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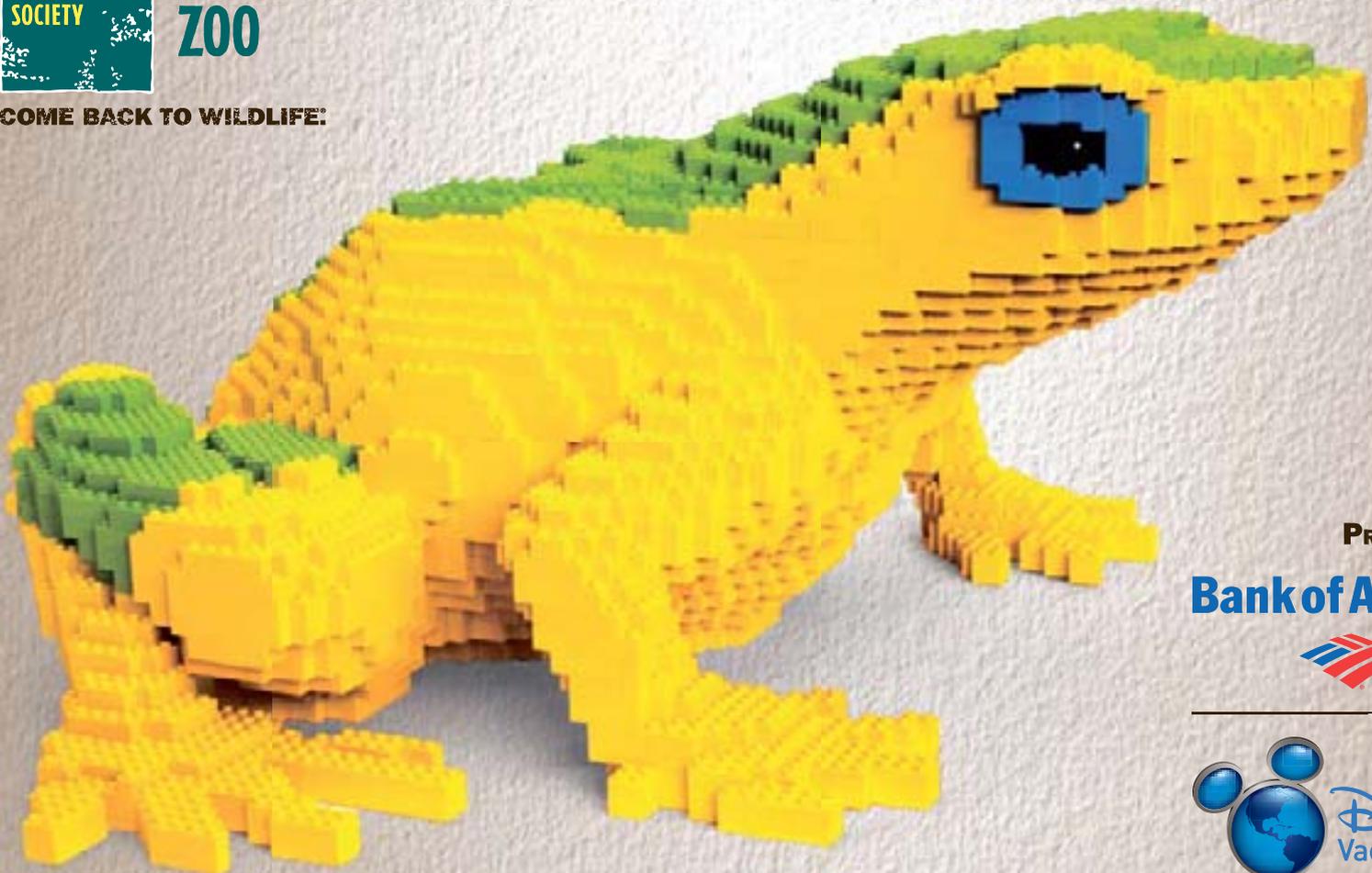
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# Letter from the publisher

## Teachers are heroes every day

**T**eachers have been getting a lot of bad press lately. A great deal of pressure and demand has been put on them to make miracles happen. The word is out that, as teachers, they are largely responsible for educating millions



of children who show up for school unprepared and disadvantaged in numerous ways, and poof! that in overcrowded outdated classrooms settings, with all sorts of discipline issues and underfunded programs, they can get them to pass tests that will indicate success or not.

So now we have teachers all over the country who are taking the fall and teaching to the tests and pressured to get high results out of their students or else. In

my day this would have been unheard of. In my day, teachers were respected, admired, and fully in charge. That's not to say that everyone was perfect. We had our duds, but in my day kids didn't have so many other distractions, and also came

largely from homes where education and moving forward was a priority.

On Sept. 11, 2011 many of us had children who had just gotten to school and for many in the public system it was the second day of the new school year. They were with their teachers in these classrooms when the planes hit the towers.

Hindsight tells us what happened that day and of course we've had time to reflect and to listen and

learn who and what and how the day unraveled. At the time, however, no one really knew what was happening, and that was pretty scary stuff. It was scary for everyone, and it was especially scary for children and their teachers who were in close proximity to the disaster and it's aftermath of confusion and debris. It was also scary for us parents whose children were in their schools, and it changed a lot of our choices and behavior forever regarding their safety.

In this issue, our *BACK TO SCHOOL* annual, we take the time and space to honor the memory of that day and all the souls whose lives were lost and their families, by remembering through the eyes of two New York City teachers what the day and the moment was like for them and the children in their care.

Laura Varoscak was teaching a

few blocks away in TriBeCa and Wanda Troy was in the downtown Brooklyn Boerum Hill section at PS 261. Each of them has contributed their memories of that day and how they and the children reacted to the events around them and how they, as the professionals they are, took care of, and informed our children of what was taking place, and how they helped get them safely back to their homes and their worried families.

Teachers are heroes every day. This was just one of them. From our hearts we honor them.

Have a great school year! Thanks for reading!

Susan Weiss-Voskidis, Publisher

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# Ten years later,

**H**ere the tales of two heroes of a different kind — teachers, one in Brooklyn and one perilously close to Ground Zero — who experienced the day together with their young students, allowing them to see things through the eyes of the most-innocent bystanders.

## When hugs meant so much more

BY WANDA TROY

**I** remember this day in vignettes — flashes of experience. I remember this as a day during which I had to use all that I knew about children and education to make decisions for the 28 young people that had been entrusted to me. It was a day that made clear the power of good teaching, and the understanding that schools are communities that are built on relationships.

It was the second day of school, at 8:40 am, on a crisp fall morning with a bright blue sky, and the fifth-grade classes wanted to stay out in the yard of our Downtown Brooklyn school and socialize just a little bit more. We fifth grade teachers glanced at each other and quickly made the decision that these 15 minutes would go a long way in developing community and rapport with our new classes, so we stayed out. The children sat chatting in groups. After the 15 minutes, we lined up and started filing into the school, when we heard a child call out, “I just saw a plane hit a building!”

“I don’t think that’s possible,” a teacher confidently responded.

“Wanda, can I speak to you in the hallway?” a colleague called to me. The students and I were engrossed in our morning read aloud. “The Lord of the Rings” trilogy was everywhere, and the children had decided I should read “The Hobbit” aloud to them. The first 20 minutes of each day was dedicated to this reading. Children were stretched out on the carpet, hanging on each word. No one was bored, and no one was fidgeting.

Some were sketching or taking notes in their reader’s notebook.

“Can this wait, please?” she asked.

“I’m not allowed to interrupt our special read aloud,” I said. That was the rule, after all — no bathroom, no side conversations, no distractions.

“I think this is really important,” she insisted.

“Well, all right,” I responded. “Everyone, turn and talk — what do you think is going to happen next?”

Out in the hallway, I could see how agitated, actually hysterical, my colleague was as she stammered, “We just heard a report that a number of small planes are hitting buildings in Manhattan, and car bombs are exploding throughout the city!”

My thoughts went immediately to my son, a high school student in Manhattan.

“What the hell is happening?” I thought. “Is he OK?!” But I couldn’t linger there too long. There were 28 children belonging to other parents — as well as my own daughter — in my classroom. (Yes, I was my daughter’s fifth grade teacher.) I had to think of them. And I did think. I weighed each decision carefully.

I have always believed that children deal better with information than with the lack of it. They had heard the worry in my colleague’s voice and noticed her agitation. I knew I had to address their concerns. I reentered our classroom and explained to the children that there was something unusual going on in Manhattan, and that when we got more information, I would be



sure to share it with them. The read aloud continued. But as soon as it ended, the questions began.

The children really wanted to know what was happening, so we plugged in the class radio. We turned it on just as the commentators were emotionally reporting on the people jumping out of the World Trade Center towers. I quickly turned off the radio.

The children needed to talk about what they were thinking and feeling, so we did a go ’round — each child could ask one question and share one thing they were thinking. Some children were worried that Manhattan had been totally flattened, some worried that their family members who worked in Manhattan wouldn’t be able to get out. What they imagined was far worse than even the unimaginable reality.

I decided that they really needed to see for themselves the view of Manhattan from my colleague’s classroom, which was at the end

of the corridor, on the other side of the hall. We sat in the hallway chatting as, a few at a time, they walked to the window. Yes, they did see the Twin Towers ablaze and falling, but they also saw that there was no other major damage. They returned to our classroom still nervous, but also greatly relieved.

There were two children who were particularly worried, and their classmates immediately rallied around them to listen and give comfort. This group of students had been together since kindergarten and had forged deep and supportive relationships. They argued at times, but they clearly cared for one another. There was some crying, and a lot of talking. There was some good listening, and a lot of reassuring. Some hugging, and a lot of hand-holding.

I shared as much information as I could. I listened as well as I could. And we tried to continue our learn-

*Continued on page 8*

# teachers talk 9-11

## A haven near Ground Zero

BY LAURA VAROSCAK-DEINNOCENTIIS

**I**t was the first day of school for many children — a beautiful morning, and not a cloud in the sky. My co-teacher Robert and I had just finished adding fresh paint to the easel and waited excitedly for our preschool students to arrive.

Suddenly, we heard the deafening roar of a plane overhead, approaching with such force and speed that the vibration knocked heavy gallon jugs of glue from the table and sent books tumbling off the shelves. Then, there was a thunderous crash — shattering glass, screeching metal — followed by an eerie silence.

We ran outside to investigate and were devastated to see a huge fiery hole in the North Tower of the World Trade Center. Everything on the typically busy streets of lower Manhattan stopped except for the police and fire trucks speeding toward it. People stood, stunned. We returned to work with heavy hearts, prepared to comfort the 3- and 4-year-olds when they arrived.

The children greeted us with smiles. Some spoke of the loud “boom,” but no one dwelled on it. They wanted to get busy with puzzles, blocks and paint. Parents were shaken; they knew people who worked in the Towers. Our job was to focus on the children and keep things as calm as possible.

By 9 am, only three of our students had arrived. While Robert read them a book, I walked one of the mothers to the door. She was worried about her older son who had started kindergarten at a school only a few blocks away from the World Trade Center. Outside, people gathered on Church Street to get a view of the North Tower. I saw an-



(Clockwise from top) A photo Varoscak-Delnnocentiis took on Sept. 11 from her school in TriBeCa. This banner hung in the front window of The Washington Market School, where Varoscak-Delnnocentiis was a teacher. Kids in Varoscak-Delnnocentiis's class lined up rescue action figures.

other parent from our class struggling to push a stroller through the crowd and went to help her.

As we watched the black smoke billow through the sky and reams of office paper fly from the windows, the second plane struck the South

Tower. People panicked and suddenly we were caught in a stampede. I rushed back inside the school to inform everyone of the second crash and we began the evacuation process. Parents nervously swooped up their children and headed away

from the burning buildings. Robert and I had one student without a parent — the mom who left to check on her son. We tried calling her but the phone lines were busy, so we left a note on the door and headed north to the family's apartment. Luckily, she met us on the street halfway between school and home.

Our school remained closed until it was deemed safe to return to the neighborhood. Only those who lived or worked below Canal Street were allowed to enter with written permission. Armed guards walked the streets and policed the subway stations, but downtown Manhattan still didn't feel safe. Fires continued to burn. Debris littered the ground. Dust coated cars and buildings. People were dazed. A strange smell lingered in the air — an indescribable, sickening odor that will forever conjure memories of planes crashing, people jumping, and buildings imploding. Walking south on Church Street, I couldn't take my eyes off of the giant hole in the skyline. It was hard to believe the Twin Towers

were gone.

When the children returned to school, they craved order and consistency. They needed a safe place to play and express their feelings about what had happened. Some experienced the tragedy firsthand. Others were fortunate to leave the city after the first

plane hit. Whether they witnessed the attacks directly or indirectly, everyone was vulnerable. Parents could not shield their children from the horror of 9-11, especially those who lived in the area surrounding Ground Zero. Their world had been turned upside down. Many families were forced to leave their homes and live in hotels. Children weren't allowed to play outside in the local

*Continued on page 8*

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## Hugs

*Continued from page 6*

ing: independent reading, writing workshop, a math lesson, and an introduction lesson to our study of the Arctic. But it was hard to focus, and the children really just wanted to be with each other and talk.

And then the announcements began. Parents were coming to pick up their children, and every few minutes, a child's name was heard over the public address system. That child quickly packed up, hugged us goodbye, and went to the office to go home.

The interruptions were constant, and I do believe the announcements were hard on those children who had not yet been picked up. I know that it was hard on me — a mother who still did not know the whereabouts of one of her children.

At last, a good friend of mine arrived with his son, as well as his classmate — my son. They had taken the F train from Manhattan, which despite the news reports to the contrary, was still running. I

now had my daughter AND my son with me. I realized I was experiencing the only relief I had felt all day. And, as I hugged my son, I laughed — and cried. I cried in front of the remaining children, who all gathered around and hugged us. I cried, because that's what human beings do.

I think on some level those youngsters all knew that I had held it together for them all day, and they did not begrudge me this one display of emotion.

I waited until the very last child left our classroom. And only then did I go home with my children. None of us knew the whole story yet. None of us knew what the future would bring. We didn't know then how this experience would change us, our country, and our lives.

Two days later, we were all back in our classroom, crying, talking, and listening, trying to process what had happened and make sense of it all — together.

*Wanda Troy works as a literacy-content coach at PS 32 in Carroll Gardens. She was the director of the New Program at PS 261 in Boerum Hill and a classroom teacher there.*

## Haven

*Continued from page 7*

parks. Some never had a chance to say goodbye to their friends who escaped the city that morning and never returned.

Miraculously, no one from our school perished in the Sept. 11 attacks.

"My daddy's building disappeared," a 4-year-old declared as he walked back into the classroom after the hiatus. "Bad guys did it."

For weeks after the tragedy, the children spoke of bad guys, fireballs, crashing planes, and explosions. They knew something terrible had happened and needed our help to work through it. They had many questions: "Why did the bad people want to hurt everybody?" "How did the buildings get knocked down?" "Will the planes come back?"

We answered their questions simply and honestly. We acknowledged the event and reassured them that it was over. The streets were filled with police officers, firefighters and EMS workers, and

we explained that they were doing everything possible to protect them.

Our curriculum focused on safety and emotions. We bought extra Play-Doh so little hands could squeeze, squash, and pound out the feelings they couldn't put into words. The children also expressed themselves through artwork — drawings of the broken towers, paintings of flames and black smoke clouds. Teachers ordered extra rescue hero action figures, toy planes, and emergency vehicles for the children to use in the block area. For weeks, kids built towers and knocked them down over and over again. We encouraged them to keep rebuilding, making the towers safer and stronger each time.

With each new building that went up, we knew the children felt safer and stronger, too.

*Laura Varoscak-DeInnocenti is a contributing writer for Family Publications New York and [www.NYParenting.com](http://www.NYParenting.com). On Sept. 11, 2001, she was a teacher at the Washington Market School in TriBeCa, located seven blocks from Ground Zero.*

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# Bugging out over head lice

BY ALLISON PLITT

**M**ention the phrase “head lice” to any parent and most will react with a cringe. What are they, and how do you treat them if they’ve infested your child’s scalp?

Head lice are little bugs that can

make your kids scratch their noggins, but do not cause any diseases, according to the National Center for Biotechnology Information. The worst result of having head lice is a child scratching his head until he opens wounds, which could then become infected.

There is, however, much transmission of head lice in schools, because children tend to interact in closer proximity to

each other than adults. Doctors report an increase in the number of head lice cases after school starts in September.

This month, many parents will receive information about head lice from their children’s schools. While some private institutions test students for head lice before the start of the academic year, New York City public schools have a policy of not accepting children who have lice into classrooms.

## What are head lice?

Head lice are six-legged insects that are the size of sesame seeds. They only live on human beings, and cannot be caught from animals, according to a statement issued by the city’s Office of School Health.

Pearly white and smaller than a pin head, nits are the egg cases laid by lice. While lice move around the head and on the scalp, nits attach to hair shafts.

A child can only have head lice if he has a living, moving louse on his scalp. He catches the parasite when the louse gives up its host’s head for a new host. Eggs in their protective nits are not transmitted from one head to another.

Once the insects attach to a person’s head, they feed on blood obtained from the scalp. Many — but not all — people with head lice will develop an itchy scalp.

Anyone can get head lice, which are usually caught from family and friends in the home and community.

Head lice can be transferred when people hug each other, or when small children are playing together and their heads brush each other.

Head lice can also be transmitted by objects — such as hats, clothing, combs and brushes — used by infected individuals.

## How can head lice be prevented?

Families can do everything right and still develop head lice. Learn how to check your children’s head for these lice, before they have



## Doctors report an increase in the number of head lice cases after school starts in September.

a chance to breed. When making your examination, it can be easier to spot the nits laid on the hair, which are most often found in the thickest parts — at the nape of the neck and behind the ears.

Parents should also tell children not to share hats, combs and brushes with anyone else. Physical contact with infected individuals, including their belongings, should be avoided.

What are the symptoms of head lice?

The first indication of an infection is usually itching around the area of the body where the lice feed. If a child is scratching the back of his head or around his ears, examine them for head lice.

It may take two to three weeks or longer for a person to notice the intense itching associated with lice infection.

### How can head lice be treated?

There are a multitude of products on the market for treating head lice. Several medicated shampoos or cream rinses, especially those containing the pesticides permethrin or pyrethrin, can be purchased over the counter.

After washing your child's hair with a head lice shampoo, a parent will need to comb out any remaining nits with a good lice comb. The most effective combs are those with metal teeth so close together that you can't see them. If the child has long hair, the lice comb approach can be time consuming and labor intensive, so many parents opt to cut their child's hair.

There are also hair lotions that can be added to dry hair and applied with a lice comb. These lotions should not be heated with a hair dryer, as some of them are flammable.

Parents should repeat the process of washing and combing their child's hair every seven days to ensure that the lice do not reappear.

Because head lice have devel-

oped resistance to the pesticides used to treat them, the number of lice infections has grown over the years. The National Pediculosis Association believes that prescription pesticides, such as malathion and lindane, are not only ineffective at treating infections, but are also dangerous if they are used after the child has been treated with an over-the-counter pesticide. The Association "advises parents to discontinue the use of any treatment at the earliest sign of failure and to avoid using other chemicals. Manual removal is the best option whenever possible."

All bedding, towels and clothing from infected individuals should be cleaned with soap and hot water, and placed in a dryer for at least 20 minutes to help kill off any remaining lice. Toys and other belongings can be placed in plastic bags and sealed off for 10 days so the lice will die of starvation.

You should also soak combs and hairbrushes in alcohol or lice shampoo, dispose of hair accessories, and thoroughly vacuum carpets and upholstered furniture.

Lice removal has become profitable for many businesses. In the New York City area, there are treatment centers, resembling salons, where professionals will comb lice and nits out of clients' hair. Other companies will come directly to your home to treat and remove head lice.

### Services and resources

The most accurate and reliable information about head lice can be found on the National Pediculosis Association's website at [www.headlice.org/index.html](http://www.headlice.org/index.html).

Another helpful website is [www.kidshheadlice.com/index.html](http://www.kidshheadlice.com/index.html), which evaluates the effectiveness of various treatments and provides lists of professional services by state.

...

So the next time you say the words "head lice" to a parent, allay their fears by letting them know all of the information and treatments available to them in their local communities and on the Internet. There's really no reason to bug out.

*Allison Plitt is a staff writer for Family Publications New York and a mother living in Queens with a 5-year-old daughter. If you have ideas about resources for families in Queens, contact her at [allisonplitt@hotmail.com](mailto:allisonplitt@hotmail.com).*



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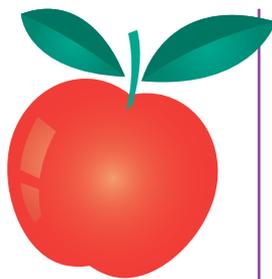
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## DEAR TEACHER

BY PEGGY GISLER AND  
MARGE EBERTS

# How much homework help is too much?

**Question:** Our 11-year-old is starting sixth grade this year, her first in middle school. She has always relied too much on our help to do her homework. Is there a rule of thumb for how much input a parent should have in a sixth-grader's homework?

**Answer:** As a rule, kids should be able to handle their homework by themselves by seventh grade, so you should start working toward that goal now — without pulling your support right out from under her.

Begin by having her read her assignments out loud to you. Then, have her explain how she is going to complete the work. Help her learn to plan the order in which she will tackle her assignments. Next, she should read and explain the directions of the first assignment to you. Not knowing exactly what is expected can cause confusion.

Ask her if she has any questions

about the first assignment. After answering them, either encourage her to complete this assignment independently, or watch how she completes the first item to see that she understand the directions. Follow the same steps for all the assignments.

When your daughter runs into a roadblock on an assignment, ask her to study the textbook examples on her notes before asking for your aid. Your aid should never include doing her work for her. Instead, you should pose questions that will help her figure out what to do.

Praise her efforts, and your daughter will take pride in doing her homework by herself.

## Teacher comunique

**Question:** How important is it for me to communicate with my children's teachers? Some of my friends call their children's teachers all the time. I never thought it necessary to talk to their teachers, except at the regularly scheduled conferences.

**Answer:** Research shows that frequent parent-teacher communication helps children succeed in school. So start communicating with your children's teachers early. It will show them that you want to be involved in their educations.

Communication with your children's teachers does not have to be formal meetings. Brief notes, e-mails, and phone calls are all effective ways to communicate. Before starting, be sure to find out how individual teachers wish to be approached. A good ice-breaker is a reference to a lesson or a homework assignment that motivated your children.

Informal chats are also very effective communication tools. Plan to volunteer for classroom activities and to attend parent-teacher events. There are great settings for parents and teachers to get to know each other. However, they are not the time to resolve any problems.

Mutual disclosure is important to parent-teacher communication. Parents need to tell teachers about anything that is happening at home

that may be affecting their children's work. And teachers should tell parents what is happening in school.

How often parents and teachers communicate with each other also depends on whether there are serious problems. Some may need to communicate almost every day. If children are handling school well, casual chats with teachers and occasional notes help build relationships.

## Facebook rules

**Question:** We have just given our middle-school-aged daughter permission to be on Facebook. How can we make sure that she uses Facebook appropriately and avoids being bullied online?

**Answer:** Just about every high-school student in the country is on Facebook, and the number of elementary- and middle-schoolers is rapidly increasing. The time to talk with your child about using Facebook safely is before she opens an account. A good place to start is by visiting the safety information site on Facebook ([www.facebook.com/help/?safety](http://www.facebook.com/help/?safety)). Read this information together and be sure that your child understands the consequences of using Facebook inappropriately. You may ask her if you can visit her page at any time to evaluate the content she is putting up and receiving.

A very unfortunate aspect of the online experience is bullying. The estimated number of children who have been ridiculed or threatened through computer messages ranges from one in three to one in 10.

Most teens are smart enough to consider their online actions. You may want your older children to read, "Teen Cyberbullying Investigated: Where Do Your Rights End and Consequences Begin?," by Judge Thomas Jacobs.

It spells out exactly when teens' actions are illegal, and gives them a chance to think about ethical issues while reading actual cases.

*Parents can send questions and comments to [dearteacher@dearteacher.com](mailto:dearteacher@dearteacher.com).*

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**I**t may seem like it was only yesterday when the beginning of the school year meant dropping your first-born off to kindergarten.

You got the school supplies ready, you secretly (or maybe not so secretly) shed a few tears about your child growing up so fast, and you let go of her hand as she walked into a brave new world on her own.

For many parents, the beginning of the school year now means the end of your child's high school education as she simultaneously completes her senior year and prepares for college.

It's a busy year, with proms, senior pictures, caps and gowns, and parties. It's also the time to focus on filling out college applications. It's about endings and beginnings — helping your child get the best out of her senior high school year, while being well-prepared for the first college year.

I've asked parents who have already experienced this transition for advice and tips. Here's what they had to say:

# Preparing for COLLEGE

## Applications

- Have your child start pulling together a resume and start an account on the Common Application. This online and print application enables students to apply to multiple member higher education institutions through one application. Member colleges and universities evaluate students using a holistic selection process that includes subjective, as well as objective, criteria, including at least one recommendation form, at least one not-timed essay, and broader campus diversity considerations.

- Students are encouraged to consider applying to three types of colleges: reach, match, and safety. A reach college is one that the student is interested in attending, although she may not meet the admission requirements. A match college is one where a student's grades, test scores

and achievements fall within the range the college seeks, although the student may not place at the top of the list. A safety college is one in which admissions requirements are met or exceeded, offering a strong chance of acceptance — possibly coupled with offers of financial incentives.

• There also is the consideration of early action and early decision. In early decision, the student can only apply to one college and agrees to attend the college if accepted, and the college offers an adequate financial aid package. Students may apply to other colleges through the regular admission process, but must withdraw applications if accepted by the first-choice college early. Early action, on the other hand, is not binding. A student can commit to the college immediately, or wait until the spring. The student can apply early action to other colleges and have until late spring to inform the college of her decision.

• Some colleges offer single-choice early action, which operates like other early action plans, but may not apply early action or early decision to any other college. The student can apply to other colleges under regular decision plans, and does not have to give a final answer to the early-application college until the regular decision deadline.

## Finances

• Affording college is just as major a consideration as qualifying for college. The first two stops for scholarships, grants and loans are Free Application for Federal Student Aid and CSS/Financial Aid PROFILE of the College Board, which determines eligibility for non-federal student aid funds at more than 500 colleges, universities, graduate and professional schools.

• The Federal Pell Grant Program provides need-based grants to low-income undergraduate and certain post-baccalaureate students. Students are able to use the grants at one of more than 5,400 participating postsecondary institutions.

• Also, each state may have a scholarship incentive program, as well as the student's high school, employers and local nonprofit groups. Your student's school counselor and school district are also a resource for information.

• There are many scholarships, loans, and research grants available for those who do the work to find them. Check out the Founda-

tion Center which, among its many other missions, helps students find financial assistance. The Foundation Center's Youth in Philanthropy and Scholarship program's website lists a host of sources for scholarships for those studying both domestically and abroad.

• Fastweb.com is a massive scholarship database. Finaid.org partners with fastweb.com to help students find scholarships at no cost.

• Students who have financial concerns shouldn't rule out private colleges, many of which can offer generous financial aid packages funded by local donors.

## Other considerations

• The College Board recommends that students complete applications in September and October, get teachers to write letters of recommendation, file early decision or early applications according to college deadlines and procedures, take the SAT if necessary, and, if necessary, register to the CSS/Financial Aid PROFILE. In November, students should file early applications by the college deadline (some are due before that), work on regular-based applications as a backup, and file the PROFILE and other college-based financial aid forms that may be required of early decision candidates.

• Shopping for a college dorm room early may be tempting, but you might end up buying items not needed. It's best to find out what a particular college allows. Also, roommates may want to consider sharing items.

• Some families conduct campus visits, so students can get a feel for whether or not they would enjoy attending the school.

• The student should be working on her college essay. According to the College Board, the essay reveals information about a student's values, preferences, and thought processes.

• Since there is so much free and useful information on the Internet, it's not necessary to pay someone or a company to tell students and parents what they can find out on their own. One such helpful website is collegeconfidential.com.

To find the Common Application, visit [www.commonapp.org](http://www.commonapp.org).

To find scholarships, grants and loans, visit [falsa.ed.gov](http://falsa.ed.gov).

The Foundation Center's Youth in Philanthropy and Scholarship program can be found at [foundationcenter.org/yip/youth\\_scholarships.html](http://foundationcenter.org/yip/youth_scholarships.html).



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## HEALTHY LIVING

DANIELLE SULLIVAN

# Tired of sleep deprivation?

**W**e are a sleep-deprived society, and our constant, on-the-go way of life is affecting us adversely. It seems that just about everyone is getting by on a few short hours of sleep. Even our kids are staying up later and waking up earlier than we did as children.

Moms — especially those of us with small children — are among the worst sleepers, largely because we often grab small doses of uninterrupted sleep.

Lack of sleep has been blamed for everything from headaches and sluggishness to obesity. Sleep disorders play a major role in quality of life, daytime functioning, and health. Insomnia sufferers exhibit more problems with attention, concentration, and memory. They are more susceptible to depression and anxiety.

A new report by the University of Texas Southwestern Medical Center says that interrupted sleep may interfere with memory. When sleep is frequently interrupted, the ability to learn new things and retain information can be considerably compromised.

People who suffer from sleep apnea (a sleep-related breathing disorder) are at greater risk for high blood pressure, cardiac arrhythmias, stroke, and death. As of today, there are more than 80 different sleep disorders identified in the International Classification of Sleep Disorders.

But how do you know if your pattern of sleep is irregular, or if it's a



problem at all?

The National Sleep Foundation reports that more than 50 million Americans suffer from a sleep disorder at some point in their lives.

What specific behaviors or sleep patterns mark a sleep disorder, as opposed to typical irregular sleeping habits in our fast-paced world?

"In our society, chronic sleep deprivation is a very common finding," says Jeremy Weingarten, director of the Center for Sleep Disorders Medicine and Research at New York Methodist Hospital and assistant professor of clinical medicine at Weill Cornell Medical College.

"In general, individuals need between seven and eight hours of sleep per night. However, a large percentage of people are getting less than seven, and often less than six, hours of sleep per night," says Weingarten. "Besides not getting enough time in bed, many individuals have poor sleep hygiene: reading and eating

in bed, watching television in bed, highly variable sleep times (particularly on weekends), sleeping outside of the bedroom (on the living room couch), etc."

Weingarten says that distinguishing poor sleep hygiene and habits from a sleep disorder is often difficult, since symptoms seem common and not harmful. They include loud snoring, frequent awakenings during the night, awakening caused by gasping for breath at night, significant daytime sleepiness, morning dry mouth and headaches, awakening un-refreshed, and the inability to fall asleep or stay asleep.

If these symptoms are present, you may benefit from undergoing evaluation for possible obstructive sleep apnea, one of the most common sleep disorders, advises Weingarten.

If you want to change your sleep habits at home, your best bet is sticking to a routine.

"A nightly routine is important, and proper sleep hygiene is essential for a good night's sleep," says Weingarten. "Regarding insomnia: acupuncture, tai chi, and yoga may improve sleep." However, if you feel significantly affected by your lack of restorative sleep, you should seek out a sleep doctor. Not all people need a full sleep study to help identify their problem.

And if you are finding yourself in the throws of taming the back-to-school sleep monster, Weingarten says that getting a child back on a nightly routine is very important.

"Getting into pajamas, brushing teeth, reading a book, etc. should be performed at the same time each night. Decrease their bedtime by 15 minutes per night until they are back to their normal bedtime," he says. "For example, if they normally go to sleep at 8:30 on a school night, but they have been going to sleep at 9:30 pm during the summer, advance their sleep time to 9:15 one night, then 9 the next night, then 8:45 the following night, and so on, until they reach their ultimate bedtime goal."

Danielle Sullivan, a Brooklyn-born mom of three, has worked as a parenting writer and editor for more than 10 years, and was recently honored with a Gold award for her health column by the Parenting Media Association.

Sullivan also writes for Babble. You can find her on her blog, *Just Write Mom*.

## Where to get help:

*Sleep Disorders Institute* [423 West 55th St., fourth floor in Manhattan, (212) 994-5100]. For information, visit [www.sleepny.com/Index.html](http://www.sleepny.com/Index.html).

*NYU Sleep Disorders Center* [462 First Ave., Suite 7N3 in Manhattan, (212) 263-8423]. For information, visit [www.med.nyu.edu/sleep/](http://www.med.nyu.edu/sleep/).

*The Center for Sleep Medicine at New York-Presbyterian Hospital/Weill*

*Cornell Medical Center* [425 East 61st St., fifth floor in Manhattan, (646) 962-7378]. For information, visit [www.weillcornell.org/sleepctr/](http://www.weillcornell.org/sleepctr/).

*Sleep Disorder Center at New York Methodist Hospital* [506 Sixth St. in Park Slope, Brooklyn, (718) 780-3017]. For information, visit [www.nym.org/For-Patients-and-Visitors/Our-Services/The-Institute-for-Asthma-and-Lung-Diseases/Sleep-Disorder-Center.aspx](http://www.nym.org/For-Patients-and-Visitors/Our-Services/The-Institute-for-Asthma-and-Lung-Diseases/Sleep-Disorder-Center.aspx).

*New York Hospital Queens* [56-45 Main St. in Flushing, Queens, (718) 670-2000]. For information, visit [www.nyhq.org/diw/Content.asp?PageID=DIW009032](http://www.nyhq.org/diw/Content.asp?PageID=DIW009032).

*North Shore LIJ/Staten Island University Hospital* [475 Seaview Ave. in Dongan Hills, Staten Island, (718) 226-2331]. For information, visit [www.siu.edu/Medical-Services/Clinical-Services/Sleep-Disorders.aspx](http://www.siu.edu/Medical-Services/Clinical-Services/Sleep-Disorders.aspx).



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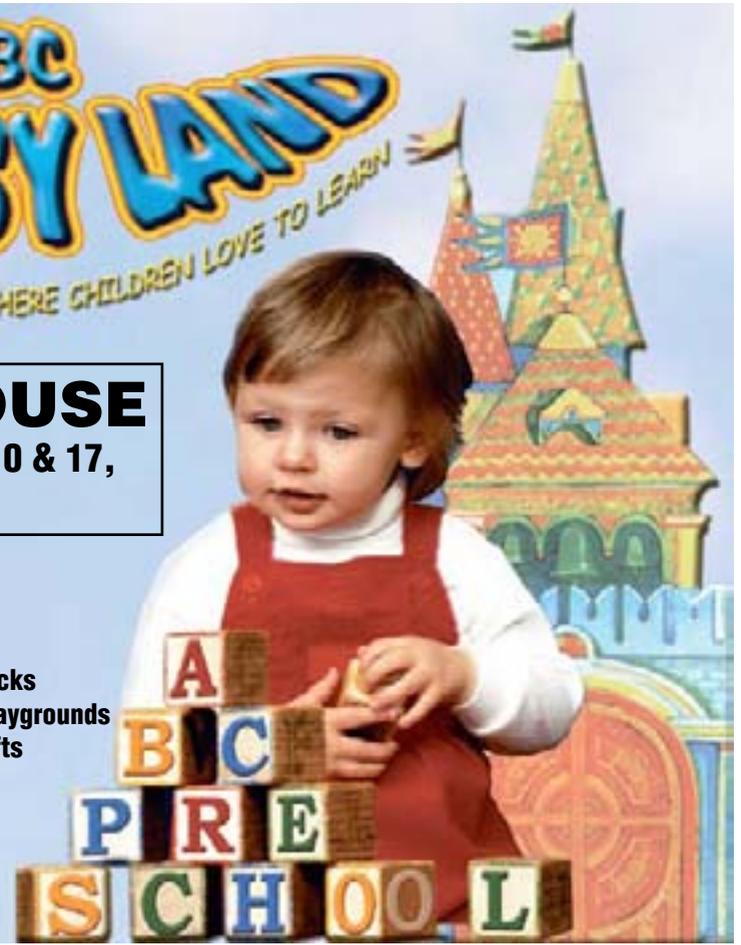
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646-209-9352. Email: kimmyma-artstudio@live.com

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*Continued on page 20*

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## Fall Activity

### GUIDE

Continued from page 18

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 34-38 38th Street, Astoria 11101  
 718-729-7163 or [www.ascsports1.com](http://www.ascsports1.com)

The Madison Square Garden of QUEENS. If you are looking for a fantastic place to either visit or plan a birthday party or join a gym, you have found it. The complex features, a heated swimming pool/jacuzzi, soccer field, batting cages, free weight gym, cardiovascular gym, and the newest innovation, youth circuit gym. This is truly an amazing facility, especially that its owner is always on staff (you get the best quality and nobody beats the prices). Call today to start your child's road to a healthy lifestyle. Join now! And save!

**Gym-Azing  
(Formally Kidz Yoga)**  
 27-14 23rd Avenue, Astoria 11105  
 347-455-3661 or [www.kidzyoga.com](http://www.kidzyoga.com)

Kidz Yoga is designed to help young people counter pressures, release stress, pay attention to how they feel, and build focus and concentration. Children are learning techniques to help their bodies become stronger, healthier, and more relaxed. Starting a healthy lifestyle early will help benefit their future. We also offer a variety of birthday parties, tutoring, Mommy, Music & Me classes, Capoeira, Zumba, and various adult classes! Come see our beautiful, brand new facility!!

**SoccerRockets**  
 75-34 Bell Blvd, Bayside 11364  
 347-693-8997 or [www.soccerrockets.com](http://www.soccerrockets.com)

SoccerRockets is a program for children ages 2-8 that teaches a variety of fundamental skills in a fun and nurturing environment. These skills are taught through the use of different games and activities.

NEW! In addition to soccer, SoccerRockets now provides instruction in six additional sports: volleyball, basketball, hockey, yoga, baseball, and lacrosse.

SoccerRockets is located in Queens and Brooklyn, New York. Classes are specifically designed by professionals to teach the importance of fitness, help to develop motor skills and create self-confidence. The classes are taught by a dedicated team of coaches and teachers.

Please see our schedule for our upcoming sessions at our newest Queens location, the Hillcrest Jewish

Center in Fresh Meadows, NY.

**Super Kickers**  
 PS 69 77-02 37th Avenue Jackson Heights 11372  
 718-350-1535 or [www.superkickers.com](http://www.superkickers.com)

Our kids are part of the laziness generation, where everything is at the reach of their finger tips and much has been made easier for them with technology. I remember growing up and looking forward to free time off from school so that I could spend most of it outdoors engaging with my friends and neighbors. Kids today are spending a huge chunk of their time playing video games, texting and sleeping rather than exercising; unfortunately Obesity rates in the United States have grown dramatically and will continue to grow if kids and adults are not educated about the consequences of the lack of exercise. A key to curbing obesity is participating in regular physical activity and by doing so other potentially risky health issues can be reduced.

As parents it is our responsibility to encourage our children to want to run, sweat, jump and interact with other children especially when all we hear from them is "this is boring", "I'm too tired to do this", "I don't want to go". As parents we have to be aware of the many facts this new generation has to overcome in order to be successful adults and great professionals.

Invest in your Childs future! Keep them moving and make it fun! Super kickers has the most affordable and flexible prices in Queens! The best quality program for less!

**The West Side Tennis  
Club's Junior Program**  
 718-268-2300 or [www.foreshillstennis.com](http://www.foreshillstennis.com)  
 E-mail: [juniortennis@foreshillstennis.com](mailto:juniortennis@foreshillstennis.com)

Is personally supervised by Tennis Director Bob Ingersole. A native of Australia and former top 100 player, he has coached hundreds of sectionally and nationally ranked players. Day-to-day operations are directed by Junior Program Director Thomas Gilliland. Thomas is an USTA/Eastern National coach, sits on the Metro Region Management Committee and is currently enrolled in Columbia University's Master of Sports Management Program. The WSTC's Junior Program has grown enormously in the last four years and now stands as the premier tennis program in the area. They cater to every level from beginners of all ages to nationally ranked and college players. If you have any questions or you would like to register, please con-

Continued on page 22

**A Wide Variety of Classes to choose from:**

Mommy & Me, Kidz & Family Zumba, MoonSoup, Kidz Yoga, Capoeira and many more!

**Adult Classes Also Available:**

Zumba, Yoga, Pilates, TRX Suspension Training, and many more

**Tutoring School for Squirts**  
917-974-1506



**New in Astoria**

**BIRTHDAY PARTIES:**

Kidz Yoga, Kidz Zumba, Kidz Capoeira, Puppet & Magic Shows, Bouncers, Face Painting, Animal Balloons, Bubble Maker & Theme Parties

**GYM-AZING**

27-14 23<sup>rd</sup> Ave., Astoria, New York 11105  
347.455.3661  
info@gymazing.com • www.gymazing.com

Register Now For September Classes

**Starting In October - Children 2-8**

<b>Sunday Afternoons</b> 12:30-1:20pm & 1:30-2:20pm	<b>Fall-After School-Tuesdays</b> 4:00-4:50pm & 5:00-5:50pm
--	--

Teaching a variety of fundamental skills in a fun & nurturing environment through games and activities.

*New!* 6 additional sports: soccer, volleyball, basketball, hockey, yoga, baseball & lacrosse.  
Dedicated team of coaches & teachers.

**Hillcrest Jewish Center**  
183-02 Union Turnpike • Fresh Meadows

Call to register: 347-693-8997 or go to: [www.SoccerRockets.com](http://www.SoccerRockets.com)

**Kids Music Together**



Jackson Heights / Woodside / Sunnyside  
NEWBORN - 5 YEARS OF AGE

**Fall Semester Starts Sept. 17<sup>TH</sup>**  
Call/Email To Inquire About Free Demo Classes

Call 646-250-1177 • Email: [music2jh@yahoo.com](mailto:music2jh@yahoo.com)  
[www.KidsMusicTogether.com](http://www.KidsMusicTogether.com)

**Ridgewood Dance Studio**

Learn To Dance In A Friendly Atmosphere



**Celebrating Our 30th Anniversary**

- BALLET • TAP • JAZZ • HIP-HOP
- COMPETITION CLASSES
- DANCE WORKSHOPS

Classes Begin September 13th  
AGES 3 - ADULT

[www.ridgewooddancestudio.com](http://www.ridgewooddancestudio.com)  
60-13 Myrtle Avenue, 2nd fl. • Ridgewood, NY 11385 • (718)497-2372



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**Launching Creative Minds**

Embrace Originality & Build Confidence Through Creative Process

**Younger & Young Artist Program**  
Now Registering Fall & Spring Sessions  
Fine arts instructions weekly in paintings & drawings  
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**Leisure ART Club for adult members**  
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Thursday art instructions 10:30am - Noon  
Open Studio: Thursdays & Fridays Noon-1:30

Fine Art Instruction by Mrs. Ma, Master of Art in the School of Education, NYU

190-19 Union Turnpike, Fresh Meadow  
Student ART Gallery, Tuition & Schedule [www.kimmyma-artstudio.com](http://www.kimmyma-artstudio.com)  
646-209-9352 • [Kimmy.ma.artstudio@live.com](mailto:Kimmy.ma.artstudio@live.com)

# KIDS COLLEGE

CONTINUING  
EDUCATION

Open house is on September 10<sup>th</sup> this year

Meaningful Play/Fun Theory  
So You Think You've Got Talent?

Chinese Academy

Early Childhood, Elementary & Intermediate  
Academic & Enrichment Classes

QUEENSBOROUGH  
COMMUNITY COLLEGE

718-631-6343 • [www.qcc.cuny.edu/conted](http://www.qcc.cuny.edu/conted)  
222-05 56th Avenue, Bayside, NY 11364 • Library 118P

*Varta* ACADEMY OF MUSICAL ARTS is now in REGO PARK!

Private Music Lessons  
piano • violin • guitar • voice

Theory Classes

Kids Introduction to Music  
(fun classes for children ages 3+)

Affordable Rates

Performance Opportunities



97-15 64<sup>th</sup> Road, 2<sup>nd</sup> Floor, Rego Park, NY 11374  
[info@vartamusic.com](mailto:info@vartamusic.com) [www.vartamusic.com](http://www.vartamusic.com) (718) 275-2725

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FORMERLY JUST EAST OF BROADWAY • REGISTER NOW!

Theater (*singing, acting, & movement*) ★ Tap  
Jazz/Contemporary ★ Ballet ★ Hip-Hop  
Gymnastics/Acrobatics ★ Adult classes

ASK ABOUT OUR BIRTHDAY PARTIES

108-12 72<sup>nd</sup> ave, ground level  
Forest Hills, NY 11375

[WWW.ALLSTARSTUDIOSNYC.COM](http://WWW.ALLSTARSTUDIOSNYC.COM) ★ 718.268.2280

## Fall Activity

### GUIDE

*Continued from page 20*  
tact them.

#### YMCA of Greater New York

Catalpa Center YMCA  
69-02 64th Street, Ridgewood  
11385; 718-821-6271 or [www.ymcanyc.org/catalpa](http://www.ymcanyc.org/catalpa) Cross Island  
YMCA  
238-10 Hillside Avenue, Bellerose  
11426; 718-479-0505 or [www.ymcanyc.org/cross](http://www.ymcanyc.org/cross) Flushing YMCA  
138-46 Northern Boulevard,  
Flushing 11354; 718-961-6880 or  
[www.ymcanyc.org/flushing](http://www.ymcanyc.org/flushing)

Jamaica YMCA  
89-25 Parsons Boulevard, Jamaica  
11432; 718-739-6600 or [www.ymcanyc.org/jamaica](http://www.ymcanyc.org/jamaica)

Long Island City YMCA  
32-23 Queens Boulevard, LIC 11101;  
718-392-7932 or [www.ymcanyc.org/lic](http://www.ymcanyc.org/lic)

Things just seem to come together. There, families can participate in activities such as karate, basketball, cardio fitness and swimming, but they also value how we help meet the needs of the city's youth with after-school programs, quality child care and teen leadership opportunities. In fact, they're the largest youth-serving organization in New York City, serving more than 175,000 kids annually. Become a member and feel the connection.

#### DANCE

##### Ridgewood Dance Studio

60-13 Myrtle Avenue, 2nd Floor,  
Ridgewood 11385  
718-497-2372 or [www.ridgewooddancestudio.com](http://www.ridgewooddancestudio.com)

Ridgewood Dance Studio has been dancing into the lives of the community for over 30 years. The studio believes that it's important for every child to experience the art of dance. Learning to dance is a vital part of a child's development. It helps them develop discipline, mature habits, poise, personality, stability, self-confidence and knowledge of music. The owner, Florence Webber, began taking dance classes at the age of six at Joe Wilson's Dance Studio and he taught her the love of dance. It has been the most rewarding path she has taken. It is amazing to see students come and go and grow into fine young adults and also have many students return to the studio with their children. Some of the many accomplishments/performances include: Apollo Theater, Six Flags Great Adventure, Hershey Park, Rye Playland (WKTU), major dance competitions, cruise lines, street fes-

tivals, parades, some students have been accepted into performing arts schools, Alvin Ailey and Rockette summer intensive programs...Come join their great group of students and parents.

#### MODELING

##### Barbizon School of New York

16 Penn Plz Ste 1205, New York, NY 10001  
(212) 239-1110 or [www.barbizonnyc.com](http://www.barbizonnyc.com)

For over 71 years Barbizon Modeling and Acting has been training young people in the skills necessary in these exciting industries. Located in midtown NYC, Barbizon Manhattan has been linked to so many successful models and actors. Barbizon graduates have worked with top designers and major players including: Disney, Pepsi, Macy's, ANTM, Hannah Montana, Jonas Brothers, Toys R Us, Broadway Shows and Film. Recognized as the industry leader, Barbizon Modeling and Acting helps young people reach their full potential, whether their goals are in the entertainment field or not. Give your child the Barbizon Advantage. Barbizon Manhattan is licensed by the NYS Dept. of Education and a proud member of both the Metro Region Better Business Bureau and The Greater New York Chamber of Commerce.

#### MULTI-LINGUAL

##### German American Language School

70-01 Fresh Pond Rd., Ridgewood 11385  
718-456-8706 or [www.German-American-School.org](http://www.German-American-School.org)

German American Language School is an old institution with an upbeat curriculum. German American Language School has been teaching language since 1892. They are a NYS Regents accredited program. Children from various ethnic backgrounds can learn German in a once a week after school program. The younger children (as of age four) learn by singing, coloring and total physical response approaches to learning. Older children learn writing, German Culture, geography of Europe, memorization and oral reports. They have locations in Queens, Long Island & Manhattan. Classes start in September.

*Continued on page 24*

- **New Hyde Park**  
1818 Jericho Tpke.
- **Bayside** •  
22214 Union Tpke.

**Bayside  
OPEN HOUSE**

Sun., Aug. 28, 11am-1pm  
Sat., Sept. 3, 10am-12pm  
Sat. Sept. 10, 10am-12pm



Every child is born with potential gifts and talents that are only realized with the appropriate stimulation and guidance. The earlier this stimulation and guidance occur, the greater the chances your child will reach his/her full potential.



**718-740-1616**  
[www.thinkertots.com](http://www.thinkertots.com)

Thinkertots' cutting edge curriculum and warm, nurturing environment provide these necessary ingredients. If your child is newborn to six years old, we have an appropriate program. Find out more by coming to an open house or visiting us during preview week. Call us today.

**UNCOVER YOUR CHILD'S BRILLIANCE!**

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Nursery



Pre-K &  
Enrichment



**BRIDGESMART TUTORS  
MATH AND LATIN ACADEMY**

- Arithmetic • Christian Latin • Algebra
- Classical Latin • Geometry • Logic

**2011 After School Registration Going on Now!**

**718-450-6493**  
**36-46 37th Street,**  
**Long Island City, NY 11101**

**Afterschool • Weekend • Summer**

# Fall Activity

## GUIDE

Continued from page 22

### MUSIC

**Kids Music Together**  
In Jackson Heights, Woodside and Sunnyside  
646-250-1177 or [www.kidsmusictogether.com](http://www.kidsmusictogether.com)

Is a research-based program that is designed for infants, toddlers, preschoolers, kindergartners, and the adults who love them. Kids Music Together introduces children to the pleasure of making music by experiencing musical activities through playing instruments, dancing to the beat and singing songs with their parents and caregivers. They offer classes for newborns to 8 months old, mixed-age class for newborn to 4 year olds, and 3's & up classes for age 3 and older. They offer free demonstration classes. Call or email to reserve a spot.

**Varta Academy of Musical Arts**

1 block from 63rd Dr. Subway Stop  
97-15 64th Road (at Queens Blvd),  
2nd Floor, Rego Park, NY 11374  
718-275-2725 or [www.vartamusic.com](http://www.vartamusic.com)

Empower your child with quality music education early in life! We provide music classes for children as young as 3 years old. Our specially designed Kids Introduction to Music Class prepares students to play an instrument while having fun! For students 4 and older we offer piano, violin, guitar, and voice lessons. In addition, our students have the option to enroll in a Theory class to supplement their private lessons. Our exceptional teachers hold degrees from leading conservatories in the country and are qualified to work with students at any level from beginner to advanced. They will prepare the students for exams, auditions, and competitions. We provide exciting performing opportunities! If you are looking for excellent music education, come to Varta Academy of Musical Arts!

### PERFORMING ARTS

**All Star Studios**  
108-12 72nd Avenue, Forest Hills  
11375  
718-268-2280 or [www.allstarstudiosnyc.com](http://www.allstarstudiosnyc.com)

All Star Studios is more than just a dance studio; Theater, Triple Threat, and Acro classes are also offered. Dance classes include Ballet, Jazz, Tap and Hip hop for children starting from age 3 to adults. Celebrating their 7th season in Forest Hills (formerly Just East of Broadway), this rapidly growing

studio never loses sight of their philosophy of keeping the fun in the arts. Why choose them? Small teacher-student ratio, superior customer service, great relationships with their students, and their ability to instill a love of the arts in their students!

**Joe's Music and Dance Center**

114-04 Farmers Blvd, St Albans  
11412 718-454-3036  
5712 Church Avenue; Brooklyn  
11203, 718-774-0700 or [www.joesmusiccenter.org](http://www.joesmusiccenter.org)

A large diversity of instruments is taught from piano, violin, viola, cello, guitar, bass guitar, drums, saxophone, clarinet, flute, trumpet, trombone, voice, etc. to the less common instruments such as bassoon and tuba. Students can begin with classical, but the Academy also has many students that study pop, jazz, contemporary music or gospel. Students have the opportunity to pursue NYSSMA evaluations and prepare for specialized high school auditions. There are also competitive music opportunities

### RELIGIOUS INSTRUCTION

**Jewish Center of Forest Hills West**

63-25 Dry Harbor Rd., Middle Village 11379  
718-639-2110

Jewish Center of Forest Hills West is the place to be if you are looking for a small, warm and welcoming Egalitarian Synagogue. They have a great Rabbi, Rebbetzin and caring Hebrew teachers. They offer a quality child friendly Hebrew education at the lowest cost around. They also have a pre-Hebrew school once a month for younger children. Ample parking is available with a scenic location right next to Juniper Valley Park. English, Hebrew, French, Spanish, Russian and Yiddish are spoken. Visit them Saturday or Sunday mornings or call for more information.

### TUTORING/ LEARNING

**All About Kids Tutoring**  
1-888-543-7577 or E-mail [tutoring@allaboutkidsny.com](mailto:tutoring@allaboutkidsny.com)

Since 1988, All About Kids Tutoring has helped students, parents, and educators achieve their very best results at every stage of the educational journey. All About Kids Tutoring provides superior tutoring services for all stu-



**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 • Adult Aerobic and Zumba Classes • Birthday Parties & More

(Back to school special of \$25.00 off the first month tuition and free bag)

[WWW.JOESMUSICCENTER.ORG](http://WWW.JOESMUSICCENTER.ORG)

**JOE'S MUSIC ACADEMY LOCATIONS**

114-04 Farmers Blvd. St. Albans, NY 11412 718-454-3036	5712 Church Ave Brooklyn, NY 11203 718-774-0700	<b>Joe's Music Store</b> 114-02 Farmers Blvd. St. Albans, NY 11412   718-454-3030
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**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
- Birthday Party and Holiday Mini Camps and Music Classes \$15/Class

Summer | Fall | Winter | Spring  
Outdoor Parks, East Elmhurst, Jackson Heights, Middle Village

7702 37th Ave, Jackson Heights, NY | [www.superkickers.com](http://www.superkickers.com) • 718-350-1535

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KENT is offering an exclusive **fall program** by selecting the most qualifying students to prepare for the NYC G&T program.

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[www.kentprep.com](http://www.kentprep.com) KENT *Kent* PREP 718.423.5757  
194-11A Northern Blvd.

Find **Family** online at  
[www.NYParenting.com](http://www.NYParenting.com)

# Fall Activity

## GUIDE

dents grades K-12. We tutor children and support their families in schools and homes across Long Island, the 5 Boroughs of NYC, and Westchester. Your child will be on the path to a positive learning experience with our dynamic teachers. All About Kids' tutors are all New York State Certified Teachers with fingerprint clearance, who maintain a high level of professionalism.

All About Kids Tutoring offers small group tutoring services in schools with their peers, and one-on-one instruction in homes, community centers and libraries. Our agency provides SAT and Regents prep work as well as offering both Private Tutoring Services and Supplemental Education Services (SES), as defined in the Federal "No Child Left Behind Act".

All About Kids Tutoring curriculum includes reading comprehension, writing skills, basic and complex math, and testing skills and we also specialize in English Language Learners (ELL) and Special Education. Working together as a team, we can help your child succeed and achieve.

### Bridge Smart Tutors

718-450-6493

36-46 37th Street Long Island City, NY 11101

Bridgesmart Tutors, a Long Island City-based tutoring company, is registering students for its 10-week fall semester Math and Latin Academy (MALA) that begins on September 13, 2011.

Lovina Ikenga, Bridgesmart's program director, states that, "studying math and Latin together is one of the best ways to develop a student's mind. We offer this combination year round in a structured and traditional classroom setting after school and on week-ends." Every class is limited to ten students, and all MALA instructors have a master's degree in the applicable subject area. Students from the fourth through twelfth grades are eligible. Prices range from \$595 for Latin instruction paired with basic-advanced arithmetic to \$675 for Latin with high school algebra or geometry. "This is serious tutoring for serious students," Ikenga emphasizes. "Our master teachers + small class sizes = success!"

### E.nopi

21-71 Steinway Street, Astoria 11105  
718-777-2525 or [www.Astoria@enopi.com](http://www.Astoria@enopi.com)

E.nopi is an educational enrichment program which fosters self-directed learning and focuses on mastering your child's critical and analytical skills in Math and Reading. Unlike any other program, E.nopi utilizes a proven systematic and individualized approach,

via a robust workbook curriculum which motivates and nurtures student's study habits.

Vicky Kostas, a mother of three and a system analyst, recognized the need for a different approach to supplemental education in her community. "The children of Astoria come from many different backgrounds, but all have one goal in common, to succeed academically and in life!, I am proud to offer this program in Astoria."

Enopi of Astoria is scheduled to open this August. Call to schedule your child's free placement evaluation.

### Kent Prep

194-11A Northern Blvd. Bayside 11358

718 423-5757 or [www.kentprep.com](http://www.kentprep.com)

Looking for a program that will evaluate your child's qualifications for the Gifted and Talented Program? KENT Prep is an entrance exam specialist with over 20 years of educational consulting service in NYC for kindergarten to college bound students. Our Gifted & Talented Open Mock Test includes evaluating your child through personal interview and written exam. Evaluations are available by appointment only starting at 10:00am on August 28 and September 4. Please call for an appointment.

### Queensborough Community College, Office of Continuing Education & Workforce Development

222-05 56th Avenue, Bayside 11364  
718-631-6343 or [www.qcc.cuny.edu/conted](http://www.qcc.cuny.edu/conted)

Queensborough Community College, Office of Continuing Education & Workforce Development is committed to providing courses that are fun and enriching.

This fall, Kids College is offering exciting new classes for those who are interested in the different perspectives of the Performing Arts.

Our Meaningful Play/Fun Theory class will show students do-it-yourself (DIY) technology and creative media. We are also offering two fun classes within the performing arts category of So You Think You've Got Talent: How to Audition for Broadway and Sing with "GLEE". Continuing Ed provides excellent academic and enrichment classes for early childhood, elementary & intermediate students to supplement what they are learning during the school day. All classes are carefully designed to complement and support the Department of Education and State Education Curriculum.



## Give Your Boy or Girl a Jewish Education



We are a Conservative, Egalitarian Synagogue in Middle Village, close to Rego Park. Our congregation is friendly and welcoming.

**Please stop by and visit us!**

### The Jewish Center of Forest Hills West HEBREW SCHOOL

63-25 Dry Harbor Road, Middle Village, NY 11379  
(Just across from Juniper Valley Park)

**Sundays, 10am – 12:30pm**

**New Session Begins September 11, 2011**

- Call for our Low Hebrew School Rates and Low Family Membership Rates
- Enjoyable, Quality Education
- Excellent Teachers
- Small Class Sizes
- Plenty of Free On-Street Parking

**Call now for more information**  
718-639-2110 or e-mail: [jcfhw@juno.com](mailto:jcfhw@juno.com)

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- Warm, Friendly Environment
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- Nursery
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- After School Program

74-15 Juniper Blvd. North  
Middle Village, NY  
7:00am to 6:30pm  
**718-899-2020**  
[www.thelearningtree.org](http://www.thelearningtree.org)

Near Public Transportation & Highway

# What we did on our summer vacation

Astoria father recalls best of a season spent in Queens

BY ROBERT TROTTA

**T**his summer, my wife Giovanna and I wanted to make sure we kept our 5-year-old son Matthew active, excited and happy during his vacation. And while we were able to go to Pennsylvania for a visit to Sesame Place with a few friends, we spent most of July and August right here in Queens — particularly in Astoria — and, as a result, our summer was terrific.

We went to the movie theater at Kaufman Studios on a couple of occasions to see “Cars 2” and “The Smurfs” (and I got to catch the movie I was waiting months to see, “Rise of the Planet of the Apes”). Not too far from the theater is the American Museum of the Moving Image, and we had a wonderful time there, seeing various props from classic films — and Matthew and me dancing goofily in front of the museum’s camera.

Astoria Park had so much to offer

this summer. Our whole family was able to see a beautiful fireworks show — and a breathtaking view of the sun as it descended behind Manhattan skyscrapers across the East River. A July carnival was also a nice treat. Rides, cotton candy, and the House of Mirrors made for a fun-filled evening that was only about a 10-minute walk from our front door.

Preschool ended in June, but Matthew’s education certainly didn’t come to a halt during the months that followed. He began soccer lessons at that park, and at the Astoria Sports Complex, Matthew — equipped with goggles and a swim cap for the first time — began to learn how to swim.

We bought an inexpensive, but just-the-right-size swimming pool at, of all places, Rite Aid, and the backyard of the Trotta home became a tiny resort. Matthew had several play dates with friends, and the pool was the perfect way to conquer the heat — the hot and humid air took a backseat to the fun that was had by all.

If we didn’t have our own, going to the Astoria Pool would not have been a terrible option. In fact, the Daily News named it the best public pool in the entire city. The July 31 article complimented “the largest pool in the biggest city in America,” for its cleanliness, exciting mushroom fountains for kids, and gorgeous views.

Then there were the good, old-fashioned moments that we shared — including waiting for the birds to



swoop down and eat the white bread that we threw on top of the garage, and running to the corner to buy a chocolate ice cream cone with sprinkles from Mister Softie before he drove away. It really exemplified how those little things can mean so much to a little boy (and took me back to my childhood).

Believe it or not, it was even a treat for Matthew to walk with Mommy to the laundromat and help her, by throwing the clothes into the machines and dropping the quarters in to get things started. And, yes, I journeyed to the laundromat with my mom, too.

Other small, simple “trips” added to the enjoyment Giovanna and I got out of watching how much Matthew was enjoying his summer, such as a ride on the N train from Astoria to Manhattan, or a visit to Chuck E. Cheese on Northern Boulevard.

Don’t get me wrong, seeing Big Bird and Elmo in person, flying down a water slide on a giant tube, and watching a colorful parade at Sesame Place were great. And, yes, a cruise to Bermuda would have been super, too. But in tough economic times like these, there were plenty of things to do in our own backyard. Especially when that backyard is Astoria, Queens.



(Top) Matthew had a great time taking soccer lessons in Astoria Park. (Above) Play dates in the new swimming pool turned the backyard into a tiny resort.



# PRESCHOOL 2-5 YEARS

Language & Literacy  
Math Concept  
Science Explore  
Art  
Music & Movement  
Ballet & Taekwondo

Social Studies  
Computers  
Daily Journals  
Monthly Assessment  
Detailed Progressive Report  
Field Trips



Free School Bus Service (Flushing & Bayside Area) for Free UPK Class (children born in 2007) (restriction applied)

**REGISTER NOW! SPACE IS LIMITED**



*Confident  
for next  
school  
year*

Let Your Child Feel The Power of Learning  
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PARENTS

SHARON C. PETERS, MA

# Teen wants to visit gynecologist **alone**

**Dear Sharon,**

My daughter has just turned 14. She wants me to make an appointment for her to see a gynecologist, and I am very upset because she also wants to go alone. What should I do? Isn't she too young to be seeing this kind of doctor on her own? Do I still have parental rights over things like her being given birth control, or am I being too old-fashioned?



**Dear Parent,**

It is not uncommon for teens to be sorting through the complex issues involved in sexuality at a relatively early age. I have talked to many mothers and fathers whose young teens have been hesitant to have a parent present at a gynecological — and other medical — visit for a variety of reasons. Nevertheless, I think it is important and not “old-fashioned” to have parents of adolescents have input into their care.

I recommend that parents of teens find doctors who have experience with adolescents and are willing to talk to, and work with, parents, even if they are not present for their child's medical appointment. A parental call or visit to a doctor before arranging a young person's appointment can help parents decide if they

would like to have their child under the doctor's care. An experienced physician will know perspectives and information about confidentiality, parental rights, and other important details.

A skilled and experienced doctor who is a good match for a family can share her professional expertise about a child's health concerns, be reassuring, and sometimes, even improve the lines of communication between adults and teens.

Finding a good adolescent gynecologist, specialist, or general practitioner can be difficult. One of the best sources of information is often trusted friends, relatives, or known medical and school personnel (since your question is not uncommon, there are probably people you know who have had similar challenges to solve). If a search in a family's immediate network isn't possible or productive, then checking online for recommendations from other parents can also help.

It is also important to remem-

ber that the majority of teens need plenty of time and attention from their parents as they sort through all of the complicated challenges of adolescence, including sexuality. Setting aside ample time to relax and hang out alone with a teen — laughing, watching a movie, having a late-night snack, or even shopping — can often be an excellent way of opening up lines of communication.

Even if issues related to sexuality are not directly discussed in such “down” time, it can help a child feel more secure, less alone, and more likely to make thoughtful decisions when she knows that Mom and Dad are around — loving and watching over her as she sorts through things.

It could be good that your daughter is asking you to set up a doctor's appointment, even if she is reluctant to have you present. It could mean that she is asking for your help and guidance. Good luck as you begin this difficult, but rewarding, phase of parenting.

Sharon C. Peters is a mother and director of Parents Helping Parents, 669 President St., Brooklyn (718) 638-9444, [www.PHPonline.org](http://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@cnglocal.com](mailto:SWeiss@cnglocal.com).



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# Grandparents raising grandkids

BY CANDI SPARKS

Children need loving, nurturing and stable environments, and providing this requires a parent or guardian to give a great deal of consistent time, organization, multi-tasking, energy, love and financial support.

With most families, having less time and less money increases stress, making the responsibility of raising even one child feel overwhelming. Those who are raising multiple children may have more than their fair share of challenges and frustrations. As a result, many parents are calling on grandparents to help raise kids.

During the last decade, 5.8 million families lived with grandparents, and almost 40 percent of grandparents have been the primary caregivers for five or more years, with no biological parent present. Many times, this is due to an unfortunate turn of events, such as parental death, deployment, divorce, or illness. Many grandparents are being asked to do it again — to raise their grandkids — and they're stepping up to the plate.

"She is my only granddaughter, and my daughter is my only child, and I'm just so excited about being a grandparent," says Brooklynite Regina. "I smile from ear to ear, just to hear her call me Nana. My daughter and son-in-law are both in the military and have been deployed at the same time, and now I'm my granddaughter's legal guardian." In Regina's case, child care expenses are provided by the military, and supplemented by the grandmother, which is the best



possible scenario for all parties involved. However, this is the exception and not the rule.

Most grandparents raising children are forced to give up leisure time, the option of traveling, and their independence. Financially, raising a child can burden a senior's limited budget. Muriel, a retired Queens school teacher in her 60s, is raising two grandchildren, and knows the pressure of a limited budget.

"I would become overwhelmed — if I stopped to think about it. Having to maintain an edge in my 60s is a monumental task, but children are special people," she says. Muriel is on a fixed income, and says she is always looking for ways to save. She is an avid coupon clipper, buys in bulk from warehouses, and shops for school clothing and holidays at discount outlets.

As a former teacher, Muriel knows the value of education. She is constantly researching scholarships, awards, and contests to offset the expenses of education for her granddaughters.

The girls play a lot of sports to learn about competing for what they want in life, and Muriel goes to most of the games to cheer them on. She says she has a better relationship with her grandkids than she did with her own daughter. For Muriel, the emotional satisfaction she gets from having great relationships with the girls and a job well done is "more than worth the sacrifices. I am happy again."

"Children are less inclined to battle with a grandparent," explained Paula Hinton, a licensed

During the last decade, 5.8 million families lived with grandparents, and almost 40 percent of grandparents have been the primary caregivers.

social worker with 25 years of experience in the field. Hinton also said that “this is often a smoother relationship that seems to be largely devoid of guilt and expectations.”

In 2008, Karen, a single mom from Staten Island, was laid off from work. After two years of job hunting, she landed a job out of state. By that time, her finances were in shambles, and she had to move in with her father, Karl. When Karen got the job, she and her father decided that it would be best for her sons to live with him, and she could return on long weekends and holidays.

“After a lot of crying and talking to my dad, we decided that it would be better if the boys stayed here,” she says. “They need a male role model and my dad is a hands-on, involved kind of guy. With the relocation and the new job, I cannot give them as much attention as he can. They would have to adjust to everything being new to them. By staying with my dad, they can keep the same friends, stay in the same schools, and live in the house that belongs to the family. I feel guilty for leaving the boys, and I keep reminding myself that I am not leaving them. I am just going to work — only work happens to be a few thousand miles away. The recession ruined me, financially. I don’t have many options at this point.”

Although he is in his 70s, their grandfather is delighted that he is healthy enough to raise the boys. Karl looks forward to Karen coming back to see the boys when she can.

“Don’t worry about it,” he says to his daughter. “Things will work out just fine.”

Most of the time, a grandparent raising her grandkids is a real ne-

cessity, as it is for Carol, a grandmother in the Bronx who is taking care of her grandkids while their parents receive treatment for substance abuse.

“As a parent, you don’t want your 30-year-old living in the basement. But as a grandparent, you can do more than just hug the kids goodbye after a visit,” says the 69-year-old. “As a mother, I was more concerned with the safety of their bodies, and now as a grandmother, I am more aware of their happiness and their souls.”

Carol says that raising grandchildren is a financial strain, but she does not want the children to be with anyone else. She says that she also hopes that her daughter and son-in-law can mend their broken relationships and that the family will someday heal.

Grandparents who are considering raising grandchildren should remember that they must be able to take care of themselves before they can take care of anyone else. If they regularly need to visit the doctor for scheduled check-ups and remember to take their medicine on time, it might be difficult for them to take care of young children.

If they are up to it, taking care of youngsters might keep grandparents more youthful and connected to the modern world. They might be more inclined to keep up with the latest technology than their peers, who are generally more secluded from intergenerational contact.

In having already raised kids, their past experiences can be a real plus. Sharing the past with grandchildren is a positive for both generations, and it helps to instill a sense of family history and connection that only grows more endearing as time goes by. Hearing stories about their ancestors, which keeps the history of a family alive, benefits these youngsters enormously.

Kids being raised by grandparents is not a new phenomenon, but in harsh economic times, it is one that seems to be growing more common.

*Candi Sparks is a Brooklyn mother of two and author of the children’s books, “Can I Have Some Money?,” “Max Gets It!,” “Legend of the Earwax Kids,” and other titles sold on Amazon.com. Her website is candisparks.com, and you can “like” Candi Sparks (Author) on Facebook, and follow Candi Sparks on Twitter.*

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## A TEEN'S TAKE

AGLAIA HO



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# G is for great

## Teen bonds with parents over love of animated films

**T**oday, the movie theaters seem to be dominated by thrilling, live-action fantasies and sci-fi flicks filled with unbelievable special effects. These films usually pit unlikely heroes against vicious villains, and end with dramatic battle scenes with all the works. However, while these films are extraordinarily exciting, I still have a special place in my heart for classic, animated films.

As a teenager, I still get a kick out of watching animated movies with my family. Occasionally, we'll gather around the television and play old video cassettes (yes, they still do exist) of classic cartoons. It brings back so many memories from my childhood. My parents and I chat throughout the movie, remembering my crazy antics.

Nothing has changed. I still die from hysterics when I watch Jaq and Gus scurry around Cinderella's stepmother's estate. I'm still sadly terrified of the sinister, shape-shifting Maleficent from "Sleeping Beauty," and still thrilled to sing along with every song in "Beauty and the Beast." It's become a guilty pleasure.

So I literally leapt with joy when I learned that there was a new Winnie the Pooh movie. I couldn't wait to see it. I was only 4 or 5 years old when I saw "The Many Adventures of Winnie the Pooh," but I still remember

pretending I was part of the gang, hanging out with Pooh Bear, Piglet, Eeyore, Tigger, and the others.

My biggest fear about watching a G-rated cartoon was that I would be ridiculed for the rest of my life as the girl who watched "kid movies." Surprisingly enough, I was able to find a couple of friends to accompany me to see "Winnie the Pooh." Then again, it was a 90 degree day and seeing ANY (and I repeat "any") movie in an air-conditioned theater wasn't a bad idea. We were slightly embarrassed when we went to buy tickets for a matinee showing. Thankfully, the woman in the booth didn't seem to care.

From the minute we walked into the theater, we noticed that the audience was pretty much children ages 7 and younger. Wondering if this was a big mistake after all, we slumped down in our seats, praying for the theater to darken, so we wouldn't be noticed. Yet, as the movie started, we were overjoyed. I was reminded of why I love animated films.

I lost myself in the story, moved to tears by the purity of Pooh Bear. I found myself longing to be a kid again and frolic with my own stuffed animals. My friends and I laughed harder, cried louder, and smiled broader than any little kid in that room.

Just because animated films are generally a lot tamer than live-action

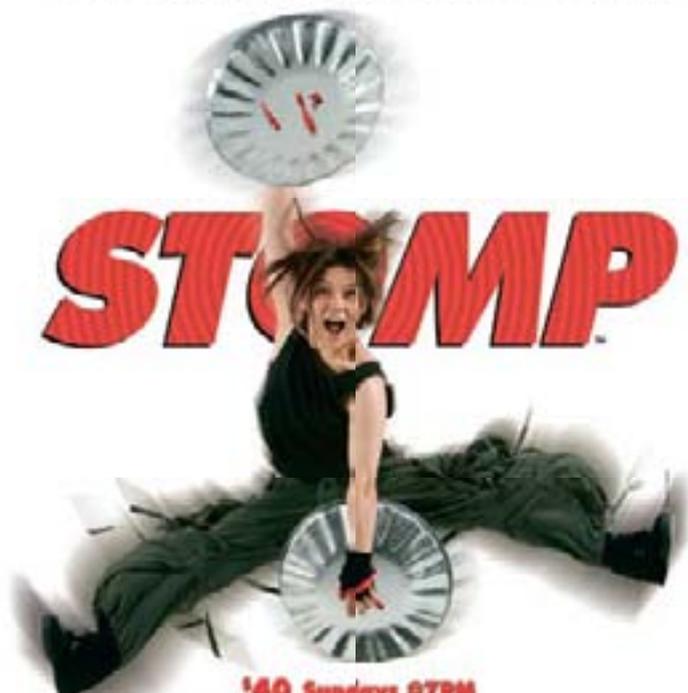
ones, doesn't mean that they are reserved just for kids. Animated features are suitable for everyone. Children, teens, and parents can easily enjoy an animated classic just like my family has for so many years. Cartoons tend to have simple, short and sweet messages behind them. While most teens and adults alike may scoff at the redundancy of these themes, many times these are the lessons that we always neglect. For example, "Shrek" teaches us not to judge a book by its cover, and, let's face it: we're all a little judgmental about everyone's exterior. "Ratatouille" teaches us to never give up on a dream, although many of us do. Animated films help revive long-forgotten, important lessons that help shape a better community.

Additionally, these movies are colorful, cheerful, and playful — pretty much everything our real world isn't. They help us forget the hardship and stress of our lives. These films are for the dreamers in all of us. We all want that glass slipper to fit. They teach us to never stop believing in ourselves and what we can do.

I encourage all parents to rewind those old, classic, animated films and share them with their families. For parents of young children, this will be a good opportunity to introduce these legendary movies to them. For parents of older kids and teens, it's the perfect way to bond and relive memories. Try it out, and you'll be surprised. After all, everyone longs for a wonderful, happily ever after!

*Aglaia Ho is a 15-year-old student from Queens who enjoys writing. Her work has been published in Creative Kids, Skipping Stones, Daily News/Children's Pressline, and The State of the Wild.*

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# When your kids are demanding FASHION

## Surviving back-to-school shopping and the designer label dilemma

BY RISA C. DOHERTY

**A**lthough back-to-school shopping was always a treat for my daughter, when I would broach the topic with my son, I would be met with an eye roll.

My son cared little for new clothes and was disinterested in the entire process. His goal was to minimize the amount of time spent shopping, regardless of the outcome — which is not uncommon for boys. So, like many parents, I took note of the styles, colors, and basic brands he would tolerate, purchased them in his size, and left them in his room. This worked for us.

My daughter, on the other hand, would be giddy with anticipation as we would approach the stores.

Although she was appreciative if I picked up a few items for her when I was alone, she loved the hunt and the satisfaction of leaving the store with an array of potentially life-changing attire.

She always knew what she liked and did not like, and what she wanted — even though we did not always agree on price and style. More than once, a dress or blouse was returned to the rack, because I made the executive decision that the style was too grown-up for my child, regardless of the perfect fit.

Decisiveness in a diminutive shopper can be an admirable trait, but fixation on a particular dress she “had to have” was a different story. Her “needs” resulted from a confluence of factors: occasionally,

an actual need — after all, she was a growing girl; a desire for a varied wardrobe with pieces that worked well together; and, finally, the insidious need to be fashionable.

### Is ‘fashionable’ so bad?

“Fashionable” is not a bad word, but it becomes the Holy Grail for many youngsters at increasingly earlier ages. Often, sporting the latest fashion can be fun and even exciting. By the time they are in middle school, children should know the relative price of the brand names they are clamoring for, with respect to similar generic items of equal quality. My daughter’s bid for a brand-name item I personally owned was quickly shot down, as I explained to her that we were not equals and that she could invest in such a label when she joined the over-40 set. Too often, these mini fashionistas forget that they are still kids.

Now that my daughter is turning 18, she has noticed that I am more flexible with my approval of her choices, if I am involved at all. The price and styles appropriate for an 11-year-old, a 15-year-old, and an 18-year-old about to go to college are — and should be — different.

I have learned that if your child tells you that he does not want the designer labels, listen to him. Years ago, I made the mistake of forcing my teenage son to accompany me to a store frequented by many of his peers. After all, it was conveniently located, the clothes were neat-looking and conservative, and he spent all of his time in “running pants.” Suffice it to say, it was not a pleasant shopping experience for either of us, and he never wore the clothes.

In comparison, my daughter knew which labels she wanted before opening the door of the store. In

## Ban brand-name items?

Some children are as opinionated as toddlers about their clothing preferences, expressing them loudly, whether it is a fondness for pink, clothing with “Dora the Explorer,” or just a comfortable-feeling garment. Some precocious Coco Chanel wannabes can coordinate an ensemble before they can read.

As they get older, many become more vocal and are acutely aware of the social impact of clothing. There are positive aspects to allowing children to select their own wardrobe, however. For those children who are interested, it is a form of self-expression. It helps those who prefer to blend in, blend in, and those who prefer to stand out, stand out. Moreover, everyone is happy to feel as if she is starting her day and meeting her peers looking her best — even

as kids.

Still, there can be an inordinate level of importance placed on clothing labels. Many adults prefer certain brand-names, because they believe a certain level or quality will be associated with them, while others prefer the label’s cachet. The latter seems to be an ongoing issue for many parents and their children.

It is a phenomenon that pervades most socioeconomic groups. The name on the label may differ from neighborhood to neighborhood and school to school, but the issue remains: Clothing choices can impart a certain status to the wearer. If a parent prefers to reject the latest fashion trends, that is fine; some parents find certain brands’ styles too pro-

vocative for their youngsters.

Of course, usefulness, fit, and durability are most important for garment purchasing decisions, but a parent should not turn a blind eye to the wishes of her child.

I would advise against a total ban on all brand-name items, depending on your progeny’s peer group and your means. Adolescence is hard enough without a parent facilitating pariah status for her kid.

If a parent chooses a particular neighborhood or school where literally all of the students sport certain brands, it is almost cruel to deny the child (who has asked) all access to those items. Like it or not, these brands become part of the culture of the schools, and, at a certain age, adolescents can embrace them and covet them, or abhor them.

Top  
Tips



her case, and that of like-minded, fashion-forward youngsters like her, it is important to tell them how you feel about labels and the value — or lack of value — they have to you. Your child will appreciate your honesty. Then, I believe it is important to temper their desires.

Occasionally, I've found that even a few, small brand-name items, like a headband or belt, would please her and take the place of filling an entire closet with overpriced items that would only fit for a few months. Either way, it may sound superficial to an adult, but to an adolescent, it is very important. A battle should not erupt between parent and child, simply because the clothes do not match the parent's taste, or she fears that giving in will create an insatiable monster. Although a parent does not need to satisfy all of her children's requests, there is a middle ground.

### **Judging people by their labels**

When my daughter was younger, I was in control. I bought what I wanted for her, and she loved her clothes. Complications ensued when the label requests started coming from her. I would be less amenable to appeals for fadish items or certain seasonally limited items. I was circumspect about restraining my acquiescence to her pleas: I believed that total compliance was neither appropriate nor necessary — not to mention pricey. Unfortunately, in her school, there were plenty of parents who would never dare say “no” to their little princesses.

Still, I was not averse to every label request. Many of the styles were cute and would look good on her. I knew that the higher prices reflected the market value of the particular brand name. And yet, I recognized that for adolescents, it is normal for them to want to fit in and be popular — and the clothes can help.

Although I would agree to some reasonable requests, I tried to teach my daughter that there

were people who would judge her by her clothes, and not the person wearing them. By fourth grade, I cautioned her that, although she was old enough to pick her own friends, if she chose the ones with those values, they would turn on her one day, when she would not be able to keep up with their boundless acquisitions.

Luckily, she chose friends who had better values.

### **How not to break the bank**

So, I knew where I stood on this issue, and my next hurdle was figuring out how I could buy my daughter some of the labels she wanted, without the frustration of knowing that I was paying well more than the item's value. It seemed to be a slippery slope, as the requests for So Low's and Juicy turned into pleas for Marc Jacobs and Herve Leger.

When she was younger, she was pleased if I sometimes purchased last year's styles or popular knockoffs of the big names, and I was a connoisseur of sales and off-price stores that carried the brands du jour. But, as she entered her later teens, she clamored for higher-end labels and only the current year's fashions.

The price tags were higher, so I would pay the amount the item should reasonably cost, and she would pay the difference between that price and the actual price — the mark-up resulting from the brand name. Faced with this scenario, the “need” for an item would sometimes wane. Other times, we would engage in heavy negotiations, as if we were in a Middle Eastern bazaar.

Once in a while, the answer was just “no.” Those demands were either for totally inappropriate garb, or for items that I would deem way too costly for any teenager to reasonably own, even if she offered to muster every last penny she had to cover the full cost.

Ultimately, there should be a balance, in accord with family finances, parents' wishes, and to some degree, adolescents' wishes. After all, even though I eventually got a pair of red, faux-leather, wooden clogs, I would've given my eye teeth to have owned the Olaf Daughters blue suede ones that had become so ubiquitous by 1973.

*Risa C. Doherty is an attorney and freelance writer from Long Island.*



**DIVORCE & SEPARATION**

LEE CHABIN, ESQ.

# Families break up

## New columnist on coping with divorce and separation

**A** week into their divorce, “the Browns” had, on their own, worked out their parenting agreement which was fair to both of them, reasonable, and accounted for the needs of their children. Then one of the spouses retained a divorce lawyer and the legal battle began.

Over two years and \$75,000 later, the Browns settled their legal issues and signed essentially the same agreement they had started with.

Both spouses came away from the

lawyer earlier this year. By definition, the separating and divorcing couples I assist choose to work out their legal agreements and arrangements through cooperation, not litigation.

An advantage of not going to court can mean a more amicable end to the marriage — which can benefit the entire family. Although my area of expertise is out-of-court agreements, these columns are intended to help all couples, regardless of the route they ultimately choose.

Divorced myself, future columns will draw from

my personal and professional experiences. Because I am also a parent, the writing will often focus on children and divorce, and the columns will also be informed by discussions I have had with others, including psychologists, social workers, and financial experts.

I plan to write about children’s fears of being abandoned, reunification fantasies, and the self-blame they may experience during the divorce. Parents

should know how to tell children that the divorce will happen and what it will mean for them, as well as ways to ease the transition from living in one home to living in two. I will also write about “nesting,” which involves the children staying in the home during a separation, while the parents take turns leaving.

Some parents wonder if they should stay married for the sake of the children, and I will talk about

this. The issues of “parentification,” a kind of role reversal where a child is made to take care of a parent, and “parental alienation,” where one parent turns a child against the other parent, are other topics I plan to address.

To care for our children, we must first care for ourselves and deal with our own issues. Columns on the following issues will, I hope, help:

- Many couples find that, for whatever reason, they must continue living in the same house during the divorce; doing so is a strain, and I will discuss how you and your spouse can make things a little easier.

- I will suggest guidelines for partners to follow in communicating with each other.

- In some instances, couples continue to live together because one fears that leaving would set a bad precedent and compromise his rights down the road. I will discuss this and offer a method of addressing these fears while protecting one’s rights.

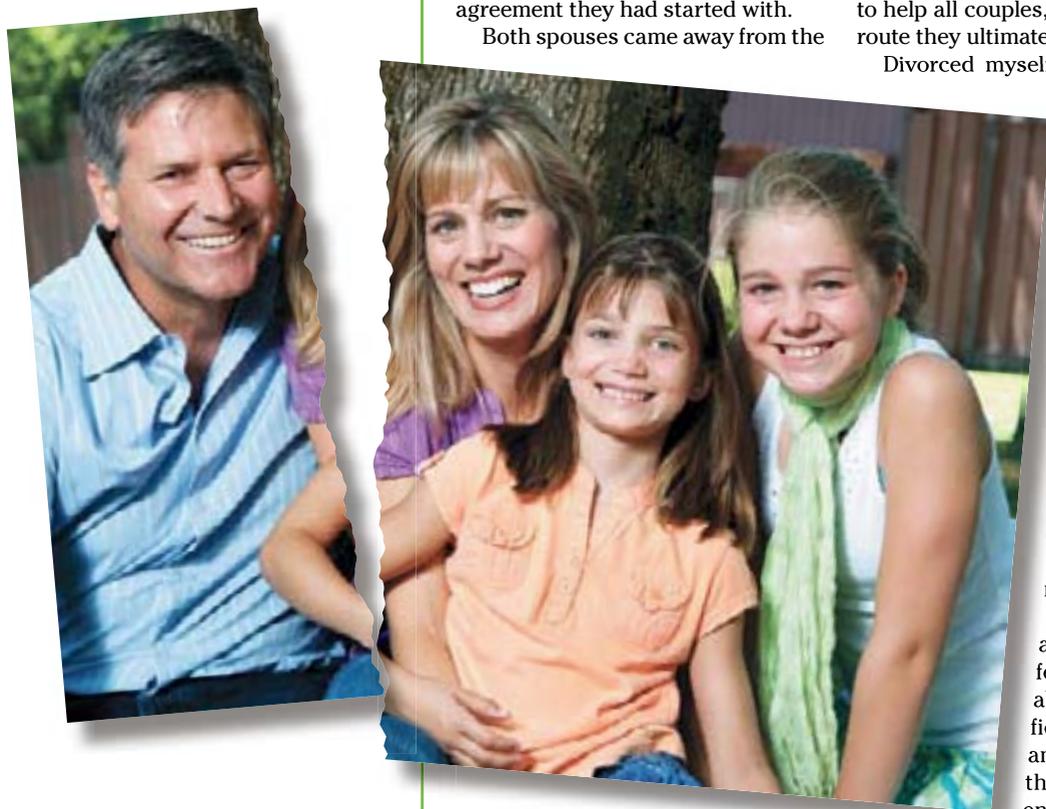
- Money matters are usually a very big part of divorce and deserve serious investigation.

Other topics I will cover are divorce among the elderly and the formation of stepfamilies.

Finally, I will devote time to the various ways in which a couple can divorce, from what might be called the “traditional” (hiring attorneys and beginning proceedings in court), to mediation (where the couple sits together with a neutral third party to create agreements), and collaborative law (where each spouse has their own attorney, and by agreement, going to court is prohibited).

I hope that the columns will become conversations, and that many of you will share comments, reactions, and, yes, disagreements with me. And, while I cannot answer specific questions about your particular case and situation, your general queries are welcome.

*New York City- and Long Island-based divorce mediator and collaborative divorce lawyer Lee Chabin, Esq., helps clients end their relationships respectfully and without going to court. Contact him at [lee\\_chabin@lc-mediate.com](mailto:lee_chabin@lc-mediate.com), or (718) 229-6149, or go to [lc-mediate.com](http://lc-mediate.com).*



experience exhausted, embittered and nearly broke.

While there are times when court is the only option, my experience as a divorce mediator and collaborative lawyer has taught me that most divorces do not have to be this adversarial, time-consuming or costly.

I feel privileged to be writing this new column on separation and divorce. Already an attorney, I became a mediator in 1997 and began working full-time as a collaborative divorce

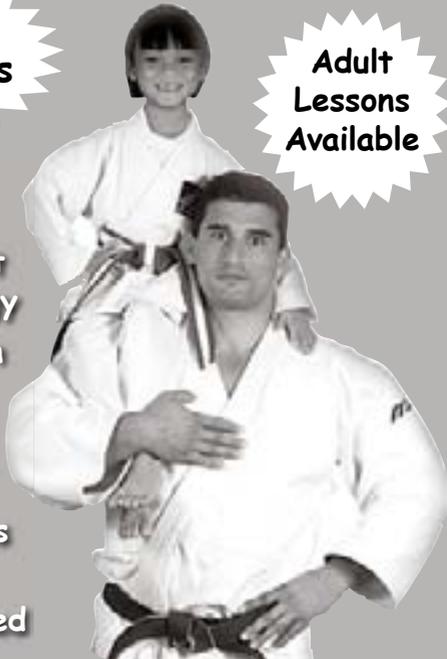
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# Warm-up!

Simple steps before exercise can prevent sports injuries

BY GARY MILLER

**T**he basis of any good exercise program starts with a proper warm-up. It provides the solid foundation that anyone from age 7 to 70 needs in order to start exercising. A warm-up has two important benefits for a person about to work-out: prevent injury and increase the level of performance. However, most young athletes and adults alike do not give warming-up a second thought.

While warming-up, your focus should be on increasing your body's core temperature to prepare it for the training session you are about to start. The warm-up will increase your heart rate, increase your blood flow, improve your flexibility, and awaken your central nervous system.

There are many benefits you'll get from your increased body temperature: the likelihood of injury is reduced with improved motor ability; sports and athletic performance will be improved; you'll also have increased muscle efficiency, less risk for

muscle strain and tears, improved reaction time, and improved speed of movement of all the muscles.

## Injury prevention

Most people today — both children and adults — lead very sedentary lifestyles and are overweight. They spend more time sitting down at a computer and resting than up and moving around. According to the National Academy of Sports Medicine, close to 35 percent of our population is overweight. This sed-

entary lifestyle causes muscles to become short, tight, inactive and weak. It will also decrease motor skill development in young children, and decrease reaction time in older children and adults.

A proper warm-up will address these issues, plus the issues of flexibility, weak muscles and poor motor skills through active and ballistic stretches and movements, plus core muscle activation exercises. All of this will lead to injury prevention because the body will start to produce the proper movement patterns required to do efficient exercises or skills that burn the most calories, build the most muscle, and increase endurance.

## Increasing performance

After your body is given a proper warm-up, it will move much better because the central nervous system is fired up, the muscles are more pliable, there is improved circulation, and joint range of motion is enhanced. A good warm-up can also become a great core-building program as well — and, no, I don't mean you need a six-pack of abs, although those muscles are important — I mean your obliques, lower back muscles, gluteals and inner thigh muscles, all of which need to be worked.

Simply put, if your core isn't completely activated and working together, you will never reach the level of fitness required to live a quality lifestyle. But, when the core is working together, your results will improve tenfold, no matter what your goals are. Your balance, stability and strength will improve — all of which is needed to produce any skill, whether it is playing a sport, riding a bike, or carrying a bag of groceries up the stairs.

A proper warm-up can also help reduce the severity of post-exercise muscle soreness. The higher temperatures and increased blood flow that a warm-up provides are important for the delivery of oxygen to the muscles, and the prevention of build-up

of unwanted waste products, which can lead to muscle soreness.

## Intensity and duration

It is difficult to recommend a specific intensity and duration of warming-up for every child and adult, but most research suggests that an increase in body and muscle temperature that produces sweat is adequate. This warm-up should last about 10 to 15 minutes, and will generally produce sufficient results that will prepare the body for more strenuous activities.

The duration and intensity of a warm-up can be adjusted according to the population of people working out, or the environment you are in. A warmer temperature and greater amount of clothing you are wearing will make you reach the desired body temperature sooner. It is also important to begin a major activity while still warmed-up. The rest time should, preferably, be no more than a few minutes between the major part of your exercise program or the activity you have planned for the day.

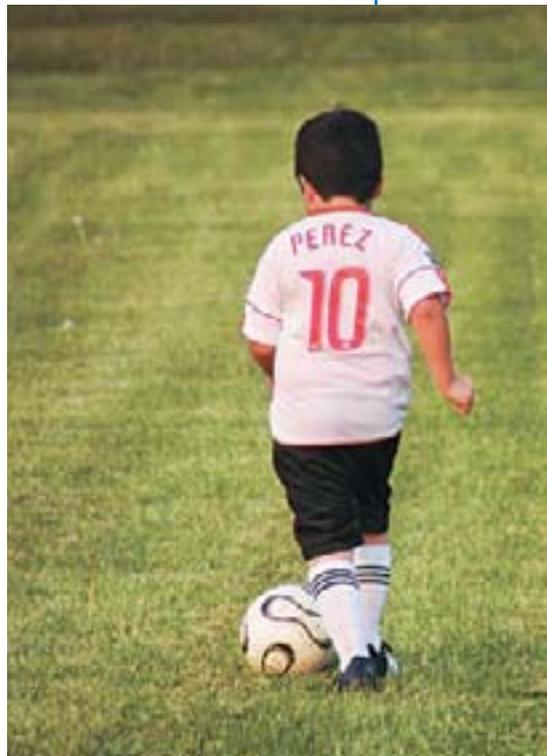
## Warming-up vs. stretching

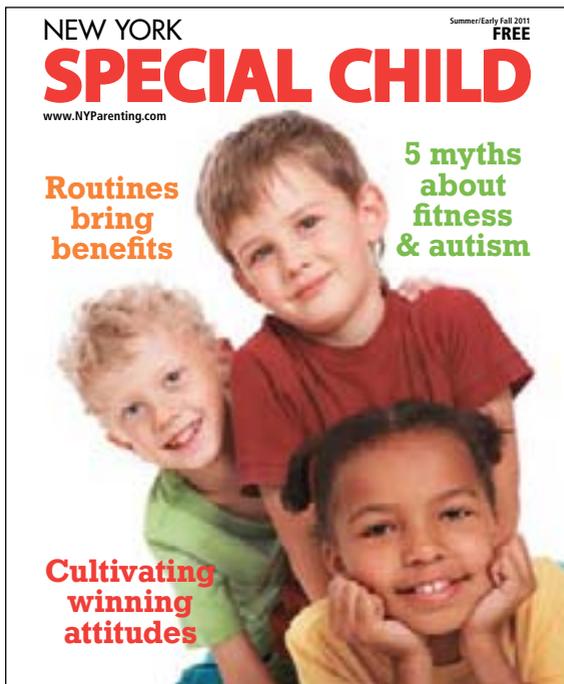
There is a difference between warming-up and stretching. Many people stretch and call it a warm-up. This is incorrect. It is important to warm-up before stretching in order to increase circulation and increase the elasticity of your soft tissues — mainly your fascia tissue — your muscles and tendons.

When you try to stretch the muscles without the proper active warm-up, the muscles are still "cold," and are more prone to an injury, such as a muscle tear or strain. The traditional static stretch should be implemented at the end of your workout to improve recovery time between workouts and calm the body down.

So remember the next time you or your child start a workout or training program to be sure to actively warm-up, so you can avoid injury and increase your chances of optimal performance and success!

*Gary Miller, NASM, CPT, PES, CES, is the director of operations at the Victory Performance Center, the home of the Parisi Speed School. Miller has been a personal trainer for over a decade, and studies exercise science at William Paterson University. He has trained everyone from children to adults, executives, pro-athletes and celebrities.*





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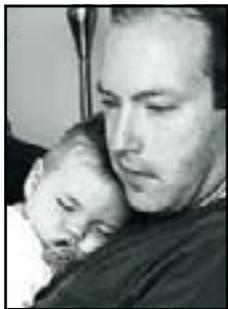
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## NEWBIE DAD

BRIAN KANTZ

# Slap shots to snapshots

## Vacation in Russia reminds author of a big hockey win

One of my most vivid childhood memories revolves around an event from February 1980. Yes, I bet that you remember it, too: the Miracle on Ice, the United States' dramatic triumph over the Soviet Union in Olympic hockey. Yeah, baby. It still gives me goosebumps.

Now I have to admit something. I can't say that I actually watched the famous game on TV or that I heard Al Michaels's legendary call, "Do you believe in miracles?" with my own ears. What is seared onto my brain, though, is a replay of that classic game that took place in our driveway the day after.

I was 6 years old at the time, and one of my older brothers commanded me, as usual, to get my butt outside and play. Dutifully, I put on my snowpants and coat and trudged out the back door. He handed me an old garage-sale hockey stick and pointed to the makeshift net.

"You be the C.C.C.P. goalie," he ordered, adding, "I'll be Eruzione."

The self-appointed captain then proceeded to pepper me, over the next 20 minutes, with about 500 point-blank slap shots. I saved a few, I suppose, just by standing there, but mostly he put the tennis ball that we used as a hockey puck into the back of the net and called out at the top of his lungs, after each and every goal, "DO YOU BELIEVE IN MIRACLES? YES! DO YOU BELIEVE IN MIRACLES? YES! DO YOU BELIEVE IN MIRACLES? YES!"

It really wasn't fair. My brother got to be the good guy, the American, the winner. I had to be the bad guy, the Commie, the loser. I think I finally went into the house crying, distraught at being forced to play the role of a hated Soviet.

And, boy, how we hated those

Soviets. Remember? I had no idea why I hated the Soviets, but I sure knew that as a red-blooded American I was supposed to hate them. My parents and teachers certainly never planted the idea in my mind. And I wasn't old enough to understand political conflict. But somehow, probably by watching Olympic sports or catching bits of the TV news, I considered the Soviet Union and its people to be the ultimate enemy.

Hollywood did its part, a few years later, to keep those feelings burning with the release of the movies, "Red Dawn" and "Rocky IV." Who can forget the scene in which Russian airborne troops drop out of the sky as Patrick Swayze, Charlie Sheen and C. Thomas Howell look on from their classroom window? And who can forget Ivan Drago — Rocky's rock-solid nemesis — and his menacing, "I must break you." Boy, did we hate the Soviet Union!

As a kid, I would never, ever, ever have imagined that I'd someday step foot on Russian soil.

Well, fortunately for us all, things can change for the better in this world. Things do change for the better. And they can change relatively quickly. This summer — just a few decades after the Miracle on Ice and 20 years since the official end of the Cold War (and the end of the Soviet Union) — my wife and I and our two sons had the opportunity to visit St. Petersburg, Russia. It's one of the most beautiful cities I have ever seen, and the people there are beautiful, friendly, and hard working.

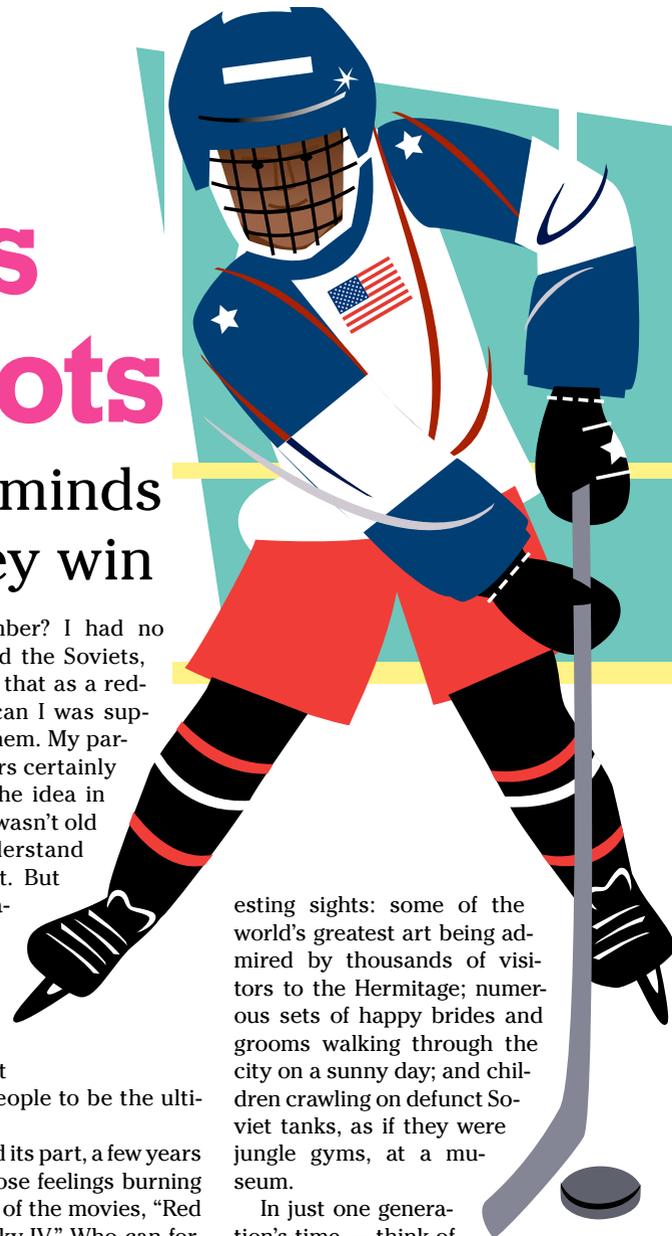
On our tour, we saw lots of inter-

esting sights: some of the world's greatest art being admired by thousands of visitors to the Hermitage; numerous sets of happy brides and grooms walking through the city on a sunny day; and children crawling on defunct Soviet tanks, as if they were jungle gyms, at a museum.

In just one generation's time — think of it, just one short generation — a new perspective has replaced the old. My boys, ages 6 and 4, are able to look at the world with their young eyes and make their own judgments. And they determined for themselves: Russia is pretty cool. And I think it's pretty cool that they have a positive impression of the country. It gives me hope for the future.

As political strife and religious scuffles continue across the globe, we can all take heart in the fact that things can change for the better. Today's so-called enemies don't have to be tomorrow's enemies. It is possible to put aside hatred and find a more peaceful way to exist. For the sake of the next generation, let's all try our best to help make that happen.

*I think we can all agree that Charlie Sheen is in no shape to protect the United States from menacing invaders anymore. Visit Brian online at [www.briankantz.com](http://www.briankantz.com) or drop him a note at [theneubiedad@yahoo.com](mailto:theneubiedad@yahoo.com).*



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# Going Places

## LONG-RUNNING

### School supplies drive:

Astoria Federal Savings is now accepting donations for its annual back to school drive. For a branch nearest you, visit [www.astoriafederal.com](http://www.astoriafederal.com).

**Dinosaur display:** American Museum of Natural History, Central Park W. at 79th Street; (212) 769-5000; [www.amnh.org](http://www.amnh.org); Daily, 10 am–5:30 pm, \$24 (\$18 students, \$14 children).

Children learn about the largest dinos, the long-tailed sauropods by examining the innovative model.

**Penguin encounter:** Atlantis Marine World Aquarium, 431 East Main St. (631) 208-9200; [ndamico@amwny.com](mailto:ndamico@amwny.com); [www.atlantismarineworld.com](http://www.atlantismarineworld.com); Daily, 11 am, 1:30 and 3:30 pm; \$50 (\$45 members) plus museum admission.

A 45 minute Interactive program allowing visitors to get up close and personal with an African Penguin.

**Book buddies:** Bayside Public Library, 214-20 Northern Blvd. at 215th Street; (718) 229-1834; [www.queenslibrary.org](http://www.queenslibrary.org); Fridays, 4 pm, Now – Fri, Sept. 23; Free.

Children in grades kindergarten through third grade read books with a teen buddy.

**“The Ohmies: Morning Wish Garden”:** Peter Jay Sharp Theater, 416 W. 42nd St. at Ninth Avenue; (212) 864-5400; [theohmies.com](http://theohmies.com); Thursdays, 11 am, Saturdays, 10 am, noon and 3 pm, Sundays, Noon and 3 pm, Now – Sun, Sept. 25; \$35.

Dance along to this new musical.

**Meaningful maps:** Ruben Museum of Art, 150 West 17 St., between Sixth and Seventh avenues; (212) 620-5000 X 344. [www.rmanyc.org](http://www.rmanyc.org); Saturdays, 10:30 am–noon, Sundays, Now – Sat, Aug. 27; \$10 per child/adult pair (\$5 for members; \$5 for each additional child).

For children six and up, accompanied by an adult. Search the museum for hidden secrets using maps.

**Arts and crafts:** Lakeshore Learning Store, 2079 Hillside Ave. at Marcus Avenue; (516) 616-9360; [mgermain@lakehsorelearning.com](mailto:mgermain@lakehsorelearning.com); [www.lakehsorelearning.com](http://www.lakehsorelearning.com); Saturdays, 11 am – 3 pm, Free.

Children three and up create fun projects.



## Simply a-maize-ing

**T**his is a-maize-ing! The Amazing Maize Maze is back at the Queens County Farm Museum in Floral Park. Every Saturday and Sunday through Oct. 30, 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 as you make your way from the beginning of the maze to the end.

After wandering through the maze, you can really get into the harvest season by strolling through the pumpkin patch picking out a pumpkin of your own. It's 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 Oct. 30 on Saturdays and Sundays from 11 am to 4:30 pm. Tickets \$9 for adults, \$5 for children 4–11, and free for children under 3. For more, visit [www.queensfarm.org](http://www.queensfarm.org).*

## Submit a listing

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All you have to do is send your listing request to [calendar@cnglocal.com](mailto: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!

**DaVinci Time Machine:** Corona Public Library, 38-23 104th St. between 38th and 39th streets; (718) 426-2844; [www.queenslibrary.org](http://www.queenslibrary.org); Thursday, Aug. 25, 10:30 am; Monday, Aug. 29, 10:30 am; Free.

Teens experience an interactive program on recycling.

**Teen chess club:** Queens Library at Bayside, 214-20 Northern Blvd. (718) 229-1834; [www.queenspubliclibrary.org](http://www.queenspubliclibrary.org); Mondays, 6 pm, Now – Mon, Aug. 29; Free.

Volunteer instructors teach beginners.

**Farmers market:** The New York Botanical Garden, 2900 Southern Blvd. at the Mosholu Gate; (718) 817-8700; [purbrel@nybg.org](mailto:purbrel@nybg.org); [www.nybg.org/green-market](http://www.nybg.org/green-market); Wednesdays, 9 am–3 pm, Now – Wed, Nov. 23; Free.

Affordable, locally grown produce and fresh, nutritious baked goods.

**Staywell:** East Elmhurst Public Library, 95-06 Astoria Blvd. at 95th Street; (718) 424-2619; [www.queenslibrary.org](http://www.queenslibrary.org); Wednesdays, 10:15 am, Now – Wed, Sept. 28; Free.

Group meets each week to discuss health matters and exercise.

**Amazing corn maze:** Queens County Farm Museum, 73-50 Little Neck Pkwy. (718) 347-3276; [www.queensfarm.org](http://www.queensfarm.org); Saturdays and Sundays, 11 am–4:30 pm, Sat, Sept. 17 – Sun, Oct. 30; \$9 (\$5 children 4–11; children under 3 free).

The 8th annual interactive adventure begins. Look for clues, solve puzzles and make your way out of this three acre maze.

**Pumpkin Patch:** Queens County  
*Continued on page 44*

# Going Places

Continued from page 43

Farm Museum, 73-50 Little Neck Pkwy. (718) 347-3276; [www.queensfarm.org](http://www.queensfarm.org); Saturdays and Sundays, 10 am–5 pm, Sat, Oct. 1 – Sun, Oct. 30; Free (plus cost of pumpkin).

Walk through the patch and then pick your favorite gourd.

## FRI, AUG. 26

**LIC Newspaper:** Long Island City Public Library, 37-44 21 St. at 43rd Avenue; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm; Free.

Teens take pictures, write articles and report issues in the community.

**Reading Party:** Steinway Public Library, 21-45 31 St. at 21st Avenue; (718) 728-1965; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm; Free.

Come join the end of summer celebration, fun, games and food. Teens only.

## SAT, AUG. 27

**"Monsters Inc.":** Baywater Park, Beach 35th St. and Beach Channel Drive; [www.nycgovparks.org](http://www.nycgovparks.org); 8:15 pm; Free.

Join Sully and the gang and have some popcorn.

## MON, AUG. 29

**Monday movies:** Flushing Public Library, 41-17 Main St. at Parsons Boulevard; (718) 661-1200; [www.queenslibrary.org](http://www.queenslibrary.org); 2 pm.

A different fun film — for teens only.

**Reading party:** Seaside Public Library, 116-15 Rockaway Blvd. (718) 634-1876; [www.queenslibrary.org](http://www.queenslibrary.org); 3 pm; Free.

Teens 13 to 18 celebrate the end of summer.

**"The End of the Line":** Astoria Public Library, 14-01 Astoria Blvd. at 14th Street; (718) 278-2220; [www.queenslibrary.org](http://www.queenslibrary.org); 6 pm; Free.

Documentary about global over-fishing.

## TUES, AUG. 30

**Summer reading:** Laurelton Public Library, 134-26 225th St. at Merrick Boulevard; (718) 528-2822; [www.queenslibrary.org](http://www.queenslibrary.org); 3 pm; Free.

Teens and children celebrate the end of the summer program.

**Sizzlin' Karaoke:** Flushing Public Library, 41-17 Main St. at Parsons Boulevard; (718) 661-1200; [www.queenslibrary.org](http://www.queenslibrary.org); 5:30 pm; Free.

Sing along to favorites and top 40 hits.

**"Despicable Me":** Little Bay Park, 206-17 Clearview Expy; [www.nycarms.com](http://www.nycarms.com);



## Talk about team work

**H**ere's a great idea for a last-minute summer staycation: the Alley Pond Park Adventure Course can teach you and your family to work as a team while you end the summer with an adventure that's fun for everyone ages 8 and up.

Bring your sneakers and explore the course's rock wall, zip-line, swings, nets, and balance platforms.

Space is limited and the course can be used is on a first-come,

first-served basis only. Registration begins half an hour prior to each session. So make sure you get there early so your family will get a chance to take advantage of this free program.

*Staycation at Alley Pond Park Adventure Course [Little Neck Bay to Springfield Boulevard and Union Turnpike, (718) 217-4685]. Sept. 2-6. Sessions begin at 10 am. Free. Geared toward ages 8 and up. For info, visit [www.nycgovparks.org/parks/alleypondpark](http://www.nycgovparks.org/parks/alleypondpark).*

com; 8–10 pm; Free.

Fun film for all ages.

## THURS, SEPT. 1

**Jewelry workshop:** Kew Gardens Hills Library, 72-33 Vleigh Pl. at Main Street; (718) 261-6654; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm; Free.

Teens make their own creations to take home.

## FRI, SEPT. 2

**Sports challenge:** Alley Pond Park Adventure Center (APPAC), Alley Pond Park; (718) 217-6034; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 10 am; Free.

Staycation challenge for ages eight and up. Bring your sneakers.

**End of summer party:** Broadway Public Library, 40-20 Broadway at Steinway Street; (718) 721-2462; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm; Free.

Teens in the 7th grade and older are welcome to celebrate the end of summer at the library with a pizza, fun and games.

**End of summer party:** Steinway Public Library, 21-45 31 St. at 21st Avenue; (718) 728-1965; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm; Free.

Tweens and teens celebrate with food, fun and games.

**Teen group:** Laurelton Public Library, 134-26 225th St. at Merrick Boulevard; (718) 528-2822; [www.queenslibrary.org](http://www.queenslibrary.org); 4:30 pm; Free.

America's Young Reformers Group allows teens to share their views. Pre-registration required.

## SAT, SEPT. 3

**Saltwater fishing:** Alley Pond Environmental Center, 228-06 Northern Blvd. (718) 229-4000; [www.alleypond.com](http://www.alleypond.com); 10 am; Free.

For families and children eight years and older. Equipment provided, catch and release only.

**Freshwater fishing:** Alley Pond Park Adventure Center (APPAC), Alley Pond Park; (718) 217-6034; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 10 am; Free.

Catch and release only. Pre-registration recommended.

**Sports challenge:** 10 am. Alley Pond Park Adventure Center (APPAC). See Friday, Sept. 2.

## SUN, SEPT. 4

**Sports challenge:** 10 am. Alley Pond Park Adventure Center (APPAC). See Friday, Sept. 2.

## MON, SEPT. 5

**Sports challenge:** 10 am. Alley

# Going Places

Pond Park Adventure Center (APPAC). See Friday, Sept. 2.

## TUES, SEPT. 6

**Sports challenge:** 10 am. Alley Pond Park Adventure Center (APPAC). See Friday, Sept. 2.

**Remembrance event:** Laurelton Public Library, 134-26 225th St. at Merrick Boulevard; (718) 528-2822; [www.queenslibrary.org](http://www.queenslibrary.org); 3 pm; Free.

Teens remember 9/11 through essay writing and group discussions.

**Reading club:** Woodside Library, 54-22 Skillman Ave. (718) 429-4700; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm; Free.

Tweens and teens watch movies, play games and create crafts from around the world.

**Chess time:** Seaside Public Library, 116-15 Rockaway Blvd. (718) 634-1876; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm; Free.

Teens learn to play; or practice their skills.

## WED, SEPT. 7

**Knights of Queens:** Queens Village Public Library, 94-11 217 St. at 94th Avenue; (718) 776-6800; [www.queenslibrary.org](http://www.queenslibrary.org); 3:30 pm; Free.

Children six to 16 learn how to play chess or hone up on their skills.

**Resume writing:** Arverne Public Library, 312 Bch. 54th St. at Rockaway Beach Boulevard; (718) 634-4784; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm; Free.

Teens learn how to create a winning resume.

## THURS, SEPT. 8

**Flea market:** Windsor Park Public Library, 79-50 Bell Blvd. at 73rd Avenue; (718) 468-8300; [www.queenslibrary.org](http://www.queenslibrary.org); 11 am; Free.

Enjoy a day of shopping and help with the membership drive.

**Manga club:** Flushing Public Library, 41-17 Main St. at Parsons Boulevard; (718) 661-1200; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm; Free.

Teens discuss the latest trends in this genre.

**Eid celebration:** Pomonok Public Library, 158-21 Jewel Ave. at Parsons Boulevard; (718) 591-4343; [www.queenslibrary.org](http://www.queenslibrary.org); 6:30 pm; Free.

Musica and dance with singer Khalil Ahmadi and dancer Yana Kusayeva.

## FRI, SEPT. 9

**Microsoft Excel:** Far Rockaway Public Library, 1637 Central Ave. at Mott Avenue; (718) 327-2549; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm; Free.

Teens get a primer in this computer program.



## He's the magic man

**M**ario the Magician brings his uplifting, inventive, highly interactive and oh-so-original magic show for the young and young-at-heart to Lincoln Center's David Rubenstein Atrium on Sept. 3, as part of the venue's "Meet the Artist Saturdays." His performance will be followed by a question and answer session and some audience participation.

Mario will conjure a show that is reminiscent of old-time slapstick, at once ridiculously silly and meticulously crafted.

And what would a magician be without his tools: beloved hand-

crafted props, a trusty top hat, and a sidekick? (No, it's not a rabbit, Mario's joined by Mozzarella the Dove!) The prestidigitator will perform to live musical accompaniment, courtesy of the four-piece jazz ensemble, Sleight of Hand Band. It will be an enchanting show that won't make your money disappear — this event is free.

*Mario the Magician at Lincoln Center's David Rubenstein Atrium [Broadway between 62nd and 63rd streets in Manhattan, (212) 875-5456], Sept. 3 at 11 am. Free. For info, visit [www.lincolncenter.org/atrium](http://www.lincolncenter.org/atrium).*

**Game players club:** Hillcrest Public Library, 187-05 Union Tpke at 188th Street; (718) 454-2786; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm; Free.

Card games and board games. For children six to 14.

**Game time:** Windsor Park Public Library, 79-50 Bell Blvd. at 73rd Avenue; (718) 468-8300; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm; Free.

Children five and up enjoy checkers, chess, Candy Land and more.

**Teen group:** 4:30 pm. Laurelton Public Library. See Friday, Sept. 2.

## SAT, SEPT. 10

**SAT prep:** Ridgewood Public Library, 20-12 Madison St. at Forest Avenue; (718) 821-4770; [www.queenslibrary.org](http://www.queenslibrary.org); 10 am; Free.

Experts help students review. Reserve a seat at [PrincetonReview.com/Events](http://PrincetonReview.com/Events) or call 800-273-8439.

**Eid celebration:** Langston Hughes Public Library, 100-01 Northern Blvd. at 216th Street; (718) 651-1100; [www.queenslibrary.org](http://www.queenslibrary.org); Noon-4 pm; Free.

Music, crafts and refreshments. Food is limited, first come first served basis.

**Back to School festival:** Fort Totten, Fort Totten; (718) 352-1769; Noon-3 pm; Free.

Games, rides, craft projects and giveaways.

**Crawling critters:** Alley Pond Park Adventure Center (APPAC), Alley Pond Park; (718) 217-6034; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 1:30-3 pm; \$12 (\$17 non-members).

Children three to six learn about live insects, a craft and bug sorting game. Pre-registration required.

**Eco-fair:** Broadway Public Library, 40-20 Broadway at Steinway Street; (718) 721-2462; [www.queenslibrary.org](http://www.queenslibrary.org); 2 pm; Free.

Learn how you can live greener; exhibits, games, crafts and give-aways.

**Reggae concert:** Flushing Public Library, 41-17 Main St. at Parsons Boulevard; (718) 661-1200; [www.queenslibrary.org](http://www.queenslibrary.org); 2 pm; Free.

Timmy Love and the Reflex Band.

## SUN, SEPT. 11

**Nature photography:** Alley Pond Park Adventure Center (APPAC), Alley Pond Park; (718) 217-6034; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 10:30 am-noon; \$54 (60 non-members).

Children six to 11 are introduced to basic composition rules with disposable cameras. Pre-registration required.

**Motorcycle show:** Queens County Farm Museum, 73-50 Little Neck Pkwy. (718) 347-3276; [www.queensfarm.org](http://www.queensfarm.org); 11 am-4 pm; \$5.

The 31st annual antique show features various makes and models that have been out of production for 10 years or more.

**Bengali concert:** Central Library, 89-11 Merrick Blvd. (718) 990-0700; [www.queenslibrary.org](http://www.queenslibrary.org); 3 pm; Free.

Enjoy traditional music featuring wedding dance and songs.

*Continued on page 46*

# Going Places

Continued from page 45

## MON, SEPT. 12

**Wildlife workshop:** Seaside Public Library, 116-15 Rockaway Blvd. (718) 634-1876; [www.queenslibrary.org](http://www.queenslibrary.org); 3 pm; Free.

Animals alive allows children to learn and interact with denizens of Alley Pond Environmental Center.

**SAT practice:** Kew Gardens Hills Library, 72-33 Vleigh Pl. at Main Street; (718) 261-6654; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm; Free.

Kaplan experts help teens prepare with practice tests.

**Knit and crochet:** Douglaston/Little Neck Public Library, 249-01 Northern Blvd. at 249th Street; (718) 225-8414; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm.

Helen Bodner helps adults, teens and children learn new stitches. Pre-registration required.

**Employment workshop:** Long Island City Public Library, 37-44 21 St. at 43rd Avenue; [www.queenslibrary.org](http://www.queenslibrary.org); 6 pm; Free.

Teens 16 and older get tips for seasonal job opportunities. Bring your resume.

## TUES, SEPT. 13

**Organization workshop:** Flushing Public Library, 41-17 Main St. at Parsons Boulevard; (718) 661-1200; [www.queenslibrary.org](http://www.queenslibrary.org); 6 pm; Free.

Jazmin Mooney, the Organized Lady, offers 7 habits of very organized people.

**Skating party:** Roy Willkins Recreation Center, 177th St. at Baisley Boulevard; (718) 276-8686; 6:30–9 pm; Free.

Teens bring your own skates and helmet.

## WED, SEPT. 14

**The White House on-line:** Bay Terrace Public Library, 18-35 Bell Blvd. at 23rd Avenue; (718) 423-7004; [www.queenslibrary.org](http://www.queenslibrary.org); 3 pm; Free.

Teens learn how to keep current by searching the web.

**Knights of Queens:** 3:30 pm. Queens Village Public Library. See Wednesday, Sept. 7.

**Writing workshop:** Arverne Public Library, 312 Beach 54th St. at Rockaway Beach Boulevard; (718) 634-4784; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm; Free.

Teens learn how to write effective cover letters.

**Rec-room:** Steinway Public Library, 21-45 31 St. at 21st Avenue; (718) 728-1965; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm; Free.

Open house for teens to play board games or do arts and crafts.

## Clowning around

If your child loves reading — and juggling — then you need to head to the Hollis branch of the Queens Public Library on Sept. 2 where Will Shaw will bring his unique blend of physical comedy to kids of all ages.

The day's performance will celebrate the books kids read this summer.

Best of all, it's free!

*Comic Juggling with Will Shaw at the Hollis branch of the Queens Library [202-05 Hillside Ave. near 202nd Street in Hollis, (718) 465-7355], Sept. 2 at 3 pm. Free. For info, visit [www.queenslibrary.org](http://www.queenslibrary.org).*



## THURS, SEPT. 15

**Wildlife workshop:** Whitestone Public Library, 151-10 14th Rd. (718) 767-8010; [www.queenslibrary.org](http://www.queenslibrary.org); 3 pm; Free.

Animals Alive lets children learn about the denizens of Alley Pond Environmental Center.

**Trivia contest:** Long Island City Public Library, 37-44 21 St. at 43rd Avenue; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm; Free.

Who is Justin Bieber? Test your knowledge of the pop singing sensation.

**Scrap art:** Broadway Library, 40-20 Broadway; (718) 721-2462; [www.queenslibrary.org](http://www.queenslibrary.org); 6:30 pm; Free.

Recycle your plastics and make a unique project. Bring four or more plastic items including, but not limited to, water bottles, soda bottles, colorful plastic bags or detergent containers. Pre-registration required.

## FRI, SEPT. 16

**Health workshop:** Queensboro Hill Public Library, 60-05 Main St. at 63rd Avenue; (718) 359-8332; [www.queenslibrary.org](http://www.queenslibrary.org); 3:30 pm; Free.

Teens learn about good nutrition. For children 11 to 14. Pre-registration required.

**Game day:** Elmhurst Public Library, 86-01 Broadway; (718) 271-1020; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm; Free.

Teens join in for an afternoon of Wii and Xbox games.

**Concert:** Rosedale Public Library, 144-20 243rd St. at 145th Avenue; (718)

723-4440; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm; Free.

Young artists perform on guitar and violin.

**Game players club:** 4 pm. Hillcrest Public Library. See Friday, Sept. 9.

**Game time:** 4 pm. Windsor Park Public Library. See Friday, Sept. 9.

**Teen group:** 4:30 pm. Laurelton Public Library. See Friday, Sept. 2.

## SAT, SEPT. 17

**Tutoring:** Queens Library at Bayside, 2124-20 Northern Blvd. (718) 229-1834; [www.queenspubliclibrary.org](http://www.queenspubliclibrary.org); 10 am; Free.

Teen volunteers offer homework help.

**Maker Faire:** New York Hall of Science, 47-01 111th St., between Avenue of Science; (718) 699-0005 X353; [www.nyscience.org](http://www.nyscience.org); 10 am–6 pm; \$10–\$40.

For Do It Yourselfers everywhere. Meet creative resourceful people of all ages who like to tinker, design and create. Hundreds of makers presenting fun and unusual creations, artisanal foods, woodworking and live music.

**Street fair:** Central Library, 89-11 Merrick Blvd. (718) 990-0700; [www.queenslibrary.org](http://www.queenslibrary.org); 11 am; Free.

Discover day at the brand new Children's Library Center. Fun activities for all ages.

**Country fair:** Queens County Farm Museum, 73-50 Little Neck Pkwy. (718) 347-3276; [www.queensfarm.org](http://www.queensfarm.org); 11 am–6 pm; \$8 (\$5 children, 12 and

under).

Blue ribbon competitions in livestock, baking, pickling demos and musical performances.

**SAT prep:** Bayside Public Library, 214-20 Northern Blvd. at 215th Street; (718) 229-1834; [www.queenslibrary.org](http://www.queenslibrary.org); Noon; Free.

Experts offer practice tests to teens.

**History day:** King Manor Museum - Rufus King Park, 150th St. at Jamaica Avenue; (718) 206-0545; Noon–3 pm; \$5 (\$3 seniors and students; Children under 16 and members free).

Learn about the Constitution, Rufus King and how to write with a quill pen.

**Crawling critters:** 1:30–3 pm. Alley Pond Park Adventure Center (APPAC). See Saturday, Sept. 10.

**Eid celebration:** Central Library, 89-11 Merrick Blvd. (718) 990-0700; [www.queenslibrary.org](http://www.queenslibrary.org); 2 pm; Free.

Concert and fashion show to celebrate the holiday.

**Star search:** Alley Pond Park Adventure Center (APPAC), Alley Pond Park; (718) 217-6034; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 7:30–9:30 pm; \$10 (\$12 non-members; \$7 children 7-12).

Join astronomer Mark Freilich and gaze at the cosmos. Pre-registration required. Suitable for children seven and older.

## SUN, SEPT. 18

**Maker Faire:** 10 am–6 pm. New York Hall of Science. See Saturday, Sept. 17.

**Nature photography:** 10:30 am–noon. Alley Pond Park Adventure Center (APPAC). See Sunday, Sept. 11.

**Country fair:** 11 am–6 pm. Queens County Farm Museum. See Saturday, Sept. 17.

**Scavenger Hunt:** Brookville Park, Brookville Blvd at 144th Avenue; (718) 846-2731; 2 pm; Free.

Join with rangers to search for clues. All supplies provided.

## MON, SEPT. 19

**Movie day:** Steinway Public Library, 21-45 31 St. at 21st Avenue; (718) 728-1965; [www.queenslibrary.org](http://www.queenslibrary.org); 3 pm; Free.

Teens enjoy a flick with friends.

**Tutoring:** 3:30 pm. Queens Library at Bayside. See Saturday, Sept. 17.

**Knit and crochet:** 4 pm. Douglaston/Little Neck Public Library. See Monday, Sept. 12.

**Health workshop:** Astoria Public Library, 14-01 Astoria Blvd. at 14th

# Going Places

Street; (718) 278-2220; [www.queenslibrary.org](http://www.queenslibrary.org); 6 pm; Free.

Learn about what triggers asthma.

## TUES, SEPT. 20

**Pop concert:** Maspeth Public Library, 69-70 Grand Ave. at 70th Street; (718) 639-5228; [www.queenspubliclibrary.org](http://www.queenspubliclibrary.org); 2:30 pm; Free.

Singer Arnie Gruber performs tunes from Frank Sinatra, Tony Bennett and Michael Buble.

**Test prep:** Cambria Heights Public Library, 218-13 Linden Blvd. between 218th and 219th streets; (718) 528-3535; [www.queenslibrary.org](http://www.queenslibrary.org); 3:30 pm; Free.

Expert from Kaplan give tips on taking standardized tests.

**Chess time:** 4 pm. Seaside Public Library. See Tuesday, Sept. 6.

## WED, SEPT. 21

**Knights of Queens:** 3:30 pm. Queens Village Public Library. See Wednesday, Sept. 7.

**Resume writing:** 4 pm. Arverne Public Library. See Wednesday, Sept. 7.

**Rec-room:** 4 pm. Steinway Public Library. See Wednesday, Sept. 14.

**Book-making workshop:** Cambria Heights Public Library, 218-13 Linden Blvd. between 218th and 219th streets; (718) 528-3535; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm.

Participants create, write, illustrate and make a book. Pre-registration is required.

## THURS, SEPT. 22

**Book-making workshop:** Ridgewood Public Library, 20-12 Madison St. at Forest Avenue; (718) 821-4770; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm; Free.

Participants create, write, illustrate and make a book. Pre-registration is required.

**Arts and crafts:** Flushing Public Library, 41-17 Main St. at Parsons Boulevard; (718) 661-1200; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm; Free.

Teens create a unique project.

**Test prep:** Woodhaven Public Library, 85-41 Forest Pkwy. (718) 849-1010; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm; Free.

Experts from Kaplan give helpful hints.

**Arts and crafts:** Hillcrest Public Library, 187-05 Union Tpke at 188th Street; (718) 454-2786; [www.queenslibrary.org](http://www.queenslibrary.org); 4:30 pm; Free.

For children six to 14.



## Discover science!

Come and discover the wonders of science on Sept. 17 when the Queens Library hosts its Discovery Day Street Fair, where you and your family can preview the library's brand new Children's Library Discover Center, which features hands-on interactive exhibits and learning labs for children ages 3 to 12.

While you're there, you can

make cool toys from trash, have your child's face painted, or even blast off balloon rockets!

Activities are for kids of all ages, so come, play, and learn!

*Discovery Day Street Fair at the Queens Library's central branch [89-11 Merrick Blvd. near 89th Avenue in Jamaica, (718) 990-0700], Sept. 17 at 11 am. Free. For info, visit [www.queenslibrary.org](http://www.queenslibrary.org).*

## FRI, SEPT. 23

**Game players club:** 4 pm. Hillcrest Public Library. See Friday, Sept. 9.

**Game time:** 4 pm. Windsor Park Public Library. See Friday, Sept. 9.

**Teen group:** 4:30 pm. Laurelton Public Library. See Friday, Sept. 2.

## SAT, SEPT. 24

**Tutoring:** 10 am. Queens Library at Bayside. See Saturday, Sept. 17.

**Jewelry workshop:** Sunnyside Public Library, 43-06 Greenpoint Ave. (718) 784-3033; [www.queenslibrary.org](http://www.queenslibrary.org); 2:30 pm; Free.

Stephanie Huffaker gives a second life to things using plastic bags.

## SUN, SEPT. 25

**Scavenger Hunt:** Unisphere at Flushing Meadows Corona Park, Ave. of the States and United Nations Avenue N. (718) 846-2731; 2 pm; Free.

Join with rangers to search for clues. All supplies provided.

## MON, SEPT. 26

**Tutoring:** 3:30 pm. Queens Library at Bayside. See Saturday, Sept. 17.

**Knit and crochet:** 4 pm. Douglaston/Little Neck Public Library. See Monday, Sept. 12.

## TUES, SEPT. 27

**Chess club:** Long Island City Public

Library, 37-44 21 St. at 43rd Avenue; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm; Free.

All ages and skill levels welcome to attend.

**Teen council:** Flushing Public Library, 41-17 Main St. at Parsons Boulevard; (718) 661-1200; [www.queenslibrary.org](http://www.queenslibrary.org); 5 pm; Free.

Teens discuss young adult matters. Attendance counts towards community service hours.

## WED, SEPT. 28

**Knights of Queens:** 3:30 pm. Queens Village Public Library. See Wednesday, Sept. 7.

**Writing workshop:** 4 pm. Arverne Public Library. See Wednesday, Sept. 14.

**Rec-room:** 4 pm. Steinway Public Library. See Wednesday, Sept. 14.

**Book-making workshop:** 4 pm. Cambria Heights Public Library. See Wednesday, Sept. 21.

## FRI, SEPT. 30

**Game players club:** 4 pm. Hillcrest Public Library. See Friday, Sept. 9.

**Game time:** 4 pm. Windsor Park Public Library. See Friday, Sept. 9.

**Teen group:** 4:30 pm. Laurelton Public Library. See Friday, Sept. 2.

## SAT, OCT. 1

**Scavenger adventure:** Playground for All Children, 111th Street at 56th Avenue; (718) 699-8350; Noon-4 pm; Free.

Children look for sports clues to complete the challenge.

## SUN, OCT. 2

**Field day:** Victory Park, Woodhaven Blvd. at Forest Park Drive; (718) 235-4100; 9-11:30 am; \$1.

Children run, walk, or skip in a 50 yard dash race, standing long jump, bean bag shot put and more.

**Apple festival:** Queens County Farm Museum, 73-50 Little Neck Pkwy. (718) 347-3276; [www.queensfarm.org](http://www.queensfarm.org); 11 am-4 pm; Free.

Apple products, fresh squeezed cider, vendors, hayrides and children's games.

## SAT, OCT. 8

**Amazing corn maze:** Queens County Farm Museum, 73-50 Little Neck Pkwy. (718) 347-3276; [www.queensfarm.org](http://www.queensfarm.org); 11 am-9 pm; \$9 (\$5 children 4-11; children under 3 free).

Maze by moonlight.



TWICE THE ADVICE

JACQUELINE AND KERRY DONELLI

# Explaining 'where babies come from'

Dear Twins,

I am pregnant with my second baby and my youngest, who is 6, keeps asking how the baby got there. His grandmother keeps saying an angel brought her. I'm uncomfortable with this, but am too embarrassed to talk about sex to him!

**Jacqueline says:** Simply say the baby grows from an egg in the mommy's womb, pointing to your stomach, and comes out of a special place, called the vagina. There is simply no need to explain the act of sex at this point in time. (He wouldn't understand it anyway.)

**Kerry says:** If this doesn't satisfy his curiosity, continue that the man's sperm joins the woman's egg and then the baby begins to grow. Most young kids will accept this answer. Age-appropriate books on the subject are also helpful.

• • •

Dear Twins,

I was taken by surprise when I walked in on my 5-year-old girl and the neighbor's 6-year-old boy playing "doctor." I am really confused. How should I have handled this?

**Jacqueline says:** It's best not to make a big fuss and simply direct the children to another activity. Sit down and talk with your child. Tell her that although you understand the interest in her friend's body, their bodies should be covered from others and in public. Tell her that in no way should she feel guilty, but setting boundaries from others is important.

**Kerry says:** This is also a good time to talk about "good touch" and "bad touch." Tell your daughter that her body is her own and she has the right to privacy. No one should touch her if she doesn't like it, and she should tell him to stop it if he



does. Make sure she understands that it's important for her to tell you if anyone does.

• • •

Dear Twins,

My brother and his wife walk around nude in front of their young kids. He thinks there is nothing to be ashamed of, and Americans are too uptight. (His wife is French.) I am going away, and my son will be staying with them for the weekend. Should I ask them to cover up just for the weekend?

**Kerry says:** Families set their own values for nudity, modesty, and privacy, and every family's values are different. Explain your brother's free-spirit nudity to your son. Ask your son if he is comfortable with this. If he is not, find another situation.

**Jacqueline says:** It is an imposition to ask other families to act differently in their own homes, because you have privacy issues. However, if you really can't handle it, change the arrangements for the weekend. In my opinion, you're being a bit uptight.

• • •

Dear Twins,

My co-worker's baby died last weekend of sudden infant death syndrome. I hear it is very common, and am horrified at the idea of my 1-year-

old suffering such a fate. What can I do to help prevent it?

**Kerry says:** Sudden infant death syndrome is the leading cause of death for infants 1 month to 1 year of age. Approximately 2,000 babies in the U.S. die each year from the syndrome. That said, there are ways to dramatically reduce your baby's risk. For one, always place your baby on his or her back to sleep. Your baby should also sleep on a firm sleep surface. Lastly, be sure to keep soft objects, toys, and loose bedding out of your baby's sleep area.

**Jacqueline says:** Another no-no is smoking around a newborn. For the record, the National Center for Health Statistics has reported a more than 50 percent drop in sudden infant death syndrome death rates and a decrease in stomach sleeping from 70 percent to 15 percent. This is the equivalent of saving more than 3,500 American babies each year.

• • •

Dear Twins,

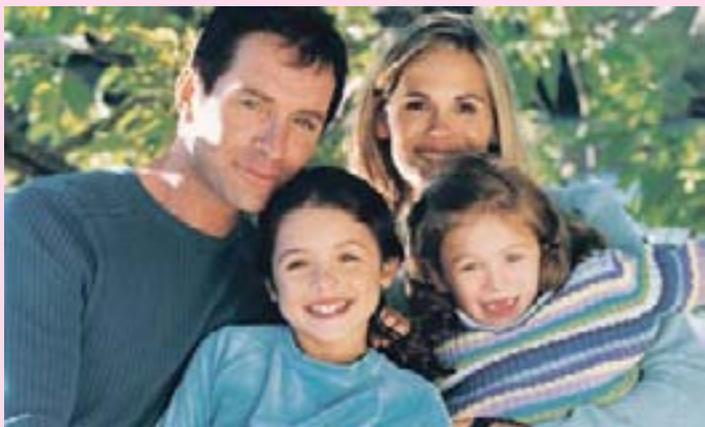
We just moved to a new city due to my husband's job transfer, and we have a 3-month-old baby. I'm a stay-at-home mom and very happy, and we have wonderful neighbors. However, one neighbor keeps asking me to watch her 1-year-old for "just a few minutes" while she runs to the store to get some formula, etc. These "few minutes" have stretched into hours, then into half days and finally into whole days. What should I say to her? She is really taking advantage of me!

**Jacqueline says:** Yes, she is taking advantage of you. The question is, why are you letting her? The next time she asks you to watch her kid, simply refuse. If she asks why, tell her it's because she is taking advantage of you.

**Kerry says:** Tell her you are unable to watch her child as you are so busy you can barely keep an eye on your OWN. Leave it at that. I've said it before, and I'll say it again: no one can take advantage of you unless you let her.

Jacqueline and Kerry Donelli, twin sisters, are multiple 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](mailto:TwiceTheAdvice2@gmail.com).

QUEENS  
**Family**  
PRESENTS



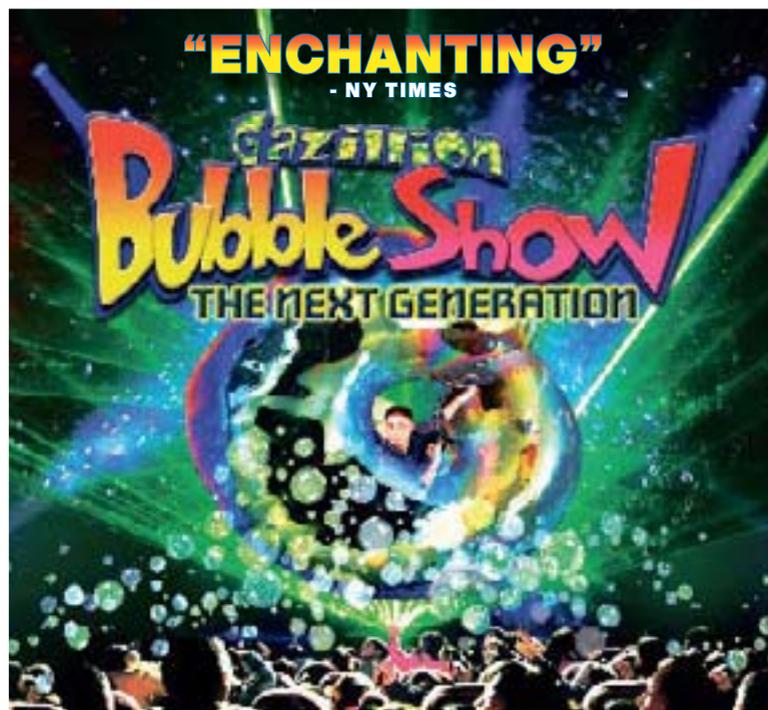
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# New & Noteworthy



## Show their love

It's no mystery why this beanie is a bestseller.

This edgy, earflapped hat designed by Lynette Loveridge will let everyone know who your little one loves best. The beanie is made of soft gray-and-black striped fabric with red lining and a "MOM" heart tattoo appliquéed on the front. Not feeling the stripes? A grey and black houndstooth print is also avail-

able. And you also have the options of choosing "DAD" or leaving off the applique altogether. No matter which parent you choose to celebrate, the soft-knit fabric stretches and is comfortable enough to be worn everyday.

*Beanie by Get Your Craft On, \$19.95 in sizes newborn to 2T. For info, visit [www.etsy.com/people/getyourcraftonshop](http://www.etsy.com/people/getyourcraftonshop).*

## Total lunar-cy

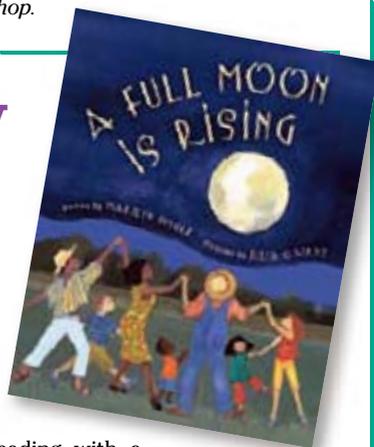
If your little one has ever been struck by the beauty of the night sky, she'll be drawn to Marilyn Singer's new collection of poems, "A Full Moon is Rising."

Paired with detailed watercolor illustrations by Julia Cairns, each ode explores how people from around the world — from NYC to Mali — celebrate our celestial neighbor. The hardcover, published by Lee & Low Books, also includes an appendix with details about the inspiration behind each of the Brooklynite's poems and an introduction about the phases of the moon, so your reader — preferably ages 6 and older — can pursue her astronomical or anthropological interests.

On Sept. 10, you can follow up a

reading with a delicious visit to Manhattan's Museum of Chinese in America, when they will be celebrating their "Mid-Autumn Moon Festival" with moon cakes, lanterns and more.

*"A Full Moon is Rising" by Marilyn Singer, \$19.95. For info about the book, visit [leeandlow.com](http://leeandlow.com), and for details about the festival, visit [www.mocanyc.org](http://www.mocanyc.org).*



## Green scene

Those old, empty Capri Sun juice pouches are now put to a good use.

TerraCycle reuses food packaging and turns the plentiful trash into lunch coolers, backpacks and other perfect for back-to-school products such as pencil cases and notebooks.

Kids can even start their own TerraCycle Brigade by collecting their used wrappers from lunch, mailing them in, and, in the process, earn cash for their school. For every piece of packaging TerraCycle receives, the Brigade will be awarded two points, which can be put toward buying a specific charity gift, or be converted to money and used as a fund raiser for the school.



And, of course, you can support the green cause by buying their up-cycled products.

*TerraCycle drink pouch totes or messenger bags, \$8.99-\$14.99. For products, visit [www.dwellsmart.com/products/terracycle-bags-selections](http://www.dwellsmart.com/products/terracycle-bags-selections). For more info about recycling and fund raising, visit [www.terracycle.net](http://www.terracycle.net).*



## A fashionable necessity

Say goodbye to clunky, old-fashioned medical ID bracelets.

Hope Paige makes trendy pieces that can fit any style or personality, from young child to teen, thanks to its bright, colorful rubber; mesh; crystal; bead; or rope designs. And of course, the accessories also carry life-saving information about the wearer's medical condition, whether

they are diabetic or allergic to peanuts or penicillin.

The company also offers traditional styles, as well as pendant and dog tag necklace options.

*Hope Paige medical ID jewelry, \$19.95 to \$29.95. For info, visit [www.Hopepaige.com/StopandShop](http://www.Hopepaige.com/StopandShop) or [www.Hopepaige.com/LiveBetter](http://www.Hopepaige.com/LiveBetter), or call (855) 519-3681 or (855) 467-7208.*

## Twinkle to these stars

Now songs made famous by some of your favorite musicians can lull your baby to sleep.

With Baby Blanket Music's "Lullaby Arrangements," you and your little one can enjoy calming versions of tunes associated with Billy Joel, Elton John, Madonna, Michael Jackson, John Mayer or Simon & Garfunkel. Each album features 10 songs that pay homage to one of these pop stars.

Vibraphones and music boxes as well as classical woodwinds, pianos and harps render the familiar melo-

odies on these CDs suitably soothing for the car or the nursery.

*Baby Blanket Music lullaby arrangements CD, \$14.99. For info, visit [www.smileymusic.net](http://www.smileymusic.net).*



# Every dollar you save for college is a dollar you won't have to borrow.

## SAVING vs. BORROWING



This hypothetical example does not represent the return on any particular investment. The final account balance does not reflect any taxes or penalties that may be due upon distribution. Actual costs of borrowing and returns on savings will vary and may be higher or lower than those shown. Source: <http://apps.collegeboard.com/loancompare/loancomparison.do>

College students are graduating with the highest level of debt in history, so it's more important than ever to understand the benefits of building your college fund with New York's 529 College Savings Program *Direct Plan*.

For starters, New York's 529 lets you build your account tax-deferred. When it's time, you can withdraw the money tax-free for tuition, room & board, books and fees.\* And New York taxpayers can earn an annual state income tax deduction of up to \$10,000 for couples filing jointly (or \$5,000 for individuals).\*\*

And now New York's plan has 16 investment options and among the lowest fees in the nation.

See all of the benefits at  
[ny529savings.com](http://ny529savings.com)

Or call **1.800.376.9166**



Investment returns are not guaranteed, and you could lose money by investing in the plan.

\* 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.

\*\* 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.*

*Before you invest, consider whether your 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.

**For more information about New York's 529 College Savings Program Direct Plan, obtain a Program Brochure and Tuition Savings Agreement at [www.ny529savings.com](http://www.ny529savings.com) or by calling 1-800-376-9166. This includes investment objectives, risks, charges, expenses, and other information. You should read and consider them carefully before investing.**

# Orthodontist

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