

QUEENS

June 2013  
**FREE**

# Family

Where Every Child Matters

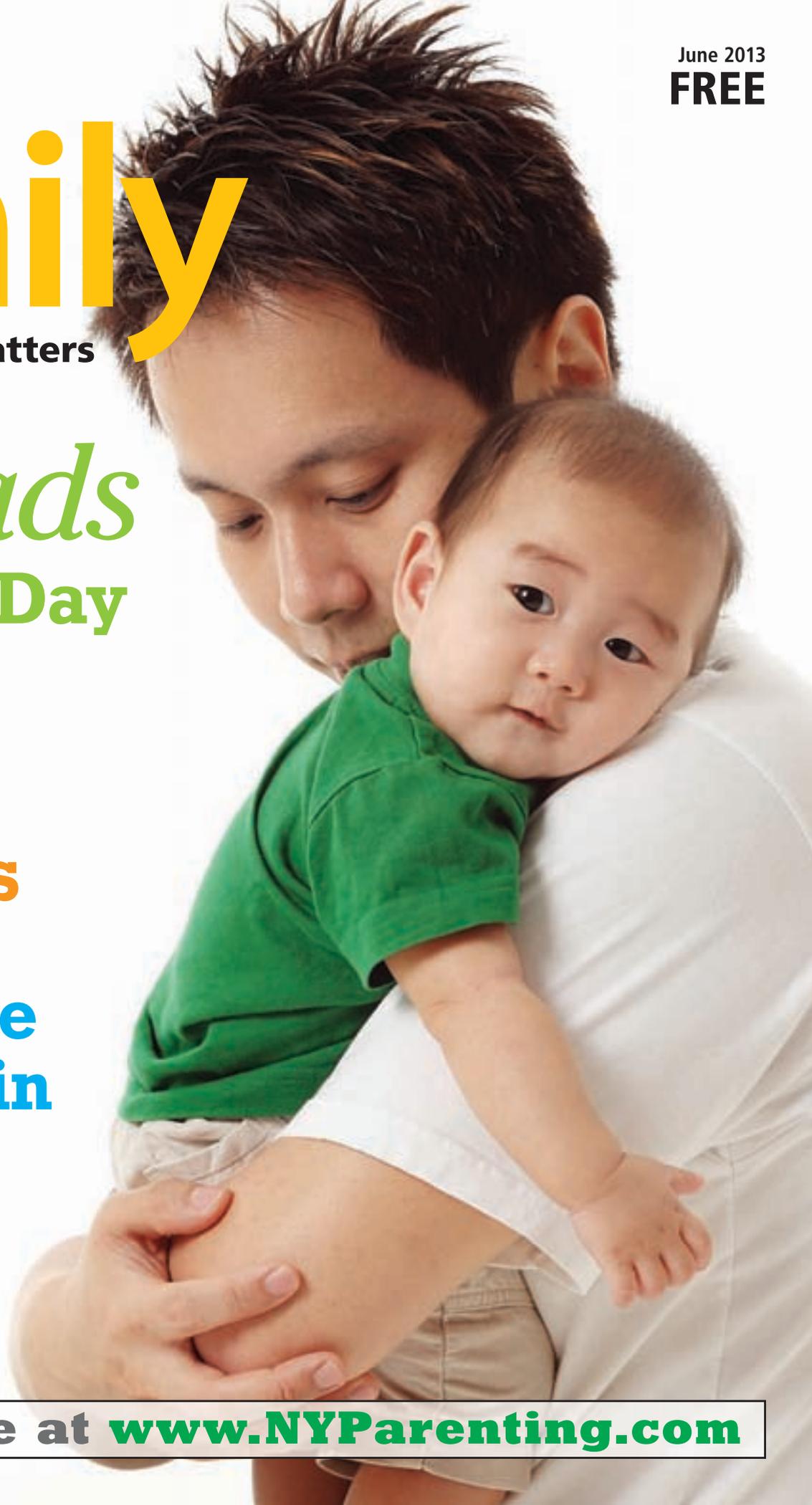
*New dads*  
on Father's Day

**Danger in  
caffeinated  
snack foods**

**Decoding the  
teenage brain**



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



41<sup>st</sup> Anniversary  
**SPECTACULAR SUMMERS** begin at

**YOUNG PEOPLE'S**  
Day Camps  
SINCE 1972



**#1 Private Day Camp  
in Queens  
since 1972!**

**DAYS  
FILLED  
WITH  
FUN, FUN,  
FUN!**

- ☺ For Boys & Girls, 4-14
- ☺ 2-8 Week Programs Available
- ☺ Operated by Licensed Teachers & Administrators
- ☺ Academics
- ☺ Weekly Field Trips
- ☺ Sports with Instruction
- ☺ Arts & Crafts



**Highest  
Quality, Low  
Rates!**

**OPEN HOUSE**

**SAT., JUNE 1<sup>ST</sup> & 8<sup>TH</sup>, 2013  
1:00PM - 3:00PM**

JIB LANES

67-19 Parsons Blvd. · Flushing, NY 11365

CALL **1-800-856-1043** OR  
**1-800-DAYCAMP**

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



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

**FREE**  
Transportation



# Family June 2013

## **FEATURES**

**6 When should I be worried?**

Advice for new parents: Take things one step at a time  
 BY TIM PERRINS

**8 The teenage brain**

Getting inside your teen's wild, wacky, wonderful mind  
 BY MALIA JACOBSON

**10 The buzz on caffeinated snack foods**

What effect will these 'stimulated' snacks have on our children?  
 BY KIKI BOCHI

**12 Room to grow**

Designing your child's bedroom  
 BY CONNIE BOLTON

**14 Summer shape-up**

Kids with special needs should get outside and make the most of summer  
 BY REBECCA MCKEE

**18 Talking sense**

How to give a stuttering child back his voice  
 BY JAMIE LOBER

**20 Vegetable lesson**

Queens school switches to a vegetarian menu  
 BY KAREN M. LEE

**22 Great Heights**

The annual Jackson Heights Arts Festival arrives this June  
 BY ALLISON PLITT

**24 Leading the change**

New book offers a pep talk for women in a man's world  
 BY RISA C. DOHERTY

**28 Breakaway from NYC**

Norwegian Cruise Line's newest ship delivers one wow moment after another  
 BY STACEY ZABLE

**32 Safer sun for everyone**

Tips, tricks, and secrets to enjoy summer without getting burned  
 BY MALIA JACOBSON



10

## **COLUMNS**

**26 Just Write Mom**

BY DANIELLE SULLIVAN

**30 Divorce & Separation**

BY LEE CHABIN, ESQ.

**34 A Teen's Take**

BY AGLAIA HO

**36 Dear Teacher**

BY PEGGY GISLER AND MARGE EBERTS

**37 The Book Worm**

BY TERRI SCHLICHENMEYER

## **CALENDAR**

**38 June Events**

## **SPECIAL SECTIONS**

**16 Special Needs Directory**

**42 Party Planners**

**42 The Marketplace**



32



24

# Letter from the publisher

## Graduation

It's that time of year again, when our youngsters graduate from the various plateaus in their education.

Looking back, my very favorite graduation in our family was my daughter's ceremony up from kindergarten. Un-

foreseen buttons unleashed tears of joy that were out of my control. My emotions seem to go berserk as I realized with utter clarity how fast the time was going. One day she was born, and then far too soon she was graduating into the first grade. It seemed so huge to me at the time. Everyone thought I had "lost it" as I struggled to gulp down tears that kept on coming while at the same time trying to sing our family's rendition of "You are my sunshine," our favorite song, and



our contribution to the festivities.

I wasn't wrong with my emotional vision. The time has passed so swiftly and now its college graduations for her crowd that seem to have come about in no time since high school graduation. How could

it have happened so quickly? They have to be too young still for this ceremony but they aren't. The years have passed and here we are again, thrilling in their achievements, their growth and their futures.

As you attend your own children's commencement ceremonies and celebrations, keep in mind how quickly it all goes and revel in the enjoyment of the stages as they are marked. The film gets speeded up it would seem and the older we get the faster it all

seems to be moving.

How fortunate we are to be seeing our children grow, expand and achieve. Being parents through the stages of our children's lives as they move from decade to decade and level-to-level is an achievement not only for them but for us as well.

June is a wonderful month. It's usually quite beautiful and it's a time of year of great weather and long days. It's when schools let out and summer begins and for us here in NYC it marks the need for our children to find summer programs to not only have fun participating in, but also to challenge them and keep the intellect alive.

Hopefully all of you either have figured that out already or are in the process. Keep in mind that there is still space available in the myriad of options for your child or children and that summer should not be totally "time off." Great programs are in

every borough.

On a final note, there are families in need all around us, from our neighbors still impacted by the effects of Super Storm Sandy to our neighbors in Moore, Oklahoma who have experienced the devastation of a mega tornado. Reaching out with money, clothes, and other forms of help is just what neighbors should do when tragedy strikes.

I'm on vacation for a time this month and I can't wait. We all need time to relax and to "just be." Wishing you all a happy month and good times for all your families. Thanks for reading!

Susan Weiss-Voskidis,  
Publisher/Executive Editor  
Family@cnglocal.com

### STAFF

**PUBLISHER / EXECUTIVE EDITOR:**

Susan Weiss

**PUBLISHER / BUSINESS MANAGER:**

Clifford Luster

**SALES MANAGER / ADVERTISING:**

Sharon Noble

**OPERATIONS ASSOCIATE:**

Tina Felicetti

**SALES REPS:** Alexis Benson, Lori Falco,

Sharon Leverett, Shanika Stewart

**ART DIRECTOR:** Leah Mitch

**PRODUCTION DIRECTOR:** On Man Tse

**LAYOUT MANAGER:** Yvonne Farley

**WEB DESIGNER:** Sylvan Migdal

**GRAPHIC DESIGNERS:** Arthur Arutyunov,

Charlotte Carter, Mauro Deluca, Earl Ferrer

**MANAGING EDITOR:** Vince DiMiceli

**ASSISTANT EDITOR:** Courtney Donahue

**COPY EDITOR:** Lisa J. Curtis

**CALENDAR EDITORS:** Joanna Del Buono,

Danielle Sullivan

**CONTRIBUTING WRITERS:**

Risa Doherty, Allison Plitt, Candi Sparks,

Laura Varoscak, Mary Carroll Wininger

### 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**

MEDIA

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©2013 Readership: 220,000. 2012 circulation audits by CAC & CVC.





# Rainbow

Child Development Center



**NEW! Fresh Meadows location**  
**Call for OPEN HOUSE dates**

**UPK program available, seats are very limited!**  
**Call us and register today!**

**FREE Gifted and Talented Classes for Pre-K.**  
**90% of our children who took the test**  
**got into NYC G&T program!**

- Exciting programs for 6-months to 5 year olds
- Full day, half day and after-school options
- Certified NY State teachers, multi-lingual staff
- Brand new, state-of-the-art facility
- Sunny & spacious classrooms
- Large outdoor playground
- Extended hours available
- Accepting all government vouchers
- Nutritious and hot meals served daily

**Flushing Center** 133-20 Avery Ave, Flushing NY 11355 • 718-496-5513

**NEW! Fresh Meadows Center** 77-40 164th St. Fresh Meadows, NY 11366 • 718-969-1900



# Oasis

DAY CAMP 2013



**Get up to \$100 off**  
**when you attend**  
**an info session!**

*Amazing Summers, Lifelong Friends*

## **BAYSIDE**

**Queensborough Community College**

- ✓ Traditional 9am-5pm Day Camp for children ages 4-11!
- ✓ Teen Travel program for young adults ages 12-15!
- ✓ Early Start Imagination Camp specially designed for 4 year olds!
- ✓ Beautiful athletic facilities and fields, ample indoor space, nature trails, Olympic-sized pool & more!
- ✓ Activities include athletics, fine & performing arts, nature exploration and swim instruction!
- ✓ Hot lunch, transportation, early drop-off & late pick-up services available!
- ✓ Low camper to adult ratios with college-age staff or older!
- ✓ Flexible enrollment for 2-8 weeks!
- ✓ Sibling discounts!



**Visit us for online registration & more:**

**[WWW.OASISCHILDREN.COM](http://WWW.OASISCHILDREN.COM)**

**Upcoming Info Session 6/3 - 6:30pm at QCC**

**Call us at 800-317-1392 to RSVP!**

# When should I be **worried?**

New parents:  
Take things  
one step at  
a time

BY TIM PERRINS

**H**ere's what happens when you're a new dad: sometime in the first year, your baby begins to grasp the basics of language and develops a small vocabulary of sounds, and you get all excited about it.

"Did she just say ball? Or was it bulb? I changed a lightbulb earlier — did she hear me say that? I can't believe it!"

A couple months later you realize she's mostly sticking with the same handful of syllables: maa maa maa and dadadada, and sometimes dah for dog, and so you ask your wife, "Why isn't she using full sentences yet? What does this mean? Is some-

## NEW DAD

thing wrong?"

I'll tell you what it means. It means you're a new parent. It's natural that you're going to struggle with the age-old conundrum: when should I be worried?

To help with that, here are two things to keep in mind.

First, there's a broad age range during which a baby will begin crawling, talking, walking, etc. Unless your little one entirely passes that time frame without progress, there's no reason to be nervous. It doesn't matter how early or late in that range she starts imitating the awful things you say when you drop a toolbox on your toe. There's no big advantage in life that stems from your baby pulling herself to a standing position a month before your neighbor's baby. It really makes no difference.

Second, a lot of the anxiety you feel is a result of your own inflated expectations. Being a new parent, you naturally assume your baby is smarter than other babies and will outperform them in all important measures — thus, if she's already falling behind on babbling or crawling, then her chances of early acceptance to Harvard will be in serious jeopardy. If that's where things stand for you, consider this: your "genius baby" who miraculously opened a box of cereal at 5 months will still go through a phase of trying to eat rocks sometime in the next year, so don't get ahead of yourself. Similarly, you don't need to jump to the conclusion that there's a developmental delay if your baby is 7 or even 17 weeks behind your neighbor's baby in terms of walking.

Comparing your baby with other babies is nothing but a recipe for neurosis. There are little genes that are scheduled to switch on according to a master plan, and every baby has different instructions. Think of it like a big business that's running inside that little brain: each department has its own responsibilities and

its own schedule. Here's a typical conversation from the water cooler inside the offices of BabyCorp:

"Shouldn't we get going on this talking project? Do we have people for that? Are we going to fall behind schedule?"

"Nahhh, there's no rush. I got a guy comin' later. When he gets here we'll have this baby talkin' like a teenage girl at the mall."

So, you see? Your baby is developing right on schedule. Just not on your schedule. Her inner worker-bees are doing their jobs. Likewise, you should just do yours — provide lots of toys and stimulation and encouragement, but don't think you're going to bring every project in ahead of schedule.

Of course, there are no guarantees, and there's always the chance that something will not go as it should. What do you do if you find that something is out of the ordinary? It turns out worrying doesn't actually help very much then, either. Any kind of curve-ball pertaining to your child can be stressful, but your primary job is to be supportive and loving, not to be neurotic and afraid.

Talk to a pediatrician and educate yourself so that you can make the best decisions for your child. Then take things one step at a time.

My little baby, now approaching 16 months, has added a few more sounds to her repertoire. She's also progressed past tentatively walking a few feet at a time to stomping all around the apartment, pulling down the curtains, climbing up onto the couch, falling off the couch, and then trying to climb the bookshelves. She isn't using full sentences yet, but that's fine — she's got plenty of stuff going on. And that means I've got a whole new list of things to worry about.

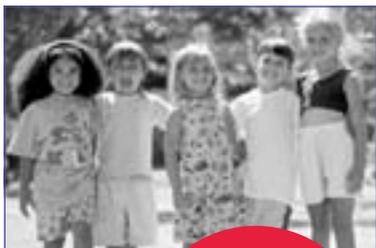
*Tim Perrins is a part-time stay-at-home dad who lives with his wife and their highly advanced baby in Park Slope, Brooklyn. More of his thoughts about babies and other things that confuse him can be found at [www.RevoltOfTheImbeciles.blogspot.com](http://www.RevoltOfTheImbeciles.blogspot.com).*



# NOAH'S ARK Summer Camp

2 - 10 year olds

- ★ Competitive Rates
- ★ Weekly Swim Classes at Cross Island YMCA
- ★ Weekly Trips
- ★ Dance
- ★ Daily Sports Program
- ★ Weekly Themed Parties
- ★ Water Activities, slides, wading pool
- ★ Park and Sprinkler Fun
- ★ Academic Review Sessions
- ★ Breakfast, Lunch, two snacks
- ★ Games, Crafts and much much more



**CALL NOW!**

38-20 Bell Blvd. Bayside, NY 11361

For more info: (718) 279-4251 [www.naplc.com](http://www.naplc.com)

## Astoria Kid Specialist

Walk In's Welcome

Asthma • Allergy • Anemia • Bleeding Disorders  
Obesity Sleep Disorders • Adolescent Medicine  
Gynecology • Hematology - Oncology

Meet our Board Certified  
**PEDIATRICIANS**

Dr. Rosemarie F. St. Victor  
Dr. Mario A. Peichev  
Dr. Mayank Shukla



WE ACCEPT MOST  
INSURANCES

We speak: English,  
Russian, Yugoslavian,  
Bulgarian, Hindi, French  
and Creole, Spanish

Get  
Your Child's  
Camp  
Physical

Visit at: 32-72 Steinway, Suite B01, Astoria, NY 11103

Phone **718-406-9278**

[www.astoriakidspecialists.com](http://www.astoriakidspecialists.com) • [www.zocdoc.com](http://www.zocdoc.com)

Open  
Monday-  
Saturday



All My Children Day Care & Nursery School

**Free Pre-K classes for children born in 2009  
Register for Summer Camp!**

- A Place For Your Child to Grow Emotionally & Intellectually
- Environment encourages Problem Solving and Independent Thinking
  - Interesting and varied educational activities
  - Enrichment programs - Parent Programs - Trips

### PROGRAMS

- Year Round • Full Day Sessions • Ages 6 mos. - 5 yrs.
- After School Ages 6-12 Yrs • Jewish Culture
- Kosher Meals & Snacks Provided
- Trained Music Specialist • Transportation Available
- Individual Attention • Creativity Stressed • Field Trips
- Movement Specialist • Nature • Drama • Computer • Trips

**FREE  
UPK**  
for children  
born in 2009

\* We are accredited and licensed by the NYC Department of Health and State Education Department

**Subsidized ACS Early Learn  
programs available.**

Long Island City  
36-49 11 Street

Forest Hills  
108-22 69 Ave.  
66-05 108 Street

Fresh Meadows  
169-07 Jewel Ave.

Jamaica  
110-15 Place  
117-16 Sutphin Blvd

Jamaica Estates  
175-44 Mayfield Rd.  
83-10 188 Street

Queens Office: 718-658-1563 ext 206  
Brooklyn Office: 718-576-6812 ext 601

**www.allmychildrendaycare.com**

# The teenage BRAIN

Getting inside  
your teen's  
wild, wacky,  
wonderful  
mind

BY MALIA JACOBSON

**F**uming with anger, sick with worry, or just plain bewildered? You're probably living with a thrill-seeking, risk-embracing teenager, simultaneously capable of precocious wisdom and incredibly foolish choices. Although teen transgressions like driving too fast, skipping curfew, or choosing delinquent pals may seem like personal affronts, this behavior may have very little to do with you at all, says Temple University psychology professor and researcher Laurence Steinberg, PhD. According to Steinberg, teens act differently because their brains are, in fact, different.

Teens don't act recklessly to test your parental patience or put themselves in harm's way, says Steinberg. Instead, they are hard-wired to make immature choices, courtesy of their unique, still-developing brain.

New research is illuminating the previously mysterious, misunderstood teenage brain and helping parents and educators determine

how best to reach their teens — and how to keep them safe.

## Under construction

Old beliefs about the teenage brain stemmed from the fact that brain growth grinds to a halt after puberty: the brain reaches 90 percent of its adult mass by age 6 and is full-sized by age 12. Few neurons are added as it grows — children's brains reach peak neuron capacity in utero, and begin losing, or "pruning," neurons before birth. Based on these basic facts about the brain's size, scientists theorized that most cerebral development is completed in early childhood.

But the development of magnetic resonance imaging (MRI) in recent decades opened a new window into the adolescent brain. Research and MRI scans conducted by Dr. Jay Giedd, chief of the Unit on Brain Imaging in the Child Psychiatry Branch at the National Institutes of Mental Health, among others, showed that the adolescent brain is still very much under construction. Instead of adding new neurons, though, adolescent brains

are busy building and strengthening the pathways between nerve cells; according to Giedd, this ongoing process results in a more efficient brain.

It does not, however, result in more mature, adult-like brain. Steinberg's research shows that teens are more likely to make riskier decisions than adults, because the growth of their socio-emotional brain system outpaces the growth of cognitive controls that serve to regulate emotions and behavior. In other words, teenagers are developing more efficient thinking, without the inhibitory controls of the adult brain. These changes continue into young adulthood, probably finishing up between age 22 and 25, says Steinberg.

All this may be bad news for today's frustrated parents. But the unique structure of a teenage brain probably serves an evolutionary function, says Steinberg: teens' penchant for risk-taking makes them more independent, which was likely a critical adaptation for reproduction.

"All mammals go through puberty, leave their natal environment and venture out into the wild, which is a very risky behavior," he notes.

## Communication clash

Given the differences between the brains of teens and those of their parents, it's not hard to understand the parent-teen conflicts that rage during adolescence.

"Communication has been found to be the best way to improve teen's behavior, and yet communicating with someone who does not want to communicate with you is a challenge," notes Sheryl Feinstein, PhD, chair of the education department at Augustana College in Sioux Falls, South Dakota and author of "Inside the Teenage Brain: Parenting a Work in Progress."

Parents, with their adult brains, tend to approach communication and discipline logically, says Feinstein. The problem is that teens haven't yet developed this type of logical thinking; instead, they view the world through a more emotional lens.

"You can see how difficult it is for parents when we approach a problem with logic and reasonable thinking, while teens approach the problem with fury and negative thinking," says Feinstein.

This can lead to screaming, door-

## Communicating with a teenage brain

Get through to your teenager with clear limits, empathetic communication, and brief, direct messaging.

### Don't bend the law

Restrictions for teens like city-wide curfews or rules about driving with passengers are backed by science and exist for teens'

Top  
Tips

safety — insist that teens follow them.

### Make or break

Teens crave limits, so set clear rules with your teen's input, and provide logic-based consequences for failing to follow through.

### To the point

Teenagers' views exchange more emotionally than parents. To keep

tempers from boiling over during a heated discussion, express your viewpoint in 25 words or less, then declare a cool-down break.

### Negotiate

Teenagers are still learning the give-and-take of adult social interaction. Giving them the chance to negotiate about rules, curfews, and limits builds this critical skill set.

Sources: Sheryl Feinstein, PhD, and Laurence Steinberg, PhD.



slamming, and “a true test of a parent’s patience and tolerance,” she says. But once parents understand that teens have unique brains and can’t be expected to think like adults, teen behavior becomes (somewhat) easier to tolerate.

“Parents need to communicate with teens on their terms. Mandating severe punishments almost always results in rebellion,” she says.

### **Risky business**

With limited cognitive controls and immature communication abilities, teens can run into danger in

risky situations — scenarios they intentionally seek out, says Dr. Ronald E. Dahl, professor in the School of Public Health at the University of California, Berkeley. According to Dahl, when puberty floods the brain’s limbic system with sex hormones estrogen and testosterone, teenagers are driven to seek out “intense experiences,” flocking to intense horror movies, dizzying carnival rides, and graphic video games.

This taste for thrills can also lead to run-ins with the law, says Steinberg, particularly when teens are with their peers. In recent research

published in *Developmental Science* and *Journal of Adolescence*, he found that in the presence of peers, teens are more likely to make risky decisions and choose more immediate rewards — effects not seen in adults. Simply put, thrusting a teenager plus a peer or two into a risky or volatile situation can lead to poor choices and even worse outcomes with lasting consequences, from marred legal records to disability and death.

This provides strong support for laws prohibiting newly licensed teen drivers from driving with friends in the car. In Washington, drivers

under 18 are not allowed to shuttle non-family passengers under 20 years old for the first six months after receiving a license. Such laws protect teen drivers from their own penchant for risky behavior in the presence of peers, says Steinberg.

The good news: in a few years, your teen’s brain will settle down, and he’ll think more like you. Communication combat will cease, and risky thrills will lose their allure. In the meantime, try to enjoy the ride.

*Malia Jacobson is a nationally published journalist specializing in health and parenting.*

# The buzz

## on caffeinated snack foods

What effect will these 'stimulated' snacks have on our children?

BY KIKI BOCHI

**C**affeine. It's not just for energy drinks anymore. From jelly beans and potato chips, to trail mix and a new chewing gum launched in May by the folks at Wrigley's, caffeine is showing up in a number of products that might be attractive to kids.

The Food and Drug Administration has announced that, in response to the trend of caffeine being added to a growing number of products, the agency will investigate the safety of caffeine in food, particularly its effects on children and adolescents.

But considering the speed at which the federal government moves, it may be a while before we see results. (Get them a few packs of Alert Energy Caffeine Gum!)

There's already some pretty good evidence that caffeine can present some serious health problems for young people whose brains are still maturing. The American Academy of Pediatrics discourages the consumption of caffeine and other stimulants by children and adolescents. But while you are waiting for the issue to work its way through the regulatory process, you may want to consider these statements on the Administration's website from Deputy Commissioner Michael R. Taylor in deciding how vigilant you should be with your



children.

"One pack of this [Wrigley's] gum is like having four cups of coffee in your pocket. Caffeine is even being added to jelly beans, marshmallows, sunflower seeds and other snacks for its stimulant effect. Meanwhile, 'energy drinks' with caffeine are being aggressively marketed, including to young people. An instant oatmeal on the market boasts that one serving has as much caffeine as a cup of coffee, and then there are similar products, such as a so-called 'wired' waffle and 'wired' syrup with added caffeine.

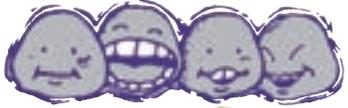
"The proliferation of these products in the marketplace is very disturbing to us. We have to address the fundamental question of the potential consequences of all these caffeinated products in the food supply to children and to some adults who

may be at risk from excess caffeine consumption. We need to better understand caffeine consumption and use patterns, and determine what is a safe level for total consumption of caffeine. Importantly, we need to address the types of products that are appropriate for the addition of caffeine, especially considering the potential for consumption by young children and adolescents.

"The more fundamental questions are whether it is appropriate to use foods that may be inherently attractive and accessible to children as the vehicles to deliver the stimulant caffeine, and whether we should place limits on the amount of caffeine in certain products."

*KiKiBochi, an award-winning journalist, reads hundreds of reports monthly to bring readers the latest insights on family health and child development.*

# Discover the Perfect Balance of Fun & Enrichment at Immanuel Genius! (For children ages 2-10)



**Immanuel**Genius

## Do you want your child to be at the **HEAD** of the class?

Do you worry that your child is losing his or her learning skills over the summer break? WE, at Immanuel Genius, have discovered the perfect balance of fun and enrichment.

Academic Focus



Enrichment Activities



FUN TRIPS



The **IDEAL**  
Formula  
for Summer Fun



Unlock the  
full potential of  
your child with  
Immanuel Genius  
Summer Camp



## At Immanuel Genius Summer Camp We:

- Review schoolwork from the past year.
- Learn new objectives for the year ahead.
- Participate in special activities that include:  
**Dance / TaeKwonDo / Cooking  
Art / 2nd Language / Soccer**
- Customize your own schedule
- Have up to 9 weeks of academic enrichment and summer fun!

### Fantastic Friday Trip

**Free Hot Food Door to Door Transportation  
Open 7am-7pm**

(Half Day, Full Day, Extended Care,  
Exceptional Price for the Summer)

We accept ACD &  
HRA Vouchers  
Register Now for  
**FREE UPK Program**  
for all 4-year olds

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



## 2013-2014 School Year

Preschool • 2-5 Years

**FREE** Special Enrichment Program

- Ballet • Taekwondo • 2nd Language • Cooking and more

**Register Now!**

*Space is Limited*

163-15 Oak Ave., Flushing, NY 11358 • (718) 460-9991 | 213-01 Northern Blvd., 3 Fl., Bayside, NY • (718) 819-0190  
Bus service to Flushing, Fresh Meadows, Bayside, Whitestone and Douglaston

# Room to grow



## Designing your child's bedroom

BY CONNIE BOLTON

**C**hildren grow up so quickly, and their needs grow with them. Designing a functional bedroom space to meet these ever changing needs can be a challenging task. Space design, decor, and furniture must adapt to keep up with the demands of continuous change. Taking the time to consider some key adaptable design elements can save you time and money, while maximizing your child's enjoyment of the room.

### Storage

It seems that with every inch a child grows, there is a corresponding accumulation of "stuff." Nothing takes up more real estate, both physically and visually, than clutter. The best defense against clutter is ample and adaptable stor-

age. But, instead of adding bulky furniture, which can decrease precious floor space, opt for vertical solutions, including wall-mounted shelving, slings, and racks.

Use closet space efficiently by building a flexible storage system with interchangeable shelving and hanging rods. Shelves and rods can be rearranged as toy collections and wardrobes evolve.

Incorporate pull-out bins for small-item storage. These clutter collectors allow for maximum use of storage space while maintaining the ability to bring all items into view when needed. They can be used to store small toys when children are young, and hold sports accessories or small electronics as kids mature.

### Decor

When designing the room, it may be tempting to go with your

(Top) Composite wood blinds are sturdy, durable, and easy to clean. They are also available in many vibrant colors to compliment any room decor. Shutters are inherently cordless and offer complete control of light, ideal for the transitions from playtime to mid-day naps and reading. (Above) Customized graphics can complement unique decor or themed rooms. The possibilities are endless!

Unless themes are executed very strategically, continuous turnover in room decor can add up quickly.

child's favorite cartoon character or hobby interest, but keep in mind that these preferences are often fleeting. Unless themes are executed very strategically, continuous turnover in room decor can add up quickly.

By choosing more sophisticated patterns and colors, the room design can grow seamlessly as your children grow older. Wall decals are a fun and cost-effective way to add whimsical character without committing to a specific theme.

If siblings of opposite gender are sharing the space, try finding gender-neutral inspiration from world travel, such as "Moroccan." Textiles, color combinations, and graphic patterns from other parts of the world make for fun, yet enduring themes for children of all ages.

Keep larger purchases, such as furniture pieces, neutral and classic, so that they can adapt easily to changing themes and grow with maturing tastes. Choose a neutral color for walls, or designate just one accent wall to avoid time-consuming repainting projects. Go bold with color in pillows, bedding, and inexpensive accent pieces that can be updated frequently without hurting your pocketbook. This is an ideal opportunity to involve small children by letting them choose their favorite colors and patterns without costing too much time or money.

### Lighting

As with any room design, lighting is a key element to maximize its functionality and set the mood for a warm and inviting environment. For small children, opt for lighting designed to hang out of reach of curious fingers. Pendant lighting works well to illuminate small areas such as a reading nook or dressing area. Wall lamps offer another child-safe option — not only is the lamp mounted off of the floor, but cords can be hidden inside of walls, as well.

Homework and reading areas

should be well lit with a combination of task lighting and natural light. Use functional window coverings to help control natural light, especially for children who still take mid-day naps, or are tucked in at early bedtimes.

Wood shutters, black-out cellular shades, or composite blinds are ideal for complete light control at any time of day. Even skylights can be fitted with motorized shades to create a perfect napping nook while the sun is shining.

### Involving your child

A newborn's nursery is designed to facilitate your care for him, including functional furniture and items selected to make tasks as simple as possible. But as toddlers mature, and gain a sense of independence, they may become very opinionated about items selected for their bedroom environment. At this point, your design will likely involve many negotiations. But if planned appropriately, involving your child in the design process can not only be a bonding experience for both of you, but will also increase her enjoyment of the space.

Simple involvement may include letting her choose from three pre-selected colors or wall decals. Give greater autonomy in her selection of inexpensive accessories such as throw pillows or art prints. If your child enjoys being creative, let her create an original piece of art for the wall. The art project could be free-painting or a more directed composition of handprints, fist prints, and thumbprints — perhaps even involving friends. Colors can be pre-selected to coordinate with the room decor.

The best source of inspiration for a bedroom design will come from your child. The space should be functional and adaptable, while also reflecting bits of your child's personality and imagination. If the project seems daunting, start by finding one accessory or fabric pattern that inspires you, and build from there. No matter what design you choose, both the process and end result can be a truly rewarding experience for everyone involved.

*Connie Bolton is an in-home design expert and a Budget Blinds franchisee with more than 25 years of experience in custom decor, room design, and window covering solutions. Bolton has been featured as a design expert on Lifetime channel's home improvement show "Designing Spaces."*

# Magic Carpet

Summer Day Camp

For Your Child's Summer Recreational Needs

AGES 4 TO 14

are invited aboard



Fly The Magic Carpet To A Fun-Filled Summer!



OPEN HOUSE DATES:

Every Sunday in June  
Call For Time & Location



2-8 Week Sessions Available

### All Inclusive Rates

- Door to Door Transportation
- Small Groups • Private Pools
- Spacious Indoor & Outdoor Play Areas
- Exciting Trips & Special Events - Daily!
- Drama • Lunch
- Personal Attention

ACTIVITIES INCLUDE:  
Swimming • Basketball  
Tennis • Soccer  
Baseball • Football

Family Owned And Operated  
LICENSED PROFESSIONAL SUPERVISION  
REASONABLE RATES

Beautiful "Air Conditioned" Bayside/Flushing Location

Call For More Information  
718.634.8109

www.magiccarpetdaycamp.com



Give Your Child A Summer To Remember

Flushing Meadows Corona Park Aquatic Center  
125-40 Roosevelt Avenue • Flushing, NY 11368  
Intersection of Avery Avenue and 131st Street



# Summer shape-up

Kids with special needs should get outside and make the most of summer

BY REBECCA MCKEE

**S**ummer is just around the corner, and there will be flocks of children and teenagers outside running free. We are all aware now about the health benefits of sunshine and vitamin D, incorporating exercise into our daily lives and making sure to spend time away from television and computer screens. Studies have shown that people who exercise outdoors feel revitalized, have increased energy levels, and feel more satisfied. At the same time, they also decrease their levels of tension, depression, and anger. Hmm, sounds good!

We have to remember to include and encourage this type of a healthy lifestyle for people with disabilities as well. Physical activity has been shown to improve fitness levels and general motor function of individuals with autism spectrum disorder. This is especially true for those who seem to exert extra energy or display a frequent tendency towards aggressive behaviors. For people with special needs, such as autism spectrum dis-

order, events flow much smoother when there is a routine in place. This should lead families to develop a scheduled habit of exercise. It becomes a daily activity.

Encouraging your child or teen to embrace an exercise plan takes preparation, organization, motivation, and time. Prepare your loved one to know that a new activity will begin. Choose the beginning on a calendar: the beginning of the week, the beginning of the month, or the beginning of summer. Organize the exercise visually on a calendar, and if possible, make it the same time on the same days each week. Always allow one or two days off from schedules in order to allow your child to spontaneously make choices.

Motivate this new athlete internally and externally. First, pick exercise routines that he will enjoy. This will help him find natural reinforcement from participating in a common act. Secondly, create the schedule to highlight that Point A is the exercise and Point B is reward time with a highly preferred item or activity. Keep the exercise time to

less than 30 minutes. If your child or teen can only engage for a maximum of 10 minutes, then that is a great starting point.

Think outside of the box. Sports and exercise can be solo or within a group. While some activities are not traditional team sports, there are those that allow your child to interact directly or on a parallel level with peers. These may be better routes to take if conversation and friendly childhood chaos is overwhelming. Ideas may include: swimming, singles tennis, walking or running, horseback riding, skating, bike riding, hiking, jump rope, trampoline time, and other physically active exercise programs that naturally instill a calm flow of body movement.

Your child or teen can — and should — be outside having a jolly time, just as his typical neighbors are. By exercising, your child will enjoy himself, as well as strengthen the ability to execute mental functions in a composed manner. Start an outdoor routine now — summer is here. It will only enhance your loved one's body, mind, and spirit.



# Kissena Cherry Day Care

Where East Meets West

Your child deserves a bright start

- 6 months - 5 years
- 7:30am - 6:30pm
- Affordable monthly tuition
- UPK - for 4yrs (2009)
- Breakfast, lunch & snack
- Reading & Writing
- Art & Music
- Math & Science
- G/T test prep
- Director always available!

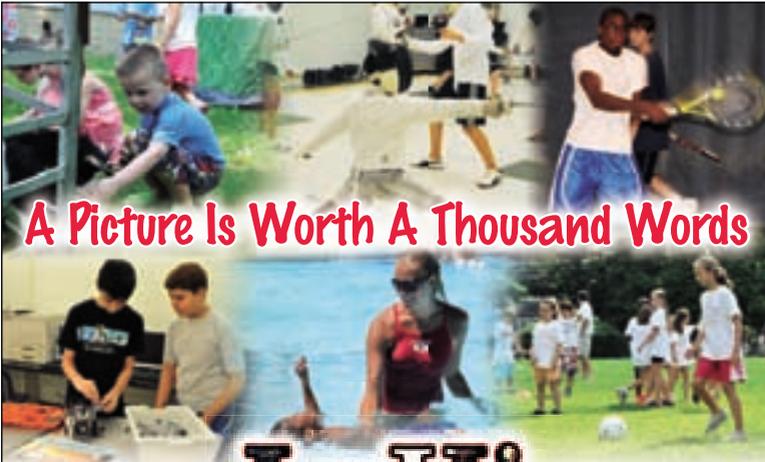
**Brand New Infant Care Space!**

Nurturing, Safe & Loving Environment

6 Months and up

**Limited Space REGISTER NOW**

Director: Flora Chung, M.S. Early Childhood  
140-26 Cherry Avenue, Flushing, NY 11355  
(718) 886-2889 • [www.kissenacherrydaycare.com](http://www.kissenacherrydaycare.com)



A Picture Is Worth A Thousand Words

See ALL the Fun Your Child Will Have at...

# LuHi Summer Programs

This Summer!

**Great Programs still Available!**

- Door To Door Transportation from Queens
- 30 Different Programs
- Grades K-12
- Over 50 Years Putting Smiles on Children's Faces

131 Brookville Road, Brookville, NY 11545 • 516-626-1100  
Learn more at [www.LuHi.com](http://www.LuHi.com) or Find us on Facebook & Twitter

Building a better future, one child at a time

**OPEN HOUSE**

Saturday June 1st, 11:00am - 1:00pm  
Tuesday June 4th, 4:00pm - 6:00pm

# BLUE DOLPHIN SUMMER DAY CAMP

Don't Miss out on early Registration.



TRANSFORMERS .. Ages 3-5  
TRAILBLAZERS .. Ages 6-11  
PIONEERS .. Ages 12-15

**Ages 3 to 15**



[WWW.BLUEDOLPHINSUMMERCAMP.COM](http://WWW.BLUEDOLPHINSUMMERCAMP.COM)

**(718) 847 - 6470**  
69-26 Cooper ave. Glendale NY 11385

- ARTS & CRAFTS
  - DORNEY PARK
  - SOFT BALL
  - YOGA
  - LASER TAG
  - GARDENING
  - KARAOKE
  - BASKETBALL
  - BOWLING
  - MOVIES
  - SWIMMING
  - SPLISH SPLASH CARNIVALS
  - FOAM PARTIES
  - PICNICS & BARBECUES
  - HANDBALL
  - NATURE ACTIVITIES
  - VIDEO GAMES
  - MUSIC & DANCE
  - PROFESSIONAL STAFF
  - FISHING
- We accept A.C.D. & 1199 & T.W.U. Members  
Free Extended Hours \* Bus Service Available

# Special Needs

## DIRECTORY

### **Bernstein Speech-Language Pathology, PLLC**

**Sheila H. Bernstein, SLPD, CCC-SLP**  
**6121 215 St. Oakland Gardens, NY 11364**  
**347-408-4497 or shbernstein@nyc.rr.com**

Bernstein Speech-Language Pathology, PLLC is a private practice run by Dr. Sheila Bernstein, offering an innovative treatment with Animal Assisted Therapy (AAT). Dr. Bernstein's expertise includes the use of her certified therapy dog, Maggie Mae, within treatment sessions. In speech-language therapy, the dog helps promote spontaneous communication in a highly motivating, interactive environment. The focus is to create meaningful, naturalistic contexts for the client to expand their use of language with others. The dog's innate desire to interact and respond to people makes it a perfect communicative partner. Therapy with the dog brings about positive changes in children including decrease in stress, reduction of the symptoms of attention deficit hyperactivity disorder (ADHD) and increased social interactions in children with Autism Spectrum Disorders. Dr. Bernstein has over 35 years of experience providing evaluations and therapy for children and adults exhibiting a variety of communicative disorders. Therapy is available in English and Spanish.

### **Janine Stiene Speech-Language Pathology, P.C.**

**444 Lakeville Road, Lake Success, NY**  
**718-640-6767 or www.lispeechandmyo.com**

Janine Stein, Speech-Language Pathologist, is owner and operator of the Suffolk Center for Speech and Myofunctional Therapy. Along with her exceptional group of therapists, she supports families and children across Long Island and Queens, specializing in PROMPT, Myofunctional Therapy, Voice Disorders, Fluency, Augmentative Communications, Articulation, Auditory Processing Disorders and Expressive/Receptive Language Disorders (adults and children). Also offered is Feeding Therapy for individuals who suffer from texture and consistency aversions. There are 6 affiliated offices across Long Island, all participating with most major health insurance companies and offering flexible hours and scheduling; including evenings and Saturdays.

### **Jewel Human Services**

**121-10 153rd Street**  
**548 Linden Blvd (Brooklyn)**  
**347-280-9339 or 347-741-8495 or www.jewelhumanservices.org**

Jewel Human Services, Inc. is a non-profit agency that works with individuals who have mental and physical disabilities. The disabilities can be but are not limited to Down Syndrome, Autism, Cerebral Palsy, Learning Disabilities, and Mental Retardation. We offer services such as Medicaid Service Coordination

(MSC), Day & Community Habilitation, Respite, ISS (Housing Assistance) and a few others. JHS provides services to both Brooklyn and Queens. When looking for someone to represent your family member with a disability, there are several factors that should be considered. We are a small family oriented agency. In this setting your child is not a number, but a member of our extended family. We will treat your child like our CHILD. And that will make the world of Difference.

### **Positive Beginnings Preschool**

**71-25 Main Street, Flushing**  
**718-261-0211**  
**72-52 Metropolitan Avenue, Middle Village**  
**718-326-0055**  
**Evaluation Site: 72-60 Metropolitan Avenue, Middle Village**  
**718-894-8400**

We are preschools servicing typically developing and special education children ages 3-5. Bilingual Spanish and Hebrew classes are available. The nurturing environment caters to children with special needs and their families to provide quality educational programs tailored to enhance the child's developmental levels. Evaluations, Special Ed classes, Art Education; Music, Occupational, Speech, Language and Physical Therapies, are all accredited professional departments. Their commitment is to provide a safe, caring and stimulating environment, with respect for each child's culture, language, religion, and learning style. The schools and evaluation site are centrally located and convenient to mass transit and major highways.

### **Stepping Stone Day School, Inc.**

**2826 Westchester Ave; 718-554-2025**  
**77-40 Vleigh Place, Kew Gardens Hills 718-591-9093**

Established in 1983, is a private, not for profit, infant and preschool program for children with and without special needs for children ages 3-5. The agency's mission is to provide collaborative evaluation, education, therapy and family support services so young children can develop to their full potential and join with their families and friends as members of the community. As a barrier free school, they are able to provide services to children with varying degrees and severity of disability, and they have been in the forefront in providing integrated classrooms for children with and without disabilities since the early 1990's. Licensed/certified Special Educators, Therapists, Social Workers and Psychologists are part of a multidisciplinary team dedicated to their philosophy that all children are entitled to an education that is safe, nurturing and in an enriched environment. They are fully licensed to provide services to young children with and without disabilities. Please call for more information.



**Jewel Human Services, Inc.**  
Celebrating the spirit of life

**SERVICES OFFERED:**

- MSC (Medicaid Service Coordination)
- Day Habilitation • Community Habilitation • Respite
- ISS (Rental Assistance)

**www.jewelhumanservices.org**  
**347-280-9339 • 347-741-8495 • fax: 347-494-4150**  
**email: jewelhs09@yahoo.com**



Like us on



or follow us on 

Facebook Search: NYParenting

## Therapy Dog Enhances Speech-Language Therapy

**Animal-Assisted Therapy (AAT)** is a goal-directed intervention delivered by a speech-language pathologist with specialized expertise. The dog's innate desire to interact and respond, makes it a perfect communicative partner. Shown to be effective with ADHD and Autism Spectrum Disorders (ASD).

CALL TODAY FOR MORE INFORMATION!  
**347-408-4497**

**Bernstein Speech-Language Pathology, PLLC**  
**Sheila H. Bernstein, SLPD, CCC-SLP**  
Bilingual English/Spanish • ASHA Board  
Recognized Specialist in Child Language •  
Certified Therapy Dog Handler, Love on a Leash



## SPEECH PATHOLOGY & SWALLOWING DISORDER SERVICES OF LONG ISLAND

### Specializing in the Treatment and Correction of:

Language Disorders • Memory & Auditory Processing Difficulties  
Fluency • Voice Disorders • Motor Planning Disorders  
Deviate Swallowing which Contributes to Orthodontic, Pedodontic and Periodontic Problems  
Tongue Thrust • Feeding and Swallowing Problems / Aversions  
Thumb and Finger Sucking • Articulation Disorders • Oral Facial Muscle Weakness

### Specialized Therapy Approaches Including

PROMPT Therapy • Individual Feeding Therapy  
Augmentative Communication Evaluations & Therapy

**PARTICIPATING WITH MOST MAJOR HEALTH INSURANCE COMPANIES**

**444 LAKEVILLE ROAD**  
**LAKE SUCCESS, NY 11042**  
**718-640-6767**  
**WWW.LISPEECHANDMYO.COM**

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



# STEPPINGSTONE DAY SCHOOL, INC.

An Infant and Preschool Program for Children With and Without Disabilities  
Not for Profit — Established in 1983

**Queens/Bronx**

**Preschool Programs - CPSE Evaluations**

**Therapies - Physical, Occupational, Speech/Language, Feeding  
Family Support Services**

- Preschool self-contained and integrated classrooms
- Nurturing, child-friendly learning environments
- Ongoing communication between parents and professionals
- Meeting the needs of the families through concrete and social work services

**To find out more about SteppingStone Day School**

**For the Queens Location, call Nancy Rybacki 718-591-9093 • For the Bronx location, call Sheri Bushansky 718-554-2025**

SteppingStone Day School's Preschool Program is Funded and Regulated By The New York State Department of Education, The New York City Department of Education and Licensed by The New York City Department of Health and Mental Hygiene, Bureau of Daycare

# Talking sense

How to give  
a stuttering  
child back  
his voice

BY JAMIE LOBER

**W**hile we know a little bit about stuttering, there is a lot left to be learned.

The American Institute for Stuttering in New York reports that stuttering occurs in five to eight percent of children, usually between the ages of 2 and 6. They note that 70 to 80 percent of these kids will naturally outgrow their stuttering, while early intervention can help children outgrow it faster or recover if it would not happen naturally. The organization also states that stuttering affects one percent of the population across all languages and cultures, which equates to nearly four million people in the U.S. and 60 million people internationally. There are three times more males affected than females, and most fascinatingly, most individuals can sing without stuttering.

The most common questions parents wonder is the cause for their child's stuttering.

"Research tells us now that stuttering is a combination of genetics and environment, and that all children who stutter are born with a predisposition to stutter," said Rozie Matthews, a speech and language pathologist in Brooklyn.

The challenge is that there is no cure, even though there are great ways to manage stuttering with proper therapy.

"Typically, children develop stuttering as early as age 2, but there are things we can do to make their speaking environment more speaker-friendly," said Matthews.

Identifying stuttering is easy.

"Typically, parents see something different or wrong about the



child's speech and a therapist evaluates whether it is a normal dysfluency, which all children have when they are developing, or if it is in fact real stuttering," said Matthews, adding a speech therapist can treat stuttering legally and ethically.

Sometimes, a teacher will notice that a child is stuttering in school or find that the child does not raise his hand.

"Very often kids will switch their

words or there is something they want to say, but cannot at the moment, so they switch to something else," said Matthews.

The goal of therapy is to get the child to say what he wants when he wants and be a good communicator even if he is unable to stop stuttering. Once the child has gone through therapy, the prognosis is decent.

There is a large recovery rate,

The challenge is that there is no cure, even though there are great ways to manage stuttering with proper therapy.

said Matthews. If you take advantage of the resources in our community, your child can definitely be helped.

"It is our judgment call whether or not to start therapy with a child who we see is stuttering," she said.

Some kids achieve better results than others, and the younger a child starts therapy, the better the chance he can eliminate it altogether.

"We have a good chance of eliminating stuttering in a preschooler, but with school-aged kids it is more likely to teach them to manage the disorder," said Matthews.

There are strategies parents or siblings can use at home to help a child who stutters.

"If there are siblings vying for talking time, we try to have the parents discourage interrupting," said Matthews.

Giving the stutterer the time he deserves can make him feel better about interacting in general.

"Of course, we try to make sure there is no teasing going on in the household or school environment," said Matthews.

You want to treat the stutterer as you would any other child.

"We teach parents to not necessarily slow down their rate of speech, but to add pause breaks," said Matthews. When there is a model of slower speech or pausing, it is more likely that the child will respond that way and try to use pause breaks as well.

By educating others on tips and tricks when conversing with a stutterer, you can make things easier for everybody involved.

"People who are speaking with someone who stutters should know to maintain eye contact because often times the stutterer will lose eye contact for various reasons, which is called an avoidance tactic," said Matthews. She explains that when this happens,

the listener becomes unsure as to what he is supposed to do and does not look at the speaker directly either.

"You should not finish the words you think the stutterer is trying to say, and should give the stuttering person the time he needs to get out what he wants to say," said Matthews.

Believe it or not, the person does not want help.

"They want to say their own words, even if it takes them time to say it," she added.

Speaking is beneficial.

"In therapy we try to encourage people to talk because if they try to hide their stuttering, chances are they are going to stutter even more," said Matthews.

When someone understands that the person stutters, it can instantly take a burden away.

"When somebody explains to them or shows them videos of other kids who stutter and talks about it openly, it becomes more normalized, and even though they are different, they are not as different as they thought they were because they now know there are other people who stutter, and have an understanding of their behaviors," said Matthews.

Take one step at a time.

"A lot of people claim to have the cure for therapy, but we have to look at the literature and the real research-based therapies," said Matthews.

Preschoolers who stutter should be taken to a fluency therapist, who will determine if therapy is appropriate.

"Very often times they do not, and they just counsel the parent on changing environmental things, and that is enough," said Matthews.

Consider the whole picture, such as if other family members stutter, if there are other speech and language issues involved, or how stuttering has progressed over time. All of these factors help determine whether a child should start therapy. Above all, do not be afraid to talk about stuttering with your pediatrician or seek an evaluation from a speech therapist, as the chance of improvement is great.

*Jamie Lober, author of Pink Power (www.getpinkpower.com), is dedicated to providing information on women's and pediatric health topics. She can be reached at jamie@getpinkpower.com.*

© 2013 Jamie Lober



**Now Enrolling  
For Summer!**

**Come see the Ivy League Difference**

**Now enrolling 6 weeks - 5 years**

**Open from 6:30 am - 6:30 pm**

*Curriculum program for all ages*

Enhancement programs: Including sign language, Spanish, Hooked on Phonics, Hooked on Math, music, art, physical education and more

## OUR LOCATIONS

### MANHATTAN

776 Avenue of the Americas  
6th Ave bet. 26th and 27th  
Phone: (212) 683-5545

### STATEN ISLAND

1779 Richmond Avenue  
Phone: (718) 982-0202

### BAYSIDE

61-58 Springfield Blvd.  
Phone: (718) 352-8972

### BRONX

4022 E. Tremont Avenue  
Phone: (718) 239-5275

### DEER PARK

80 West Industry Court  
Phone: (631) 667-3507

[ivyleagueearlylearning.com](http://ivyleagueearlylearning.com)



## Kimmy Ma ARTStudio

Embrace Originality & Build Confidence via Creative Process.

### 5-week summer mini creative camp *age 5.5-7.5*

Explore visual arts activities, develop fine motor skills and enjoy age appropriate art readings through well guided instructions.  
T/W/TH 7/9-8/8 9:45-11:45am

### 5-week summer fine art camp *age 8-16*

With Mrs. Ma, NYU, Master of Arts in School of Education  
Explore fine arts mediums and ability level instruction, in painting & drawing  
T/W/TH 7/9-8/8 12:45-3:30pm

### Summer Saturdays / Sundays 7/5-8/11 *upper elementary, MS/HS*

Young Architect Workshop Saturdays with Ms. Catherine, 10:30-12:30 & 1-3  
Young Illustrator & Comics Workshop Sat. with Mr. Alan 3:15-5:15 & Sun. 1-3

### Now - 6/21 audition is welcome with an appointment to observe a class.

Audition fee applies toward standard tuition when ready to enroll.  
Fall 17-week session pre-enrollment special is available now - 7/1.

[www.kimmyma-artstudio.com](http://www.kimmyma-artstudio.com) for Program Guide & Student Gallery

190-19 UNION TURNPIKE FRESH MEADOW, NY 11364

646-209-9352

# Vegetable lesson

## Queens school switches to a vegetarian menu

BY KAREN M. LEE

I believe in signs. When my daughter Caitlin was 4 years old, we came across “Veggie Tales,” the children’s cartoon featuring vegetable characters in stories with a Christian theme. I was looking for an alternative to the usual entertainment fare of Disney and PBS, and I found that the “Veggie Tales” stories were engaging and easy for Caitlin to follow. Plus, I enjoyed the cartoons myself and watched along with my daughter in some meaningful mommy-and-me bonding time.

Fast forward a year later when Caitlin turned 5 and was accepted to PS 244, the Active Learning Elementary School, also known as TALES, in Flushing. It’s an application school with a lottery process for enrollment. Caitlin was one out of more than 400 applicants for roughly 135 kindergarten spots. We beat incredible odds and are lucky to be in a school that looks out for the complete well-being of every student. Whatever the se-

cret formula is, I have a happy, healthy, and motivated child who wants to go to school every day. Caitlin shares so much of what happens daily in class, centers, gym, recess, and the cafeteria; especially, the cafeteria.

On April 30, the school became the first city public school to serve a vegetarian menu for all meals. (Students can also bring their own lunch if they don’t want the vegetarian offerings.)

Previously, vegetarian choices were offered three days a week. Each month, I would look over the menu that came home on the back of the school calendar and go over with Caitlin what she would eat and try at lunch. She would circle items like roasted zucchini, orange-glazed carrots, broccoli trees, roasted tofu, brown rice, and spinach wraps. Then we would make a plan for her to try a few bites of something new such as black beans and cheddar quesadilla, falafels, curried chickpeas, or chili.

We would later record in her food journal her reactions. We did a star rating system with new items she liked the most getting three stars, items she wouldn’t mind trying again getting two stars, and items that didn’t work getting one star.

I need to preface that Caitlin was the worst eater. She is brutally honest when she likes or dislikes a new food, and would rather skip a meal than try something new. Every meal time was a battle. She could live on chicken nuggets, plain rice, and noodles without

ever encountering a vegetable.

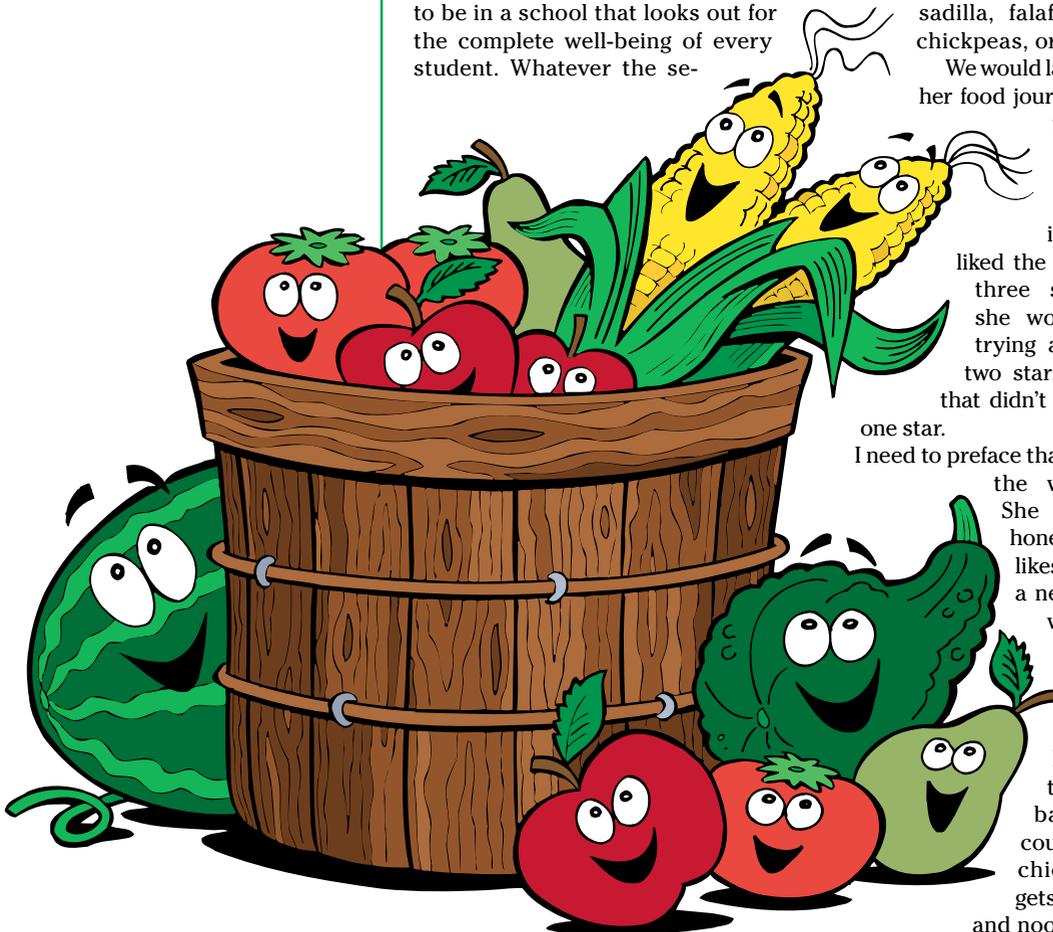
Caitlin had chronic constipation and low muscle tone. Since she’s been in school, she has learned that it isn’t healthy to starve herself, and finds another food choice she likes. She has her first and second choices in mind and turns to the cafeteria’s salad bar if she needs to supplement. I am totally in awe that the school has been able to change my picky eater to a smart eater who understands that she has the power to choose foods to help her mind and body grow.

Recently, the school invited families to a nutrition workshop and dinner night, so we could experience firsthand what our children are having in the cafeteria. My husband Victor, who is the biggest red-meat eater, didn’t think he would like the vegetarian meal, but was surprised that the food was tastier than he thought and actually quite filling. I was impressed by how flavorful the cooked vegetables were and learned a few cooking tips on what herbs to use and some new ways to prepare beans.

Since the news of the school turning vegetarian, most of the families have welcomed the change. In the widespread community, there have been some rumblings. There is the notion that schools are taking away our food rights and imposing their will. I can only speak for myself, but don’t knock it till you’ve tried it. If your child is going to eat something not made by your own two hands, I would prefer that it be something identifiable.

The other day, Caitlin and I were cleaning out her DVD collection and she came across one of her beloved “Veggie Tales” stories. As she focused on the cover, I asked her if she wanted to watch the cartoon. Instead, Caitlin said she was reading the name and said “veggie tales” sounded like her school. She told me that she now eats lots of vegetables at TALES and she can run faster, jump higher, and work smarter. Out of the mouth of babes — the ultimate sign.

*Karen M. Lee is a freelance writer and educator who lives in Flushing with her husband and daughter. Lee is passionate about reading, has a whimsical sense of humor, and favors taking the road less traveled.*



# THE KEW-FOREST SCHOOL



Inspiring Students to Achieve...

*Bold, Bright Thinking*

Since 1918 || Independent || Co-ed || Nursery through 12 || College-preparatory

Contact our Director of Admission to schedule a visit or talk with us about how your child can stretch and grow into new realms of thought.



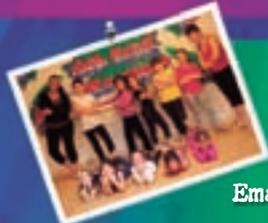
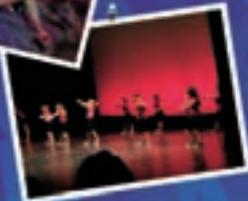
119-17 Union Turnpike, Forest Hills, NY 11375-6143 Phone: (718) 268-4667 www.kewforest.org

## ALL STAR STUDIOS

dance, theater, and MORE!

Offering Classes in:

- ★ Ballet
- ★ Tap
- ★ Jazz / Contemporary
- ★ Hip Hop
- ★ Acrobatics
- ★ Theater / Singing
- ...And MORE!!



ALL STAR STUDIOS  
108-21 72nd Ave, 4th Floor  
Forest Hills, NY 11375  
718-268-2280

Email: [allstarstudiosnyc@gmail.com](mailto:allstarstudiosnyc@gmail.com)  
www.[allstarstudiosnyc.com](http://allstarstudiosnyc.com)



# PARTY PARTY PARTY!

## HAVE YOUR CHILD'S FABULOUS BIRTHDAY PARTY WITH US!!

Come in for a **free tour**.  
You won't be disappointed

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



### 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**
- **Ask About Our Photography Show**
- **FREE** Indoor parking for birthday child's parents

Visit our web site for a virtual tour & prices

## ASTORIA SPORTS COMPLEX



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 (M,R)

**"THE PLACE EVERYONE IS RAVING ABOUT"**

# Great Heights

The annual  
Jackson  
Heights Arts  
Festival arrives  
this June

BY ALLISON PLITT

**G**uided tours of historic landmarks, theatrical and musical performances, local library offering free educational and cultural programs along with deals at restaurants from across the neighborhood are what the Jackson Heights Arts festival is known for. The annual event is back this month, along with, as usual, the unique talent of the local artists, who show their painting, sculpture, and photography.

The month-long series of events began in 2010 thanks to Councilman Daniel Dromm, who wanted to make neighbors and tourists more active in the area. For this year's event, Dromm collaborated with a volunteer group called Hibridos Collective, which describes itself, according to the website, as "an interdisciplinary collaborative working to re-envision spaces through community-based arts practices."

Dromm has allowed Hibridos Collective to create an all-day public event on Saturday, June 22, called the "Jackson Heights Arts Festival: Re-Envisioning Spaces Through the Arts." Two volunteers from Hibridos Collective, Carlos Martinez and Beatriz Gil, are co-directors of the event. Families can come to Diversity Plaza, a pedestrian plaza on 37th Road between 73rd and 74th streets, to participate in free art workshops, music, outdoor exhibitions and beautification activities. If it rains on Saturday, the festival will be rescheduled for the next day.

"The day is really in two pieces. In the morning we're going to kick off the event with a beautification activity. We'll be doing some clean-up, painting, and planting in the planters. It's to make the community come out and take ownership of the plaza, and make it a more colorful, friendly, place," says Gil.

Following the beautification activities, the artists will come out to perform, or set up exhibits or workshops for the community to learn about their work.

The application process allows any artist to apply to participate



Carlos Martinez and Beatriz Gil, co-directors of the event.

at the festival, but the directors prefer that the artists live or work in Dromm's district, 25, which covers Jackson Heights, Elmhurst, and Corona.

In the afternoon, the artists will give musical performances, exhibit artwork, and provide free art workshops to families.

"It's really about empowering the community to re-envision or to use art as a way of looking at the neighborhood differently and seeing what's possible in other ways for communities that are so diverse to really come together and integrate rather than always just claiming, 'The borough is so diverse,'" observed Gil.

"We always hear that," she continued. "But we want to create these spaces where there's going to be this cross pollination of cultures really speaking to each other and being engaged with their neighbors. It's really about getting neighbors and people to talk to each other about some of the things that are happening, and the vehicle and language being used is picking up a paintbrush or a colored pencil. It's to express that."

When Diversity Plaza was constructed in September of 2011, some residents and merchants were concerned that a pedestrian plaza could be detrimental to the economic and social vitality of the area. In opposition to this belief, Hibridos Collective submitted a press release stating, "We believe that the community can help change this perception and successfully implement arts and culture programming that will make this business corridor thrive in collaboration with Sukhi, an organization currently working to improve the pedestrian plaza."

Partners with Dromm and the Hibridos Collective include the Jackson Heights Beautification Group, the Queens Council on the Arts, the New York City Department of Cultural Affairs, and the Citizens Committee for New York City.

*Jackson Heights Art Festival at Diversity Plaza (37th Road between 73rd and 74th streets in Jackson Heights; [www.jhbg.org](http://www.jhbg.org)) June 22, 10 am to 4 pm. Free.*

*Allison Plitt lives in Queens with her husband and 7-year-old daughter. She is a frequent contributor to this publication.*

2013 summer

Gifted & Talented / Statewide / Hunter H.S.

# Kent Enrichment Program

## July 1<sup>st</sup> - August 29<sup>th</sup>

Summer does not mean learning comes to a halt. Through enrichment and instruction, let Kent Prep help your child excel in the upcoming year with confidence. With various reading, writing, and math levels available, programs are designed and led by top instructors to meet individualized needs.

Classes begin 7/1 with 6 wk. or 8 wk. programs available.



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



# SENSATIONAL KIDS

*"We Believe In Children"*

## Summer Day Camp

Children Ages 3-14

### OPEN HOUSE:

June 3 • 6pm-8pm

Our Lady of Hope

61-21 71st Street • Middle Village

June 4 • 6pm-8pm

The Mary Louis Academy

176-21 Wexford Terrace • Jamaica Estates



### Program Includes:

- Exciting Games
- Spectacular Trips
- Sports Activities
- Water Activities & Swimming
- Arts & Crafts
- Weekly Theme Parties
- Music & Movement
- Snack & Drink

Payment Plan Available  
Bus Service Available  
Camp Is Non-Sectarian

CAMP HOURS  
7:00am - 6:00pm  
PROGRAM HOURS:  
9:00am - 4:00pm

For More Information Call: 718-386-1962 Fax: 718-386-2520

[www.sensationalkidscamp.net](http://www.sensationalkidscamp.net)

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

# CHRISTY'S

GYMNASTIC CENTER

ACADEMY FOR CHILDHOOD FITNESS & DEVELOPMENT

## FUN - FRIENDS - FITNESS

Our Program is Safety Certified & Kinder Accredited By USA Gymnastics  
**REGISTER NOW**

## From Tots - Teens

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

Arts & Crafts

Birthday Parties

School Trips!

Register Now For Fall Programs

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

## WE MAKE A DIFFERENCE!

Competitive USAG Teams • Mini Teams  
Christine Philips/Owner, Director FREE PARKING

150-50 14th Road, Whitestone

718-767-0123 • [www.christygymnastics.com](http://www.christygymnastics.com)

Fully Licensed

- Child Care Centers
- After School Program
- Summer Camp



### Center of Excellence QV

96-09 Springfield Blvd.

Queens Village, NY 11428

Tel: (718) 464-3600/3700  
(718) 206-1600

### Center of Excellence SG

127-08 Merrick Blvd

Springfield Garden, NY 11434

Tel: (718) 276-8200

### Bellpark Child Care Center

231-10 Hillside Avenue

Queens Village, NY 11427

Tel: (718) 464-7700 / 7704



Register now while space is still available!

[AoeSchool.com](http://AoeSchool.com)

# Leading the change

New book offers a pep talk for women in a man's world

BY RISAC. DOHERTY

**T**he new book, "Lean In," is partly anecdotal and partly a rallying cry, intended to encourage women to break free from their innate hesitation to aggressively advance their careers and "step up to the table."

It is a primer with a "can-do" attitude for women whose fears stop them from achieving their professional goals. Interestingly, author Sheryl Sandberg is not just setting her sights on the issue of equal pay for equal work, but instead trying to prompt women to aspire to leadership roles, lamenting, "I watched as the promise my generation had for female leadership dwindled."

## Conformity to expectations

In her book, published in March, Sandberg — chief operating officer of Facebook, and ranked on Fortune's list of the 50 Most Powerful Women in Business and one of Time's 100 Most Influential People in the World — reminds us how, even in the year 2013, marketers display preconceived gender perceptions, selling shirts for boys who are "Smart like Daddy" and girls who are "Pretty like Mommy," reiterating throughout the book, her frustration with men in the workplace who condescendingly pat her on the head and comment, however favorably, on her looks.

She points out that men are promoted on their potential and women are evaluated on their accomplishments.

Sandberg draws upon moments of insecurity in her past, which she believes are typical for women, among them, "imposter syndrome," causing her to worry that her peers

will discover that she is not really good enough. She references studies that indicate that women are slower to take risks than men, urging women to learn how to be more confident and stop second-guessing themselves.

Sandberg also recognizes how difficult it can be for women to negotiate hard, and deviate from their natural tendency to be loyal, nice, and nurturing, without being labeled as too aggressive, writing, "It's like trying to cross a minefield backward in high heels." She tells us, too, that women who are hesitating are often failing to recognize the power they could actually wield.

When she talks about how women see themselves in the workplace, she recalls how hard women worked to fit in and be like men. She reminds me how I felt the need to always wear a suit, instead of a dress to work, as a young attorney in the 1980s, for fear that I would be taken less seriously in court.

Central to her concerns is the fact that many women make career decisions with child-rearing or potential child-rearing as a factor, whereas men pursue their careers free from such a hindrance. Sandberg wants women to make career decisions more like men, by not, "leaving before [they] leave." She does not want women to shy away from opportunities that present themselves because they might be pregnant or thinking of becoming pregnant, but instead "lean in" and forge ahead with every opportunity.

I, personally, did not "lean in," and I remember the feelings of ambivalence and uncertainty I felt, that plague so many other expectant mothers, with their career decisions. Sandberg is so fully com-

mitted to her career, supported by a husband with a flexible job. But, not all women are. She exhibited ambivalence at times, but calls upon us to forge ahead fearlessly.

For years, women have bemoaned their conflicted lives and shared the emotions of their absenteeism at home, but she does not whine.

She advocates for women to openly discuss with office management ways to ease the home-work balance, having channeled her passion into practical solutions when faced with gender inequity, emblematic of her personality and superior business acumen.

Although I do not want to perpetuate the stereotype of the emotional female, I also recognize that we are not all hard-wired like Sandberg, nor do we always feel we can or want to negotiate hard with our spouses and employers for the proper balance.

We are not all Sheryl Sandberg. Nevertheless, this book should motivate all of us to take another look in the mirror and see the sparks of potential sometimes hidden from view.

## Sandberg's keys to success

Sandberg favors "authentic communication," finding that employees who are honest about the home-work conflicts they face may learn that supervisors are willing to accommodate them and others like them, if they speak up. She even hopes that workers who shed tears in the workplace to communicate their needs are no longer seen as weak, but as authentic communicators.

She explains that co-workers who share emotions build stronger relationships, which, in turn, moti-

vate people to work harder.

She tells women seeking to further their careers to find a mentor, because mentorship and sponsorship are critical for progression in the workplace. She further explains that mentorships develop from real and earned connections between people, and that mentors will select proteges who evidence the potential to benefit from their guidance.

She realizes that we are not all superwomen and that women sometimes get caught up trying to do everything perfectly, which is a losing proposition. As a result, she tells us she learned to be a perfectionist only for what really matters, noting "done is better than perfect."

According to Sandberg, our culture depicts women adept at balancing their home and work lives as one in a million, as depicted in the film "I Don't Know How She Does It," thereby instilling fear in young women who may then look upon the challenge as insurmountable. She also references the close scrutiny of Yahoo Chief Executive Officer Melissa Mayer's maternity leave, commenting, "the dearth of female leaders causes one woman to be viewed as representative of her entire gender."

Sandberg's thoughts resonate with me as she describes how women of her generation thought they had achieved equality, but, along with their spouses, fell right into stereotypical roles, "caught by surprise," as they worked full-time during the day and came home to find themselves managing the majority of child-rearing and household tasks. She insists that women stop feeling that they alone should be putting home concerns before work, or the stereotype will continue to be a self-fulfilling prophecy.

"The sooner we break the cycle, the faster we will reach greater

equality," she writes.

She counsels young women to stop trying to "play the good girl" in relationships by acting traditionally domestic to please a man, but instead to date and marry someone who actually wants to be an equal partner and truly share domestic responsibilities: a husband who would "lean in" at home.

The good news is that, some women in their 20s and early 30s have been reporting that they are

not as impeded in their choices and they have more of an expectation for at-home equality from their spouses.

### **Should we 'lean in?'**

Sandberg's crusade doesn't end with the book. She has created a "Lean In" website to help encourage women to meet and discuss her ideas and their goals in small groups, known as "Lean In Circles."



# LEAN IN

WOMEN, WORK, AND  
THE WILL TO LEAD

SHERYL SANDBERG

---

Central to her concerns is the fact that many women make career decisions with child-rearing or potential child-rearing as a factor, whereas men pursue their careers free from such a hindrance.

---

Anne-Marie Slaughter, who revealed last summer how she walked away from the upper echelons of power in the federal government to be home for her teens, criticizes Sandberg for putting the onus for change on the shoulders of young women, instead of focusing more on the change needed within the home and workplace.

I disagree, as I see lessons for all of us in this book: for stay-at-home moms, for moms who work full-time or part-time, and for dads. Although Sandberg did mention the "external barriers" facing women, she chose instead to write about the internal barriers, which have not been the focal point for discussion thus far.

Her message should be taken seriously and can serve to make us all better, individually and as a whole.

"Lean In" is a well-tailored guidebook, which is inspiring women across the country, re-opening a formerly tabled discussion, and preparing all of us to better face the challenges ahead.

*Risa C. Doherty is an award-winning writer and member of the American Society of Journalists and Authors. Read more at [www.risadoherty.com](http://www.risadoherty.com) and [www.leanin.com](http://www.leanin.com).*



## JUST WRITE MOM

DANIELLE SULLIVAN

# Easing fears of death

## What can a mother tell her son about mortality?

**R**aising three children, one of the things I always dreaded was the “death talk.” With each, there was a time when they would ask about death. I clearly remember when my youngest inquired about it.

A few years ago, as I was tucking my son into bed one night, he told me he felt like crying, but didn’t know why. It was a Sunday, and after a few days off, I immediately thought he wasn’t looking forward to going back

to school. This I was familiar with. He was six years old at the time, and he always enjoyed being off and had to settle back slowly into a weekly routine.

His voice started to crack, as he told me he was just thinking about “sad stuff.” I tried to ease his worries and explained how he would see his friends in school tomorrow, we’d make cookies afterschool, and it wouldn’t be so bad.

“But it’s not that,” he shrieked. “I’m thinking about what if you died, and I was all alone.”

This I was not expecting.

I felt something between intense sadness and quiet horror. It is, of course, almost the worst thought imaginable. Death scares us, and yet, we can’t lie to our children and tell them it won’t happen.

So, I began to spin a major cover-up. In fact, I airbrushed life and death like a very skilled art director at a glossy fashion magazine.

“Well, I am young and healthy, so we don’t have to think about that for a very long time,” I explained.

“So you only die if you’re old and sick?” he asked.

“Most people live very long lives now,” I replied.

“But what about kids on the news that die? I don’t want to die either!” he cried.

“Some kids have diseases that make them very sick. But you are healthy, and you are strong,” I countered.

This semi-real yet fabricated banter went on for a while. I think I was trying to convince myself just as much that we were safe

and would live forever. As a mom, you naturally want to shield your child from scary thoughts. But when you are disturbed by them yourself, it makes it even more difficult.

Surely there is a part of a mother’s heart that is forever carried around in her precious child the minute a woman gives birth. I don’t care if that child is 1, 10, or 25. The fact remains that women are so deeply intertwined in their children’s lives and happiness; we would do anything to protect them from harm. Still, there is no greater gift than being allowed the chance to raise a child. Helping another human being grow up and take his place in the world is no simple task, however.

After about 15 minutes of carefully worded appeasement (I think I even threw in how, since we all eat vegetables, we are even more resilient), his mind turned to other things — like how if he turned into a superhero, he would save the world from disease and let everyone live forever. I saw this as my opportunity to inform him that by being a doctor, he could help many people (a little cajoling toward medical school, albeit premature, couldn’t hurt).

Soon, he fell asleep — while I lay awake and started my mental to-do list ... pack extra carrots in lunch. Schedule check-ups. Iron shirt.

The next morning, the fears had vanished. I woke my boy up, told him over breakfast what a great day he’d have back at school, and waved goodbye to him as he got on the bus. In fact, I waved until he couldn’t see my waving anymore, and until the yellow bus faded into the distance. As I watched, a piece of my heart raced away down the block.

*Danielle Sullivan, a mom of three, has worked as a writer and editor in the parenting world for more than 10 years. Sullivan also writes about pets and parenting for Disney’s Babble.com. Find her on Facebook and Twitter @ DanniSullWriter, or on her blog, Some Puppy To Love.*



**71-25 Main Street  
Flushing, NY 11367**  
**Tel: 718-261-0211  
Fax: 718-268-0556**

**72-52 Metropolitan Ave.  
Middle Village, NY 11379**  
**Tel: 718-326-0055  
Fax: 718-326-0637**

**We Provide:**

- Classes in English, Spanish, Hebrew & Russian
- Integrated Classes
- Comprehensive Evaluations
- School Psychologist
- Counseling
- Social Work Services
- Speech Therapy
- Occupational Therapy
- Physical Therapy
- Family Support Groups and Training
- Adaptive Physical Education
- Fully Equipped Playground
- Music, Art, Library & Science

**POSITIVE BEGINNINGS IMPACTS A LIFETIME**

Funded by NYS Educational Dept. and NYS Dept. of Health

**THE LEARNING TREE**  
Now Registering For  
**FREE UNIVERSAL PRE-K**  
(children born in 2009)  
**Nursery & Pre-K Programs for September 2013**  
Extended Hours 7:00 am - 6:30 pm

**Registration Open for Summer Camp**

**SPORTS • FIELD TRIPS • MUSIC • DANCE • ARTS & CRAFTS  
FILTERED POOL • SWIMMING INSTRUCTION ON PREMISES**

**Junior Group – Ages 2 to 4  
Middle Group – Ages 5 to 6  
Senior Group – Ages 7 to 13**

**PRIVATE GROUNDS  
TRANSPORTATION AVAILABLE**  
74-15 Juniper Blvd., Middle Village  
**718-899-2020 • www.thelearningtree.org**

**German  
for Children**

**After School Program  
New York State Regents  
Accredited Language Program**

Low Tuition • Minimum Age: 4 Years • No Previous German Necessary •  
Classes Meet Once a Week • Playgroup Age 4-5 • From 4:30-6:16  
• Kindergarten Age 5-6 • Other Classes Ages 7-15

Four convenient locations in the Greater New York area:  
Ridgewood, Queens; Manhattan; Franklin Square, Garden City

For more information see:  
**www.German-American-School.org or call: (212) 787-7543**

**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



© NCL Unlimited Usage

# Breakaway from NYC

Norwegian Cruise Line's newest ship delivers one wow moment after another

BY STACEY ZABLE

**N**orwegian Cruise Line's new Norwegian Breakaway is the largest ship ever to homeport out of Manhattan — and seeing its size and pop artist Peter Max's New York-inspired, painted hull before boarding are just the beginning of the impressive elements that will have your kids smiling and jaws dropping throughout their voyage.

Starting at the top of the ship, you will discover an aqua park with five, multi-story waterslides, two swimming pools, and four hot tubs. These are no baby rides — with serious adrenaline rushes for those who fly down the Free Fall, one of two drop-slides that plunge riders feet first, and the Whip, two racing, side-by-side twister slides. These may be

too scary (even for some adults!), so there's a little more family-friendly option in the open flume body slide.

Little kids will be thrilled with the SpongeBob SquarePants-themed water area with shallow pool, small slide, sprinklers, and other water features.

Also at the top of the ship are some challenges of the non-water kind — a three-story sports complex and the largest ropes course at sea. The multi-level structure has 40 different elements, including a zip line.

For true daredevils (tethered to a safety harness, of course), the Plank is a platform that extends eight feet over the side of the ship. A rock climbing wall, basketball court, bungee trampoline, and spider web — a 24-foot enclosed climbing cage

with a spiral slide — plus a nine-hole ocean-themed miniature golf course beneath the ropes course all keep the kids active and more than entertained.

Inside the ship, there is a video arcade, bowling, knock hockey, and other games that will never have the kids whining that they are bored. Mom and dad can find their own games at an 18,000-square-foot casino.

## Complimentary kids' programming

Norwegian Breakaway boasts the line's largest youth- and teen-dedicated facilities that will have kids begging to go to "camp." Splash Academy spans two decks and has areas and activities designed for three age groups, from ages 3 to 12.

## More cruises from NY

More cruise lines that offer departures from Manhattan or Brooklyn Cruise Terminals, as well as Cape Liberty Cruise Port, Bayonne, NJ:

- Carnival [carnival.com; (800) 764-7419]
- Celebrity Cruises [celebritycruises.com; (800) 647-2251]
- Crystal Cruises [crystalcruises.com; (888) 722-0021]
- Cunard [cunard.com; (800) 728-6273]
- Holland America Line [hollandamerica.com; (877) 932-4259]
- Oceania Cruises [oceaniacruises.com; (800) 531-5619]
- Princess Cruises [princess.com; (800) 774-6237]
- Regent Seven Seas Cruises [rssc.com; (877) 505-5370]
- Royal Caribbean International [royalcaribbean.com; (866) 562-7625]
- Silversea [silversea.com; (877) 276-6816]

Guppies is a dedicated play space separate from Splash Academy where mom, dad, and their children, ages 6 months to 2 years, can participate in interactive independent and group activities aimed at their age group. Jumpstarting the excitement at both, kids are greeted by counselors dressed in a different theme each day, including jungle and Hollywood.

Nickelodeon-themed [inspired??] events are part of Splash Academy and also take place throughout the ship, such as a Pajama Jam Character Breakfast, Dora's Dance Party, and Nickelodeon character meet-and-greets. Splash Academy even has an extended evening program (for a fee) from 10:30 pm to 1:30 am, so parents can enjoy late-night entertainment.

Teens ages 13 to 17 have a cool hangout at Entourage, a room filled with small areas to mingle, a foosball table, dance floor area, and video games. Activities also bring them outside of the teen room with basketball games, nighttime pool parties and more, with an energetic staff to supervise.

Most family staterooms and mini-suites with balconies sleep up to four, with connecting staterooms available. For those who wish to upgrade to The Haven concierge level, the luxurious Two-Bedroom Family Villas that sleep up to six feature two bedrooms and two bathrooms, a separate living room, and extra-spacious balcony.

Dining choices total 28, with numerous specialty restaurants made for romantic mom and dad alone time. The almost-always open Garden Cafe buffet and the 24-hour O'Sheehan's Neighborhood Bar & Grill have plenty of kid-friendly

anytime food choices. While kids are in camp, be sure to spend time enjoying the spectacular nightly Slam Allen show at the Fat Cats Jazz and Blues Club and nightly Howl at the Moon Dueling Pianos Show at Headliners.

### The New York factor

The convenience of leaving from the Manhattan Cruise Terminal on the west side is huge for families. Not only do you save on not having to purchase roundtrip airfare, but the stress of travel is minimal. Simply drive, take a taxi, or mass transit to the piers, and you're on vacation already!

Plus, even New Yorkers thrill at passing the Statue of Liberty, the Freedom Tower, and lower Manhattan as the ship begins its voyage. Aspects of New York City itself can be found throughout Norwegian Breakaway, including three Broadway shows ("Rock of Ages," "Burn the Floor," and "Cirque Dreams & Dinner Jungle Fantasy") and a specialty restaurant from New York City chef and Food Network star Geoffrey Zakarian.

Norwegian Breakaway will homeport from Manhattan, with seven-day cruises to Bermuda through Oct. 6, 2013, seven-day voyages to The Bahamas and Florida, and two 12-day cruises to the Southern Caribbean from October 2013 through April 2014.

Visit [ncl.com](http://ncl.com) or call (800) 327-7030 for rates and departure dates.

Stacey Zable is an award-winning veteran travel writer and family travel expert who has written about destinations, resorts, and cruise lines around the world. Her favorite trips are those that she shares with her husband and two daughters. Send travel questions and comments to Stacey at [info@familytraveltrails.com](mailto:info@familytraveltrails.com).

# NINA'S TUTORING CENTER

Private Tutoring by Experienced Tutors  
For All Subjects • For All Grades School Homework • All School Tests

## INTENSIVE SUMMER PROGRAM STUDY AHEAD FOR THE NEXT GRADE

- READING COMPREHENSION AND WRITING CLASSES
- MATH CLASSES
- Now Registering for REGENTS Prep. and SUMMER CLASSES
- PREP. CLASSES FOR SHSAT, TACH & SAT

**OPEN 7 DAYS A WEEK**

LOOK FOR YELLOW SIGN

87-02 GRAND AVENUE, ELMHURST, NY 11373

Phone: **718-205-7508**

**INFLATABLE BOUNCE HOUSE • CLOWNS**

**For the ultimate experience in  
Clowns Magicians Characters  
Princesses Bounce Slides!**

Book your next party with us!

Proudly Serving Long Island, Queens,  
Brooklyn, Manhattan, & The Bronx

#1 in Kids Entertainment

Fun Filled Packages

Specializing in:

- ✓ Professional Face Painting
- ✓ Magic Show w/ Live Rabbit
- ✓ Bounce House Inflatables
- ✓ Cotton Candy & Popcorn
- ✓ Cartoon Characters
- ✓ Interactive Games
- ✓ Lively Singing & Dancing
- ✓ Balloon Animals & Much More
- ✓ Birthday Parties
- ✓ Christenings
- ✓ Communion
- ✓ Corporate & Community Events
- ✓ Upsherin

**www.BookYourKidsParty.com**  
1057 Hempstead Turnpike • Franklin Sq. NY

**Professional KIDS ENTERTAINMENT** **516-596-5067**

**CORPORATE AND COMMUNITY EVENTS • CLOWNS • BIRTHDAY PARTIES • CHARACTERS • MAGICIANS • PRINCESSES • BIRTHDAY PARTIES • COMMUNIONS • UPSHERIN • CHRISTENINGS**



**DIVORCE & SEPARATION**

LEE CHABIN, ESQ.

# Grandparents' role in divorce aftermath

**A** mother and father separate. Their children, ages 3 and 5, reside with their mother. The paternal grandmother goes to court to get visitation with the grandchildren, hoping to take the children for overnight stays with her relatives in a county nearby the mother's home.

This is the situation dealt with in the recently issued opinion of "Matter of Hill v. Juhase."

Here, I'll discuss the court's reasoning, which is especially instructive to grandparents who want to have a relationship with their grandchildren following a break-up of the parents.

But when serious problems develop between spouses or partners, their friends and family often take sides and are outspoken in doing so, rather than being supportive in more constructive ways, such as listening and finding and sharing information.

One result may be a badly damaged relationship between the one trying to offer assistance (let's say a grandmother trying to help her son) and the other party (say, the son's spouse). In this scenario, the mother may not care much for the grandmother after the breakup. Asking the

mother for more time with the grandchildren may be awkward at best.

Still, I would encourage grandparents to attempt this conversation.

If headway can't be made through discussions within the family, going to court won't make the relationships warmer or friendlier, although a judge may rule in the grandparent's favor.

Obviously, I would suggest mediation rather than litigation. Mediating allows for everyone to meet in a safe environment, and the parties are assisted in having constructive discussions and considering options everyone can live with — instead of having a third party who doesn't know you make a ruling that at least one person is likely to be unhappy with.

But, if court becomes necessary, here are some factors the judge may look at:

In the "Hill" case, "Standing [the right to file a lawsuit or file a petition under the circumstances] requires evidence of the 'nature and extent of the grandparent-grandchild relationship.'" This requirement means that there must be a real connection. A court will probably not be impressed

with an occasional visit and the sending of birthday cards alone. If you want a relationship later, spend time with your grandchildren now. Call regularly. Learn about their routines and what they care about.

If, through no fault of your own, you can't make such connections (for instance, the parent is uncooperative), keep trying. Effort does count, and such evidence may be helpful to your case.

"Hill" said standing also requires evidence of "the nature and basis of the parent's objection to visitation." Would you like to have your grandchildren with you overnight? If the parent objects, saying that the children are young and you have never babysat them and may not know what to do, or that you have a lot of company in your home where alcohol is served, a judge may question your suitability to care for the kids.

Additionally, the court in "Hill" stated, "The presumption that a fit parent's decisions are in the child's best interests is a strong one."

If you are in the situation of having to prove to a judge that a parent is unfit, you'll find that overcoming this "strong" presumption will not be easy.

Different jurisdictions may have various approaches, but it is always a good idea to keep nurturing that relationship with your grandchildren, and to maintain that relationship with the "other parent." Because as the court in Hill also said, "Grandparents must allege and establish more than 'love and affection' for their grandchildren."

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

*Disclaimer: All material in this column is for informational purposes only and does not constitute legal advice. Discussing your particular case and circumstances with a legal professional before making important decisions is strongly encouraged to safeguard your rights.*



# SEND IN THE CLOWNS / 100% FUN ENTERTAINMENT CORP.



YOUR **1** STOP PARTY SHOP!

[WWW.SENDINTHECLOWNS.COM](http://WWW.SENDINTHECLOWNS.COM)

(718) 353-8446

(516) 354-1515

(914) 524-0055

PHOTO FAVORS

CASINO

Crystal Photo



INFLATABLE BOUNCES



VIDEO TRUSS



ROCK WALL



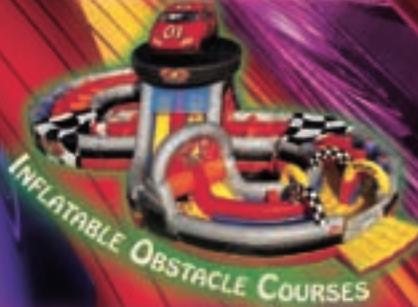
FLYING DRAGON



MECHANICAL BULL



INFLATABLE WATER RIDES



INFLATABLE OBSTACLE COURSES



PHOTO BOOTH

CORPORATE PARTIES, BAR/BAT MITZVAH'S, BIRTHDAY PARTIES, BLOCKS PARTIES, DJ'S, AND MUCH MORE



Tents, Tables & Chairs  
Concessions, Rentals

OFFICIAL PARTY PROVIDER OF THE NEW YORK METS

CALL OR EMAIL US FOR A FREE CATALOG

# SAFER SUN for everyone

Tips, tricks,  
and secrets to  
enjoy summer  
without  
getting burned

BY MALIA JACOBSON

**Y**ou stocked up on sunscreen, doled out sunglasses and floppy sunhats, and managed to coat your kids in gooey white SPF 30 before hitting the local swimming hole. But they still came home looking like lobsters, moaning and groaning over their painful sunburns. What gives?

Sunscreens are now part of most kids' summer routines, but that doesn't mean that all kids are as well-protected as they should be. According to the American Academy of Pediatrics, sunscreens are often less effective than parents think, because they aren't applied correctly. And parents sometimes skip protecting dark-skinned children and tiny babies. Here's how to get the best-possible sun protection for your brood, starting now.

## Every kid, every day

Sun protection isn't just for freckle-faced, blue-eyed kids, says Dr. Adelaide A. Hebert, professor and director of pediatric dermatology at the University of Texas Health Science Center.

The sun doesn't miss anyone. Sunburns may not be as visible on kids with darker complexions, but that doesn't mean they don't need



sunblock. Children with darker skin need to take the same sun safety precautions as their lighter-skinned pals.

## Choose well

Staring down the sunscreen aisle at the drugstore can fluster even the most informed parent. Natural,

baby, spray, sweat-proof — each passing year brings new innovations and more confusion. How can parents quickly and easily choose a sunscreen that's right for their brood?

Forget about the multitude of subcategories and formulations, and focus on the two main types of

sunscreens: chemical and physical.

Chemical sunscreens like Coppertone actually absorb ultraviolet radiation. Many conventional sunscreens fall into this category.

Physical sunblocks like those made by California Baby are made with ingredients that physically block the sun's rays. They're becoming increasingly popular with parents seeking a more natural option.

So which is best? The safest option, says Hebert, is to use both. Look for a combination product, like those made by Bull Frog or Helioplex. Or buy two, a conventional sunscreen and a physical sunblock, and layer them.

### Labeling hype

Once you're in the habit of reading labels, you may notice that formulations marketed for adults and children aren't all that different. Manufacturers often market the same sunscreen product to both adults and children with different labels, says Hebert. So if your favorite kid's sunscreen is out of stock, consider a grown-up brand instead.

### To spray or not to spray

Spray sunscreens seem heaven-sent when you're wrestling with a wiggly, impatient tyke. But not so fast — Hebert says parents using sprays often miss spots or don't apply enough.

"A spray sunscreen is still better than no sunscreen," she says. "And the sprays are getting better all the time."

But for now, a tube or bottle may be your safest bet.

### Apply for benefits

To get the full benefit of sunscreen, your application needs to be up to par. Many people don't use enough, and sun protection is compromised further by water play, toweling off, and even windy conditions.

For best results, apply every two hours to clean, dry skin. The best time to apply the first coat is in the morning, when conditions are still cool, because sunblock won't adhere as well to sweaty skin.

### Protect tiny tots

There haven't been enough studies proving sunscreen safety

for babies below six months, so parents often skip protecting them. But infants are still susceptible to sunburns (and few things are worse than a sad, sunburned baby). Babies who spend lots of time outdoors can rack up significant sun exposure, even in the shade.

Hebert recommends that parents of young babies look for sunscreens containing zinc oxide or titanium dioxide, a common ingredient in diaper creams. If parents are safely using titanium dioxide to treat diaper rash, a sunscreen that containing the same ingredients probably won't cause an adverse reaction, she says.

### Made in the shade

Wraparound sunglasses are more than a fashion statement. They offer five percent more protection than regular shades and can reduce sun-induced cataracts if used regularly.

Protect your kids' peepers — and your sunglasses investment — by fastening shades to a strap so they stay on your child and don't get lost.

### Protective fashion

Photoprotective clothing is the next wave of sun protection. Brands like Coolibar, the first line to be certified by the Skin Cancer Foundation, offer clothing that blocks out 97 percent of the sun's UV rays. These garments are great options, says Hebert, but any tightly woven, dark clothing will protect kids from the sun.

To raise the protection factor for regular clothing, the Skin Cancer Foundation recommends Rit Sun Guard. This laundry additive washes into fabric, giving clothing an ultraviolet protection factor of 30 for at least 20 launderings.

### On the nose

The area many people miss when applying sunscreen? It's as plain as the noses on their faces. The nose is where dermatologists find most melanomas.

"Think about where kids usually get pink — the nose," says Hebert. So protect that cute sniffer now. Your child will thank you later.

*Malia Jacobson is a nationally published health journalist and mom. Her latest book is "Sleep Tight, Every Night: Helping Toddlers & Preschoolers Sleep Well Without Tears, Tricks, or Tirades."*

**"BEST NEW ACT IN AMERICA!"**

*Piers Morgan, AMERICA'S GOT TALENT*

# illuminate ARTIST of LIGHT

An Electrifying Story  
Told Through Music,  
Dance & Technology

**BEGINS JUNE 24**



New World Stages • 340 W. 50th St. NYC

Telecharge.com 212-239-6200



illuminate.com



## A TEEN'S TAKE

AGLAIA HO

# School's out, but kids shouldn't zone out

**T**he bell rings and eager students race for the door. School is out for the summer! Everyone is looking forward to a relaxing vacation. No one wants to think about studying. In today's society, we often treat work and play to the extremes. During the school year, many students work diligently, giving up entertainment, relaxation, and even sleep in order to excel. When summer comes around, that fiery workaholic attitude is completely extinguished. Nevertheless, just because school is out, that doesn't mean you cannot have a productive summer. Learning should still be an essential part of your summer vacation, no matter how big or small.

Growing up, my parents always felt that learning was a continuous part of life and tried to foster my passion for knowledge. They often wove educational activities into an active schedule of swimming at the beach, visiting amusement parks, and watching movies. Young minds are like sponges that can soak up so much every day. This should not go to waste. Learning comes in all shapes and forms. It does not necessarily entail school, homework,

textbooks, and tests.

Summer is the perfect time for teens to learn in a novel way or to explore a new skill or interest. Choose a skill that really intrigues you. If you are an artist, try your hand at some new crafts. I spent one summer learning how to make beaded jewelry. It became one of my hobbies, and I love to make little trinkets for family and friends. They make really unique gifts!

If art isn't up your alley, you can pick up a new sport. When I was younger, I learned tennis from a city-funded organization for free. Well, it was more like waving a racket around wildly. Needless to say, I did not have remarkable hand-eye coordination skills. Another summer, I picked up ice skating, which I have continued to practice ever since. The ice rink is the best place to beat the heat in the summertime.

Another useful skill I picked up during the summer was how to type. My mother made it a game and by the time I went back to school in the fall, I could touch type with ease. Search for lessons or classes online or in your neighborhood that can best meet your interests. Many times, you can find classes in the city that are inexpensive and even free of charge.

The internet often provides many valuable resources for teaching yourself a new skill, from "how to" guides to video demonstrations. Sometimes, learning by trial-and-error can be the most rewarding experience. One summer, I decided to learn Italian using BBC's free online beginner language courses. This online language program offers courses in 40 different languages including Chinese, French, and Italian. I learned and practiced a few basic words and phrases just for fun. It even helped to foster my passion for Italian opera.

Another summer, I taught myself how to play the flute using a how-to book and YouTube tutorials. I enjoyed looking up my favorite pop songs and jamming out on the flute. Learning a new instrument can be the start of a lifelong passion for music.

Many students try to avoid schoolwork as much as possible, but it is never a bad idea to get a head start on school. Especially for teens, preparing a little bit for school can make your high school years a lot more manageable and less stressful. If possible, take a look at the syllabuses of the classes you will be taking the following year. Know your strengths and weaknesses. See if you can get a preview of some of your more challenging courses. The library often has many prep books that you can skim through. Also, the internet offers many online lessons that you can browse through briefly to get a better sense of the subject you will tackle. Kahn Academy is my personal favorite, especially when it comes to math, which is not my strongest subject. The site offers tutorials and videos for every topic from math to finance to history. Each video is only 10 to 15 minutes long, but gives a thorough overview of the topics. I found that getting a slight head start keeps me on my toes and allows me to learn in a stress-free environment.

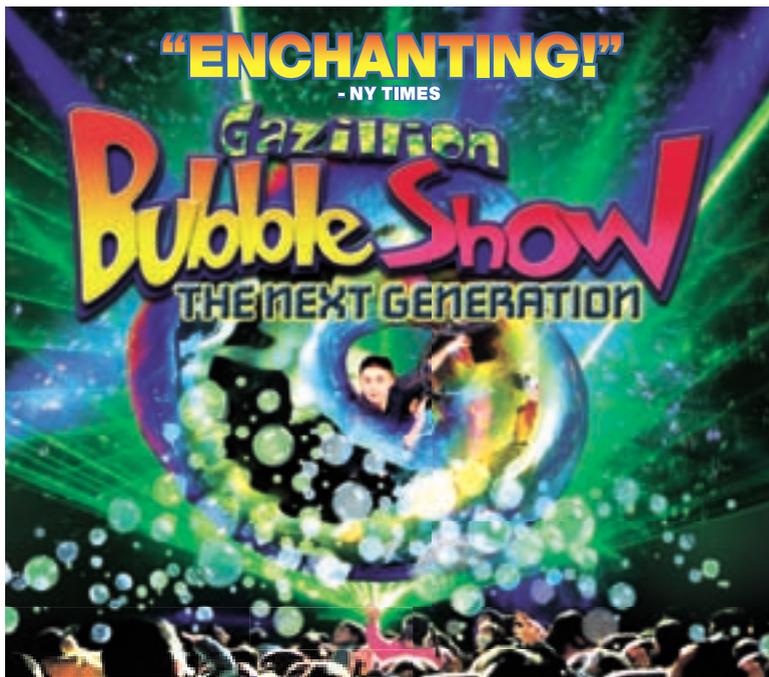
Using your summer to learn can be satisfying and helpful for your academic career. Nevertheless, make sure you balance work and play. Your summer should still be about enjoyment and relaxation. Throw in a few fun educational activities once in a while. Try some with some friends. Add some variety to your summer and make it even more worthwhile.

*Aglaia Ho is a 17-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.*



**"ENCHANTING!"**  
- NY TIMES

Gazillion  
**Bubble Show**  
THE NEXT GENERATION



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

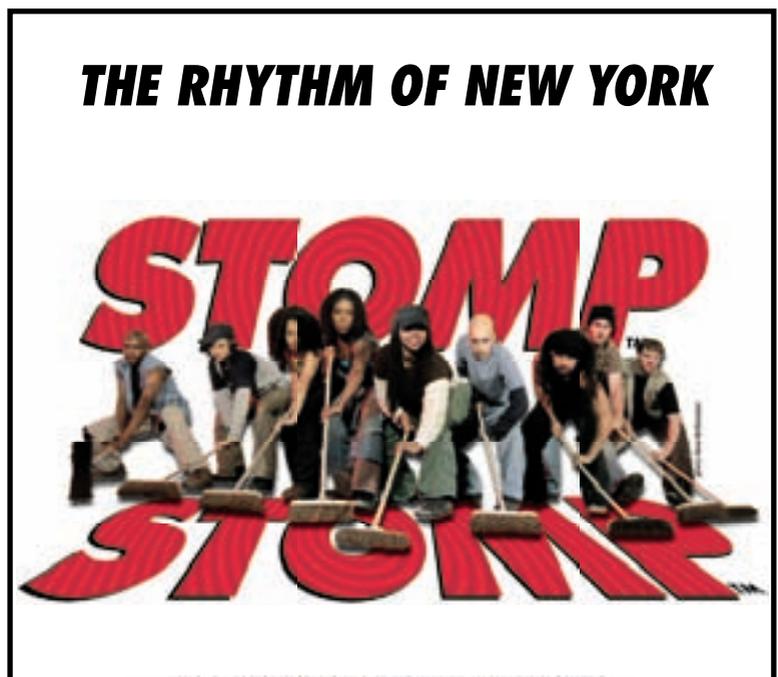
**TELECHARGE.COM**  
or **212.239.6200**

For Groups & birthday parties  
visit our website or call 866.642.9849  
**GazillionBubbleShow.com**

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

**THE RHYTHM OF NEW YORK**

**STOMP**



Tue-Fri @ 8, Sat @ 3&8, Sun @ 2&5:30

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

NEW YORK **SPECIAL CHILD**  
LONG ISLAND **SPECIAL CHILD**  
Trusted since 2008




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

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

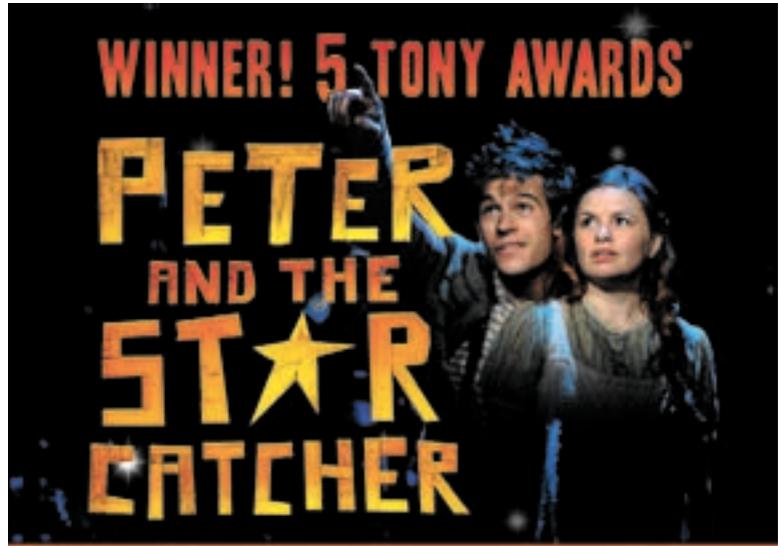
Visit us online at  
**www.NYParenting.com**  
Like us on our Facebook page, NYParenting or follow us on Twitter  

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

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

**WINNER! 5 TONY AWARDS**

**PETER AND THE STAR CATCHER**

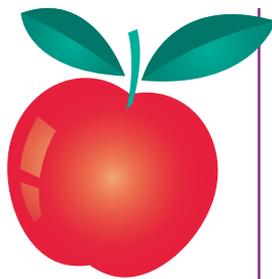


**"THE MOST EXHILARATING BROADWAY STORYTELLING IN DECADES!"** -THE NEW YORK TIMES

**3 WAYS TO BUY TICKETS**

|  |  |  |
|--|--|--|
|  <b>ONLINE</b><br>VISIT<br><a href="http://TELECHARGE.COM">TELECHARGE.COM</a> |  <b>PHONE</b><br>TELECHARGE<br>or 212-239-6200<br>or 800-447-7400 |  <b>IN PERSON</b><br>NEW WORLD STAGES<br>340 West 50th Street,<br>Between 8th & 9th Avenues |
|--|--|--|

[PETERandtheSTARCATCHER.com](http://PETERandtheSTARCATCHER.com)



## DEAR TEACHER

PEGGY GISLER AND  
MARGE EBERTS

# Staying busy this summer

**P**arents, your goal is for your children to have a happy and healthy summer. We have some suggestions based on the fact that children in grades kindergarten through 12 are gaining more weight and falling further behind in learning during the summer. You certainly don't want this to happen to your children.

**Dos for a productive summer:**

- Bring your children up to grade level in every subject through your efforts or outside help.

- Have a daily family reading half-hour where everyone gathers in one room and reads. No discussion is necessary. However, it can be fun if several family members read the same books or magazines and talk about them. For example, think of the different perspectives you and your children might have on articles in *People* magazine.

- Make summer a skill-building time for such non-academic activities as sports, music, dance, cooking, knitting, photography, and whatever else interests your children. Gaining skills in any of these areas will help children build confidence in their abilities. This is especially important if your children are not academic superstars.

- Have a variety of family-oriented activities such as weekend hikes or biking outings, game nights, picnics, visits to historical sites and colleges, and attending sporting events and musical performances.

- Have daily household jobs for every child that contribute meaningfully to the running of the house.

**Don'ts for a productive summer:**

- Let your children spend too much of their time on entertainment media, including TV, video games, Facebook, and Twitter.

- Let your children avoid fairly vigorous daily physical activity.

- Let your children eat a steady diet of unhealthy foods.

**Freezing on tests hurts middle schooler**

**Dear teachers,**

My son will be in eighth grade next fall. He has always gotten good grades in math class. Unfortunately, he is a terrible test taker and froze up on the math placement test. He has been placed in the lowest or next-to-lowest math class and will not be allowed to take algebra. I don't think this is fair, as he did well in the pre-algebra class.

**Dear parents,**

Freezing up on tests is going to cause your son a lot of trouble later on in high school. It has already denied him a place in the algebra class and landed him in a low math class. Being a terrible test taker could even cause him to have problems with algebra if he is placed in that class. Before you push to get him to take algebra next year, consider whether it is likely that he can pass the algebra tests successfully, so he can go onto geometry.

You need to help him get a handle on freezing up on tests. A study skills course at a learning center could be helpful. Also, you or a tutor could teach him such techniques as spacing out studying before a test, re-doing all problems in a lesson for better preparation, reading directions carefully, doing the simple questions first to build confidence, skimming the test to figure out how to pace himself, and skipping questions he doesn't know. If his anxiety continues, he should ask the school counselor for help.

A test score should not be the only factor in deciding who should take algebra. Hopefully, this is not

the case at your son's school. If school is still in session, contact his pre-algebra math teacher at once and ask the teacher if your child is truly ready for algebra. If the teacher thinks he is, ask that he or she intercede, so your son can take algebra next year. If you can't contact the teacher, find out how to resolve this situation before the next school year begins.

**Appealing summer activities**

**Dear teachers,**

I have three grandchildren, ages 10, 8, and 5. I would love to have some new activities for them to do as I spend so much time with them in the summer. Do you know any that are both fun and educational?

**Dear parents,**

There are many websites with appealing summer activities. Do visit [www.activitytv.com](http://www.activitytv.com), which allows children and adults to work together on all kinds of fun activities. The site offers videos and written instructions for projects, from origami to science to cooking and much more.

The Lawrence Hall website ([www.lawrencehalloffscience.org/kidsite](http://www.lawrencehalloffscience.org/kidsite)) has many experiments that may tie in with what the older children are doing at school. For example, your grandchildren could compare the size of their ears or feet to those of many animals. Plus, we have academic activities that are fun on our website ([dearteacher.com](http://dearteacher.com)) under "Learning Activities."

These are at-home activities. They're fun, but visiting places in your community can really widen your grandchildren's knowledge of the world. Why don't you select one day a week and call it "Adventure Day?" You can have a short adventure and end it with a picnic lunch.

Try visits to a fire station; a factory; a museum; rides on trains, buses, and boats; along with visits to parks with interesting attractions. Time at a swimming pool, bowling alley, or miniature golf can even teach new skills. You'll find many more in this parenting magazine.

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

©Compass Syndicate Corporation, 2012  
Distributed by King Features Syndicate





THE BOOK WORM

TERRI SCHLICHENMEYER

# Play ball!

**Y**ou have a little slugger who can't get enough baseball, he's not alone, as he'll see in "A Baseball Story" by Richard Torrey.

Some kids in the neighborhood listen for the jingly sound of the ice cream truck, but who has time for that? It's baseball season, and you've got to get ready to play.

Before the game starts, you'll need to suit up because all the players wear identical hats and jerseys, which tells everybody that you're a team. You'll also put on "bumpy shoes called cleats," so you can run like the wind. Once you're dressed, take a look at yourself in a mirror. You look like a real baseball player!

But no real baseball player is without his glove, so don't forget that.

All good baseball teams have a coach. Before the game, your coach might remind you that players always have to be ready, so you practice throwing and catching with your

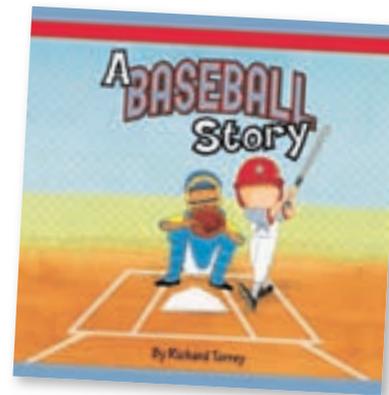
teammates. You'll have to be ready on the field, too, in case you'll need to catch a ball and get an out.

When it's your turn to bat, you'll wear a special helmet so you don't get hurt. Everybody will be watching while you're batting — even mom and dad. But if they wave at you, don't wave back. Baseball players don't wave; they need to be ready to run as soon as they get a hit. Getting a hit is almost like having a birthday.

And when the game is over, you'll shake hands with the other team. Win or lose, you'll tell them, "Good game!" because sportsmanship is important, and so is having fun. Yep, baseball players have to be ready for that — and a whole lot more.

So you've got a future Hall of Famer in the house? Your little one truly lives for the words "Play ball?" Then you absolutely have to have "A Baseball Story" sitting at home base.

This time of year, of course, there could be a 100 books about our favorite summer pastime on the shelves, but Torrey adds something really



unusual to his baseball book. One part of the story consists of a good narrative that practically begs to be read aloud. The other part of the story is made up of conversation bubbles, so kids can follow along with the things that are said to and by its young hero. It's almost two tales in one, and I thought that was enormously fun.

Older Little Leaguers may get a quick kick out of this book, but I really think it's meant for their younger brothers and sisters. So if your 4- to 7-year-old slugger loves to go batty this time of year, "A Baseball Story" will be outta the park.

"A Baseball Story," by Richard Torrey. [36 pages, 2012, \$10.99].

# Meet peace-loving Father Groppi

**I**n the new book "Father Groppi: Marching for Civil Rights" by Stuart Stotts, your child can read about one peace-loving man who knew right from wrong.

James Groppi didn't know much about civil rights when he was a kid, but he knew what discrimination felt like. Born in 1930, Groppi was the second-youngest child of parents who came from Italy — and in segregated Milwaukee, that meant a lot of teasing and prejudice.

But the Groppi family was close, and the parents taught tolerance. Teachers also noticed that Groppi was a natural leader. It was during a school basketball game

that he had one of his most memorable moments: James blocked another player who happened to be black, and accidentally

knocked him down. The boy kicked James and when they both apologized later, James understood that it was an example of respect.

In 1952, James went into the seminary to study for the Catholic priesthood. He worked at a Milwaukee youth center, where he got to know many African-American children. When he graduated from seminary and was ordained in 1959, he preached against discrimination at an all-white church before he was sent to a parish in which the congregation was almost all black.

That move gave him an early understanding of civil rights.

Starting in 1961, Father James Groppi got involved in the Civil Rights Movement. He made several trips to the South, where segregation was rampant. He worked to integrate restaurants, and he supported Dr. King's third March on Selma. He was arrested for peaceful protests, and he kept supporters safe on many marches.

Father Groppi next took on the entire City of Milwaukee over unfair housing practices.

I'm always a little surprised when

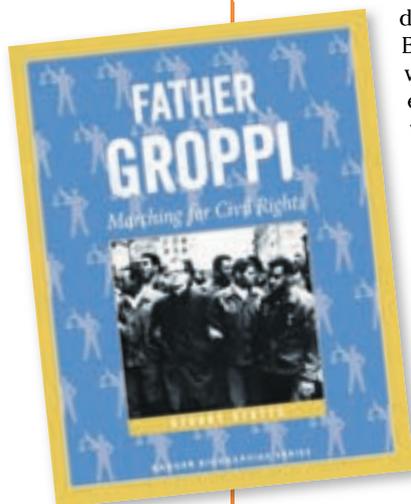
the work of an influential person is lost to history. Why don't more people know this story? Fortunately for your child, "Father Groppi: Marching for Civil Rights" solves that problem.

But Stotts doesn't just tell the tale of James Groppi, his work, and his disappointments. Stotts also writes about how Catholic higher-ups viewed civil rights, where racism came from and what happened, and he tells the story of a city that he claims is still "deeply segregated." This is a fascinating biography, made better for kids because of a glossary, index, and pronunciation guide.

If your child loves history, or if you want him to know more about the hard work done for equality, here's a book to find. For your 7-to-12-year-old, reading "Father Groppi: Marching for Civil Rights" seems just right.

"Father Groppi: Marching for Civil Rights," by Stuart Stotts. [144 pages, 2013, \$12.95].

Terri Schlichenmeyer has been reading since she was 3 years old, and she never goes anywhere without a book. She lives on a hill with two dogs and 12,000 books.



# Calendar

JUNE



Photo by Harald Hoyer

## Bug out with fireflies and ladybugs

**L**adybug, ladybug fly away home — right to the New York Hall of Science on June 29.

Bug Day is here, and children can celebrate by creating a ping-pong ball catapult, design an LED-lit firefly, and then participate in the annual ladybug release in the

Hall's gardens.

The fun begins at noon on June 29 and lasts until 4 pm. The event is free with general admission to the museum.

*New York Hall of Science [47-01 111 St. at Avenue of Science in Flushing Meadows Corona, (718) 699-0005, [www.nysci.org](http://www.nysci.org)].*

# Calendar

## 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!

Send your listing request to [queenscalendar@cnglocal.com](mailto:queenscalendar@cnglocal.com) — and we'll take care of the rest. Please e-mail requests more than three weeks prior to the event to ensure we have enough time to get it in. And best of all, it's FREE!

## SAT, JUNE 1

**YAI's Central Park Challenge:** Central Park, The Naumburg Bandshell, 72nd Street; (877) YAI-WALK; [yai.org/cpc](http://yai.org/cpc); 9am–noon; Race is \$20 if register before May 5th; after May 5, \$30.

Join the movement — 5K competitive run, 3K fundraising walk, children's play area and races — and show your support for a world that embraces differences. Children can participate in the Jr. All-American 50-yard dash and all are welcome to enjoy the Play Area, complete with face painting, sand art, dancing, live music, games and more. Registration takes place at the event and includes access to Play Area and 2013 Central Park Challenge T-shirt for \$10.

**Art competition:** Kissena Park, 164th St. and Oak Avenue; (917) 488-3386; [hc16846@yahoo.com](mailto:hc16846@yahoo.com); 9 am–1 pm; Free.

Youths 12 to 18 years old are invited to participate. Paper will be supplied along with materials. All minors must be accompanied by an adult. Pre-registration is preferred, but walk-ins are welcome. Hosted by the Kissena Park Civic Association. (Rain date, June 8.)

**Family wellness expo:** Sorrentino Recreation Center, 1848 Carnaga Ave. at Bay 25th Street; (718) 471-4818; [www.nycgovparks.org](http://www.nycgovparks.org); 11 am; Free.

Enjoy a day of spa treatments, health information, and fitness activities.

**Strawberry festival:** Street festival, Elton St. and Jamaica Avenue; (718) 235-4100; [www.nycgovparks.org](http://www.nycgovparks.org); Noon–3 pm; Free.

Celebrate the beginning of summer with the taste of strawberries. Enjoy crafts, face painting, games, a performance of Freckle Face Strawberry by the Broadhollow Theatre and musician Hip Pickles.

**The garbage collector:** Greek Cultural Center, 26-80 30th St.; (718) 726-7329; [www.greekculturalcenter.org](http://www.greekculturalcenter.org); 7 pm; Free.

Children's play.

**Star party:** Alley Pond Environmental

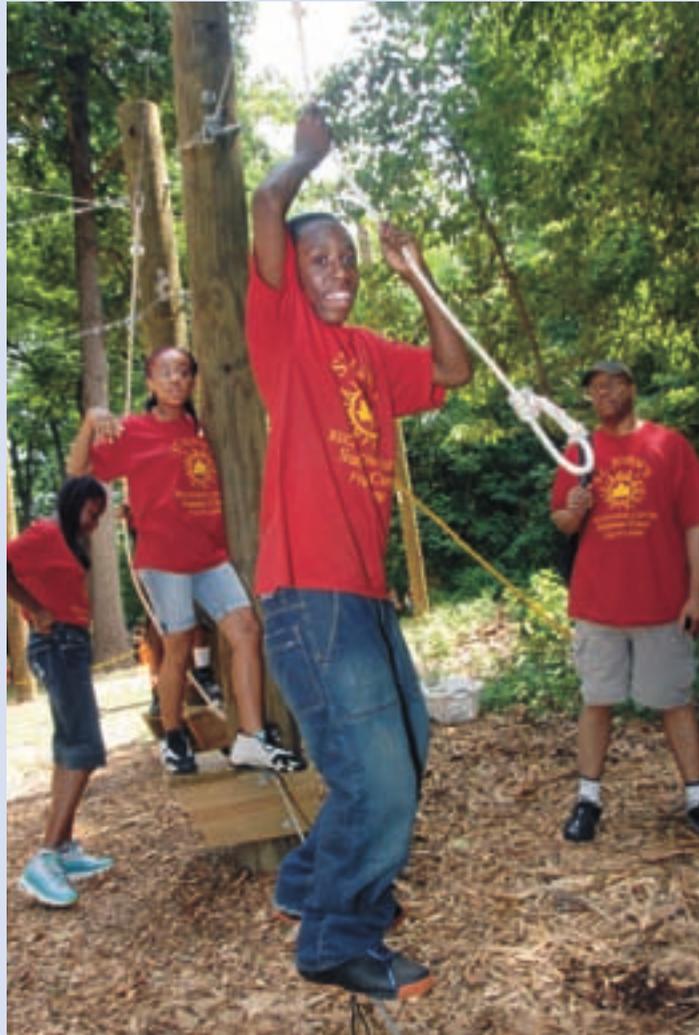


Photo by Daniel Avila

## Take a zip-line trip through the trees

**Y**ippee, the Adventure course at Alley Pond Park is open again, and families can take the challenge from June 2 through Nov. 3.

Zip through the tree tops and balance among the branches along a course consisting of 20 high and low elements designed to challenge your mettle and encourage a connection with nature. Many of these elements are accessible to people with disabilities, and concentrate on team-building and problem-solving skills. The Adventure Course staff is well-trained in program imple-

mentation and safety techniques.

Programs for children 8 years and older are available on a first-come, first-served basis every Sunday at 10 am and 1:30 pm (weather permitting).

In July and August pre-registration is required the Monday before.

The Adventure Course at Alley Pond, Sundays, June 2 through Nov. 3 at 10 am and 1:30 pm. Free.

*Alley Pond Park [76th Ave. at Springfield Boulevard in Oakland Gardens, (718) 217-4685, [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers)].*

Center, 228–06 Northern Blvd.; (718) 229-4000; 8 pm; \$12 (\$14 non-members; \$8 children to 12 years old).

Join astronomer Mark Freilich for a summer night of star gazing and fun activities. Bring your own binoculars or telescope. Snacks and beverages provided.

## SUN, JUNE 2

**Little Makers:** New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); 10:30 am–12:30 pm; \$8 plus admission to the museum (\$5 for members).

Children enjoy this drop-in workshop. Pre-registration is recommended.

**Kew Gardens Kids Art in the Park 2013:** Kew Gardens Cinema Park, Austin Street and Lefferts Boulevard; 11:30 am.

Kids of all ages are invited to the 5th Annual Kew Gardens Cinemas Park for a fun-filled day of mural painting, arts and crafts, and creative activities. The main attraction of this very popular event is a large-scale group mural, open to kids of all ages throughout the day to paint whatever they envision! Kids can also create individual masterpieces at the open arts and crafts workshop table, get their faces painted, enjoy story time, and participate in a variety of artistic activities! Rain date June 9.

**Strawberry festival:** Utopia playground, 178th Street and 73rd Avenue; (718) 520-5919; [www.nycgovparks.org](http://www.nycgovparks.org); Noon; Free.

Celebrate the beginning of summer with the taste of strawberries. Enjoy crafts, face painting, and games.

**Scavenger Hunt:** Forest Park Visitor Center, Forest Park and Woodhaven Boulevard; (718) 846-2731; [www.nycgovparks.org](http://www.nycgovparks.org); 1 pm; Free.

Families have fun searching for clues.

## MON, JUNE 3

**Dancing under the stars:** Wallenberg Square, Metropolitan Ave. and Park Ln. South; (718) 235-4100; [www.nycgovparks.org](http://www.nycgovparks.org); 6–7:30 pm; Free.

Enjoy a ballroom dancing lesson. Great exercise for any age.

## TUES, JUNE 4

**"Finding Nemo":** Beach 17th Street, Beach 17th Street and Seagirt Blvd.; (718) 318-4000; [www.nycgovparks.org](http://www.nycgovparks.org); 8–9 pm; Free.

Bring a chair or blanket and the children and enjoy a night of popcorn and film.

## THURS, JUNE 6

**Monkey, Monkey Music:** Dry Harbor

*Continued on page 40*

# Calendar

## Continued from page 39

Playground, Myrtle Ave. at Forest Park Dr.; (718) 235-4100; [www.nycgovparks.org](http://www.nycgovparks.org); 7-8 pm; Free.

Meredith LeVande delivers a high-energy concert for children.

## FRI, JUNE 7

**"Hotel Transylvania":** Rochdale park, Guy R Brewer Blvd. at 137th Avenue; (718) 520-5954; [www.nycgovparks.org](http://www.nycgovparks.org); 7:30 pm; Free.

Bring a chair or blanket and enjoy a night with Dracula and his teenaged daughter.

## SAT, JUNE 8

**Hands-on History:** Rufus King Park, 150th St. and 89th; (718) 206-0545 X 13; [www.nycgovparks.org](http://www.nycgovparks.org); Noon-3 pm; Free.

Children learn all about life 200 years ago.

**Family day:** Captain Tilly Park, Highland Ave. at 167th Street; (718) 520-5954; [www.nycgovparks.org](http://www.nycgovparks.org); Noon; Free.

An afternoon of games, crafts, music and contests.

**Summer of the Stars:** New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); Noon-4 pm; Free with museum admission.

Explore the innovation and design process through sports-related activities.

## SUN, JUNE 9

**Second Sundays:** Queens Museum of Art, New York City Building, Flushing Meadows Corona Park; (718) 592-9700; [www.queensmuseum.org](http://www.queensmuseum.org); 1-4 pm; Free.

Enjoy a family friendly workshop, gallery tours and live music.

## MON, JUNE 10

**Dancing under the stars:** 6-7:30 pm. Wallenberg Square. See Monday, June 3.

## THURS, JUNE 13

**Summer of the Stars:** Noon-4 pm. New York Hall of Science. See Saturday, June 8.

**"Rapunzel":** Jackson Pond Playground, Myrtle Ave. at 109th Street; (718) 235-4100; [www.nycgovparks.org](http://www.nycgovparks.org); 7 pm; Free.

Enjoy the fairy tale presented by Broad Hollow Theater.

## FRI, JUNE 14

**"My City Park":** Ravenswood Family



## Milo and friends to the rescue

**"M**y City Park," comes to Astoria Public Library on June 18.

Making Books Sing presents the endearing tale of Milo and his friends, and what happens when they find out that their favorite park is going to close.

The puppet show is perfect for

children 3 to 10 years old, and teaches young ones the value of working together to accomplish a common goal.

"My City Park" on June 18 at 3:30 pm. Admission is free

Astoria Public Library [14-01 Astoria Blvd. at 28th Avenue in Astoria, (718) 278-2220, [www.queenslibrary.org](http://www.queenslibrary.org)].

Literacy Program, 35-32 21st St. at 36th Avenue; [www.nycgovparks.org](http://www.nycgovparks.org); 4 pm; Free.

Presented by the NYC Public Library, the touring production of "My City Park" is great for children 3-10 years old. Milo and the whole gang try to save their favorite park.

## SAT, JUNE 15

**Charity golf outing:** Riis Park Pitch and Putt, 155th Street and the Boardwalk; (917) 803-9208; 8:30 am; \$60 per golfer.

Join the Knights of Pythias in their fight against juvenile diabetes. Drive for the Cure. Men, women and beginners. \$50,000 Hole in One, \$25,000 to the golfer and \$25,000 to the charity. Breakfast, 18 holes of golf, barbecue, DJ, raffles, entertainment and more.

**Family Fun Day:** John Garden Park, 33rd Road and 215th Street; [www.nycgovparks.org](http://www.nycgovparks.org); Noon-3 pm; Free.

Enjoy a day of rides, arts, crafts, pet microchipping and more.

**Family Fun Day:** Phil Rizzuto Park, Atlantic Avenue and 126th Street; (718)

420-5954; [www.nycgovparks.org](http://www.nycgovparks.org); 1 pm; Free.

Enjoy a day of rides, arts, crafts, pet microchipping and more.

**Family workshop:** Museum of the Moving Image, 36-01 35th Ave.; (718) 777-6888; [www.movingimage.us](http://www.movingimage.us); 3 pm; \$10 (\$5 family members).

Use stop motion animation in fun and creative ways.

## SUN, JUNE 16

**Little Makers:** 10:30 am-12:30 pm. New York Hall of Science. See Sunday, June 2.

**Family workshop:** 1 and 3 pm. Museum of the Moving Image. See Saturday, June 15.

## MON, JUNE 17

**Dancing under the stars:** 6-7:30 pm. Wallenberg Square. See Monday, June 3.

## TUES, JUNE 18

**"My City Park":** Astoria Public Library,

14-01 Astoria Blvd. at 14th Street; (718) 278-2220; [www.queenslibrary.org](http://www.queenslibrary.org); 3:30 pm; Free.

Presented by the NYC Public Library, the touring production of "My City Park" is great for children 3-10 years old. Milo and the whole gang try to save their favorite park.

## THURS, JUNE 20

**"Sister Rain and Brother Sun":** Sobelsohn Park, Park Ln. at Forest Park Drive; (718) 235-4100; [www.nycgovparks.org](http://www.nycgovparks.org); 7 pm; Free.

When Sister Rain becomes jealous of Brother Sun and stops watering the Earth, Mother Nature and the audience must help to save the day.

## FRI, JUNE 21

**"Hotel Transylvania":** Captain Tilly Park, 164th Street at 85th Avenue; (718) 520-5954; [www.nycgovparks.org](http://www.nycgovparks.org); 7:30 pm; Free.

Bring a chair or blanket and enjoy a night with Dracula and his teenaged daughter.

## SAT, JUNE 22

**Summer fest:** King Manor Museum, 150th St. and Jamaica Avenue; (718) 206-0545; [www.nycgovparks.org](http://www.nycgovparks.org); Noon-4 pm; Free.

Celebrate the end of school and the beginning of summer.

**Family Camping:** Alley Pond Park, 76th Ave. & Springfield Blvd.; (718) 229-4000; 6 pm; Free.

Join the rangers for a night out under the sky.

**Exposed Sound:** New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X353; [www.nyscience.org](http://www.nyscience.org); 6:30 pm; Free.

Performance and workshop featuring Haeyoung Kim's performance of "Moori."

## SUN, JUNE 23

**Little Makers:** 10:30 am-12:30 pm. New York Hall of Science. See Sunday, June 2.

**Summer Solstice Celebration:** Queens Botanical Garden, 43-50 Main Street; (718) 539-5296; [www.queensbotanical.org](http://www.queensbotanical.org); 11 am to 4 pm; Free.

Here comes the sun.

## MON, JUNE 24

**Dancing under the stars:** 6-7:30 pm. Wallenberg Square. See Monday, June 3.

**Waterfront Independence Celebration:** Astoria Park Lawn, 19th Street and Shore Boulevard; (718) 728-7820;

www.nycgoparks.org; 7:30–10 pm; Free.  
Fireworks and the Queens Symphony Orchestra.

## THURS, JUNE 27

**“The Willow Girl”:** Wallenberg Square, Metropolitan Avenue and Park Lane South; (718) 235–4100; www.nycgovparks.org; 7 pm; Free.

A young girl comes to America and learns about her special gifts.

**“Rise of the Guardian”:** Phil Rizzuto Park, Atlantic Avenue and 126th Street; (718) 520–5954; www.nycgovparks.org; 7:30 pm; Free.

Grab a chair or bring a blanket and enjoy a movie under the stars.

## FRI, JUNE 28

**“Madagascar 3”:** Brookville Playground, Brookville Boulevard and 143rd Avenue; (718) 520–5954; www.nycgovparks.org; 7:30 pm; Free.

Join Marty and the gang for this last installment of the franchise.

## SAT, JUNE 29

**Teen workshop:** Museum of the Moving Image, 36–01 35th Ave.; (718) 777–6888; www.movingimage.us; 10 am–7 pm; Free.

Young Rewired State NYC offers teens and opportunity to learn about coding and design.

**Freshwater Fishing:** Kissena Park, Rose and Oak Avenues; (212) 352–1769; www.nycgovparks.org; 11 am; Free.

Urban rangers teach children the ins and outs of angling.

**Sun printing:** Flushing Town Hall, 137–35 Northern Boulevard; (718) 463–7700; www.flushingtownhall.org; 2 pm; \$20 per parent and 1 child, \$10 each additional child.

Family workshop using leaves, flowers, lace and feathers.

## SUN, JUNE 30

**Teen workshop:** 10 am–7 pm. Museum of the Moving Image. See Saturday, June 29.

**Little Makers:** 10:30 am–12:30 pm. New York Hall of Science. See Sunday, June 2.

## LONG-RUNNING

**Legendarium:** Cunningham Park, 73rd Avenue and Francis Lewis Boulevard; (800) 922–3772; https://bigaplecticircus.org; \$20–\$60.

The Big Apple Circus is back with spectacular performances of men on trapeze, acrobatics, majestic horses and playful pups.



## Rapunzel lets down her hair in the park

**“R**apunzel” lets down her shiny, long locks at the Jackson Pond Playground on June 13.

Presented by the Broad Hollow Theater, the enchanting fairy tale tells the story about a girl, a tower and the prince who finds

all the key elements to rescue her and find a place in her heart.

“Rapunzel” on June 13 at 7 pm. Admission is free.

*Jackson Pond Playground [Myrtle Ave. at 109th Street in Woodhaven, (718) 235–4100, www.nycgovparks.org].*

**Playground:** New York Hall of Science, 47–01 111th St., at Avenue of Science; (718) 699–0005 X 353; www.nyscience.org; Weekdays, 10 am–5 pm, Saturdays and Sundays, 10 am–6 pm.; \$4 per person plus museum admission.

Children explore, discovery and have fun in this outdoor playground with slides, seesaws and pits as well as fog machines. Each session lasts 45 minutes; weather permitting.

**Swinging with the All Stars:** Louis Armstrong House Museum, 34–56 107th Street; (718) 478–8274; www.louisarmstronghouse.org; Tuesdays – Fridays, 10 am–5 pm, Saturdays and Sundays, Noon–5 pm, Now – Sat, Aug. 31; Free with museum admission.

Louis Armstrong loved his baseball. Photos and memorabilia from Armstrong’s personal collection will be on

display at the museum.

**The Last Reef:** New York Hall of Science, 47–01 111th St., at Avenue of Science; (718) 699–0005 X353; www.nyscience.org; Tuesdays – Sundays, 11 am–2 pm, Now – Sun, June 30; \$6 (\$5 students and seniors) plus museum admission.

Fly across tropical reefs, brush through a cloud of a million jellyfish and visit an alien world where the tiniest creatures live in this 3D theater presentation. Recommended for children 6 years and older.

**HSBC Children’s Garden:** Queens Botanical Garden, 43–50 Main Street; (718) 886–3800 X 230; www.queensbotanical.org; Saturdays, 9:30 am–noon, Now – Sat, June 15; \$166 (\$185 non-members).

Hands-on discovery program for children 5 to 12 years old. Children learn how to plant and harvest veggies and flowers. No class Memorial Day weekend.

**Rocket Park mini golf:** New York Hall of Science, 47–01 111th St., at Avenue of Science; (718) 699–0005 X 353; www.nyscience.org; Saturdays and Sundays, 10 am–6 pm, Now – Sun, June 30; \$6 (\$5 children and seniors) plus museum admission.

Putt through the space capsule and explore gravity, propulsion and escape velocity in the only mini golf space course around.

**Story time:** Barnes & Noble, 176–60 Union Tpke.; (718) 380–7077; Saturdays, 11 am, Now – Sat, July 20; Free.

Each week children enjoy a selection from a different author.

**Saturday sculpture:** Socrates Sculpture Park, 3205 Vernon Blvd.; (718) 956–1819; www.socratessculpturepark.org; Saturdays, Noon–3 pm.; Free.

Participants visit with a different each week and create projects.

**Foundations in astronomy:** Alley Pond Environmental Center, 228–06 Northern Blvd.; (718) 229–4000; Saturday, June 1, 1 pm; Sunday, June 9, 1 pm; Sunday, June 23, 1 pm; \$50 (\$65 non-members) whole series.

Children 9 years and older and adults learn all about cosmos, from the size and scope to the cycles of the moon. The six session course is limited to 12 participants. Registration in advance is required.

**Activity table:** Queens Botanical Garden, 43–50 Main Street; (718) 539–5296; www.queensbotanical.org; Saturdays and Sundays, 2–5 pm, Sat, June 1 – Sun, June 23; Free with admission to the grounds.

Children enjoy a day at the gardens and make crafts.

**Flea markets:** Richmond hill, 117–09 Hillside Ave.; (347) 709–7661; www.richmondhillfleaemarket.com; Sundays, 8 am – 3pm, Sun, June 2 – Sun, Aug. 18; Free.

A fun-filled afternoon where families can bargain hunt, clothes, memorabilia, and much more.

**Adventure course:** Alley Pond Park, 76th Avenue and Springfield Boulevard; (718) 229–4000; Sundays, 10 am and 1:30 pm, beginning Sun, June 2; Free.

Take the challenge that encourages a physical connection with nature. Trained staff help you through the course. Pre-registration required.

# Party Planners



**MAGIC AND COMEDY** *with Rico*

718 434-9697 • 917 318-9092

Available For All Occasions

**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

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

**CLOWNS, CHARACTERS & COTTON CANDY, INC.**

Best Parties! Children's Parties Best Parties!

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

**We Come to You and Bring Smiles to Your Children!**  
(718) 683-1739 • (516) 987-9288

VISIT OUR WEB SITE AT [3CPARTIES.COM](http://3CPARTIES.COM)!

Clowns  
Princesses  
Super Heroes  
Costume Characters  
Pop Stars  
Magicians

**PARTY TIME EXPRESS**

Let us bring the party to you!

[www.party-time-express.com](http://www.party-time-express.com)  
917-771-1259

Silly Magic  
Balloon Art  
Face Painting  
Glitter Tattoos  
Dance Games  
Cotton Candy

**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](http://www.HappyHenrytheWizard.com)

Seen on HBO

**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](http://www.ascsports1.com)

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

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

**PARTY PETS.com**

\$20 Off with 35 code family

Visit our website: [www.partypets.com](http://www.partypets.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 Pets, Inc. • P.O. Box 459 • Baldwin, NY

Tortoise • Chinchilla • Hedgehog • Alligator • Snakes & Dogs

**STAY CONNECTED**

To advertise with us please call 718-260-2587

## theMarketplace

### 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.bjmlingerieone.com](http://www.bjmlingerieone.com)

### CHILDCARE

**Simone's Shining Stars Group Family Daycare LLC**

*Making A Difference In Early Childhood*

- 7 am - 6 pm Mon. - Fri.
- Licensed Provider
- 6 Weeks To 12 Years Old
- Nutritious Meals Daily
- Early Childhood Curriculum
- Toilet Training
- After School Program Available
- Near Major Transportation

144-17 123<sup>rd</sup> Ave. • South Ozone Park • 646-724-0641

### LANGUAGE TUTORING

**FRENCH**

ACADEMIC AND TUTORING PROGRAMS

FOR CHILDREN, TEENS & ADULTS, SMALL GROUPS, PRIVATE LESSONS

NEW WEB BASED INTERACTIVE PROGRAMS WITH INTERNATIONAL FRENCH SPEAKING CHILDREN

**NATIVE FRENCH TEACHERS**  
New This Year  
And So Exciting

**718-809-9820**



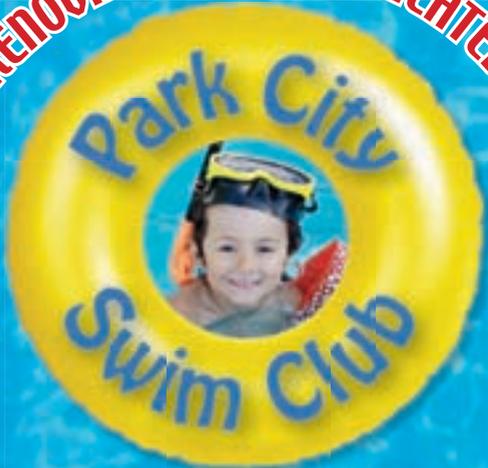
If you like  
the magazine  
you'll love  
the site.

**Check us out!**

**NYParenting.com**

*Where every family matters and where  
New York parents find help, info and support.*

**NEWLY RENOVATED • NEWLY HEATED POOLS**



# Enjoy Queens' LARGEST outdoor heated pools

40'x80' **HEATED** Olympic Pool

25' Round **HEATED** Kiddy Pool

24'x20' Shaded Area

Cabanas • Umbrellas

Lounge Furniture • Tables

**POOL PARTIES**

**RECREATIONAL ACTIVITIES**

For Swim School Call

**212-749-7335**

**POOL IS OPEN**

Register Daily

From 11am - 6pm



**Hurry Up And Save!**

**25% OFF**

For New Three Person Family Memberships

**Park City Swim Club**

**98-00 62nd Drive • Rego Park, NY 11374**

**718-830-9634 • [www.parkcityswimclub.com](http://www.parkcityswimclub.com)**