

QUEENS

Family

www.webfamilyny.com

Talkin' Teens

Safer
surfing

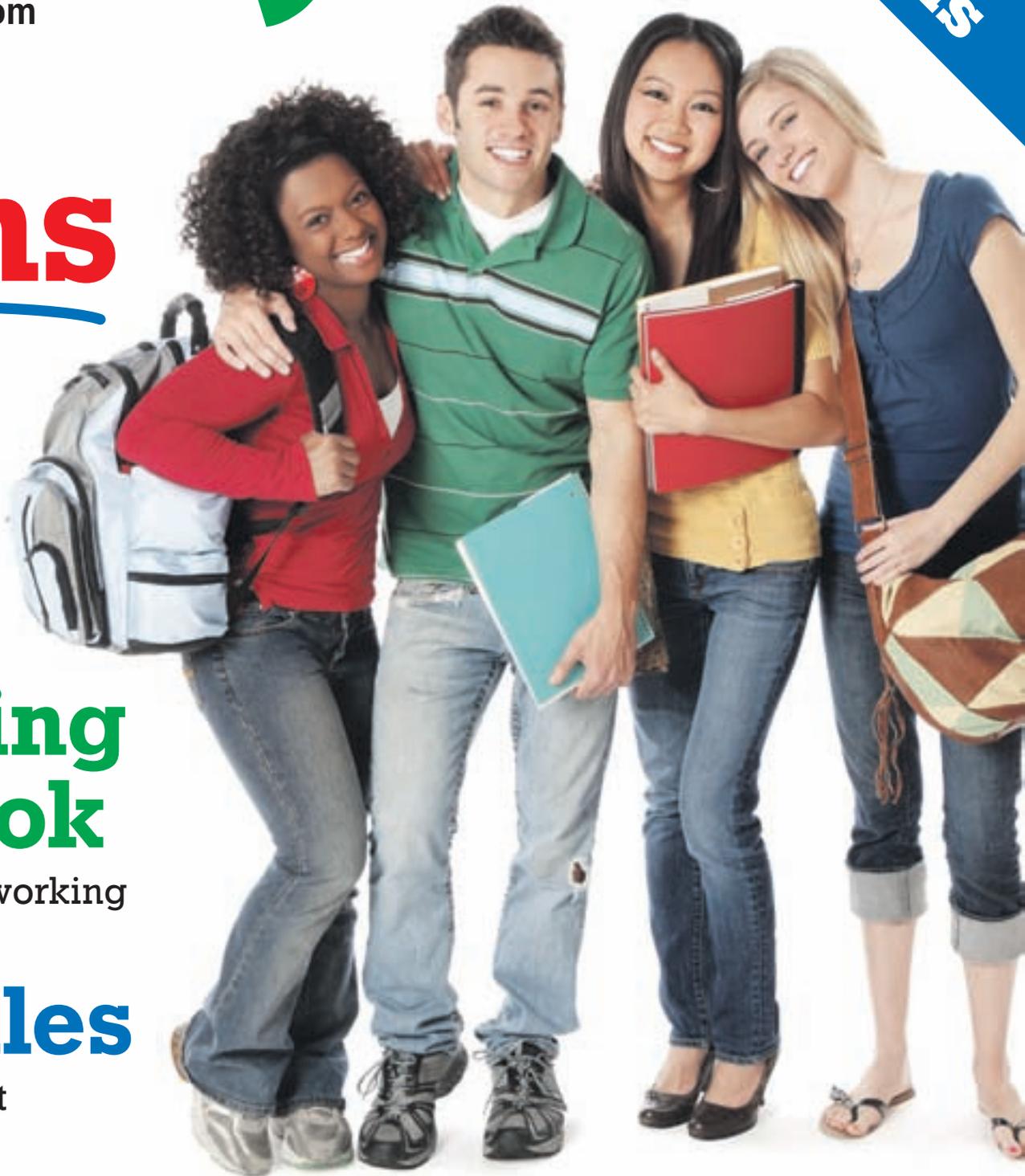
For today's iTeens

Mastering
Facebook

Smarter social networking

Big smiles

The ortho checklist



October 2010
FREE
Guide to
High Schools

Where to go in October? Check out our **Going Places**

Orthodontist

AARON MILCHMAN D.M.D., P.C.

STATE OF THE ART ORTHODONTICS
Beautiful Smiles Created In A Caring & Comfortable Setting



**\$250 OFF
FULL
TREATMENT**

Braces for Children & Adults

Labial (outside)

Lingual (inside)

Aesthetic (ceramic-tooth color)

Invisalign™ (Invisible)

Most Insurance Plans Accepted Towards Payment

Whitestone

172-20 26th Avenue
Flushing, NY 11358

718.747.0393

Kew Gardens Hills

70-18 Main Street
Kew Gardens Hills, NY 11367

718.575.9300

www.straightenwithbraces.com

Family October 2010

Letter from the publisher

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



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

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

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

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

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

Susan Weiss-Voskidis, Publisher

FEATURES

- 4 Today's iTeens**
Internet safety for modern teenagers
BY CANDI SPARKS
- 6 Pumpkin carving**
Save the bandages for the mummies!
BY KATHY SENA
- 10 Fun stuff for fall**
Some things to with your family this autumn
BY BELINDA MOONEY
- 12 Queens screams!**
Halloween fun from across the borough!
BY JOANNA DELBUONO
- 14 Heart in Queens**
High marks for Tony Bennett's Sinatra high school
BY ALLISON PLITT
- 20 Lessons from a teacher**
Know what your child is feeling
BY ANDREW SCHORR
- 22 Kung Fu kiddies**
How martial arts can benefit development
- 24 Bracing for the future**
Make braces a thing of the past
BY MANI ALIKHANI, DDS, MS, PHD
- 28 Teens make a difference**
Two Queens teens create waves in their community
BY VERA BORUKHOV
- 34 How smart is my child?**
A guide to levels of intelligence in children
BY DEBORAH L. RUF, PHD



COLUMNS

- 2 Newbie Dad**
BY BRIAN KANTZ
- 8 Good Sense Eating**
BY CHRISTINE M. PALUMBO, RD
- 30 Lions and Tigers and Teens**
BY MYRNA BETH HASKELL
- 32 Parents Helping Parents**
BY SHARON C. PETERS
- 36 Growing Up Online**
BY CAROLYN JABS
- 38 Twice the Advice**
BY JACQUELINE AND KERRY DONELLI
- 40 Family Health**
BY IVAN HAND, MD, FAAP
- 41 It Figures**
BY CYNTHIA WASHAM
- 42 Our Relationships**
BY JOAN EMERSON
- 50 Cinematters**
BY LAURA GRAY
- 52 New & Noteworthy**
The hottest new products

CALENDAR OF EVENTS

- 45 Going Places**
Find out what's going on in your town

SPECIAL SECTION

- 16 High School Directory**

STAFF

PUBLISHER: Clifford Luster
PUBLISHER/MANAGING EDITOR: Susan Weiss
EDITOR: Vince DiMiceli
CREATIVE DIRECTOR: Leah Mitch
ART DIRECTOR: On Man Tse
ADVERTISING SALES: Sharon Noble, Nancy Swiezy, Richard Kramer, Linda Smith
SPECIAL ASSISTANT: Tina Felicetti

CONTACT INFORMATION

ADVERTISING SALES
718 260-2587
Family@cnglocal.com or
SWeiss@cnglocal.com

CIRCULATION
718 260-8336
TFelicetti@cnglocal.com

EDITORIAL
718 260-4551
Editorial@cnglocal.com

ADDRESS
Family Publications New York/CNG
1 MetroTech Center North
10th Floor
Brooklyn, NY 11201
www.webfamilyny.com



Brooklyn Family, Queens Family, Bronx/Riverdale Family, Long Island Family and Staten Island Family are published monthly. Copyright©2010. No part of our contents may be reproduced without permission from the publisher.



NEWBIE DAD

BRIAN KANTZ

My Jekyll and Hydes

At home and at school, two sides of my boys

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

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

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

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

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

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

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

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

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

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

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

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

After that, I was silent in class — unless I was directly answering a question — for nearly four years! But, eventually, I slipped up.

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

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





At Healthfirst, all the pieces fit.

With more than 20,000 doctors and specialists, and all of New York's top hospitals to choose from, Healthfirst provides you with the quality healthcare you deserve.



To learn more about Healthfirst, call:

1-866-GO-FOR-HF (1-866-463-6743)

TTY 1-800-662-1220 (for the hearing or speech impaired)

Monday through Friday, 8:00AM – 6:00PM

www.healthfirstny.org

Today's iTeens

Internet safety for modern teenagers

BY CANDI SPARKS

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

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

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

Monitoring

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

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

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

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

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

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

Nothing is sacred online

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

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

to school "B."

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

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

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

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

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

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

Keep your 'privates' private

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

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

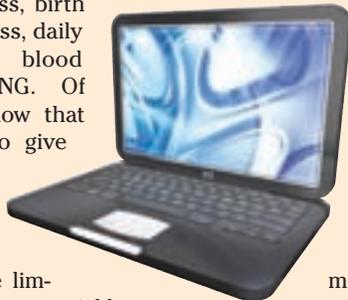
Safety guidelines for teens

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

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

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

- Do not give out personal information! No social security, phone number, address, birth date, job address, daily schedule, or blood type. NOTHING. Of course, we know that we all have to give out some information at some point. This information should be limited. A stalker can quickly put these pieces of information



together and find you offline, if he wants to.

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



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

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

Positive uses for the Internet

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

friends when he entered as a freshman.

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

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

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

Alexander’s advice about online

communities?

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

• • •

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

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

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

Pumpkin carving

Follow our safety tips and save the bandages for the mummies!



People who used pumpkin-carving tools have fewer — and less-severe — injuries than people who carved pumpkins using knives.

BY KATHY SENA

When my son, Matt, was younger, my husband and I seemed to have the same conversation every year: “How much of the pumpkin carving can Matt safely do?” A kid’s dexterity gets better with each passing Halloween — but that doesn’t always seem to come with an increase in common sense, as any ER doc will confirm.

What are the best ways to include younger kids in the pumpkin-carving festivities while keeping everyone safe? Here are tips from some doctors who have seen it all to help keep your little ones — and maybe mom

and dad, too — safe around the pumpkin-carving table.

- Carve your pumpkin in a clean, dry, well-lit area. Wash and thoroughly dry all of the tools that you will use to carve the pumpkin: carving tools, knife, cutting surface and your hands. Any moisture on your tools, hands or table can cause slipping that can lead to injuries.

- Very young children should never carve pumpkins — but they can still help. Leave the sharp stuff to older kids or parents. Little ones can draw on pumpkins with markers. Some families carve a big pumpkin and have younger kids create their own designs on mini pumpkins. Kids can also help

clean out the “goop” and seeds from inside the pumpkin. Messy fun!

- Always have adult supervision during carving — even with teens. Doctors often report seeing adolescent patients with injuries from pumpkin carving. Adults feel that the kids are responsible enough to be left on their own, but accidents happen (and teen judgment isn’t always that of adults — no Halloween surprise there). Remember, it only takes a second for an injury to occur.

- Teach knife safety to older kids: Always point knives away from you. Keep your free hand away from the direction of the knife. Use slicing motions and never force the knife.

- Consider buying pumpkin tools instead of using a knife. Special pumpkin-carving kits are available in stores and include small, serrated pumpkin saws that work better because they are less likely to get stuck in the thick pumpkin tissue. According to a study by the Department of Orthopedic Surgery at State University of New York Upstate Medical University, people who used pumpkin-carving tools specifically designed for this purpose had fewer — and less-severe — injuries, compared with people who carved pumpkins using knives.

- Light your pumpkin safely. Small, votive candles (as opposed to tall, skinny candles) are safest for candlelit pumpkins. Candlelit pumpkins should be placed on a sturdy table, away from curtains and other flammable objects, and should never be left unattended. Even better: use battery-operated candles.

- Know when to seek emergency help for a cut. Bleeding from minor cuts will often stop on its own when you apply direct pressure to the wound with a clean cloth. If continuous pressure does not slow or stop the bleeding after 15 minutes, an emergency room visit may be required.

Kathy Sena is a freelance journalist who frequently covers parenting and health issues. Visit her blog at www.parenttalktoday.com.

**ATTN:
WORKING
PARENTS**

**The Samuel
Field Y has
After School Care
for your child.**

We pick up your child at most schools in Queens, School District 26 & the Great Neck School District



Ask about the Samuel Field Y's Childcare, Nursery & Pre-Kindergarten Options.
UPK for NYC Residents only.

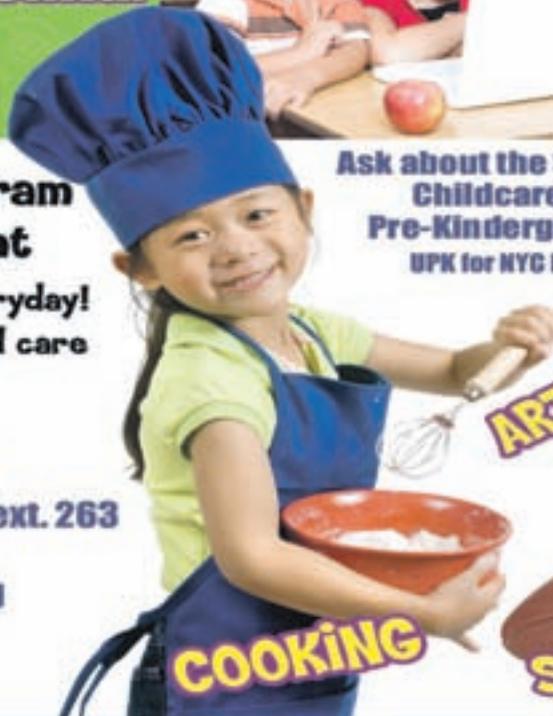
A Social & Recreational Program with an Educational Component

- Licensed Homework Teacher Available Everyday!
- Program runs until 6:00PM with extended care available until 6:30PM



58-20 Little Neck Pkwy.
Little Neck, NY 11362
Contact (718) 225-6750 ext. 263
(516) 482-2799
DanielleHersch@sfy.org
www.SFY.org

ACD & HRA VOUCHERS ACCEPTED



Central Queens Y

Build a strong foundation for your family at the Central Queens Y

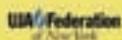
- Nursery School, Universal Pre-K & Parenting Center
→ (3 Mos. to 5 years old)
- After School Programs
→ (Kindergarten to 6th grade)
- Camping Programs
→ (2 to 15 years old)



- Pool and Fitness Center
- Lifeguard Training
- Aquaflores Swim Team, Basketball, Soccer
- Russian Service Center
- Senior Center
- Connect-to-Care



Another Quality Community Center of the Samuel Field Y!
67-09 108th Street, Forest Hills, NY 11375
718-268-5011 • www.centralqueensy.org



Working together as a team, we can succeed and achieve!



ALL ABOUT KIDS™ TUTORING

Home Tutoring

Small Group Tutoring At School

One-on-One Tutoring At Community Centers & Libraries

Serving Grades k-12

Free SES Tutoring For Eligible Children

Private Tutoring with Reasonable Rates

NYS Certified Teachers

Mathematical Skills

Reading Comprehension

Writing Skills

Serving Nassau, Suffolk, All 5 NYC Boroughs & Westchester

**1.888.Kids.577
(1.888.543.7577)**

Tutoring@allaboutkidsny.com



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

A fun Halloween, even with diabetes

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

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

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

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

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

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

She says this is where carbohydrate counting skills are used.

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

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

Other kids

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

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

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

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

Parties

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

Offer healthier alternatives, such as homemade popcorn balls, apple

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

Other candy tips

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

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

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

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

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

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

•••

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

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

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

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

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



No-Bake Classic Snack Mix

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

INGREDIENTS

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

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

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

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

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

Recipe courtesy of www.postcereal.com

GIRLS & BOYS FOR MODELING & ACTING

Girls 8-21, Boys 13-21

INTERVIEWS HELD ONE DAY ONLY
SUNDAY, OCTOBER 24, 2010



Barbizon Modeling is looking for boys & girls to train for TV, Commercials, runway and print work. Barbizon graduates have worked with The Gap, Macy's, Toys 'R' Us, Pepsi, the Today Show, Hannah Montana, Jonas Bros. Show, ANTM, Broadway Shows and Films.

BY APPOINTMENT ONLY

CALL: 212-239-1110

Interviews will be held at

THE NEW YORKER HOTEL

8th AVE. AT 34th Street (Across from Penn Station) • Under 18 must be accompanied by your parent.

BARBIZON MODELING OF MANHATTAN

Lic. by NYS Ed. Dept.



**SATURDAY
 NOVEMBER 20, 2010, 8PM
 TICKETS: \$45, \$40, \$35**



**BUY TICKETS ONLINE:
 WWW.VISITQPAC.ORG**

**OR CALL THE BOX OFFICE AT:
 718.631.6311**

For the whole family: MOVIE SINGALONGS!

Before Hairspray there was **BYE, BYE BIRDIE!**

Saturday, October 16 at 7:30pm – All Tickets: \$5

\$100 cash prize for the most enthusiastic participant!

222-05 56TH AVENUE, BAYSIDE, NY 11364



FOREST HILLS KIDS CORNER™

DANCE & THEATER ARTS



ALL STAR STUDIOS
 dance, theater, and more!

108-12 72nd Ave, Ground FL
 718.268.2280 www.AllStarStudiosNYC.com

YOGA & MARTIAL ARTS

bamboomoves
 YOGA . DANCE . TAICHI . CAPOEIRA



107-40 Queens Blvd Suite 206
 718.263.0788 www.BamboomovesFH.com

INSTRUMENTAL INSTRUCTION,
 VOICE & MUSIC THEORY



Free Sample Classes. By Appointment Only
 We offer Music Therapy!

Belle Arti
 Center for the Arts

108-10 72 Ave, Ground FL
 718.261.2237 www.belleartiny.com



CULINARY ARTS, KITCHEN SAFETY
 & NUTRITION



**YOUNG CHEFS
 ACADEMY**



108-10 72 Ave, 2nd FL 718.268.0343
 www.YoungChefsAcademy.com/ForestHills

Fun stuff for fall

Some things
to with your
family this
autumn

BY BELINDA MOONEY

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

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

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

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

Do some science

What kid hasn't asked why leaves change colors?

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

Chlorophyll fills the leaves dur-

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

Teach your kids about the trees they see everyday.

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

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



Get crafty with leaves

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

Stained glass leaves:

You will need squares of construction paper, wax paper and crayon shavings.

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

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

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

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

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

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

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

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

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



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

Have an snack

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

Take a sock walk

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

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

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

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

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

Make memories

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

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

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

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



The Gym Park

Fall Registration
Is Open Now!

In Greenpoint



Plenty of Parking
3 blocks from the G train

For infants, toddlers
& children
(ages 6 months-12 yrs old)

- Mommy & Me • Toddlers Tumble
- Gymnastics • Movement Classes
- Open Playtime Available
- Birthday Parties

www.thegympark.com • 718-349-6627 • 81 Oak Street

THE ART STUDIO FOR KIDS

A LITTLE BIT OF EVERYTHING I:

Saturdays 9:30-11:00am, 8-12yrs • Tuesdays 3:30-5:00pm, 6-7yrs.
Focus on an array of materials and projects: collage, wire, paper, clay, drawing & painting • Age group determines projects

DRAWING I:

Saturdays 11:30-1:00pm, 7-12 yrs/ All levels. Variety of mediums working from still life and photos. Also purely abstract drawing and drawing from the imagination.
Mediums - Oil pastel, ink, charcoal, pencil & collage

Classes - 8 week sessions • New classes added regularly
Convenient location with plenty of parking

For more information call: 917-599-8684

Family Speech Center

Evaluation & Therapeutic Services
For Children & Adults

Niki Stagiias-Coulouanidis, M.A., CCC-SLP • Errika Nathenas-Dimitrakis, M.S., CCC-SLP

SPEECH-LANGUAGE THERAPY

- Articulation/Oral Motor Therapy
 - Myofunctional Therapy
- Early Childhood Intervention (0 - 3 Yrs.)
- School-Age Language Disabilities
- Foreign Accent Improvement Program
 - Adult Language Disorders



Office Visits By Appointment (718) 939-0306

25-32 168 Street, Flushing, NY 11358



MUSIC LESSONS FOR ALL AGES!

Kindermusik • Guitar • Vocal Ensembles • Adult Classes • Piano • Voice • Guitar • Violin • Viola
Cello • Bass • Flute • Clarinet • Saxophone • Oboe • French Horn • Trumpet • Trombone • Baritone

Tuba • Percussion • Drums • Dance & More!

(30% of our Students are Adults / 10% OFF for Senior Citizens)

WWW.JOESMUSICCENTER.ORG

JOE'S MUSIC ACADEMY LOCATIONS

114-15 Mexico St.
St. Albans, NY 11412
718-454-3036

545 Brooklyn Ave
Brooklyn, NY 11225
718-774-0700

Joe's Music Store
114-04 Farmers Blvd.
St. Albans, NY 11412 | 718-454-3030

Queens screams!

A round-up of Halloween fun from across the borough!

BY JOANNA DELBUONO

It's a "bootiful" day in the neighborhood this "gourd"-geous season. Whether its fears, frights and chills you're after or a ride in the hay, east side, west side and all around the town, Queens is alive with the sounds of shrieks, screams and trick or treaters.

Pumpkin Picking

Enjoy pumpkin picking at the Queens County Farm Museum all month long, now through Oct. 31 on Saturdays and Sundays, 11 am to 4 pm.

Enjoy wandering through the planting fields to find your favorite gourd. Price of pumpkins will be determined by size.

After picking that prize pumpkin try your luck at the Amazing Maize Maze. The adventure begins as you wend your way through three acres of corn stalks by solving puzzles and finding clues.

Admission to the Farm is \$4, admission to the Amazing Maize Maze is \$5 for adults and \$3 for children.

Queens County Farm Museum, 73-50 Little Neck Parkway, Douglaston; (718) 347-3276. For more information visit www.queensfarm.org.



Pumpkin toss

So you've picked the pumpkin, you don't want to eat it, what do you do? Chuck it of course. The New York Hall of Science lends its catapult to launch your Halloween squash and see how far it goes before it goes kerplatt. Oct. 30 and Oct. 31 from Noon to 4 pm.

No reservations required and its all free.

New York Hall of Science, 47-01 111 St. Flushing Meadows Corona Park; (718)

699-0005. For more information visit www.nysci.org.

'Wailing' Museum

It's a ghostly night at the "Wailing" museum, Oct. 7, 22 and 28 from 6-9 pm.

Courageous crusaders 12 and older visit the Tunnel of Doom, VooDoo Lady, Wreck of the Essex, Pirate Troubadours, Cannibals and much more. This mild mannered museum is transformed in a house of horrors with over 30 ghouls weaving their way through the exhibits. Admission is \$10, reservations not required.

Whaling Museum, 200 Main St., Sag Harbor; (631) 725-0770. For more information visit www.sagharborwhaling-museum.org



Fear Fest

Brave hearts experience the chills and thrills at Fear Fest from Oct. 9 through Oct. 31, Friday through Sunday, 7 pm to midnight.

This thrill a minute tour through spooky halls invites you in, but does it let you out? Not recommended for young children. Tickets are \$12 and \$20 RIP.

Fear Fest, 1303 Round Swamp Rd, Old Beth Page; (646)-896-9071. For more information visit www.longislandfearfest.com.

Boo at the Zoo

For younger goblins come to the Queens Zoo for a day of face-painting, trick or treating, pumpkin dec-

orating and a mildly haunted habitat on Oct. 31, 11 am to 4 pm

Admission is \$6 for adults, \$2 for children).

Queens Zoo, 53-51 111 St. Flushing; (718) 271-1500) for more information visit www.queenszoo.com.

Ghost Night

Is that the sound of a trumpet wailing in the halls or just your imagination? Come find out at Ghost Night at the Louis Armstrong House on Oct. 31, 4-7 pm.

Kids enjoy face painting, collage making and house tours conducted by ghosts and goblins of course.

Admission is \$8 for adults, \$6 for seniors, students and children. Children under 4 and members free.

Louis Armstrong House Museum, 34-56 107th St. Corona; (718)-478-8274. For more information visit www.louis-armstronghouse.org.

Pumpkin Patch

The Children's Garden at Queens Botanical Gardens is transformed into a spooktacular Pumpkin Patch on Oct. 31 from 1 to 3 pm.

Admission to the Pumpkin Patch is \$10 (non-members) per pumpkin/ includes single admission and \$8/ pumpkin (members).

Queens Botanical Gardens, 43-50 Main St. East Flushing; (718) 539-5296. For more information visit www.queens-botanical.org.



CHRISTY'S

GYMNASTIC
CENTER

ACADEMY FOR CHILDHOOD
FITNESS & DEVELOPMENT

FUN - FRIENDS - FITNESS

Our Program is Safety Certified & Kinder Accredited By USA Gymnastics

From Tots - Teens

Arts
&
Crafts

- Wee Tumble... 1 1/2 - 3 Yrs.
- Junior Gym..... 3 - 5 Yrs.
- Gym Time..... 5 1/2 - Teens
- High School Gymnastics
- Tumble Only
- Advanced Gymnastics
- Rising Stars

Birthday
Parties

School
Trips!

Register
Now
For Fall
Programs

Highly Qualified Staff - Viewing Area
State-Of-The-Art Facilities

WE MAKE A DIFFERENCE!

Competitive USAG Teams

Christine Philips/Owner, Director FREE PARKING

150-50 14th Road, Whitestone

718-767-0123 • www.christygyrnastics.com

Benner's Farm

Old Fashioned Family Fun

Pick your own Pumpkins!

Haunted Hayrides

Fall FarmYard

Haywagon Rides, Farm Animals to See, Pet & Feed
Every Weekend in October from 12 to 4

Plus, Fall ClassTrips,
Scouts, Birthday Parties,
Saturday Kidsday Programs



HARVEST FESTIVAL

Old Time Music and Crafts,
Freshly made Apple Cider
Pumpkins, Produce, Hayrides

Sun Oct 17th, 12-4



631-689-8172 - bennersfarm.com
56 Gnarled Hollow Rd., Setauket

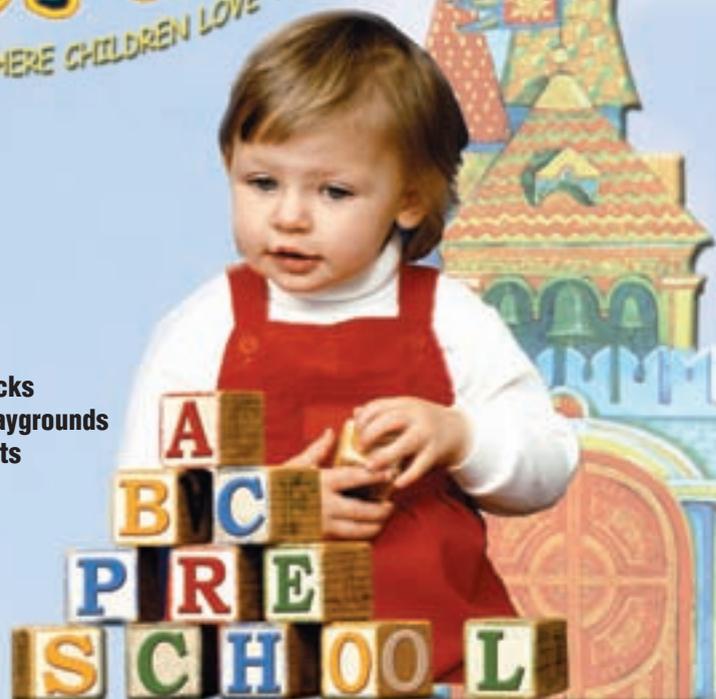
FREE
UNIVERSAL PRE-K
For 4 Year Olds

ABC FANTASY LAND

A WORLD OF FUN AND CARING WHERE CHILDREN LOVE TO LEARN

- Nursery, Preschool and Kindergarten (ages 2 to 5)
- European style Daycare Center in Queens
- Recreation with quality education
- Open all year
- Reasonable rates

- Extended hours available from 7:30 am to 6:00 pm
- Transportation provided
- Homemade meals and snacks
- Large Outdoor & Indoor playgrounds
- Sports, Music, Arts & Crafts and much, much more
- Special summer program (ages 2 to 10)
- Accepting all government programs





Eddie Martinez



Tony Bennett and his wife, Susan Benedetto, helped fund an arts high school in Queens named for Frank Sinatra. (At left and opposite) Students take dance and music classes at the school.

Heart in Queens

High marks for Tony Bennett's Frank Sinatra high school

BY ALLISON PLITT

During a trip to Chicago in 1998, crooner Tony Bennett, known the world over for his Grammy-winning music, saw a public park that had employed local students to paint benches and murals and put on live performances. The site inspired him to begin a similar program in his hometown, New York City.

When his friend and colleague Frank Sinatra died that same year, the Astoria-native decided to create an arts school in Queens as a tribute to the legendary singer, actor and philanthropist.

So in 1999, Bennett, along with his wife, Susan Benedetto, founded Exploring the Arts with an eye toward that goal. Through the foundation, he gathered funds, allocated a bud-

get for the school and organized educators and artists to develop an arts education program. In the meantime, the foundation began promoting arts education in New York City public schools by developing new curriculums with the Department of Education, while raising funds from private donors and institutions.

The Frank Sinatra School of the Arts opened its doors in Sept., 2001, in a temporary building in Long Island City. Eight years later, the school moved to its permanent location in Astoria at a site donated by George Kaufman, chairman of the Kaufman Astoria Studios, which sit across from the school on 35th Avenue between 35th and 36th streets.

"The school is a fabulous facility for the arts. We have state of the art dance studios, vocal instrumental rooms, technology appropriate for

film programs, two art studios and two black box theaters," says the school's principal, Donna Finn. "We have the beautiful Tony Bennett Concert Hall, which is an 800-seat theater where the American Ballet Theater and the Martha Graham Dance Company have had performances."

Bennett and the school believe in cultivating a student's artistic skill instead of placing emphasis on the success of fame.

"The idea of 'Craft Over Success' is very important to Tony," explains Benedetto. "When he started out, record companies really helped groom artists. Now, they build you up and then they dump you. If you don't have anything to fall back on, you're in trouble. He really wants the kids to be able to focus on their craft, so they can have a whole lifetime in the arts, or at least be appreciators of



the arts.”

Benedetto, who holds degrees in history and administration, as well as an MA from Columbia University’s Teacher’s College, taught social studies at the school, and worked as an assistant principal. She has worked at the Fiorello H. LaGuardia High School of Music and Art and Performing Arts in Manhattan, and was one of the driving forces behind the foundation’s emphasis on academics.

“The idea that the academics are still very important, that was important to me, because being a history teacher, it wasn’t just a typical vocational school where it was ‘Hey, learn this craft and get a job,’” she says. “It’s really rigorous on both ends — both academics and art. Donna and the staff prepare a student to go off to Juilliard just as easily as to Columbia. We have a super-high attendance and a super-high graduation rate. The kids all want to be there.”

The memory of the Chicago park inspired Bennett to adopt a philosophy of commitment to the community. In order to graduate, students need to complete 60 hours of community service.

“Tony is really interested in getting these kids to perform or show their art to other people while they were still learning, so they had the opportunity to really hone their craft,” explains Benedetto. “It was two-fold. It helped their art form and, more importantly, it helped them as people to realize, ‘Hey, you’ve been given a lot and, therefore, you have to give back a lot.’”

To be admitted, students must audition in one of the six art ma-

jors offered at the school — vocal, drama, dance, instrumental music, and film and media. Applicants must also have a strong academic record.

“We look at academics as well, because it’s a very challenging course of study in both the academics and in the art forms and it’s an extended school day,” said Finn.

But Bennett and his wife’s foundation isn’t only about the Frank Sinatra school.

Exploring the Arts is constantly developing new art programs in a growing number of city public schools. It offers students apprenticeships to work with professional artists, brings artists into the classrooms, and provides teachers with fellowships to develop their artistry and teaching skills. It also helps fund the Department of Education’s Summer Arts Institute program, which prepares students for advanced studies in the arts.

According to Benedetto, the foundation is hoping to grow beyond New York City borders.

“With all the budget cuts and the national focus on testing, people just need to continue to keep that in the forefront — the importance of the arts and of an overall quality education, especially in our public schools,” she says. “You shouldn’t always be getting this in private schools with the people who can afford it. Every child deserves a quality education and you have to have the arts.”

Frank Sinatra School of the Arts [35-12 35th Ave. in Astoria, Queens (718) 784-2264]. For info, visit <http://schools.nyc.gov/SchoolPortals/30/Q501/default.htm>.



Lourdes Academy High School

A Cristo Rey Network School: a unique program that combines a College preparatory curriculum with a Work Study program

Now Accepting 9th & 10th Grade
Applications for Fall 2011

INFORMATION SESSIONS

THIRD WEDNESDAY OF EVERY MONTH, 6PM-8PM

October 20, November 17,

December 15, January 19, February 16, March 23,

April 13, May 18, June 15

Special Saturday Session, October 23 12pm to 3pm

2-12 Aberdeen Street,
Brooklyn, NY 11207

*Take the A, C, J, L
or Z subway trains to
Broadway Junction/East
New York.*

718-455-3555 lourdesacademyhs.org

XAVIER HIGH SCHOOL
OPEN HOUSE
Saturday, October 23
1:00 - 4:00 PM

For More Information Contact the Admissions Office
30 West 16th Street - New York, NY - 10011 - www.xavierhs.org - admissions@xavierhs.org - 212-924-7900, ext. 1442



The Mary Louis Academy

Open House Sunday October 17th • 10am-3pm



- 100% college acceptance rate including Ivy League & top tier colleges
- 100% of graduating seniors earn a New York State Regents Diploma with Advanced Designation/ New York State Regents Diploma
- Religious Studies curriculum follows Catholic doctrine & includes 4-year Formation program
- Honors Program for selected students
- Full program in Robotics & Forensic Science
- Advanced Placement courses starting in 9th grade
- SmartBoard technology in every classroom
- More athletics for girls than any other school in the CHSAA including lacrosse & badminton

Chartered by the New York State Board of Regents • Sponsored by the Sisters of St. Joseph, Brentwood, NY
Accredited by the Middle States Association of Colleges & Schools

176-21 Wexford Terrace
Jamaica Estates, NY 11432
718-297-2120 • www.tmla.org

TMLA+



Cathedral High School



Empowering Young Women
Through Education Since 1905



- **Medical Program:** "Gateways to Health" Program with internships and mentoring by medical professionals in Anatomy, Physiology & more!
- **Law Program:** Courses in Litigation & Civil Law, mock trial procedure, internships with judges, lawyers and city prosecutors.
- **Advanced Placement Courses offered in:** Calculus, Spanish, English, Biology, Psychology and U.S. History. Honors courses also available.
- **Fully equipped** state-of-the-art Biology, Chemistry and Computer Labs.
- **Wide selection of electives** such as Fashion Design, Forensic Science and Marine Biology, Graphic Design, Music and more!
- **Great Sports Program:** Basketball, Softball, Swimming and Volleyball.
- **Various extracurricular activities:** Student Council, Newspaper, Marching Band, Travel & Culture Club, Dance Club, Drama, and more!
- **Centrally located** in the heart of Manhattan's East Side. Our school is just blocks away from the 4,5,6,E,M,N & R trains and most buses.
- **Academic scholarships** are awarded annually to incoming qualifying freshmen.
- **Millions of dollars are awarded each year** in college scholarships and grants with acceptances into the nation's top colleges and universities.

Come and explore all that Cathedral has to offer you!

OPEN HOUSE
Sunday, October 24, 2010
11AM - 3PM

350 East 56th Street, New York, NY 10022 • (212) 688-1545 • www.cathedralhs.org
Accredited by the Middle States Association of Colleges & Schools

High School

DIRECTORY

Cathedral High School

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

Cathedral High School has been synonymous with academic success since its founding in 1905.

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

The Kew Forest School

119-17 Union Turnpike in Forest Hills
718-268-4667 extension 125 or www.kewforest.org

The Kew Forest School is one of Queen's oldest and finest independent day schools.

Since 1918, this co-ed, college preparatory institution has provided students from Kindergarten through grade 12 with an academically challenging curriculum in a small, caring environment. Among its hallmarks are a diverse student body, small classes, a low student/teacher ratio and an outstanding record with college placements. There is a Lower (K-4), Middle (5-8) and Upper School (9-12).

Kew Forest also offers a breakfast program beginning at 7:30 a.m., and an After-School program.

La Salle Academy

44 East 2nd St. New York, NY
212-475-8940 or www.lasalleacademy.org

La Salle graduate is New York State's Youth of the Year!

Chris Rivera, a 2009 graduate of La Salle Academy is New York State's Youth of the Year! He received the award through the Boys and Girls Club of America, which recognized his selfless giving to others. In addition, Mr. Rivera was again recognized for his relentless volunteer work by receiving a Certificate of Excellence through The Prudential Spirit of Community Awards program.

CEO and chairman of Prudential Financial, John R. Strangfeld states, "The recipients of these awards vividly demonstrate that young people across America are making remarkable contributions to the health and vitality of their communities." Four years ago, Chris thought attending college was an impossible task but he attributes his success to God and to La Salle Academy for showing him that through hard work, persistence, a committed faith in Catholicism, and the caring and loving of others, not only did he crush the impossible but he changed the world to be a better place, even if it was just in his corner of Manhattan. Mr. Rivera is now a freshman at Fordham University.

Lourdes Academy High School

A Cristo Rey Network School
2-12 Aberdeen Street

Continued on page 18

THE KEW-FOREST SCHOOL



The future is growing here.



Our Doctors

Our Lawyers

Our Architects

The Kew-Forest School, established in 1918, is the oldest independent, coed, Pre-K through 12, college preparatory school in Queens. We have been nurturing future leaders with a challenging core academic experience for over 90 years.

Open House: Thursday, October 14th, 6 – 8 PM

Contact Director of Admission, Mr. René Bolanos, for information on our weekly Prospective Parent Orientations or to schedule a private tour.

119-17 Union Tpke., Forest Hills, NY 11375-6143 Phone: (718) 268-4667 ext.125
Website: www.kewforest.org



XAVIERIAN HIGH SCHOOL

A Xaverian Brothers Sponsored School



Xaverian is a private, Catholic, college preparatory high school in Brooklyn. Established in 1957, it is one of twelve schools nationwide sponsored by the Xaverian Brothers. One of New York City's leading schools for over fifty years, we educate nearly 1,400 young men each year. Xaverian has graduated a network of 15,000 successful and responsible Christian men, educated in the long-standing tradition of the Xaverian Brothers.

Our Admissions Open House is the opportunity for prospective students

to meet our teachers, coaches, administrators, alumni, current students and parents; explore our highly technological facility and leading-edge learning environment; and to learn about Xaverian's legacy of success through its innovative curriculum and extracurricular offerings. Each year, Xaverian graduates gain admission to the best public and private universities.

The Class of 2010 earned \$18,164,774.00 in scholarship awards. Imagine the advantages for your son as a graduate of Xaverian High School.

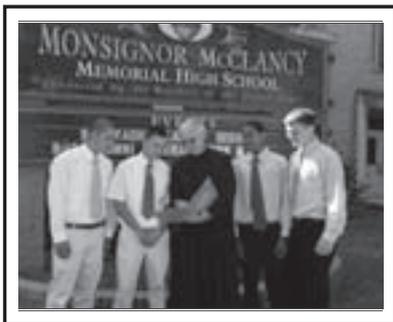
OPEN HOUSE SUNDAY, OCTOBER 17, 10AM - 2PM

Gerard Buckley, Director of Admissions gbuckley@xaverian.org 718.836.7100 ext.117

MONSIGNOR McCLANCY MEMORIAL HIGH SCHOOL

Conducted by
THE BROTHERS OF THE SACRED HEART

"THE SCHOOL THAT MAKES A DIFFERENCE"



OPEN HOUSE

SATURDAY, OCTOBER 2, 2010 • 1:00 PM - 4:00 PM

- Academic Excellence • Academic Scholarships Available
- Solid Religious Formation and Values
- Extensive Club and Athletic Activities
- T.A.C.H.S. Code #017

For further information about McClancy or our Open House contact:

Mr. Nicholas Melito, Director of Admissions • 71-06 31st Avenue
East Elmhurst, NY 11370 • Tel: 718-898-3800 Ext. 11 • Website: www.msgrmclclancy.org

Brother Joseph Holibaas, s.c., President • Mr. James P. Carey, Principal

Become a fan of

QUEENS

Family

on

facebook

Facebook Search: Queens Family

High School

DIRECTORY

Continued from page 16

718 455-3555 or www.lourdesacademyhs.org

Lourdes Academy, a Cristo Rey Network school, provides an affordable educational option to families with a modest income who seek a small, Catholic, college preparatory school for their sons and daughters. All students participate in a Corporate Work Study Program which enables them to earn 65% of their tuition working for corporations and non-profit organizations.

Lourdes Academy offers students the opportunity to achieve practical work experience and academic excellence. Intensive academic tutoring and enrichment opportunities ensure that all students are appropriately challenged and supported. Our students will graduate with an understanding of the workplace, realize the relevance of their education, and grow in self-confidence that is unique to the Cristo Rey Network.

Mary Louis Academy

176021 Wexford Terrace, Jamaica Estates

718-297-2120 or www.tmla.org

The Mary Louis woman is offered an array of intellectually challenging courses that provide academic foundation. Each student develops her program incorporating honors and advanced placement courses focusing on her strengths and interests and leading to a Regents Diploma with Advanced Designation.

SMARTBOARD Technology is used throughout the school. Over 100 computers are available for student use.

Guidance Counselors offer personal and academic counseling beginning in Freshmen year. TMLA has a unique and extensive college program which focuses on acceptance to top level colleges and universities. The Class of 2009 received college scholarships totaling more than \$20 million.

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

Monsignor McClancy Memorial High School

71-06 31st Avenue, East Elmhurst

718-898-3800, ext 11 or www.msgrmclclancy.org

Open House: Saturday, October 2nd (1:00pm – 4:00pm)

Monsignor McClancy Memorial High School is one of the outstanding all-male college preparatory high schools in Queens. Guided by the educational charisma and traditions of the Brothers of the Sacred Heart, students are offered a comprehensive academic program that exceeds the New York State curriculum requirements. Opportunities are provided for college credit courses, AP classes as well as a challenging Honors Program.

The School's co-curricular program of clubs and activities offers students the opportunity for social, cultural and creative experiences. McClancy's athletic teams are highly competitive and have own their share of city titles.

Celebrating over 50 years of Catholic education in Queens, McClancy is permanently chartered by the State of New York and fully accredited by the Middle States Association of Secondary Schools and Colleges. [TACHS CODE:#017]

High School

DIRECTORY

St. Francis Preparatory School

6100 Francis Lewis Boulevard, Fresh Meadows
718-423-8810 or www.sfponline.org

St. Francis Preparatory School knows that choosing a high school can be difficult; for four years you will learn new things, meet new friends and have new experiences.

At St. Francis Prep, new students have the opportunity to receive a rich, well-rounded education.

The Prep is known for its excellence in learning, but it offers so much more. St. Francis Prep is a Catholic college preparatory school in the Franciscan tradition. Its mission is to enable all students to develop and broaden their spiritual, intellectual, creative, emotional, social and physical abilities.

Xaverian High School

7100 Shore Road, Brooklyn
718-836-7100, ext 117

Xaverian High School offers each student a strong college preparatory program designed to meet his ability and interests. For over 50 years Xaverian has provided the challenge, inspiration, and education to prepare our students for success at the nation's top colleges and universities. Xaverian's course offerings not only allow students to master content and curriculum, including Regents and Advance Placement courses, but essential study skills.

Our young men become life-long learners, vested in their continued intellectual growth. All this is done while striving to emulate the Xaverian Brother's charisms of simplicity, trust, zeal, humility and compassion in every aspect of our school.

Xavier High School

30 West 16th St. Manhattan;
212-924-7900 or www.xavierhs.org

Xavier High School endeavors to prepare students for the 21st century who will be persons of competence, conscience, and compassion.

As a Catholic, college preparatory school for boys, Xavier accomplishes this goal in the context of a multicultural, urban community dedicated to learning, faith, and service. We remember our past with pride and look to our future with expectation. Creating "men and women for others" is the driving force behind all that we do at Xavier. We strive to live as Jesus did, for God and others.

St. Ignatius Loyola taught that true balance can be achieved only by combining individuality with the aims and spirit of the whole. This is what has been handed down to us, and this is what we commit ourselves to hand on to those who come after us.

Find **Family** online at
www.webfamilyny.com



La Salle Academy

215 EAST 6TH STREET NEW YORK, NY 10003 212-475-8940

OPEN HOUSE

for Students & Families interested in Grades 9-12
Saturday, October 16th (9am-12pm)
Saturday, January 29th (9am-12pm)



LA SALLE ACADEMY | VISIT OUR WEBSITE AT WWW.LASALLEACADEMY.ORG

BUILDING TOWARDS THE FUTURE

St. Francis Preparatory School

OPEN HOUSE
SAT., OCT. 23rd
12noon-4:30pm

Auditorium Presentations: 12:15, 1:15, 2:15 & 3:30pm
followed by opportunities to visit areas of interest

6100 Francis Lewis Blvd., Fresh Meadows, NY 11365 • 718 423-8810 ext.229
sfponline.org email: admissions@sfponline.org T.A.C.H.S. #019

Lessons from a teacher

Know what
your child is
feeling

BY ANDREW SCHORR

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

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

Some children can be very direct



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

Lesson 1

Behavioral changes have a logical explanation.

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

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

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

Lesson 2

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

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

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

Lesson 3

Most students are aware they are misbehaving.

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

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

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

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

Lesson 4

'Test anxiety' is real.

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

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

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

• • •

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

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

A Living Hell

That's how going through a divorce has sometimes been described. Sadly, and in far too many cases, truer words were never spoken. Even more unfortunate is the fact that hiring the wrong lawyer will often contribute to that hell. In both emotional and financial terms, the toll it can take on those involved is like a nightmare come true. But it doesn't have to be that way.

Allow us to introduce ourselves. For more than a decade **The Law & Mediation Offices of Teresa Ombres** has been helping couples and individuals get through these difficult times with a philosophy that is unique and an empathy toward its clients that is uncommon in the field of divorce law. The services offered and the processes available to clients are diverse and we help you to determine which are most appropriate to your circumstances.

There are three distinct processes (the traditional *litigation* process; the *divorce mediation* process; and the more newly emerging *collaborative law* process) and each is discussed in detail so that clients can make an informed decision. Our goal is to always minimize the emotional stress and the financial cost of each case, and to bring matters to an amicable conclusion in as short a time as possible. We strive to maintain civility and foster understanding and cooperation among all parties at all times. When children are involved there is a special emphasis on protecting them from the harmful effects of family crisis.

The Law & Mediation Offices of Teresa Ombres

When divorce is unavoidable

718.767.7667
www.DivorceLab.com

38-39 Bell Blvd. Bayside, NY 11361

Some things you should know about us: We're not a very large firm and this allows us to give each client the attention he or she deserves. Teresa is assisted by a small staff of accomplished attorneys, highly skilled mediators and dedicated legal assistants, all committed to a common purpose... *smoothing the course of divorce for every client.* We do not subscribe to a jack-of-all-trades approach to law. A prudent person wouldn't rely on the family doctor if the patient was in serious need of a cardiologist or a neurosurgeon. We believe that same logic applies in legal matters. In an age when one in every two marriages ends in divorce we feel clients are best served by a focused professional whose legal expertise is not diluted by extraneous activity. For that reason our practice is limited to *only* matrimonial and related family matters.

There is only so much information that can fit in this advertisement. If you or someone you know is considering divorce please visit our website. Learn more about the different processes available to you. Read our mission statement. Meet our staff. Hear what our clients have to say. Then decide if you feel we can help. Or, call to speak with Teresa who will be happy to answer some of your questions.

Finally, we make this promise to each client: Whether you choose to litigate, mediate or collaborate, you'll find that we are committed to achieving for you what all who embark on this road want and deserve: ***Divorce with dignity.***



A graduate of Fordham University and New York Law School, Teresa is a member of the New York State Bar Association, the Queens Bar Association, the Family and Divorce Mediation Council of Greater New York, where she served for many years on the Board of Directors, and the New York State Council on Divorce Mediation. She is also an original member of the New York Association of Collaborative Professionals and a founding member of the New York Chapter of the Association of Family and Conciliation Courts where she serves as Treasurer.

Kung Fu kiddies

How martial arts discipline can benefit development

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

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

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

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

how their bodies develop.

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

The bones, tendons, ligaments,

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

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

Five important benefits

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

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

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

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



portant things we can give children.

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

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

Are the martial arts too violent for my child?

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

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



5) Refrain from violent and impetuous behavior

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

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

There is an expression that says, "When you point an accusing finger,

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

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

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

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

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

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

ImmanuelGenius
EDUCATIONAL CENTER

GRAND OPENING
Additional site in BAYSIDE, Northern Blvd. & Bell Blvd.,
213-01 Northern Blvd., 3 Fl., Bayside, NY
718-819-0190 - UPK AVAILABLE



PRESCHOOL **2-5 YEARS**

FREE SCHOOL BUS
IN FLUSHING AREA ONLY
FOR
FREE UPK CLASS
FOR CHILDREN BORN IN 2006



**Enrich
Your
Child's
Life**

Let Your Child Feel The Power of Learning

AFTERSCHOOL PROGRAM **5-12 YEARS**

- Best Enrichment Program English/Math/ Test Prep/ Homework Help
- Fun Filled Programs During Holidays and No School Days
- Personal Attention In Small Group Setting
- Variety of Activities Customized For Each Student - Ballet, Tae Kwon Do, Art & Music Instrument Lessons
- Experienced Public Or Private School Teacher
- Safe & Quiet Natural Environment
- Individualized Instruction Based On Our Diagnostic Testing
- Convenient Transportation- Door-to-Door Service
- Detailed Assessment Weekly Report To The Parents

OPEN
7:30 AM - 7:00 PM

We Accept ACD & HRA Vouchers
163-15 Oak Ave., Flushing, NY 11358 | 718.460.9991 Ask for Ms. Rachel
Visit our website: www.ImmanuelGenius.com
Bus Service To Flushing, Fresh Meadows, Bay Side, Whitestone and Douglaston

Bracing for the future

Preventative measures can make braces a thing of the past

BY MANI ALIKHANI

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

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

At what age should your child see an orthodontist?

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

making their way into her smile.

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

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

How do you know if early treatment is best?

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

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

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



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

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

• • •

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

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

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

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

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

Let's check your bite!



Do your front teeth stick out too far?

YES NO



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

YES NO



Do your front teeth cover the lower too much?

YES NO



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

YES NO

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

House of Orthodontia, 122 Atlantic Avenue, Brooklyn NY 11201

Kids Smile Around 400 Times a Day

So be sure your kids smile is a healthy smile!

Put your family's oral health in the safe hands of **Preferred Dental Care**. We care for your family like ours

- Reputable and experienced dentists
- Gentle, friendly and caring staff
- Excellence in Dentistry of ALL types for ALL ages
- Flexible evening and weekend hours



OUR GIFT TO YOU

FREE Dental Exam • Oral Cancer Screening
Surprise Gift • X-Rays (Total Value Of \$180.00 for FREE)

146-10 45th Ave. | Flushing, NY 11355 | 718-445-7600
1-888-WE-PREFER | www.PDC.GS - (GS for a great smile)



We are here to help you
Mon-Sat: 7:30am-10:00pm | Sun. 11:00am-6:00pm
FREE Parking Available | Multilingual Staff
Emergencies and Second Opinions Welcome

Become a fan of

QUEENS

Family

on

facebook

Facebook Search: Queens Family

ORTHODONTICS



Brace Yourself For A Beautiful Smile In Our Fun Loving Adventure Under The Sea

Em"brace"fully

Dr. Karen H. Lewkowitz
Dr. Robert L. Shpuntoff

Over 20 Years Experience!

Come & Visit Our Office!

Located One Block from Great Neck

FREE Consultation & A Gift

- Affordable Payment Plans
- Colorful & Clear Braces
- Braceless Orthodontics
- We Treat Latex Allergic & Nickel Sensitive Patients
- Incredible Hi-Tech Office
- Friendly & Caring Staff
- Sunday Appointments Available
- Digital X-Rays

(516) 504-GRIN

(718) 229-5924

www.lewkowitzandshpuntoff.com

55-15 Little Neck Pkwy. Little Neck

One Block North Of Long Island Expressway Exit 32

(Free & Easy Parking)

Members Of The American Association Of Orthodontists

QUEENS CHILDREN'S ORTHODONTISTS

Meet The Practitioners

Dr. Karen Lewkowitz, & Dr. Robert Shpuntoff,

55-15 Little Neck Pkwy., Little Neck, NY
718-229-5924

www.LewkowitzandShpuntoff.com

When you plan your child's future or your own, make sure a beautiful smile is part of that dream. We have been in practice for over 20 years and continue to positively change children's and adult's lives by creating beautiful smiles. Their self-esteem grows as their smiles become more beautiful. We provide the highest conservative quality care and the most effective treatments. Our office is unique in its under-the-sea atmosphere. The minute you walk into our office you see a beautiful 600-gallon saltwater tank with a homework station around it. Video games, movies — we have it all! We have digital x-rays in our state of the art facility. We have invisible aligners, clear and colorful braces. Come in for a free consultation. We also offer interest free payment plans and family discounts. Come in this February and receive an additional discount in honor of children's dental health month! Don't flounder around! Brace yourself for a gorgeous smile!



Dr. Aaron Milchman D.M.D., P.C.

172-20 26th Avenue Flushing
718-747-0393

70-18 Main Street Kew Gardens
718-575-9300 or www.straightenwithbraces.com

Dr. Milchman received his Doctor of Dental Medicine degree from the University of Pennsylvania where he graduated with Honors and received two additional awards in the specialty of Periodontics. He expanded on his training with a one year General Practice Residency at Montefiore Medical Center. Dr. Milchman went on to complete a dual degree Orthodontic Residency Program at Temple University. In addition to his certificate in Orthodontics, Dr. Milchman has also earned a Masters of Science in Dentistry. In pursuit of the highest standards in his specialty, Board Certification, Dr. Milchman has successfully passed the American Board of Orthodontics Written Board Exam and Clinical Case Exam. Dr. Milchman serves the needs of the pediatric, adolescent, and adult community in his two private offices in Queens, New York. In addition, he is currently an Attending Orthodontist at St. Barnabas Hospital and Wyckoff Heights Medical Center.



Preferred Dental Care

146-10 45th Avenue, Flushing
718-445-7600 or www.preferredental.net

Preferred Dental Care provides high quality dentistry and specializes in providing all specialties under one roof. It takes a gentle hand and lots of personal care to help children through the, sometimes new, experience of going to the dentist. Doctors show them the instruments and explain all that we do so they are comfortable and feel safe. The staff are well trained and have years of experience caring for patients. Preferred Dental services nearly 20,000 patients a year and is well known throughout Queens as a top notch, state of the art facility where patients come for not only the dentistry but the warm, friendly environment. The office is a place where people know they get the right dental care from people that take care of them and are professionals in the industry. From cleanings to major treatment to welcoming patients with a smile, Preferred Dental Care does it all.



Dr. Tsivas Kourtsounis

18-15 Francis Lewis Blvd., Whitestone
718-746-1230

Or "Dr. K" as he is called by the little ones, is one of Whitestone's favorite pediatric dentists. Like pediatricians, Dr. Kourtsounis has limited his practice to infants, toddlers, and all children including those with special needs. Because of this, he is able to keep current on the latest diagnostic and treatment procedures for young people. Pleasant visits to the dental office promote the establishment of trust and confidence that will last a lifetime. Just as the pediatrician monitors development from infancy, Dr. Kourtsounis will evaluate your child's dental condition regularly to provide the highest level of prevention and treatment. He enjoys teaching children the importance of oral health care and how good care will benefit them throughout their lives. Dr. Kourtsounis received his Bachelor's degree in Biology from the State University of New York at Stony Brook and his Doctor of Dental Surgery degree from the University Of Maryland College of Dental Surgery. He completed his pediatric dental residency training at the Mount Sinai Medical Center in New York City.



THE CRAYON BOX
 Family Discounts Hours & Programs To Fit All Schedules
PRESCHOOL

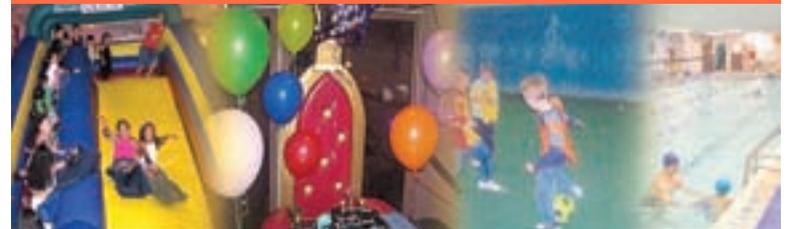
LEARNING & FUN ALL ROLLED INTO ONE!

- REGISTER NOW
- Full-Size Indoor Gym
- Outdoor Play Area On-Site
- Open All Year

FOR CHILDREN AGES 2.9 - 5 YEARS
 NYS Certified Teachers • Great Teacher/Student Ratio

Call us at **718-888-9341**
 44-10 192nd St. Flushing • www.crayonboxpreschool.com

ASTORIA SPORTS COMPLEX
 PRESENTS
PARTY! PARTY! PARTY!



Have Your Next Fabulous Party With Us

- ★ Swimming
- ★ Basketball
- ★ Soccer
- ★ Baseball
- ★ In-Line Skating
- ★ Moon Walk
- ★ Super Slide
- ★ Healthy & Fun

Visit our web site for a virtual tour & prices

Includes:

- Hostesses ★ Two Sports
- ★ Pizza & Soda ★ Gift for Every Guest
- ★ Special Gift for Birthday Child
- Table for Adults ★ Party Area For 2 1/2 Hours

FREE Indoor parking for birthday child's parents

We give all our parties our "personal touch" as we are committed to customer satisfaction!

34-38 38th Street • Astoria, NY 11101 (Bet. 34th & 35th Aves.)
 718-729-7163 www.ascsports1.com

Conveniently located in the heart of Queens -
 One block from public transportation (V,R,G)



"THE PLACE THAT EVERYONE RAVES ABOUT"

DAY CARE COUNCIL OF NEW YORK, INC.

Our Professionally Trained Phone Counselors Can Offer You **FREE** Child Care Referral Information On:

- The Location Of Child Care Programs
- Infant/Toddler Programs
- Licensed And Registered Family And Group Family Day Care
- After School Programs
- Nanny Services
- Nursery Schools
- Summer Camps
- Head Start Programs
- Becoming A Child Care Provider

Offering Child Care Information And Technical Assistance To The Five Boroughs Since 1952

212-206-7818
 (Mon. - Fri. 9:30 AM - 5:30 PM)

12 West 21st Street, 3rd Floor, New York, N.Y. 10010
 (www.dccnyinc.org)

Teens make a difference

Two Queens teenagers create waves in their communities

BY VERA BORUKHOV

Teens can help change the world, and some have started to do so right in their own community.

Nineteen-year-old Michael Devon O'Connor saw the horrible condition of a sign welcoming people to his town, and took matters into his own hands.

"I have always felt that the 'Welcome to Whitestone' sign was a great way of introducing people to the community," says O'Connor of the sign at the junction of Francis



Lewis Boulevard, the Cross Island Parkway Service Road and Locke Avenue.

"Unfortunately, due to time and neglect, the sign is damaged beyond repair, and I decided to do something about it."

That meant finding the owner of the property, which turned out to the Parks Department. Officials at the city agency told O'Connor that if he could find the funds, he could replace the sign himself.

"At that point, I reached out to the local businesses for their financial support, which in turn led to the creation of a nonprofit group, 'Welcome to Whitestone,'" O'Connor explains.

His group now hosts a website that promotes teen volunteerism and is seeking the funds to replace

the sign.

For more on the group, visit www.WelcomeToWhitestone.com.

When 16-year-old Khaair Morrison, a senior at Francis Lewis High School in Flushing, heard that the MTA was considering canceling the free student MetroCard program, he decided to take action.

"I ... fought to save student MetroCards in New York City, which over 600,000 students use to get to school every day," said Morrison. "Without the MetroCards, it would have cost a family an estimated \$1,000 a year."



Khaair Morrison (left) took action to make sure all students had means of getting to school. Michael Devon O'Connor (above) saw the condition his hometown's sign was in and took matters into his own hands.

Morrison organized protests in front of the MTA headquarters, met with the chairman, participated in press conferences and even went to Albany to lobby politicians.

"In the end [I] organized a city-wide school walk-out, where 1,000 kids walked out in protest to City Hall," recalls Morrison. "Our efforts paid off, and now 600,000 students are still using free MetroCards today."

How did he do all this? Working with the Urban Youth Collaborative, a citywide group that seeks to get young people active in their communities, he formed a student union.

"We all came together in big meetings to see what the youth thought we should do," he said.

After being turned down by the MTA when they sought a personal meeting with the chairman, they showed up at the agency's public hearings.

"Politicians gave up their spot for us to speak," he said.

"After hearing our outrage, they gave us a meeting with the chairman. In that meeting, about seven of us did a press conference with him and got the vote to cut the cards pushed back."

• • •

Both O'Connor and Morrison have one message for teens: Get

involved in the betterment of your community and the world. Any individual can take a stand and make a difference, and it's rewarding and benefits everyone. You can connect with O'Connor and Morrison for more information on their work via Facebook.

Entrepreneurial education is vital for our youth.

Take the time to think about what you can do to make our rapidly changing world a better place.

Vera Borukhov is the founder of Veracity Learning Inc., devoted to providing English and Entrepreneurial education to uncover your child's genius. Contact Veracity to better your child's school experience and give you peace of mind. (718) 790-8911. For more info, visit www.veracitylearning.com.



The West Side Tennis Club

Forest Hills
718-268-2300 x127

JUNIOR PROGRAMS

Excel Junior Program

- 4 Week Fall Session Starts September 12th
- 14 Week Winter Session Starts October 10th

ELITE JUNIOR TOURNAMENT TRAINING PROGRAM FOR RANKED PLAYERS

- 4:1 student teacher ratio Fully certified professional staff
 - All levels of instruction available • Travel team
 - Competitive match play program • Conditioning
- Tournament coaching • 10% discount on Fall programs with this ad



WINTER

- New 10 Court Indoor Tennis Facility
- Open To The Public

ADULTS

- Group Instruction • Leagues
- Parties



The West Side Tennis Club's 12 acres are both a majestic setting and a tranquil oasis in the heart of New York. Home of the US Open for over 80 years, The West Side Tennis Club has 38 courts.

It is one of the four clubs in the country to provide four types of court surfaces – Har-Tru, Deco-Turf, Grass and Red Clay. Juniors may play tennis on Stadium Center Court.

BOB INGERSOLE - TENNIS DIRECTOR * GUILLERMO OROPEZ - HEAD PROFESSIONAL
Email: juniortennis@foresthillstennis.com • www.foresthillstennis.com

**MUSIC.
ART.
DANCE.
WRITING.**



**CLASSES
FOR ALL
AGES!**

Register today for our next session of group classes!

- Affordable classes taught by highly trained professionals!
- Private lessons available on all musical instruments.

Register by October 30th and receive a 5% discount. Mention this ad when you register and get an extra 5% off.
Use promo code QFS when registering online.

Conveniently located on Broadway between 23rd St. and Crescent St.

Phone: 347-738-4148

Email: info@arthouseastoria.org

Web: www.arthouseastoria.org

NYC Gifted & Talented Program Prep



KENT is offering Special G & T class for students who are interested in applying for NYC G & T Program (qualified students only).

Pre K, Kinder & 1st Graders

also offering **Enrichment Programs** for 1st~12th Graders

718.423.5757

KENT *Kp* PREP

194-11A Northern Blvd.

www.kentprep.com



Specializing in Services for
Children and Adults

With
Autism & Developmental Disabilities

QUEENS AND LONG ISLAND LOCATIONS

- ★ **Music & Arts Therapy**
- ★ **Weekend Recreation**
- ★ **Medicaid Service Coordination**
- ★ **Stepping Into Adulthood**
(After School Program)
- ★ **At Home Residential Habilitation**
(Services in Your Home)
- ★ **Day Habilitation**
- ★ **Behavioral Intervention Services**
- ★ **Making Connections**
(Socialization Program)

For more information
please call
516-741-9000
Ext. 470 or 271



By the Society for Human Resource Management

1501 Franklin Avenue
Garden City, NY 11530

Tel: (516) 741-9000 • Fax: (516) 741-5560

Visit us at www.lifesworc.org and follow us on



Find **Family** online at
www.webfamilyny.com



LIONS AND TIGERS AND TEENS

MYRNA BETH HASKELL

Past is prologue

We all have taken some risks in our youth, but do our kids need to know about them?

We all have those things we did when we were young, impressionable and seemingly invincible, that we're not so proud of.

I know I have several — including the time I dove into a swimming hole because everyone else was doing it, only to learn two weeks later that someone drowned after diving off the same cliff. Somehow, we lived through it all — maybe not unscathed, but a bit wiser. Now that your daughter is a

best policy, while others think secrets are best kept in the closet.

Don't have selective recall

Hopefully, you're able to reflect on your own teen years through clear glasses, not the rose-colored kind. This will help you connect with your teen because you'll empathize with her occasional ... um ... lapse in good judgment. However, keep in mind that your role as parent is one where you guide and provide limits, not behave like one of her friends — she has plenty of those!

"Being a positive role model is critical for parents since children learn by modeling behavior, not by simply being told what to do," says Dr. Mary E. Muscari, associate professor at Binghamton University and coauthor of "The Everything Guide to Raising Adolescent Girls" and "The Everything Guide to Raising Adolescent Boys" (Adams Media). "However, being a positive role model is not the same as qualifying for canonization."

The angel myth

Chances are you weren't an absolute angel. Guess what? Your teen probably suspects this. So, will she think you're hypocritical if you pretend you were? Some parents fear that if their teen knows they weren't completely virtuous, her perspective of them might change, and she might scoff at future parental advice.

"Children learn how we handle mistakes and how we grow from them," explains Muscari. "Talking to your teens about your own stumbles through adolescence shows them that anyone can easily take the wrong path, but that it takes courage to get back on the right one."

Is honesty the best policy?

Studies show that teens are less likely to use drugs or dabble in other risky behaviors when their parents

have talked to them about the risks. The amount of disclosure will probably depend on each individual circumstance. However, there are certain topics which parents might feel are better kept private, particularly if they suspect a "you-did-it-why-can't-I" attitude.

If your teen asks about your past, consider it an opportunity to open up communication with her. Find out why she's asking questions. What is going on in her world? If you choose to talk about your past mistakes, don't glorify risky behavior. Instead, share how poor choices resulted in negative consequences.

"It's a judgment call," says Muscari. "There are just too many variations among parents and teens to have a one-size-fits-all framework for anything. If you fear that disclosure will result in dangerous risk-taking, don't tell. We don't need to clean everything out of our closets!"

Tips and tales

"Parents from my son's private school in Manhattan were divided about what to tell their teens. I was in the 'truthful' camp — but only when asked. I didn't volunteer information."

Samuela Becker, New York, NY

"I share my experiences — good and bad — and talk about it. Sometimes it's uncomfortable hearing what they did, but telling the truth both ways works for us."

Christine Jansen Vierstra, Saugerties, NY

Share your ideas

Upcoming topic:

Teens hate wearing jackets — tips for encouraging them to dress for the weather.

Please send your full name, address, and brief comments to: myrnahaskell@gmail.com or visit: <http://home.roadrunner.com/~haskellfamily/myrna/>

Myrna Beth Haskell is a feature writer and columnist specializing in parenting issues and children's development. She is the mother of two teenagers.



teen, you think back on those things you would do differently now, and you fear your teen will make the same kinds of mistakes, only with more severe consequences.

Parents are often unsure about how much they should disclose. Do you spill all the beans when your teen asks questions about your past? She might take your drop-dead honesty to heart and believe that, since you lived through it, it must not be so bad. On the other hand, she might learn from your mistakes and take the opposite path. Parents are divided on this issue: some feel honesty is the



FREE TRIAL CLASS

Soccer classes for girls and boys 18 months and up

- We offer:*
- Over 35 Classes, 7 Days a Week
 - \$15/Class Includes Free T-shirt, Medal Soccer Tournaments at the end of the season
 - Free Bouncy House on Saturdays
 - Private Groups at No Extra Charge!

Summer | Fall | Winter | Spring | Outdoor parks, East Elmhurst, Jackson Heights, Middle Village, Flushing Meadows

7702 37th Ave, Jackson Heights, NY | www.superkickers.com • 718-350-1535

Coming in our November issue of

BROOKLYN

QUEENS

LONG ISLAND

BRONX/RIVERDALE

STATEN ISLAND

Family Family Family Family Family



A Special Child

A Directory Of Programs And Schools Addressing The Special Issues & Needs That Face Many Of Our Families!

- Learning Issues
- Physical Challenges
- Delayed
- Occupational/ Development Physical/
- Early Intervention Speech Therapies

To Advertise, Call **718-260-4554**



PARENTS HELPING PARENTS

SHARON C. PETERS, MA

When you suspect your teen is using

Dear Sharon,

What would you recommend parents do when they have reason to believe their 17-year-old is using drugs? We've found "evidence," in the way of cut straws and rolled-up dollar bills, that gives us strong suspicion. We are presently frozen in place and haven't done anything at all, but are strongly concerned. Can you give us any advice as to our next moves?



Dear concerned parents,

Unfortunately, I believe you are right to be concerned. I have rarely known a parent who has suspected drug use and has later been proven wrong.

Straws and rolled-up dollar bills can be a sign of a habit with short and/or long term emotional and physical consequences, some of them potentially serious. The shock and stress that can come with worries about drugs can understandably freeze moms and dads in place. Nevertheless, I have told parents in your situation that some sort of action is most probably needed. If there are other signs surfacing — such as falling grades, sporadic school attendance, missed curfews, or peer relationships that parents find troublesome — then there is usually even more need for an immediate and thorough response.

In most cases, parents need to take steps at home and seek outside help as well.

Begin by speaking directly to your teen about your concerns. This is

rarely, if ever, easy because most people struggling with an addictive substance do not easily admit to what has been going on. Of course, if a teen is able to be honest and open, solutions are easier to find.

It is often difficult if only one or two family members are talking to a teen about the problem. Parents I know have gathered close relatives and friends together to express concern, love and possible next steps. Sometimes caring adults have talked individually to the teen, while other times, a group meeting, or "intervention," has made a difference. Such conversations usually go better if adults express care and honesty, rather than criticism and anger.

Set aside as much time as possible to spend with your teen. Enjoying each other's company in the middle of high-pressure worries can help everyone feel less guarded and tense. A moment of calm and connection, although often difficult to achieve, can help resolve issues more effectively.

Unfortunately, steps taken at home are often not enough to completely resolve the problem. Seek guidance from outside sources while talking to your teen at home. Ideally, the help you receive offers all family members the chance to give input and benefit from information and

solutions. If more than one family member is participating in the effort to get advice, answers are usually easier to find.

Consult friends, religious or community leaders, trusted healthcare professionals or school personnel — who can keep conversations confidential and are able to offer personal and professional experience, understanding and hopeful perspectives. I know of many successful inquiries that parents have made without their children knowing.

Contacting a local Alcoholics Anonymous or drug rehab group can also be a good source of emotional comfort and practical information. Two programs that have been useful to parents I know are Caron (<http://www.caron.org/caron-new-york-city.html>) and Phoenix House (<http://www.phoenixhouse.org/>).

Whatever you choose to do at this point, it is important to remember that families and children have their own unique character and process. It is important to choose resources that seem a good fit for your child. Solutions that could be helpful to another family might not make sense for yours. I firmly believe that when parents offer concerted effort over time, even a big problem can become easier.

Sharon C. Peters is a mother and director of Parents Helping Parents, 669 President St., Brooklyn (718) 638-9444, www.PHPonline.org.

If you have a question about a challenge in your life (no issue is too big or too small) e-mail it to Dear Sharon at SWeiss@englocal.com.

THREE LOCATIONS

FOR ALL YOUR PARTY NEEDS!

EVERY PARTY IS TOTALLY PRIVATE



- 4,000 Sq/ft
- Bounce House/
Giant Slide
- Jungle Gym
- Arcades
- Toddler Area
- Crafts
- Theme Parties

ASTORIA ONLY

\$199
FOR 15 KIDS
PACKAGE A

ASTORIA BLVD. &
COLLEGE POINT

\$40 OFF
PACKAGE PLUS **3 KIDS FREE!**



**BIRTHDAY
ZONE** 

29-21 21 St. Ave., Astoria

718.726.9026

www.thebirthdayzone.com

PARTY ZONE

120-07 20th Ave.,

College Pt. NY

(10 blocks from Target)

718.461.8292

www.partyzoneny.com

PARTY ZONE

89-01 Astoria Blvd.

Jackson Heights

718.478.2120

www.nypartyplace.com

Also caters to Baby/
Bridal Showers, Weddings,
Anniversaries & more.

How smart is

A guide to levels of intelligence in children

BY DEBORAH L. RUF, PHD

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

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

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

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



Level one

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

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

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

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



Level two

- These bright children love looking at books and

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

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

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

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



Level three

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

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

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

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

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

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

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

by age 6 and find school too slow.

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



Level four

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

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

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

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

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



Level five

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

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

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

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

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

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

my child?

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

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

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

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

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

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

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

• • •

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

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





GROWING UP ONLINE

CAROLYN JABS

The Facebook facts

When can your child join a social network?

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

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

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

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

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

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

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

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

No contact info!

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

Age limits for friends

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

Picture policy

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

Know your apps

Games and quizzes are part of

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

Grandma approval

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

Schedule time

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

• • •

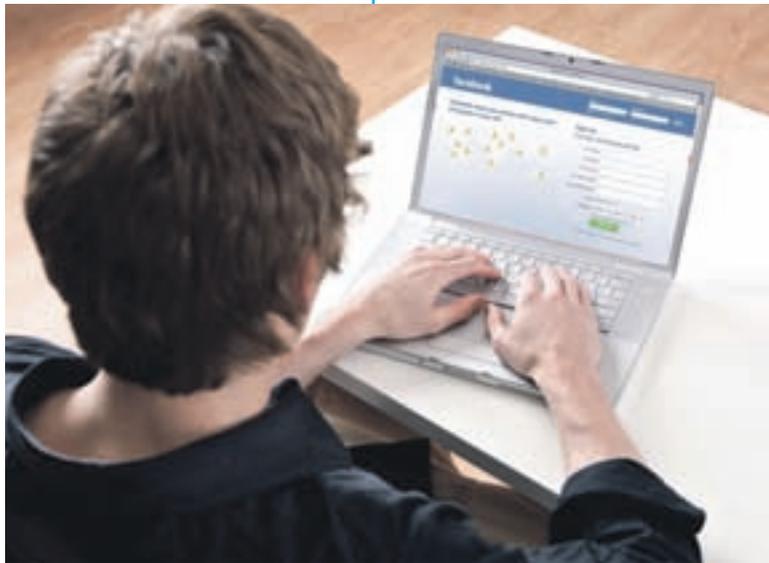
As children get older, they should earn more freedom and privacy on Facebook by demonstrating responsible behavior. You'll also want to have ongoing conversations about social networking so your child will feel free to talk to you about problems he encounters.

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

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

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

© Copyright, 2010, Carolyn Jabs. All rights reserved.



“★★★★★”
- TIME OUT NEW YORK

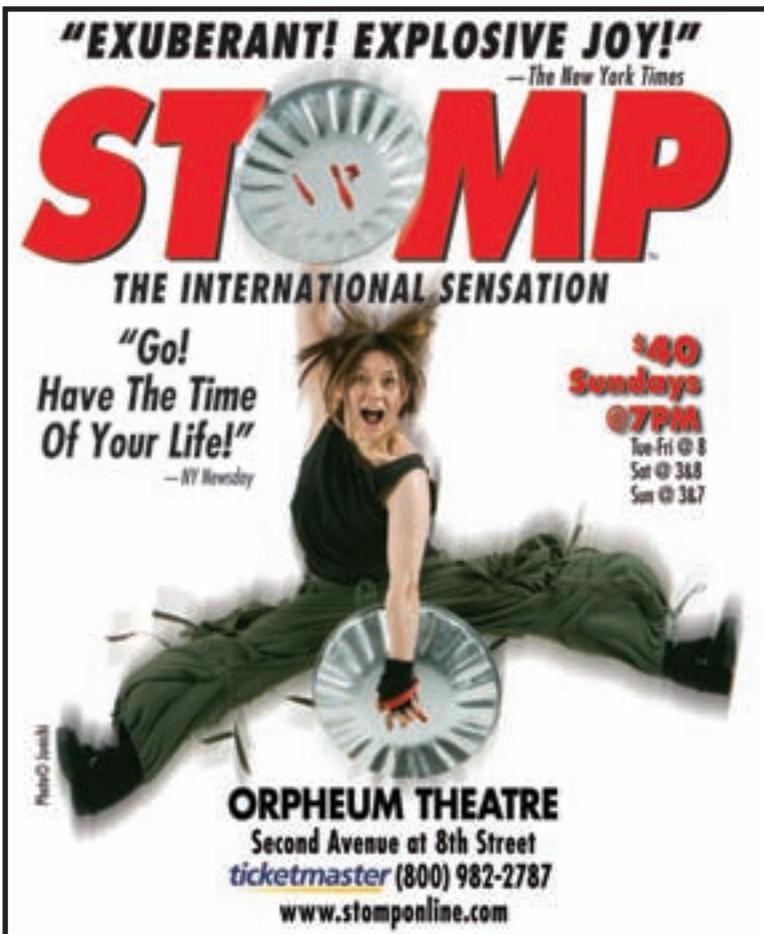


**Gazillion
Bubble
Show**
THE NEXT GENERATION

FOR BIRTHDAY PARTIES, GROUPS, SCHOOLS AND CAMP EXCURSIONS CALL: 866-6-GAZTIX
www.gazillionbubbleshow.com

TELECHARGE.COM or **212.239.6200**
NEW WORLD STAGES NY 340 WEST 50th ST.

“EXUBERANT! EXPLOSIVE JOY!”
—The New York Times



STOMP
THE INTERNATIONAL SENSATION

**“Go!
Have The Time
Of Your Life!”**
—NY Newsday

**\$40
Sundays
@7PM**
Tue-Fri @ 8
Sat @ 3&8
Sun @ 3&7

ORPHEUM THEATRE
Second Avenue at 8th Street
ticketmaster (800) 982-2787
www.stomponline.com

**Looking for fun
with the kids?**

**WIN
TICKETS**

**For you &
your family (4)
to local
family friendly
shows**

Visit our website
www.webfamilyny.com
and register to win

Attention All Writers!
**We're looking for
personal essays**
about you, your family and life
in your community.

Partner with us and share your
stories and your memories.

Email family@cnglocal.com to
have your piece included in our
magazine and on our website.





TWICE THE ADVICE

JACQUELINE AND KERRY DONELLI

The tall and short of it

Don't worry about their height

Dear Twins,

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

— *Worried Mother*

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

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

• • •

Dear Twins,

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

this just a phase or will it end?

— *Mother of Teenage Brat*

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

Kerry says: I totally disagree with Jacqueline. It is your daughter whom you don't put your foot down. Why in the world are you catering to her every whim and spoiling her rotten? Instead of her being appreciative, she is ungrateful and demanding. In order to discipline your child you need to learn to stand up for yourself. Tell her the budget you can afford to work with; anything extra will come out of her own money that she will earn doing chores or at a job. And tell her you will go to a maximum of two stores at any given time. Enough's enough.

• • •

Dear Twins,

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



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

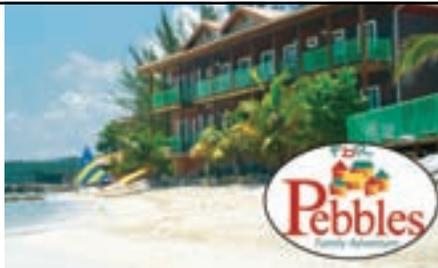
— *Miffed in Manhattan*

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

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

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

Cedarwood cottages with delightful junior suites on 600' of white sand beach only 30 minutes from Montego



Bay airport. Pebbles is the perfect choice for a family holiday spiced with adventure. For the small ones a full time Vacation Nanny is assigned to take care of everything from diapers to shell hunts. Full games center with Xbox and GameCube for teens. For adults, all inclusive means sailing, camping out, tennis, soccer, scuba; reggae music, Jamaican, Italian and Continental Cuisine; all drinks; complete kids, teens & preteens program, native shows, free WiFi property wide.



www.fdrfamily.com
800/654-1FDR (1337)
888/FDR-KIDS (337-5437)

Best Little Family Resort in Jamaica. Period.

“A GREAT SHOW IS ALWAYS IN FASHION!” *New York 1*

Daryl Roth
presents



Love, Loss, and What I Wore

an intimate collection of stories

by
Nora Ephron and **Delia Ephron**

based on the book by Ilene Beckerman
 directed by Karen Carpenter

NYC's Most Exciting All-Star Rotating Cast Including:

Tichina Arnold Didi Conn Aisha DeHaas Barbara Feldon
 Tovah Feldshuh Kate Flannery Alicia Goranson
 Ashley Austin Morris Loretta Swit Maria Tucci

The Perfect Show for Mom's Night Out

Telecharge.com or call (212) 239-6200 Groups (646)747-7400
 LoveLossOnStage.com • WESTSIDE THEATRE 407 W. 43rd St.

Coming in our November Issue of

BROOKLYN

QUEENS

LONG ISLAND

BRONX/RIVERDALE

STATEN ISLAND

Family Family Family Family Family

Our Fall

Party Section

Parents will use it to find the best places around to hold their child's party

To Advertise

718-260-4554



FAMILY HEALTH

BY IVAN HAND, MD, FAAP
Director of Neonatology,
Queens Hospital Center

Choosing a car seat

Each year, thousands of children are seriously injured in car crashes. Proper use of car seats helps keep children safe, but with so many models available, choosing one can be overwhelming.

So, when picking out a seat, here are some things to keep in mind:

Rear-facing

To help prevent injuries in an accident, the American Academy of Pediatrics recommends that all infants should ride facing the rear of the car — from the ride home from the hospital until your child is 1 year old and weighs at least 20 pounds.

There are two types of rear-facing

children. This means the seat can be used longer.

- Are bulkier than infant seats, and do not come with carrying handles or a separate base.

- Have higher weight and height limits than infant-only seats, which make them ideal for bigger babies.

- Have two types of harnesses, a five-point harness or an overhead shield.

Forward-facing

Once your child has reached the maximum size allowed for her infant-only seat, she can ride forward-facing in a convertible seat with a harness. She should ride this until she outgrows it — usually around 4 years old and about 40–80 pounds.

There are five types of car safety restraints that can be used forward-facing:

- **Convertible seats:** Seats that convert from rear-facing to forward-facing seats.

- **Forward-facing only:** Can be used forward-facing with a harness for children who weigh 40–80 pounds.

- **Combination seat with harness:** Can be used forward-facing with a harness for children who weigh up to 40–80 pounds, or without the harness as a booster from 80 to 100 pounds.

- **Built-in seats:** Some cars come with forward-facing seats built in. Weight and height limits vary. Read your car's owner's manual or contact the manufacturer for details about how to use these seats.

- **Travel vests:** These can be worn by children between 20 and 168 pounds and can be an alternative to traditional forward-facing seats. They are useful for a car with lap-only seat belts in the rear, or for children whose weight has exceeded that allowed by car-safety seats. These vests may require use of a top tether.

Booster seats

Booster seats are for older children who have outgrown their forward-facing car-safety seats. It is best for children to ride in a seat with a harness as long as possible, at least till 4 years old. If your child outgrows her seat before she's 4, consider using a seat with a har-

ness approved for higher weights and heights.

Signs your child has outgrown her car-safety seat:

- She reaches the maximum height allowed for her harnessed seat. These limits are listed on the seat and also included in the instruction booklet.

- Her shoulders are above the top harness shield.

- Her ears have reached the top of the seat.

Booster seats are designed to raise the child up so that the lap and shoulder seat belts fit properly. High-back and backless booster seats are available and do not come with harness straps — but are used with the lap and shoulder seat belts in your vehicle, the same way an adult rides. Booster seats should be used until your child can correctly fit in lap and shoulder seat belts. Booster seats typically include a plastic clip or guide to help ensure the correct use of the vehicle lap and shoulder belts.

Just seat belts

Seat belts are made for adults. Your child should stay in a booster seat until adult seat belts fit correctly (usually when the child reaches about 4-ft-9 and is between 8 and 12 years old). This means:

- The shoulder belt lies across the middle of the chest and shoulder, not the neck or throat.

- The lap belt is low and snug across the upper thighs, not the belly.

- Your child is tall enough to sit against the vehicle seat back with her knees bent without slouching and can stay in this position comfortably throughout the trip.

Other points to keep in mind when using seat belts:

- Be a good role model. Make sure you always wear your seat belt. This will help your child form a lifelong habit of buckling up.

- Always read and follow the manufacturer's instructions. If you do not have the manufacturer's instructions for your car-safety seat, write or call the company's customer service department.

Source: "Car Safety Seats: A Guide for Families 2010"
(Copyright © 2010 American Academy of Pediatrics)



seats: infant-only seats and convertible seats.

Infant-only seats:

- Small with carrying handles
- Sometimes can attach to a stroller

- Used only for travel — not for outside the car

- Used for infants who weigh 22–35 pounds

- May come with a base that can be left in the car. The seat snaps into and out of the base so you don't have to install the seat each time you use it. Additional bases can be purchased for other vehicles.

Convertible seats

- Can be used rear-facing, then converted to forward-facing for older

It figures

BY CYNTHIA WASHAM

SPOOKY STUFF



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

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

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

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

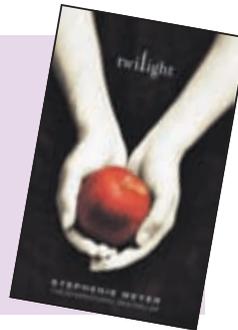


11 Number of colleges that went to Middlebury College, Vermont, in October 2008, to compete in the quidditch intercollegiate World Cup, a down-to-earth version of Harry Potter's favorite airborne sport.

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

More than 42 million

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



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

40 Percent who believe that now.



TEACHER TIDBITS

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

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

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

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



Sources: Pumpkin-patch.com, Backyardgardner.com, Scripturecandy.com, The Virginian-Pilot, Gainesville Sun, Wired, Sports Illustrated Kids, Newsweek, Teacher-appreciation.info, Suite101.com



OUR
RELATIONSHIPS

JOAN EMERSON

How to listen well

A guide to successful couples' communication

Unfortunately, marriage partners are not always on the same page, as we are different people who see things differently. In young families, conflicts over how we handle children, money, intimacy, housework, extended family or our visions for the future come with the turf. Sometimes we hold things in, but these issues need to be discussed in ways that lead to positive outcomes.

But how?

An exercise called "Couple's Dialog," part of a form of marriage therapy founded by Harville Hendrix, aims to help partners communicate calmly when talking about emotionally charged issues. Its goal is to ensure partner's treat each other's feelings with the utmost sensitivity and respect. The dialog is not a conversation. One partner simply listens — and only listens — while the other speaks. It is an opportunity for the speaker to really feel heard about feelings that have been festering and creating resentments without having to worry about emotional reactions like defensiveness, criticality, and anger on their partner's part.

So, find time for an uninterrupted half hour at a location where both partners are fully present and calm. Then, follow these four dialog rules:

- Let your partner speak without interruption. It's rare to have the experience of being listened to with total interest and concentration — and it feels great. When you, the listener respond only with encouraging remarks like, "Tell me more," or, "What else?" it's easy for the speaker to get those pent-up feelings out.

- Show that you understand by reflecting back the essence of what was said. This step cannot be taken lightly, as it creates safety for the speaker. Listen and, at appropriate times, interject something like, "So you're saying that..." or, "If I understand right, you said..." followed by a short summary of the emotions expressed. Once the speaker agrees that you do understand what's being said, ask for more. If you got it wrong, ask for a repeat and try again to reflect back correctly until your part-



ner feels that you do get it accurately and completely.

- Be empathetic and communicate that empathy. If the relationship is going to include ongoing, open communication, there must be a reward for exposing those private feelings. Your partner's greatest reward is to see that you can understand and empathize without reacting.

- Validate your partner's feelings by expressing that it's not crazy to feel that way. It's no doubt different from your own take on things, but reply with, "You know, it's helpful to see it through your eyes; I never thought of it that way."

When your partner has gotten it all out, a good response is simply "thank you" — a way of expressing appreciation for being so vulnerable. You can say things like: "That wasn't so easy to hear, but I'm glad to know

what you're feeling" or "Let me sit with this information for a while and we'll talk again soon."

Being a successful listener is not always easy: the urge to present your own side, and to react defensively are hard to combat. Avoiding reactions like these on your part take containment and discipline, but the reward for following the dialog rules is that they bring great benefits. However, with all its challenges, being a good listener is actually much easier than being a successful speaker when it comes to sharing emotional issues.

Next time we'll talk about skills for the speaker. Meanwhile, practice the listening skills and notice what it does for the relationship.

Dr. Joan Emerson is a New York psychologist who specializes in couples therapy. Visit her website at www.JoanEmerson.com.



The new issue of
New York Special Child
Is Coming Soon!

Please call 718-260-8336
or email us to get more info,
find out where you can pick up a copy,
have a copy mailed to you, or get distribution.

To advertise call 718-260-4554
family@cnglocal.com

www.webfamilyny.com



Are you ...

- Looking for family friendly activities?
- Wanting to connect with other parents?
- Interested in parent focused articles to inform and intrigue?

Our growing Web Community is waiting for you!
Places to post, vote and have your voices heard
too. Check It Out Today!

Education, Activities, Party, Camp, Special Needs,
Baby; these are just a few of the reasons why MOMS
are coming to www.webfamilyny.com



Going Places

LONG-RUNNING

Storytime: Barnes & Noble, 176-60 Union Tpk at Utopia Parkway; (718) 380-7077; www.bn.com; Tuesdays and Thursdays, 10 am & 7 pm, Now – Thurs, Dec. 30; Free.

Children enjoy stories and a cookie break.

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

Cancer survivors discuss exercise, movement limitation issues, core strengthening, resistance training and aerobic activity. Pre-registration required.

Race to the End of the Earth:

American Museum of Natural History, Central Park West at 79th Street; (212) 769-5100; www.amnh.org; Daily, 10 am–5:45 pm; Now – Sun, Jan. 2, 2011; Donations suggested.

The exhibit recounts the most stirring tales of Antarctic exploration: the contest to reach the South Pole in 1911-1912. Highlights include photographs, paintings, and rare historical artifacts as well as actual items of clothing and tools; life-sized models of portions of Amundsen's and Scott's base camps; and a diorama featuring the largest of all penguin species alive today, the emperor penguin. There are also interactive and hands-on activities for all ages.

Friendship Group: Friedberg JCC, 15 Neil Ct. at Fireman's Memorial Drive; (516) 766-4341; www.friedberg.org; Daily, 2–3 pm; Now – Thurs, Dec. 30; Call for Fees.

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

Support Group: Mid-Island Y JCC, 45 Manetto Hill Road; 516-822-3535 X 326; www.miyjcc.org; Wednesdays and Fridays, 10 am – 2 pm, Now – Fri, Dec. 24.

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.

Haunted Firehouse: Valley Stream



Celebrate 'The Dead'

Forget Halloween; at the Socrates Sculpture Garden, it's all about the "Dead."

On Oct. 17, the Long Island City space takes cues from "Día de los Muertos" — the Mexican Day of the Dead — during its annual Harvest Festival, with performances, music, food and costume-making workshops celebrating the holiday, which focuses on gatherings of family and friends to pray for and remember those who have died. It is traditionally held on Nov. 2.

During the day-long festival,

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

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

"Dracula the Musical": Theater Three, 412 Main Street; 631-928-9100; Friday, Oct. 1, 8 pm; Saturday, Oct. 2, 8 pm; Sunday, Oct. 3, 3 pm; Friday, Oct. 8, 8 pm; Saturday, Oct. 9, 8 pm; Sunday, Oct. 10, 7 pm; Wednesday, Oct. 13, 2 pm; Friday, Oct. 15, 8 pm; Saturday, Oct. 16, 8 pm; Thursday, Oct. 21, 8 pm; Saturday, Oct. 23, 8 pm; Sunday,

there will be face-painting, pumpkin painting and even a canine costume contest for your pets. Children are encouraged to come dressed in their own costumes, too.

The outdoor park is located right on the waterfront, with views of the Manhattan skyline. Best of all, the festival's free!

Harvest Festival at Socrates Sculpture Garden [3134 Vernon Blvd. at Broadway in Long Island City, (718) 956-1819], Oct. 17 from 11 am-2 pm. Free. For info, visit www.socratessculpturepark.org.

Oct. 24, 3 pm; Thursday, Oct. 28, 8 pm; Friday, Oct. 29, 8 pm; Saturday, Oct. 30, 8 pm; \$15-\$28.

For mature audiences.

"Little Red Riding Hood": Galli Theater, 38 West 38th St. between Fifth and Sixth avenues; (212) 810-6485; newyork@galli-group.com; www.gallitheaterny.com; Saturdays and Sundays, 3 pm, Sat, Oct. 2 – Sun, Oct. 31; \$20 (\$15 children 2-17).

Children three and up will enjoy the classic Grimm's fairytale. Workshop to follow performance.

Submit a listing

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

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

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.

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

Children's classic Grimm's fairy tale.

Pumpkin pickin': Queens County Farm Museum, 73-50 Little Neck Pkwy. 718-347-3276; www.queensfarm.org; Saturdays and Sundays, 11 am–4 pm, Sun, Oct. 3 – Sun, Oct. 31; \$4 (\$5, Maze for adults; \$3 children).

Pumpkins priced according to size.

The Amazing Maize Maze: Queens County Farm Museum, 73-50 Little Neck Pkwy. 718-347-3276; www.queensfarm.org; Saturdays and Sundays, 11 am–4 pm, Sun, Oct. 3 – Mon, Nov. 1; \$8 (\$5, children and group rates).

Jewish Mysticism: Central Queens YM & YWHA, 67-09 108th Street; (718) 268-5011; www.cqjcc.org; Wednesdays, 11:20 am, Now – Mon, Oct. 25; \$54 (non-members).

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

Continued on page 46

Going Places

Continued from page 45

Support Group: Parkway Community Church, 95 Stewart Ave; (516)-395-8303; Wednesdays, 7:30 pm, Now – Wed, Dec. 29; \$7.

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

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

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

SAT, OCT. 2

Children's Garden Session - Fall: Queens Botanical Garden, 43-50 Main St. at Dahlia Avenue; (718) 886-3800 X 230; rwolf@queensbotanical.org; www.queensbotanical.org; 9:30 am – Noon; Call for fees.

Children 5 to 12 learn green sustainable gardening techniques.

Family Days: Rubin Museum of Art, 150 West 17 Street, between 6th and 7th avenues; (212) 620-5000 X 344. www.rmanyc.org; 11 am; \$10 per child (\$5 member children; free for accompanying adult; children under 12 months and cool culture members).

Join in this all day International Day of Non-Violence by making a personal peace flag for display.

Storytime: Barnes & Noble, 176-60 Union Tpk. at Utopia Turnpike; (718) 380-7077; 11 am; Free.

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

Operatic version of children's classic tale.

Interesting Things Museum: Queens Museum at Bayside, 214-20 Northern Blvd. (718) 229-1834; www.queenspubliclibrary.org; 3 pm; Free.

Learn about common inventions.

SUN, OCT. 3

Catapult Family Workshop: New York Hall of Science, 47-01 111th St. 718-699-0005 X 348; www.nysci.org; 11 am–1 pm; \$25 (\$15 Members; child and adult pair; includes one catapult. \$10 for each additional child and catapult).

Families build a table-top catapult together. For children 8 and up. Pre-registration required.

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

Smashing pumpkins

Jack-o'-lantern's give you the heebie-jeebies? Then you'd probably enjoy watching pumpkins fly through the sky and go splat during "Catapult Month" at the New York Hall of Science.

All month long, come and visit "Chuck" the catapult and learn about the history and science behind these launching machines.

Demonstrations are on-going, every weekend, from Oct. 2 through 31 at 1 and 3 pm.

New York Hall of Science, 47-01 111th St., (718) 699-0005; www.nysci.org.



Arts and crafts: Barnes & Noble, 176-60 Union Tpk. at Utopia Turnpike; (718) 380-7077; 1 pm; Free.

Celebrate the season with creating an Autumn project and sampling apple cider and pumpkin cheesecake.

Pretzel making: Cold Spring Harbor Whaling Museum, 279 Main Street; (631) 367-3418 X17; www.cshwhaling-museum.org; 2 pm; \$8 (\$3 members).

Learn about the history of pretzels and find out how yeast and molds, including ocean molds, work. RSVP required.

MON, OCT. 4

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

Stories, crafts and play for pre-schoolers.

THURS, OCT. 7

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

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

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

FRI, OCT. 8

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

SAT, OCT. 9

"Rumplestiltskin": Queens Theatre in the Park, Flushing Meadows Corona Park; Box Office 718-760-0064; Administration 718-760-0686; www.queens-theatre.org; 11 am and 1 pm; \$12.

Classic fairytale.

Beauty of Autumn: Barnes & Noble, 176-60 Union Tpk. at Utopia Turnpike; (718) 380-7077; 11 am; Free.

Read a story about the special things that autumn brings, apple picking, colorful trees and hot apple cider.

Catapult Family Workshop: 11 am–1 pm. New York Hall of Science. See Sunday, Oct. 3.

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

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

SUN, OCT. 10

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

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

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

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

Light rain or shine. Approximately 45 min.

MON, OCT. 11

Open Mic: Barnes & Noble, 176-60 Union Tpk. at Utopia Turnpike; (718) 380-7077; 7:30 pm; Free.

Share your original works and listen to aspiring poets with Susan Yang.

TUES, OCT. 12

World of Jon Scieszka: Barnes & Noble, 176-60 Union Tpk. at Utopia Turnpike; (718) 380-7077; 10:30 am; Free.

Read the true story of the "Three Little Pigs".

FRI, OCT. 15

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

Christine Ebersole in Concert.

SAT, OCT. 16

Salsa in Jamaica: Jamaica Center for the Arts & Learning, 153rd St. and Jamaica Ave. 718-658-7400; www.jcal.org; 8 pm; \$35 in advance (\$40 at the door).

Celebrate Hispanic Heritage Month. Enjoy an evening of dinner, dancing and great music.

SUN, OCT. 17

Catapult Family Workshop: 11 am–1 pm. New York Hall of Science. See Sunday, Oct. 3.

MON, OCT. 18

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

TUES, OCT. 19

Poetry writing: Barnes & Noble, 176-60 Union Tpk. at Utopia Turnpike; (718) 380-7077; 7:30 pm; Free.

Poets Bob Trabold and Amanda Konstantine Pearlmutter offer constructive feedback to budding poets.

FRI, OCT. 22

"Wailing Museum": 6–9 pm. Sag Harbor Whaling Museum. See Thursday, Oct. 7.

SAT, OCT. 23

Halloween Storytime: Barnes & Noble, 176-60 Union Tpk. at Utopia Turnpike; (718) 380-7077; 11 am; Free.

Scare up some old-fashioned fun at Halloween Storytime with a reading of

Going Places

Scaredy-Cat, Splat and other stories, wear your costume, and enjoy treats and Halloween activities.

Catapult Family Workshop: 11 am–1 pm. New York Hall of Science. See Sunday, Oct. 3.

“Wailing Museum”: 6–9 pm. Sag Harbor Whaling Museum. See Thursday, Oct. 7.

Jackie Mason: Queens Theatre in the Park, Flushing Meadows Corona Park; Box Office 718-760-0064; Administration 718-760-0686; www.queens theatre.org; 8 pm; \$45.

Comic legend in concert.

SUN, OCT. 24

Autism panel: Central Queens YM & YWHA, 67-09 108th Street; (718) 268-5011; www.cqyjcc.org; 10 am–12:30 pm; Free.

Elaine Hall, author of “Autism: The Musical,” is the featured speaker, followed by a panel of Queens community leaders.

Ghouls at King Manor Museum: King Manor Museum, Jamaica Ave between 150th and 153rd streets; (718) 206-0545; Noon–4 pm; Free.

Kids come in costume and enjoy scary stories and Halloween crafts.

Tsidii: To the Rising Sun: Queens Theatre in the Park, Flushing Meadows Corona Park; Box Office 718-760-0064; Administration 718-760-0686; www.queens theatre.org; 2 pm; Free.

Tony Award-nominee for “The Lion King,” and the voice of “Circle of Life,” Tsidii performs a dazzling concert.

Concert: Tsidii: Queens Theatre in the Park, Flushing Meadows Corona Park; Box Office 718-760-0064; Administration 718-760-0686; www.queens theatre.org; 3 pm; Free.

Features the music of Odetta, Nina Simone and Miriam Makeba.

Jackie Mason: 3 pm. Queens Theatre in the Park. See Saturday, Oct. 23.

Haunted House: Queens County Farm Museum, 73-50 Little Neck Pkwy. 718-347-3276; www.queens farm.org; 4–7 pm; \$4 (\$2 hayrides).

For children four to 12.

Silent Auction: Island Hills Country Club, Lakeland Avenue; (631) 218-0315; www.ovationsdance.com; 6–10 pm; \$10.

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

“Wailing Museum”: 6–9 pm. Sag Harbor Whaling Museum. See Thursday, Oct. 7.



Simply a-maize-ing

This is a-maize-ing! The Amazing Maize Maze is back at the Queens County Farm Museum in Floral Park. Now through Nov. 7 on Saturdays and Sundays, get lost in the museum’s 3-acre interactive corn maze.

The fun begins with a “stalk talk” to help prepare you and your family for the challenge of finding clues, solving puzzles and making your way out of the maze. This year’s maze theme is “Music To Your Ears,” so bone up on your classical music now.

While you’re there, after wan-

dering through the maze, stroll through the farm’s pumpkin patch and really get into the harvest season by bringing home a your own pumpkin for a family tradition that never gets old.

Amazing Maize Maze at Queens County Farm Museum [73-50 Little Neck Pkwy. near 74th Avenue in Floral Park, 718-347-3276], now through Nov. 7 on Saturdays and Sundays from 11 am-4:30 pm. Open until 9 pm on Oct. 9 and 16, and Monday on Oct. 11. Tickets \$8 for adults, \$5 for children 4-11, and free for children under 3. For more info, visit www.queens farm.org.

MON, OCT. 25

Fall festival: Queens County Farm Museum, 73-50 Little Neck Pkwy. 718-347-3276; www.queens farm.org; 11 am–4 pm; \$4 (\$5, Maze for adults; \$3 children).

Children and parents enjoy hayrides, pumpkin painting and haunted house.

Haunted House: 4–7 pm. Queens County Farm Museum. See Sunday, Oct. 24.

THURS, OCT. 28

“Wailing Museum”: 6–9 pm. Sag Harbor Whaling Museum. See Thursday, Oct. 7.

FRI, OCT. 29

“Wailing Museum”: 6–9 pm. Sag Harbor Whaling Museum. See Thursday, Oct. 7.

SAT, OCT. 30

Pumpkin Chucking: New York Hall of Science, 47-01 111th St. 718-699-0005; www.nysci.org; Noon–4 pm; Free.

Bring your Halloween pumpkin, launch it in the pumpkin catapult and watch it splat.

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

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

Halloween Tour: Fort Totten, Fort Totten; (718) 352-1769; 6:30 pm; Free.

Meet the spooky ghosts that inhabit the Fort.

SUN, OCT. 31

Boo at the Zoo: Queens Zoo, 53-51 111th St. (718) 271-1500; queenszoo.com; 11 am–4 pm; \$6 (\$2 children).

Children enjoy face-painting, trick or treating, pumpkin-decorating, and a haunted habitat.

Pumpkin Chucking: Noon–4 pm. New York Hall of Science. See Saturday, Oct. 30.

Pumpkin Patch: Queens Botanical Garden, 43-50 Main Street; (718) 539-5296; www.queensbotanical.org; 1–3 pm; \$10.

Activities for the kids and pumpkin painting.

Haunted Halloween: Flushing Town Hall, 137-35 Northern Boulevard; (718) 463-7700; www.flushingtownhall.org; 2 pm; \$8 (\$6, \$4 children).

Celebrate the traditions of Day of the Dead, Halloween, and All Saints Day with arts and crafts and treats.

Ghost Night at Louis Armstrong House: Louis Armstrong House Museum, 34-56 107th Street; (718) 478-8274; 4–7 pm; Free with museum admission.

Kids and families enjoy face painting, collage-making, and house tours conducted by costumed tour guides. If your kids dresses up as Louis Armstrong, there’s a chance to win the book “A Good Night for Ghosts.”

Haunted House: 4–7 pm. Queens County Farm Museum. See Sunday, Oct. 24.

Halloween Tour: 6:30 pm. Fort Totten. See Saturday, Oct. 30.

MON, NOV. 1

Boo at the Zoo: 11 am–4 pm. Queens Zoo. See Sunday, Oct. 31.

SAT, NOV. 6

“Mame”: Bay Terrace Jewish Center, 13-00 209th Street; (718) 428-6363; 8 pm; \$18 (\$16 seniors and children 12 and under).

Sing along to “Open A New Window,” “It’s Today,” “Mame” and “We need a Little Christmas.”

“Dances with Dinosaurs”: Queens Theatre in the Park, Flushing Meadows Corona Park; Box Office 718-760-0064; Administration 718-760-0686; www.queens theatre.org; 8 pm; Free.

Wacky farce about the worst Thanksgiving ever.

SUN, NOV. 7

“Mame”: 3 pm. Bay Terrace Jewish Center. See Saturday, Nov. 6.



Going Places

October events at Queens Libraries

Tots and teens can enjoy exciting and educational events all month long at the Queens Library, and — best

of all — it's all free.

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

LONG-RUNNING

Game Day: Queens Public Library at Howard Beach, 92-06 156 Avenue; (718) 641-7086; Wednesdays, 3:30 pm

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

Game Players Club: Queens Library at Hillcrest, 187-05 Union Turnpike; (718) 454-2786; Fridays, 4 pm, Fri, Oct. 1 – Fri, Dec. 17;

Play a round of Chutes and Ladders, chess and other board games.

Girl Scouts: Queens Library at Queens Village, 94-11 217 Street; (718) 776-6800; Thursdays, 4 pm, Now – Thurs, Nov. 18;

Informational meeting.

Teen Night: Queens Library at Arverne, 312 Beach 54th St. (718) 634-4784; Thursdays, 5:15 pm, Thurs, Oct. 14 – Thurs, Dec. 23;

Meet up with friends for crafts and activities. For ages 12 to 18.

SAT, OCT. 2

Symphony 101: World of Winds: Queens Library at Forest Hills, 108-19 71 Ave. (718) 268-7934; 1 pm;

Queens Symphony Orchestra members teach children traditional symphonic orchestra through live demos.

Classical concert: Queens Library at Flushing, 41-17 Main St. (718) 661-1212; 2 pm;

A tribute to Chopin and Schumann.

"Journey to the West": Queens Library at Jackson Heights, 35-51 81St. (718) 899-2500; 2:30 pm;

Tale of the Monkey King comes to life in English and Chinese.

Symphony 101: World of Winds: Queens Library at Sunnyside, 43-06 Greenpoint Ave. (718) 784-3033;

Queens Symphony Orchestra members teach children traditional symphonic orchestra through live demos.

NYC Trees: Central Library, 89-11 Merrick Blvd. (718) 990-0700; 3 pm;

Urban foresters teach kids 10 and up about how trees grow.

MON, OCT. 4

Jewish folk-crafts: Queens Library at Briarwood, 85-12 Main St. (718) 658-1680; 6 pm;

Join artist Yevgeniya Rozentsvit and learn to make an assortment of figures. Materials limited.

TUES, OCT. 5

Creative writing and dance:

Queens Library at Pomonok, 158-21 Jewel Ave. (718) 591-4343; 4 pm;

Twins and teens get tips from members of the Dance Theater of Harlem. For children 10 to 14.

Drawing class: Queens Library at Queens Village, 94-11 217 St. (718) 776-6800; 4 pm;

Learn how and add to your skills to draw manga.

WED, OCT. 6

Creative writing and dance:

Queens Library at Long Island City, 37-44 21 St. (718) 752-3700; 4 pm;

Twins and teens get tips from members of the Dance Theater of Harlem. For children 10 to 14.

Book signing: Queens Library at Astoria, 14-01 Astoria Blvd. (718) 278-2220; 4 pm;

Author and artist Raina Telgemier discusses her graphic novel, "Smile."

THURS, OCT. 7

Teen meditation: Queens Library at Cambria Heights, 218-13 Linden Blvd. (718) 528-3535; 4 pm;

Essential skills of slowing down and being mindful. Appropriate for ages 14 to 17.

Hatha Yoga: Queens Library at Queensboro Hill, 60-05 Main St. (718) 359-8332; 6:30 pm;

Joseph Aranha leads a beginners class.

FRI, OCT. 8

Crafts: Queens Library at Elmhurst, 86-01 Broadway; (718) 271-1020; 4 pm;

Teens learn the art of Lanyard; cobra, butterfly, box and Chinese staircase. For ages 13 to 18.

SAT, OCT. 9

Italian concert: Queens Library at Flushing, 41-17 main St. (718) 661-1212; 2 pm;

Gino DiNapoli performs traditional ethnic music.

"Journey to the West": 2:30 pm.

Queens Library at Jackson Heights.

See Saturday, Oct. 2.

TUES, OCT. 12

Beading workshop: Queens Library at Briarwood, 85-12 Main St. (718) 658-1680; 4 pm;

Teens learn the art of jewelry making.

THURS, OCT. 14

Intro to Computers: Queens Library at Pomonok, 158-21 Jewel Ave. (718) 591-4343; 10 am;

Learn the basics. Pre-registration required.

SAT With Bell Curves: Queens Library at Bayside, 214-20 Northern Blvd. (718) 229-1834; 6 pm; Free.

Provides guidelines for SAT testing. Pre-registration required.

FRI, OCT. 15

Beading workshop: Queens Library at Astoria, 14-01 Astoria Blvd. (718) 278-2220; 4 pm; Free.

The creative art of jewelry for teens 13-18.

Action Racket Theater: Queens Library at Langston Hughes, 100-01 Northern Blvd. (718) 651-1100; 4 pm; Free.

Teens are introduced to theater arts.

SAT, OCT. 16

"Journey to the West": 2:30 pm.

Queens Library at Jackson Heights.

See Saturday, Oct. 2.

Philippine Folktales: Queens Library at Sunnyside, 43-06 Greenpoint Ave. (718) 784-3033; 3 pm;

Potri Ranka Manis narrates traditional ethnic music.

SUN, OCT. 17

Doo-Whop concert: Central Library, 89-11 Merrick Blvd. (718) 990-0700; 3 pm;

The Tribunes perform songs of the 1950's.

MON, OCT. 18

Creative writing and dance:

Queens Library at South Ozone Park, 128-16 Rockaway Blvd. (718) 529-1660; 3:30 pm;

Twins and teens get tips from members of the Dance Theater of Harlem. For children 10 to 14.

Nature workshop: Queens Library at Kew Gardens Hills, 72-33 Vleigh Place;

(718) 261-6654; 4:30 pm;

Children 8 to 14 learn about the Amazon Rain Forest.

TUES, OCT. 19

Action Racket Theater: Queens Library at Middle Village, 73-31 Metropolitan Ave. (718) 651-1100; 4 pm;

Teens are introduced to theater arts.

Nature workshop: Queens Library at Lefferts, 103-34 Lefferts Blvd. (718) 843-5950; 4 pm;

Children 8 to 14 learn about the Amazon Rain Forest.

Teen Poetry slam: Queens Library at Briarwood, 85-12 Main St. (718) 658-1680; 4 pm;

Prizes awarded for best submission.

Book discussion: Queens Library at Hillcrest, 187-05 Union Turnpike; (718) 454-2786; 4 pm;

Are you a vampire or werewolf? Jump in on the topics of the "Twilight" series by author Stephenie Meyer. Light refreshments.

Storytelling: Queens Library at Laurelton, 134-26 225 St. (718) 528-2822; 4 pm;

Shanelle Gabriele gives tips to kids 11 to 14 on the art of Storytelling. Audience writing encouraged.

Arts and crafts: Queens Library at Queens Village, 94-11 217 St. (718) 776-6800; 4:30 pm;

Have ghoulish fun in creating Halloween decorations.

WED, OCT. 20

Wii tournament: Queens Library at Queens Village, 94-11 217 St. (718) 776-6800; 3:30 pm;

Teens try their luck at video gaming. Pre-registration and library cards a must.

THURS, OCT. 21

Flea market: Queens Library at St. Albans, 191-05 Linden Blvd. (718) 528-8196; 1 pm;

Friends of St. Albans host fundraising.

Storytelling: Queens Library at North Forest Park, 98-27 Metropolitan Ave. (718) 261-5512; 4 pm;

Shanelle Gabriele gives tips to kids 11 to 14 on the art of Storytelling. Audience writing encouraged. Pre-registration required.

Arts and crafts: Queens Library at Hillcrest, 187-05 Union Turnpike; (718) 454-2786; 4 pm;

Children six to 14 make Halloween masks, goody bags and spooky projects.

Going Places

Lights on After School: Queens Library at Queens Village, 94-11 217 St. (718) 776-6800; 4 pm;

Join the fun with games, crafts and books.

College workshop: Queens Library at Far Rockaway, 1637 Central Avenue; (718) 327-2549; 4:30 pm;

Sophomores, juniors and seniors learn how to put together an effective essay for college admission.

FRI, OCT. 22

Flea market: 1 pm. Queens Library at St. Albans.

See Thursday, Oct. 21.

SAT, OCT. 23

Halloween Rock concert: Queens Library at Flushing, 41-17 Main St. (718) 661-1212; Noon;

December's Fall performs original alternative rock, costumes, scream contests, haunted tunnel and horror themed exhibit.

MON, OCT. 25

Creative writing and dance: 3:30 pm. Queens Library at South Ozone Park.

See Monday, Oct. 18.

Teen Advisory Board: Central Library, 89-11 Merrick Blvd. (718) 990-0700; 4 pm.

Teens offer suggestions on how to better the library.

Book clique: Queens Library at Queens Village, 94-11 217 St. (718) 776-6800; 4:30 pm;

Teens discuss this month's book selection.

College club: Queens Library at Pomonok, 158-21 Jewel Ave. (718) 591-4343; 5 pm;

De-stress with the Princeton review for SAT preparation. pre-register at www.princetonreview.com/events.

Open mic: Queens Library at East Elmhurst, 95-06 Astoria Blvd. (718) 424-2619; 6 pm;

Sing, dance, read poetry or play an instrument, the choice is yours.

SAT/ACT workshop: Queens Library at Hollis, 202-05 Hillside Ave. (718) 465-7355; 6 pm;

Princeton Review expert instructs teens on how to best the SAT and ACT tests. Pre-registration at www.princetonreview.com or (800-273-8439).

TUES, OCT. 26

SAT With Bell Curves: Queens Library at North Forest Park, 98-27 Metropolitan Ave. (718) 261-5512; 4 pm;

Provides guidelines for SAT testing. Pre-registration required.

THURS, OCT. 28

Wet-N-Wild Adventures: Queens Library at Flushing, 41-17 Main St. (718) 661-1212; 3:30 pm;

Erik's Reptile Adventures. Children 11 to 14. Pre-registration required.

Storytelling: Queens Library at Far

Rockaway, 1637 Central Ave. (718) 327-2549; 4 pm;

Shanelle Gabriele gives tips to kids 11 to 14 on the art of Storytelling. Audience writing encouraged. Pre-registration required.

Halloween celebration: Queens Library at Hillcrest, 187-05 Union Turnpike; (718) 454-2786; 5 pm;

Ghostly tales, tricky treats and holiday surprises. Come in costume. For ages six to 14.

FRI, OCT. 29

African Folktales: Queens Library at Langston Hughes, 100-01 Northern Blvd. (718) 651-1100; 4 pm;

Storyteller from Afrikan Poetry Theater weaves tales of wit and wisdom.

SAT, OCT. 30

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

Gothic Rock of Imbolg perform gothic, metal and Celtic music.

Community Marketplace

BUSINESS OPPORTUNITIES

Wanted Distributors & Sales Agent

Earn Big Money! Set Your Own Hours!
Be Your Own Boss!
Use Your Home Or Place Of Business
To Earn Extra Income
Selling Ladies Lingerie & Accessories
Customer Service 24 hours
Tel. 1-800-396-5947

E-mail: bjmlingerie@hotmail.com • www.bjmlingerie.com

MUSIC LESSONS

Free Professional Music Training Grades 3 through 12

- Make new friends, learn about diverse styles and cultures.
- Supportive, affirming environment.
- Weekly rehearsals, concerts, trips and summer camps.
- Call Paul Vasile, Director: 212-288-3246 x105

 **parkavenueyouth.org**
The Park Avenue Christian Church
1010 Park Avenue at 85th Street, Manhattan
Interfaith, Interdenominational, Intercultural and Interracial

PUPPET THEATRE AND MUSEUM



THE LONG ISLAND PUPPET THEATRE
Best Birthday Party Ever!

Princess Tea Party • Princess & Pirate Party
Princess & Knight Party • Rock Star Dance Party
Elmo Puppet Show Party
Spiderman or Batman Party
Ask us about our travel parties!

10 Heitz Pl., Hicksville, NY 11801
www.lipuppet.com • 516.932.5469

TUTORING

- Home Tutoring
- All Subjects & Levels
- Test Preparation
- Term Papers
- Foreign Language and Music Instruction
- Licensed & Insured

SUMMER ACADEMIC PROGRAMS



Call (877) 774-TUTOR (8886)
Email: tutoringny@gmail.com

TO PLACE AN AD
IN THIS SECTION,
PLEASE CALL 718.260.2587



cinematters



LAURA GRAY

Lessons of 'Dragon'

How to Train Your Dragon

Rated PG

Your son and his friends are convinced the house down the street is haunted. True, it's been abandoned for years, and weeds have turned the yard into a dense jungle. Rumors fly about its mysterious former owners: Did they really disappear in the middle of the night? Is there a tombstone hidden in all that underbrush? No kid dares to venture inside the rusty gates.

Then, one day, landscapers arrive and transform the yard into a lovely, green lawn. Workers repair the sagging shutters and paint the dreary exterior of the house. Before long, a moving truck is unloading furniture and the neighborhood welcomes a new family. Your son learns that things are not always as they seem, and long-held beliefs can still be wrong.

The young hero of "How to Train Your Dragon," available this month on DVD, learns the same lesson when he has a face-to-face encounter with a dreaded predator. Enjoy the movie with your children and then discuss it using our Talk Together conversation starters. Later, you can create a "Double-Duty Doodad" with our Play Together activity.

In "How to Train Your Dragon," Hiccup doesn't quite measure up to his father's definition of a true Viking. Hiccup lacks the skill to wield a sword to fight attacking dragons — a task that is vital for a good Viking.



Toothless, a Night Fury dragon - the rarest of all kinds - soars through the sky with Hiccup on his back.

Their small village is under constant siege by dragons of every kind. The villagers train diligently to defend their town, but they never get ahead. Then, Hiccup builds a special catapult that, miraculously, brings down the mysterious Night Fury dragon.

The next day, Hiccup searches the countryside for the downed dragon. When he locates it, he discovers it is still alive but injured. Taking pity on the creature, Hiccup designs a prosthetic wing that allows the dragon to resume flying. He forms a friendship with the Night Fury, which he names Toothless. But Hiccup knows that if his fellow townspeople find out about Toothless they will not

rest until they have destroyed the dragon.

Astrid, one of Hiccup's classmates in dragon-fighting school, follows him one day to the canyon where Toothless is hiding. Hiccup introduces her to his docile dragon and they take a ride over their village. Suddenly, they come across the dragons' nest. It turns out that's the reason the dragons must steal food — to feed the dreaded Red Death dragon that rules the nest.

Once the Vikings uncover Hiccup's hidden dragon, they use Toothless to lead them to the nest. However, they are quickly outmatched. Hiccup and Toothless fly in and defeat the Red Death, bringing peace to their island. They prove that looking beyond your preconceived notions can be a rewarding (and possibly life-saving) experience!

Talk together

The Viking villagers suffer frequent attacks by dragons stealing their sheep. What is their impression of the dragons? How do they fight back?

Why does Hiccup decide not to kill Toothless when he finds the dragon injured? What is he surprised to learn about dragons?

Play together: Double-duty doodad

You will need:

- Beads in different colors, some with letters on them
- Nylon cord

Is it a bracelet or a secret decoder? Only you will know for sure!

Make remembering special numbers a snap with this craft that does double duty as a bracelet and a decoder! Using an alphabet code, such as A means "one", B means "two", etc., spell out a number you

need to remember, such as a parent's cell phone or locker combination. String the beads onto the cord and tie the ends. Wear your decoder doodad as a reminder that, sometimes, things deserve a second look!

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

© 2010, Cinematters.



PARTY PLANNERS

CARMINI THE MAGICIAN

BEST PRICES IN TOWN
 Your audience will laugh and have a great time at a fun-filled show with magic, comedy, audience participation, fun for young and old



Magic, Clowns, Ventriloquists, Balloons, Face Painting and Characters

Free Candy & Prize Giveaways
718.633.9137 • 917.754.5755

HAPPY HENRY "The Wizard/Magician Clown"



Close Up Magic AT ITS VERY FINEST
 • HANDS-ON MAGIC
 • BALLOON ANIMALS
 • FACE PAINTING
 • ILLUSIONS AND HUNDREDS OF COSTUME CHARACTERS

Birthdays, Bar Mitzvahs, Christenings, Children's and Adult Parties
 CORPORATE ACCOUNTS WELCOME
917-617-3698
 www.HappyHenrytheWizard.com

Amazing Theme Parties

☆ Princess/Prince
 ☆ Super Heroes & Pop Stars and many more ...
 ☆ Dress Up ☆ Face Painting
 ☆ Cotton Candy ☆ Games ☆ Music
 ☆ Balloons
MARIA'S CLOSET
 718-297-0101 www.myspace.com/mariascloset
 www.marias-closet.com

ARKASHA'S SHOW

Moscow Circus Performer For All Occasions:

- ★ Clown
- ★ Juggler
- ★ Magician
- ★ Balloons
- ★ Live Dog Show
- ★ Face Painting

917-804-0822
 www.ArlekinA.com

DABBYS

"The Place For Childrens Parties"

10% Off With This Ad Just Call **718.MY.DABBY**

twitter.com/DABBYS facebook.com/DABBYS
 11-02 Clintonville St. Whitestone, NY 11357

Rico The Clown

Magician Comical Nerd

As seen on TV

- Magic • Balloon Sculpting
- Comedy • Roasting
- Educational Shows
- Adults/Kids

Rico is a University Professor of Speech and Communication

718-434-9697 • 917-318-9092

PARTY PERFECTION PROFESSIONALS

PREMIER CHILDREN'S ENTERTAINMENT
 We Will Work With You To Customize The Right Party Package To Suit Your Budget

Costumed Characters • Fairytale Princess Parties
 Popcorn Carts • Cotton Candy • Snow Cones
 Bounce Houses • Sand/Spin Art • Magicians
 Pop Star Parties • Happy Clowns • & Lots More Fun

www.partyperfectionprofessionals.vpweb.com
 347-255-0558

CLowns, CHARACTERS & COTTON CANDY, INC.

Best Parties! Children's Parties Best Parties!

- ★ CUTE CLOWNS
- ★ CARTOON CHARACTERS
- ★ BALLOON SCULPTING
- ★ FACE PAINTING
- ★ MUSICAL GAMES
- ★ PICTURE TIME
- ★ MAGIC
- ★ COTTON CANDY MACHINE

We Come to You and Bring Smiles to Your Children!
(718) 683-1739 • (516) 987-9288
 VISIT OUR WEB SITE AT 3CPARTIES.COM!

The Twisted Balloon Company

Award-winning Balloon Art & Entertainment

Todd Neufeld featured entertainer
1-212-748-9798
 1-800-505-TWIST (800-505-8947)
 www.twistedballoon.com
 todd@twistedballoon.com

ALL IN ONE ENTERTAINMENT INC.

ALL AT A REASONABLE PRICE
(718) 441-5764
(718) 441-7796
 www.allinoneentertainment.com

Clowns • Magicians • Cartoon Characters
 DJ Service • Arts & Crafts
 All Types of Bounce • Face Painting Sand/Spin Art • Balloon Artists
 Private Events • and much more!!!
 WEEKDAY SPECIAL STARTS AT \$90⁰⁰
 PARTY ROOM AVAILABLE
 95-25 Jamaica Ave, Woodhaven, NY 11421

PARTY! PARTY! PARTY!

Have Your Next Fabulous Party With Us

Includes:
 Hostesses • Two Sports • Pizza & Soda • Gift for Every Guest
 Special Gift for Birthday Child • Table for Adults
 Party Area For 2 1/2 Hours

We give all our parties our "personal touch" as we are committed to customer satisfaction!
 See inside ad for more information.

ASTORIA SPORTS COMPLEX
 34-38 38th St., Astoria, NY 11101 • 718-729-7163 • www.3cparts.com

Have A Kid's Party That's Very Different!

• We bring the zoo to you!
 • All ages & all occasions
 • Bug & Reptile Shows
 • Barnyard Petting Zoo
 • Pony Rides
 • Exotic Pet Program
 • Nature Programs
 • Pet Therapy
 • U.S.D.A. Licensed & Insured

Visit our website: www.partyPets.com

\$20 Off with ad code: Family

Hands-on learning about exotic animals from around the world
 WE ADOPT UNWANTED EXOTIC PETS!
 All Day Enrichment Programs Available to Schools, Scouts, Libraries, & Private Occasions • BOOK EARLY!

Call 516-766-1100 • Party Pets, Inc. • P.O. Box 439 • Baldwin, NY
 Tortoise • Chinchilla • Hedgehog • Alligator • Snakes & Toads

Best Clowns

Clowns • Costume Characters
 Princess Parties • Magicians
 Face Painters • Balloon Art
 Caricaturists • Toddler Games
 Cotton Candy & More

1-800-75-CLOWN or 212-614-0988
 Bi-Lingual Performers Available • Private & Corporate Events
 All Boros, L.I. & Westchester

TO PLACE AN AD IN THIS SECTION, PLEASE CALL 718.260.2587

Shows include live Birds & Rabbits

Let Joe the Magic Man make your next event a memorable one with comedy magic fun for everyone.

call 917-723-0460
 www.joethemagicman.com

New & Noteworthy

Monkey around with words

Bananas ... split!

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

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

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

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

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

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



Reading comes to life

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

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

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

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

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

For more information, visit www.VTechKids.com.



Rockin' biology

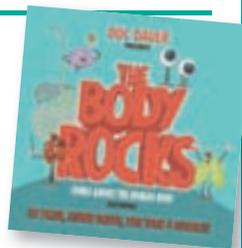
"The Body Rocks" merges modern pop music with biological science, using lyrics that answer children's burning questions about the functions of the human body. And it's set to music performed by people you'd never expect — but are happy to find — on a kid's album, from Liz Phair to Pete Dinklage.

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

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

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

For more info, visit www.rounder.com.



C is for colorful

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

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

Each image, from the sweet gi-

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

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

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

Tooth-rific

Here's a way to make losing teeth fun.

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

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

The materials are created from

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

Visit www.etsy.com/shop/KemptonJones.



The materials are created from



She promises to work hard. **Promise to do your part.**

Through all the homework, projects, and hours of practice, your child gives you her best. All this hard work will pay off when it's time for college. Do your part to help pay for her education by opening a New York 529 College Savings Program *Direct Plan*. With as little as \$25, you, family and friends can open and contribute to an account for your child. Contributions can qualify for a generous deduction from New York State taxable income.* Earnings grow tax deferred, and you pay no state or federal taxes on qualified withdrawals, making a 529 plan one of the most tax-efficient ways to save.** Plus, a free rewards service from Upromise® can add to your account. It's so easy—just visit ny529directplan.com, and in about ten minutes, you've kept your promise.

Visit ny529directplan.com
or call 1-800-608-8617



*Up to \$10,000 is deductible from New York State taxable income for married couples filing jointly; single residents can deduct up to \$5,000 annually. *May be subject to recapture in certain circumstances—rollovers to another state's plan or non-qualified withdrawals.*

**Earnings on non-qualified withdrawals may be subject to federal income tax and a 10% federal penalty tax, as well as state and local income taxes. Tax and other benefits are contingent on meeting other requirements and certain withdrawals are subject to federal, state and local taxes.

Before you invest, consider whether you or the designated beneficiary's home state offers any state tax or other benefits that are only available for investments in such state's qualified tuition program.

The Comptroller of the State of New York and the New York State Higher Education Services Corporation are the Program Administrators and are responsible for implementing and administering the *Direct Plan*. Upromise Investments, Inc. and Upromise Investment Advisors, LLC serve as Program Manager and Recordkeeping and Servicing Agent, respectively, and are responsible for day-to-day operations, including effecting transactions. The Vanguard Group, Inc. serves as the Investment Manager. Vanguard Marketing Corporation markets, distributes and underwrites the *Direct Plan*.

No guarantee: None of the State of New York, its agencies, the Federal Deposit Insurance Corporation (FDIC), The Vanguard Group, Inc., Upromise Investments, Inc., nor any of their applicable affiliates insures accounts or guarantees the principal deposited therein or any investment returns on any account or investment portfolio.

New York's 529 College Savings Program currently includes two separate 529 plans. The *Direct Plan* is sold directly by the Program. You may also participate in the Advisor Plan, which is sold exclusively through financial advisors and has different investment options and higher fees and expenses as well as financial advisor compensation.

Upromise is a registered service mark of Upromise, Inc.

For more information about New York's 529 College Savings Program *Direct Plan*, obtain a Program Brochure and Tuition Savings Agreement at ny529directplan.com or by calling 1-800-608-8617. This includes investment objectives, risks, charges, expenses, and other information. You should read and consider them carefully before investing.

© 2010 State of New York

Smiles for Kids

PEDIATRIC DENTISTRY

Dental Care For Infants ★ Children ★ Teenagers
& Patients with Special Needs

FREE
Orthodontic
Exam



- Child Friendly Environment
- Warm, Caring Staff
- LCD Televisions in All Rooms
- Kids' Toys, Video Games & Movies
- Mt. Sinai Hospital Affiliation
- Pain Free Procedures
- 24 Hour Emergency Services
- Special Needs Children Are Welcome
- Many Insurance Plans Accepted

Dr. Tsivas Kourtsounis, DDS

18-15 Francis Lewis Blvd. • Whitestone, NY 11357

718-746-1230

1150 Portion Road • Hottsville, NY 11742

631-451-7700