book.

The Astins are currently adapting "Number the Stars" to the big screen. Sean Astin will read an excerpt from "Number the Stars" to be followed by an audience question and answer conversation and book signing, for ages 9 and up.

Celebrate Thalia Kids' Book Club on Oct. 19. Tickets are \$15.

*Symphony Space [2537 Broadway at W. 94th Street on Upper West Side, (212) 864-5400; [www.symphonyspace.org](http://www.symphonyspace.org)]*

## MON, OCT. 6

### IN MANHATTAN

#### Breastfeeding Support Group:

92Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 11:15 am-12:30; \$20/session.

Meet with other moms, babies and a lactation specialist at this drop-in class to discuss topics such as the emotional ups and downs of breastfeeding, what happens when your milk supply is weak, how to juggle breastfeeding and work, and whether and how to supplement.

## TUES, OCT. 7

### IN MANHATTAN

**Sukkot Decorating Party:** 92Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 4:30-6:30 pm; \$15 child.

Join Karina Zilberman and the Shababa team as they decorate the 92Y Sukkah and have a pizza party to celebrate Sukkot.

**Birth Order and Personality:** 92Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 8-9:30 pm; \$35.

Learn how to diminish sibling rivalry and raise your children to feel equally loved and self-confident.

## WED, OCT. 8

### IN MANHATTAN

#### Financial Planning Workshop:

92Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 10:30 am- noon; \$10.

Led by 92Y Parenting Center director Sally Tannen and New York's top child psychologists and pediatricians, this weekly discussion group is a great way for new parents to share experi-

ences, learn from one another and make friends.

**Second Time Around:** 92Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 12:30-2 pm; \$35.

Discuss the challenges of welcoming a second baby into your family. Share tips and tricks to keep both children happy. Children are welcome to attend.

## FRI, OCT. 10

### IN MANHATTAN

**Shababa Fridays:** 9:30-10:15 am OR 10:45-11:30 am. 92Y. See Friday, Oct. 3.

### FURTHER AFIELD

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

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

## SAT, OCT. 11

### IN MANHATTAN

**Your Square, Your Story:** The Skyscraper Museum, 39 Battery Place; (212) 945-6324; [www.skyscraper.org](http://www.skyscraper.org); 10:30 - 11:45 am; \$5.

After a tour of "Times Square" 1984, kids, ages 6-11, create a new skyscraper that fits the city grid in the 21st-century Times Square.

**Shababa Saturday Experiences:** 10:30 am- noon. 92Y. See Saturday, Oct. 4.

**The Boogers:** Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-

5400; [www.symphonyspace.org](http://www.symphonyspace.org); 11 am; \$14 for children, \$21 for adults.

All the magic of a late-night punk rock show, only this ones for toddlers, and in the morning.

**Yo Gabba Gabba Double Feature:** SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; [www.sonywondertechlab.com](http://www.sonywondertechlab.com); 11 am; Free.

In "Circus," the gang learns circus skills from "Al the Ringmaster" and in "Flying," Brobee wishes he could fly, but he doesn't have wings.

**Autumn Crafts Festival:** 11 am-8:30 pm. Lincoln Center. See Saturday, Oct. 4.

**Chet the Secret Architect:** The Museum of the City of New York, 1220 Fifth Ave., between E 103rd and E 104th streets; (212) 534-1672; [www.mcny.org](http://www.mcny.org); 11 am-2 pm; Free with \$10 admission.

Parents, let the kids become secret agent architects as they explore the museum in this family-friendly scavenger hunt. Afterwards, they can use the shapes they discovered to create model buildings in their own style.

**Hands-on Nano Demos:** SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; [www.sonywondertechlab.com](http://www.sonywondertechlab.com); 1-3 pm; \$5 per participant.

Children, ages 7 and up, uncover the fascinating world of nanoscience and nanotechnology and participate in hands-on activities that explore the properties, structures, materials and scale of this exciting field of science.

### FURTHER AFIELD

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

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

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

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

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

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

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

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

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

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

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

## SUN, OCT. 12

### IN MANHATTAN

**Autumn Crafts Festival:** 10 am–6:30 pm. Lincoln Center. See Saturday, Oct. 4.

**Second Sunday Family Tours:** Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; [www.guggenheim.org](http://www.guggenheim.org); 10:30 am–noon; \$15 per family (includes museum admission and tour for two adults and up to four children).

In today's theme, On and Off the Canvas, families with kids ages 5-10 see how artists use, push the boundaries of, and even ignore the traditional canvas.

**Chet the Secret Architect:** 11 am–2 pm. The Museum of the City of New York. See Saturday, Oct. 11.

**Astrograss Concert:** The Jewish Museum, 1109 Fifth Ave. at 92nd St.; (212) 423-3200; [thejewishmuseum.org](http://thejewishmuseum.org); 11:30 am–12:30 pm; \$18 adult; \$13 child.

The band will perform tunes from their album, Colored Pencil Factory, as well as songs celebrating the natural world in honor of the Jewish holiday of Sukkot.

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

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

**Drop-In Art Workshop:** The Jewish Museum, 1109 Fifth Ave. at 92nd St.; (212) 423-3200; [thejewishmuseum.org](http://thejewishmuseum.org); 1–4 pm; Free with museum admission.

Participants, ages 3 and up, create a patterned fabric wall hanging for the holiday of Sukkot inspired by the exhibition Masterpieces & Curiosities, A Russian-American Quilt and by memories of exploring the outdoors.

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

Children use drawing and collage ma-



## Little guy with big pal

Don't be a snail. Come enjoy a performance of the "The Snail and the Whale" on Oct. 18 and 19 at the New Victory Theater.

Ever wonder what it must be like to travel the world on the tail of a humpback whale? The snail in "The Snail and The Whale" did just that and has many exciting experiences to tell. In this sweet production, a father lovingly tells his daughter all about the adventures of the snail. Through vivid story-

telling, live music and well-placed laughs, "The Snail and The Whale" ultimately reminds us that "even little friends can be big heroes" and sometimes friendship can blossom in the most unlikely places.

"The Snail and the Whale" on Oct. 18 and 19, at 11 am and 3 pm. Tickets range from \$25.

*The New Victory Theater [209 W. 42nd St. between Seventh and Eighth avenues; (646) 223-3010; [www.newvictory.org](http://www.newvictory.org)]*

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

### FURTHER AFIELD

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

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

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

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

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

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

After the family art project continue

with naturalist Gabriel Willow through the park looking for creepy crawlers and critters.

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

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

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

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

## MON, OCT. 13

### IN MANHATTAN

**Pushing Buttons – Activist New York:** The Museum of the City of New York, 1220 Fifth Ave., between E 103rd and E 104th streets; (212) 534-1672; [www.mcny.org](http://www.mcny.org); 11 am–2 pm; Free with \$10 admission.

Learn how New Yorkers have fought for change over the past 350 years, and then have the little ones create their own

button that expresses a view or idea about a cause that is important to them.

**Breastfeeding Support Group:** 11:15 am–12:30 pm. 92Y. See Monday, Oct. 6.

**Drop-In Art Workshop:** 1–4 pm. The Jewish Museum. See Sunday, Oct. 12.

### FURTHER AFIELD

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

The park is open.

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

## TUES, OCT. 14

### IN MANHATTAN

**Drop-In Art Workshop:** 1–4 pm. The Jewish Museum. See Sunday, Oct. 12.

**Setting Limits:** 92Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 8–9:30 pm; \$35.

Learn how to be an effective and loving parent while helping your child develop self-control and discipline. For parents of children ages 1½–3.

## WED, OCT. 15

### IN MANHATTAN

**Your Baby's Temperament:** 92Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 10:30 am–noon; \$10.

Led by 92Y Parenting Center director Sally Tannen and New York's top child psychologists and pediatricians, this weekly discussion group is a great way for new parents to share experiences, learn from one another and make friends.

### FURTHER AFIELD

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

Presented by the Beijing Dance Theater.

## THURS, OCT. 16

### IN MANHATTAN

**"Godspell":** Julia Richman Education Complex BlackBox Theatre, 317 E. 67th St. at Second Avenue; (212) 737-2863; [www.tuhsnyc.com](http://www.tuhsnyc.com); 3:30 pm; \$12.

The musical theater department of Talent Unlimited High School of the Performing Arts performs their production of "Godspell."

### FURTHER AFIELD

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

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# Calendar

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

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## FRI, OCT. 17

### IN MANHATTAN

**Shababa Fridays:** 9:30–10:15 am OR 10:45–11:30 am. 92Y. See Friday, Oct. 3.

**In The Loop:** Balcony by Hudson Eats, 220 Vesey St. at West Street; brookfield-placeny.com; Noon – 2 pm; Free.

Get crafty for a cause at this monthly knitting and crochet gathering guided by fiber artist Ina Braun. Bring hooks and needles, yarn and patterns are provided. Completed pieces will be donated to Win, a non-profit organization that provides New York City's homeless mothers and their children.

**"Godspell":** 3:30 pm & 7 pm. Julia Richman Education Complex BlackBox Theatre. See Thursday, Oct. 16.

### FURTHER AFIELD

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

## SAT, OCT. 18

### IN MANHATTAN

**Shababa Saturday Experiences:** 10:30 am–noon. 92Y. See Saturday, Oct. 4.

**Come Sail Away:** SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833–8100; [www.sonywondertechlab.com](http://www.sonywondertechlab.com); 11 am–1 pm; \$5 per participant.

Celebrate Columbus Day and learn how to make a boat successfully float by adjusting the shape and the weight.

**The Wonder Pets Double Feature:** SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833–8100; [www.sonywondertechlab.com](http://www.sonywondertechlab.com); 11 am; Free.

In "Save the Beetles: Three Wonder Pets and a Baby," the Wonder Pets try to save four beetles trapped in a yellowish submarine. In "Save the Duckling, Save the Kitten," Ming-Ming tries a rescue on her own.

**"The Snail and the Whale":** The New Victory Theater, 209 W. 42nd St. between Seventh and Eighth avenues; (646) 223–3010; [www.newvictory.org](http://www.newvictory.org); 11 am and 3 pm; \$25.

As told by a loving father to his young daughter, one small snail "with an itchy foot" does just that in an adventure-filled story about an unlikely friendship.

**Covering Conner:** The Museum of the City of New York, 1220 Fifth Ave., between E 103rd and E 104th streets; (212) 534–1672; [www.mcnyc.org](http://www.mcnyc.org); 11 am–2 pm; Free with \$10 admission.

Taking inspiration from their favorite storybooks, families design book covers in the bold, colorful style of one of our city's great illustrators, Mac Conner.

**Children's Book Reading and Workshop:** Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423–3500; [www.guggenheim.org](http://www.guggenheim.org);

## Museum trick-or-treat

Have a real New York trick-or-treat this Halloween at the Museum of the City of New York on Oct. 31.

If you are looking to explore more fun experiences beyond the typical trick-or-treating this Halloween, why not take the kids out for a New York treat? Children enjoy a trick-or-treat scavenger hunt to discover the treats and sweets that were invented in New York City. Then they use the

inspiration from the exhibitions to create a spooky cityscape on their own pumpkin (provided on a first-come, first-served basis).

The program starts at 11 am and runs through 2 pm on Oct. 31. Free with \$10 museum admission.

*The Museum of the City of New York [1220 Fifth Ave. between E. 103rd and E. 104th streets on the Upper East Side; (212) 534–1672; [www.mcnyc.org](http://www.mcnyc.org)]*

1:30 and 3 pm; Workshop ongoing 2–5 pm; \$25 per family (includes a copy of "Mix It Up!")

Families join bestselling author Hervé Tullet for a reading of his new children's book "Mix It Up!" Then, stop by the Studio Art Lab to make art inspired by the book.

**"Godspell":** 2 & 7 pm. Julia Richman Education Complex BlackBox Theatre. See Thursday, Oct. 16.

### FURTHER AFIELD

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

Master carver Ray Villafane transforms the gentle giant pumpkins into unearthly spooky creatures. A Q&A follows the demonstrations and snacks. See Saturday Oct. 4.

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

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

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

**The Great Pumpkin:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735–4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11:30 am; Free with museum admission.

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

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

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

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

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

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

## SUN, OCT. 19

### IN MANHATTAN

**Boroughrama:** The Museum of the City of New York, 1220 Fifth Ave., between E 103rd and E 104th streets; (212) 534–1672; [www.mcnyc.org](http://www.mcnyc.org); 11 am–2 pm; Free with \$10 admission.

Kids can draw inspiration from the large-scale panoramic photographs of famous and everyday places throughout the five boroughs in Assembled Realities, Jeff Chien-Hsing Liao's New York, and then make a collage of their favorite borough.

**"The Snail and the Whale":** 11 am and 3 pm. The New Victory Theater. See Saturday, Oct. 18.

**An Afternoon with Lois Lowry:** Symphony Space, 2537 Broadway at W. 94th Street; (212) 864–5400; [www.symphonyspace.org](http://www.symphonyspace.org); 1 pm; \$15.

Reading and conversation with the treasured author of "Number the Stars," "The Giver," and many other favorite works for kids and teens.

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

Families take an interactive and infor-

mative tour of the museum. Part of Target Free Sunday.

### FURTHER AFIELD

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

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

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

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

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

## MON, OCT. 20

### IN MANHATTAN

**Breastfeeding Support Group:** 11:15 am–12:30 pm. 92Y. See Monday, Oct. 6.

## TUES, OCT. 21

### IN MANHATTAN

**Stroller Tours:** Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423–3500; [www.guggenheim.org](http://www.guggenheim.org); 3–4 pm; \$20 per stroller (includes museum admission).

Led by a museum educator, one-hour tours of the Guggenheim's fall exhibitions are given for caregivers and their babies.

**"Godspell":** 3:30 pm. Julia Richman Education Complex BlackBox Theatre. See Thursday, Oct. 16.

## WED, OCT. 22

### IN MANHATTAN

**Sleep Workshop:** 92Y, 1395 Lexington Ave. at E. 91st Street; (212) 415–5500; [www.92y.org](http://www.92y.org); 10:30 am–noon; \$10.

Led by 92Y Parenting Center director Sally Tannen and New York's top child psychologists and pediatricians, this weekly discussion group is a great way for new parents to share experiences, learn from one another and make friends.

### FURTHER AFIELD

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

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

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

## THURS, OCT. 23

### IN MANHATTAN

**"Godspell":** 3:30 pm. Julia Richman Education Complex BlackBox Theatre. See Thursday, Oct. 16.

### FURTHER AFIELD

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

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

## FRI, OCT. 24

### IN MANHATTAN

**Shababa Fridays:** 9:30–10:15 am OR 10:45–11:30 am. 92Y. See Friday, Oct. 3.

**Shababa Bakery:** 92Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 10:15 am; \$15 child, adults free.

Children of all ages squish, roll and braid their own challah to take home and bake.

**Halloween Murder Mystery:** Mount Vernon Hotel Museum & Garden, 421 E. 61st St. between First Avenue and York Avenue; (212) 838-6878; [mwhm.org](http://mwhm.org); 6:30pm and 7:30pm; \$25 adults; \$10 children under 12.

An unidentified skeleton has been discovered under the floorboards of the Mount Vernon Hotel. Collaborate with others or go it alone, and find out how quickly you can uncover the truth. For families with children 8 and older.

**Dance Gallery Festival:** Ailey Citigroup Theater, 405 W. 55th St. at Ninth Avenue; (212) 868-4444; [www.smart-tix.com](http://www.smart-tix.com); 7:30pm; \$20-\$25.

Festival features works by both national and international up and coming choreographers.

### FURTHER AFIELD

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

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

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

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

**Nighttime adventure:** 6:30–8:30



## Listen to the 'Carnival'

It's a carnival ... of animals at PS 166 on Oct. 5.

Performed by PS 166 parents Jihea Park, Claudia Knafo, Bruno Eicher, Kari Docter and friends from the Metropolitan Opera Orchestra, "The Carnival of the Animals" is one of the most famous pieces by French composer Camille Saint-Saens. This timeless children's classic is brought to life alongside the verses of Ogden Nash, which will be read by Derek Bruun. The show features a variety of instruments, each depict-

ing a different animal, from the royal lion to the graceful swan, and is suitable for children 4 and older. The lions, the donkeys, the hens and kangaroos "all come together in a perfect harmony of poetry and music."

ing a different animal, from the royal lion to the graceful swan, and is suitable for children 4 and older. The lions, the donkeys, the hens and kangaroos "all come together in a perfect harmony of poetry and music."

"The Carnival of the Animals," on Oct. 5 from 4:30 to 5:30 pm. Tickets are \$15 adults, \$10 children.

PS 166 [132 W. 89th St., between Columbus and Amsterdam avenues on the Upper West Side; [www.ps166.org](http://www.ps166.org)].

## SAT, OCT. 25

### IN MANHATTAN

**Halloween Ball Kids Costume Cruise:** Circle Line, Pier 83 at W. 42nd St; (212) 563-3200; [www.circleline42.com](http://www.circleline42.com); \$28 adults, \$20 children 3-12.

The 75-minute tour is an opportunity for kids to cruise to the Statue of Liberty and back while enjoying live entertainment, interactive tour guides and kid-friendly food and drinks available for purchase. Boarding at 9:30 am, cruise begins at 10 am.

**Dads' Boot Camp:** 92Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 10 am–1 pm; \$65.

Expectant and new dads (and their babies) connect with veteran dads for a frank discussion on becoming a father.

**"Wonderween":** SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; [www.sonywondertechlab.com](http://www.sonywondertechlab.com); 10 am–4 pm; \$7 per participant.

Come decked out in your Halloween

costume and catch a monstrous movie, make some creepy crafts, hear a spooky story and go home with gobs of ghoulish goodies.

**Shababa Saturday Experiences:** 10:30 am–noon. 92Y. See Saturday, Oct. 4.

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

Dora the Explorer screening of "Boo" and Go, Diego, Go screening of "Freddie the Fruit Bat Saves Halloween."

**mAD for Mac:** The Museum of the City of New York, 1220 Fifth Ave., between E 103rd and E 104th streets; (212) 534-1672; [www.mcnyc.org](http://www.mcnyc.org); 11 am–2 pm; Free with \$10 admission.

Taking inspiration from the hand-painted illustrations and magazine advertisements on view from Mac Conner, the kids can then sketch ideas and take a "selfie" of the family to create their own ad for the Museum of the City of New York.

**Alastair Mook:** Symphony Space, 2537 Broadway at W. 94th Street; (212)

864-5400; [www.symphonyspace.org](http://www.symphonyspace.org); 11 am; \$14 for children, \$21 for adults.

Delta blues meets traditional folk and rowdy roots, with timeless music from yesterday and today.

**Treehouse Shakers Presents "Hatched":** BMCC Tribeca Performing Arts Center, 199 Chambers St.; (212) 220-1459; [tribecapac.org](http://tribecapac.org); 1:30 pm; \$15.

Interactive play for babies, toddlers, and preschoolers tells the tale of a newborn chick emerging from her shell at sunrise to a strange and busy world, told through live music, dance, theater and puppets.

**"A Magical Halloween Adventure" Screening:** SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; [www.sonywondertechlab.com](http://www.sonywondertechlab.com); 1:45 pm; Free.

Join the cast for a Halloween extravaganza when the monsters on Sesame Street get invited to a "Tricks & Treats" party.

**"Godspell":** 2 pm. Julia Richman Education Complex BlackBox Theatre. See Thursday, Oct. 16.

**Halloween Murder Mystery:** 6:30pm and 7:30pm. Mount Vernon Hotel Museum & Garden. See Friday, Oct. 24.

**Dance Gallery Festival:** 7:30pm. Ailey Citigroup Theater. See Friday, Oct. 24.

### FURTHER AFIELD

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

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

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

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

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

The fourth annual festival offers Shortstack! Kids Shorts Program as the first of the series and "Muppets Most Wanted."

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

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

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

**Spooky Subway stories:** New York Transit Museum, Boerum Place at

*Continued on page 46*

**Continued from page 45**

Schermerhorn Street, Brooklyn; (718) 694-1600; [www.mta.info/mta/museum](http://www.mta.info/mta/museum); 1:30 pm; Free with museum admission.

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

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

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

**SUN, OCT. 26**

**IN MANHATTAN**

**PS 166 Fall Fest:** PS 166, 132 W. 89th St.; [www.ps166.org](http://www.ps166.org); 10 am - 5 pm; Free.

Families enjoy food, inflatable rides, obstacle courses, face-painting, pumpkin bedazzling, tote bag decorating, a 4 pm costume contest, free coloring stations, cupcake decorating and more. Entry is free, rides and food are individually priced.

**Walking Tour:** The Lower East Side Jewish Conservancy, Central Park West and W. 68th Street; (212) 374-4100; [www.nycjewishtours.org](http://www.nycjewishtours.org); 10:45 am; \$20 adults; \$18 seniors and students.

Tour guide Marty Shore discusses secular and Jewish history, theaters, apartment houses and the famous and infamous residents that have called this community home.

**A New York Treat:** The Museum of the City of New York, 1220 Fifth Ave., between E 103rd and E 104th streets; (212) 534-1672; [www.mcny.org](http://www.mcny.org); 11 am - 2 pm; Free with \$10 admission.

Kids learn about delicious treats that were invented in New York, like the Tootsie Roll and the Oreo, and then try their hand at making a treat with the help of an expert.

**Alastair Moock:** 11 am. Symphony Space. See Saturday, Oct. 25.

**Brookfield Place Halloween Party:** Winter Garden, 220 Vesey St. at West Street; [brookfieldplaceny.com](http://brookfieldplaceny.com); Noon - 3 pm; Free.

Don your Halloween finest for this family-friendly Halloween celebration. Afternoon festivities include live music, a fanciful photo booth, tricks, treats and more.

**Halloween Kidz Carnival:** Hudson River Park, N. Moore Street and the Hudson River; (212) 757-0981; [www.hudsonriverpark.org](http://www.hudsonriverpark.org); Noon-5 pm; Free admission.

Face painting, mask decorating, wax hands creation, spin art, cotton candy, rides and much more to keep you in the Halloween spirit all afternoon. Most activities are free, but select activities cost \$2 per ticket.

## Autumn Crafts Festival

Hurrah! It's the 25th annual Autumn Crafts Festival at Lincoln Center on Oct. 4, 5, 11 and 12.

Stop by Lincoln Center and enjoy more than 250 master artisans from every region of the United States displaying more than 25,000 fine craft objects including works in porcelain; molded and dyed leather; precious jewelry; blown, stained and fused glass; fine art; sculpture; painting and photography; hand-crafted designer fashions in silk, wool and other natural fibers; contemporary and traditional home furnishings and more from 39 states, as well as craft displays

from Australia and Israel.

There will also be crafts demonstrations, refreshments (dessert crepes, cappuccino, lobster rolls, and more), and entertainment, including classically trained violinist Leonard Khmel performing from a repertoire including Grieg, Mozart and Beethoven. For the kids, The Big Apple Circus will be on hand for live performances and to distribute free gifts. The festival takes place from 11 am to 8:30 pm on Saturdays and from 10 am to 6:30 pm on Sundays.

*Lincoln Center [Hearst Plaza, Columbus Avenue at 64th Street; (973) 746-0091; [www.craftsatlincoln.org](http://www.craftsatlincoln.org)].*

**Workshop For Children With Special Needs:** The Jewish Museum, 1109 Fifth Ave. at 92nd St.; (212) 423-3200; [thejewishmuseum.org](http://thejewishmuseum.org); 2-4 pm; Free with museum admission.

Families who have children, ages 5-17, with developmental and learning disabilities visit an exhibition with a museum educator and then create their own works of art. The workshop includes gallery activities, an art project, and snacks.

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

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

**Dance Gallery Festival:** 3 & 7:30 pm. Ailey Citigroup Theater. See Friday, Oct. 24.

**FURTHER AFIELD**

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

Participants will learn about the different kinds of puppets including animal marionettes. For children 6 to 9 years old. The fourth annual festival offers puppetry on film in "Davy Jones' Locker."

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

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

**National Chemistry Day:** New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); Noon - 5 pm; Free with NYSCI admission.

The event will showcase chemistry principles using demonstrations performed by local college students and volunteers from local industries.

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

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

**MON, OCT. 27**

**IN MANHATTAN**

**Breastfeeding Support Group:** 11:15 am-12:30. 92Y. See Monday, Oct. 6.

**WED, OCT. 29**

**IN MANHATTAN**

**Can You Spoil Your Baby?:** 92Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 10:30 am - noon; \$10.

Led by 92Y Parenting Center director Sally Tannen and New York's top child psychologists and pediatricians, this weekly discussion group is a great way for new parents to share experiences, learn from one another and make friends.

**THURS, OCT. 30**

**IN MANHATTAN**

**Halloween Workshop:** Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; [www.cmany.org](http://www.cmany.org); Noon - 6 pm; \$11 museum

admission.

Design your own monster mask, create your own gory story, make a creepy monster pop-up card, build spooky sets, create creepy creatures at the Clay Bar, participate in blacklight animation and much more! Kids in costume receive \$2 off admission on Friday, Oct. 31 and Sat., Nov. 1.

**FRI, OCT. 31**

**IN MANHATTAN**

**Shababa Fridays:** 9:30-10:15 am OR 10:45-11:30 am. 92Y. See Friday, Oct. 3.

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

Dora the Explorer screening of "Boo" and Go, Diego, Go screening of "Freddie the Fruit Bat Saves Halloween."

**Halloween - A New York Treat:**

The Museum of the City of New York, 1220 Fifth Ave., between E 103rd and E 104th streets; (212) 534-1672; [www.mcny.org](http://www.mcny.org); 11 am - 2 pm; Free with \$10 admission.

Kids enjoy a "trick or treat" scavenger hunt to discover the treats and sweets that were invented in New York City. Then they use the inspiration from the exhibitions to create a spooky cityscape on their own pumpkin (provided on a first-come, first-served basis).

**Monster Mask Making:** SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; [www.sonywondertechlab.com](http://www.sonywondertechlab.com); Noon - 1 pm; \$6 per participant.

Children explore the different characteristics of their favorite scary monster, and then make the creature come alive by creating their own monstrous mask to take home.

**Halloween Workshop:** Noon - 6 pm. Children's Museum of the Arts. See Thursday, Oct. 30.

**Asphalt Screams!:** Asphalt Green, 555 E. 90th St. at York Avenue and 212 North End Ave. at Murray Street; (212) 369-8890; [www.asphaltgreen.org](http://www.asphaltgreen.org); 4-6 pm; Free, suggested donation of \$20 per family.

Kids and parents are invited for an active and safe Halloween celebration. The nonprofit organization offers a unique Halloween-themed fitness experience for families at both its Upper East Side and Battery Park City campuses. Suggested donations of \$20 per family are welcome to benefit Asphalt Green's Fit Kids Fit City campaign.

**FURTHER AFIELD**

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

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

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

This year's theme is Around the World.

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

## LONG-RUNNING

### IN MANHATTAN

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

This exhibition celebrates the 50th and 75th anniversaries of the 1939 and 1964 Fairs. With a variety of postcards, photos, ephemera and souvenirs, the exhibition shows how transportation was a symbol for the future, and its potential effect on modern American life.

**The Old Man and The Old Moon:** The New Victory Theater, 209 W. 42nd St. between Seventh and Eighth avenues; (646) 223-3010; [www.newvictory.org](http://www.newvictory.org); Daily, Multiple performances; Now – Mon, Oct. 13; \$10-\$25.

With folk music, theatrical effects and an array of ever-changing characters, the wonderkinds of PigPen perform a folk-rock fable about light, love and an epic journey to the End of the World.

**"Hansel and Gretel's Halloween Adventure":** Swedish Cottage Marionette Theater, 79th & West Dr.; (212) 988-9093; Tuesdays, Thursdays and Fridays, 10:30 am & noon, Wednesdays, 10:30 am, noon, and 2:30 pm, Saturdays and Sundays, 1 pm, Now – Sat, Nov. 1; \$7/children under 12, \$10/all others.

Hansel and Gretel experience the most vivid dreams where Central Park and the Belvedere Castle serve as the backdrop for a magical explosion of music, dance and exciting encounters with a host of lovable characters. For children ages 3–9. Additional show at 2:30 and 4 pm on Oct. 31.

**Wednesdays in Teardrop:** Battery Park, 6 River Terrace; [www.bpcparks.org](http://www.bpcparks.org); Wednesdays, 3:30–5:30 pm, Now – Wed, Oct. 29; Free.

Kids, ages 5 and up, enjoy energetic lawn games and art projects, ranging from designing fantasy cities to making animal headdresses.

**Wednesdays in Teardrop:** Teardrop Park, Warren St.; (212) 267-9700; [www.bpcparks.org](http://www.bpcparks.org); Wednesdays, 3:30–5:30 pm, Now – Wed, Oct. 29; Free.

Kids, ages 5 and up, enjoy energetic lawn games and art projects, ranging from designing fantasy cities to making animal headdresses.

**Art+Games:** Nelson A. Rockefeller Park, Chambers Street & River Terrace; [www.bpcparks.org](http://www.bpcparks.org); Thursdays, 3:30–5:30 pm, Now – Thurs, Oct. 30; Free.

Join other school-age children for fun,



## 'Hatch' a love of theater

Treehouse Shakers present "Hatched" at the Tribeca Performing Arts Center on Oct. 25.

Have you always hoped your children would grow to love live theater? Then this performance of "Hatched" might be just the thing you are looking for!

This sweet, interactive play for babies, toddlers, and preschoolers tells the tale of a newborn chick emerging from her shell at sunrise to a strange and busy world, told through live music, dance, theater and puppets. Writ-

ten and directed by Mara McEwin, the show is told to the very youngest theater-goers, babies and children up to age 6, and uses very little dialogue mixed with movement and handcrafted puppets to create a memorable first theater experience.

"Hatched" on Oct. 25 at 1:30 pm. Tickets are \$15.

*BMCC Tribeca Performing Arts Center [199 Chambers St. between Greenwich and West streets in Tribeca, (212) 220-1459; [tribecapac.org](http://tribecapac.org)]*

creative art activities and lawn games.

**Hester Street Fair:** Hester St., and Essex St.; [www.hesterstreetfair.com](http://www.hesterstreetfair.com); Saturdays and Sundays, 11 am–6pm, Now – Sun, Oct. 26; Free.

Visitors will enjoy artisanal food, vintage clothing, jewelry, crafts, home goods and much more.

**Children's Basketball:** Nelson A. Rockefeller Park, Chambers Street & River Terrace; [www.bpcparks.org](http://www.bpcparks.org); Mondays, 3:30 pm & 4:30 pm, Now – Mon, Oct. 27; Free.

Children can learn to play basketball with adjustable height hoops for all sizes, with fun drills to improve skills. Ages 5-6 play from 3:30 to 4:30 pm, and children 7 and up play from 4:30 to 5:30 pm.

**Children's Soccer:** Nelson A. Rockefeller Park, Chambers Street & River Terrace; [www.bpcparks.org](http://www.bpcparks.org); Tuesdays, 2:30 pm, 3:30 pm, & 4:30 pm, Now – Tues, Oct. 28; Free.

Children will learn the basics of soccer

at this weekly workshop. Ages 3-4 play from 2:30 – 3:15 pm, ages 5-7 play from 3:30 – 4:15 pm, and ages 8-11 play from 4:30 – 5:30 pm.

**Young Sprouts Gardening:** Nelson A. Rockefeller Park, Chambers Street & River Terrace; [www.bpcparks.org](http://www.bpcparks.org); Tuesdays, 3:15–3:45 pm, Now – Tues, Oct. 28; Free.

An introduction to organic gardening for children, ages 3-5 years, accompanied by an adult.

**Jazz For Kids:** Jazz Standard, 116 E. 27th St.; (212) 576-2232; [www.jazzstandard.com](http://www.jazzstandard.com); Sundays, 2–3 pm, beginning Sun, Oct. 19; Free, guests may give a \$5 donation that benefits the Jazz Standard Discovery Program.

The talented children's musicians of the The Jazz Standard Youth Orchestra perform every Sunday (except for Dec. 21, 28 and Feb. 1).

### FURTHER AFIELD

**Dinosaur Safari:** Bronx Zoo, 2300 Southern Blvd. at Boston Road, The

Bronx; (718) 220-5103; [www.bronxzoo.com](http://www.bronxzoo.com); Weekdays, 10 am–5 pm, Saturdays and Sundays, 10 am–5:30 pm, Now – Sun, Nov. 2; \$20.95 (\$16.95 children; Free for children under 3; \$18.95 seniors).

Mysteries Revealed features more than 30 dinosaur species and how scientists reconstruct the fossil pieces. The ride runs through the zoo and has fully animatronic dinosaurs as they move and snarl.

**Touch tank:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Wednesdays, Saturdays and Sundays, 11:30 am–12:30 pm and 2:30–3:30 pm, Now – Sat, Nov. 1; Free with museum admission.

Children of all ages touch a starfish, a horseshoe crab, or a sea snail.

**Haunted Pumpkin Garden:** New York Botanical Garden, 200th St. and Kazimiroff Blvd., The Bronx; (718) 817-8700; [www.nybg.org](http://www.nybg.org); Mondays – Thursdays, 1:30–5:30 pm, Fridays, 1:30 – 5:30 pm, Saturdays, 10 am to 5:30 pm, Sundays, 10 am–5:30 pm, Now – Fri, Oct. 31; Free with garden admission.

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

**Dragons, dinosaurs and Boo at the Zoo:** Bronx Zoo, 2300 Southern Blvd. at Boston Road, The Bronx; (718) 220-5103; [www.bronxzoo.com](http://www.bronxzoo.com); Saturday, Oct. 4, 10 am; Sunday, Oct. 5, 10 am; Saturday, Oct. 11, 10 am; Sunday, Oct. 12, 10 am; Monday, Oct. 13, 10 am; Saturday, Oct. 18, 10 am; Saturday, Oct. 25, 10 am; Sunday, Oct. 26, 10 am; Friday, Oct. 31, 10 am; Saturday, Nov. 1, 10 am; Sunday, Nov. 2, 9 am; Activities included with general admission.

It's that time of year again for scary spirits, garish ghouls, and pretty pumpkins. There is also a costumed parade, music, magic and crafts.

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

Youngsters meet slithering snakes and scaly reptiles, and learn why they are scary at all. Each weekend features a different creature from small snakes, snapping turtles and a Tegu Lizard.

**Family Workshops:** The Cloisters, 99 Margaret Corbin Dr., The Bronx; (212) 923-3700; [www.metmuseum.org](http://www.metmuseum.org); Saturday, Sept. 27, 1 pm; Saturday, Oct. 4, 1 pm; Sunday, Oct. 5, 1 pm; Saturday, Oct. 18, 1 pm; Saturday, Oct. 25, 1 pm; Saturday, Nov. 1, 1 pm; Free with museum admission.

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



## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

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

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

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

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

She also writes that original evidence was flawed.

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

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



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

Today, fingers are pointing toward carbs.

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

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

diet, lived to 100.

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

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

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

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

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

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

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

## Tart Cherry Chia Pudding

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

**YIELD:** 2 servings

### INGREDIENTS:

1 cup tart cherries, frozen

1 cup coconut milk

¼ cup of chia seeds

¼ cup tart cherry juice

1 teaspoon vanilla extract

¼ teaspoon ground nutmeg

¼ teaspoon ground cinnamon

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

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

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

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

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

Photo and recipe used with permission from McKel Hill of NutritionStripped.com.



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## ASK AN ATTORNEY

ALISON ARDEN BESUNDER,  
ESQ.

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

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

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

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

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

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

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

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

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

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

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

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



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