

QUEENS

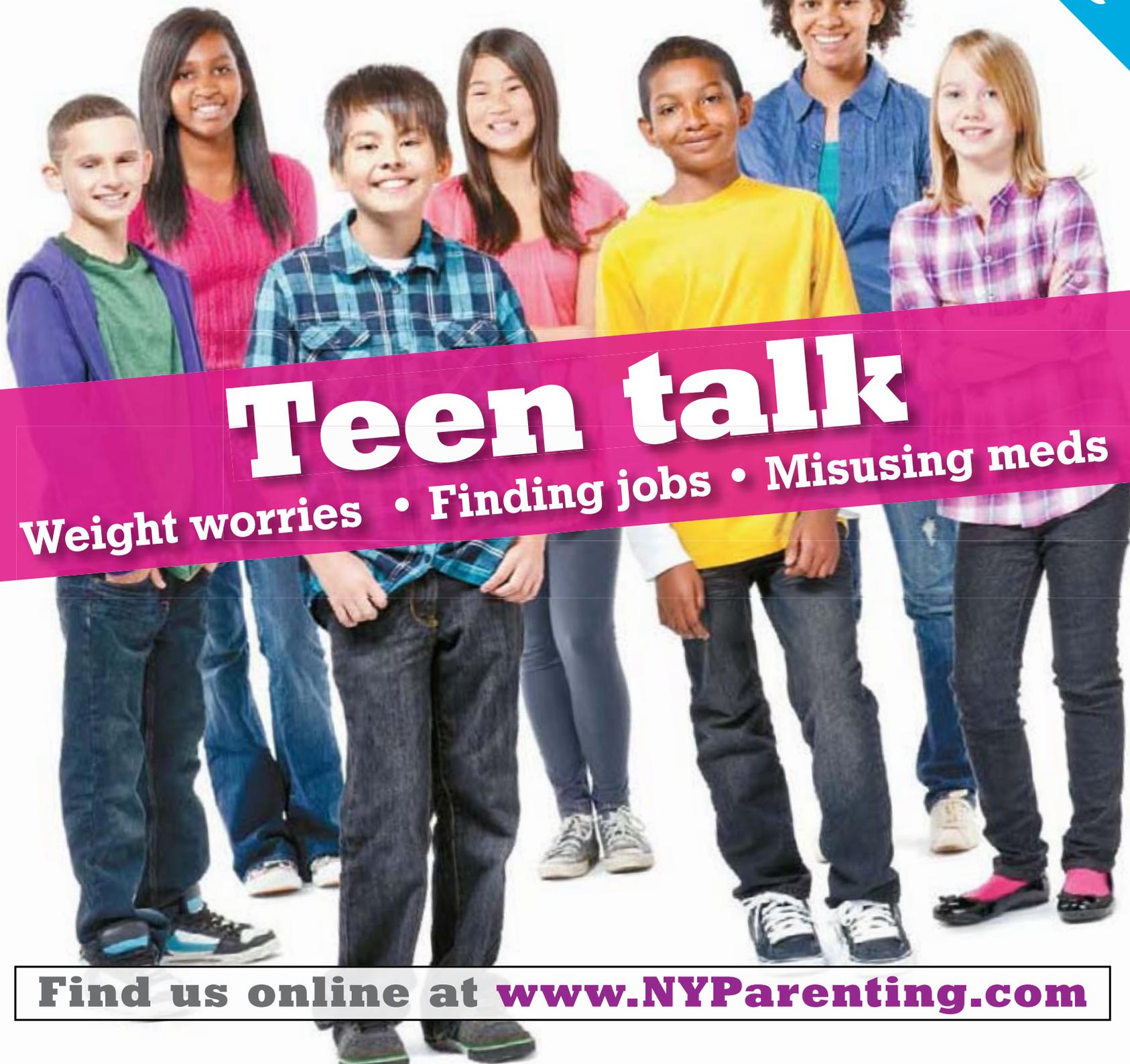
# Family

The Best Guide for Parents

October 2011

**FREE**

High School  
Guide



## Teen talk

Weight worries • Finding jobs • Misusing meds

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

# WHERE THE WILD THINGS REALLY ARE!



Boo at the Zoo

WEEKENDS IN OCTOBER  
KIDS IN COSTUME GET IN FREE!\*

WITH A HAUNTED SAFARI, LOST HAYRIDE, MAGIC SHOWS  
AND MORE, YOU ARE IN FOR A SERIOUS CASE OF THE CREEPS!

Presented by Pepsi



BRONX  
ZOO

[BRONXZOO.COM/BOO](http://BRONXZOO.COM/BOO)

\*One child (ages 3-12; children under 3 are free) in costume will receive a free child's general admission with the purchase of one full-priced adult general admission ticket. Valid for Boo at the Zoo 2011 dates only. May not be combined with any other offer. ©2011 Wildlife Conservation Society

# Family October 2011

## FEATURES

- 6 Having the wrong look**  
When teens miss out on jobs — just because of appearance  
BY RISA C. DOHERTY
- 10 Pound wise**  
How to discuss weighty matters with your teen  
BY KATHY SENA
- 20 Rx for vigilance**  
How to prevent your teen from misusing medications  
BY SANDRA GORDON
- 22 Balancing act**  
Struggling to help kids juggle school, activities and entertainment  
BY LAURA VAROSCAK-DEINNOCENTIIS
- 30 Boro treats**  
Check out these local Halloween events  
BY JOANNA DEL BUONO
- 32 Crafting a fabulous fall party**  
Everything you need for a seasonal celebration  
BY DENISE MORRISON YEARIAN



29

## COLUMNS

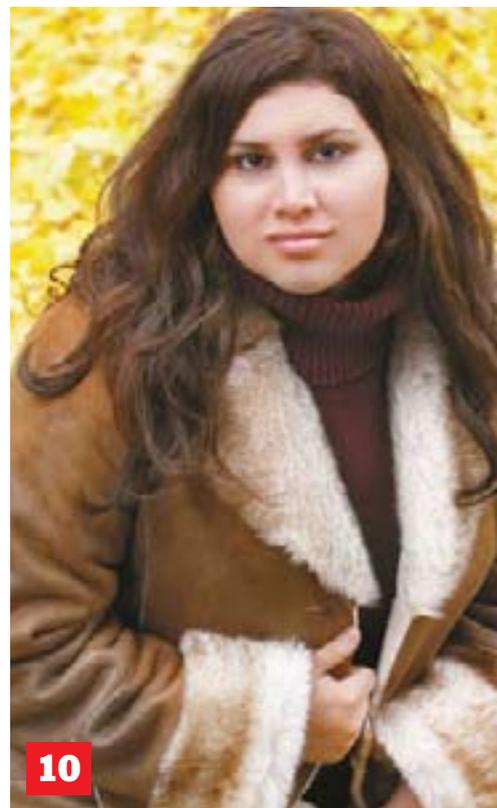
- 8 A Teen's Take**  
BY AGLAIA HO
- 19 Lions and Tigers and Teens**  
BY MYRNA BETH HASKELL
- 29 Dear Teacher**  
BY PEGGY GISLER & MARGE EBERTS
- 34 Newbie Dad**  
BY BRIAN KANTZ
- 36 Healthy Living**  
BY DANIELLE SULLIVAN
- 38 Good Sense Eating**  
BY CHRISTINE M. PALUMBO, RD
- 44 Divorce & Separation**  
BY LEE CHABIN, ESQ.
- 46 New & Noteworthy**  
The hottest new products

## CALENDAR OF EVENTS

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

## SPECIAL SECTIONS

- 14 High Schools Directory**
- 24 Activities Directory**



10



30



6

# Letter from the publisher

## Parenting teens

Being a teenager is often a period of great frustration. You want to be taken seriously, but most of the time you're not. This is a relatively new phenomenon, probably a mid twentieth century evolution, because before that time the term didn't



exist. When there was child labor everywhere, if you were tall enough to work, you did, and girls were often married early in their lives or sent out to service, or they helped out with the younger children and were saddled with parental responsibilities early on through their siblings.

This has largely changed in our western industrialized countries and along with the mandate of secondary education, a new stage of life was

given a new moniker, *Teens*. A highly sought after market of consumers and trend setters, since after the 2nd World War, the influence of this age group has only grown larger and there is a mad dash in the marketing world to find the secrets to getting the attention of their buying habits. Everyone wants to reach this demographic, and along with their importance have come issues that have become more extreme as the years pass.

Eating disorders such as anorexia, bulimia and obesity are prevalent and who ever heard of them in previous generations? Pharmaceutical drugs have brought miraculous cures of formerly pervasive illnesses and

diseases, but they have also brought about easy access and the misuse of these same drugs by pre-teens and teens using them for purposes other than cures.

There has never been a time when "image" has been more important or more pressuring than in today's multi-media world where everything is instant and celebrity is both glamorized and abused. Trends abound and it seems a whole generation has not only been pierced but now tattooed and the growing influence of the teen/adolescent market is indeed growing.

This issue is largely devoted to teen stuff and our writers have attempted to address some of these topics that all parents of this age group are struggling with and hope to manage. As in every issue, our regular teen columns are here and also

some additional provocative focus on behavior we need to be aware of. As parents of teens, our responsibility is enormous and growing with each new fad, each new trend, and each new marketing campaign that seeks our youngster's attention and dollars. It is both daunting and manageable, if we do our best to "keep up" and not "turn off" the important lines of communication with our kids.

We hope these articles bring some new information. We all must fully recognize the huge job that parenting kids in this 21st Century world brings, particularly as the ticking seconds produce newer technologies and distance our kids further from the way things used to be yesterday.

A big subject and one we can't hope to cover in just one issue. Thanks for reading!

Susan Weiss-Voskidis, Publisher

### STAFF

#### PUBLISHER / ADVERTISING / EDITORIAL:

Susan Weiss

#### PUBLISHER / BUSINESS MANAGER:

Clifford Luster

#### SALES MANAGER / ADVERTISING:

Sharon Noble

#### SPECIAL ADMINISTRATIVE ASSISTANT:

Tina Felicetti

**SALES REPS:** Lori Falco, Linda Smith, Muriel Puder, Stephanie Stellaccio, Jay Pelc, Andrew Mark

**ART DIRECTOR:** Leah Mitch

**PRODUCTION DIRECTOR:** On Man Tse

**LAYOUT MANAGER:** Yvonne Farley

**WEB DESIGNER:** Sylvan Migdal

**GRAPHIC DESIGNERS:** Arthur Arutyunov, Patty Coughlan, Mauro Deluca, Earl Ferrer

**MANAGING EDITOR:** Vince DiMiceli

**ASSISTANT EDITORS:** Courtney Donahue, Juliet Linderman

**COPY EDITOR:** Lisa J. Curtis

**CALENDAR EDITOR:** Joanna Del Buono

**CONTRIBUTING WRITERS:**

Risa Doherty, Allison Plitt, Candi Sparks, Mary Carroll Winingar

### CONTACT INFORMATION

#### ADVERTISING: WEB OR PRINT

(718) 260-4554

Family@cnglocal.com or  
SWeiss@cnglocal.com

#### CIRCULATION

(718) 260-8336

TFelicetti@cnglocal.com

#### EDITORIAL

(718) 260-4554

Family@cnglocal.com

#### ADDRESS

New York Parenting Media/CNG  
1 Metrotech Center North  
10th Floor  
Brooklyn, NY 11201

[www.NYParenting.com](http://www.NYParenting.com)

**New York Parenting**  
M E D I A  
Where Every Family Matters  
[www.NYParenting.com](http://www.NYParenting.com)



The acceptance of advertising by **New York Parenting Media** does not constitute an endorsement of the products, services or information being advertised. We do not knowingly present any products or services that are fraudulent or misleading in nature.

Editorial inquiries, calendar information, advertising rates and schedules and subscription requests may be addressed to **New York Parenting Media**, One Metrotech Center North, 10<sup>th</sup> Floor, Brooklyn, N.Y. 11201.

**New York Parenting Media** can also be reached by calling (718) 250-4554, emailing family@cnglocal.com or by visiting our website, [NYParenting.com](http://NYParenting.com).

Join the conversation on Facebook.

**New York Parenting Media** has been recognized for editorial and design excellence by PPA.

**New York Parenting Media** is published monthly by New York Parenting Media/CNG. Subscription rate is \$35 annually. Reproduction of New York Parenting Media in whole or part without written permission from the publisher is prohibited. All rights reserved. Copyright©2011 Readership: 220,000. 2011 circulation audits by CAC & CVC.





# **PRESCHOOL** **2-5 YEARS**

**We still have space available.**

**Free UPK Program  
for children born in 2007**

**Free School Bus Service  
in Bayside & Flushing**

**REGISTER NOW! SPACE IS LIMITED**



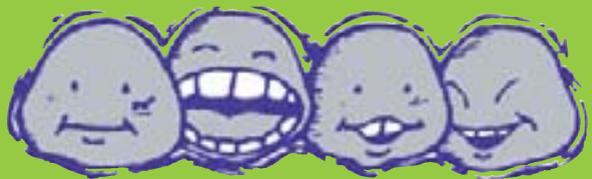
***Confident  
for next  
school  
year***

**Let Your Child Feel The Power of Learning**

**ENRICH YOUR CHILD'S LIFE**

# **AFTERSCHOOL PROGRAM** **5-12 YEARS**

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



**ImmanuelGenius**

**EDUCATIONAL CENTER**

**OPEN 7:30 AM -7:00 PM**

**163-15 Oak Ave., Flushing, NY 11358**

**718.460.9991**

**213-01 Northern Blvd., 3 Fl., Bayside, NY**

**646-819-0190**

**UPK AVAILABLE**

**Visit our website: [www.ImmanuelGenius.com](http://www.ImmanuelGenius.com)**



**Bus Service To Flushing, Fresh Meadows, Bayside, Whitestone and Douglaston**

# Having the wrong LOOK

When teens miss out on jobs — just because of appearance

BY RISA C. DOHERTY

I made a deal with my daughter that, once she was a senior in high school and was accepted to college, she could get a job to earn some spending money. She decided to apply to the local outlet of one of the most popular chains selling teen clothing.

I agreed to call and set up the interview for her, since she was in school during all normal business hours. The manager said, "Let her come in, and I will take a look at her."

I thought that was an odd comment.

In the drive over to the store, I reminded my daughter to highlight her relevant experience. She nodded, focusing more on the meticulous application of blue metallic eyeshadow, and complaining that she didn't have enough time to work on her hair or get enough sun.

Of course, I told her that she looked just fine.

She insisted that the store "really cared" about how she looked. Although I understood that personal appearance matters, I was not in the least concerned. After all, she is a pretty, petite teenager and a size zero, fitting well into all the latest skimpy styles marketed to teens. She disappeared into the store, three-page application and resume in hand.

## 'Look policy'

When she returned moments later, she was frustrated, understanding

that the referral to an affiliated store meant that she did not fit the bill here. It seems that this chain had an actual "look policy," only hiring teens who fit its ideal image. The application asked the applicant to report how many varsity sports she plays, and includes modeling contract information. One might think that the public is apathetic about the physical beauty of the kid who pulls the requested size sweater from the shelf. Apparently, this company is banking on beauty.

Another well-known teen shopping destination has been known to circulate memos to staff with regard to overall physical appearance for prospective employees, including the policing of eyebrows, hair, and makeup, purportedly rejecting applicants based on their standards for overall physical appearance, including weight.

Professor Daniel S. Hamermesh, from the University of Texas, explores the phenomenon of "lookism" (judging people based on their appearance alone) in his latest book, "Beauty Pays." In it, he recognizes the existence of discrimination based on appearance in the job market and the fact that beauty sells. He grapples with the complex question of whether or not discrimination of this type should be protected by law.

## Impact on teens

I have always been a proponent of talking out issues with my children. Luckily, my daughter has a strong

self-image and did not seem to be as disturbed by the lookist policy she knew to be in place, as she was with the inconvenience of continuing her job search. But, not all teens would feel that way.

When I spoke with her by phone, Dr. Susan Bartell, child psychologist and author of "Dr. Susan's Girls-Only Weight Loss Guide," told me that, if retailers' "lookist policies" are part of a growing trend, then "they can make kids feel that what they look like is more important [than it should be], and push kids to feel inadequate and do things they are not comfortable with, such as [extreme] dieting or wearing clothing that is not comfortable."

Still, according to "So Sexy, So Soon," a 2008 book by Dr. Diane E. Levin and Dr. Jean Kilbourne, exposure to sexualized images and fashion, among other things, "[can make] girls think of and treat their own bodies as sexualized objects." Aspiring to fit within the parameters of some stores' idealized images is no different. Sexuality is linked to the very nature of the clothing marketed to teens and the provocative style of the advertising.

When I spoke by phone with Alissa Quart, author of "Branded — The Buying and Selling of Teenagers," she told me that the store my daughter applied to — and others like it — intentionally "want there to be a confusion." Since teens begin to feel strong allegiances to a particular store or manufacturer, and

the salespeople begin “to resemble the store,” the confusion ensues as the teens begin to feel as if the salespeople are their friends. According to Quart, their goal is “to sell a total atmosphere” where the salespeople all look a certain way.

“Things get all muddled,” she explains, “as there is confusion between the teen-tween consumers’ emotional life and consumption.”

It seems as if the stores can get away with this because of what Quart refers to as the “hierarchy that the stores are held in in adolescent culture.” Teens and tweens tend to identify themselves with the store or brand of choice, referring to themselves as a “Store A person” or a “Store B person,” for example. She also told me that an issue arises “when people become objects and objectify others and themselves.”

### **Valuing the ‘whole person’**

Now the question becomes: what can we — or should we — do about this phenomenon?

My daughter was unscathed by her experience, recognizing after the store interviews that she did not have the look they wanted. Secure with her own self-esteem, she moved on and obtained gainful employment elsewhere. Unfortunately, not all teens or tweens would react in the same way.

Quart agreed that most parents want to protect their children from this type of discrimination and from the “pervasive commercialism” that has made these stores so significant in our youth culture. She would recommend an open-ended conversation, questioning the norms.

Still, “you do not want your child to be totally alienated from their social group,” she adds.

Bartell said she would recommend an age-appropriate, ongoing conversation, initiated when the opportunity presents itself, starting as young as age 4. She told me that such opportunities will arise often, whether they come from the TV or are passing comments by a child or another adult about how someone is dressed or how she looks.

She would advise parents to focus on talking with their own children about the inner qualities they should value in people, and cautions them to model good behavior by not being critical of other people’s looks. Par-



ents should help the children empathize by asking them how they would feel if others judged them by their looks or criticized their appearance. They should understand the importance of “valuing the whole person” and should know not “to judge a book by its cover.”

On one end of the spectrum, upon recognizing the unfairness of such policies, some would tell young people to “just deal with it, because that is the way the world is.” On the other end of the spectrum, others would counsel their children to take action and boycott stores with discriminatory hiring practices, or even take action to try to alter unfair hiring practices.

I agree with Bartell and believe that parents should take the most essential step of talking with children when they identify or witness such an unjust situation.

It is the parent’s job to share her feelings about right and wrong with her kids, and guide them to act in a way that she feels would be appropriate.

As parents, we will never be able to shield our children from all unfair merchandising situations, marketing ploys, or unjust employment rejections. What we can do is educate them and try to give them the tools to deal with those injustices.

*Risa C. Doherty is an attorney and freelance writer from East Hills, NY.*

It seems as if the stores can get away with this because of the hierarchy that the stores are held in in adolescent culture.



## A TEEN'S TAKE

AGLAIA HO

# Passing with flying colors

**T**he mere mention of a pop quiz, test or exam sends a wave of moans and groans around a classroom. I'll admit that I join the chorus of complainers with cries of outrage. It's natural for teenagers to passionately abhor testing. We're far too busy with more "important" things to do. Sleeping, surfing the Internet, chatting on the phone, listening to music, and watching TV are all in a day's "work" for us. However, now that I'm entering my junior year of

high school, I've noticed what a huge part testing has played in my school life. I've managed to endure close to 11 years of studying and last-minute cramming. Looking back on my experiences, I've come to realize that testing has taught me much more than just the right answer.

My introduction to testing was the Early Childhood Literacy Assessment System, administered to New York public schools from kindergarten through second grade. I was only 5 years old, rudely awakened to the fact that testing was inevitable. I don't remember much about my first test, except that it was a big deal—especially for a little girl who was still struggling to distinguish her left from her right. I don't recall the test having a pass-or-fail system, but I do remember that getting a word wrong would result in a disapproving look from my teacher. For a painfully shy and timorous kindergartner, that was the apocalypse for me!

Today, I can laugh at my innocence, but I learned a lesson all the same. The Early Childhood Literacy Assessment System often required teachers to be absent from the room in order to administer the tests. I believe students—especially young ones—need their teachers present. I've come to appreciate the time my teachers spend actually teaching, rather than testing.

Passing or failing started to make sense when New York statewide exams rolled around in the third grade. The idea of standardized tests still gives me a sickening sensation. All I see now are teachers pressuring students to get top grades, and piling students with loads of prep work. Despite this chaotic mess, I did learn that practice makes perfect.

My parents never believed in rewards for good grades, and taught me that achievements are self-rewarding. At the time, I was slightly disappointed for not receiving something special for my good grade. So when my friends chat-

tered on about their new CD player (gosh, I feel old) or their new Barbie doll, I would flaunt my invisible self-reward. It would take years for maturity to set in, in order for me to understand what "self-reward" really entailed.

In elementary school, subject tests were infrequent and did not influence report card grades. Nonetheless, middle school and high school brought a new type of testing experience. Spanish tests, science quizzes, math exams, oh my! Subject tests introduced me to a dreaded school chore: studying. I learned that in order to receive a good grade on an exam, I'd need to put in 100 percent toward my studies. I yawned my way through future tense Spanish verbs, repeat geometry theorems, memorize the Cold War events, and reread all the quotes in Shakespeare's work.

One of the biggest lessons studying has taught me is that no matter what mark I get on my test, I'll always be the winner. All the work I put into studying helped me absorb the information, and my mistakes only called attention to the material I missed.

Another big part of high school was the highly anticipated Regents exam, the subject-specified New York standardized exams. While these exams are unique to New York, most colleges don't acknowledge high Regents grades, but they do judge poor ones. Therefore, Regents are often heavily stressed in high schools. For me, Regents equaled tediously practicing every old exam online. It's all about getting used to the questions, since many of them repeat themselves over the years. I initially thought of Regents as an unnecessary evil designed to torture students, but preparing for these exams has helped me handle pressure (an inconvenience we all have to overcome in life) and manage my time.

We're always caught up in getting answers right and focusing on the exam material. However, testing has more significant lessons that lie beyond the pages of a test book. I've learned to have confidence in myself and feel pride in what I've achieved. So, maybe testing isn't as bad as it seems.

*Aglaia Ho is a 16-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.*



# KIDS COLLEGE

## CONTINUING EDUCATION

Don't let your children fall behind this fall!  
October classes are filling up!

**REGISTER NOW!**

[www.qcc.cuny.edu/conted](http://www.qcc.cuny.edu/conted)

- TACHS
- Portfolio For Specialized HS
- Guitar
- Game Design
- DIY Computer Class



QUEENSBOROUGH UNIVERSITY  
COMMUNITY COLLEGE

222-05 56th Avenue  
Bayside, NY 11364

**718-631-6343**

### Pappas Pediatric Dentistry

Warm child friendly environment



TV/DVD in waiting room and operatories

**Turn Your Child's Dental Visit Into A Fun Experience**

**Come Pet the Friendly Dinosaur**

- Convenient afternoon and Saturday Appointments
- Nitrous oxide (laughing gas) analgesia
- 30+ years experience
- Accepting many insurances as full or partial payment
- Digital radiography
- Zoom Bleaching (for our older patients)

**Despina Pappas D.D.S. Elayne Pappas D.D.S.**  
215-41 23rd Road Bayside, NY 11360  
718 224-0443



**ASTORIA SPORTS COMPLEX**  
**presents**



**party!**

**Have your next fabulous party with us**

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

**Visit our web site for a virtual tour & prices**

**includes:**

- Hostesses
- Two Sports
- Pizza & Soda
- Gift for Every Guest
- Special Gift for Birthday Child
- Table for Adults
- Party Area For 2 1/2 Hours
- FREE Indoor parking for birthday child's parents



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

**34-38 38th Street • Astoria, NY 11101**

(Bet. 34th & 35th Aves.)

**718-729-7163 [www.ascsports1.com](http://www.ascsports1.com)**

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

**"THE PLACE THAT EVERYONE RAVES ABOUT"**

# Pound wise

## How to discuss weighty matters with your teen

BY KATHY SENA

**A**re you concerned about your teen's weight? Are you hitting a brick wall when trying to discuss fitness and health issues with your son or daughter? You're not alone. Many parents report that this is a particularly tough, and often emotional, subject for both parents and teens. So we've asked the experts for tips on broaching this important topic with your child.

### Respect your child's feelings

Teens are certainly not alone in their less-than-desirable reactions to the topic of weight, says Steven Crawford, MD, associate medical director of The Center for Eating Disorders at Sheppard Pratt in Baltimore, Md.

"Consider how you, even as an adult, might react if someone — maybe even your own child — commented on your recent weight gain or pointed out that your exercise and eating habits were really unhealthy," says Crawford. It's a sensitive topic for a lot of reasons, he adds, but more and more because of the intensity with which our culture, and the media, have focused on weight and connected it to individual self-worth and social status.

"These are, developmentally, very sensitive topics for teens," says Crawford, "so some resistance is to be expected."

Weight is often a tricky subject for moms and daughters, especially because moms tend to bring their "body baggage" to the conversation, says Dara Chadwick, a journalist and author of "You'd Be So Pretty If...: Teaching Our Daughters to Love Their Bodies — Even When We Don't Love Our Own."

"For example, if mom was heavy as a child and found that to be a painful experience, she may want to 'spare' her daughter from going through what she went through and may take a heavy-handed or critical approach to talking with her daughter about weight or eating," says Chadwick.

"Or, if mom works very hard to stay slim, she may feel that an overweight daughter is somehow a reflection on her as a mother," Chadwick says. "Daughters tend to shut down when they feel they're being lectured, or when it's a 'do I as I say, not as I do' situation. In other words, mom or dad tells the daughter to go out and play, or get some exercise, from his or her perch on the couch.

"Stay alert for natural opportunities to discuss healthy living," she continues. "While you're in the kitchen together preparing dinner, while you're taking a walk after dinner, while you're watching a television show that makes fun of weight or features an actor who's incredibly thin. Using moments like this helps take the focus off the daughter her-

self. Instead, it's a more global discussion, which tends to feel safer."

### Watch the humor

"I'll admit I've made jokes about my size in the past. But those jokes can hurt just as much as criticism," says Chadwick. "Don't make your butt the 'butt' of every joke. And think twice before joking about your teen's body or appearance in any way." Teens are notoriously sensitive and an off-hand joke about clothes, hair or weight can sting more than adults may realize.

"Never yell, bribe, threaten or punish your child about weight, food or physical activity. If you turn these issues into parent-child battlegrounds, the results can be disastrous," says Dayle Hayes, MS, a registered dietitian in Billings, Mont. "Shame, blame and anger are set-ups for failure. The worse children feel about weight, the more likely they are to overeat or develop an eating disorder."

### Focus on health

"Make sure you set a good example for health, balanced eating and body image," says Crawford. "This means not 'dieting,' fitting in family meals whenever possible, no excessive exercising, and no criticism of your own or other people's bodies."

If you don't want your kids to shut down when the topic of weight comes up, let go of a focus on the weight, or the number on the scale, and focus on general health, he says.

Instead of saying, "I'm concerned because you have lost so much weight over the past month," say, "I'm really worried about you, because it seems like you don't have as much energy lately. Are you feeling OK?"

Likewise, instead of saying "You seem to be gaining weight. You'd better start watching what you're eating," it might be better to say, "I know you've been grabbing a lot of meals on the run lately. Let's try to make some more time to have family meals

## Could my teen have a serious problem?

If you're concerned that your child is underweight or is losing weight, pay attention to any "restrictive" behaviors, suggests Steven Crawford, MD, associate medical director of The Center for Eating Disorders



at Sheppard Pratt in Baltimore, Md. Some potential red flags:

- Large or sudden shifts in weight in either direction
- Continual fluctuations up and down in weight

- Cutting out entire food groups (i.e., fat or carbs) from the diet
- Counting calories or adherence to "diets"
- Frequently weighing oneself
- Evidence of binges (large amounts of food disappear) or purges (odor of vomit, diet pills, excessive exercise, etc.)



together,” and then follow through by planning and preparing meals that incorporate a variety of foods.

“Keep in mind that everything in moderation — as opposed to completely banning fast food or desserts — is the key to balanced eating,” says Crawford.

### **Emphasize breakfast**

“It is vital for teens to have breakfast,” says registered dietitian Joan O’Keefe, a frequent speaker on nutrition at schools and the creator of the “Nutrition 101” video series (available at [www.foreveryoungdiet.com](http://www.foreveryoungdiet.com)). “Their biological clocks say ‘sleep in,’ but the reality is that they have to get up, and they have to have breakfast, and it must include protein.”

Protein in the morning will keep kids satisfied and will help eliminate junk-food cravings, says O’Keefe.

“Protein sources can be fast,” she adds. “Leftover protein from dinner (chicken breast, etc.), yogurt with berries, peanut butter and an apple or whey protein (mix it and go out the door with it) are all quick-and-easy options.”

### **Team effort**

“As with any other important issue, make sure that both parents and important relatives are all on the same page,” suggests Hayes. “Sending mixed messages about weight can also have unhealthy consequences.”

If you’re concerned about other family members having potentially negative discussions with your teen about weight, you may want to share this article with them and talk a bit about the approach you want to use.

### **Puberty-related weight changes**

Teens naturally go through a normal and necessary weight gain at the start of puberty, which allows their bodies to proceed with maturation, says Crawford. As time goes on, with normal eating behavior, their weight will level off at their bodies’ unique set point. Parents who draw negative attention to this period of weight gain could trigger body-image concerns and dieting behavior.

Has your daughter started her period yet? If not, would you have expected her to have started earlier? There may be a possibility that

*Continued on next page*

# Weight worries

*Continued from previous page*

low body weight has delayed the onset of menstruation. If she did start menstruating, is she still getting her period, or has it stopped or been irregular? If you have concerns about this, talk with your daughter's doctor.

## Surf Web together

Make the most of your teen's interest in the internet, and introduce her to some helpful websites that focus on teen health, such as [www.empowermetobe.org](http://www.empowermetobe.org), [www.nflrush.com/play60](http://www.nflrush.com/play60) and [www.kidshealth.org](http://www.kidshealth.org) (which also has a teen section), suggests Dallas, Texas registered dietitian Paragi Mehta.

"Together, visit sites such as [www.americanheart.org](http://www.americanheart.org) and [www.diabetes.org](http://www.diabetes.org)," says Mehta. "This is not to scare your teen, but to create an awareness that if we get healthy now, we can reduce our risk of having lifelong disease or health conditions. Explain to your child that diabetes and heart disease are serious, and talk about how making healthy lifestyle choices now can help protect her health in the future."

While these sites offer positive examples for teens, the same can't be said of all media, of course.

"Have open conversations with your kids about the distorted messages their magazines, and media in general, send to us about weight," says Crawford. "Remind them that models in advertisements have been Photoshopped and retouched, and that they don't represent what the majority of people actually look like."

## De-emphasize 'dieting'

"Diets can further complicate an already stressful relationship with food, and could trigger continued problems with eating for your child," says Crawford. "Diets are the number one risk factor for developing eating disorders. Instead of putting your child on a diet, the goal would be to work toward normalizing eating behavior, ensuring that they are getting most or all of the necessary nutrients they need in a day, and get-



ting in touch with the body's natural hunger and fullness cues."

"Always keep the focus on health, rather than weight," says Hayes. "Losing weight is incredibly difficult, and it is not the only measure of success. If your family starts eating better and moving more, your children may 'grow into their weight' as their height increases."

"Try to make healthy food choices whenever possible, such as a baked sweet potato instead of fries, water instead of soda, etc.," suggests Chadwick. "But don't point out your choice or make a big deal out of how you're choosing the healthy version. Kids will tune that out quickly."

Remember to show that all foods can be enjoyed in moderation.

"Have a treat and enjoy it," suggests Chadwick. "Show kids that everything — pizza, cheeseburgers, hot fudge sundaes — has a place in a balanced approach to healthy living. When you choose to have a treat, do it mindfully, and let your child see you enjoy it. Proclaim it 'treat night,' and don't say one word about how it's going to your thighs or how you shouldn't be eating it. Just enjoy!"

## Be the family that plays together

Getting your teen involved in meal planning and physical activities can be a big help, and you can do it without a lot of talking about "the problem." Get your teen involved with meal planning, creating healthy

grocery lists and the grocery shopping, suggests Mehta.

"Get involved in exercise activities with your teen, i.e., kickboxing, martial arts, biking, walking, jogging, tennis, rock climbing or dance aerobics," suggests Mehta. "Join a health club together or do dance/exercise DVDs together. This can help with bonding and is a win-win situation," she says. "You get to spend quality time together, get exercise together, and show how you really care about your health and your family's health."

## Know when to consult an expert

If you want to be as informed as possible before you talk to your child or her doctor about your concerns, it can be helpful to call an eating disorder specialist first, suggests Crawford. Inform him of your child's weight gain/loss, current symptoms, health problems or any other concerns you might have.

It's always best to have an open line of communication with your child if possible.

"If you do express these concerns to your child, indicate that your primary concern is for her health, instead of focusing on the weight or the food she may or may not be eating. Be prepared for her to be defensive," says Crawford.

Your child's primary-care doctor can be a great first step, because your child is already familiar with

Weight is a sensitive topic for a lot of reasons, but more and more because of the intensity with which our culture, and the media, have focused on weight and connected it to individual self-worth and social status.

this person, and an appointment can be scheduled without too much resistance from your child generally, especially if it's incorporated into an annual check-up or well-visit.

Make the doctor aware of your concerns in advance of the appointment, so that she can plan to ask your child the necessary questions, run the appropriate blood and lab tests and make a referral for recommended treatment.

But don't put all your eggs in one basket, Crawford stresses. It's common for parents to take their concerns to a pediatrician who may not be familiar with eating disorders and, thus, may not take the appropriate steps. If your pediatrician dismisses symptoms and you still have concerns, follow up with an evaluation by an eating-disorder specialist, he suggests.

Also, make sure your pediatrician knows that you endorse a non-diet approach, and that you do not want her to focus on the number on the scale or discuss a need for weight gain/loss in front of your child, Crawford advises.

Don't hesitate to ask for help. Don't be offended if someone else is able to get through to your child more easily than you are.

Crawford explains, "Often, a teenager that continually shuts down when confronted by a parent will respond more openly to the concerns when they are expressed by a doctor, school counselor or even a friend."

*Kathy Sena is a freelance journalist who frequently covers health issues and teens. Visit her blog at [www.badballet.com](http://www.badballet.com).*

# PREMIER<sup>+</sup>CARE

## WALK-IN URGENT CARE CENTER

### GRAND OPENING

*“We meet the **urgent** need for **healthcare** in this community”*

- Pediatrics, Adults and Geriatrics
- No Appointment Necessary
- X-RAY and Lab on site
- Rapid Results for Flu, Strep, Mono
- Emergency Room Physicians
- **FREE Unlimited Parking on site**



**Vincent D'Amore, MD**

Board Certified Emergency Medicine Physician  
Serving his hometown of Maspeth, Queens

**OPEN 7 DAYS**

Mon-Fri 9AM-9PM  
Sat-Sun 9AM-5PM

**74-25 Grand Avenue • Maspeth, NY 11373**

**718-803-2273 • [www.premiercaredoc.com](http://www.premiercaredoc.com)**

**Conveniently located in Stop & Shop shopping center**

**Follow us on Twitter and Facebook for tips on your health**



Most Insurance Accepted	AARP Aetna Cigna Empire	Empire BCBS GHI All Union Plans No Fault	Worker's Comp Medicare Oxford All Local Plans	HIP Vytra Healthnet United Healthcare	Horizon Local 1199 GHI All Multiplans	PHCS Unicare Magnacare ...and more
Other Convenient Locations	656 N. Wellwood Ave Lindenhurst, NY 11757 631-225-4227 Mon-Fri: 9AM to 9PM Sat-Sun: 9AM to 4PM	3276 Hempstead Tpke Levittown, NY 11756 516-796-2273 Mon-Fri: 9AM to 9PM Sat-Sun: 9AM to 4PM	585 Merrick Road Lynbrook, NY 11563 516-764-2273 Mon-Fri: 9AM to 9PM Sat-Sun: 9AM to 5PM	Bellmore, NY Location Coming Soon!		



Educational Excellence since 1848  
 "Friends You Haven't Met Yet"

# La Salle Academy

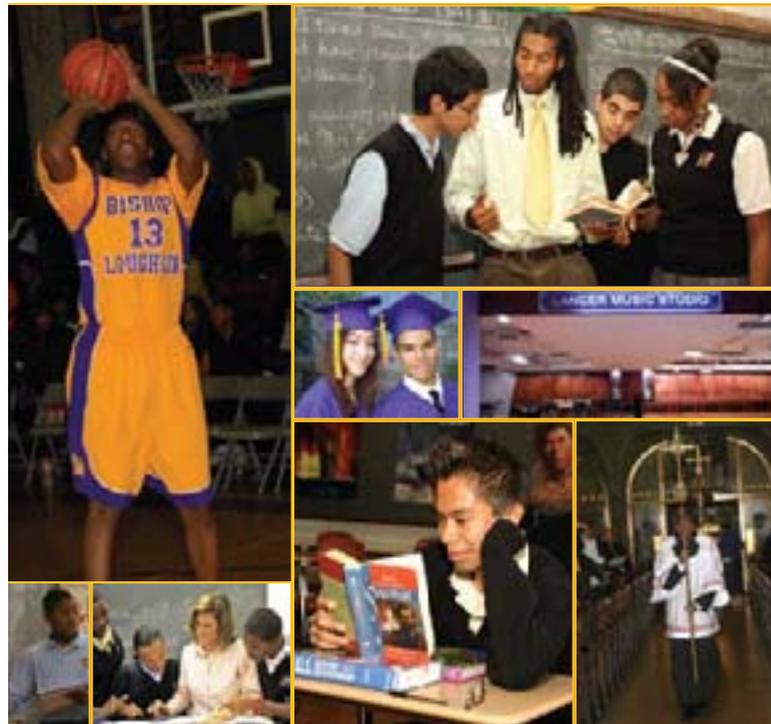
215 EAST 6TH STREET • NEW YORK, NY 10003 • 212-475-8940

## OPEN HOUSE

for Students & Families interested in Grades 9-12  
 Saturday, October 29, 2011 (10:00am-1:00pm)  
 Saturday, February 4, 2012 (10:00am-1:00pm)



LA SALLE ACADEMY | VISIT OUR WEBSITE AT [WWW.LASALLEACADEMY.ORG](http://WWW.LASALLEACADEMY.ORG)



**OPEN HOUSE | Sunday, October 23<sup>rd</sup>**  
**1:00PM - 4:00PM**

**BISHOP LOUGHLIN**  
**MEMORIAL HIGH SCHOOL**  
 EDUCATING LEADERS SINCE 1851



SCAN TO  
 LEARN MORE

357 CLERMONT AVE. | BROOKLYN, NY 11238 | [BLMHS.ORG](http://BLMHS.ORG) | 718.857.2700 X2246

## High School

### DIRECTORY

#### Bishop Loughlin Memorial High School

357 Clermont St.  
 (718) 857-2700 or [www.blmhs.org](http://www.blmhs.org)

Located in the historic Clinton Hill/Fort Greene section of Brooklyn, is a coeducational school that celebrates a long tradition of educational excellence dating to 1851 and provides a Lasallian Education.

Loughlin offers a college-preparatory program for all students and an extensive program of co-curricular, intramural and interscholastic activities. A host of financial aid programs are available, from academic scholarships to need-based financial aid.

There are modern facilities with wireless internet service throughout the building, modern science laboratories for Physics, Chemistry and Biology, a full service library, and 4 computer labs including a mobile lab. Our teachers are committed to integrating technology into the curriculum through the use of interactive SMARTboards in the classroom.

The school is located in a safe, residential neighborhood of tree-lined streets and refurbished brownstones. It is close to the Brooklyn Academy of Music, the main branch of the Brooklyn Library, Pratt Institute, and St. Joseph's College.

#### Cathedral High School

350 E. 56th Street, Manhattan  
 (212) 688-1545 ex. 224; [www.cathedralhs.org](http://www.cathedralhs.org)

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

#### Catherine McAuley High School

710 East 37th Street  
 (718) 462-7282 or [www.mcauleybrooklyn.org](http://www.mcauleybrooklyn.org)

Nationally recognized by the U.S. Department of Education and sponsored by the Sisters of Mercy, McAuley has met the needs of young women for nearly 70 years. McAuley continues to serve the young women of today and is dedicated to preparing young women for life. The school's mission is to stimulate students academically, develop good moral character, awaken inner strength, provide self-awareness and offer social and athletic experiences. Over 98% of McAuley's graduates go to college,

many on scholarship. Graduates have been accepted to Adelphi, Georgian Court, Hampton, Hofstra, Iona, Johnson & Wales, NYU, Notre Dame, Pace, Penn State, Polytechnic, Spellman, St. John's, Syracuse, Temple and Virginia State University.

Preparing Women, Producing Leaders:  
 Education for Life - That's McAuley!

#### The Kew Forest School

119-17 Union Turnpike in Forest Hills  
 (718) 268-4667 extension 125 or [www.kewforest.org](http://www.kewforest.org)

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

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

#### La Salle Academy

215 East 6th Street, New York, NY 10003. (212) 475-8940 or [www.lasalleacademy.org](http://www.lasalleacademy.org)

The mission of La Salle Academy (LSA) is to educate young men of diverse cultural, ethnic, and socioeconomic backgrounds with special outreach to those most in need. We provide a nurturing environment, which fosters spiritual, moral, intellectual, emotional, and physical growth in the Catholic tradition and the LaSallian spirit, as embodied in St. John Baptist de La Salle. We create experiences of community within the school and encourage each student to develop his gifts and talents for his own growth, as well as to engage in the caring service of others.

La Salle Academy Facts: Did you Know... LSA is the oldest continuously operating Lasallian school in the United States, LSA is recognized by the Middle States Association of Schools and Colleges and accredited by the U.S. Department of Education as a "Blue Ribbon National School of Excellence." The student/faculty ratio is 13:1 and the average class size is 23 students. LSA meets the needs of those families that want to send their boys to an affordable, private, all-boys Catholic college preparatory school in NYC.

#### Martin Luther High School

60-02 Maspeth Ave., Maspeth  
 (718) 894-4000 or [www.martinluthernyc.org](http://www.martinluthernyc.org)

Martin Luther School offers an emphasis on Christian values through theology classes, student involvement in weekly worship, and the word and example set by Christian teachers. College preparatory curriculum, including Regents,

*Continued on page 16*



MARTIN LUTHER SCHOOL invites you to attend our

# FALL OPEN HOUSE

**Saturday, October 15, 2011 • 10 AM to 2 PM**

**Thursday, November 3, 2011 • 6 PM to 8 PM**

**M**Meet our Students, Faculty and Staff while touring our facilities.

**L**Learn about our Financial Aid and Scholarship Programs, our winning Athletic Program and Extra-curricular activities.

**S**ign up (*8th & 9th Graders*) to take our **Academic Excellence Scholarship Exam**, offered on **Saturday, November 19**.

**Call (718) 894-4000 for more information!**

MARTIN LUTHER SCHOOL

Smart School. Smart Choice.

*Preparing tomorrow's leaders today! • Grades 6 - 12*

60-02 Maspeth Avenue • Maspeth, NY 11378 • (718) 894-4000 • [www.MartinLutherNYC.org](http://www.MartinLutherNYC.org)

## THE KEW-FOREST SCHOOL



The future is growing here.



Our Doctors

Our Lawyers

Our Architects

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

**Open House: Thursday, October 13th, 6 – 8 PM**

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

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





## Cathedral High School



*Empowering Young Women Through Education Since 1905*



*Come and explore all that Cathedral has to offer you!*

**OPEN HOUSE**  
**Sunday, October 23, 2011**  
**11 AM – 3 PM**

350 East 56<sup>th</sup> Street, New York, NY 10022  
(212) 688-1545 ~ [www.cathedralhs.org](http://www.cathedralhs.org)  
Accredited by the Middle States Association of Colleges & Schools

- Advanced Placement Courses offered in: Calculus, Spanish, English, Biology, Psychology and U.S. History. Honors courses also available.
- **Medical Program:** "Gateways to Health" Program with internships and mentoring by medical professionals in Anatomy, Physiology & more!
- **Law Program:** Courses in Litigation & Civil Law, mock trial procedure, internships with judges, lawyers and city prosecutors.
- Fully equipped state-of-the-art Biology, Chemistry and Computer Labs.
- Wide selection of electives such as Fashion Design, Forensic Science and Marine Biology, Graphic Design, Music, American Sign Language and more!
- Great Sports Program: Basketball, Soccer, Softball, Swimming and Volleyball.
- Various extracurricular activities: Student Council, Newspaper, Marching Band, Cheerleading, Travel & Culture Club, Dance Club, Drama, and more!
- Centrally located in the heart of Manhattan's East Side. Our school is just blocks away from the 4, 5, 6, E, M, N, & R trains and most buses.
- Academic scholarships are awarded annually to incoming qualifying freshmen.
- The Class of 2011 earned over \$16 million in college scholarships & grants with acceptances into top schools such as Brown, Columbia, Dartmouth and Duke. Among them are a Gates Millennium Scholarship Recipient, three Macaulay Honors College Program Recipients and six AP Scholars who received scores of 3 or higher on three or more AP Exams.

# High School

## DIRECTORY

### Continued from page 14

Honors and Advanced Placement classes. Online communication through Edline (grade reporting and homework) and PrepHQ (guidance resources). A small student to teacher ratio and class sizes averaging 25-28. A diverse student body: Asian 6%, Black 15.5%, Hispanic 26.5% and white 52%. A variety of extracurricular activities, including a student-run paper, yearbook, band, choir, theater, and many clubs. Private school Athletic Association league sports and a varied intramural program. Financial Aid and Scholarships.

Guidance and Counseling Services and a state-of-the-art Computer Lab and Smart Classrooms with internet access.

Accredited by the Middle States Association of Colleges and Schools and by National Lutheran School Accreditation and is Registered by the New York State Board of Regents.

### Mary Louis Academy 176021 Wexford Terrace, Jamaica Estates (718) 297-2120 or [www.tmla.org](http://www.tmla.org)

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

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

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

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

### Monsignor McClancy Memorial High School 71-06 31st Avenue, East Elmhurst (718) 898-3800, ext 11 or [www.msgrmclancy.org](http://www.msgrmclancy.org)

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

teams are highly competitive and have won their share of city titles. Celebrating over 50 years of Catholic education in Queens, McClancy is permanently chartered by the State of New York and fully accredited by the Middle States Association of Secondary Schools and Colleges. [TACHS CODE:#017]

### St. Francis Preparatory School

**6100 Francis Lewis Boulevard, Fresh Meadows  
(718) 423-8810 or [www.sfonline.org](http://www.sfonline.org)**

St. Francis Preparatory School knows that choosing a high school can be difficult; for four years you will learn new things, meet new friends and have new experiences. At St. Francis Prep, new students have the opportunity to receive a rich, well-rounded education. The Prep is known for its excellence in learning, but it offers so much more. St. Francis Prep is a Catholic college preparatory school in the Franciscan tradition. Its mission is to enable all students to develop and broaden their spiritual, intellectual, creative, emotional, social and physical abilities.

### St. Jean Baptiste High School

**173 East 75th St., New York  
New York, NY 10021-3296  
(212) 288-1645 or [www.stjean.org](http://www.stjean.org)**

St. Jean Baptiste High School, a girls' school, was founded by the Sisters of the Congregation of Notre Dame in 1929. The School is accredited by the Middle States Association of Secondary Schools.

The school partners with St. Joseph's College and offers Advanced Placement courses in the liberal and fine arts, as well as advanced science and math electives. Students participate in programs such as The Cornell Weill Medical Research Internship, the Futures and Options Career Essential Program the Cooper Union Summer Research Institute in Science and Engineering, The Telluride Association Summer Seminar at Indiana University and the University of Michigan, the Hugh O'Brien Leadership Conference at Adelphi University, as well as summer foreign exchange programs. All seniors participate in a full day of service each week at local hospitals, schools, soup kitchens, senior centers, and other social service agencies, earning 140 hours throughout the school year.

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

Enrollment: 350. 100 percent of graduates attend college. Principal: Sister Maria Cassano, CND; tuition: \$6,900, \$500 fees; information: (212)288-1645, ext. 134. Open House: Saturday, October 15th, from 10:00am to 12:30pm. [www.stjean.org](http://www.stjean.org).



# OPEN HOUSE



**Saturday, October 15, 2011**  
**10:00am—12:30pm**

(Last tour begins at 11:45am)

St. Jean Baptiste High School is a Catholic community located in the heart of Manhattan. We provide a liberating college preparatory education to young women of diverse strengths and backgrounds.

St. Jean Baptiste High School is accredited by the Middle States Association of Colleges and Schools and chartered by the Board of Regents of the University of the State of New York and registered with the State Department of Education.

**Information:**  
**(212) 288-1645 ext.134**  
**[www.stjean.org](http://www.stjean.org)**  
**173 East 75th Street | New York, NY 10021**

**Msgr. McClancy Memorial High School**  
 Conducted by the Brothers of the Sacred Heart



**OPEN HOUSE**

**Saturday, October 1, 2011 1:00 - 4:00PM**

71-06 31 Avenue, East Elmhurst, NY 11370  
 718-898-3800 • [www.msgrmcclancy.org](http://www.msgrmcclancy.org)

Academic Excellence  
 Academic Scholarships Available  
 Advanced Placement Courses

Solid Religious Formation and Values  
 Extensive Club and Athletic Activities  
 College Credit Program

**BEGINNING IN THE FALL 2012  
 OUR FRESHMAN CLASS  
 WILL BE CO-EDUCATIONAL**

Brother Joseph Holthaus, S.C.  
 President

Mr. James P. Carey  
 Principal

**For further information contact  
 Mr. Nicholas Melito, Director of Admissions**

**THE SCHOOL THAT MAKES A DIFFERENCE**

**CATHERINE  
 McAULEY  
 HIGH SCHOOL**



**"Preparing Women,  
 Producing Leaders:  
 Education For Life"**

**Fall 2011 Open House Dates**

Thursday, October 6<sup>th</sup> 6:30 pm - 8:00 pm  
 Wednesday, November 2<sup>nd</sup> 6:30 pm - 8:00 pm

**Call: 718-462-7282**

**Tour: 710 East 37th St. (Corner of Foster Avenue)  
 Brooklyn, NY 11203-5600**

**Visit: [www.mcauleybrooklyn.org](http://www.mcauleybrooklyn.org)**

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

**The Mary Louis Academy**

**TMLA+ Open House**

**October 16, 2011 • 10am-3pm • [www.tmla.org](http://www.tmla.org)**



*If you're ready for challenging academics, a supportive environment, and the significant advantages of an all-girls' education, consider TMLA.*

*You'll get exceptional college preparation, leadership opportunities, and friends you'll keep for a lifetime.*

**The Mary Louis Academy  
 176-21 Wexford Terrace  
 Jamaica Estates, NY 11432  
 718-297-2120 • [www.tmla.org](http://www.tmla.org)**

**TACHS # 016**

*Sponsored by the Sisters of St. Joseph, Brentwood, NY*

*Chartered by the New York State Board of Regents*

*Accredited by the Middle States Association of Colleges and Schools*



ST. FRANCIS PREPARATORY SCHOOL



**OPEN HOUSE  
 October 22nd  
 12:00 - 4:30pm**

*Where Strength,  
 Faith and  
 Possibilities are  
 Inspired Daily.*



**ST. FRANCIS PREPARATORY SCHOOL**  
 6100 Francis Lewis Blvd. Fresh Meadows, NY 11365  
 (718) 423-8810 [www.sffonline.org](http://www.sffonline.org)

**FRANCISCAN HEART. FAMILY SPIRIT.  
 LIMITLESS POSSIBILITIES.**

# Picking the right high school can make your future much less of a puzzle



Put all the pieces together with a Catholic High School education:

- ✓ 100% graduation rates and college acceptance and almost \$200,000,000 in college scholarships
- ✓ Average class size of 24
- ✓ Large enough for broad course offerings but small enough for individual attention
- ✓ Spiritual growth and development
- ✓ Athletic programs and activities for every interest

**Take the TACHS ... the Test for Admission to Catholic High Schools for admission into any of the 19 Catholic High Schools in Brooklyn and Queens:**

**Brooklyn:** Catherine McAuley High School – Bishop Loughlin Memorial High School – Bishop Ford Central Catholic High School – Fontbonne Hall Academy - St. Saviour High School – Xaverian High School – Bishop Kearney High School – St. Joseph High School – St. Edmund Preparatory High School – Nazareth Regional High School

**Queens:** St. Francis Preparatory High School – Christ the King Regional High School – The Mary Louis Academy – Archbishop Molloy High School – St. John's Preparatory High School – Msgr. McClancy Memorial High School – St. Agnes Academic High School – Holy Cross High School – Cathedral Preparatory Seminary

**JUST ONE VISIT TO THE WEB AT [www.tachsinfo.com](http://www.tachsinfo.com)  
or a call to 1-866-61TACHS gets you on your way!**

**SAVE THE DATE: The TACHS Exam – November 5, 2011**



## LIONS AND TIGERS AND TEENS

MYRNA BETH HASKELL

# Teens and lying

**D**id you ever lie to your parents when you were a teenager? Be honest with yourself. Not even a teeny, tiny lie? Here is a typical scenario: You started out studying with Mary, but you wound up at John's party afterward. It really wasn't in the game plan, but you conveniently left the latter part out when arrived home and your mom asked why you were late.

Fact: Kids aren't perfect, and lying is common in adolescence. Fiction: "Good" kids don't lie.

### Telling tall tales

Parents may unintentionally serve as role models. Adults often use "white lies" to spare hurt feelings or embarrassment. For instance, you might tell a friend her haircut is adorable after discussing in your child's presence that you would never use that salon.

"Many parents teach children that social or 'white' lies are acceptable. For example, most parents tell their children to express thanks and pleasure for gifts, even if the gift is something the child does not want. Parents also teach children that some thoughts, while honest, do not always need to be relayed to others when they might cause hurt feelings or discomfort," says R. Andrew Harper, MD, medical director at the University of Texas Harris County Psychiatric Center and associate professor of Psychiatry and Behavioral Sciences at the University of Texas Medical School at Houston.

By adolescence, however, teens understand the difference between lying to spare feelings and lying to get one's own way. Teens lie for many reasons, including trying to avoid getting into trouble or seeking more freedom than parents are allowing. If a teen has learned that bending the truth will help him get his way, lying may seem like a good option.

"Pleasing their friends becomes more important than following the rules. When teenagers have to



choose between lying to parents and disappointing a friend, parents often lose that coin toss," says Loren Buckner, a psychotherapist and the author of "ParentWise: The Emotional Challenges of Family Life and How to Deal with Them."

### Be a lie detective

Recognizing a lie can be tricky.

"There are behaviors that may indicate your teen is lying, such as avoiding eye contact, or changes in vocal pitch," explains Harper. "However, many parents have learned through experience when to be suspicious of what their teen is telling them. Explanations that are inconsistent or seem to shift on retelling may be clues." He warns, "Many teens learn to lie to their parents without being detected, particularly if the lie is well planned in advance."

Buckner suggests that parents look for patterns. Teens who stick to curfew, do their school work, and show up when and where they're supposed to can generally be trusted.

### Choosing consequences

Teens don't tend to think ahead. Parents should discuss various scenarios with their teens to illustrate

what can happen when a lie leads to putting oneself and others in danger.

"Some lies have consequences that teach important life lessons," Harper points out. "For instance, a teen who lies about completing homework will get a lower grade. However, lies that place someone at risk should call for more serious consequences from parents."

Harper believes it's wise to involve teens in the process of choosing consequences.

"Parents should consider negotiating with their teens when choosing consequences," he says. "This is an opportunity to teach them about problem solving and collaboration in difficult situations."

Frequent lying can be a sign of a more serious problem. However, belittling or shaming a teen can make matters worse.

"Teens need to know they're loved, even when they get into trouble," says Buckner.

### Tips and tales

"My kids know I will call teachers or friends' parents to check up on them if necessary. If they are caught lying, the consequences are much, much worse!"

— Andrew Bradford, Poughkeepsie, NY

"As a parent, you know what to look for in each of your kids with their different personalities. There are usually telltale signs. Some teens are better at lying than others."

— Kathleen King, Woodstock, NY

### Share your ideas

Upcoming topic: Content ratings (movies, TV, music, games) — do you strictly follow them, or find them useless?

Please send your full name, address, and brief comments to [myrnahaskell@gmail.com](mailto:myrnahaskell@gmail.com), or visit [www.myrnahaskell.com](http://www.myrnahaskell.com).

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



# Rx for vigilance

## How to prevent your teen from misusing medications

BY SANDRA GORDON

**I**f you've never asked yourself, "Is my teen misusing medications?" it's high time to consider it.

According to the Centers for Disease Control and Prevention, one in five high school students in the U.S. has taken a prescription drug, such as OxyContin, Vicodin, Adderall, Ritalin, or Xanax without a doctor's prescription. All told, 15.4 million teens reported misusing prescription drugs at least once in 2007 (the most recent stats), according to the National Institute on Drug Abuse. Abusing over-the-counter drugs — such as cough medicine — recreationally is also a widespread problem, especially among U.S. eighth to 12th graders, the Institute says.

Teens use these drugs to get high, to cram for tests, lose weight or just because their friends are doing it. But, in general, "they use them because the drugs make them

feel happy and change their normal frame of reference," says David J. Mendelson, MD, vice president of medical affairs for EmCare, a company that manages more than 400 hospital emergency departments in 40 states. The teen years are ripe for this behavior because a child's brain isn't fully mature until age 25. Until then, they're prone to risk-taking and living in the moment when it comes to decision-making.

Although these drugs can be purchased online or acquired from the local pharmacy, most teens don't get them that way.

"The great majority of kids who misuse prescription and over-the-counter drugs get them from family members and friends," says Joseph Lee, MD, child and adolescent psychiatrist at the Hazelden Center for Youth and Families, which has seven U.S. treatment centers.

Teens help themselves to over-the-counter and prescription drugs

from the household medicine cabinet, then share them with or sell them to friends, under the misguided notion that these drugs are safer than illicit drugs because they're prescribed by a doctor or sold over the counter. But they can still be just as deadly, or lead to addiction. Both types of drugs — legal and illegal — send about 1 million people to U.S. emergency rooms each year.

### Gen Rx

"One of the best things that parents can do is to educate themselves about which prescription and over-the-counter medications can be potentially abused," Lee says. Here's a round-up of the most commonly misused meds among teens. Keep in mind, however, that it's not any one drug that's the biggest culprit.

According to Lee, "Many teens are mixing it up, using multiple drugs most of the time."

Teens help themselves to over-the-counter and prescription drugs from the household medicine cabinet under the misguided notion that these drugs are safer than illicit drugs.



**Med mishap:** Taking large doses — commonly referred to as Robo-tripping, skittling, dex or candy — can cause distorted emotions and perceptions, making one feel detached. It can also cause numbness, nausea, vomiting, fast heart rate and increased blood pressure. On rare occasions, Robo-tripping can cut off the brain's oxygen supply, causing brain damage.

Besides being up on prescription and over-the-counter teen drug trends, here are more steps you can take to bust the misuse of these meds, or the potential for it, at your house:

- Empty out your medicine cabinet.

“Saving leftover medication for a rainy day is a really bad idea when you have teenagers,” Lee says. To dispose of tempting, unused medication properly, follow these Food and Drug Administration Guidelines.

- Talk to your kids about drug misuse. Use reference points in the media as teachable moments.

“When you see examples of kids using on TV, or there’s an accident in the newspaper, have a brief conversation about it,” Lee says. Try to be approachable, rather than preachy, to build trust and keep the lines of communication open.

- Keep your kids on your radar. Supervise your teen and know where she’s at and who she’s hanging out with at all times. And don’t assume your older teen or 20-something is fine, even if he’s out of the house.

“Most drug abuse and addiction starts between age 17 to the early to mid 20s,” Lee says. “Those are hot spots. That’s when kids can fall through the cracks, because nobody’s paying attention to them anymore, because they’re technically adults,” he says.

- Signs to watch out for that might indicate drug misuse: A change in friends; physical complaints and doctor shopping; a drop in academic performance, change in sleep habits, and/or moodiness.

If you suspect there’s a problem, don’t wait to take action. Many parents wait too long before stepping in. Talk to your child, your child’s doctor, or a therapist versed in substance abuse for an assessment and a professional opinion about what to do next.

For more information about the National Institute on Drug Abuse, visit [drugabuse.gov](http://drugabuse.gov).

### Prescription drugs teens abuse

**Opiods.** The pain-relieving medications Vicodin (acetaminophen and hydrocodone) and OxyContin (oxycodone) are two of the most commonly abused drugs by high school seniors, according to the Institute.

**Med mishap:** Opiods can be taken orally, or the pills can be crushed and the powder snorted or injected. They can produce an addicting feeling of euphoria. They also slow breathing and cause drowsiness. Taking just one dose that’s too large or mixed with other depressants — such as alcohol, antihistamines, barbiturates, or benzodiazepines (like Xanax or Valium) — can be deadly.

**Stimulants.** Central nervous system stimulants, such as the amphetamines Adderall and Dexedrine and methylphenidate (Concerta and Ritalin) are typically prescribed to treat attention deficit hyperactivity disorder, narcolepsy, and — in some cases — depression that’s not responding to other treatment. They increase alertness and attention.

**Med mishap:** Stimulants must be taken orally, but they can be crushed, dissolved in water and injected. They can enhance the ability to focus for studying and tests and produce a feeling of euphoria. But high doses can cause hostility, heart failure, seizures, or paranoia.

### Over-the-counter misused medications

**Cough and cold medicine.** The most common misused medications are those containing the active cough suppressing ingredient dextromethorphan (DXM), such as Robitussin. When taken as directed, these medications are safe and effective.

VOTED BEST PEDIATRIC PRACTICE\*



Open 365 days a year, Monday - Friday: 5PM to Midnight  
Weekends & Holidays: Noon to Midnight

NOW OPEN IN BAYSIDE!

210-31 26th Avenue  
(Bay Terrace Shopping Center)  
Bayside, NY 11360

FOR MORE INFORMATION CALL:

**718-747-KIDS (5437)**  
[www.pmpediatrics.com](http://www.pmpediatrics.com)

BSTIMES JUN 2011 \*2011 Award for Long Island locations according to Long Island Press Readers Poll



## Jackson Heights ELC

- A play based program for ages 2-5
- Full time and part time hours
- Age appropriate creative curriculum
- Register now for September
- Open from 8am to 6pm

**OPEN REGISTRATION**  
**SPACE AVAILABLE**

JHELC Annex | JHELC at St. Marks  
79-10 34<sup>th</sup> Ave., 1X | 33-50 82<sup>nd</sup> Ave.  
Jackson Heights, NY 11372 | Jackson Heights, NY 11372



## Free Universal Pre Kindergarten

For Children Turning 4 by 12/31/11  
At Our **NEW** Location

- Morning, mid-day and afternoon sessions
- Includes breakfast, lunch and snacks



JHELC at Ozone Park UPK  
81-05 101<sup>st</sup> Ave.  
Ozone Park, NY 11416

718-310-0910 • [jacksonheightselc@yahoo.com](mailto:jacksonheightselc@yahoo.com)

# Balancing act



Struggling to help kids juggle school, activities and entertainment

BY LAURA VAROSCAK-DEINNOCENTIIS

**J**ordana is a third grader who never has time for play dates with friends because every day after school she participates in various extracurricular activities: gymnastics, music lessons, dance classes, and acting workshops. Sometimes she is pulled out of school early to attend an audition. Usually, her auditions are scheduled on the weekends, so she often misses community and school events, as well as classmates' birthday parties.

By the time she arrives home in the evenings, Jordana is exhausted, but still has to find time to squeeze in homework, rehearsing, violin prac-

tice and dinner before bed. The earliest she goes to sleep is 10 pm.

Her mother acknowledges the hectic schedule, and says she regrets Jordana's frequent, late-night meltdowns, but says her daughter loves everything she does.

Parents want what is best for their children, but their good intentions can easily backfire.

Even though kids may appear to enjoy what they are doing, overscheduling can lead to stress, anxiety, depression and physical illness. They already experience enough pressure in a structured school environment where they are expected to excel. Constantly overloading their schedules prevents children from learning how to function well outside

of a high-stress arena of activity.

Teri is a working mom. She sends her fifth grade son, Scott, to an after school program until 5:30 pm. When he gets home, Scott refuses to review his homework or pick up a book. He complains that he's been working all day at school and "needs a break." While she does household chores, prepares dinner and showers, Teri allows Scott to watch TV and play video games for hours. He usually falls asleep on the sofa with the remote control in his hand.

"It's a long day for him," Teri explains. "He deserves to unwind and do what he wants to do."

While some parents overload their children's lives with enrichment opportunities, others allow their kids

Even though kids may appear to enjoy what they are doing, over-scheduling can lead to stress, anxiety, depression, and physical illness.



to immerse themselves in sedentary activities like watching TV, playing video games, texting, or surfing the web on the computer. These addictive forms of media easily capture children's attention for too many wasteful hours and lead to many physical and psychological problems including obesity, sleeping disorders and aggression. The fast-paced action of TV and video games makes it harder to concentrate in the classroom and other environments with less stimulation. Developing brains need training to focus and function at their maximum capacity.

Striking a balance between too much structured after school activity and an overabundance of unproductive "hanging out" time is essential to a child's mental, physical and emotional health. Play is a natural way for children to discover themselves, express their creativity, and develop relationships with others. Scheduling downtime to explore and discover helps children make important connections with the world around them.

Joann picks up her 7-year-old son, Brandon, from school everyday and takes him to the neighborhood park. He enjoys playing alone and with friends. One of his favorite activities is taking a nature walk — gathering leaves, acorns, and rocks as he goes. Sometimes his mother brings their bikes and they ride together. He also likes to bring balls for a spontaneous game of baseball, soccer or basketball with peers in the park. Joann and Brandon have also established a tradition of reading under a tree on a hill that overlooks the water.

"We enjoy sharing the time together after a busy day at school and work," says Joann. "It's very relaxing."

Joann also supports extracurricular activities and takes Brandon to karate on Saturday mornings. He wakes up refreshed, raring to

go. He began studying martial arts two years ago and is slowly and enthusiastically working towards his black belt. Joann thinks it's important for her son to have one specific activity to focus on.

"He enjoys the discipline and takes pride in challenging himself," she says. For Joann and Brandon, it's about quality, not quantity.

Just as Joann limits the number of hours a week her son devotes to karate, she sets boundaries around the time he spends playing games on the computer and watching TV.

"I find no harm in moderation," Joann admits, "and Brandon respects our rules."

Joann monitors the television programs and Web sites her son visits and allows no more than one half-hour show during the week after he completes his homework. Depending on their weekend plans, Brandon chooses how he wants to spend his allotted one hour a day for video games and TV. He often prefers building with blocks or LEGOS instead.

Maintaining a healthy balance of structured and unstructured activities for your children can be challenging, especially in today's culture. It is a lifestyle choice that involves setting priorities, establishing clear boundaries and practicing consistency.

Families can start making changes to their over- or under-active lives by carving out valuable family time each day. Spending at least one hour together without the distraction of television, electronic game devices, phones, or computers is a great start. Simple activities like cooking a meal together, taking a walk and playing a non-competitive game are excellent ways to relax and unwind as a family. Not only are you enjoying each other's company, you are creating precious moments that will most likely last longer than the memory of a violin lesson or a TV program.

*Laura Varoscak-DeInnocentis is a teacher and freelance writer. Varoscak-DeInnocentis has won editorial awards from Parenting Media Association and holds master's degrees in fiction writing, education and psychology. She lives in Bay Ridge, Brooklyn and is the proud mom of two sons, Henry and Charlie. Visit her website (www.examiner.com/parenting-in-new-york/laura-varoscak) for more articles on parenting.*



## THE FOREST HILLS PERFORMING ARTS STUDIO

**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 72nd ave, ground level**  
**Forest Hills, NY 11375**  
**WWW.ALLSTARSTUDIOSNYC.COM ★ 718.268.2280**

# NYC Gifted & Talented Program Prep

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

## Pre K ~ 1<sup>st</sup> Grade



Statewide Test  
Hunter Prep  
NYC SHSAT

www.kentprep.com      KENT *Prep* PREP      718.423.5757  
194-11A Northern Blvd.

## 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    www.vartamusic.com (718) 275-2725



## The West Side Tennis Club

Forest Hills  
718-268-2300 x127

### JUNIOR PROGRAMS

#### Excel Junior Program

- 4 Week Fall Session Starts September 9th
- 14 Week Winter Session Starts October 9th

### ELITE JUNIOR TOURNAMENT TRAINING PROGRAM FOR RANKED PLAYERS

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



#### WINTER

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

#### ADULTS

- Group Instruction • Leagues
- Parties

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

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

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

## ENERGY WORLD

**For Kids to Jump, Climb and Have a Good Time IN ASTORIA! Best Birthday Bash for Ages 1+**

- Birthday parties starting as low as \$199.00
- Open play, monthly events and more..
- Kids fitness class
- Arts and Craft classes
- Mommy & Me Classes
- Field trips for schools

**TODDLER AREA**

**ROCK CLIMBING**

### HALLOWEEN SPECIAL

email us at [energyworldkids@yahoo.com](mailto:energyworldkids@yahoo.com) for the calander info

**2 LEVEL MAZE**

**THEME PARTIES**

718-777-1220 • [EnergyWorldPlay.com](http://EnergyWorldPlay.com)

Call To Be Added To Our Email List!

18-17 42nd St. • Astoria, NY 11105

## Activities

### DIRECTORY

#### ACTIVITY / AFTER SCHOOL / PLUS

##### Energy World

1817 42nd Street Astoria 11105  
718-777-1220 or [www.energyworldplay.com](http://www.energyworldplay.com) or

[www.energyworldplay.com](http://www.energyworldplay.com) or

Email: [energyworldkids@yahoo.com](mailto:energyworldkids@yahoo.com)

Energy World was named one of the best facilities in Astoria. It proudly serves Astoria's kids ages 1-9. Register now for its up-coming fall season. Attention working parents and non working parents: Join Energy World to make your child happy on those rainy cold boring days. Prepayment and preregistration is now required to secure your reservation for the following classes: Mommy and me classes, arts and crafts drop off, fitness drop off, Italian classes. Parents must become members for open plays held twice a week and sometimes on weekends. Please take note that walk-ins will not be accepted unless you come with a member. To reserve your child's space, e-mail [energyworldkids@yahoo.com](mailto:energyworldkids@yahoo.com). To receive the Event Calendar of the month via e-mail, send your e-mail address with child's information.

#### Immanuel Genius After-School Program

163-15 Oak Avenue, Flushing 11358  
213-01 Northern Blvd. 3Fl. Bayside 11361, 718-460-9991 or [www.immanuelgenius.com](http://www.immanuelgenius.com)

For ages 5 to 12 is designed to give your child effective study habits and confidence in school life. The reading and math program are scientifically researched to be the proven best enrichment programs. Personal attention is given in small group settings (7:1 students:teachers ratio) with experienced certified teachers from public private schools. A detailed weekly assessment is provided to the parents. They offer convenient transportation (door-to-door service) & fun-filled programs during holidays, no-school days and other school breaks.

#### Kimmy Ma ARTStudio

190-19 Union Turnpike, Fresh Meadow, NY 11366  
646-209-9352. Email: [kimmyma-artstudio@live.com](mailto:kimmyma-artstudio@live.com)

Her studio is dedicated for fine art instructions in paintings and drawings for youth, entering 1st graders and up all year round. Leisure Art Club for adult members is a day-time art instructional program, available from September to June on Thursdays and Fridays. 3-D Projects & Clay workshop is offered during Mid-Winter Break & Spring break 2012. Art learners are encouraged art making in an artistically supportive and constructive learning environment. Explore paintings, watercolors, charcoal sketches and drawings. Younger & Young Artist Program for

2011-2012 is available from September through June, Tuesday-Fridays after 3:30pm & Saturdays 9:30-4p.

For Students art gallery, placement availability, schedule & tuition: [www.kimmyma-artstudio.com](http://www.kimmyma-artstudio.com)

Fine Arts Instructions are offered by Mrs. Ma who holds Master of Arts in the School of Education from New York University.

### ATHLETICS

#### Astoria Sports Complex

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

# Activities

## DIRECTORY

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 Child's 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)

The West Side Tennis Club's Junior Program 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 contact them.

## DANCE

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

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 (WKU), major dance competitions, cruise lines, street festivals, 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.

## MARTIAL ARTS

**The Martial Arts Studio**  
116-22 Queens Blvd., Forest Hills 718-544-6655 or [www.themartialartsstudio.com](http://www.themartialartsstudio.com)

At The Martial Arts Studio, located at 116-22 queens blvd., we are celebrating our 25th year. We offer martial arts lessons to kids, as well as adults. Our school is privately owned and family operated. The curriculum is judo/jujitsu for kids. There are also kids kickboxing lessons. If you want your child to be more fit, and confident we can accommodate you. Customer service and professionalism are a priority to us. We never have any hidden costs. Please call to schedule your child's first lesson. It could be the best thing you do for them. For additional information visit us at [www.themartialartsstudio.com](http://www.themartialartsstudio.com) or call 718-544-6655.

## MUSIC

**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 you child with quality music education early in life! We provide

*Continued on page 26*



**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
--	---

**Joe's Music Store**  
114-02 Farmers Blvd.  
St. Albans, NY 11412 | 718-454-3030



**Soccer Rockets**

Starting In October - Children 2-8

Sunday Afternoons 12:30-1:20pm & 1:30-2:20pm	Fall-After School-Tuesdays 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)



**Kimmy Ma**  
**ARTStudio**

**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  
Tuesdays - Fridays after 3:30 pm &  
Saturdays 9:30 am - 4 pm

**Leisure ART Club for adult members**  
Monthly or Session Membership  
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 • [Kimmyma.artstudio@live.com](mailto:Kimmyma.artstudio@live.com)

**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, 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@gym-azing.com • www.gym-azing.com

**Halloween Parties**

Oct. 30 & 31  
Call now to reserve your spot!

**Activities**

**DIRECTORY**

*Continued from page 25*

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!

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.

**PERFORMING ARTS**

**All Star Studios**

108-12 72nd Avenue, Forest Hills 11375, 718-268-2280 or 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

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

**Kent Prep**

194-11A Northern Blvd. Bayside 11358 718 423-5757 or 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

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.

**TUTORING/LEARNING**

**Enopi**

21-71 Steinway Street, Astoria 11105 718-777-2525 or www.Astoria@enopi.com

E.nopi is an educational enrichment program which fosters self-directed

**Ridgewood Dance Studio**  
Learn To Dance In A Friendly Atmosphere



**Celebrating Our 30th Anniversary**

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

Classes  
AGES 3 - ADULT

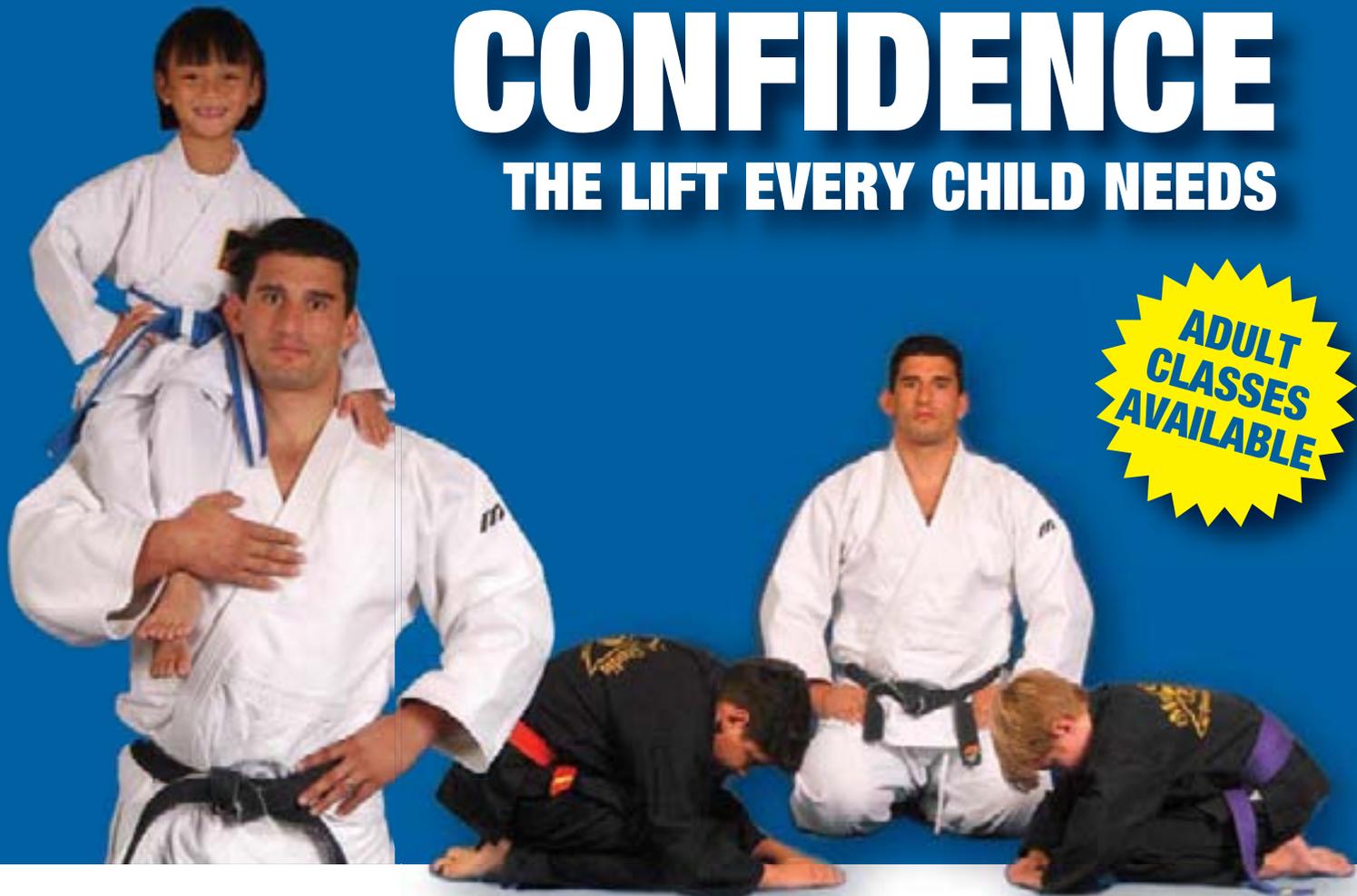
www.ridgewooddancestudio.com

60-13 Myrtle Avenue, 2nd fl. • Ridgewood, NY 11385 • (718)497-2372

# CONFIDENCE

THE LIFT EVERY CHILD NEEDS

ADULT  
CLASSES  
AVAILABLE



**FREE TRIAL CLASS**

**Free Uniform** w/this ad

**NOW OPEN  
SUNDAYS**



Call Today

**718-544-6655**

**116-22 Queens Blvd. Forest Hills**

[www.themartialartsstudio.com](http://www.themartialartsstudio.com)

**CELEBRATING OUR 25TH YEAR!**



## 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

# Register NOW

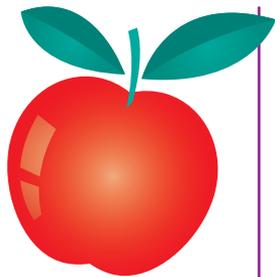
Waive registration fee

**E.nopi** 21-71 Steinway Street  
Astoria, NY  
MATH • READING • WRITING [www.enopimathreading.com](http://www.enopimathreading.com)

**Helping children master Math and Reading for over 30 years!**

- Over 2.5 million students enrolled worldwide
- Ages 3~14 - Weekday and Weekend Classes - 3:1 student-to-instructor ratio
- One hour, Per subject, Per week
- E.nopi Math - Develops Analytical and Critical Thinking skills
- E.nopi English - Guides students to master reading, writing and comprehension

For more information call 718-777-2525 or email [astoria@enopi.com](mailto:astoria@enopi.com)



## DEAR TEACHER

PEGGY GISLER AND  
MARGE EBERTS

# Evaluating writing skills

**Question:** My fourth-grader's writing is very sloppy, and she misspells a lot of words. On top of this, her sentences are only three or four words long. If I ask her to write a sentence, she finds it very difficult to put words together. Is she displaying age-level behavior with her writing skills?  
— *Anxious*

**Answer:** Your daughter's writing skills should be judged on the basis of what is expected of students at the end of third grade. Her handwriting at that time would be considered legible if she has correct spacing between letters in a word and words in a sentence.

As far as spelling goes, by the end of third grade, most schools would expect students to at least spell one-syllable words correctly. She also should be able to correctly spell the words that were on last year's spelling tests.

Your daughter also should be able to capitalize the first word in a sentence and use appropriate end punctuation of simple sentences. She should be able to vary the length of her sentences.

Parents often evaluate the skill level of their children by using adult standards. Talk to your child's teacher to find out if your child's writing meets the school's expectations for her grade level. You will also find it helpful to look at the writing of other students in the class. If your daughter's work is not up to grade level, this is the time to discuss how it can be improved.

Parents who are concerned about their young children's writing skills in preschool through third grade can get a good idea of how they are doing by going online to [www.readingrockets.org/looking\\_at\\_writing](http://www.readingrockets.org/looking_at_writing) and seeing samples of real children's writing at these levels. There are also comments about what each child needs to learn to do next.

## Response to Intervention

**Question:** I've heard about Response to Intervention, but I really don't understand exactly what it



is, and how it will affect my child. Please explain.  
— *In the Dark*

**Answer:** Response to Intervention is a new instructional framework designed specifically to provide quick, early help to students who are having difficulty learning — before they are failing. One of the aims of Response to Intervention is to prevent unnecessary assignment of students to special education.

Response to Intervention integrates assessment and intervention with a three-tiered prevention program to ensure that all students achieve, along with reducing behavior problems. How your child is affected by the program depends on how rapidly his or her school is moving to implement it fully.

In a school using the program, a screening is used with every student. Then, based on the results of the screening, it provides support for all students at the intensity level each one needs to achieve academic success. Students are placed in one of three tiers. As the year progresses, tiers of intervention can change.

• Tier one: Most students will be in this tier, which is the grade-level

classroom. Help is given in the form of research-based interventions to the class or individuals based on frequent assessment of the progress the group and individuals are making in meeting grade-level norms.

• Tier two: Students placed in this tier will receive classroom instruction, plus supplementary instruction three to four times a week from 30 to 60 minutes for nine to 12 weeks in small groups (usually two to four students). The supplementary instruction is provided by trained personnel. These students are frequently monitored to see if they no longer need Tier two services or may require Tier three services.

• Tier three: These students need more intense and more frequent interventions. They are having significant learning difficulties and have not been helped by Tier two interventions. Special-education instruction is provided to these students individually or in small groups by special-education teachers.

Students who need more support than provided in the tier system will be further tested to identify their specific learning disability needs. For more information on Response to Intervention, visit [www.rti4success.org](http://www.rti4success.org).

## Handling behavior problems

**Question:** Our second-grader has been in school for almost a month now, and he has behavior problems. He is unable to stay in his seat. If he happens to be in his seat, he is always talking. The teacher says he never stops. I am running out of ideas on how to discipline him when he gets home at night.  
— *Tired*

**Answer:** You can discipline him when he gets home, but it is too late to do much good. Do go to his school and observe his behavior, and see if you have any suggestions for the teacher.

This teacher needs to become proactive. The school's behavior specialist or a mentor should come and observe your son in class. Then a behavior intervention plan can be developed to improve his behavior. If this doesn't work after a few weeks, he may need to be tested to see if there is some underlying reason for his behavior.

Parents should send questions and comments to [dearteacher@dearteacher.com](mailto:dearteacher@dearteacher.com) or ask them on the columnists' Web site at [www.dearteacher.com](http://www.dearteacher.com).

© Compass Syndicate Corporation 2011.  
Distributed by King Features Syndicate.

# Boro treats

Check out these local Halloween events

BY JOANNA DELBUONO

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

## Pumpkin Picking and the Amazing Maze

Enjoy pumpkin picking at the Queens County Farm Museum all month long, now through Oct. 30 on Saturdays and Sundays, 10 am to 5 pm.

Enjoy wandering through the

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

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

Admission to the Amazing Maze is \$9 for adults and \$5 for children.

Queens County Farm Museum, [73-50 Little Neck Parkway in Douglaston, (718) 347-3276]. For more visit [www.queensfarm.org](http://www.queensfarm.org).

## Boo at the Zoo

For younger goblins come to the Queens Zoo for a day of face-painting, trick or treating, pumpkin decorating and a mildly haunted habitat on Oct. 29, 30 and 31, from 11 am to 4 pm

Admission is \$8 for adults, \$5 for children.

Queens Zoo, [53-51 111 St. in Flushing, (718) 271-1500]. For more visit [www.queenszoo.com](http://www.queenszoo.com).

## Harvest Fest and Pumpkin Patch

The Children's Garden at Queens Botanical Gardens is transformed into a spooktacular Pumpkin Patch on Oct. 16 from Noon to 4:30 pm. Children and parents can also join in on the fun with readings from the Fresh Meadows Poets, live bluegrass music performed by the Birdhive Boys and the Lonesome Moonlight

String Band, gardening workshops, listen to eerie tales with storyteller Bobby Gonzalez as he weaves his web of spooky tales and a beer tent for the adults.

Admission is free with Garden admission plus an additional \$3 per pumpkin.

Queens Botanical Gardens [43-50 Main St. at Dahila Avenue in East Flushing, (718) 539-5296]. For more visit [www.queensbotanical.org](http://www.queensbotanical.org).

## Books, Crafts and Day of the Dead

Get your ghoulish on at the Queens Public Library. There are spooktacular events planned all month long. From a Halloween show, Blood Fest 2011 starring Ray West and Alex Haines to a Day of the Dead celebration, trick or treaters have their fill of crafts, treats and scary ghoulish times. The best part of it all is that most of the events are free. For a full listing of booterific events check out "Going Places" to find a branch nearest you.

Queens Public Library. For more visit [www.queenslibrary.org](http://www.queenslibrary.org)



# MORE SPOOKY FUN

Attention trick-or-treaters: *Monstrous Manhattan* abounds with more Halloween spooktacles!

## Wacky waxworks

Is there life after dark? Find out at the world's most famous wax museum where "After Dark: The Haunting" is poised to jangle bones on Oct. 20-23 and Oct. 27-30, from 9 pm till midnight.

Experience Madame Tussauds New York's notoriously terrifying paranormal activity. Tread the creepy corridors in unnerving darkness, hear the ceaseless moans and feel the chills run up your spine as sinister eyes follow your every move, and restless souls come alive to haunt the living — complete with teeth-melting special effects and "live" wax figures lurk in the shadows, waiting to pounce on tremulous trick-or-treaters.

The spectacle is not recommended for children under the age of 12, and teenagers under 15 must be accompanied by an adult.

Admission is \$25 at the door, \$22 online and \$18 for groups of 15 or more. Pre-purchased tickets are recommended as general admission tickets will not be accepted.

Madame Tussauds [234 West 42nd St. between Seventh and Eighth avenues, (800) 246-8872 or [www.afterdarknewyork.com](http://www.afterdarknewyork.com)].

## Woof-tastic parade

Howl with pride when your costumed pup is deemed the most magnificent at the Halloween Dog Parade in the East Village on Oct. 22.

Bring Fido and pals to Tompkins Square Park, from noon till 3 pm, for one of the nation's largest pooch spooktacles. Now get gussying!

Tompkins Square Dog Run [East Ninth Street between Avenues A and B, (646) 675-2125].

## Halloween central

Expect gourd's of fun in Central Park when the Central Park Conservancy holds a Pumpkin Sail on Oct. 23, from 4 till 7 pm.

Bring your own orange beauty to carve and decorate. (Be sure to check out the website below for details about pumpkin size and weight.)

The pumpkins will be illuminated and set sail on the Harlem Meer at 6 pm.

Central Park [Dana Discovery Center, 110th Street between Fifth and Lenox avenues, [www.centralparknyc.org](http://www.centralparknyc.org)].

## Top o' the Rock

The Top of the Rock Observation Deck at Rockefeller Center will welcome children and families to a jubilant Halloween celebration on Oct. 30, from 1 till 4 pm.

Children enjoy face painting, magic shows, sweet treats, and arts and crafts while the whole family takes in a breathtaking view. Activities are free with admission.

Tickets — also available at several on-site terminals — are \$23 for adults, \$21 for seniors and \$15 for children 6 to 12 years old. Children ages 5 and under are free.

Top of the Rock [30 Rockefeller Plaza, between 49th and 50th streets and Fifth and Sixth avenues, (877) 692-7625 or (212) 698-2000, [www.topoftherocknyc.com](http://www.topoftherocknyc.com)].

## High Line high jinks

Aim high this Halloween! Friends of the High Line will present the elevated park's first-ever All Hallows Eve parade on the High Line, on Oct. 30, from noon till 3 pm.

Families are invited to dress in costume, assemble on the Seating Steps and keep an eye out for puppet master Ralph Lee, who will lead a cavalcade of students — featuring a giant train car puppet created by the kids. Masqueraders will march, beginning promptly at noon, to The Porch, the High Line's new open-air cafe, to paint faces, dance to kooky tunes, and build a spooky house with the Children's Workyard Kit.

It's free, but children 16 and under must be accompanied by an adult.

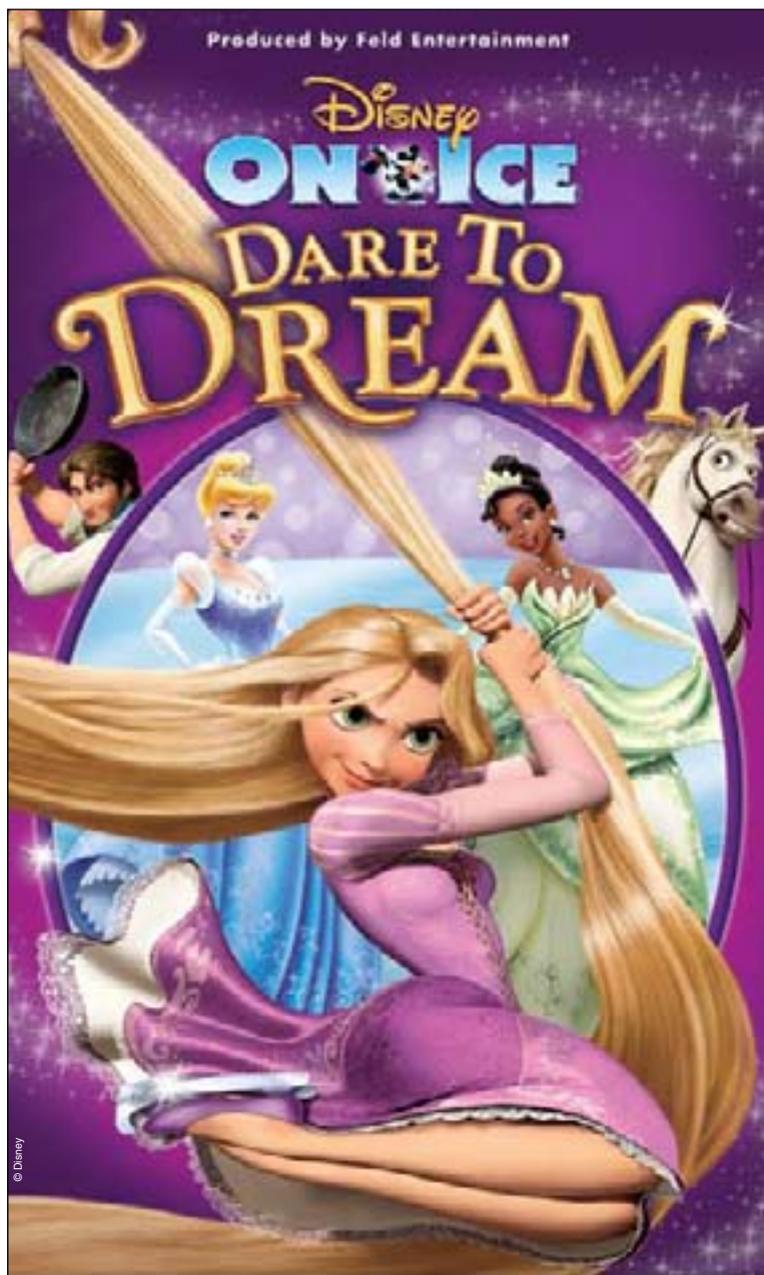
The High Line [West 22nd Street to West 15th Street, (212) 206-9922, [www.thehighline.org](http://www.thehighline.org)].

## Mask-a-rade

The American Museum of Natural History will fling open more than 30 of its popular halls on Oct. 31 — from 4 till 7 pm — for trick-or-treating, arts and crafts, strolling entertainers, and more.

Don't be surprised if you bump into your favorite cartoon character — past years have included appearances by Curious George, Winnie-the-Pooh, Strawberry Shortcake, Clifford the Big Red Dog, Madeline, Maya & Miguel, plus performers from the Big Apple Circus, stilt walkers, and master pumpkin carver Hugh McMahon. Wow!

American Museum of Natural History [Central Park West at 79th Street, (212) 496-3409, [www.amnh.org](http://www.amnh.org)].



## Opening Night Tickets \$15!

Excludes VIP Dining, Rinkside and VIP seats. No double discounts. Additional fees may apply.

NOV. 8 - 13		Tue. NOV. 8 7:00 PM*	Wed. NOV. 9 7:00 PM	Thu. NOV. 10 10:30 AM 7:00 PM	Fri. NOV. 11 3:00 PM 7:00 PM	Sat. NOV. 12 3:00 PM 7:00 PM	Sun. NOV. 13 1:00 PM 5:00 PM
-------------	--	-------------------------	------------------------	-------------------------------------	------------------------------------	------------------------------------	------------------------------------

NOV. 16 - 20		Wed. NOV. 16 7:30 PM*	Thu. NOV. 17 7:30 PM	Fri. NOV. 18 7:30 PM	Sat. NOV. 19 11:00 AM 3:00 PM 7:00 PM	Sun. NOV. 20 1:00 PM 5:00 PM
--------------	--	--------------------------	-------------------------	-------------------------	--	------------------------------------

NOV. 22 - 27		Tue. NOV. 22 7:30 PM*	Wed. NOV. 23 10:30 AM 3:00 PM 7:30 PM	Thu. NOV. 24 11:00 AM	Fri. NOV. 25 10:30 AM 3:00 PM 7:30 PM	Sat. NOV. 26 10:30 AM 3:00 PM 7:30 PM	Sun. NOV. 27 7:30 PM
--------------	--	--------------------------	--	--------------------------	--	--	-------------------------

Buy tickets at [www.disneyonice.com](http://www.disneyonice.com),  
ticketmaster® Retail Locations, Arena Box Offices  
or call 1-800-745-3000

Regular Ticket Prices: \$25 • \$35 • \$55 VIP  
\$80 Rinkside • \$150 VIP Dining (Nassau only)

Additional fees may apply.





# CRAFTING

## a fabulous fall party

Everything you need for a seasonal celebration

BY DENISE MORRISON  
YEARIAN

**W**hether you're planning a bountiful harvest celebration or a creepy-crawly Halloween party, consider these seasonally sensational craft, game and food suggestions.

### Crop of crafts

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

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

Glue ears to the top inside edge of the can and the tail to the back side of the can. Fill with treats.

• **Jack-o-lantern pots:** Buy vari-

ous-sized terracotta pots and turn them upside down so the drainage hole is facing up. On yellow construction paper, draw and cut out two eyes, a nose and a toothy grin — the wackier the better. Apply Mod Podge (a craft glue) with a paintbrush under and over the facial features, then attach them to the pot. Place a short, wide stick out of the hole to resemble a pumpkin stem.

• **Pumpkin noisemakers:** Paint a 12- by 1/2-inch dowel rod black; let dry. Trace and cut out two leaves using green craft foam, then cut a small slit in the center of each leaf. Draw a face onto the bottom

side of an orange paper plate with a black permanent marker. Line up the face plate with a second orange plate, rims together and bottoms facing out. Use a hole punch to

create holes 1-inch apart around the perimeter of both plates. Place dried beans and small jingle bells between the two plates. Also put the dowel between the

plates, moving a short end of the stick above the facial features to represent the pumpkin stem, and a long end below for the handle. Sew plates together by lacing yarn through the holes. Push leaf slits through the short end of the dowel rods and secure with a glue gun.

### Gathering for games

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

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

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

•**Scarecrow relay:** Separate children into two teams. Choose one child from each team to be the scarecrow. Place scarecrows at one end of the room, along with hay and oversized scarecrow-type clothing items. Teammates line up at the other end of the room. To play, teammates take turns running to the scarecrow and dressing him

with one clothing item, then tag the next player who does the same. When the scarecrow is completely dressed, each teammate returns a second time to stuff straw in his clothing. The first team to finish making its scarecrow wins.

### Seasonal snacks

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

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

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

•**Pumpkin pancakes:** Mix dry ingredients: 1 cup flour, 1 tablespoon sugar, 2 teaspoons baking soda, ¼ teaspoon salt and ½ teaspoon cinnamon. Set aside. Separate two eggs. Mix yolks with ½ cup of plain pumpkin puree, 1 cup milk and 2 tablespoons canola oil. Add dry ingredients. Beat egg whites until fluffy, then fold into the batter. Pour ¼ cup of batter onto a greased griddle; flip when bubbles form on top. Kids can make jack-o-lantern faces using raisins, dried fruit, nuts, chocolate chips and whipped cream.

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



Celebrate at  
**Applebee's®**  
**Book Your Birthday Today!**  
Choose from one of our **Fun-tastic Packages:**

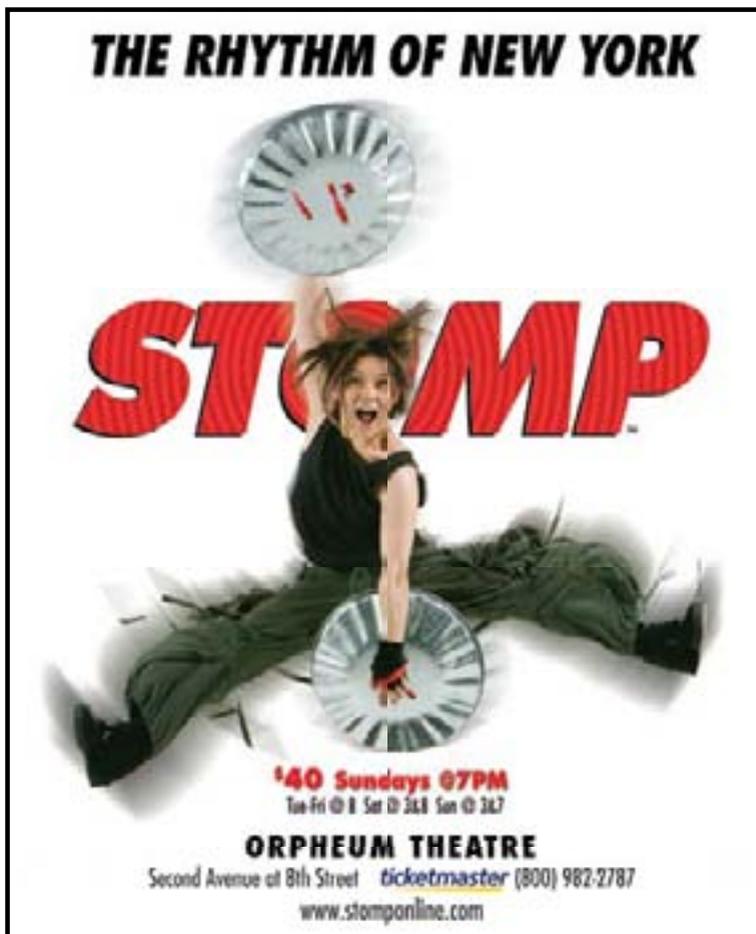
- Clown Around
- Character or Princess Party

**Packages Include:**

- Clowns • Face Painters
- Balloon Twisters
- Food & Beverages

Contact **GROUP SALES AT**  
**(212) 262-4022**  
for package details & availability.

**Blue Balloon**  
a kids entertainment company



**THE RHYTHM OF NEW YORK**

**STOMP**

**140 Sundays 67PM**  
Tue-Fri @ 8 Sat @ 3&8 Sun @ 3&7

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



## NEWBIE DAD

BRIAN KANTZ

# Halloween fears

**T**he nights are getting colder. The harvest moon is full and bright. I'm pretty sure that I just heard a werewolf — or something — howling off in the distance — aww, aww, awwooooo. Yes, it's October. And for kids, that means one thing: Halloween.

Until this year, my boys were convinced Halloween was entirely about the candy. Dressing up in costumes and traipsing through the neighborhood was simply the means to an end. It was their way of procuring a bulging bagful of Tootsie Rolls, Snickers, and Smarties. They didn't question the process at all. No inquisitive "Daddy, why am I dressed like Scooby Doo?" No curious "Why are we knocking on some stranger's door at night?"

No second thoughts. They just wanted the goods.

Now that they're all of 7 and 4 years old, however, things have changed. They've become equally obsessed with the spooky side of Halloween and they love to talk about all of the things that they consider "scary."

As I've listened to their lists of scary stuff, it's occurred to me that I was scared of the exact same things when I was a kid. And that's interesting, because the list is kind of odd. They're not scared of global warming, contaminants in the drinking water, 30-year-mortgages, or Michele Bachmann, like us adults.

Kids have more immediate concerns, like grizzly bears and magic spells.

Could it be that there is a universal list of stuff that kids are scared of? If there is, it probably includes these things:

• **Quicksand.** I'm 38 years old. I've traveled a bit. Yet, I have never seen real quicksand in nature. Does it even exist, or is it just a Hollywood convention for quickly eliminating bad guys from a story line? When I was a kid, I was TERRIFIED of quicksand. One false step — in the backyard, on the way to school, at the beach, anywhere — and you were a goner, swallowed up in the grainy abyss. I was convinced of that. My kids now talk about quicksand with the same fear. Weird.

• **Volcanoes.** Everyone knows that dragons live in volcanoes. That's scary enough, but what my kids are even more afraid of is the lava. Red-hot molten lava rushing down the side of a mountain toward innocent bystanders. When footage of a volcano erupting in Japan hit the TV news, my boys were petrified. They asked: "Lava can't really cover a whole city, can it?" My wife, a social studies teacher, kindly offered them the story of Pompeii and Mount Vesuvius. The boys have been on volcano watch ever since.

• **Haunted houses.** Haunted houses are everywhere in October

— pay five bucks and a teenager in a goalie mask will gladly frighten the bejeezus out of you. What I'm talking about, though, are real haunted houses. Like the house on the corner that has been vacant for two years. You know, that house that my son's father's dad's doctor's brother said belonged to a guy who escaped from prison and was later killed there by someone with a light saber. "Yeah, that house is haunted," my son said.

• **Darth Vader.** Speaking of light sabers, Darth Vader is one scary dude. He freaked me out for a good 20 years until I finally found out that it was just James Earl Jones back there. Within the past year, my boys have been mesmerized by all things Star Wars — the movies, the Lego Star Wars Wii games, action figures, etc. They wouldn't admit that they were scared of Darth Vader until we went to Star Wars Night at our local ballpark. On the way to the hot dog stand, both boys nearly soiled themselves when we walked right by Lord Vader in the concourse.

• **Loch Ness Monster.** The other night, completely out of the blue, my older son asked me if the Loch Ness monster is real. Actually, he asked: "Daddy, can we look up on the Internet to see if the Loch Ness monster is real?" After explaining that not everything on the Internet is fact, we Googled it. And there, in black and white, was the famous image of Nessie's serpent head rising out of the water. That was enough proof for him. His next question: "That monster couldn't swim across the ocean, could she?"

There are other scary things, too, of course — Bigfoot, tarantulas, potions and poisons, ninjas and giant roller coasters all make the kids' list. Halloween is pretty cool, though, because it's a time to consider those things that are a little scary to us, and to laugh and joke about them with others over a bagful of candy. And that tends to make everything seem less scary.

*Brian Kantz is always scared that he'll run out of candy on Halloween night. That's why he buys three times as much as he thinks he'll actually need. Mmm ... leftovers. Kantz can be reached at [thenewbiedad@yahoo.com](mailto:thenewbiedad@yahoo.com).*





Like Us on  
facebook  
to **WIN**  
tickets or  
prizes

Visit us at our  
NYParenting page  
and register to win

## Attention All Writers!

We're looking for personal essays about you, your family and life in your community.

Partner with us and share your stories and your memories.

Email [family@cnglocal.com](mailto:family@cnglocal.com) to have your piece included in our magazine and on our website.




**PRIMARY STAGES**  
presents

"FUNNY, POIGNANT AND ENTERTAINING."  
EXAMINE.COM

SEPTEMBER 20TH - OCTOBER 20TH

# MOTHERHOOD OUT LOUD

WITH MARY BACON, SAIDAH ARRIKA EKULONA, RANDY GRAFF, AND JAMES LECESNE  
WRITTEN BY LESLIE AYZAZIAN, BROOKE BERMAN, DAVID CALE, JESSICA GOLDBERG,  
BETH HENLEY, LAMEECE ISSAQ, CLAIRE LAZEBNIK, LISA LOOMER, MICHELE LOWE,  
MARCO PENNETTE, THERESA REBECK, LUANNE RICE, ANNIE WEISMAN, AND CHERYL L. WEST  
CONCEIVED BY SUSAN ROSE AND JOAN STEIN  
DIRECTED BY LISA PETERSON

**59** PRIMARY STAGES AT 59E59 THEATERS  
BOX OFFICE 59 EAST 59TH STREET (BETWEEN PARK AND MADISON)  
CALL 212-279-4200 ONLINE WWW.PRIMARYSTAGES.ORG  
SUBWAY 4/5/6 N/Q/R TO 59TH STREET



"A THRILL RIDE!"  
TIME OUT NEW YORK

# FUERZA BRUTA

Look Up

BroadwayOffers.com  
or call (800) 432-7250  
Recommended for Ages 10+

**\$39.50**  
(Reg. \$79)

**USE CODE: FBSUB45**

Daryl Roth Theatre  
101 E. 15th St. (@ Union Sq. East)  
[LookUpNYC.com](http://LookUpNYC.com)



## HEALTHY LIVING

DANIELLE SULLIVAN

# Mom trusts her gut

## The doctors said her daughter was fine, but she kept looking

**I**t was early fall, but it had already been a long school year for my daughter. Kate was a good student with a lot of friends, but she had begun to dread going to school. At the same time, she was also noticeably tired, angry, and very worried. An initial physical exam showed nothing but good health. Yet, Kate — always an outgoing and fun-loving kid — was changing before my eyes, and I had no clue as to why.

She also had purple circles under her eyes and a distinct lack of appetite. I took her to a new doctor, since the pediatrician she had since birth had just retired. She was tested

for everything from Lyme disease to West Nile, and all the tests came back normal.

Her teacher said she didn't notice any odd behavior and Kate's grades were still good. She assured me that Kate wasn't being bullied or left out, but, increasingly, Kate did not want to go to school or do much of anything, really.

Kate complained of severe headaches and stomachaches, but — more than anything — she was always tired. I wondered if all the symptoms were just a combination of her worrying about going to school, which caused her to lose sleep and not eat right, which in turn, I assumed, accounted for her feeling sick. After all, her pediatrician said everything was fine.

But deep down, I felt it was more than that. I knew my child instinctively, and I knew something was wrong beyond her not wanting to go to school.

I resigned myself to find a physician who could help her, so we went to another doctor who ordered more blood work. While waiting for the tests to come back, Kate started having panic attacks, both at school and at home. She felt like she couldn't breathe and had heart palpitations, which made her believe she was going to die.

It was heartbreaking and probably the most worried and confused I have ever been as a parent. She had already been to a doctor who said she was fine, yet she was getting worse.

The next afternoon, the new doctor called me, and said Kate's thyroid levels were completely off. She had to be hospitalized and have more tests done. The doctor assured me that her diagnosis was not life threatening and

could be handled with medication as soon as she found out the extent to which her thyroid was functioning.

Her official diagnosis was Hashimoto's hypothyroidism with fluctuating high and low thyroid levels, which accounted for the panic attacks. The compromised thyroid was responsible for the headaches, listlessness, joint pain, severe weakness, and a host of other symptoms she was experiencing. After a few days, Kate started on the drug of choice, Synthroid, which is a synthetic thyroid replacement hormone, and over the next few months, she slowly improved.

It has been 5 years since was diagnosed at age 9. Now at 14, although she has improved, she still suffers from debilitating symptoms. Hypothyroidism is an autoimmune disease that causes the thyroid to not function optimally, so the thyroid gland is underactive or sluggish. It produces a host of symptoms, including extreme fatigue, weakness, exhaustion, headaches, and many more. It is managed, not cured. In many cases, it's a lifelong struggle to find a balance and feel good.

If I had not pursued the fight to identify what was wrong, if I had settled for the doctor's word above my daughter's symptoms, she might have gone for years without treatment. Thyroid disease is typically diagnosed in infancy or in postmenopausal women. It is not commonly diagnosed in children, and many pediatricians do not have experience with it.

When you know something is not right in your child, you have to explore it. Nothing is as on target as a mother's gut feelings. Trust yours, every single time.

**Next month:** Do you suffer from hypothyroidism and still feel terrible, despite treatment? We'll explore the mistreatment of patients with hypothyroidism in the November issue.

*Danielle Sullivan, a Brooklyn-born mom of three, has worked as a writer and editor in the parenting world 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.*



**KIDS GO FREE!**\* with the purchase of one full-price adult ticket.

# VOCAPeOPLE

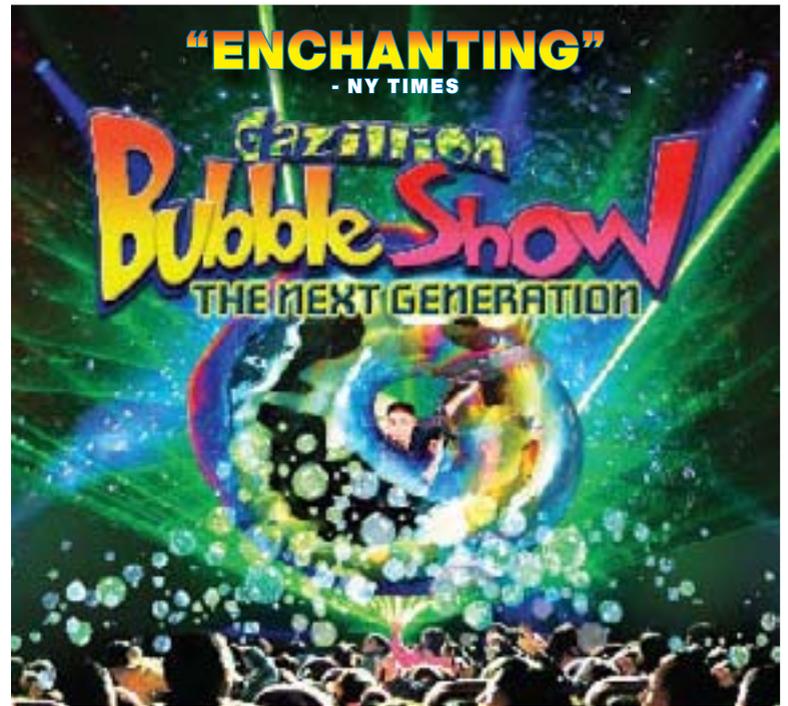
The musical comedy sensation



**"FAMILY-FRIENDLY FUN!"**  
The kids will have a blast as well as the adults!"  
- Broadway World

BroadwayOffers.com • 212.947.8844 code: VPKGF84  
Westside Theatre, 407 W 43rd St.  
VocaPeopleNYC.com

\*Offer is valid for ages 12 and under for select performances from 9/6/11 to 10/30/11. Tickets must be purchased by 10/30/11. May not be combined with any other offer or discount. Offer may be revoked at any time. Some restrictions apply.



**Fri 7, Sat 11, 2 & 4:30, Sun 12 & 3**

For groups & birthday parties visit our website or call  
**1-866-6-GAZ TIX (1-866-642-9849)**

**GazillionBubbleShow.com**

**TELECHARGE.COM or 212.239.6200**

**NEW WORLD STAGES N 340 WEST 50th ST.**

[www.NYParenting.com](http://www.NYParenting.com)



Are you ...

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

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

Education, Activities, Party, Camp, Special Needs, Baby; these are just a few of the reasons why MOMS are coming to [www.webfamilyny.com](http://www.webfamilyny.com)



THE JOY GETS CLOSER DAY BY DAY  
THE LEGENDARY ROCK MUSICAL FROM THE COMPOSER OF "WICKED" AND "PIPPIN" RETURNS TO BROADWAY

# GODSPELL



PREVIEWS BEGIN OCTOBER 13 • [Telecharge.com/212-239-6200](http://Telecharge.com/212-239-6200)

Circle in the Square Theatre, 1633 Broadway at 50<sup>th</sup> Street  
[Godspell.com](http://Godspell.com) • Book your group at 855-DAY-BY-DAY



## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

# Step up to the 'Plate

**G**oodbye baffling pyramid. Hel-LO MyPlate!

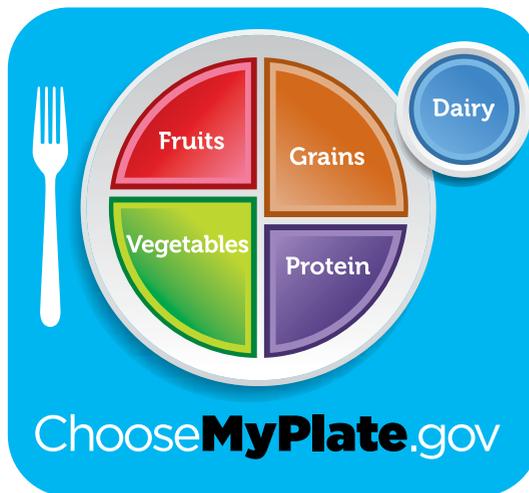
We are finally rid of the striped Food Guide Pyramid and now have a familiar plate in its place. In June, the United States Department of Agriculture unveiled the symbol that should guide our meals: a plate divided into food groups shown in the recommended proportions.

The plate makes it perfectly clear that eating right means plenty of vegetables and fruits, plus whole grains.

"This is a quick, simple reminder for all of us to be more mindful of the foods that we're eating," said First Lady Michelle Obama during the press conference to unveil the new plate. "And as a mom, I can already tell how much this is going to help parents across the country."

The key recommendations are:

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half of your plate fruits and vegetables.
- Make at least half of your grains whole grains.
- Switch to fat-free or low-fat (one percent) milk.
- Compare sodium in foods like soup, bread and frozen meals, and choose the foods with lower numbers.
- Drink water instead of sugary drinks.



make fruits and vegetables half of our plates, the latest United States Department of Agriculture figures show that fruits make up just three percent of our total daily calories, and veggies just five percent. Added fats, oils, sugars and other sweeteners made up 41 percent of calories in 2008.

Plenty or more detailed advice is offered in the full nutrition guidelines at [ChooseMyPlate.gov](http://ChooseMyPlate.gov). For example, right on the home page, you can use the MyFoodpedia, Daily Food Plan, Food Planner,

and Food Tracker interactive tools. Would you like to know the calorie count of a particular food? Ask there. Also, if you click on New and Media, scroll down to Print Materials to download coloring sheets in English or Spanish.

Zonka recommends that parents of pre-school aged children use MyPlate as a game. She suggests taking pictures of foods like broccoli, meat and whole grains, and matching the foods to the food groups, like a puzzle. "Ask, what do you think this is?" She suggests.

Children ages 6 and up should become involved in the kitchen, according to Zonka.

"Get them making food and plating it. Talk about colors and texture, put it on the plate and let them play around. Have them come up with a menu," she says. "Ask, how does it all work together?" By making it more tactile, kids can function better in the kitchen.

As for me? I like that the plate is simple enough for anyone to understand. I'm happy that the tips found on the website start off with encouragement to enjoy your meals. And as Obama said, if her daughters' plates are filled with lots of fruits and vegetables, "then we're good. It's as simple as that."

*Christine M. Palumbo, RD, practices nutrition in suburban Chicago. Contact her at [Chris@ChristinePalumbo.com](mailto:Chris@ChristinePalumbo.com) with your column ideas or questions, or follow her on Facebook at Christine Palumbo Nutrition.*

## Fruit kabob

(Makes seven kabobs)

### INGREDIENTS:

- 1 apple
- 1 banana
- 1/3 cup red seedless grapes
- 1/3 cup green seedless grapes
- 2/3 cup pineapple chunks
- 1 cup nonfat yogurt
- 1/2 cup flaked coconut
- 7 10-inch wooden skewers

**DIRECTIONS:** Prepare the fruit by washing the grapes and apples and cutting them into small squares; peel-



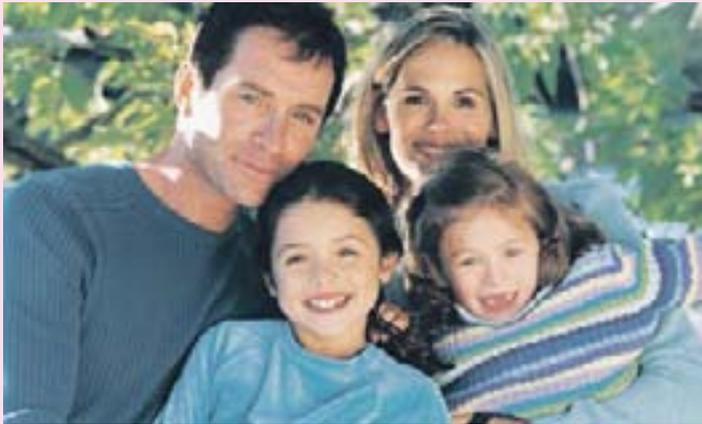
ing the bananas and cutting them into chunks; and cutting the pineapple into chunks, if fresh. Put the fruit onto a large plate. Spread the coconut and yogurt onto two other large plates. Slide the pieces of fruit onto the skewer and design your own kabob by putting as much or as little

of whatever fruit you want! Do this until the stick is almost covered from end to end. Hold your kabob at the ends and roll it in the yogurt, so the fruit gets covered. Then roll it in the coconut. Repeat with the remaining fruit and skewers.

**NUTRITION FACTS:** 90 calories, 18 grams carbohydrate, 3 grams protein, 2 grams fat (1.5 gram saturated), 0 cholesterol, 2 grams fiber, 30 milligrams sodium, 77 milligrams calcium, 12 milligrams vitamin C.

Recipe adapted and used by permission from Kendall College School of Culinary Arts.

QUEENS  
**Family**  
PRESENTS



## Great Family Deals!

Deals, discounts and savings of up to 90% at your favorite family-friendly restaurants, classes, stores, attractions, and much more!



Sign up today!

**BoroDeal.com**

Like us on

**facebook**

or follow us on

**twitter** 

Facebook Search: NYParenting

GREAT FOR A MOM'S NIGHT OUT!  
2 FOR \$99\* TICKET OFFER (reg \$158)  
use code: LLLSP77

Daryl Roth  
presents



## Love, Loss, and What I Wore

an intimate collection of stories by  
Nora Ephron and Delia Ephron

based on the book by Ilene Beckerman  
directed by Karen Carpenter

*Witty and poignant stories about clothing  
and the memories they trigger.*

BroadwayOffers.com or (212) 947-8844  
WESTSIDE THEATRE 407 West 43rd Street

\*Offer expires December 31, 2011. Blackout dates may apply. Regular service charges may apply to all phone and on-line orders. Cash and schedule subject to change. Subject to availability. Offer is non-transferable and may be voided at anytime. No exchanges or refunds. All calls final. Cannot be combined with any other offer. Not valid for prior purchases. Limit 2 tickets per order.



A Strange But True Musical Comedy For Ages 10+

2 Tickets and 2 Dinners \$100 (35% Discount)

**Best Deal In NY City!**

Enter code FT100

Subject to availability for performances thru 11/13/11.

**Sophisticated. Accomplished. Touching.**  
... It's a gas! – New York Post



**Sofia's Downstairs**

221 West 46th Street, New York, NY 10036

**www.thefartiste.com**

**Tickets and Information 212-947-9300**

# Going Places

## LONG-RUNNING

**Pumpkin Patch:** Queens County 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.

**Dinosaur display:** American Museum of Natural History, Central Park West at 79th Street in Manhattan; (212) 769-5000; [www.amnh.org](http://www.amnh.org); Daily, 10 am–5:30 pm, Now – Mon, Jan. 2, 2012; \$24 (\$18 students, \$14 children).

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

**Penguin encounter:** Long Island Aquarium and Exhibition Center, 431 E. Main St. in Riverhead; (631) 208-9200; [ndamico@amwny.com](mailto:ndamico@amwny.com); [longislandaquarium.com](http://longislandaquarium.com); Daily, 11 am, 1:30 pm and 3:30 pm; Now – Sat, Dec. 31; \$50 (\$45 members) plus museum admission.

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

**Tutoring:** Queens Library at Bayside, 2124-20 Northern Blvd.; (718) 229-1834; [www.queenspubliclibrary.org](http://www.queenspubliclibrary.org); Mondays, 3:30 pm, Saturdays, 10 am, Now – Sun, Dec. 18; Free.

Teen volunteers offer homework help.

**Mystery at the Museum:** American Museum of Natural History, Central Park West at 79th Street in Manhattan; (212) 769-5100; [www.amnh.org](http://www.amnh.org); Saturdays and Sundays, 10 am–5 pm, Sat, Oct. 1 – Sun, Oct. 30; \$50.

Park walking tour, part game and part theater, children 10 and up explore the museum in a new way. Advanced registration required. There are eight performances each day and each runs approximately two hours.

**Boo at the Zoo:** Bronx Zoo, 2300 Southern Blvd. at Boston Road; (718) 220-5103; [www.bronxzoo.com](http://www.bronxzoo.com); Saturdays and Sundays, 11 am–4:30 pm, Sat, Oct. 1 – Sun, Oct. 30; \$16 (\$12 children 3-12 and free for children under 3).

Visit the cats and bats and snakes too at the zoo with favorite events like the Haunted Safari and Hess Spooky Hayride.

**Amazing corn maze:** Queens



## Bushels of apples

**T**hey're here! Apples, everyone's favorite fruit. Learn fun facts about the many varieties from Cortlands to Wine-saps and everything in between.

The juicy fruits will be on display in all their red and golden glory at this year's Apple Festival, Oct. 2, at the Queens County Farm Museum.

Hundreds of vendors will be on hand with fresh squeezed cider, apple pies and apple sauces. Bakers will bake the nation's biggest apple cobbler on site. And if

that isn't enough you can pick up hundreds of apple collectibles on sale. Children will be entertained with games and hayrides as well as take a stroll through the pumpkin patch.

The festival is open from 11 am to 4 pm on Oct. 2 and is free. Ample parking available.

*The Queens County Farm Museum, [73-50 Little Neck Pkwy. between Grand Central Parkway and Union Turnpike in Floral Park, (718) 347-3276]. For more visit [www.queensfarm.org](http://www.queensfarm.org).*

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, Now – Sun, Oct. 30; \$9 (\$5 children 4-11; children under 3 free).

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

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

3 pm, Free.

Children 3 and up create fun projects.

**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); Mondays, 4 pm, Now – Mon, Dec. 19.

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

**Story time:** Barnes & Noble, 176-60 Union Turnpike; (718) 380-7077; Tuesdays, 10:30 am, Tues, Oct. 4 – Tues,

## Submit a listing

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

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

Dec. 13; Free.

Listen to a new author each week.

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

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

**Open auditions:** Queensboro Community College, 222-05 56th Ave. at Springfield Blvd.; (718) 646-662-9373; [phlzy@aol.com](mailto:phlzy@aol.com); Wednesdays, 7:30–9:30 pm, Now – Wed, Oct. 26; Free.

Currently interviewing woodwind and brass musicians.

**Haunted pumpkin walk:** New York Botanical Garden, 200th Street and Kazimiroff Boulevard in the Bronx; (718) 817-8700; [www.nybg.org](http://www.nybg.org); Tuesdays – Sundays, 10 am, Sat, Oct. 1 – Sun, Oct. 30; \$20 (\$18 seniors and students; \$8 for children 2-12).

Stroll through spooky gourds, scarecrows and frightening spiders.

**Creepy creatures:** New York Botanical Garden, 200th Street and Kazimiroff Boulevard in the Bronx; (718) 817-8700; [www.nybg.org](http://www.nybg.org); Saturdays and Sundays, 1 pm, Sat, Oct. 1 – Sun, Oct. 30; \$20 (\$18 seniors and students; \$8 for children 2-12).

Get up close and personal with Madagascar hissing cockroaches, the emperor scorpion and the pink toe tarantula.

**The Yak Packers:** Rubin Museum of Art, 150 W. 17th St., between Sixth and Seventh avenues in Manhattan; (212) 620-5000 ext. 344. [www.rmanyc.org](http://www.rmanyc.org); Thursdays, 10:30 – 11:30 am, Now – Thurs, Dec. 29; \$10 child and parent

# Going Places

(\$5 members).

Children ages 2 to 4, accompanied by an adult, touch, explore and create projects inspired by Himalayan art.

**Open mic:** Barnes & Noble, 176-60 Union Turnpike; (718) 380-7077; Mondays, 10:30 am, Mon, Oct. 10 – Thurs, Dec. 1; Free.

Come and share your original works or listen to others.

**“Seascape with Sharks and Dancer”:** Red Room Theater, 85 E. Fourth St. and Bowery Place in Manhattan; (212) 868-4444; [www.smarttix.com](http://www.smarttix.com); Thursdays – Saturdays, 8 pm, Sundays, 2 pm, Thurs, Nov. 3 – Sun, Nov. 20; \$20 (\$15 students).

Don Nigro’s off-beat love story about a young man who saves a young woman from the sea.

## FRI, SEPT. 30

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

Card games and board games. For children, ages 6 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, ages 5 and up, enjoy checkers, chess, Candy Land and many more.

**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, OCT. 1

**“The Story Pirates”:** Leonard Nimoy Thalia, 2537 Broadway at 95th Street in Manhattan; (212) 864-5400; [www.symphonyspace.org/genre/family](http://www.symphonyspace.org/genre/family); 11 am and 2 pm; \$11-\$25.

Smart and zany troupe creates musical sketch comedy.

**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.

**Knitting workshop:** Steinway Public Library, 21-45 31 St. at 21st Avenue; (718) 728-1965; [www.queenslibrary.org](http://www.queenslibrary.org); 2 pm.

Children, ages 10 to 16, learn basic stitches. Pre-registration required.

## SUN, OCT. 2

**Field day:** Victory Park, Woodhaven Boulevard at Forest Park Drive; (718)



## Zoo time for toddlers

**T**oddler Time has come to the Queens Zoo. This great new interactive program for 2- and 3-year-olds with a parent or caregiver teaches children all about animals. How they eat, they feel and even what they eat as they visit with live animals. Each child enjoys musical activities and crafts that are age appropriate and participants can go to

one class or all. Toddler Time is offered now through Nov. 2 from 10:30–11:30 am.

Admission to the program is \$100 (\$130 non-members) for six sessions, or \$20 (\$25 non-members) per class.

*Queens Zoo, [53-51 111th St. at 53rd Street in Corona, (718) 271-1500]. For more visit [www.queenszoo.com](http://www.queenszoo.com).*

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.

**Dan Zanes and Friends:** Jack H. Skirball Center for the Performing Arts, 566 LaGuardia Pl. at Washington Square in Manhattan; (212) 352-3101; [www.skirballcenter.nyu.edu](http://www.skirballcenter.nyu.edu); 3 pm; \$25.

Children’s concert featuring material from “Little Nut Tree.”

## MON, OCT. 3

**Healthy eating:** Lefrak City Library, 98-30 57th Ave.; (718) 592-7677; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm; Free.

Participants learn about the digestive system and how to read food labels, along with an interactive workshop with illustrations. For children ages 11 to 14. Pre-registration required.

**Literacy for Kids:** Windsor Park Public Library, 79-50 Bell Blvd. at 73rd

Avenue; (718) 468-8300; [www.queenslibrary.org](http://www.queenslibrary.org); 6:30 pm; Free.

Children in third to fifth grade learn how to find books and do research in the library.

## WED, OCT. 5

**Toddler time series:** Queens Zoo, 53-51 111th St; (718) 271-1500; [queenszoo.com](http://queenszoo.com); 10:30–11:30 am; \$100 (\$130 non-members) six sessions.

Children 2 to 3 years old, with parents, participate in interactive program, with movement, musical activities, crafts and visits with live animals.

**Healthy eating:** Bayside Public Library, 214-20 Northern Blvd. at 215th Street; (718) 229-1834; [www.queenslibrary.org](http://www.queenslibrary.org); 3:30 pm; Free.

Participants learn about the digestive system and how to read food labels, along with an interactive workshop with illustrations. For children ages 11 to 14. Pre-registration required.

**Resume writing:** 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 create a winning

resume.

**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-style for teens to play games, do arts-and-crafts or hang with friends.

## THURS, OCT. 6

**Arts and crafts:** Sunnyside Public Library, 43-06 Greenpoint Ave. and 43rd Avenue; (718) 784-3033; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm; Free.

Remake it allows children ages 11 to 14 to turn trash into functional items. Space is limited.

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

Twins and teens in grades six to 12 create tie-dyed T-shirts. All materials provided. Pre-registration required.

**Writing workshop:** Langston Hughes Public Library, 100-01 Northern Blvd. at 216th Street; (718) 651-1100; [www.queenslibrary.org](http://www.queenslibrary.org); 6 pm; Free.

Tom Pope offers helpful tips to teens on how to write fiction.

## 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 ages 4-11; children under 3 free).

Explore the maze.

**Hands-on history:** King Manor Museum, 150th Street at Jamaica Avenue; (718) 206-0545; Noon–3 pm; Free.

Children learn about trains and enjoy crafts.

**“Women of the Calabash”:** Leonard Nimoy Thalia, 2537 Broadway at 95th Street in Manhattan; [www.symphonyspace.org/genre/family](http://www.symphonyspace.org/genre/family); 2 pm; \$11-\$25.

Musical performance combining traditional instruments, lush vocals and musical forms.

**Dance performance:** Flushing Public Library, 41-17 Main St. at Parsons Boulevard; (718) 661-1200; [www.queenslibrary.org](http://www.queenslibrary.org); 2 pm; Free. The music and dance of China.

**Knitting workshop:** 2 pm. Steinway Public Library. See Saturday, Oct. 1.

## SUN, OCT. 9

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

*Continued on page 42*

# Going Places

Continued from page 41

## TUES, OCT. 11

**Arts and crafts:** Steinway Public Library, 21-45 31st St. at 21st Avenue; (718) 728-1965; www.queenslibrary.org; 4 pm; Free.

Remake it allows children ages 11 to 14 to turn trash into functional items. Space is limited.

## WED, OCT. 12

**Book-making workshop:** Long Island City Public Library, 37-44 21st St. at 43rd Avenue; www.queenslibrary.org; 4 pm.

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

**Rec room:** 4 pm. Steinway Public Library. See Wednesday, Oct. 5.

**Employment skills workshop:** Arverne Public Library, 312 Beach 54th St.; (718) 634-4784; www.queenslibrary.org; 4 pm; Free.

Teens learn how to construct a cover letter to accompany a resume.

## THURS, OCT. 13

**Writing workshop:** 6 pm. Langston Hughes Public Library. See Thursday, Oct. 6.

## FRI, OCT. 14

**"Treasured Stories by Eric Carle":** Jack H. Skirball Center for the Performing Arts, 566 LaGuardia Pl. at Washington Square in Manhattan; (212) 352-3101; www.skirballcenter.nyu.edu; 10 am; \$15-\$25.

Beloved children's stories, from "The Very Hungry Caterpillar," "Brown Bear Brown Bear What do You See?" and "Papa Please Get the Moon for Me."

## SAT, OCT. 15

**Amazing corn maze:** 11 am-9 pm. Queens County Farm Museum. See Saturday, Oct. 8.

**"Treasured Stories by Eric Carle":** 11 am and 2 pm. Jack H. Skirball Center for the Performing Arts. See Friday, Oct. 14.

**House festival:** King Manor Museum, 150th St. at Jamaica Avenue; (718) 206-0545; Noon-4:30 pm; Free.

Watch a historic open-hearth cooking demo and taste foods from the past.

## SUN, OCT. 16

**"Treasured Stories by Eric Carle":** 11 am and 2 pm. Jack H. Skirball Center for the Performing Arts. See Friday, Oct. 14.

**Rockaway fall festival:** Bayswater



## Follow the music

**O**ran Etkin, the Pied Piper of children, will be weaving his magic tunes at the Leonard Nimoy Thalia Theater as part of Symphony Space's children's series on Oct. 22 at 11 am.

Etkin — the creator of the Timbalooloo method of music instruction featuring Clara the Clarinet, Big Mama Tuba and a host of other friends — will have the children (and adults) dancing in the

aisles. This fun, interactive show engages a child's innate musicality by incorporating melodies and rhythms from all over the world and leading the audience through games, stories, and songs.

*Oran Etkin at the Leonard Nimoy Thalia Theater [2537 Broadway at West 96th Street, Manhattan, (212) 316-4962] Oct. 22 at 11 am. Tickets \$20, \$17 for members; \$13 children and \$11 for member children.*

Park, Beach 32 St. at Beach Channel Drive; (718) 318-4000; Noon-3 pm; Free.

Pumpkin patch, costume making, pony and hay rides and lots of entertainment and refreshments.

**Harvest Fest and pumpkin patch:** Queens Botanical Garden, 43-50 Main Street; (718) 539-5296; www.queensbotanical.org; Noon-4:30 pm; Free with Garden admission (\$3 per pumpkin).

Visit the patch and pick your gourd, or listen to bluegrass performances, readings from the Fresh Meadows Poets, or listen to storyteller Bobby Gonzalez.

## MON, OCT. 17

**Literacy for Kids:** 6:30 pm. Windsor Park Public Library. See Monday, Oct. 3.

## TUES, OCT. 18

**Family party:** American Museum of Natural History, Central Park West at 79th Street in Manhattan; (212) 313-7161; familyparty@amnh.org; 5-7 pm; \$85 (\$175 adults).

Families partake of educational activities, entertainment, interactive workshop with animals, and the science center.

## WED, OCT. 19

**Toddler time series:** 10:30-11:30 am. Queens Zoo. See Wednesday, Oct. 5.

**Resume writing:** 4 pm. Arverne Public Library. See Wednesday, Oct. 5.

**Rec room:** 4 pm. Steinway Public Library. See Wednesday, Oct. 5.

## THURS, OCT. 20

**Writing workshop:** 6 pm. Langston Hughes Public Library. See Thursday, Oct. 6.

## FRI, OCT. 21

**Healthy eating:** Fresh Meadows Public Library, 193-20 Horace Harding Expwy. at Peck Avenue; (718) 454-7272; www.queenslibrary.org; 4 pm; Free.

Participants learn about the digestive system and how to read food labels

along with an interactive workshop with illustrations. For children ages 11 to 14. Pre-registration required.

## SAT, OCT. 22

**Galumph:** Peter Jay Sharp Theater, 155 W. 65th St. at Lincoln Center in Manhattan; www.symphonyspace.org/genre/family; 11 am; \$11-\$25.

Acrobatics, visual effects, physical comedy and choreography.

**Oran Etkin and Timbalooloo:** Leonard Nimoy Thalia, 2537 Broadway. at West 96th Street in Manhattan; (212) 316-4962; 11 am; \$20 (\$17 members; \$13 children, \$11 member children).

Zany jazz music just for kids, featuring Clara the clarinet, Big Mama Tuba and all their friends.

**Halloween show:** Flushing Public Library, 41-17 Main St. at Parsons Boulevard; (718) 661-1200; www.queenslibrary.org; Noon; Free.

Blood Fest 2011 stars Ray West and Alex Haines, a magic show, horror movies, a trick-or-treat haunted tunnel, ghosts and costume contests.

**Halloween festival:** Fort Totten, Cross Island Parkway, Totten Road to 15 Road; (718) 352-1769; Noon-4 pm; Free.

Come and enjoy a day of spooktacular fun, games, rides, crafts, costume contest, hay rides and pumpkin patch.

## SUN, OCT. 23

**Stargazing:** Fort Totten, Cross Island Parkway, Totten Road to 15 Road; (718) 352-1769; 7 pm; Free.

Visit the night sky.

## MON, OCT. 24

**Literacy for Kids:** 6:30 pm. Windsor Park Public Library. See Monday, Oct. 3.

## WED, OCT. 26

**Toddler time series:** 10:30-11:30 am. Queens Zoo. See Wednesday, Oct. 5.

**Rec room:** 4 pm. Steinway Public Library. See Wednesday, Oct. 5.

**Employment skills workshop:** 4 pm. Arverne Public Library. See Wednesday, Oct. 12.

## THURS, OCT. 27

**T-shirt crafts:** 4 pm. Windsor Park Public Library. See Thursday, Oct. 6.

**Halloween:** Hillcrest Public Library, 187-05 Union Turnpike at 188th Street; (718) 454-2786; www.queenslibrary.org; 5 pm; Free.

Werewolves, vampires, ghosts and goblins come early and share snacks and treats.

# Going Places

**Writing workshop:** 6 pm. Langston Hughes Public Library. See Thursday, Oct. 6.

## FRI, OCT. 28

**Haunted tour:** Fort Totten, Cross Island Parkway, Totten Road to 15 Road; (718) 352-1769; 6:30–8:30 pm; Free.

The Urban Park Rangers take you on a lantern tour of the historic Water Battery.

## SAT, OCT. 29

**Yowling Halloween:** Rockaway Freeway, B. 84th and Beach Channel Drive; (718) 318-4000; 11 am–2 pm; Free.

Bring your furry friends in costume and win a prize for most creative. There'll be games, music and pets for adoption.

**"Goodnight Goon":** Barnes & Noble, 176-60 Union Turnpike; (718) 380-7077; 11 am; Free.

A scary good read by Michael Rex. Kids club.

**Ben Rudnick and Friends:** Leonard Nimoy Thalia, 2537 Broadway at West 96th Street in Manhattan; (212) 316-4962; 11 am; \$20 (\$17 members; \$13

## Get 'Wonderstruck'

**B**ring your young arts and crafts-lover to the Queens Museum of Art to make his very own scale model of New York City out of cardboard, glue and colored paper. Children of all ages are invited to enjoy light snacks as the roll up their sleeves and create their small world based on the museum's New York City Panorama, a 9,553-square-foot model of New York City in miniature, built by Robert Moses for the 1964 World's Fair.

Parents and kids can also check out the museum's show, "Wonderstruck in the Panorama:

Drawings by Brian Selznick," an exhibit of 35 imaginative drawings, sketches, and storyboards that document the making Moses masterpiece.

It's all part of MetLife's Second Sundays for Families series, in conjunction with the release of best-selling children's author Brian Selznick's novel "Wonderstruck,"

"Wonderstruck in the Panorama," at the Queens Museum of Art [New York City Building, Flushing Meadows Corona Park, (718) 592-9700] Oct. 6 from 1 pm to 4 pm. For info visit [www.queensmuseum.org](http://www.queensmuseum.org)

children, \$11 member children).

Hip upbeat music with fun-to-sing lyrics.

**Haunted tour:** 6:30–8:30 pm. Fort Totten. See Friday, Oct. 28.

## SUN, OCT. 30

**Haunted house:** Queens County Farm Museum, 73-50 Little Neck Pkwy.; (718) 347-3276; [www.queensfarm.org](http://www.queensfarm.org); 4–7 pm; \$4.

Get your thrills on at the haunted

house or take a hay ride. Recommended for children ages 4 to 12, but adults find it creepy, too!

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

Children wear costumes, visit the haunted house and enjoy traditional games.

## MON, OCT. 31

**Halloween celebration:** American Museum of Natural History, Central Park West at 79th Street in Manhattan; (212) 769-5100; [www.amnh.org](http://www.amnh.org); 4–7 pm; \$19 (\$10.50 children) general admission.

The halls will be open for trick-or-treating, arts and crafts and cartoon characters. Families partake of educational activities, entertainment, interactive workshop with animals, and the science center.

**El día de los Muertos:** Jackson Heights Public Library, 35-51 81st St. at Northern Boulevard; (718) 899-2500; [www.queenslibrary.org](http://www.queenslibrary.org); 6 pm; Free.

Celebrate the day of the dead by making a box altar using paper skeletons and other decorations.

new  
parents  
expo

THE EVENT OF THE YEAR  
FOR EXPECTANT & NEW PARENTS  
OCTOBER 15<sup>TH</sup> & 16<sup>TH</sup>, AT PIER 92, NYC

Bringing together the latest products and services  
for Pregnancy, Baby and Toddler.

Plus America's # 1 Pediatrician Dr. Harvey Karp!

Everything You Need From Pre-Natal To Preschool!

Leading Brands & Services! Stroller "Test Drive" Track! Free Buggy Tune-Up!

Maternity Fashion Show! Play Area For Little Kids! And An Incredible Group Of Speakers!



New York  
family

LIZ LANGE



Designer of  
Liz Lange for  
Target and  
Co-Founder of  
Shopafrolic.com

DR. BOB SEARS



Co-Author of  
The Portable  
Pediatrician:  
Everything You Need  
To Know About Your  
Child's Health!

DR. HARVEY KARP



Creator of The  
Happiest Baby on  
the Block and The  
Happiest Toddler  
on the Block DVDs  
and books.

VICKI IOVINE



Author of The  
Girlfriends' Guide to  
Pregnancy and The  
Girlfriends' Guide to  
Surviving The First  
Year of Motherhood

ROSIE POPE



Star of Bravo's  
"Pregnant In  
Heels" and  
Founder of  
Rosie Pope  
Maternity



Buy Tickets at:  
NewParentsExpo.com

Tickets and Information: [NewParentsExpo.com](http://NewParentsExpo.com)

For more info, contact Rebecca Martin,  
[rmartin@manhattanmedia.com](mailto:rmartin@manhattanmedia.com), or 212-284-9732



**DIVORCE & SEPARATION**

LEE CHABIN, ESQ.

# Living together during divorce

**F**or many couples considering — or in the process of — getting a divorce, a lack of money means one spouse can't afford to move out of the house they share. Both are forced to stay, which leads to frustration, loneliness, and even fear while they wait it out. They hope that things will improve — that, eventually, a job will be found, a home will regain its value — and that somehow, more money will come in. But how do they manage in the meantime?

It can be terribly difficult.

"It takes a lot of effort to maintain respect, for instance, when passing by one another in the kitchen or other common area," says Dr. Doris Aptekar, a Roslyn, Long Island-based psychotherapist and certified hypnotherapist. Still, there are ways to alleviate the stress.

**What to tell the kids**

It is tempting not to say anything, but that can be damaging for the children. If the parents don't address the subject, kids will create their own explanations for the negativity in the home and often blame themselves.

It can be enough to say, "Mom and Dad aren't getting along so well right now. But that's grown-up business, and you didn't do anything wrong. We both love you very much." Children shouldn't be told the details of the adult conflict itself.

Aptekar strongly cautions against "bad mouth[ing] the other parent," and calls dating "a very tender area. If parents date, it is important not to bring a new partner to the children's home. Maybe parents should say, 'I'm meeting a friend,' rather than, 'I have a date.' Divorce is hard enough on children. They don't want to see a parent with someone new."

Having a schedule helps, as it clarifies expectations for everyone, including children, and keeps parents from having to repeatedly address the same questions.

Even being apart from your spouse briefly can ease the stress. Can you agree that you will stay out until 10 pm on Tuesdays, and your spouse will do the same on Thursdays? Can you split the weekends? Are there two entrances to the house, allowing you two to avoid meeting when coming and going? Can you have access to the kitchen between the hours of "A" and "B," and your spouse between "B" and "C?"

Staying out can be an opportunity, and many activities are free or inexpensive. Taking a class, attending a support group, visiting family or friends, or pursuing a hobby will ease tension at home, and give you the lift that comes from socializing, being physically active and/or learning something new.

Here are some other things to think about:

•**A therapist or psychologist.** A good one can help you cope with the hurt and the anger that stem from the end of the marriage and the strain of being cooped up together. Recognizing that you

may need help — and getting it — is a sign of strength, not weakness.

•**Divorce coaching.** New to most people, "coaching isn't about giving advice, it's about empowering [clients]

to make changes in their lives," explains Diane Rivers, a certified life coach in New York City. Rivers says that she helps clients "stay focused on what they want," often encouraging "small changes" that can be made "right now, to make things more bearable."

•**Mediation.** A few divorcing couples can speak calmly together. Most can't. And, once adversarial lawyers get involved, constructive communication usually becomes more difficult, if not impossible. People tend to "dig in."

But with a mediator sitting with both spouses, the parties are better able to speak and listen to one another. You might be asked, "Now, while you are both still in the marital home, how can you agree to share it in a way you each feel is fair, and that will reduce the stress between you?" You would be encouraged to brainstorm options, and then to discuss and decide among them.

•**Work on communication skills.**

Three books that may assist you are: "Difficult Conversations: How to Discuss What Matters Most," by Douglas Stone, Bruce Patton and Sheila Heen; "Nonviolent Communication: A Language of Compassion," by Marshall B. Rosenberg; and, "Getting to Yes: Negotiating Agreement Without Giving In," by Roger Fisher, William L. Ury, and Bruce Patton.

At a minimum, improved skills may keep the atmosphere in your home from deteriorating further.

If there is domestic violence in your relationship, know that it tends to escalate. Please, don't wait for it to get worse. Call the National Domestic Violence Hotline at (800) 799-7233, or, (800) 787-3224. You can also visit [www.thehotline.org](http://www.thehotline.org).

*Lee Chabin, a New York City and Long Island-based divorce mediator and collaborative divorce lawyer, 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. You can also visit <http://lc-mediate.com/home>.*



# Party Planners



**CLOWNS, CHARACTERS & COTTON CANDY, INC.**  
**Children's Parties**

★ CUTE CLOWNS ★ MUSICAL GAMES  
 ★ CARTOON CHARACTERS ★ PICTURE TIME  
 ★ BALLOON SCULPTING ★ MAGIC  
 ★ FACE PAINTING ★ COTTON CANDY MACHINE

We Come to You and Bring Smiles to Your Children!  
 (718) 683-1739 • (516) 987-9288  
 VISIT OUR WEB SITE AT 3CPARTIES.COM!

**Best Clowns**

Clowns • Costume Characters  
 Princess Parties • Magicians  
 Face Painters • Balloon Art  
 Caricaturists • Toddler Games  
 Cotton Candy & More

1-800-75-CLOWN or 212-614-0988

Bi-Lingual Performers Available • Private & Corporate Events  
 All Boros, L.I. & Westchester

**PARTY! PARTY! PARTY!**  
 Have Your Next Fabulous Party With Us

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

We give all our parties "personal touch" as we are committed to customer satisfaction!  
 See inside ad for more information.

**ASTORIA SPORTS COMPLEX**  
 34-38 38th St., Astoria, NY 11101 • 718-729-7163 • www.ascsports1.com

**Rico The Clown**

Magician  
 Comical Nerd

As seen on TV

• Magic • Balloon Sculpting  
 • Comedy • Roasting  
 • Educational Shows  
 • Adults/Kids

Rico is a University Professor of Speech and Communication

718-434-9697 • 917-318-9092

**RECEIVE 5 EXTRA TOKENS PER CHILD WITH THIS AD**

**KIDS FUN HOUSE**  
 www.kidsfunhouse.com

Specializing in Themed Birthday Parties

Arts & Crafts, Dinosaur, Candy, Glamour Makeover, Princess/Knight and more

**Each 3 hour party includes:**

- 1.5 hours in private party room
- Pizza, soda or juice • Birthday cake with candles
- Costumes, dancing or craft • Balloons and all party supplies • Dedicated host • Invitations

6000 sq ft of plain fun!  
 Tri-story playground with mazes and triple slide, toddler area, video games!  
 Great destination for school trips and summer camps starting at \$5 per child.

62-73 Fresh Pond Road • Tel: 718.418.5437

**ALL IN ONE ENTERTAINMENT INC.**

ALL AT A REASONABLE PRICE  
 (718) 441-5764  
 (718) 441-7796  
 www.allinoneentertainment.com

Clowns • Magicians • Cartoon Characters  
 DJ Service • Arts & Crafts  
 All Types of Bounce • Face Painting Sand/  
 Spin Art • Balloon Artists  
 Private Events • and much more!!!

WEEKDAY SPECIAL STARTS AT \$90.00  
 PARTY ROOM AVAILABLE

95-25 Jamaica Ave, Woodhaven, NY 11421

**Have A Kid's Party That's Very Different!**

• We bring the zoo to you!  
 • All ages & all occasions  
 • Bug & Reptile Shows  
 • Sarnyard Petting Zoo  
 • Pony Rides  
 • Exotic Pet Program  
 • Nature Programs  
 • Pet Therapy  
 • U.S.D.A. Licensed & Insured

Visit our website: www.partyfets.com

Hands-on learning about exotic animals from around the world

**WE ADOPT UNWANTED EXOTIC PETS!**

All Day Enrichment Programs Available to Schools, Scouts, Libraries, & Private Occasions • BOOK EARLY!

Call 516-766-1100 • Party Fets, Inc. • P.O. Box 439 • Baldwin, NY

Tortoise • Chinchilla • Hedgehog • Alligator • Snakes & Dogs

**HAPPY HENRY**  
 "The Wizard/Magician Clown"

Close Up Magic AT ITS VERY FINEST

- HANDS-ON MAGIC
- BALLOON ANIMALS
- FACE PAINTING
- ILLUSIONS AND HUNDREDS OF COSTUME CHARACTERS

Birthdays, Bar Mitzvahs, Christenings, Children's and Adult Parties  
 CORPORATE ACCOUNTS WELCOME

917-617-3698  
 www.HappyHenrytheWizard.com

Seen on HBO

**Home Pony Parties**

2 Ponies Wagon, Petting Zoo  
 Choo-Choo Trackless Train, Moon Bouncer, Obstacle Courses, Dunktanks, Ball Pit, Cotton Candy, Popcorn Snow Cone, Pirate Ship, Whip, Rides, Inflatable Train, Cowboy / Girl Hats Available, Tents, Chairs, Tables, Portable Toilets & More

631-491-5867  
 www.LaughingPonyParties.com

FREE: Pumpkins & Hayrides In October At Our Farm

## theMarketplace

shops • services • restaurants • recreation

### BUSINESS OPPORTUNITIES

**Wanted Distributors & Sales Agents**

Earn Big Money! Set Your Own Hours!  
 Be Your Own Boss!  
 Use Your Home Or Place Of Business To Earn Extra Income  
 Selling Ladies Lingerie & Accessories  
 Customer Service 24 Hours  
**Tel. 917-833-7643** Ask for Barrett  
 E-mail: [bjmlingerie@gmail.com](mailto:bjmlingerie@gmail.com) • [www.bjmlingerie.com](http://www.bjmlingerie.com)

### SPEECH THERAPY

**Nina Friedman M.A. CCC/SLP**  
 Certified Speech/Language Patologist

Home Care Therapy For All Ages

Ph. (917) 601-8562 • [NFriedman7@aol.com](mailto:NFriedman7@aol.com) • Fax: (718) 423-7567\*51

To place an ad in this section, please call  
**718.260.2587**

# New & Noteworthy

## The case for baby

There are plenty of fun and educational apps available for babies and young children these days, but the electronic devices they run on certainly aren't dribble-proof.

Thanks to the Laugh & Learn Apptivity Case by Fisher Price, you can now feel confident handling your iPhone or iPod over to your baby (ages six months and up) as she can now enjoy your Apple device without damaging it.

The case is made of durable rubber, and slips right over your device to protect the screen from any drool or rough-housing. Additionally, the Apptivity Case comes with easy grip handles, and a home button lockout feature to prevent your child from making unwanted calls while playing with



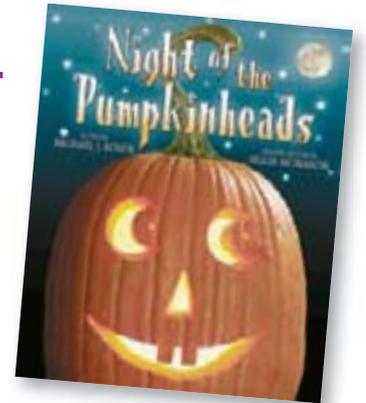
your phone. The best part? Colorful rattle beads and a mirror on the back of the case will entertain your child even without a device inside, so you won't feel guilty about making a phone call every once in a while.

Fisher Price Laugh & Learn Apptivity Case, \$15. For info, visit [www.fisher-price.com](http://www.fisher-price.com).

## A gourd read

Get into the spirit of the season with Michael J. Rosen's "Night of the Pumpkinheads." Follow jack-o-lanterns Jackpot, Jackie-O, and their pumpkin pals as they try to frighten children on Halloween, but can't quite accomplish their scary scheme. The hardcover is illustrated with photographs of actual gourds that have been carved by Brooklyn-based sculptor Hugh McMahon.

His 35 years of knife-wielding experience are evident in the variety of eyeballs he renders from the rinds of orange baby gourds. Unfortunately Rosen makes a gruesome error by



dubbing Scotland's famous serpent "Lock Ness" instead of "Loch Ness."

Suitable for kids ages 5 to 8.

"Night of the Pumpkinheads" by Michael J. Rosen, \$16.99. For info, visit [penguin.com/youngreaders](http://penguin.com/youngreaders)

## Go a 'Little Nut' for Zanes

Five years — practically a lifetime! — after his last family album was released, Dan Zanes and his musical "friends" are back with "Little Nut Tree," which picks up where this Grammy Award-winning left off.

Zanes fans will appreciate Zanes's genius for fusing top-tapping musical hooks for adults — from genres as diverse as blues, soul, rock, and the Broadway musical — with lyrics that appeal to the younger set.

So the soulful opening track, "In the Basement," sounds like a 1960s dance party, but is actually a tribute to the classic play room.

Another song, the show-tuney

"Summer Trains," starts out like "Sidewalks of New York," but becomes a classic Zanes journey by rail where "everybody's laughing and no two trips are the same."

And it wouldn't be a Zanes album without something flat-out silly — in this case, "John Kananaka," a song the kids will love (and singalong to).

Zanes's regular band backs him up faithfully, but the former Del Fuegos frontman also takes advantage of a lifetime in the music business, inviting such pop stars as Joan Osborne and Sharon Jones to join the fun.

For info on all of Dan Zanes's releases, [www.danzanes.com](http://www.danzanes.com).



## 'Spoon' it up

What do a spoon, a fox, a dog, a frog, a skeleton and a pail of blueberries have in common? They're all

found, in animated form, in "My First Collection, Volume 2, Featuring Spoon," a three-DVD set of 13 adorable short stories designed to bolster literacy and problem-solving

skills among pre-and young readers.

Each DVD will entertain and delight your child with sing-alongs, music and a cast of lovable characters.

The set also includes a interviews with "Bugs! Bugs! Bugs!" author-illustrator Bob Barner and "Spoon" author Amy Krouse Rosenthal.

"My First Collection, Volume 2 Featuring Spoon," \$24.95, \$12.95 for separate DVDs. For info, visit [www.newkideo.com](http://www.newkideo.com).

## App helps make math fun

How do you make math fun? Launch it into outer space!

Meteor Math is a numbers game for the iPhone, iPod Touch and the iPad, in which players tap meteors tagged with numerals in order to complete math equations. As the levels get higher, the time limit gets tighter, encouraging your child to solve math problems and puzzles more and more quickly. For kids of all ages, it aids in teaching basic arithmetic, as well as helping more math experienced mathletes brush up on their skills.

With puzzles focused on addition, subtraction, multiplication and divi-



sion, this app will entertain and engage your child in a way that is by the numbers.

Meteor Math by Mindshapes. \$2.99, available under the "Games" category at the Apple App Store.

NEW YORK **SPECIAL CHILD**  
LONG ISLAND **SPECIAL CHILD**

Trusted since 2008

**Informing & Enriching  
"Special Needs"  
Families throughout  
NYC & Long Island!**

**THE NEXT PRINTING  
WILL BE IN OCTOBER.**

For more information about distribution or how to get your free copy, please e-mail us at [family@cnglocal.com](mailto:family@cnglocal.com).

Visit us online at

[www.NYParenting.com](http://www.NYParenting.com)

Like us on our Facebook page, NYParenting or follow us on Twitter



To advertise your business and or services contact us at 718-260-4554 or e-mail us at [family@cnglocal.com](mailto:family@cnglocal.com)



**Family Publications New York/CNG**  
1 MetroTech Center North - 10th Fl. • Brooklyn, NY 11201  
718-260-4554 • [family@cnglocal.com](mailto:family@cnglocal.com)

# Orthodontist

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

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



### Braces for Children & Adults

**Labial** (outside)

**Lingual** (inside)

**Aesthetic** (ceramic-tooth color)

**Invisalign™** (Invisible)

Most Insurance Plans Accepted Towards Payment

#### Whitestone

172-20 26th Avenue  
Flushing, NY 11358

**718.747.0393**

#### Kew Gardens Hills

70-18 Main Street  
Kew Gardens Hills, NY 11367

**718.575.9300**

[www.straightenwithbraces.com](http://www.straightenwithbraces.com)