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QUEENS

Family May 2010



Letter from the publisher

May is a fantastic month to be a kid! They can really play outside now and so many of the teams and leagues are in swing. Tennis is kicking off and swimming is more available and the kids can exit with damp hair and not worry about catching a chill.



Hopefully your kids are involved in activities involving movement. With childhood obesity continually on the rise, it's more important than ever to be a kid who is active, burning calories and keeping the metabolism pumping. Bike riding, skating, boarding, running, jumping, shooting hoops and getting balls over nets are only some of the ways kids stay fit and involved. Make sure your children are doing physical activities that will keep them alert and vital and that will keep their inner machinery operating at the highest level.

Spring is here and aren't we glad! Spring means different fruits and vegetables that are in season and local, which is the best way for all of us to eat. Spring is a wonderful time to find the Greenmarket in your area that offers the early veggies like asparagus, and the array of berries that are soon to be luscious and ripe. Feeding our kids with thought in mind fresh local foods as much as possible that are not pre-packaged or pre-mixed, is us returning to the way things used to be when almost everyone young was slim and fit. You've got to set up new patterns of eating!

Ralph Nader said "We have to teach our children that nutritious is delicious" and I concur. A ripe spring New York State apple should be more enticing than a packaged sweet. It's time to return to real food and food preparation and I urge you to stay out of the center aisles of the supermarket where all the processed foods make their home, Look at ingredients and know that what you eat is real "healthcare." If you can't pronounce it, don't eat it.

Happy Spring!

Susan Weiss-Voskidis, Publisher



FEATURES

- 6 Stop brain drain!**
Two math books help prevent summer learning loss
BY RACHEL CONN
- 8 So what's in a number?**
Part 3 of a weight-loss series
BY KATHY SENA
- 14 Nourish your music lover**
Scales, chords and melodies feed developing minds
BY ELEANOR BINDMAN
- 18 Maria Montessori led the way**
Her pioneering work on early childhood education
BY MARY CARROLL WININGER
- 26 Happy & gay in Jackson Heights**
Neighborhood is attracting gay and lesbian families
BY MARY CARROLL WININGER
- 28 Excited about camp?**
Four ways to ensure the perfect camp experience
- 30 Healing homesickness**
How to deal when kids get sad at camp

SPECIAL SECTION

- 16 Arts Programs Directory**

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COLUMNS

- 2 Newbie Dad**
BY BRIAN KANTZ
- 4 Twice the Advice**
BY JACQUELINE AND KERRY DONELLI
- 12 Growing Up Online**
BY CAROLYN JABS
- 16 Family Health**
BY IVAN HAND, MD, FAAP
- 20 Cinematters**
BY LAURA GRAY
- 22 Lions and Tigers and Teens**
MYRNA BETH HASKELL
- 24 Good Sense Eating**
BY CHRISTINE M. PALUMBO, RD
- 48 New & Noteworthy**
The hottest new products

CALENDAR OF EVENTS

- 37 Going Places**
Take the family out and find out what's going on in your town

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QUEENS, NY 11201
www.webfamilyny.com



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NEWBIE DAD

BRIAN KANTZ

Boys will be boys

Got sons? Expect a little more chaos



Boys will be boys. Don't you just hate that phrase? Ugh. It gives me the heebie-jeebies. It sounds so... so... unrepentant. So smug and irresponsible. Typically, you hear it coming out of a parent's mouth when they're defending their son who just wounded the neighbor's dog with a slingshot. Or worse, it's the lame defense offered by the attorney for a 50-year-old father who started a brawl at a youth football game.

Still, I must admit, there is just something about boys.

As you stand there in the maternity ward, anxiously waiting to see if you are the proud parent of a son or a daughter, you should know that nature is definitely handing you a stacked deck either way. If you happen to get a card that reads "Boy" — my wife and I have two sons — then be prepared!

Turns out that boys, especially when paired up, go from cute little babies lying in a crib to mischievous, unstoppable little dudes in the blink of an eye.

Take our boys, for example. One is five years old, the other three. Here's basically what they'd like to do on any given day this month: jump in the mud, dig up bugs in the mud, throw mud on each other, throw bugs on each other, and spray each other with the garden hose. All while laughing hysterically. Do little girls do stuff like that? I've asked the parents of girls and the answer is pretty much, "Not really."

No, most little girls don't sword fight like pirates, jumping precariously from couch to couch to avoid the crocodiles swimming in the sea of carpet below.

Most little girls don't give each other bucking bronco rides that end with the rider being tossed off into a table leg.

Most little girls don't try out new wrestling or karate moves on

each other. Most little girls don't break all of their toys by putting them through physical endurance testing. Little boys do all of this.

I have seen how little girls play. I've watched nieces and their friends spend time together at family parties.

While my boys are bludgeoning an innocent throw pillow with a foam baseball bat, the little girls are quietly playing a board game. They're sitting down, thumbing through books. They're dressing up, hosting tea parties and conversing with each other using actual words, not grunts — and nearly always playing something that revolves around Disney princesses.

Meanwhile, as the fathers of little boys wince at the sound of each CRASH, BOOM, BANG emanating from the family room, the fathers of little girls calmly munch on chips and watch the football game, knowing their little princess isn't tempting fate and a trip to the emergency room by sledding down the stairs inside a pillowcase.

I have also seen how little girls act when asked to accompany their parents on a simple shopping excursion. Girls act much differently than boys in that arena. Recently, my wife and I had our two boys out for a quick trip to a department store. My wife, who was trying on a few things, put me in charge of our sons. Letting boys loose in a department store is like letting a couple of Labrador retrievers loose in a department store. Both follow their natural instinct to run and chase.

As I anxiously followed the noisemakers

through rows of clothes and down aisles of home décor, I stopped to see a father and his two young daughters — get this — sniffing candles. "Mmm, that smells like flowers," one of the tranquil little girls said to her dad. I felt like pointing to my kids, then pointing to his kids and yelling out, "Not fair, pa! Not fair!" I didn't have time to, though. My boys were already grabbing crystal picture frames off a shelf.

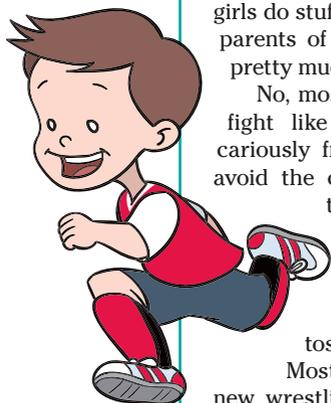
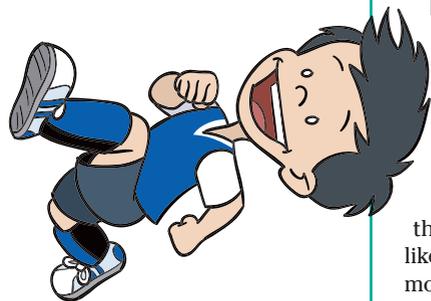
Apparently, little boys come equipped with a different type of engine. An engine

that never stops, an engine that always revs. And, really, I do count my blessings that I have two energetic kids. The good news, for me, though, is that things do change. Little boys and girls eventually become teenage boys and girls. Ha, ha, ha. Then, that guy in the department store will pay!

For now, I'll just have to appreciate that boys will be boys. I also think I should pick up the phone and apologize to my mother. You see, I'm one of four boys myself — no sisters — and I've just recalled a few things from my own childhood while writing this column.

Brian Kantz does realize that fathers who have to dress up and attend princess tea parties everyday may have something to say about this column.

Visit Brian online at www.briankantz.com or drop him a note at thenewbie-dad@yahoo.com.





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TWICE THE ADVICE

JACQUELINE AND
KERRY DONELLI

Not enough time — and too much sugar

Dear Twins,

My husband and I have two small children ages 2 and 4 in daycare as we both have full time jobs. By the time we pick them up after work, feed them, bathe them, try to spend a few “quality” minutes with them, then cook something for ourselves, it’s time for us to go to bed. There are just not enough hours in the day to do all the things that need to be done — even with both of us working at it. When to shop, do laundry, clean, change the beds, etc, etc? How do other parents manage? — *Exhausted*

Kerry says:

The name of the game is “balancing it out”: Do the things you have to do but then leave the “should do” pile at bay. Fact is, you can never get all the work you set aside to do done, so don’t be unrealistic. It is, however, mandatory for you to enjoy yourself at least an hour or two a day. If you don’t, you’ll pay the consequences.

Jacqueline says:

Welcome to the world of parenting. I agree with Kerry. Today many moms are at work and all the housework that used to get down while the dads were gone all day, isn’t getting done. But if you don’t make the time for rest and fun, you will never find it. It won’t just appear out of nowhere, because there is always something to get done. You must pen in on your calendar two-to-three times a week and call it “My time.” It can be a half hour, an hour, or a full evening. But it is yours. (You must not be doing any work, cleaning, emailing, and calling — none of it.) This is time you set aside for you. If you commit to this “down” time, you will find you actually do get all your chores done, just faster and more efficiently. The unimportant chores will fall by the wayside.



Dear Twins,

I have two healthy children ages 7 and 10 and they are terrific kids. The problem is they love sugar and they want it all the time. They constantly whine and beg for it, until they wear me down and I give in.

I am very healthy myself and try to cook healthy food for my kids as well, but I just don’t want to push it on them as my mother did to me. Sugar just makes them hyper and unmanageable. At bedtime they are too hyped up to sleep! In the morning I can’t get them up and they are cranky and downright irritable. The cycle just keeps repeating itself. I am worn down from badgering them and I just want to give them whatever they want. Is there a solution?

— *Sugar Tooth*

Jacqueline says:

Let’s not forget who is the mother and who are the children. You are the boss. The only way kids can walk all over you is if you let them. (If it goes in their mouths, you were the one who bought it, btw). But let’s address the sugar issue. Seems

to me your kids are addicted. I suggest you wean them off slowly as to forgo any more begging and whining. Fruit is a fantastic substitute for processed sugar. Furthermore, fruit is full of vitamins and fiber and doesn’t seem to make kids erratic and hyper. What I might do is incorporate fruit along with dessert at first (say berries with vanilla ice cream). Eventually, offer a nice bowl of chopped mango? Always have melon or grapefruit with breakfast. I would add bananas to cereal and, while you’re at it, make the cereal half sugar cereal and half a whole grain cereal. For snack let them enjoy large slabs of watermelon. Replace sugary drinks with seltzer. You can make terrific lemonade mixed with water, ice, lemons and Stevia (an all natural sugar substitute). Keep a pitcher in the fridge. Also, increase the level of proteins throughout the day, as lack of proteins increases cravings for sugar. I learned that one a long time ago when I was a vegetarian and constantly craved sugar). And, absolutely, no sugar three hours before bedtime. If they even think of whining about it, they’ll go straight to bed with no dessert at all.

Kerry says:

I don’t know. I think the whole idea of forcing your kids to eat healthy is all in vain. They are kids after all. And while I don’t think we should encourage our children by stocking the fridge with junk food, I nonetheless don’t see any real alarm in this. For the most part, kids adopt more mature, healthier eating habits as they get older. The only red flag here is if you notice your child treading towards obesity. Then it becomes more about an eating disorder, which can lead to more problems later in life, and less about a little too much junk food. So here’s a suggestion, perhaps your children would benefit from joining a sports team. This ought to tire them out and let you enjoy some peace and quiet.

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

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Stop brain drain!

Two new math books help prevent summer learning loss

BY RACHEL CONN

With summer just around the corner, our minds begin to wander to our most cherished seasonal distractions. We daydream about sleeping in each morning, walking barefoot on a beach, fireworks lighting up the sky. We think about grilling with friends, catching up on news with relatives, and eating fresh, seasonal produce. You can practically smell the barbeque in the air!

One thing that probably did not come to mind when reminiscing about summers past is ... your brain! Our brains, much like our bodies, need daily exercise. But with school books tossed aside, the mind is usually put on snooze for those precious months. According to a recent study by Dr. Harris Cooper, professor of psychology at the University of Missouri-Columbia, children lose one to three months of learning over the summer. Required summer reading can help trigger vocabulary and reading skills, but most parents aren't aware that learning loss is more detrimental for math than any other subject!

Thankfully, there is a way that, as a family, you can keep your minds sharp and your math skills at the ready. Two new children's titles are designed to make math relevant, interesting and provide hours of family fun.

Do you think your older brother knows which shapes cannot make tessellations? Can your mom figure out what the speed of sound is at different altitudes? Could you solve the "Mystery of the Lawn Ranger" before your cousin?

Test all these things and more with these great new children's math titles from Science, Naturally!

"One Minute Mysteries: 65 Short Mysteries You Solve with Math!" challenges readers to solve short word problems using nothing but the clues presented in the problem and their criti-



cal thinking skills.

On each page readers will discover a new word problem that relates the mathematical concepts to everyday situations. For example, in the "Mystery of the Pancake Mix-up," Meg has to use least common multiples to measure out the correct ingredients when making breakfast. These short, on-the-go problems are designed to make math accessible and fun.

"These mysteries were a huge hit in my classroom as brainteasers to the start of the lesson, but they were an even bigger hit with my own children during long road trips," said Richard Wyatt a parent and teacher from San Diego.

"101 Things Everyone Should Know About Math!" is a question-and-answer book that divides mathematical concepts into sections that relate to everyday life, including nutrition, travel and sports. Questions are listed first so readers can test themselves before referring to the answers in the back. Readers can

quiz themselves, family and friends with these fun and challenging questions

"My kids loved it when they answered more questions than I could. I loved to see them having so much fun while learning!" said Deborah Crowley, a parent and home school provider from Baltimore

For those who want more, check out the first volume of each of these books, "One Minute Mysteries: 65 Short Mysteries You Solve With Science!" and "101 Things Everyone Should Know About Science." Both have won awards and recognition including the coveted NSTA Recommends honor.

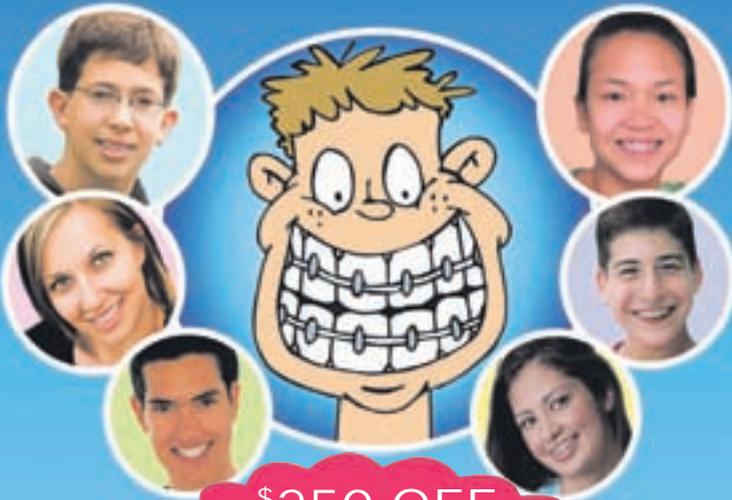
Let these books help your family start new summer traditions. Next year, when you think of summer, you may still smell the barbeque — but your memories may also include an epic family battle of wits! By the time the shorter days signal the start of school, you may need to worry about shopping for back to school clothes, but you won't have to worry about summer's brain drain.



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"THE PLACE THAT EVERYONE RAVES ABOUT"

So what's in a number?

When the scale doesn't reflect your effort

BY KATHY SENA

What's in a number? For those of us on a weight-loss plan, plenty. And it's funny how that number on the scale can affect us in odd and unexpected ways. In a perfect world, a less-than-expected weight loss would motivate us to "work the plan" more effectively the next day, week or month, right?

But let's get real. Sometimes when I feel like I've been exercising, drinking enough water and eating healthy

ing up, calorie-wise (and messing with my sleep). So I decided to substitute a cup of chamomile tea with lemon. I'm sleeping better — and you can't beat the calorie difference.

- I filled the house with fresh fruit instead of ice cream.

Chubby Hubby (no, not you, Randy) is no longer in the house to tempt me. If I want ice cream badly enough, I go out to an ice cream shop with the family and I get a one-scoop cone (and enjoy every bite). It's not the occasional cone that was doing me in. It was the two-scoop bowl of ice cream, eaten at my desk while I worked, that was becoming waaay too much of a habit. Out of house = out of mouth. Now I'm more likely to grab an apple (sliced, with a tablespoon of peanut butter for a protein boost) or a banana when I need a snack.

- I got away from this computer (get thee behind me, Facebook!), got my butt out of the chair and walked more, which seemed to give me more willpower to stay away from junk food. There's something about exercising that makes me not want to blow all that good effort on potato chips. What about the weather? Hey, if it's not a blistering heat wave, a blizzard or a downpour, bundle up and go for it! I love taking long treks through the snow in Yosemite National Park when my family visits in the winter. The crisp air and gorgeous views keep me pumped and moving forward. And walking at a good pace helps keep me warm. (The big challenge: ordering herbal tea after my trek and not hot apple cider with whipped cream!)

This all seems to be working, because I broke through into the 130s this month. Woot!

Weigh-in #1: 147 (my starting weight)

Weigh-in #2: 144.6 (lost 2.4 pounds total)

Weigh-in #3: 139 (lost 8 pounds total)

This next month, I think I'll try jogging a bit instead of just walking. In her book, *Small Changes, Big Results*, registered dietitian and Food Network star Ellie Krieger talks about walking for fitness: "Many walkers



WEIGHING IN

Part 3 of a series

are happy continuing to walk for fitness," she says. "They make their walks more challenging by increasing their speed or distance, or they add hills or inclines to work harder." Others, she says, get bitten by the running bug and decide they'd

like to try jogging or running instead of walking all the time. (Of course, with every exercise plan, you'll want to check with your doctor before starting.)

Krieger suggests beginning by walking a bit to warm up. After 5 or 10 minutes, begin to run slowly for a minute or so. Then walk for a minute until you catch your breath. Run again for a minute, then walk for a minute. Maintain this routine for 30 minutes.

When you run, your head should be up, your chest lifted, arms relaxed at your sides. Don't let your head and shoulders hang forward as you tire; maintain proper posture. Try to run heel to toe (where your heel strikes the ground first, then you roll onto your toes to push off), Krieger recommends. And try to make your steps light. If you're "slapping" the ground, try to lighten it up a bit.

"Depending on how you feel, you can increase your running sessions from 1:1 (running 1 minute, walking 1 minute) to 2:1 (running 2 minutes, walking 1 minute) and so on" as you become more fit, Krieger says. Work up to 20 to 30 minutes of easy running time.

What do you plan to do differently this month? Take up jogging? Ban certain too-tempting foods from the house? Try some new-to-you flavors of herbal tea? Drop us a letter to the editor and let us know your favorite weight-loss tips. We're all in this together!

Kathy Sena is a freelance journalist specializing in family-health issues. Her writing has appeared in the Los Angeles Times, Newsweek, Woman's Day and many other publications. Visit her parenting blog, Parent Talk Today, at www.parenttalktoday.com.



Instead of wine, I decided to substitute a cup of chamomile tea. You can't beat the calorie difference.

meals, and then the number on the scale doesn't agree, I don't get pumped. I get frustrated, and sometimes I'm even tempted to trash the whole plan and order a large combo pizza.

So I had to keep a close eye on myself this month after only losing 2.4 pounds the first month on the plan. Having you to along for the ride definitely helped! Despite my frustration, I made these changes this month:

- I tried to make my daily water intake a bit more interesting, so I'll keep it up: hot herbal tea, ice water with lemon, sparkling water with lime.

- I said no to wine for now. I enjoy a nice glass of merlot with the hubs (especially while watching my new favorite sit-com, "Modern Family") now and then. But I realized that two or three glasses a week were add-



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FAMILY HEALTH

IVAN HAND, MD, FAAP
Director of Neonatology
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Your child's vision

Vision screening is a very important way to identify vision problems. During an exam the doctor looks for eye disease and checks to see if the eyes are working properly. Children with a family history of childhood vision problems are more likely to have eye problems themselves.

Newborns. All infants should have their eyes checked in the newborn nursery for infections, defects, cataracts, or glaucoma. Infants who were born prematurely, infants who were given oxygen, and infants with multiple medical problems are at risk for developing eye conditions which will often need additional exams and close follow up with a pediatric ophthalmologist, an eye doctor trained and experienced in the care of children's eye problems

A newborn infant can see light, shapes and movement although much of their vision is very blurry. The baby's eyes may "wander" a bit up to 3 months of age but should be able to focus by 3-4 months. Babies older than 3 months should be able to follow or "track" an object, like a toy or ball, with their eyes as it moves across their field of vision.

If your baby can't make steady eye contact by this time or seems unable to see, let your pediatrician know. Before 4 months of age most infants occasionally cross their eyes. However, eyes that cross all the time or one eye that turns out is usually abnormal and is another reason to seek your pediatrician's advice.

By 6 months of age. Pediatricians should screen infants at their well-baby visits to check for proper eye health, vision development, and alignment of the eyes.



At 3 to 4 years of age. All children should have their eyes and vision checked for any abnormalities that may cause problems with later development. If your child's eyes become misaligned (strabismus), let

your pediatrician know right away. However, vision problems such as a lazy eye (amblyopia) may have no warning signs, and your child may not complain of vision problems. Thus, it's important at this time to have your child's vision checked. There are special tests to check your child's vision.

At 5 years of age and older. Your pediatrician should check your child's vision in each eye separately every year. If a problem is found during routine eye exams, your pediatrician may have your child see a pediatric ophthalmologist. Your pediatrician can advise you on eye doctors in your area.

Reference: American Academy of Pediatrics

Warning signs of a vision problem

No matter how old your child is, if you spot any one of the following, let your pediatrician know:

- Eyes that look crossed, turn out, or don't focus together
- White, grayish-white, or yellow-colored material in the pupil
- Eyes that flutter quickly from

side-to-side or up-and-down

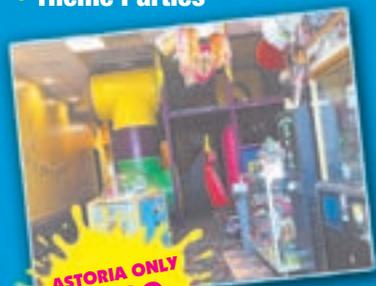
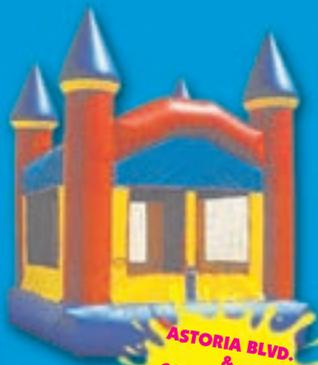
- Bulging eye(s)
- Persistent eye pain, itching, or discomfort
- Redness in either eye that doesn't go away in a few days
- Pus or crust in either eye
- Eyes that are always watery

- Drooping eyelid(s)
- Excessive rubbing or squinting of the eyes
- Eyes that are always sensitive to light
- Any change in the eyes from how they usually look

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GROWING UP ONLINE

CAROLYN JABS

Cellular mischief

Keeping kids out of trouble with their phones

Cellphones present unique challenges for parents. In a wired world, they seem essential for keeping kids safe and connected. They also make it much harder for parents to monitor where kids are and who they're talking with much less what apps and media they are using.

Without supervision, kids are all too likely to get into mischief. At the very least, cellphones allow kids to make and remake plans so fast parents can't keep up. More seriously, they allow kids to elude bedtime, drive while distracted and sidestep family rules about entertainment that involves pornography and violence. At their worst, cellphones make it much easier to distribute nude photos or violent video clips, cheat on tests, trash friends and locate parties where drugs and alcohol are available.

In response to problems like these, all major phone companies offer parental control options—sometimes for an additional fee of about \$5 a month. (To find out what your cellphone company offers, go to their Web site and type in “parental controls.”) All kids don't need all options, and all options don't work on all phones, so parents have to do their homework. Here are questions you'll want to ask:

Why? Now that babies have their own apps such as ipacifier (www.ipacifier.com), it's no wonder little kids want cellphones. Parents have to de-

cide when and whether a child can handle the responsibility. The first question, of course, is whether he or she can keep track of stuff. No one needs the headaches created by a lost or stolen cellphone.

In most households, a cellphone starts to feel like a necessity around middle school when children start to have independent activities — and need transportation. Before putting a phone in the hands of a pre-teen, be sure he or she understands rules about acceptable use.

Who? Just because a child has a cellphone doesn't mean he or she should talk or text with anyone and everyone who calls. Take advantage of parental controls that allow you to block some numbers and approve others. Starting younger children with a short approved list limits their exposure to bullies, scammers and spammers.

When? Parental controls also allow you to decide when your child is able to call or text. If your child's school has a no-cellphone policy, help them enforce it by making the phone inactive during school hours. In some cases, the only way to be sure a child gets a full night's sleep is to turn the phone off at bedtime. Be sure the phone can still be used to call 911 even when these controls are in place.

Where? Most phones now include GPS technology that allows parents to “track” their kids and also to create dead zones where the phone can't be used. Many experts feel this level of surveillance is counter-productive — unless a child repeatedly breaks your rules. Parents should be more concerned about new apps like Foursquare that allow kids to broadcast their whereabouts to friends and, potentially, predators. These should be off limits for younger teens.

Because cellphones quickly become an extension of the child, parents need to establish more mundane rules about where the phone can be used. These rules will vary from family to family, with one ex-

ception. Teens should NEVER use a cellphone while driving. Since one in four teens admit to texting while driving — the actual number is probably higher — you may want to consider software that disables the phone when a car is moving. Check out Zoom Safer (www.ZoomSafer.com) and Drive Assist (www.Aegis-Mobility.com)

What for? Depending upon the phone, kids can download everything from ring tones and games to music and TV shows. Discuss what's acceptable and who will pay. For younger children, install content filters (Verizon has an especially good system). If you have any doubts about your child's willingness to follow the rules, take advantage of controls that block downloads.

How much? Be sure kids understand the parameters of the plan you've purchased. How many text messages can they send? Are they charged for everything they receive as well? Show kids how to check on their usage so they don't exceed the limits.

Most parents will find the tools they need to keep track of cellphone use through their cellphone carrier. If your child needs extra protection, or you don't want to pay a monthly fee, consider free-standing software. Several programs are available. Mykidissafe (www.MyKidsSafe.com) offers a very comprehensive toolkit; Smobile software (www.SmobileSystems.com) includes virus protection as well as parental controls.

Kids will probably object to cellphone supervision just as they've always objected to curfews and bedtimes. When parents use these tools well, they're less likely to catch their kids making mischief and more likely to support them in making responsible decisions about when, where and how to use their cellphones.

Carolyn Jabs, MA, has been writing about families and the Internet for more than fifteen years. Other Growing Up Online columns appear on her Web site www.growing-up-online.com.

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Nourish your music lover

How scales, chords and melodies feed developing minds

BY ELEANOR BINDMAN

Most parents know by now that Mozart is food for the brain and that learning musical notation can help develop abstract thinking.

We want to expose our kids to all that good stuff. Children are natural music lovers, singers and dancers, but when it comes to learning a musical instrument even the most gifted need some help. Music is easily one of the most popular extra-curricular pastimes and a lot of time, money and effort is invested in taking lessons. Yet a lot of that effort, time and — let's be practical here — money can be wasted.

For those of us with limited musical experience, it's hard to know what to look for in a teacher. And yet we all know that a teacher can make all the difference in the world. The self-esteem acquired from being good at something at an early age can be a great help during the teenage years and later on in life.

Whereas music schools offer plenty of guidance and a choice of teachers on various instruments, private lessons are more convenient for a lot of people. This article was written with the desire to address some of the issues that come up when you decide to invest in private music lessons for your child, to offer some “inside information” on looking for a teacher and to foster realistic expectations for the beginning stages of the lessons.

Finding the right private teacher

Before you shop around to find a teacher, let's see if you and your child are in a suitable frame of mind and practical circumstances for starting private lessons.

- Is your child ready? If you are eager to introduce your child to music before the age of four, group lessons are the best alternative. Private lessons require the ability to concentrate for 10-15 minutes at a time, to know the first seven letters of the alphabet and to be able to recollect the pieces learned and practice them at home.

The youngest beginner I ever encountered was three, and she did extremely well, not only because of her personality but also due to the fact that her older sister took lessons as well, and their mother helped. On the other hand, I've met some are very intelligent yet rambunctious seven-year-olds who wouldn't sit still and listen, so it all depends.

Generally speaking, with a parent's help at home, most kids are ready to start piano, violin or cello between four and five years of age. If

a parent is unable to contribute, six or seven is a better bet. For kids younger than four, there are other options, usually offered by music schools as opposed to private teachers, such as Suzuki violin or piano classes, group keyboard classes, etc. Playing wind instruments requires a certain lung capacity and a later beginning age, around nine or 10. Drums and guitar are usually requested by teenagers, as most of us are aware.

- Do you have an instrument at home? This may seem like an obvious condition to some, yet many parents are surprised to hear that they need to own or rent an instrument. Small-size violins and cellos are usually available for rent from instructors, string instrument repair shops and some music schools.

Local music stores carry most instruments. As far as keyboards are concerned, electronic ones are OK to start with, but after several months it's a lot better to consider getting an acoustic piano, especially if the child is progressing well. If there is room, a small upright will do, and decent ones can be bought as cheaply as \$400, or even less, if you get lucky and are willing to handle the moving from a private seller.

A convenient alternative is “renting with an option to buy” from a store. The fees range from \$75 to \$100 a month for an upright and the store will deliver and tune for free. After six months they will call you and ask if you want to buy the piano, counting the rental fees you have already paid toward the purchase price. You can always decline and shop for a better deal from a private





Do keep in mind that some willful children enjoy creating distractions when the teacher is “on their turf” and a lot of time can be wasted by trips to the bathroom, sudden onslaughts of hunger or thirst and deliberate sharpening of pencils, not to mention the absolute necessity to answer the phone or doorbell regardless of who else may be home at the time.

At a music school or in a teacher’s studio, the atmosphere will be more conducive to learning and the instructor will have more control of the situation as well as more books and teaching aides to choose from. If going outside the home for lessons, remember that lessons are usually scheduled back to back and finding parking can be a time-consuming aggravation, so unless your schedule is very relaxed or the teacher is right in the neighborhood you may end up with a lot of shortened lessons.

- Would you like your child to learn to play the instrument well or is a general, relaxed introduction to the world of music your goal? The answer to this question depends on many factors, including your parenting philosophy, the availability of practice time, your child’s personality and his/her degree of natural musical affinity.

sale, while continuing to rent. The good thing about buying used pianos, as opposed to used cars, is that you can always get your money back when you resell, unless some serious damage occurs. So, avoid liquids of any kind on top of the instrument, which also means discouraging your pets from exploring the keys and the strings, no matter how cute that looks on postcards.

- Does the child want lessons or is it your idea? Some kids request lessons, some just tag along with their parents’ choices. There are parents who mistake their own unfulfilled desire to have had lessons as a child for a sign that their offspring is destined for musical greatness. Another common scenario is a parent who did learn how to play but was unhappy with the teacher, or competitive with a sibling, and wants the opposite experience for the new generation.

It’s very valuable to reflect on your childhood memories and learn from them, yet your child may have a completely different temperament and will have a different teacher. That being said, if he or she shows some musical ability (picking out tunes by ear, reproducing fairly complex rhythms) it’s sensible to try to give an extra push for lessons.

- Do you want lessons in your home or outside? For some people, in-home lessons are the only choice, for logistical reasons. The convenience is hard to beat and the fees are only 5-10 dollars higher if a teacher comes to you. If you have a decent instrument and find a punctual and reliable instructor, things may work out very well.



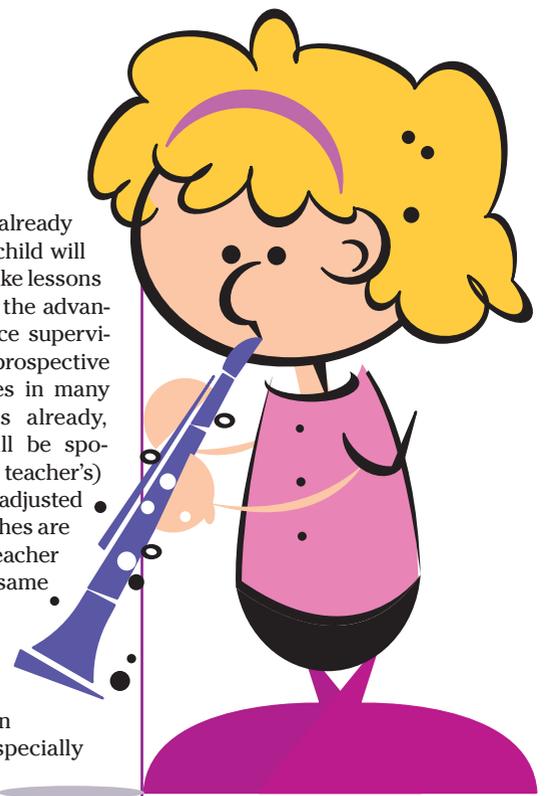
If anyone in your home already plays an instrument, the child will have a predisposition to take lessons more seriously as well as the advantage of “educated” practice supervision when needed. If the prospective music student participates in many extra-curricular activities already, the practice sessions will be sporadic and your (and the teacher’s) standards will have to be adjusted accordingly. Both approaches are fine, as long as you, the teacher and the child are on the same wavelength.

- How much involvement would there be on your part? To be frank, learning to play an instrument isn’t easy, especially in the beginning, and as the learning becomes easier, the pieces get harder, so help and encouragement at home go a long way toward success. If your beginner is four or five, there absolutely must be help between weekly lessons or everything will be forgotten. Older kids can remember things much better, but most will not sit down and practice unless a parent suggests it or there is an established routine.

I feel that it’s unreasonable to expect self-discipline from a child when most adults have trouble with it unless it involves their livelihood. I never wanted to practice before I was in my late teens and many professional musicians will confess to having had the same attitude as children. So, be prepared to nudge, exhort, bribe or beg once in a while if you want speedy results.

- Taking lessons along with your child. If you feel inclined to take lessons as well, you will set a great example, motivate your child, and have a common pastime which you both will treasure. You will help each other and be able to play together, which is a lot of fun. You will also have to do much less nudging, exhorting, bribing and begging.

Eleonor Bindman MA, an award winning pianist and long-time piano teacher, maintains a studio in Park Slope, Brooklyn. You may learn more about here at www.eleonor-bindman.com.



Children are natural music lovers, singers and dancers, but when it comes to learning a musical instrument even the most gifted need some help.

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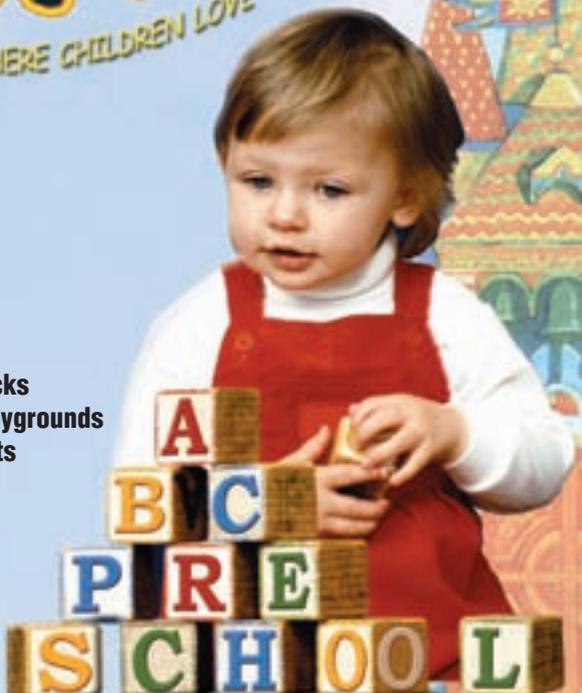
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Maria Montessori truly led the way

Her pioneering work on early childhood education

BY MARY CARROLL WININGER

At the beginning of the twentieth century, educating young children was a far more grim experience than what we know today. Schools at that time were designed to drill and discipline rather than grow and nurture young minds. Classrooms were often dirty and crowded Dickensian places where children were deposited to memorize lessons and wear dunce caps. Schools of today are vastly different, with sing-alongs, magic carpets, and class pets.

So how, in the span of a century did early childhood education make the transition from “Bleak House” to modern-day fairy tale? How did schools go from being places of tedium and punishment to sweetness and light? The shift was due almost completely to the research and philosophies of one person, who happened to be the first Italian woman to ever receive a medical degree. Her name was Maria Montessori.

The only child of Alessandro Mon-

tessori and Renilde Stoppani, Maria Montessori was born in 1870 in the town of Chiaravalle, on the eastern edge of Italy. From the beginning, she wasn’t like the other girls. She was described as having been “headstrong” and “self-confident,” often emerging as the leader in schoolyard games. She easily excelled in school and, at the university level, while the other female students were reading romance novels and dreaming of marriage, Maria Montessori spent hours in the library studying math and science — her favorite subjects. After several years of pressuring the University of Rome, she was eventually permitted to study medicine there, and in 1896, became the first woman in Italy to become a physician. It was her work with the university’s psychiatric clinic that led to her life’s calling.

As part of her work with the clinic, Dr. Montessori was to visit asylums for the mentally challenged. She noticed immediately how their youngest residents were starved for attention and experience. When she saw the amount of human potential being wasted, she began conducting experimental research, observing how children in the asylums interacted with specially designed self-teaching materials. After the mentally challenged children scored higher than average children on the same aptitude tests, Dr. Montessori determined that learning did not consist of memorizing and reciting, but sensing and experiencing the world through concrete objects.

As a result of this early success, she was asked to establish an experimental day-care center for disadvantaged children in Rome. Sixty children from the low-income San Lorenzo district were chosen to attend the Casa dei Bambini (Children’s House), where Dr. Montessori had



Maria Montessori changed the face of early childhood education.

designed a “prepared environment” in which the children could freely choose from a number of developmentally appropriate self-directed learning activities. She noticed how the children, when allowed to move about the room and interact with learning materials, would absorb knowledge almost effortlessly from their surroundings. The children of Casa dei Bambini, whom society had dismissed as unruly “street kids,” also achieved above-average test scores, thanks to Dr. Montessori and her newly-developed method. She knew then that if children coming to school with special needs or challenging backgrounds could benefit from this non-traditional approach to learning, it would stand to reason that average children could too.

As word spread of her success with teaching children who were formerly considered “unteachable,” Dr. Montessori began to lecture, write books, and conduct training programs to explain her approach, which came to be known as the “Montessori Method.” Her ideas swept through enlightened circles,



A Montessori student learns about the decimal system.

but did not officially take hold in the U.S. until the early 1960s, due to John Dewey's domination of the American educational system during the first half of the twentieth century. Today, there are at least 4,000 certified Montessori schools in the United States; and about 7,000 worldwide.

Present-day Montessori schools observe many of the same principles as their predecessors. The sparse environment of a Montessori classroom is filled with carefully chosen materials to facilitate independent research and learning. (A Montessori tenet holds that the teacher is there to control the environment, not the child.) Blocks and color tablets help children learn about the sensory world; beads and sandpaper numerals teach about decimal representation and identifying numeric symbols. There are materials for buttoning and bow-tying, pouring and scooping, and preparing food – all to encourage hand-eye coordination. Other areas are designated for cleaning, gardening, or caring for animals.

At Montessori schools, children are not forced to sit behind a desk and listen to a teacher talk at them. There are no deadening call-and-response drills, no rigid reward and punishment systems. Children are instead free to move around and explore any subject for as long as they wish, with no time constraints. When children are allowed to choose what they want to do and concentrate for as long as they need on a given task, they tend to leave that task refreshed and filled with good will towards fellow students. All the while the teacher must protect the stu-



dent's concentration from interruption. Children therefore discover on their own, while being gently guided by their teachers - which fosters a lifetime love of learning.

Students at Montessori schools also do not receive papers back filled with red marks and corrections. Instead, the teacher plans individual projects to enable each child to work on what he needs in order to improve. And Montessori students are not forced to compete - they learn from each other in mixed age

groups, where they bounce ideas off one another and learn what the others know. This ensures the acquisition of problem-solving skills and social interaction, and, in this way, children learn to work together.

There are numerous local examples of schools that uphold Montessori ideas and beliefs, the central one being to bring out the best in each child. Children are allowed to develop at their own speed, according to their capabilities. The students make the choices, and their unique qualities and talents are respected. It is believed that the most important years of a child's education are not at the university level, but from birth to age 6. If a child is allowed to pursue hands-on tasks during this period and think independently, without obstacles, he/she can be guided to a radiant future.

The Montessori Method has proven again and again to advance children's aptitude, thinking and reasoning skills, and overall happiness. It allows children to grow at a relaxed pace into the intelligent men and women they will become.

Mary Carroll Winingar is a writer based in New York City. She is a frequent contributor on topics ranging from etiquette to feng shui.

Montessori students learn about math by playing with plastic beads.



Maria Montessori enjoyed observing children learn about the world around them.



cinematters



LAURA GRAY

Hockey star gets humbled by fairies

All those years of piano lessons are in jeopardy when your daughter fails to win admission to a prestigious music school. She is crushed. The starry-eyed girl you once knew seems to be gone; her dream of performing in the world's great music halls, abandoned.

But as a volunteer at the Special Olympics, your daughter gets a new viewpoint. She sees young athletes persevere despite much greater odds than those she has faced. The experience reawakens her own dreams. Before long, she's back at the keyboard preparing to fulfill those dreams no matter what.

She learns to never give up on her dreams — an inspirational message at any age. And it's one that motivates aging hockey player Derek Thompson in "Tooth Fairy," available this month on DVD. Pick up a copy and watch it with your family before launching into a lively discussion with our Talk Together points. Then reinforce the message with our "Sweet Dreams" family activity.

In "Tooth Fairy," fan favorite Derek has earned a reputation as a brute on the ice. In fact, he's called the "tooth fairy" because of his habit of hitting opponents so hard their teeth fall out! But when Derek steals money left under a little girl's pillow by the real tooth fairy, he winds up in big trouble. Soon Derek sprouts wings and is transported to "fairy central" to face his punishment: he must work two weeks as a real tooth fairy.

He is assigned to Tracy, a "wing-



Hockey player Derek Thompson is sentenced to serve two weeks as a tooth fairy by the "head" fairy.

less" fairy whose job is to teach him the ropes. Derek balks at his sentence and writes off the encounter as merely a dream. But he's definitely not dreaming when his wings pop out during a hockey game the next day. Tracy accompanies an unhappy Derek to collect a child's recently lost tooth. He fumbles through his new duties, making no effort to embrace his job as tooth fairy.

Then, in a moment of frustration, Derek lashes out at his girlfriend's son, telling him to give up his dream of playing guitar in a band because, chances are, he's just not good enough. Angrily, the boy's mother breaks off her relationship with Derek. Tracy, too, is ready to give up on Derek's becoming a good tooth

fairy and fulfilling his sentence.

Finally, Derek admits his attitude stems from his own failure to succeed in hockey after an injury many years earlier. With lots of practice and perseverance, Derek scores a goal, wins the hockey game and helps Tracy become a real tooth fairy. His final tooth fairy job is to collect his girlfriend's daughter's tooth. He also makes amends with her son. Derek completes his sentence and learns to never give up on dreams — his or anyone else's.

Talk together

Derek seems to enjoy his position as "team bully" on the ice. What does he really dream of doing? Why hasn't he pursued his dream? How does this affect his attitude toward dreams in general?

Tracy also has a dream — to be a tooth fairy. What keeps him from working toward that goal? How does Derek prepare him for the job?

Which of Derek's tooth fairy "tools" would you most like to try?

Plan a family movie night this month! Check out our archives at www.Cinematters.com and get some great ideas for fun with your favorite films!

Play together: Sweet dreams

You will need:

- 1 sheet of sticky-backed felt or foam
- Foam stickers
- Cotton balls or tissues
- Pipe cleaners
- Permanent marker

Fold the felt or foam in half and, using the marker, print "I'm daydreaming" on one side and "Shhh... I'm dreaming" on the other; decorate with stickers. Peel off the backing and place cotton balls or tissues on one half. Use as much

as you want to create your "pillow." Place ends of pipe cleaner under edges of foam or felt, fold and press edges together to seal. Hang your pillow on your bedroom door to let everyone know when you are dreaming big, day or night!

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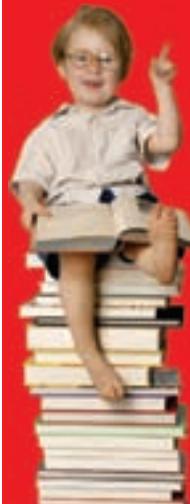
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LIONS AND TIGERS AND TEENS

MYRNA BETH HASKELL

A family vacation even teens will love

My teens usually start asking about our summer vacation right after Christmas. This is music to my ears because it tells me that they actually still want to go on vacation with us!

I really knock myself out looking for places that are loaded with activities — biking, water parks, beaches, etc. Teens want to have new adventures and they want to be active. Most don't want to spend a week visiting museums or antique shopping. Your best bet is to find places where the entire family can have fun

and where your teen can explore a bit without having to stay glued to mom and dad.

Have you started the planning yet? Hopefully, you've included your teen. This doesn't mean that you have to abide by his every whim, but that you've asked for his opinion. Nicole Hockin, a travel expert for Hotels.com, explains, "I like to encourage families to include everyone in trip planning. It certainly helps to get apathetic teens to take a vested interest in their fun."

Families who plan together tend to have fun together. If interests of all family members are taken into account, chances are that you will all have a fabulous time.

Don't have the foggiest idea of where to begin? Certain types of vacations cater more to teens than others. Hockin suggests cruises because there are so many programs geared toward the teen crowd. There are teen night clubs, teen movie nights, and other special activities just for teens.

She also explains that all-inclusive resorts have the same types of teen activities and social events. Teens also love vacations filled with adventures where they can go off a bit on their own.

"Glamping is a hot trend that teens love," Hockin says. "It's roughing it but not really — glamorous camping. Many resorts give you the option of tents or cabins and often include three meals a day."

Many parents say that the beach is also a very good option — especially if it has a boardwalk!

Once you've arrived, your teen might ask for alone time. This is normal and you should allow your teen more freedom than you would a younger child.

However, Dr. Laura Grashow, a psychologist who specializes in adolescents, family therapy, and parental guidance, suggests that parents use caution while on vacation with teens. "Parents need to pay attention to what their teens are doing. Research shows that youth who engage in high-risk be-

havior at home are even more likely to engage in high risk behaviors, such as unprotected sex or alcohol and drug use, while on vacation."

Use your best judgment when making decisions about letting your teen go solo or with peers.

"If you have teens who are basically responsible and trustworthy, you can probably expect more of the same on vacation," said Grashow. "I would also recommend that they stay on premises or at an approved location only."

You might also consider allowing your teen to bring a close friend along. This is a particularly good idea if your other children are much younger. Think about easing up just a bit on your regular rules as well, such as bedtime hour and junk food intake. Your vacation is transient, yet will garner lifetime memories.

Tips and tales

"The best vacations we take now that the kids are older are cruises. We go with other families so there are more teens. My kids love the variety of activities. We eat our meals together and enjoy the off-shore excursions as a family, but on-board ship time is spent between new friends and family."

Sharon Foster, Poughkeepsie, NY

"We usually go to Long Beach Island or the Jersey Shore. The beach is a good place for teens. It's safe at LBI, and they have a lot going on. You can let them have some freedom, and parents can vegetate on the beach. Everyone wins!"

Felicia Sealey, Hyde Park, NY

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Myrna Beth Haskell is a freelance writer specializing in parenting issues and children's development.



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GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Eat what they sow

Whatever your political leanings, you may have cheered Michelle Obama last year when you heard about her White House kitchen garden. Area children learned how to prepare the ground, plant seeds, water seedlings, pull weeds and finally enjoy the garden's bounty.

According to the National Gardening Association, there was a 19 percent increase in U.S. households growing their own fruits, vegetables and herbs last year over the prior year. While economics surely played a role, planting a vegetable garden reaps many other benefits.

Registered Dietitian Diane Welland, the Virginia-based author of *The Complete Idiot's Guide to Eating Clean*, says there is "the pride and satisfaction of growing your own food, a sense of accomplishment and appreciating what the land can produce." (She also points to knowing the food is healthy and grown without pesticides and herbicides.)

Dirt with benefits

Looking for a way to nudge your child toward more produce? In a 2009 Journal of the American Dietetic Association study, 98 percent of the children in fourth to sixth grades who contributed to a garden during summer camp enjoyed taste-testing fruits and vegetables.

Last spring, when Welland's daughter was 4, they planted snow



peas. Every morning, they picked the ones that were ready and ate them. Welland refers to it as a "magic garden" because that was the only way she got her daughter to eat snow peas. Depending on your own child's age, he or she will glean lessons not found in school while gardening.

Preschool-age children learn:

- Responsibility. They have to take care of the plant, water it and weed it or it won't grow.
- Patience. Little ones have to wait for the plant to bear fruit and pick it at just the right time. Too early, and it will not be ripe or taste good. Too late, and it will begin to rot.

How life changes. Watching how life grows and changes over the season is fascinating for a preschooler.

School-age children learn:

- Teamwork. They experience

What are some easy-to-grow vegetables for a first-time gardener?

Zucchini, tomatoes, peppers, cucumbers, snow peas and sugar snap peas are easy to grow and child-friendly. The peas are especially sweet and crispy and can be eaten straight from the plant.

working together as a family. One member may be in charge of the watering, another takes care of the weeding.

- Greater appreciation of food. Children learn how much work it takes to get their food on the table.

- Working hard for a long-term goal. So much of today's society is based on immediate gratification, but a garden doesn't work that way.

- Recognizing good food. If all you've tasted are tasteless, off-season tomatoes, imagine a juicy, ripe tomato, right off the vine.

- Not giving up. Sometimes things don't work out as you expect them to, such as experiencing a bad crop. Children learn that there's always next year.

What does it cost?

Planting from seed saves quite a bit of money. A packet of seeds costs less than two dollars and a full garden can cost \$5-\$25 depending on how much and what you plant. If your soil quality isn't the best, you may need to buy top soil, peat moss and manure, which may add about \$30. Welland says it's well worth the cost.

Happily, growing your own food is fashionable again. There's nothing better than making dinner with the food you picked in the garden that morning. It's fresh, clean and delicious and you know your family is getting the best food possible.

Christine M. Palumbo, RD loves snipping fragrant basil, oregano, parsley, rosemary, mint and cilantro from her herb garden in Naperville, Illinois. But her favorite home-grown items are the tomatoes. She can be reached at (630) 369-8495 or Chris@ChristinePalumbo.com.

Banana Almond Roll Ups

INGREDIENTS

- 1 (8-inch) whole wheat tortilla
- 1/2 medium banana, sliced lengthwise
- 2 tsp. unsalted, creamy almond butter
- 1 tsp. dark chocolate (70 to 85 percent dark cacao solids), shaved

PREP TIME: 5 minutes

DIRECTIONS

To assemble, place tortilla on a large flat cutting board or work surface. Lay banana slices in a single layer



lengthwise on the bottom middle portion of the tortilla.

Spread almond butter on top of banana. Sprinkle with dark chocolate.

Fold about two inches of the bottom edge of tortilla up towards the center, then fold in each side, one overlapping the other, to enclose banana, and then finish rolling up tortilla.

Serve immediately or wrap tightly in plastic wrap and place in an airtight container. Stored in refrigerator, wrap will keep for two to three days.

NUTRITION FACTS: 272 calories, 2g total fat, 2g saturated fat, 7g protein, 43g carbohydrate, 11g sugars, 0mg cholesterol, 5g fiber, 342mg sodium

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Give Your Child A Summer To Remember

Happy & gay in Jackson Heights

Why this neighborhood is attracting gay and lesbian families

BY MARY CARROLL WININGER

When gay couples commit to a life partner and choose to bring a wee one into the world, they then face the toughest decision of all: where should they live?

The answer is not simple. Gay couples need to determine what neighborhoods combine good schools, affordable rents, an easy commute, and a vibrant community in a kid-friendly — and queer-friendly — environment.

Beset by the high rents of Chel-

in peace. Beatrice and Gretchen moved there in October 2008 with their two-month-old son, Beckett.

"I've lived in New York for 20 years, and this is the best quality of life I've had," says Gretchen. Between the two of them, they have lived in Washington Heights, the Upper East Side, and Park Slope — the last, "before it was chic and expensive."

All were adequate, but when they found out they were expecting their first child, they looked at their shared Washington Heights apartment with new eyes and knew a move was imminent.

"We were originally thinking we wouldn't move," says Beatrice. "We liked that the park was nearby, plus we had a doorman and it was inexpensive. But once we decided to start a family, we knew we could no longer live in our one-bedroom."

The couple first heard about Jackson Heights from a magazine at a fertility clinic. Even though the area touted itself as being family-friendly, Beatrice and Gretchen still thought they would explore other locales.

This didn't last long.

On their first trip to Jackson Heights, they noticed the commute from 50th Street in Manhattan to Queens' Roosevelt Avenue Station took only 17 minutes. By contrast, "the A train was such an ordeal when we were living in Washington Heights," says Beatrice.

The hits kept coming: public schools were famously good, apartments were, of course, generally much larger than in Manhattan, and many apartment buildings had their own gardens for the tenants' private use — and, Beatrice adds, they're "completely enclosed, which makes you feel safe."

Beatrice and Gretchen also realized that their dining options had

greatly expanded once they moved to their new home.

"I think that's the reaction we get the most when we tell people we live in Jackson Heights — 'Oooh, you have great restaurants out there!'" says Gretchen.

The varieties of cuisine available are numerous — Indian, Colombian, Thai, Vietnamese, Latin American — but the couple quickly learned was how every restaurant and business seemed to welcome children.

"It's a very kid-friendly neighborhood," explains Gretchen. "People like kids here. On Halloween, they close off 37th Avenue, set up barricades, and turn on the floodlights. Then, all the kids walk up and down the street in their costumes, and all the stores give them candy."

More and more, Beatrice and Gretchen noticed this welcoming attitude from all types of people, for all types of people.

"In our building, we have two Irish families. There are also Italian, Ecuadorian, Polish, French, and Chinese residents. We're the only gay couple in the building, but the people in our building could not have been more excited about the baby. They all bought us baby presents," says Gretchen.

Jackson Heights may not be as gay-centric as other parts of New York, it is very much a place where differences are respected and parents from all walks of life can feel comfortable.

"When we first moved to the neighborhood," says Gretchen, "I went into a Starbucks and started talking to the girl behind the counter. I asked if she was familiar with the neighborhood, and she said yes. Then I asked if it was a gay-friendly place, and she said 'Definitely.' It turned out she was gay too."

Jackson Heights isn't perfect. There aren't any parks, though there are a few playgrounds. Parking is a pain, but it's not terribly different from anywhere else in New York.

"Cops are really die-hard ticketers," warns Gretchen. She also cites the lack of a real gym. "There's no New York Sports Club or anything like that." But she admits that these are small prices to pay for a place that is "almost like a small town."

Beatrice is more succinct: "It's the anti-Manhattan."



Beatrice and Gretchen — with their son Beckett— enjoy living in Jackson Heights.

sea and exasperated by the leagues of triple-wide strollers in Park Slope, many of the city's gay parents find themselves turning to Queens and Jackson Heights.

Known for Bollywood DVDs and tandoori chicken, Jackson Heights has grown over the years into a haven for young families, and its all-inclusive attitude means gay parents can raise their children

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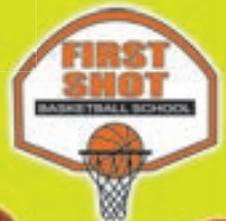


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Excited about camp?

Four ways to ensure the perfect camp experience



Parents want their children to experience an important rite of childhood — camp.

Smart moms and dads know that through experiences with nature, authentic relationships, and participation in human-powered activities, children develop independence, a sense of self-worth, and a greater understanding of the world around them. Simply put, camp changes lives.

However, parents of first-time campers may be unsure of how to mentally prepare for this exciting adventure.

The American Camp Association (ACA) suggests keeping the following in mind as you begin to prepare your children, and yourself, for camp:

Focus on education

Camp provides an opportunity for children to explore a much larger world.

It also offers parents and kids a chance to practice normal, healthy

separation, which allows children to develop autonomy and a stronger sense of self, make new friends, develop new social skills, learn about teamwork, and so much more.

Share the prep work

Camp decisions, like what to pack, should be made together. When children feel that they are part of the decision-making process, they are more comfortable.

Talk, talk, talk

It is only natural that, as the first day of camp approaches, some children may experience uneasiness about going away.

Encourage your child to talk about these feelings.

Parents should let their child know that they are confident in the child's ability to handle being away from home.

Remind the child of other times they have been away from home successfully — sleepovers with

friends or family, etc.

Get real

It's important for children and parents to maintain realistic expectations. Camp is a microcosm of the real world, so, just like life, there will be highs and lows.

Parents should encourage realistic views of what camp will be like, discussing both the high points and the low points children may experience. Remind children that the most important thing is to relax and have fun at camp.

For 100 years, the American Camp Association has been serving the camp community and families considering camp. Please visit the ACA-NY family resource Web site www.campwizard.org to find a camp database for the New York area or call (800) 777-CAMP. ACA-Accredited camp programs ensure that children are provided with a diversity of educational and developmentally challenging learning opportunities.



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Healing homesickness

How to deal
when kids
get sad away
at camp



As summer begins, millions of children head to summer camp — eager, excited, and ... homesick? Research indicates that homesickness is the norm, and not the exception. It is common for campers to feel a tinge of homesickness at some point during the camp session. So, how can parents help? By exercising a little preparation and patience, parents can ease any homesickness in their otherwise happy campers.

The American Camp Association recommends the following tips parents can use to help their child deal with homesickness at camp:

Encourage your child's independence throughout the year: Practice separations, such as sleepovers at a friend's house, can simulate the camp environment.

Involve your child in the process of choosing a camp: The more that the child owns the decision, the

more comfortable the child will feel being at camp.

Discuss what camp will be like before your child leaves: Consider role-playing anticipated situations, such as using a flashlight to find the bathroom.

Reach an agreement ahead of time on calling each other: If your child's camp has a no-phone-calls policy, honor it.

Send a note or care package ahead of time to arrive the first day of camp: Acknowledge, in a positive way, that you will miss your child. For example, you can say "I am going to miss you, but I know that you will have a good time at camp."

Don't bribe: Linking a successful stay at camp to a material object sends the wrong message. The reward should be your child's new found confidence and independence.

Pack a personal item from home: Consider a stuffed animal.

Avoid the temptation to take the child home early: If a "rescue call" comes from the child, offer calm reassurance and put the time frame into perspective.

Talk candidly with the camp director: Try to obtain a different perspective on your child's adjustment.

Don't feel guilty about encouraging your child to stay at camp: For many children, camp is a first step toward independence and plays an important role in their growth and development.

For 100 years, the American Camp Association has been serving the camp community and families considering camp. Please visit the ACA-NY family resource Web site www.campwizard.org to find a camp database for the New York area or call (800) 777-CAMP. ACA-Accredited camp programs ensure that children are provided with a diversity of educational and developmentally challenging learning opportunities.



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Long Island Family's first annual Camp Fair sets up the season



LONG ISLAND FAMILY held our first Annual Camp Fair on Sunday, April 18th at The Walt Whitman Mall.

It was a beautiful day and more than 24 camps and summer programs were set up to meet and greet prospective campers and their parents in this stunning mall centrally located in Huntington. It's not too late to sign on if you haven't already chosen a program for your child and all of these camps offer fantastic fun for your children this summer.

Turnout was great and the day was gorgeous and bright and the foot traffic was super. Music Parties with Richard was present to entertain and face painting was going on as well. A lot of kids were walking around the mall that day with some fabulous faces! Costumed characters roamed and made merry.

New York Life Insurance was also present with a sizeable staff providing FREE Child I.D. cards. They take the child's photo, fingerprint them and create an up-to-date profile of the child that gets stored on a card for safe keeping in case of emergencies. They also were informing parents of how to create a happier, safer environment for children.

The staff of LONG ISLAND FAMILY mingled and assembled an impressive list of local moms who are crazy about LONG ISLAND FAMILY and who have become FACEBOOK fans. Become a FAN also by clicking on our FACEBOOK link on our website at www.webfamilyny.com and get entered to win some Broadway show tickets for your family.

This is only the beginning of the great events we plan on sponsoring for Long Island.

Watch in the months ahead for our promotions and definitely come out and see us!

Thanks to all the camps and to the many fine people we got to meet who represent these terrific Summer Programs. It was a real pleasure and we wish everyone a great summer camp season!



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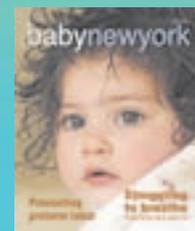


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Going Places

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La Leche League: Call for location (718) 626-4833)

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Widow, Widower's Divorced and Single: 95 Stewart Avenue; Hicksville; (718) 395-8303; \$7.

Support group for 40 plus individuals - meets each Wednesday.

Compassionate Friends: (718) 767-0904; 8:30 pm.

Non-profit bereavement group for those parents that have experienced the death of a child. The group meets the third Friday of every month.

Children's Storytime: Barnes & Noble, 176-60 Union Turnpike; (718) 380-7077; Tuesdays and Thursdays, 10 am & 7 pm, Free.

Storytime fosters the love of reading with weekly children's storytimes and a cookie break.

Support Group: Central Queens YM&WYHA, 67-09 108th St. (718) 268-5011 X500; Dstar @cqjcc.org. www.cqjcc.org.

Coming Back from Cancer provides cancer patients a therapeutic exercise program including stretching to address range of movement limitation issues, core strengthening, resistance training and aerobic activity and is open to those who are currently in treatment or in any stage of recovery. For an interview or additional information about days, times and fees call Robin Budnetz.

Lizards and Snakes - Alive: American Museum of Natural History, Central Park West at W. 79th Street; (212) 769-5200; www.amnh.org. \$24 adults; (\$14 children; \$18 for seniors/ students).

See a diversity of legged and legless lizards representing more than 20 species from all over the world.

Job Training Program: YWCA of Queens, 42-07 Parsons Boulevard; (718) 353-4553; THolloway@ywcaqueens.org; Mondays - Thursdays, 9:30 am - 12:20 pm and 2-4:50 pm, Now - Mon, May 10; Free.

This program is for immigrant adults and is presented by the YWCA of Queens. Requirements are - 16 years of age or older with valid documentation and ID and Intermediate English speaking proficiency, (speaking test will be



Amazon adventure

Will you Survive the trek? Take a voyage along the world's most diverse river, the Amazon, without the bother of a passport or having to board a plane. The Amazon Exhibit at the New York Hall of Science is running from May 8 through Aug. 22. Visitors hop on a replica of a riverboat and hear the tale of "The Seven Perils" as told by Mo, the riverboat captain.

Come along and see vicious fish, giant anaconda, giant catfish and many other riches in

scheduled individually) Job placement assistance is provided, career counseling and follow up services; Five week course.

Friendship Group: Friedberg JCC, 15 Neil Court; (516) 766-4341; www.friedberg.org; Daily, 2-3 pm.

Friendship Group of Middle School meets daily for students with Disabilities and provides an opportunity for Disabled Middle School children in the community meet and enjoy events at the JCC. Come swim in the indoor pool, hang out in the renovated teen lounge and participate in exciting art projects.

Swimming Lessons: Roy Wilkins Recreation Center, 177th Street & Baisley Boulevard; 718-760-6969 or 311; www.nyc.gov/parks/rangers; Tuesdays

this hands-on, bilingual exhibit, including wrestling with a life-size, soft, sculpted anaconda, examine animations of four species of piranhas and reaching inside the belly of a replica piraiba, the largest Amazonian catfish.

New York Hall of Science, [47-01 111th St. Corona, (718) 699-0005]. Shows daily beginning May 8. Tickets are \$11 adults (\$8 children 2-17; college students with valid ID and seniors 62 plus) For more information visit their Web Site at www.NYSci.org.

and Thursdays, 4-5 pm, Now - Thurs, April 29; \$14.

This program teaches basic water safety and swimming skills to children (ages 6-14) Space is limited for this free program and children will be accepted on a first-come-first-serve basis.

Childcare Training: Blanche Daycare Center, 44-02 Beach Channel Drive; (646) 229-0322; Mondays and Thursdays, 6:30 - 9 pm, Now - Thurs, April 29; Free.

BOC (Business Outreach Center Network, Inc) and Blanche Community Progressive Day Care are offering a child care business development training course. This is a nine-week, 45 hour comprehensive program of business

Submit a listing

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

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training and professional support.

Support Group: Mid-Island Y JCC, 45 Manetto Hill Road; 516-822-3535 X 326; www.miycc.org; Wednesdays and Fridays, 10 am - 2 pm.

Shabbat Respite program provides a supportive and nurturing environment for your loved one who is suffering from Alzheimer's disease or early onset dementia including socialization, cognitive stimulation activities, art therapy and more. Led by licensed social workers, coffee tea and a nutritious kosher lunch provided. To schedule an appointment or additional information call Doreen.

Children's Garden Session - Spring: Queens Botanical Garden, 43-50 Main Street; (718) 886-3800 X 230; rwolf@queensbotanical.org; www.queensbotanical.org; Saturdays, 9:30 am - Noon, Now - Sat, June 12; \$325 (+10 percent discount for QBG family members).

The "Green" program offers kids, ages 5 to 12 the opportunity to practice different sustainable gardening techniques, such as composting and mulching and learn about the reuse and recycling of materials.

Training Group: The Animal Medical Center, 510 East 62nd St. (854)-230-6406; rsilverman@guidingeyes.org; www.volunteer.guidingeyes.org; Free.

Guiding Eyes for the Blind seeks volunteers to foster future guide dog puppies. All training, support and veterinary expenses are provided free of charge. Pre-placement classes are held at the Dog Spa in Chelsea at 32 West 25th Street. Required weekly raiser classes are held on Sunday evenings at the Center. Call for specific location & time.

Continued on page 38

Going Places

Continued from page 37

Balance Training: Central Queens YM & YWHA, 67-09 108th Street; (718) 268-5011; www.cqycc.org; Tuesdays, 10:45 – 11:45 am, Now – Tues, June 29; \$55, (\$72.00 Non-Members).

This class is designed to focus on improving dynamic balance while responding safely to posturally challenging ambulatory tasks, such as changing directions to walk forward or laterally; walking on a plank, turning, bending, stepping on & off curbs, stepping over obstacles, bouncing & catching a ball, and more.

Jewish Mysticism: Central Queens YM & YWHA, 67-09 108th Street; (718) 268-5011; www.cqycc.org; Wednesdays, 11:20 am, \$54 (non-members).

The course takes a closer look at traditional and modern interpretations of Jewish mysticism and is taught by Rabbi Irwin Goldenberg.

Support Group: Parkway Community Church, 95 Stewart Ave; (516)-395-8303; Wednesdays, 7:30 pm, \$7.

A dynamic discussion and support group for 40 plus individuals, who are widowed, divorced or single.

Fiesta Mexicana: Thalia Spanish Theatre, 41-17 Greenpoint Avenue; (718) 729-3880; www.thaliatheatre.org; Thursdays – Saturdays, 8 pm, Sundays, 4 pm, Now – Sun, May 9; \$30 (\$27 students and seniors; \$25 for Thursday and Friday performances).

Led by artistic director Yloy Ybarra, dancers Natalia Brillante, Cecilia Ortega, Lizette Palacios, Alda Reuter, Judith Shapiro, Noe Dominguez and Yloy Ybarra perform. - Special guest appearance by Daniel Soberanes from ZAZHIL Special performance May 5 at 7pm - \$50.

“Till Death Do Us Part - Late Nite Catechism 3”: Queens Theatre in the Park, Flushing Meadows Corona Park; (718) 760-0064; www.queens theatre.org; Friday, May 7, 8 pm; Saturday, May 8, 2 pm; Sunday, May 9, 3 pm; Wednesday, May 19, 2 pm; Thursday, May 20, 2 pm; Friday, May 21, 8 pm; Saturday, May 22, 2 pm; Sunday, May 23, 3 pm; \$32 weekdays (\$35 Sat. matinees; \$38 Sat. evenings and Sun. matinees).

This is the third installment of a popular comedic series wherein a Catholic nun teaches her world-views to audiences. Be prepared for “classroom participation” in this laugh-filled lesson. This time around, in ‘Til Death Do Us Part, the Sister ruminates on marriage and creates her own Newlywed Game, Catholic-style, in an interactive marriage-counseling session.

Amazon Exhibit: New York Hall of Science, 47-01 111th St. 718-699-0005; www.nysci.org; Daily, call for times; beginning Sat, May 8; \$11 adults (\$8 children 2-17; college students with valid ID and seniors 62 plus).



Giulia Piccari

Dance and rhythm

Get ready to shake your rump with the Treehouse Shakers.

The theater company presents two productions for children and teens that offer a look at modern dance through innovative storytelling.

First up, on May 4 and 7, it's “Animal Rhythm,” an adaptation of two African folktales – “The Day it Rained” and “Jackal and Hare.”

Through the use of body drumming and modern dance, audiences explore rhythm as they create the sounds of the ancient story drum using their own bodies. The stories are further illustrated by bright costumes and live Afro-influenced movement set to an

enthusiastic original score.

Then, on May 12 and 13, teens can learn about their body with “Let’s Talk About IT,” which tells the story of the teen anatomy as it transitions from childhood to adulthood. Will give you one guess as to what “IT” is.

“Animal Rhythms” at *The Ailey Citigroup Theater, Joan Weill Center for Dance [405 W. 55th St. at Ninth Avenue in Manhattan, (212) 715-1914] on May 4 and 7 at 11 am. Tickets \$15; “Let’s Talk About IT” at *Manhattan Movement and Arts Center [248 W. 60th St. near West End Avenue in Manhattan, (212) 715-1914] on May 12 and 13 at 11 am and May 15 at 2 pm. Tickets are \$20.**

For info, visit www.TreeHouse-Shakers.com.

Learn about the world’s most biologically diverse river in Amazon Voyage - Vicious Fishes and Other Riches in this hands-on, bilingual exhibit on view.

Big Apple Circus: The Big Top at Cunningham Park, Francis Lewis Boulevard and Union Turnpike; (888) 541-3750; (800) 922-3772. www.bigapplecircus.org; Saturday, May 22, 12:30 pm; Sunday, May 23, 12:30 pm; Tuesday, May 25, 11 am; Wednesday, May 26, 11 am; Thursday, May 27, 11 am; Friday, May 28, 11 am; Saturday, May 29, 12:30 pm; Sunday, May 30, 12:30 pm; Monday, May 31, 12:30 pm; Wednesday, June 2, 11 am; Thursday, June 3, 11 am; Friday, June 4, 11 am; Saturday, June 5, 12:30 pm; Sunday, June 6, 12:30 pm; Start at \$15.

Bello is Back at the Big Apple Circus - Along with his fellow performers they

will astound and delight children of all ages.

SAT, MAY 1

Dance Festival: Jamaica Center for the Performing Arts, 153-10 Jamaica Avenue; www.jcal.org; Call for times; Call for fees.

Making Moves is a day-long dance festival celebrating dance artistry. The line up begins with a free outdoor matinee performance. Tickets may be purchased online at or at Jamaica Center for Arts & Learning - 161-04 Jamaica Avenue, Jamaica - Monday – Saturday, 10am – 5pm.

Neighborhood Sale: Douglas Manor, Douglaston train station (Port Washington Line); (718) 225-3111; 10 am – 5 pm; Free.

The residents of Douglas Manor are banning together to have a combined block sale, which proceeds will benefit the beautification of the Douglaston area. Maps will be given out by the Douglaston Station near Diego’s Food Store. The blocks included cover Ardsley Road to The Point and East Drive to Shore Road.

Adoption Seminar: Family Focus Adoption Services, 54-40 Little Neck Parkway - Suite 4; (718) 224-1919; www.familyfocusadoption.org; 10am; Free.

Do you need help in adopting children you found on the internet? This two hour informational meeting helps prospective parents learn the realities about interstate adoption of children through internet searching, placement of older children and teens, and infant and international adoption.

Earth Day at the Beach: Rockaway Beach, B. 28 Street and Boardwalk; 311; www.nyc.gov/parks/rangers; 12–4 pm; Free.

Rockaway’s 4th annual celebration includes environmental programs, arts and crafts, and entertainment fun and informative to boot.

Bike Tour: Fort Totten Park, Front Gage - Intersection of Totten Road and Cross Island Parkway; 311; www.nyc.gov/parks/rangers; 1 pm; Free.

Pedal your way through Fort Totten and learn it’s history back to the Civil War. There will be several stops along the tour highlighting special buildings. Bring your own bike and helmet too!

Puppetry Workshop: Flushing Town Hall, 137-35 Northern Boulevard; (718) 463-7700; www.flushingtownhall.org; 2 pm; \$21 per child/ \$15 per member child \$8 per child/ \$6 member child). All materials included.

Participants will make and bring to life puppets and interactive scenery. Register for one workshop or sign your child up for the whole series! Ted Killmer, former puppeteer and current FCCA Board Member facilitates the workshops.

SUN, MAY 2

Flea Market: St. Raphael’s Church, 35-20 Greenpoint Avenue; (718) 729-8957; 9 am–4 pm; \$30 (tables).

Ten-foot spots available. Open to the general public.

Because Kids Don’t Come with Instructions: JCCA Forest Hills Child Care Center, 108-05 68th Road; (212) 558-9949; www.jccanyc.org/ametz; 10 am; \$10 per person.

Post-Adoptive Support Group for parents and children.

Bike Tour: 1 pm. See Saturday, May 1.

Jeanne Ruddy Dance: Queens Theater for the Performing Arts, Flushing

Going Places

Meadows; (718) 760-0064; queenstheatre.org; 3 pm; \$33.

Award winning Jeanne Ruddy Dance showcases original works by Artistic Director, Jeanne Ruddy.

85th Anniversary Cocktail Party: Immaculate Conception Center, 7200 Douglaston Parkway; (631) 363-2422 X 2060; www.tildonkursuline.org; 3-7 pm; \$75; (\$25 each or 5/\$100 50/50 raffle; journal ads \$50; Sponsorship - call for details).

Come celebrate the 85th Anniversary of the Ursuline Sisters at this milestone event.

Dance: Queens Theatre in the Park, Flushing Meadows Corona Park; (718) 760-0064; www.queens theatre.org. 3 pm; \$33 (discounted for groups, seniors and students, \$28, \$31; \$20).

Jeanne Ruddy Dance presents an evening of original work choreographed by the company's founder (and former Martha Graham principal dancer) Jeanne Ruddy.

TUES, MAY 4

The Earth Today with Carter Emmart: American Museum of Natural History (Hayden Planetarium), 79 Street And Central Park West; (212) 769-5100; www.amnh.org; 6:30 pm; \$15 adults; \$13.50 (members, students, seniors).

Take the journey of a lifetime and visit the stars as Emmart debuts the most current NASA data to be displayed.

WED, MAY 5

Sketching Workshop: Central Queens YM & YWHA, 67-09 108th Street; (718) 268-5011; www.cqyjcc.org; 1:30 pm; \$30 (\$35 non-members).

Artist and teacher Eric March demonstrates how to sketch the sights of springtime. Each day of the workshop there will be a focus on one or two common motifs in the landscape. No prior experience required. Space is limited, pre-registration required. The fee includes all materials.

FRI, MAY 7

Story Sharers: Central Library, 89-11 Merrick Blvd. (718) 990-0700; www.queenslibrary.org; 4 pm; Free.

Teens read their favorite picture books to children, and children read aloud to teens at weekly story sharing gatherings. Teens can earn community service hours by participating.

SAT, MAY 8

Writing Workshop: Central Library, 89-11 Merrick Blvd. (718) 990-0700; www.queenslibrary.org; 10:30 am; Free. Improve Your Writing Skills.

Science Workshop: Forest Park



They're dhol-ing it out

Called one of New York City's best kept secrets by National Geographic (well, National Geographic.com) Red Baraat, the first (and only) dhol and brass band playing in these United States, will deliver another searing performance at Flushing Town Hall on Sunday, May 16 at 2:15 pm.

Led by drummer Sunny Jain, who handles the ancient Indian percussion instrument like no one else, the band features a nine-piece orchestra including

trumpet, sax and trombone.

Playing original tunes, traditional folk songs and its take on Bollywood classics, Red Baraat's beat can be enjoyed by all ages, from Bombay to Bayside.

Red Baraat in concert, Flushing Town Hall, [137-35 Northern Blvd., Flushing, (718) 463-7700] Sunday, May 16, 2010 at 2:15 pm. Tickets are \$12 for adults and \$8 for children, (\$10 for adult members and students with ID; \$6 for children members.) For more visit www.FlushingTownhall.org.

SUN, MAY 9

Nature Walk: Alley Pond Park, Enter the park at Winchester Boulevard under the Grand Central Parkway; (718) 217-4685; www.nyc.gov/parks/rangers; 11 am; Free.

What better way to celebrate Mother's Day than a stroll through the wildflowers.

Bayside Glee Club: Bayside Historical Society, 208 Totten Avenue - Box 6 - Fort Totten; (718) 352-1548; www.baysidehistorical.org; 12:30 pm; Free.

Henry McDonagh III, leads this all-male chorus.

Nature Walk: Fort Totten Visitors Center, Enter the park north of intersection 212 Street and Cross Island Park-

way; (718) 352-1769; www.nyc.gov/parks/rangers; 1 pm; Free.

Try and find all the creepy, crawly insects that Fort Totten is home to.

Concert: The Theatre at Madison Square Garden, 7th Avenue between West 31st and West 33rd streets; www.ticketmaster.com; www.MarqueeConcerts.com; 7:30 pm; \$49.50; \$59.40; \$69.50; \$79.50.

Treat your mom to a special Mother's Day show and transport her back in time with soul and R&B artists, The Whispers and Teena Marie.

MON, MAY 10

Preparing for HS with Mariko Sakita: ASAC - Queens Services for the Autism Community, 25-09 Broadway; (212) 677-4650; gshulman@resourcesnyc.org; resourcesnycdatabase.org; 10 am - 1 pm; Free.

Workshops for families and professionals needing programs and services for children with disabilities.

WED, MAY 12

Book Club & Performance Series: Queensborough Performing Arts Center, 222-05 56th Avenue; (718) 631-6311; www.theatermania.com; 10:30 am; \$10 (\$8 for 20 or more).

Are You My Mother? Performance and book event. For children ages 4-10.

Sketching Workshop: 1:30 pm. See Wednesday, May 5.

THURS, MAY 13

Book Club & Performance Series: 10:30 am. See Wednesday, May 12.

"The Beatles Explosion": Suffolk Y JCC, 74 Hauppauge Rd; (631) 462-9800 X140; bsilavin@sjcc.org; 7 pm; \$4 pp.

The Center for Jewish Living and Learning presents a showing of the 2008 documentary film which charts the stratospheric rise of the band during the 60's. Film and dessert of cream tangerine and coconut fudge.

Reading Between the Lines: Walt Whitman Birthplace, 246 Old Walt Whitman Road; (631) 427-5240; www.waltwhitman.org; Call for fees.

Reading and discussion series featuring works selected by Maxwell C. Wheat Jr., Poet Laureate of Nassau County.

FRI, MAY 14

Story Sharers: 4 pm. See Friday, May 7.

SAT, MAY 15

It's My Park Day: Bayside Historical Society, 208 Totten Avenue - Box 6 -

Continued on page 40

Going Places

Continued from page 39

Fort Totten; (718) 352-1548; www.baysidehistorical.org; call for times; Free.

Help clean up Fort Totten Park as part of the partnership for Parks' It's My Park Day.

Philadanco: Queens Theater for the Performing Arts, Flushing Meadows; (718) 760-0064; queenstheatre.org; 12 am; \$41-\$44.

Philadelphia Dance Company fuses ballet, modern and ethnic dance.

Fearless Tour 2010: Nassau Veterans Memorial Coliseum, 1255 Hempstead Turnpike; (800) 745-3000; www.ticketmaster.com; www.nassaucoliseum.com. 7 pm; \$73, \$63 & \$28.50.

Taylor Swift together with Kellie Pickler and Gloriana rock the town.

Writing Workshop: 10:30 am. See Saturday, May 8.

Scavenger Hunt: Fort Totten Visitors Center, enter park, norther of intersection of 212 Street and CrossIsland Parkway; 311; www.nyc.gov/parks/rangers; 1 pm; Free.

Kids put their wildlife investigation skills to work and search for nature's treasures. All ages welcome.

Puppetry Workshop: 2 pm. See Saturday, May 1.

SUN, MAY 16

Philadanco: 12 am. See Saturday, May 15.

Farm Fest: Queens County Farm Museum, 7350 Little Neck Parkway; (718) 347-3276; www.queensfarm.org; 11 am - 4 pm; \$3 pp.

Celebrate the return of spring with a visit to the farm.

Fearless Tour 2010: Nassau Veterans Memorial Coliseum, 1255 Hempstead Turnpike; (800) 745-3000; www.ticketmaster.com; www.nassaucoliseum.com. 7 pm; \$73, \$63 & \$28.50.

Taylor Swift together with Kellie Pickler and Gloriana rock the town.

Animal Benefit: Little Shelter Animal Rescue and Adoption Center, 33 Warner Road; (631) 368-8770 X205; www.slittleshelter.com; 12-5 pm; Call for pricing.

Peace, Love and Paw Prints abound at Little Shelter's fundraising event. Just purchase an item from Little Shelter's wish list at Petport with a value of \$10 or make a cash donation and receive a ten minute session and 4X6 print free. Then if you like, it, which we know you will, you can take advantage of the special pricing packages available to all donors. (schedule appointment for Le Marks Fine Art Photography).

Catch the Bhangra Beat: Flushing Town Hall, 137-35 Northern Boulevard; (718) 463-7700; www.flushingtownhall.org.



Get closer to lizards

Small and shy — or big and fierce? Bright as a jewel — or hardly visible? Four legs? Two legs? No legs at all? When you're talking about lizards and snakes — the squamates — the answer is usually ... YES!

Over 60 varieties of the the modern world's answer to dinosaurs are on an exhibit during "Lizards and Snakes — Alive, at the American Museum of Natural History now through September 2.

Lizards and snakes can be found everywhere: from harsh desert to lush rainforest, high

and low, and below ground.

These ancient creatures, whose scientific name is Latin for "scaled," is more diverse than mammals, and as old as the giant beasts whose fossilized remains are also a big attraction at the museum.

American Museum of Natural History, [Central Park West at W. 79th St., Manhattan, (212) 769-5200] for more information visit their Web site at www.amnh.org.

Tickets include Museum admission — \$24 adults; (\$14 children; \$18 for seniors/ students).

org; 1 pm; \$4 adults/\$2 children/free for members with ticket purchase to 2:15 pm show.

Interactive Arts Workshop. Ages 8 and up. Discover the richness of Indian culture through dance, rhythms, instruments, and language and learn bhangra and gaarba, the folk dances of India.

Nature Walk: Fort Totten Visitors Center, enter park, norther of intersection of 212 Street and CrossIsland Parkway; 311; www.nyc.gov/parks/rangers; 1 pm; Free.

Hidden beneath Fort Totten's history is a world of wildflowers -come and explore.

Dr. Nebula's Laboratory: American Museum of Natural History (Kaufman Theater), 79 Street And Central Park West; (212) 769-5100; www.amnh.org; 2 pm; \$10 adults; \$8 children (Members \$9/\$7 children).

Interactive Science Theater allows children to explore through hands-on

activities about the water cycle and conservation.

Open Mic: Central Library, 89-11 Merrick Blvd. (718) 990-0700; www.queenslibrary.org; 2-4 pm; Free.

Poet Andres Castro will be reading. All are invited to participate in this free open mic.

Open Mic: Central Library, 89-11 Merrick Blvd. (718) 990-0700; www.queenslibrary.org; 2 pm; Free.

An open reading with poet Andres Castro. All are invited to participate until 4 p.m.

Jazz Concert: Flushing Town Hall, 137-35 Northern Boulevard; (718) 463-7700; www.flushingtownhall.org; 2:15 pm; \$12/\$10 Members and Students with I.D.; \$8 Children/\$6 Member Children.

Led by drummer Sunny Jain, Red Bazaar is the first and only dhol and brass band in the States. Meet the Artists following the 2:15 pm performance.

MON, MAY 17

Book Club & Performance Series: Queensborough Performing Arts Center, 222-05 56th Avenue; (718) 631-6311; www.theatermania.com; 10:30 am; \$10 (\$8 for 20 or more).

From the Mixed Up Files of Mrs. Basil E. Frankweiler. Performance and book event. For children ages 4-10.

Classical Concert: Flushing Town Hall, 137-35 Northern Boulevard; (718) 463-7700; www.flushingtownhall.org; 7 pm; \$15/\$5 Members, Seniors & Children.

Delightful performance by two stellar student ensembles visiting from the Philippines.

TUES, MAY 18

Book Club & Performance Series: 10:30 am. See Monday, May 17.

Adoption Seminar: 7 pm. See Saturday, May 1.

WED, MAY 19

Open House: 6:30 pm. See Wednesday, April 28.

FRI, MAY 21

Story Sharers: 4 pm. See Friday, May 7.

2010 Ballet Spring Performance: Gerald W. Lynch Theater at John Jay College, 899 Tenth Avenue; (212) 279-4200; www.ticketcentral.com; 7 pm; \$35-\$55.

The BAE Student Company Spring Performance returns to present its very popular Pre-Professional Division of Ballet Academy East in works choreographed by renowned artists of the dance world. The program includes Sans Souci, choreographed by Alan Himeline, created in 1997 for the Central Pennsylvania Youth Ballet; and Cinderella's Ball, choreographed by Roger Van Fleteren in 1997 for Alabama Ballet.

Ballet: Gerald W. Lynch Theater at John Jay College, 988 Tenth Avenue; (212) 279-4200; www.ticketcentral.com; 7 pm; \$35 - \$55.

The BAE Student Company Spring Performance returns to present its very popular Pre-Professional Division of Ballet Academy East in works choreographed by renowned artists of the dance world.

SAT, MAY 22

Real Estate Expo: Sheraton LaGuardia East Hotel, 135-20 39th Avenue; (718) 460-0666; careausa@yahoo.com; 11 am-3 pm; Call for fees.

Presented by the Chinese American Real Estate Association, USA Inc., the event features two seminars - Fixed Asset Financing for Small Business and

Going Places

Building and ECB Violations.

Painting Workshop: Fort Totten Visitors Center, enter park, norther of intersection of 212 Street and Crosssland Parkway; 311; www.nyc.gov/parks/rangers; 11 am; Free.

Create works of art using items collected around the park. Materials provided.

Bike Tour: 1 pm. See Saturday, May 1.

Puppetry Workshop: 2 pm. See Saturday, May 1.

Ballet: 2 and 7 pm. See Friday, May 21.

2010 Ballet Spring Performance: 7 pm and 2 pm. See Friday, May 21.

SUN, MAY 23

Hawk Watch: Astoria Park, Parking lot on Hoyt Avenue and 19th Street; (212) 691-7483; www.nycaudubon.org; 11 am; Free.

Team up with the Rangers and NYC Audubon to observe the Red-Tailed Hawks. space is limited.

Bike Tour: 1 pm. See Saturday, May 1.

Family Archaeology Workshop: Bayside Historical Society, 208 Toten Avenue - Box 6 - Fort Totten; (718) 352-1548; www.baysidehistorical.org; 2 pm; Free.

A hands-on family friendly workshop that explores archaeological methodology and teaches the prehistory of coastal New York. There is also a scavenger hunt, handling artifacts and presentation by instructors.

2010 Ballet Spring Performance: 2 pm. See Friday, May 21.

Ballet: 2 pm. See Friday, May 21.

MON, MAY 24

Open Mic: Central Library, 89-11 Merrick Blvd. (718) 990-0700; www.queenslibrary.org; 6 pm; Free.

Do you like to sing, dance, read poetry, play an instrument? If this sounds like something you'll enjoy doing, come and join in.

Fundraiser: Queens Theatre in the Park, Flushing Meadows Corona Park; (718) 760-0686 X125; www.queens theatre.org; 6 pm; Call for fees.

This year's annual gala honors John R. Buren, Hal G. Rosenbluth, and Caryn A. Schwab with a performance by Grammy nominee Oleta Adams.

WED, MAY 26

Sketching Workshop: 1:30 pm. See Wednesday, May 5.

FRI, MAY 28

Teatro Hugo e Ines (Peru): Flush-

A Mexican fiesta

Olé, olé! Ballet Fiesta Mexicana comes to the Thalia Spanish Theatre, now through May 9 with a special performance on May 5 at 7 p.m. celebrating Cinco de Mayo.

Dressed in traditional costume, Ballet Fiesta Mexicana presents a musical and dance extravaganza celebrating Mexico's rich folkloric history.

Featuring singer Daniel Soberanes of Zazhil and the all-female Mariachi Flor de Toloache, the music and dance highlights the regions of Jalisco, Veracruz, Chiapas and Michoacán. The company's vibrant repertoire of regional dances, accompanied by live mariachi, provides a stunning performance.

Ballet Fiesta Mexicana was founded by Director/Choreographer Yloy Ybarra in 1999 and celebrates the beauty and diver-



sity of Mexico's vast culture in motion.

Foremost, the company works diligently to preserve and showcase the rich artistic heritage of Mexico's performing arts.

Performance times are Thursday, Friday and Saturday at 8 pm and on Sunday at 4 p.m. Tickets are \$30; \$27 students and seniors and a special price of \$25 on Thursday and Friday Only. The Cinco De Mayo performance at 7 p.m. is \$50.

Thalia Spanish Theatre, [41-17 Greenpoint Avenue; (718) 729-3880]. For more visit the Web Site at www.ThaliaTheatre.org.

ing Town Hall, 137-35 Northern Boulevard; (718) 463-7700; www.flushingtownhall.org; 7 pm; \$12/\$10 Members & Students with I.D.; \$8 Children/\$6 Member Children.

Puppetry performance. For children ages 8 and up. Meet the artists following the performances.

Story Sharers: 4 pm. See Friday, May 7.

SAT, MAY 29

Health Walk: Kissena Park, Rose and Oak avenues; 311; <http://www.nyc.gov/parks/rangers>; 1 pm; Free.

Take a fast-paced, healthy hike through Kissena Park. Bring hiking/sneaker shoes and water.

Teatro Hugo e Ines (Peru): See Friday, May 28.

THURS, JUNE 3

Training Workshop: JCCA, 120 Wall Street; (212) 558-9949; www.jccany.org/ametz; 9:30 am - Noon; \$35 per person.

Best Practices: Ethics and Day-to-Day Adoption Practice, led by Madelyn Freundlich; This is for professionals.

Adoption Workshop: Ametz Adoption Program/JCC, 120 Wall Street; (212) 558-9949; www.jccany.org/ametztraining; 9:30 am - noon; \$40 pp.

Best Practices - Ethics and Day-to-Day Adoption with Madelyn Freundlich, Child Welfare Consultant.

JUNE 4, 5, 6

Curious George Live: Nassau Veterans Memorial Coliseum, 1255 Hempstead Turnpike; (800) 745-3000; www.ticketmaster.com; www.nassau-coliseum.com. TBA; \$103.50, \$55.50, \$40.50, \$30.50, \$25.50 & \$18.50.

The amazing ape does it again - 5 Performances!

SAT, JUNE 5

Family Camping: Alley Pond Park, Enter at Winchester Boulevard under the Grand Central Parkway; 718-217-4685; www.nyc.gov/parks/rangers/register; 6 pm; Free.

Enjoy a night out in the woods in this annual camping adventure. There will be a barbecue cookout and a night hike. Tents, dinner and a light breakfast provided. Bring your own sleeping bags. Must register by May 26.

SUN, JUNE 6

Because Kids Don't Come with Instructions: 10 am. See Sunday, May 2.

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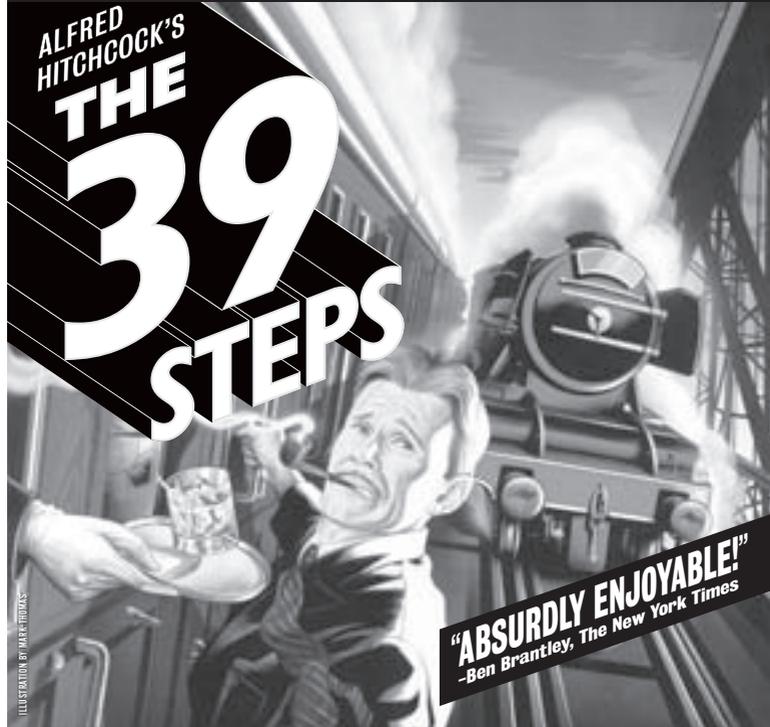
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HEALTH

Heart-smart: get the red lowdown for a healthy life



Astoria Sports Complex owner Steve Polisenio and Dr. Sharon Cadiz team up to help members see red on "National Wear Red Day."

Visitors to the "Madison Square Garden of Queens" were seeing red — and glad of it — when Astoria Sports Complex hosted a heart-smart seminar in recognition of "National Wear Red Day."

Owner Steve Polisenio and Dr. Sharon Cadiz, CEO and founder of 747 Seminars — CEO and founder of 747 Seminars, helped alert the public about making healthy lifestyle choices — during an information session at the facility on 38th Street, between 34th and 35th avenues.

Cadiz, a national speaker and director of the Clinical Consultation Program for the New York City Administration for Children's Services, wore a red outfit and handed out red-papered literature for her talk which she delivered in front of visitors who sat on red couches to mark the occasion.

According to the American Heart Association, nearly 67 percent of

Americans are overweight and at risk for heart complications from living a sedentary life. The group also cites that heart disease is the leading cause of death for American men and women, with numerous studies indicating that while women are more apt to be concerned about breast cancer, their more likely killer will be heart disease.

More than half a million women have heart attacks each year — 100,000 are under 65 years of age, and more than 30,000 are under the age of 55 — states the research and advocacy group, which began its national Go Red for Women campaign in 2004 to help women become aware of their risk for heart disease so that they can equip themselves with the proper tools and knowledge to prevent heart attacks and strokes.

For more information, visit www.goredforwomen.org, or 747seminars.org.

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Going Places

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of all — it's all free.

For additional information visit a branch near you or online at www.queenslibrary.org

(718) 426-2844; 6:30 pm; Free.

Ballet Folklórico Mexicano Yavidaxiu performs traditional folk music.

TUES, MAY 4

Book Lecture: 2 pm. See Tuesday, April 27.

Science Workshop: Queens Public Library at Corona, 38-23 104th Street; (718) 426-2844; www.queenspubliclibrary.org; 4 pm; Free.

Water Ecology allows middle schoolers to discover through experiments and activities in and out of the classroom, their own power to impact the ecosystem both positively and negatively. Students take water samples to test for contamination, water density, salinity, etc., explore photographs of healthy and polluted water environments, and discuss issues such as the impact of human choices on the environment. Pre-registration is required.

Science Workshop: Queens Public Library at Corona, 38-23 104th Street; (718) 426-2844; 4 pm; Free.

Middle School students learn through experiments and activities. Pre-registration is required.

Health Workshop: Queens Public Library at Rego Park, 91-41 63rd Drive; (718) 459-5140; 4 pm; Free.

Young participants explore the digestive system, read food labels and learn about the importance of water, fiber, protein, and carbohydrates. For 11 to 14. Pre-registration is required.

Arts & Crafts: Queens Public Library at Queens Village, 94-11 217 Street; (718) 776-6800; 4:30 pm; Free.

Teens! Bring your friends and create a beautiful Mother's Day memory box.

WED, MAY 5

Braille Workshop: Queens Public Library at Steinway, 21-45 31 Street; (718) 728-1965; 4 pm; Free.

All ages are welcome to learn about Louis Braille and his wonderful invention of Braille code.

Family Film Night: Queens Public Library at Queens Village, 94-11 217 Street; (718) 776-6800; 5 pm; Free.

Enjoy a movie with your family and friends.

THURS, MAY 6

Science Workshop: Queens Public Library at Hillcrest, 187-05 Union Turnpike; (718) 454-2786; 4:30; Free.

A LEAP scientist works with students age 11-14 to conduct experiments that demonstrate the properties of light waves, optics, the color spectrum, and lenses. Students learn about refraction and reflection by building kaleidoscopes or periscopes. Space is limited. Pre-registration is required.

Wet-n-Wild Adventures: Queens Public Library at Central, 89-11 Merrick Boulevard; (718) 990-0767; 4 pm; Free.

The event features amphibians and reptiles. Each animal is presented from the interactive adventure pond which contains 6 species of animals. For ages 11 to 14.

Science Workshop: Queens Public Library at South Hollis, 204-01 Hollis Avenue; (718) 465-6779; 4 pm; Free.

A LEAP scientist works with students age 11-14 to conduct experiments that demonstrate the properties of light waves, optics, the color spectrum, and lenses. Students learn about refraction and reflection by building kaleidoscopes or periscopes. Space is limited. Pre-registration is required.

Informational Meeting: Queens Public Library at Queens Village, 94-11 217 Street; (718) 776-6800; www.queenspubliclibrary.org; 4 pm; Free.

Girl Scouts monthly meeting.

Girl Scout Meeting: Queens Public Library at Queens Village, 94-11 217 Street; (718) 776-6800; www.queenspubliclibrary.org; 4 pm; Free.

Girls Scouts informational meeting.

Arts & Crafts: Queens Public Library at Hillcrest, 187-05 Union Turnpike; (718) 454-2786; 4:30 pm; Free.

Children and teens ages 6-14 make a great Mother's day craft.

SAT, MAY 8

Watercolor Workshop: Noon–2 pm. See Saturday, May 1.

The Sunnyside Sound Project: Queens Public Library at Sunnyside, 43-06 Greenpoint Avenue; (718) 784-3033; www.queenspubliclibrary.org; 2:30 pm; Free.

Queens writer Sabine Heinlein invites Sunnyside residents of all ages to tell, write, and record their past and present-day stories about the neighborhood. The stories and podcasts will be featured online.

Face-Changing: Queens Public Library at Bayside, 214-20 Northern Boulevard; (718) 229-1834; 2:30 pm; Free.

The ancient Chinese dramatic art is part of the more general Sichuan opera.

Continued on page 46

LONG-RUNNING

Crocheting for Teens: Queens Public Library at Baisley Park, 117-11 Sutphin Blvd; (718) 529-1590; www.queenspubliclibrary.org; Thursdays, 4 pm, Now – Thurs, June 24; free.

Teens learn how to crochet with Yvette Jackson and take home their own creations. Yarn and needles will be supplied.

Teen Zine: Queens Public Library at Central Library, 89-11 Merrick Blvd; (718) 990-0767; www.queenspubliclibrary.org; Thursdays, 4 pm, Now – Thurs, June 24; free.

If you enjoy writing or drawing, or if you like the idea of publishing a magazine, we would love to publish you in our zine.

Game Day: Queens Public Library at Howard Beach, 92-06 156 Avenue; (718) 641-7086; www.queenspubliclibrary.org; Wednesdays, 3:30 pm, Now – Wed, June 30; free.

Nintendo Wii, checkers and other board games. Snacks are provided.

Youth Discussion Group: Queens Public Library at South Hollis, 204-01 Hollis Avenue; (718) 465-6779; www.queenspubliclibrary.org; Weekdays, 1:30 pm, Mon, May 3 – Fri, May 28; Free.

Teens have an opportunity to share their views.

SAT, MAY 1

Rites of Passage: Queens Public Library at Langston Hughes, 100-01 Northern Boulevard; (718) 651-1100; 11 am; Free.

W I S E Saeeda Dunston conducts a Rites of Passage demonstration for young women.

Watercolor Workshop: Queens Public Library at Flushing, 41-17 Main Street; (718) 592-9700 x135 and (718) 592-9700 x133; jose_r@queensmuseum.org or aichen@queensmuseum.org. Noon–2 pm; Free.

Artist Georgie Flores teaches artists

the basics of color and exploring the works of other masters - IRC Conference Room, 3rd Floor. Registration required.

Concert: Queens Public Library at Broadway, 40-20 Broadway; (718) 721-2462; 3 pm; Free.

Music of the Andes features Andes Manta performing traditional folk music.

Dances of India: Queens Public Library at Queens Village, 94-11 217 Street; (718) 776-6800; 3 pm; Free.

Classical Dance (Kathak) and Folk Under the guidance of Ms. Roy, Srijan Dance Center.

SUN, MAY 2

Concert: Queens Public Library at Central Library, 89-11 Merrick Boulevard; (718) 990-0767; 3 pm; Free.

Quarteto Moderno led by acclaimed guitarist/vocalist Richard Boukas.

MON, MAY 3

History Workshop: Queens Public Library at Kew Gardens Hills, 72-33 Vleigh Place; (718) 261-6654; 4 pm; Free.

George Washington and the American Revolution See and feel what it was like to be a Revolutionary War soldier at the Boston Tea Party! Join consultants Robert Murphy, dressed in George Washington's uniform, and Jeffrey Carduner, in typical colonial clothing. For ages 6 to 14. Pre-registration required.

Family Film Day: Queens Public Library at Queens Village, 94-11 217 Street; (718) 776-6800; www.queenspubliclibrary.org; 5 pm; Free.

Enjoy a movie.

Cinco de Mayo: Queens Public Library at Corona, 38-23 104th Street; (718) 426-2844; queenspubliclibrary.org; 6:30 pm; Free.

Celebrate with traditional music and dance performed by the children and teenagers of Ballet Folklórico Mexicano Yavidaxiu.

Cinco de Mayo: Queens Public Library at Corona, 38-23 104th Street;

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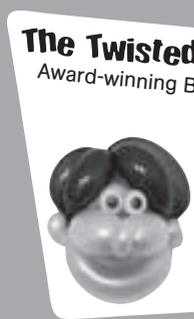


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Going Places

Continued from page 44

Performers wear brightly colored costumes and move to quick, dramatic music. They also wear vividly colored masks, which they change within a fraction of a second.

Sunnyside Sound Project: Queens Public Library at Sunnyside, 43-06 Greenpoint Avenue; (718) 784-3033; sunnysidesoundproject@gmail.com; 2:30 pm; Free.

Sabine Heinlein invites Sunnyside residents of all ages to tell, write, and record their past and present-day stories about the neighborhood. The stories and podcasts will be featured online.

TUES, MAY 11

Book Lecture: 2 pm. See Tuesday, April 27.

ASL Workshop: Queens Public Library at South Jamaica, 108-41 Guy R. Brewer Boulevard; (718) 739-4088; www.queenspubliclibrary.org; 4 pm; Free.

This workshop introduces participants to deaf culture and the basics of American Sign Language (ASL). Learn how to communicate with your hands.

Science Workshop: Queens Public Library at Elmhurst, 86-01 Broadway; (718) 271-1020; 4 pm; Free.

A LEAP scientist works with students age 6-9 to explore, science, scientific procedures using fun-filled activities. Space is limited. Preregistration is required.

American Sign Language: Queens Public Library at South Jamaica, 108-41 Guy R. Brewer Boulevard; (718) 739-4088; 4 pm; Free.

This workshop will introduce you to deaf culture and the basics of ASL. Learn how to communicate with your hands.

WED, MAY 12

Plant Diversity: Queens Public Library at Broadway, 40-20 Broadway; (718) 721-2462; www.queenspubliclibrary.org; 4 pm; Free.

Why Roses are Red - students work with a scientist and conduct experiments and answer questions such as: What is a plant? What does it need to grow? What are tropisms? How and why do genetics affect plant adaptation evolution? For middle school children. Preregistration is required.

Nature Workshop: Queens Public Library at Broadway, 40-20 Broadway; (718) 721-2462; 4 pm; Free.

Students conduct experiments and answer questions such as: What is a plant? What does it need to grow? What are tropisms? How and why do genetics affect plant adaptation evolution? This program is for middle school students. This program is free. Preregistration is

required.

THURS, MAY 13

Science Workshop: Queens Public Library at Hollis, 202-05 Hillside Avenue; (718) 465-7355; 3:30 pm; Free.

A LEAP scientist works with students age 6-9 to explore, science, scientific procedures using fun-filled activities. Space is limited. Preregistration is required.

Plant Diversity: Queens Public Library at Astoria, 14-01 Astoria Boulevard; (718) 278-2220; www.queenspubliclibrary.org; 4 pm; Free.

Why Roses are Red - students work with a scientist and conduct experiments and answer questions such as: What is a plant? What does it need to grow? What are tropisms? How and why do genetics affect plant adaptation evolution? For middle school children. Preregistration is required.

Braille Workshop: Queens Public Library at Central, 89-11 Merrick Boulevard; (718) 990-0767; 4 pm; Free.

All ages are welcome to learn about Louis Braille and his wonderful invention of Braille code.

Concert: Queens Public Library at Flushing, F41-17 Main Street; (718) 661-1212; 6 pm.

Enjoy a concert celebrating the culturally diverse Jewish communities across the globe.

FRI, MAY 14

Puppet Workshop: Queens Public Library at East Elmhurst, 95-06 Astoria Boulevard; (718) 424-2619; 3:30 pm; Free.

Jim Napolitano helps participants choose a shadow puppet template, customize it with color, assemble their artwork into an animated shadow and then explore the movement of their creation in a simple performance. For ages 11 to 14. Preregistration is required.

Craft Workshop: Queens Public Library at Elmhurst, 86-01 Broadway; (718) 271-1020; 4 pm; Free.

Teens make a colorful keychain and learn a few of the cross stitch styles of Lanyard. The different styles include the box, cobra, butterfly and the Chinese staircase. For teens in Junior High and High School only.

SAT, MAY 15

Watercolor Workshop: Noon-2 pm. See Saturday, May 1.

Concert: Queens Public Library at Flushing, 41-17 Main Street; (718) 661-1212; 2 pm; Free.

Viva Patshiva is an underground Gypsy Rock Opera featuring updated melodies from timeless Gypsy songs of Europe.

TUES, MAY 18

Book Lecture: 2 pm. See Tuesday, April 27.

Plant Diversity: Queens Public Library at Astoria, 43-06 Greenpoint Avenue; (718) 784-3033; www.queenspubliclibrary.org; 4 pm; Free.

Why Roses are Red - students work with a scientist and conduct experiments and answer questions such as: What is a plant? What does it need to grow? What are tropisms? How and why do genetics affect plant adaptation evolution? For middle school children. Preregistration is required.

Cartoon Workshop: Queens Public Library at Lefrak City, 98-30 57th Avenue; (718) 592-7677; 4 pm; Free.

A professional cartoonist introduces students to the history and art of cartooning. Students create their own political cartoons, comic books, or cartoon art. This program is for Middle School students. Preregistration is required.

College Workshop: Queens Public Library at Flushing, 41-17 Main Street; (718) 661-1212; 6 pm; Free.

Understanding the College Admissions Process Scams in International Trade and How to deal with them. Rachel Rojas, a Supervisory Special Agent in the New York Division of the FBI, is very knowledgeable about scams, particularly in regard to bank fraud, and "phishing", a form of internet crime.

College Workshop: Queens Public Library at Flushing, 41-17 Main Street; (718) 661-1212; www.queenspubliclibrary.org; 6 pm; Free.

Ivy-Bound Test Preparation presents "Understanding the College Admissions Process." Parents and teens are introduced to the college and university systems. It will also explain requirements and the application process for different colleges and universities, as well as suggest preparation to reach the requirements for the ivy league and other top universities.

WED, MAY 19

Science Workshop: Queens Public Library at Glendale, 78-60 73rd Place; (718) 821-4980; 4 pm; Free.

A LEAP scientist works with students age 11-14 to conduct experiments that demonstrate the properties of light waves, optics, the color spectrum, and lenses. Students learn about refraction and reflection by building kaleidoscopes or periscopes. Space is limited. Preregistration is required.

THURS, MAY 20

Art in New York: Queens Public Library at Kew Gardens Hills, 72-33 Vleigh Place; (718) 261-6654; 1:30 pm; Free.

Discover the groundbreaking artis-

tic innovations that have taken place in New York by such artists as Jackson Pollock, Robert Rauschenberg, Andy Warhol, and others.

ASL Workshop: Queens Public Library at Central, 89-11 Merrick Boulevard; (718) 990-0767; www.queenspubliclibrary.org; 4 pm; Free.

This workshop introduces participants to deaf culture and the basics of American Sign Language (ASL). Learn how to communicate with your hands.

Plant Diversity: Queens Public Library at Steinway, 21-45 31 Street; (718) 728-1965; www.queenspubliclibrary.org; 4 pm; Free.

Why Roses are Red - students work with a scientist and conduct experiments and answer questions such as: What is a plant? What does it need to grow? What are tropisms? How and why do genetics affect plant adaptation evolution? For middle school children. Preregistration is required.

Informational Meeting: 4 pm. See Thursday, May 6.

Girl Scout Meeting: 4 pm. See Thursday, May 6.

Music and Dance Performance: Queens Public Library at Broadway, 40-20 Broadway; (718) 721-2462; 6 pm; Free.

Celebrate Asian-Pacific-American Heritage Month with music and dance from the Philippines.

FRI, MAY 21

Braille Workshop: Queens Public Library at Jackson Heights, 35-51 81 Street; (718) 899-2500; 4 pm; Free.

All ages are welcome to learn about Louis Braille and his wonderful invention of Braille code.

Floral Workshop: Queens Public Library at Lefrak City, 98-30 57th Avenue; (718) 592-7677; 4 pm; Free.

Design and create a floral arrangement for Mother's Day with Yvette Powell - for ages 11 to 14. Space is limited; preregistration is required.

SAT, MAY 22

Concert: Queens Public Library at Langston Hughes, 100-01 Northern Boulevard; (718) 651-1100; 1-4 pm; Free.

An Afternoon in Tribute to Haiti features Bonga & Vodou Drums of Haiti; Artist Reception 1-4pm. At 2pm: Concert-Jazz by The Michael Varekamp Ensemble. At 3pm: Artist Talk. At 3:30pm: Dramatic presentation "The Awakening of All Saints: The Life of Toussaint L'Ouverture" with actor/writer Jean-Lodscar, Jr.

Quilting for Cancer: Queens Public Library at Pomonok, 158-21 Jewel Av-

Going Places

enue; (718) 591-4343; 1 pm.

Join this beginners' quilting class teaching participants how to make a quilting block incorporating a cancer awareness ribbon. Completed blocks will be sewn into a cancer awareness quilt. Presented by the Pomonok Cancer Action Council.

MON, MAY 24

Book Clique: Queens Public Library at Queens Village, 94-11 217 Street; (718) 776-6800; 4:30 pm; Free.

All teens are invited to discuss May's book selection. Gather together and discuss what you liked about the book, what your favorite parts were or even what you didn't like. Ask Miss Euni for details.

Open Mic: Queens Public Library at East Elmhurst, 94-06 Astoria Boulevard;

(718) 424-2619; 6-7:30 pm.

Do you like to sing, dance, read poetry, play an instrument? If this sounds like something you'll enjoy doing, come and join in.

TUES, MAY 25

Book Lecture: 2 pm. See Tuesday, April 27.

WED, MAY 26

Science Workshop: Queens Public Library at Woodhaven, 85-41 Forest Parkway; (718) 849-1010; 4:30 pm; Free.

A LEAP scientist works with students age 11-14 to conduct experiments that demonstrate the properties of light waves, optics, the color spectrum, and lenses. Students learn about refraction and reflection by building kaleidoscopes

or periscopes. Space is limited. Preregistration is required.

THURS, MAY 27

Green Teens: Queens Public Library at Flushing, 41-17 Main Street; (718) 661-1212; www.queenspubliclibrary.org; 4 pm; Free.

Eco-friendly crafts, movies and speakers for teens ages 13-17.

Database Workshop: Queens Public Library at Queens Village, 94-11 217 Street; (718) 776-6800; 4 pm; Free.

Teens if you need help with a project? Don't know where to search to finish your paper? Come and try out our Database Workshop. Ask Miss Euni at the Reference Desk for more information. For teens only. Preregistration required.

College Workshop: Queens Public Library at Flushing, 41-17 Main Street;

(718) 661-1212; 6 pm; Free.

Understanding Admissions to Specialized High Schools - Ivy-Bound Test Preparation introduces specialized high schools in New York City, as well as, explain the requirements for admissions to the specialized high school. This presentation will also suggest preparation for students to reach the requirements for the specialized high schools.

College Workshop: 6 pm. See Tuesday, May 18.

FRI, MAY 28

Movie: Queens Public Library at East Elmhurst, 86-01 Broadway; (718) 271-1020; 4 pm; Free.

Join us for a teen movie blast from the past! Refreshments will be served. For teens in junior high and high school only.

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Overall Baby creates infant and toddler overalls in a variety of fun fabrics and prints that are sure to make your child stand out from the pack.

The overalls range from a pink corduroy skulls and crossbones fabric — perfect for the little punk

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Don't find a fabric you like? You can even customize your own pair. Now, if only they came in adult sizes.

To try Overall Baby on for size, go to www.etsy.com/shop/OverallBaby.

A musical shout-out

This will help get your child's attention.

Personalized CDs from Smiley Music make your child the star by inserting his or her name into songs.

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the likes of Barney the dinosaur, the Fantastic Four or Spider-man!

In addition to learning their ABCs or 123s, these CDs will also help build self-esteem and create name recognition, as his or her name is repeated throughout a song.

To sample and purchase products, go to www.SmileyMusic.net.



Squeezable party favor

Looking for the perfect party favor for your little girl's next birthday? Livi.Lu.Lu's gift sets have you covered.

The grab bags come packed with fruity lotions, shower gels, glittery lip balm and funky nail polish that are perfect for girls playing around.

The sets come with a large, plush kitty or angel for even more fun.

You just might need to give these out at the start of the party.

Livi.Lu.Lu gift sets are available online at www.HerbanRenewalInc.com.



Crafty tees

You'll want to catch this bug.

Crafty mom Julie Peng, the New Yorker behind the children's line Bug-sella, began making baby tees and accessories that have an environmental theme from her home a few years back. She quickly branched out to bodysuits, hair clips, wash cloths, quilts and playmats, and headbands — made mostly with organic material.

But the heart of the operation is the tees, which feature patchwork-like designs that reference popular children's books, such as "The Giving Tree" and "Goodnight Moon," as well as nursery rhymes like "Twinkle, Twinkle, Little Star."

They're so sweet, you'll wish your little one could wear them forever.

For more, visit www.bugsella.com.



For the little artist's tools

Budding Picasos need a place to keep their tools of the trade.

Thanks to the Art Apron, now they do.

The wearable aprons have room for 12 crayons and a pad of paper (as well as bibs and rattles for good measure), so your child will be ready whenever inspiration strikes,



whether it's on the road, at the park or in the playroom.

Made for children between the ages of two and eight, the aprons also come in six different fabrics, including animal, guitar and flower prints — another source of inspiration.

The Art Apron is available at www.PickleBoots.com.



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