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# Letter from the publisher

## School's open

**W**hat a wonderful summer this was. Not too hot and very little actual need for air-conditioning. The beaches were full and still are as August winds down. September looks to be a continuation of this same pleasant atmospheric reality.



What a super way for the kids to return to classes and the many engaging and creative activities we sign them up for.

This issue has a special section that presents many of these programs. Be sure to check it out and see what's right for your family. They say our children are too scheduled but I don't actually agree. I think they have a lot of free time and unfortunately spend too much time on gadgets and such. My belief is that

there's never enough good exposure to skills and alternative learning. Music, art, theater, athletics, enhanced learning centers, hand crafts, cooking, dance and martial arts, are all great programs to have kids experiencing beyond academic classes.

In my day we had a lot of these things in school itself. We had music and art, theater programs, gym, and many athletic teams. We had shop and home economics, and actually discussed household chores, bank accounts, and meal planning. People learned to make things, cut wood, hammer and saw, and were exposed to real life skills. With all the cutbacks in budgets over the years the curriculum has abandoned such things and mostly sticks to the

ABCs. A loss for all, in my opinion, prompting parents to seek out these activities individually.

I'm thinking of those of you whose children are just starting school, going for the first time, perhaps to a new school, a new level, or for the very little ones, preschool. All of these milestones are memorable and should be kept that way. Record them and enjoy them. They will be a part of your memory book for years to come.

We have articles on sleep routines, shopping savings, and the important and timely topic of head injuries and kids sports. Be sure to read it. It's so important and luckily it's being written and talked about a great deal lately. I first began to think about the potential dangers facing our children in their athletic pursuits after watching an interesting sports report on T.V. a few years ago. Now it's big news but I'm willing to bet there are still

parents who are their sports-talented kids' biggest fans and will be reluctant to put in place parameters and limitations. Don't be one of them! In addition, make sure you have this discussion with your child's coach or instructor. It's important for them to know that parents are concerned and informed on this topic.

Hopefully your family had a good summer, enjoyed a vacation, and made the most of the free time, fine weather and lazy days of summer. Now it's back to basics and to routines.

Wishing you a great September. Thanks for reading.

Susan Weiss-Voskidis,  
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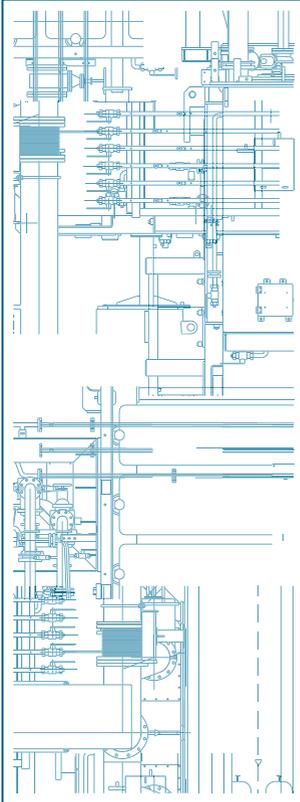
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# Parenting an ARTIST

Helping  
creative kids  
reach their  
full potential

**BY CAROLYN WATERBURY-TIEMAN**

*"Every child is an artist. The problem is how to remain an artist once he grows up."  
— Pablo Picasso*

**Y**oung children know they are artists. Give them a pencil, and they'll draw. Play music, and they'll dance and sing. Forget the music. They'll dance and sing anyway. Give them an instrument, and they'll play you a tune — most likely an original composition. Children do not doubt their artistic ability. They are uninhibited by social definitions of art and the evaluative process. They exhibit the fundamental human drive to create, to discover, to express themselves, to share what they



Avoid being either overly critical or overly complimentary. It is important for him to learn to discriminate between excellence and mediocrity.

have come to know, to tell their story. That is the purpose of art — to communicate and connect with others.

Unfortunately, by the age of 9, the artist has been socialized out of many children. Perhaps, more accurately, he have learned to doubt or mistrust the artist within. He begins to believe, “I can’t do that.” “I’m not good at that.” “That’s not for boys [or girls].”

However, for some children, the desire to create is more powerful than social pressure to stifle their talents. For those of us parenting these children, there are steps we can take to insure that our young artists achieve their full potential:

**Recognize your child’s gifts.** If your child wakes up singing; dances rather than walks; draws on every scrap of paper he find; can play a tune by ear; enjoys making up stories; or creates costumes and stages plays — chances are you have an artistically gifted child. These children are often talented in more than one area. Help them discover and explore all of their gifts.

**Demonstrate your approval of and appreciation for their abilities.** Provide them with the materials they need to create. Take the time to be an audience when they want to sing, dance or play for you. Display their artwork. Offer to write down their stories. Help with costumes or sets for their productions. Let them know that you value what they are doing.

**Look for opportunities that will motivate them to improve their skills.** Arrange for classes or private lessons. Involve your child in school or community art groups and activities. Attend exhibits, concerts, productions, and museums.

**Emphasize the importance of discipline.** Provide outlets for your child’s artistic energy but make it clear when and where this is appropriate. Build practice into

his daily routine. Set reasonable expectations based on age.

**Teach him to be his own best critic.** Be an enthusiastic, but honest, audience. Show appreciation for effort, recognize progress, but also help him identify areas for improvement. Avoid being either overly critical or overly complimentary. It is important for him to learn to discriminate between excellence and mediocrity in his work.

**Avoid unnecessary competition.** Encourage your child to strive for his best, not the best. He can be the former every day of his life. He can waste his life away trying to be the latter. There is no such thing as objectivity in art. It is by its very nature subjective.

**Encourage them to share their gifts.** Participating in the creative process enriches the life of the artist. Sharing that which has been created enriches the lives of others.

**Support the arts.** Become an advocate, not only for your young artist, but for the arts in general.

Research consistently demonstrates that participation in the arts improves everything from attitudes to academic performance to health and well being. In short, art has the potential to bring out the best in us. Perhaps, Terry Semel, chairman of Warner Brothers, said it best: “Kids who create don’t destroy.”

Reasoning, decision-making, creative and critical thinking, problem solving, visualizing, communication, and collaboration have all been identified as keys to success in the 21st century. Enhancement of these skills is a direct outcome of participation in the arts. When we nurture the artist in our children, we are investing in their future success.

*Carolyn Waterbury-Tieman is a resident of Lexington, Kentucky. She has degrees in Child Development, Family Studies, and Marriage and Family Therapy. She spent 15 years in various agencies and clinics as a family therapist and parent educator. She has written extensively on the topic of parenting. After six years as Arts Facilitator for the School for the Creative and Performing Arts, she chose to return to her favorite place of employment — home. Her son, Douglas, 24, is now based in New York City when he is not on the road performing. He is an actor, singer, musician, dancer, writer, and visual artist. Joseph, 14, is a freshman theatre major at the School for the Creative and Performing Arts who also sings, dances, plays piano, and creates visual art.*

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# Crash course

## Returning to a school-year sleep routine

BY MALIA JACOBSON

**W**ith fall on the horizon, supply lists have been checked off, overgrown locks trimmed, and backpacks filled to the brim. But if kids haven't transitioned back to school-year sleep habits, they're not ready for the first day.

Trading summer's relaxed sleep schedule for a school-year routine is an important part of back-to-school prep, says Dr. Roslinde Collins, medical director of the Sleep Center at Rutland Regional Medical Center in Vermont. Re-establishing an earlier time for lights-out helps ensure that kids get the rest they need to shine at school.

Kids who get their required nine to 12 hours of nightly slumber are primed for school-year success. Proper rest helps children learn and retain information, because memories are incorporated during REM sleep.

If a late summer bedtime lingers into the school year, kids will be

subject to grouchiness, inattentiveness, or worse.

"Chronically sleep-deprived children often exhibit symptoms of hyperactivity and can even be diagnosed with ADHD," says Collins.

Don't expect kids to fall back into their school-year sleep habits without some help. While you can't make them celebrate summer's end, you can plan for brighter mornings and happier days with some advance preparation.

### Slow and steady

Kids depend on a regular sleep schedule, so don't wait until the last day of summer to dig out the alarm clock. Rising early after months of sleeping in can shock little bodies and leave kids in a daze during the critical first weeks of school.

Instead, give them time to adjust to the new schedule.

Beginning a week before the first day, wake kids 15 minutes earlier in the morning, and move bedtime earlier by the same amount

of time. Continue adjusting both wake-up and bedtime by 15 to 20 minutes per day until both are appropriate for their school-day schedule.

### Early to bed, early to rise

During the transition, adjust both bedtime and wake-up time. Hitting the sack early isn't enough, says Collins; kids won't be tired enough to fall asleep at an earlier hour unless they're also waking earlier in the morning.

Once they're up, let the sun shine in — fling open curtains to expose them to morning light, and serve breakfast in the brightest spot in the house. They'll be awake in no time, and the light will reset their internal clock to help them fall asleep earlier at night.

An hour before bedtime, help kids slow down to prepare for sleep. Draw the curtains to block out late-summer rays and limit stimulating television and video games. Spend time winding down as a family with books and other quiet activities.

### Stay in the groove

Kids' bodies and brains depend on consistency, so aim to keep bedtimes in check even on weekends and school breaks. Collins recommends keeping school-vacation bedtimes no more than an hour later than normal.

Sleeping in on weekends is a reality of our sleep-starved culture, but it's no substitute for good everyday habits. A general rule of thumb: "If kids have to sleep in more than two hours later than normal on weekends, they're probably not getting enough sleep during the week," says Collins.

When it comes to sleep, kids are not little adults.

"Parents often wonder why it's hard to get their child up and ready for school after eight hours of sleep. They're not done sleeping yet!" says Collins. Good school-year snooze habits will make this year their best yet.

*Malia Jacobson is a nationally published sleep and health journalist and author of "Sleep Tight, Every Night: Helping Toddlers and Preschoolers Sleep Well Without Tears, Tricks, or Tirades."*

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# A-head of the game

## Understanding concussions in children

BY SHNIEKA L. JOHNSON

**E**very year, thousands of children are sent to emergency rooms nationwide for head trauma and concussions. The causes for these injuries range from standard playground incidents to more serious automobile accidents. One of the most common ways that kids ac-

quire concussions is from participation in youth recreational and competitive sports. Studies have shown that the majority of sports-related concussions occur in children and adolescents, and of those, female participants sustain the most.

To learn more about concussions, treatment, and prevention, I spoke with Dr. Sergio Buzzini, the chief of Adolescent Medicine at Gei-

signer Health System, a physician-led healthcare system in northeastern and central Pennsylvania. Dr. Buzzini, a pediatrician and sports medicine physician, has previously examined the impact of concussions in young athletes, having published a study entitled "Sport Related Concussions in the Youth Athlete."

**Shnieka Johnson:** Why are kids more susceptible to concussions?

**Sergio Buzzini:** The brain develops until the age of 25, so it is believed that children's underdeveloped brains are at a much greater risk and much more susceptible to trauma. Due to the underdeveloped state at younger ages, children have thinner, frailer bones, which provide less protection to the brain.

A child's brain and head are also disproportionately large for the rest of the body. A child's weak neck cannot brace for a hit the way an adult's can and their vulnerabilities to head trauma are far greater.

**SJ:** What sports have a higher risk of serious injury like concussions? Should parents be cautious about these sports?

**SB:** The majority of concussions that happen in organized sports in the United States are football, ice hockey, wrestling, girls' soccer, boys' soccer, and girls' basketball. While it should be noted that certain initiatives have been implemented to try to make them safer, for instance, using the head to tackle in football has been banned and stricter rules on body checking in ice hockey, it should always be a family discussion and decision if there are concerns. Particularly if a child has already suffered a concussion playing one of these sports at a young age, as these preventative measures will not completely suppress the risk for concussion.

**SJ:** How are concussions identified? What are symptoms?

**SB:** There are three types of symptoms to identify a concussion: physical, cognitive, and emotional. Physical symptoms include headache, nausea, vomiting, balance problems, dizziness, fatigue, sensitivity to light and noise, tingling, and loss of consciousness.

For cognitive symptoms, it's important to look out for difficulty with concentration and memory, confusion surrounding recent events, answering questions slowly, and feeling dazed or confused. Emotional symptoms can be seen through



Before returning to the sport, it is necessary that the child be completely symptom free, or they are more susceptible to another blow.

a nervous or anxious demeanor, feeling tired, and having a lack of energy for daily activities.

**SJ:** What is the proper care for a child with a concussion? How long is recovery?

**SB:** While managing and caring for a child with a concussion, the most important factor is rest. The more the brain rests, the more it heals. Parents should make sure the child is going to bed early, avoiding caffeine, eating often and well, and limiting screen time with the TV, computer, and other electronics. Parents shouldn't be afraid to keep the child home from school to ensure they don't strain the brain.

If the symptoms continue to get worse, it's essential to receive further evaluation via a trip to the emergency room to have a brain study and make sure there is no bleeding in the brain.

Each child recovers differently, making each recovery process and length different per individual. In general, 80 percent recover within two weeks, but it could be up to a month after the blow to fully recover. Before returning to the sport, it is necessary that the child be completely symptom free or they are more susceptible to another blow.

**SJ:** What are some ways to prevent concussions? What if a young athlete receives multiple concussions?

**SB:** A popular misconception is that helmets will prevent a concussion. While helmets can prevent skin lacerations and inner cranial bleeds, they will not prevent the trauma of a concussion, and we should not rely on them to do so. It is more important to be able to recognize the symptoms of a concussion, and remove the child from play immediately if a concussion is suspected.

Education is the key to protecting children from concussions, and

it helps to promote a healthy and safe environment. By knowing how to identify symptoms, coaches, parents, and young athletes are able to recognize a possible concussion more easily and take immediate action. It is also important to educate young athletes on the symptoms and encouraging them to speak up to coaches, trainers, or parents if they feel that they are suffering from any of them.

On the field, some options include delaying full-contact until later in adolescence, ensuring proper techniques and using the right teaching methods to reduce the risk of concussions for young athletes. Make sure to enforce promotional fair play, which encourages the rules of safe play.

If a young athlete has received multiple concussions, it is important to have a baseline understanding of the child's health before the season starts. This includes a sports physical, notes on the history of past concussions, and other behavioral information, which will make it easier to identify if a child sustains another concussion later in the season. You should always consult your doctor before a child with a history of multiple concussions starts a new season.

**SJ:** How can parents help young athletes carefully return to sports after a concussion? How do we explain to our kids the seriousness of concussions?

**SB:** Once a doctor feels comfortable with a child returning to play after suffering a concussion, it is best to make it a process and not a race back to the field. The young athlete should slowly and cautiously work their activity levels back up. Begin with just fast walking, increase to light activity and so on, increasing each day.

It is important to stress the very serious nature of concussions to young children, and the long-term risks of returning to the field too quickly. If kids return to play while still having symptoms and have a second blow, it is possible to suffer from Second Impact Syndrome. This is a devastating case when an athlete is allowed to return to play before having adequate time to recover, and could result in death or coma in children.

*Shnieka Johnson is an education consultant and freelance writer. She is based in Manhattan where she resides with her husband and son. Contact her via her website: [www.shniekajohnson.com](http://www.shniekajohnson.com).*

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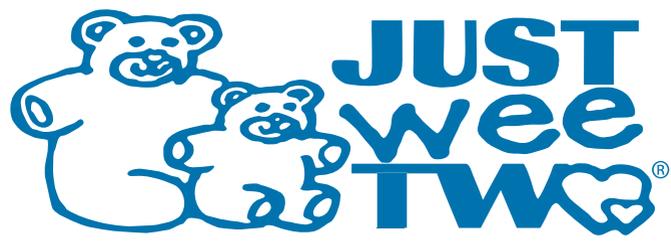
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## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

# Think outside the lunch box

**N**o matter who packs it — Mom, Dad, caregiver, or the child himself — a lunch is a big deal. It contributes nearly a third of the child's calorie and nutrient needs. It's something to look forward to in the middle of the school day. And it's changed from the lunch your parent prepared for you.

"I think packed lunches were simpler a generation ago," says Katie Morford, registered nurse and author of the cookbook "Best Lunch Box Ever" and the blog Mom's Kitchen Handbook.

"It was a sandwich, piece of fruit, and maybe a bag of chips or a treat. I don't think a whole lot of vegetables went into school lunches or as much thought about the nutritional value of lunches."

### Dispelling lunch myths

**A great packed lunch has to take a lot of time.** Not so. Lunch can be very simple and still tasty and nourishing. Leftovers are a terrific way to save time.

**Kids won't eat salad for lunch.** Not true. If salads are crunchy and fresh with plenty of kid appeal, they can be a real hit.

"In our house, if I pack taco salad or a chicken Caesar the containers always

come home empty," says Morford.

**Lunches should have plenty of "kid food."** Uh uh. There are hundreds of packaged foods marketed for kids, most of which aren't particularly healthful. Kids don't need tubes of artificially flavored yogurt and foil pouches of juice drinks. What kids need is simple, real, whole food.

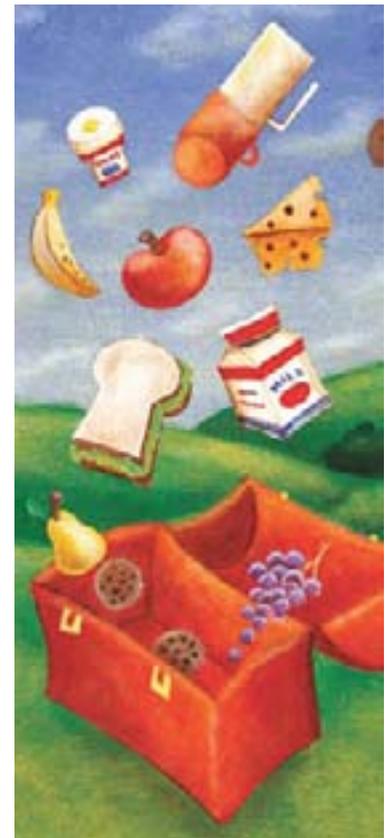
**Lunches need to be "fun."** Lunches just need to be, for the most part, eaten. A little bit of fun once in a while is great, but pulling out the cookie cutters and colorful toothpicks to make sandwiches everyday isn't necessary.

**It's the parent's job to pack the lunch.** Kids can begin helping with lunch in preschool and build their skills from there. By the time they are 8, they can be pretty independent.

**Kids shouldn't play with their food.** Lunch can be fun! Assemble bite-size cheese and cracker sandwiches. Make tiny fruit kabobs on toothpicks. Dip fruit, vegetables, crackers or bread in sauces.

Morford suggests involving kids by letting them pick fruit and veggies they like or getting adventurous and choosing ones they've never tried before.

"You might be surprised to find



your child loves jicama or kumquats."

Finally, include enough range to keep the kids from boredom. But don't be surprised if they settle on a few faves and request them week after week.

Little ones enjoy a few familiar, comforting items nearby when they're away from home.

*Christine Palumbo is a Naperville-registered dietitian nutritionist who is a new Fellow of the American Academy of Nutrition and Dietetics. Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition, or Chris@ChristinePalumbo.com.*



### Kiddie Cobb salad

The Cobb is a protein-packed salad that will stick with your kids through the school day. This version relies on smoked turkey for the signature flavor that typically comes from bacon. Blue cheese is an optional add-in since its flavor is too strong for a lot of little ones. The assembly is more composed than chopped, which makes it as pretty as it is tasty.

Makes two salads

#### INGREDIENTS:

2 cups chopped butter, red leaf, or romaine lettuce  
1/2 cup chopped tomato or 10 cherry tomatoes, halved  
1/2 large ripe avocado, cubed

2 or 3 slices smoked turkey, coarsely chopped

2 hard-boiled eggs, peeled and chopped

2 Tbsp. crumbled blue cheese (optional)

Dressing

1 tsp. soy sauce

2 tsp. balsamic vinegar

4 tsp. extra-virgin olive oil

**DIRECTIONS:** Divide the lettuce between two large containers. In each container, arrange half the tomato, avocado, turkey, eggs, and blue cheese (if using) in rows on top of the lettuce. To make the dressing, divide the soy sauce, balsamic vinegar, and olive oil between two small contain-

ers. Put on the lids and shake well.

**MAKE-AHEAD NOTES:** The salad and dressing can be made the night before and stored in the refrigerator, but wait until morning to cut and add the avocado. Be sure to give your child instructions for drizzling the dressing over the salad at lunchtime.

**NUTRITION INFORMATION:** 260 calories, 9 g carbohydrate, 13 g protein, 21 g fat (3.5 g saturated), 200 mg cholesterol, 590 mg sodium, 3 g sugar, 3 g fiber, 50% daily value for vitamin A, 20% daily value for calcium, 10% daily value for iron.

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# Building a better mammogram

Breast tests  
that could  
save your life

BY SANDRA GORDON

**A** yearly mammogram is the gold standard for breast-cancer screening and detection. The National Cancer Institute and the American Cancer Society recommend a mammogram yearly for all women age 40 and older. If you have a family history of breast cancer, your doctor may advise starting mammography before age 40. Mammography is the only test that has been scientifically proven to save lives.

Still, it's not infallible.

"In women with very dense breasts, mammography will miss cancer 58 percent of the time," says Dr. Thomas Kolb, a breast-cancer radiologist and leading ultrasound researcher in New York City. Dense breasts contain more glands, ducts and connective tissue than fat. Breasts tend to be denser during a woman's reproductive years; density makes it harder to detect suspicious lumps on a mammogram. That's because glandular tissue appears white on a mammogram, just like a mass can.

Fortunately, new tools can give a more precise diagnosis, especially if you have dense breasts or you're at higher risk for breast cancer because of your personal or family

health history. Here are four that may give you a clearer picture of your breast health — and could possibly save your life:

## Tomosynthesis

The latest in breast cancer-detection technology, tomosynthesis is done in addition to a digital mammogram. During tomosynthesis, the breast is compressed, though slightly less so than with a conventional, digital mammogram, and a series of images are obtained from multiple angles. Tomosynthesis takes an arc of pictures through each breast, in 5 millimeter slices, which are then reconstructed into a three-dimensional image.

It allows radiologists to see through the breast tissue. They can more easily distinguish a true mass from overlapping structures, such as ligaments or glandular tissue. Tomosynthesis can be used for screening and diagnostic mammograms.

**Pros and cons:** Compared to a digital mammogram, women with dense breasts who undergo tomosynthesis are 40 percent less likely to be called back for additional imaging. Women who undergo tomosynthesis will be exposed to the same amount of radiation as a traditional, analog (film) mammogram, which is slightly more than today's digital mammogram. The risk of radiation-induced breast cancer is extremely low, affecting only 0.1 percent of women screened. In comparison, the screening test itself can reduce the risk of dying from breast cancer by about 50 percent.

**Should you ask for it?** Screening tomosynthesis is in order if you have dense breasts, but no symptoms. It takes a global 3D picture of each breast. If you have a complaint or something is found during

a screening mammogram, you'll go to the diagnostic level, which is a mammogram with tomosynthesis that magnifies and focuses on one particular area of the breast. Because the FDA-approved technology is relatively new, screening tomosynthesis isn't routinely covered by health insurance. Diagnostic tomosynthesis is typically covered by health insurance with no copayment necessary.

## Computer-aided detection

With this technique, a computer scans a digital mammogram and flags areas of concern, enabling a radiologist to take another look and decide whether the computer markings warrant further action.

"It's like having an automatic second opinion," says Dr. Mitchell D. Schnall, professor of radiology at the University of Pennsylvania in Philadelphia.

**Pros and cons:** Two studies reported that Computer-Aided Detection (CAD) found 20 percent more cancer than mammography alone. But it also tends to also mark non-cancerous lesions, such as bunched-up tissue, benign lymph nodes and benign calcifications, so the rate of false positives is high. Less than one percent of findings marked by Computer-Aided Detection turn out to be cancer. It is widely available at mammography centers and university- and hospital-affiliated breast clinics across the country and is generally covered by insurance.

**Should you ask for it?** Although it isn't a perfect tool, "it should be the standard of care for every woman who gets a mammogram," says Dr. Stamatia Destounis, staff radiologist at the Elizabeth Wende Breast Clinic, in Rochester, New York. "But there's

## Do you have dense breasts?

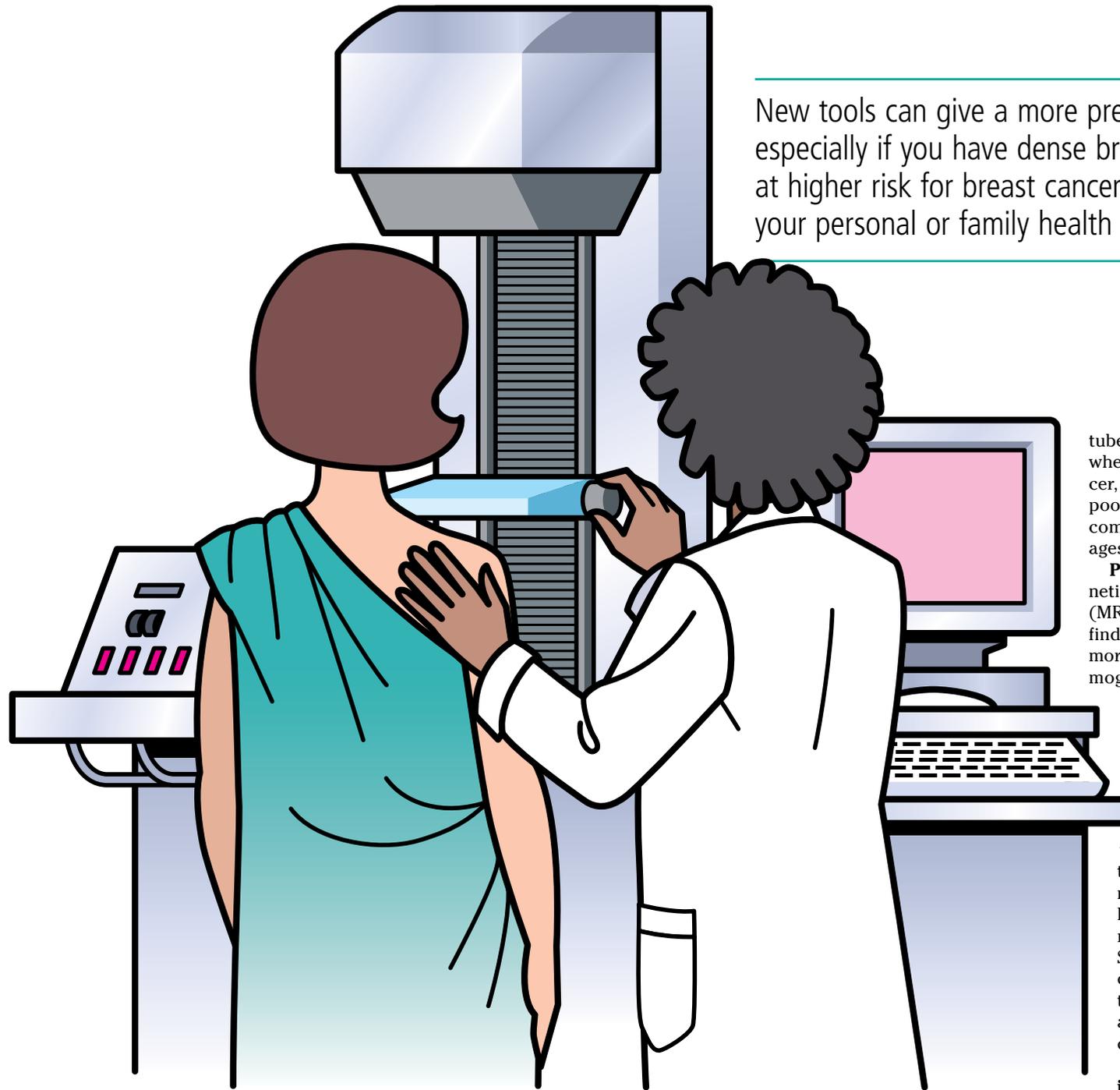
Breast density depends in part on hormonal status, which is why premenopausal women are more likely to have dense breasts. Genetics also plays a part. If your mom had dense breasts, you're more likely to have them. But only a mammogram can make that determination.

In some states, radiologists are required by law to tell you, in the letter you receive about your mammogram results, whether you have dense breasts. If your state doesn't require that information, simply ask your doctor if your mammogram results indicate that you have dense breasts.

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New tools can give a more precise diagnosis, especially if you have dense breasts or you're at higher risk for breast cancer because of your personal or family health history.

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tube-like magnet. In areas where there might be cancer, the contrasting agent pools and is illuminated computer-generated images.

**Pros and cons:** Magnetic Resonance Imaging (MRI) has been shown to find two- to six-percent more cancers than mammograms and clinical breast exams in high-risk women. MRI can't detect calcifications (a frequent sign of Ductal Carcinoma In-Situ), which is why it's used as a complement to mammography, not a replacement. It has also a significant risk of false positives. Screening breasts costs \$1,000 to \$2,000, though many insurance carriers now cover it.

**Should you ask for it?** "Even if you have as little as a two percent

definitely a learning curve."

To reduce your risk of unnecessary additional testing, such as biopsy, find a facility with mammography-certified technologists and trained radiologists who have been using CAD for at least a year.

### **Automated breast ultrasound**

During this test, an automated ultrasound machine, which uses a computer program, takes ultrasound images of breast tissue. The images are recorded and given to a radiologist who can interpret them. Doctors currently use handheld ultrasound devices to hunt for breast

tumors in some patients. The labor-intensive process can skip some tumors. Automated breast ultrasound eliminates the need for an ultrasound technologist, so there's less risk of missing a lesion.

**Pros and cons:** Automated breast ultrasound can help detect breast cancer. Breast cancer detection doubled from 23 to 46 in 6,425 studies using automated breast ultrasound with mammography, resulting in a significant cancer detection improvement. Some insurance providers don't cover the test yet, so check your policy.

**Should you ask for it?** Ask for it in addition to a screening mam-

mogram if you have dense breast tissue. If you're at high risk but you don't have dense breasts, a mammogram should suffice.

### **Magnetic resonance imaging**

This tool employs magnetic and radio waves instead of X-rays to create high-definition cross-sectional images of breast tissue. For the test itself, the patient is injected with safe, nonradioactive contrasting salt solution in the arm, then lies face down on a table with both breasts positioned into cushioned coils that contain signal receivers. The entire bed is then sent through

risk of breast cancer over the next five years, talk to your doctor about adding MRI," says Dr. Wendie Berg, a breast imaging consultant in Baltimore. MRI breast-imaging centers are springing up across the country, but it's important to seek out a facility that has MRI-guided biopsy capability, so a tissue sample can be retrieved for diagnosis at the time of your scan if a questionable mass is spotted.

*Sandra Gordon is an award-winning freelance writer who delivers expert advice and the latest developments in health, nutrition, parenting and consumer issues.*



## ASK AN ATTORNEY

ALISON ARDEN BESUNDER,  
ESQ.

# Rent & succession

*I live in a rent-stabilized apartment. Am I able to state who can live in my apartment when I die?*

**R**ent-stabilized and rent-controlled apartments in the City of New York are interesting “animals,” so to speak. A relatively recent New York Court of Appeals case of *Amy L. Roberts v. Tishman Speyer Properties* in connection with the Peter Cooper Village and Stuyvesant Town apartments put a spotlight on rent-stabilized apartments. When dealing with these types of apartments, what it is critical to document and be able to prove your primary residency in the apartment, and to document your spouse’s, domestic partner’s, or child’s residence in the apartment to protect their succession rights.

Rent-stabilized and rent-controlled apartments are governed by strict rules regarding residency and occupancy of the apartment. You need to be diligent in protecting your own rights and the rights of your successors.

Currently, most family members of a tenant can have a right to a renewal lease or protection from eviction when the primary tenant dies or permanently leaves the apartment. However, the person terminating the lease or who has died must have been a qualified primary tenant.

What is a qualified primary tenant? A qualified primary tenant is someone who uses the apartment as the primary residence, and whose household income is under \$175,000 for the two consecutive years prior to vacancy or termination or death. The rent of the apartment must still be under \$2,000.

How do you prove primary residence? In the same manner as the successor will have to prove residence, such as bank records, debit card purchases, doctor’s visits, library books, and phone records, all of which can help deter-

mine where you actually were and where you habitually are located. (A good example of this was a recent dispute between Zephyr Teachout and Andrew Cuomo regarding the Democratic primary — he challenged her residency qualifications, even bringing her grocery shopping habits into question!) Other questions are: where is your car registered? Where do you file taxes? What does your driver’s license say? Where do you vote? Where do you go to the gym? Which local Starbucks do you habit? What does your EZ Pass or MetroCard say? Where is your synagogue or church? Where do your kids go to school?

The main issue is providing evidence and indicia of your day-to-day life. Caution is advised here; since today everything is digitized, many apartment houses have card-swipe entry that tracks dates and times of ingress, if not egress. This can be used by a landlord to thwart any contention that you really lived in the apartment 183 days in the year.

Of course, the best evidence when faced with a residency question is a RA-23.5 form: Notice to Owner of Tenant Who May be Entitled to Succession Rights. You can voluntarily inform the landlord of the succeeding tenant’s occupancy or the owner can request one every 12 months. The form can identify if the person is a family member, if the person may become entitled to be named as a tenant on a renewable lease or become entitled to protection upon passage of applicable minimum period of required residency; date of commencement of person’s primary residence with the tenant; if the person is a senior citizen or disabled.

Failure to provide the RA-23.5 information shall place on all such persons whose names were not submitted and who seek to exercise the right to be named as a tenant on the renewal lease or protection from eviction the affirmative obligation to establish such right.

Who is a qualified tenant in suc-

cession? There is a limited class of persons that can inherit a rent-stabilized apartment:

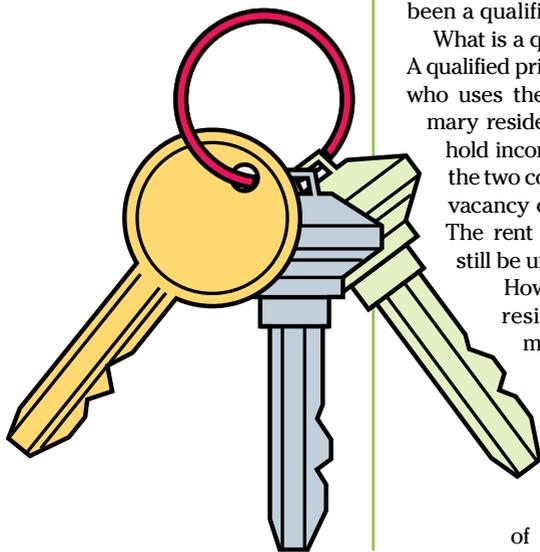
- Parents (stepparents) and mother-in-law or father-in-law.
- Spouses (husband and wife).
- Siblings and step-siblings (but not necessarily siblings-in-law unless it meets the catch-all).
- Grandparents.
- Grandchildren.
- Children, stepchildren, and in-laws.

• Catch-all: “any other person(s) residing with the tenant or permanent tenant in the housing accommodation as a primary resident, who can prove emotional and financial commitment and interdependence between such person(s) and the tenant.”

The catch-all provision can arguably apply to domestic partners; children of domestic partner or spouse who has not yet been biologically adopted; nieces, nephews, uncles, aunts, great-aunts, and cousins who meet the criteria; or even close family friends. However, it would have to be something more than just a “roommate” situation. Nieces, nephews, uncles, aunts, great-aunts, and cousins are not necessarily entitled to succeed to the apartment by virtue of the blood relation, but can still qualify for the catch-all.

The qualified tenant in succession’s right to a renewal lease or protection from eviction is dependent on that person having resided with the tenant as a primary resident in the apartment for two consecutive years immediately prior to the death of (or permanent leaving of) the apartment by the tenant. If the qualified tenant in succession was in military service, hospitalized, enrolled as a full-time student, or temporarily relocated for work, the two-year period is not interrupted and there is an effective “toll.”

*Alison Arden Besunder is the founding attorney of the law firm of Arden Besunder P.C. You can find her on Twitter @estatetrustplan and at [www.besunderlaw.com](http://www.besunderlaw.com).*



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# Backpack safety

BY ALEXA BIGWARFE

**T**his may seem like an unusual fact, but according to an occupational therapist at the Children's Hospital of Georgia, approximately 6,000 children are injured each year due to wearing a backpack

that is inappropriate for them.

As our children head back to school and look forward to choosing a new book bag with their favorite superhero or Disney character, make sure they have a bag that is appropriate and will not cause them injury or harm. Their bag needs to carry all of their necessary supplies and books, but not so large that your child will overload it. If backpacks are too heavy or not properly used, they can cause pain, strain, and injury to your child.

Here are five tips for backpack safety and proper use:

- Actually use a backpack. The muscles in the back are the strongest muscles and can support the bag better than shoulder bags and other types of bags. Pick one that is the right size for your child — not too big. It should fit him between the shoulder blades down to his waist.

- The bag should be lightweight, have two shoulder straps that are wide and padded, and have pad-

ding on the back for additional comfort and protection.

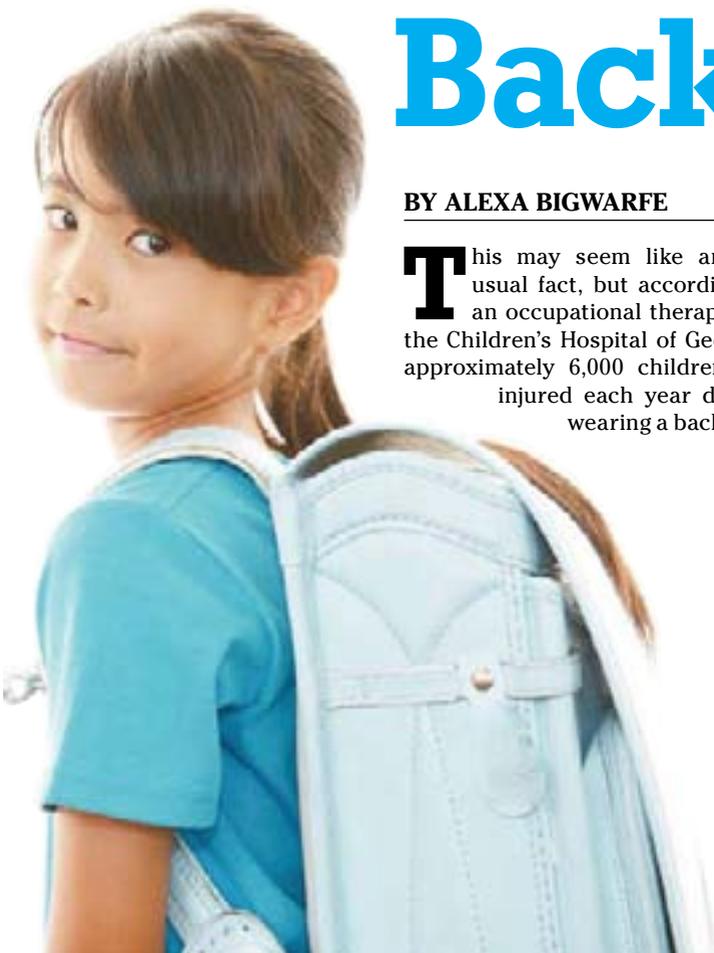
- Don't overload it. Your child should not be leaning forward from the weight. Be sure to place the heaviest books in the back of the bag for best muscle support.

- Have your child wear the backpack on both shoulders and make sure the straps are snug, but not too tight.

- For his personal safety, avoid writing the child's name on the outside of the backpack.

It's exciting for kids to pick out the "coolest" book bag to show to their friends at school, but it's more important to provide them with a bag that will be safe and not cause pain. But don't worry, there are plenty of superhero and princess options that meet these criteria!

*Alexa Bigwarfe is the mother of three young children, one in elementary school and two in preschool. All three have their own strong opinions about backpacks!*



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## A LETTER FROM COLLEGE

AGLAIA HO

# Applying to college

**F**or high-school seniors all across the nation, it will soon be time to start applying for colleges. The college application process can be overwhelming, especially with heightened competition and increased pressure on students to gain acceptance into the top universities. It is easy for students to focus purely on the end goal of receiving an acceptance letter, but the college application process is a journey filled with many decisions and obstacles. My experience applying for college had its share of successes and regrets — lessons I hope might help others through this trying time.

### Start early

Deadlines for most applications lurk around December and January, so it is important to start thinking about college before your senior year. Ask yourself basic questions such as, “Do I want to attend college away from home,” or, “Would I rather attend a large university or liberal arts college?”

Starting the actual application process as soon as you can is a great idea. The Common Application, which is used by many universities, as well as supplemental material specific to individual colleges are often released during the summer before your senior year. Start working on these applications early! I began working on my applications in August, a decision I am glad I made. The earlier you start, the more time you will

have to polish your essays and check your personal information.

### Do your research

For a first-time college applicant, the process itself can be confusing. Some high schools offer free discussion panels and tutorials for parents and students who might not know where to start. Take advantage of this help, but do your own research. My family and I sat down and discussed the process many times, talking to relatives and friends who completed the process already, doing our own individual research, and reading college forums.

Additionally, there are also early application processes available for students who want a faster decision. These are early action and early decision, depending on the college. Each has restrictions and requirements, which vary from school to school. Early application can be beneficial for those who are set on a particular college. By applying early, you might have a better chance of being accepted.

### Have a game plan

Once you have completed your research and have compiled a list of colleges you wish to apply to, you need to get organized. If you are planning on applying to multiple colleges, deadlines and various supplements can become jumbled. Deadlines for applications may overlap or be only a few days apart. To avoid missing a deadline (which unfortunately happens to far too many applicants), utilize checklists and schedules to keep track of all impending due dates. When I was applying for college, I created an spreadsheet that kept track of all of the colleges I was applying to, the required material, and deadlines, as well as my progress with each application. This strategy helped me manage my time and prioritize which application I needed to work on first.

### Learn to sell yourself

Unfortunately, the college application process is not solely a merit-based system. Private universities want the best students, but they also look for applicants who can make unique contributions to their school.

Hence, you need to sell whatever sets you apart from others. To decide how I wanted to present myself, I evaluated my talents and the activities I participated in, looking for passion and continuity. In the end, I presented myself as a writer, based on my experience as a columnist for this magazine and my success in writing contests.

Bear in mind, selling yourself to colleges doesn't always entail emphasizing a talent or skill, as colleges and universities often look for cultural and economic diversity. At times, colleges may choose students based on socioeconomic class, first-generation college students, minorities, and students whose parents have attended the same school. Explore these options and use them to your advantage.

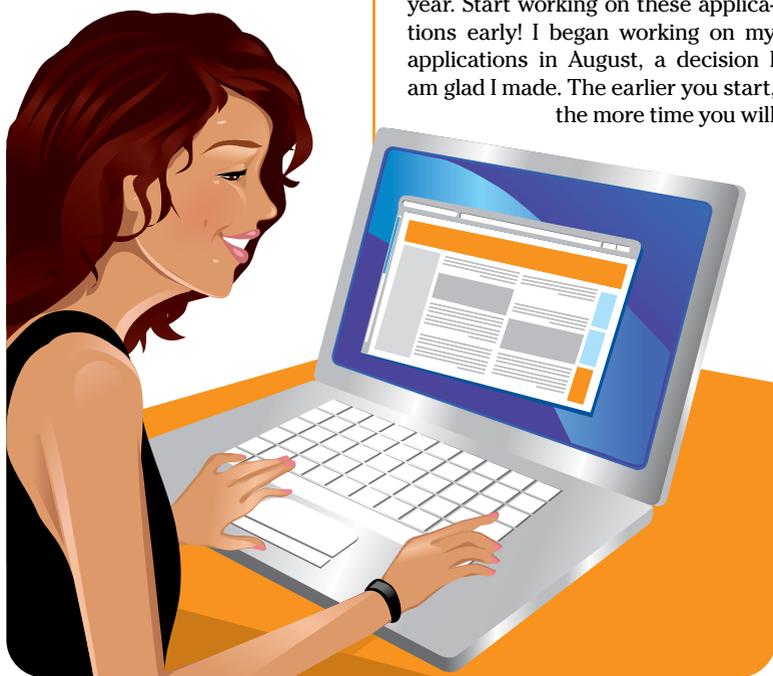
### Do not lose sight of high school

One of the most common mistakes I have seen my peers make is overinvesting their time in the college application process. Remember that, while getting into college is your goal, your job is still a high-school student. Make sure that you continue to learn and put effort into your high-school classes. The knowledge you accumulate now will be a foundation for college.

Even after the acceptance letter arrives, do not lose sight of high school. The term “second term senior” is notorious, referring to students who have been admitted into college and do the bare minimum to complete high school. It is foolish to stop caring about school, in general, but senior grades can be important if you eventually chose to transfer to another college. So do not let your grades slide.

It is hard to believe that almost two years ago, I was in the same boat as high-school seniors are today. The experience applying for college was an eye-opener. My journey helped me discover my strengths, achievements, and passions, as well as my weaknesses and faults. In the end, I came out knowing not only what college I would be attending in the fall, but also more about the person that I was.

*Aglaia Ho is a rising sophomore at Williams College and a native New Yorker.*





## JUST WRITE MOM

DANIELLE SULLIVAN

# What I dread about back-to-school time

Quite a few moms are gearing up to breathe a collective sigh of relief when school opens up again, but I'm dreading back-to-school season almost as much as the kids. I've completed the immense task of tackling the shopping list, the supplies have been purchased and the kids' uniforms have arrived. We've picked out new backpacks and lunchboxes, so we're okay on that front. It's not the preparation that's bothering me. It's the many things that occur when school opens up again for a new year that I detest.

### Kids get sick!

I've had two glorious months of three kids with no sniffles, sneezes, or coughs. Not even so much as swimmer's ear has slowed them down this summer. Yet, I know that once school opens up, by the third week in September, my youngest will have a contagious, nasty cold of some sort. Typically, it will happen right around the welcome back to school meeting. Two years in a row, I have exited my child's school excited about a new school year while on my way to the pharmacy to purchase a fever reducer.

### Lunches

I can't pinpoint why I hate making school lunches so much, but I certainly do not enjoy doing it. It's like math and here is a sample problem: Suppose you're pulling double duty by making breakfast and lunch simultaneously. Multiply that by the number of children you have. Factor in that at 7 am you are also feeding the pets, waking up tired children, locating stray socks, and attempting to exit the house on time. Now tell me how many days until you run out of the house screaming "No more!" The good news is that I have yet to come up with the answer, just like those trig questions back in high school.

### Lice

I'm knocking on wood when I say



that none of my kids have had lice yet, but every year those letters of doom go home, stating that a classmate has acquired the little critters. I usually scratch my head for the rest of that day and the next, as I repeatedly check my children's scalps.

### Homework

Hello inner nag, we'll be meeting again in a few short weeks as I go back to living every day under the tyranny of a countdown clock — ensuring that the homework is complete, dinner is prepared, served, and cleaned up, and the kids are cleaned up and in bed on time. If I never again have to ask, "Did you do your homework yet?," I will be eternally grateful. Mental countdown clock note: six more years to go on that one.

### Getting up at 6 am!

I realize I am fortunate to have ditched my corporate job and be

able to wake up later during the summer as I work from my home office, but man, oh man, getting our day schedules back is gonna be brutal that first week in September. Goodbye to impromptu midnight writing sessions and not setting my alarm. Hello, to a ringtone that will become utterly annoying in a week's time.

• • •

What are you not looking forward to this new school year? Are you dreading a more restrictive schedule when school opens back up? Or are you happy as a lark to have a more defined schedule (with kids out of the house)? Let us know at [www.facebook.com/NYParenting](http://www.facebook.com/NYParenting).

*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 Sullivan on her blogs, Just Write Mom and Some Puppy To Love.*



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This fall, the JEI Learning Centers in Auburndale-Whitestone & Floral Park-Little Neck, Queens will offer students in the opportunity to dive into learning with its new program Brain Safari. It aims to help students love learning by creating an individually paced curriculum that instills confidence with its step-by-step learning process. Brain Safari's mission is to provide students with an enrichment program that works to strengthen logical and analytical reasoning, as well as to enhance creativity and memory proficiency.

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917-771-0687 or [info@katyasdance.com](mailto:info@katyasdance.com)

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*Continued on page 22*

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## Activity

### DIRECTORY

*Continued from page 20*

believe that anyone who has the love and the drive can learn to dance. We offer classes for children and adults in ballet, musical theatre, tap, voice, ballroom, and creative movement/primary ballet for our youngest dancers with an emphasis on technique. Ms. Katya makes an effort to get to know all of her students personally, understand their strengths and weaknesses, and assist them in developing into stronger dancers. Not only is Miss Katya an impeccable ballet teacher, but she is truly a great friend and person to talk to.

### Ridgewood Dance Studio

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

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

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*Continued on page 24*

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## Activity

### DIRECTORY

Continued from page 22

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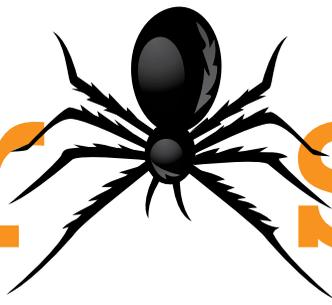


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# Spider sense



Get caught up  
in this web of  
fun facts

BY SHNIEKA L. JOHNSON

**F**or ages, arachnids have spun their silk of fascination through our imaginations, movies, and literature — think of E.B. White's classic book "Charlotte's Web" and the pop culture phenom that is Marvel's Spider-Man. And when you learn more about their real life power to survive in all types of environments — ranging from deserts to rain forests to urban centers like New York — it's not hard to gain an even deeper appreciation for these animals.

In the latest exhibit at the American Museum of Natural History, "Spiders Alive!," you can learn what the museum's researchers have discovered about these creatures, their anatomy, and defense mechanisms. In addition to displaying arachnids from the museum's vast collection, the exhibit includes an opportunity to see museum staff handling live specimens and to see these creatures up close.

"Spiders Alive!" does an excellent job of explaining — in an entertaining way — various spiders' biology, habitats, and how they impact human life. You will also gain insight into how the museum researchers study spiders.

I had the chance to discuss the exhibit with Hazel Davies, the associate director of Live Exhibits at the American Museum of Natural History:

**Shnieka Johnson:** This is a second run for "Spiders Alive!" How is it different from the last exhibit?

**Hazel Davies:** It's pretty much the same. The first run was a big success, so there was no reason to change. There is one different species of spider, the funnel-web grass spider.

**SJ:** Where were samples of the various species collected by researchers? How did the museum acquire the live specimens on view?

**HD:** The live exhibits collection is very different and separate from the research collection. The species for the exhibit came from several sources. As many as possible were bought from breeders in the hobby, for example, all 17 Chilean rose hair tarantulas... Some were sent by researchers who had them spare, and some were collected because they are so seasonal, living less than a year, just a couple are taken from areas with high population densities. None of them are endangered species.

**SJ:** This is considered a hands-on exhibit? What are some of the

hands-on components?

**HD:** It's not exactly "hands on" — no [visitor] touches the spiders. It's interactive in that you can get nose-to-nose with many species, some of them very large. The presentation area is the main feature where staff have a live tarantula and scorpion in open containers and use a magnifying camera to point out their features and explain anatomy and natural history. Visitors get to ask questions and learn a lot. There is a big climbable model so younger kids can really explore the features of spider's bodies — that is hands on.

**SJ:** How can parents use this exhibit to teach children about spiders and minimize their fear of them?

**HD:** Most people are afraid of things they don't really understand, and this exhibit goes a long way towards educating young and old alike about spider's lives and how they are beneficial to humans.

Yes, spiders are venomous, but less than one percent of all species pose any problem to humans, and you can see two of those species in the exhibit and learn how to distinguish them. The exhibit explains how spiders really just want to hide, they don't want to have to interact with humans, and will only bother you if you really bother them.

They keep insect populations under control — without spiders we would be overrun with many insect species that could affect agriculture. So having spiders around your home and garden is a good thing. The exhibit also introduces you to really cool facts about spider webs, hunting strategies, adaptations, and behavior. When children see how fascinating spiders are, most in the exhibit think they are really cool and want to get as close as they can to the ones at the presentation area.



*Spiders Alive! exhibit at the American Museum of Natural History [Central Park West and W. 79th Street on the Upper West Side, (212) 769-5100, amnh.org]. Now through Nov. 2.*

*Shnieka Johnson is an education consultant and freelance writer. She is based in Manhattan where she resides with her husband and son. Contact her via her website: [www.shniekajohnson.com](http://www.shniekajohnson.com).*



Photo by Denis Flamin

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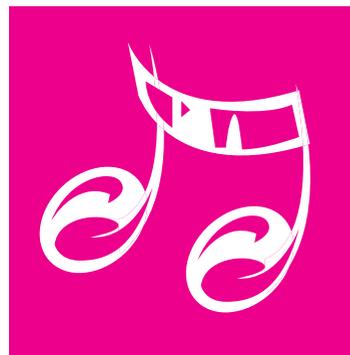
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## DIVORCE & SEPARATION

LEE CHABIN, ESQ.

# Online life & divorce

**E**ver flirt online? Isn't it harmless? More broadly, does using social media — and Facebook in particular — affect your marriage?

An article in the July issue of *Computers in Human Behavior*, a “journal dedicated to examining the use of computers from a psychological perspective,” attempts to address this question. An abstract of the article, “Social network sites, marriage well-being and divorce: Survey and state-level evidence from the United States,” is available online.

Survey “results show that using social network sites is negatively correlated with marriage quality and happiness, and positively correlated with experiencing a troubled relationship and thinking about di-

vorce,” according to the article. In other words, a lot of married people using Facebook are having marital difficulties.

However, as the authors acknowledge, the study does not tell us that Facebook *causes* unhappy marriages and divorce.

Social network sites may reduce marriage well-being through addiction, sparking feelings of jealousy between partners, or facilitating extramarital affairs. The authors found “excessive use of social media has been associated with compulsive use,” which may create “psychological, social, school and/or work difficulties in a person’s life.” These phenomena, in turn, may trigger marriage unhappiness and, ultimately, divorce.

According to the article, Facebook in particular creates “an environment with potential situations that may evoke feelings of jealousy between partners, harming the quality of their relationship” because of how easy the website makes it to search for people, i.e. exes or crushes.

On the other hand, it may be that rather than causing “problematic relationships” and divorce between couples, “divorcees and individuals in unhappy marriages use Facebook and social network sites more often because it proves beneficial to them by providing emotional support.” If so, then Facebook would be connecting “people with friends, family, and other strong ties. That means that divorcees or people going through difficult moments in their marriage would choose this social network site to communicate with their close contacts, trying to achieve psychological well-being,” the authors explain. Social network sites can help in leading “users to connect with people that are going through similar problems in order to receive emotional support.”

My takeaway from this study is that, while there is still much to be learned about how social media affects us, we already know a lot. With some introspection — which isn't always easy — we can understand the motivations for many of our actions; and the likely consequences.

If we are honest with ourselves, answering a few straightforward questions can reveal a lot about ourselves and our relationships:

- Is being on Facebook in any way affecting my marriage?
- Do I do anything on Facebook that I wouldn't want my partner to know about?
- Am I (or is my partner) spending so much time online that it keeps us from being together?
- Am I jealous or suspicious of my partner's Facebook activity? Is my partner jealous?
- What do I get from being on Facebook? Attention? Support? Am I trying to get something online, because I don't or can't get it from my spouse?

It can be frightening and painful to do so, but we may need to ask: Is my marriage: a) strong; b) in trouble; or, c) over?

If your relationship is strong, congratulations! Just don't take this for granted.

If your marriage is in trouble, do you want to save it? If so, the sooner you begin, the better. One step you may need to take is to change your online habits. Contact with a past partner may need to stop. Be open to getting outside — and in-person — help, for example from a marital counselor, mediator or support group.

Is the relationship over? If so, are you finding support on Facebook, or just hiding out because you are unwilling to deal with real life head on?

Social networking has benefits. Enjoy Facebook. Use it constructively. But don't risk your marriage (if you value it), and don't let it otherwise interfere with your life in the “real world.”

*New York City and Long Island-based divorce mediator and collaborative divorce lawyer Lee Chabin 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), (718) 229-6149, or go to <http://lc-mediate.com/>. Follow him on Facebook at [www.facebook.com/lchabin](http://www.facebook.com/lchabin).*

Disclaimer: All material in this column is for informational purposes only and does not constitute legal advice.





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## LIONS AND TIGERS AND TEENS

MYRNA BETH HASKELL

# They're on their own

## Exploring your parenting role after graduation

**M**y youngest graduated this past June. I welled up with tears on and off throughout the ceremony. These were the “happy-sad” kind which you are probably familiar with — tears conjured by a wide range of conflicting emotions.

Graduation this year was not just a milestone for my daughter. It was one for me as well. A good deal of my time over the last 15 years was spent volunteering for our local schools in various capacities. An office at home and a flexible schedule allowed me to be involved in countless ways, as an honor society advisor, PTA president, and booster association president, to name a few. When my daughter reached for her diploma, it marked the end of a chapter in both of our lives.

The months prior to the big day had me thinking about my new role as parent. Does the parenting role change? What is the best way for an empty nester to forge forward? Should one find a new hobby, explore the globe, or clean out the basement?

### Your new role

Your role has changed, not ended. Your kids will need you — at some level — even when they're 40.

“Often the move to college marks the most distinctive change for a child becoming an adult. There is usually a natural pulling away that happens in the teen years to prepare for this move into adulthood, but it still comes as a real shift,” says Licensed Marriage and Family Therapist Kim Blackham, and owner and director of Summit View Family Therapy in Winston Salem, N.C.

Allow your child to navigate the world solo without too much interference. Blackham points out, “Kids going away to college need to know their parents have confidence in their ability to make it on their own.”

She advises parents to provide counsel, but to be careful about offering an abundance of unsolicited advice.

“Sometimes unsolicited advice communicates a lack of confidence in their ability to solve their own problems.”

Be aware that your child is used to setting his own rules while living away from home.

“It's key to recognize that when your child returns home during breaks, they are returning as an adult, not as a child.”

Blackham says that college-age children should respect being back in their parents' home, but parents need to be cognizant of the natural shift in the relationship.

I've found that explaining expectations works best. For instance, if I ask my son to text me when he gets back to the dorm after a visit home, I might couple this with, “Humor me. If I know you are back safely, I can continue with my day.”

### A lifestyle change

Since the daily responsibilities of parenting have waned, you'll have more time to delve into those things you've put off time and again.

For couples, there can be a renewed energy to their marriage. Dr. Donald K. Freedheim, professor emeritus of psychology at Case Western Reserve University, explains, “When all the children finally graduate from high school, a life adjustment needs to take place. When

the kids are out of the everyday picture, it is time to renew what was lost when they were in the home.”

Dr. Freedheim says this as an opportunity for romance and spontaneous activities. He adds that if the effort is made, the consequence is often an enriched marriage.

However, if the effort is made, you will likely find a renewed excitement about your relationship and a chance to do those things you hadn't had time for in the past.

My husband and I have already made several plans to do those things we didn't have time for while running to swim meets or attending jazz concerts. Of course, there are occasional college events to attend as well. It truly is a joy to see that familiar smile on your child's face when he spots you in the crowd.

### Tips and Tales

“My husband and I loved having an empty nest! It allowed us to rekindle as a couple.”

*Cheryl Frazier-Woods, Poughkeepsie, NY*

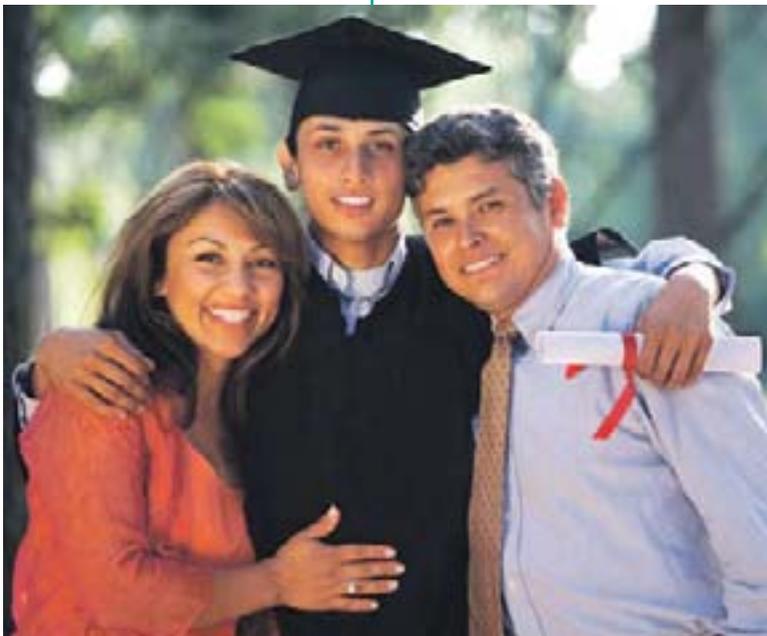
“You may offer counsel, but don't be hurt if it's rejected. It can be harder than when they were living at home.”

*John Keller, Earlville, NY*

### Note from the author

Now that my youngest has graduated from high school, my writing career will be taking another direction. I wanted to let my readers know that it has been my pleasure exploring the teen years with all of you — my fellow parents and hundreds of experts in the field of adolescent development. I have learned so much during this journey. I would like to thank the hundreds of parents who sent in tips since the column's inception in 2009. I would also like to thank my editors. Your professionalism and guidance have meant the world to me.

*Myrna Beth Haskell is a feature writer, columnist, and author of, “Lions And Tigers And Teens: Expert Advice and Support for the Conscientious Parent Just Like You” (Unlimited Publishing LLC, 2012). For details, visit [www.mymahaskell.com](http://www.mymahaskell.com).*



# Back to savings

## Ten ways to save big on back-to-school shopping

BY MALIA JACOBSON

**L**ooking to save on back-to-school shopping? You're in good company. Parents everywhere are feeling the pinch of the economy, and four out of five have reduced their school-related spending. The National Retail Federation reports that 56.2 percent of back-to-school shoppers are looking for discounts, 41.7 percent are ditching brand-names in favor of generics, and 40 percent are using more coupons.

Welcome the new school year in frugal fashion with these tips for back-to-school saving:

### Start at the beginning

Get organized, and get "the list." Review your child's list of required supplies and take inventory of what you'll need. If you don't have a list, contact your child's school or friends with older children.

Aim to be thorough in your shopping. Forget a few items, and you'll find yourself fighting with the masses — and paying full price — for picked-over supplies at the last minute. Instead, save money and hassle by checking everything off the list before the first day.

### Never stop shopping

Buy the basics on sale year-round and squirrel them away for back-to-school. According to Jonni McCoy, author of "Miserly Moms: Living Well on Less in a Tough Economy," shopping over time spreads out the expendi-

tures and maximizes your purchasing power.

"Don't try to get it all done in one day," says McCoy. "Not everything is on sale on one day. Every week, check what school items are on sale and get those. Then do the same the next week, and the next."

### Cash in on the coupon craze

Budget-minded shoppers are couponing like never before. Promotional transaction vendor Inmar reports that coupon use is reaching record highs. In 2013, 96 percent of shoppers reported using coupons, and not just for groceries — a third of the 3 billion coupons redeemed were for non-food items.

Cents-off coupons can add up to big savings, but you can raise the stakes considerably with a little extra legwork. Major retailers like Target and Rite-Aid offer discounts up to \$25 for transferred prescriptions. Find a local store that doubles the value of manufacturer's coupons at [couponing.about.com](http://couponing.about.com), and you can buy supplies for next to nothing.

Shoppers are increasingly turning to the web to score coupons. Inmar reports that more than half of the coupons redeemed were digital; more than 43 percent of coupons used were printed at home. Websites such as [Smartsources.com](http://Smartsources.com), [retailmenot.com](http://retailmenot.com), and [coupons.com](http://coupons.com) offer printable coupons, many with savings of \$1 or more.

### Surf the savings

Sites like [Craiglist.org](http://Craiglist.org) and [Ebay.com](http://Ebay.com) offer everything from computers to graphing calculators to brand-name backpacks at huge discounts. While you're at it, why not unload things your kids have outgrown? Last year's trendy outfit, bike, or winter coat can yield cash to put toward this year's list.

### Join the club

Register to get exclusive discounts, deluxe coupons, and other perks delivered to your inbox from major retailers including The Gap, Old Navy, and Fred Meyer. Sign up online or in store. If you don't want to clog your personal account with marketing e-mail, snag a free e-mail

account just for promotional sign-ups.

### Dollars and sense

Your local dollar store is a great place to find basic supplies for less. McCoy recommends shopping for supplies at discount stores and taking advantage of sales to stretch your dollar even further. Staples and Walmart host well-known sales offering back-to-school supplies for pennies. Mark your calendar for sale days and scoop up the savings.

### Swap to save

Score some new-to-your-kids clothing by hosting a swap. Lay down a few ground rules — clothing should be free of stains and rips, and no payment or bartering is allowed. People take what they want, and leave what they don't. Afterward, leftover items can be donated to charity.

### Say 'yes' to yard sales

Summer is yard-sale season. Binders, notebooks, pencil cases, scissors, staplers, loose-leaf paper, and more are yours for the finding. Bring small bills and change and don't be afraid to haggle. Carry a reusable bag to tote home your treasures.

### Bulk up your budget

Big-box discounters and warehouse stores sell high-quality office and school supplies in bulk. If you have a large family, the supersized packages of pens, highlighters, binders, tape, and folders make sense.

You can take advantage of bulk deals even if you don't have a large brood. Gather a group of moms, divide the list, and pool the savings.

### Grab some inspiration

Creativity is in. Spice up a plain or hand-me-down binder with a digital photo collage. Protect school books with covers made from gift wrap or newspaper. Refresh last year's backpack with new buttons and iron-on patches. The possibilities for inspiration — and savings — are endless.

*Malia Jacobson is an award-winning health and parenting journalist and mom of three. Her latest book is "Sleep Tight, Every Night: Helping Toddlers and Preschoolers Sleep Well Without Tears, Tricks, or Tirades."*





DEAR  
DR. KARYN  
DR. KARYN GORDON

# Talking with teens

*Dear Dr. Karyn,  
I saw you recently on TV talking about practical strategies parents can use to get their kids to talk, and I was fascinated. I have three daughters and realize there are many things I'm doing wrong in my communication with them. I started feeling empowered listening to your suggestions. Would you mind e-mailing me that top 10 list? Thanks for all your help with parents and teens. We need all the help we can get.*

**I**'m so glad to hear you feel empowered. I've coached parents and youth for nearly 20 years and have learned firsthand there are many things parents can do to encourage their kids to talk. And there are some things that will push them away. So as you requested, here is my top 10 list of things parents can do to encourage their kids (of any age) to talk. This is not an exhaustive list but one to get you thinking:

**Be safe:** Parents need to be a safe place. Kids don't talk if they feel their parents are going to judge them, tell other people confidential information, or make fun of what they are saying.

**Listen more:** Last year, I asked more than a thousand kids what they needed from their parents that would encourage them to talk with them. The no. 1 response was "to

listen more." So often many of us are quick to give solutions when really our kids just want us to listen.

**Choose good timing:** Timing is everything. Think of the time of day that's worked best in the past. When have you gotten your kids to talk before? For most kids, it's at night or after school — not in the morning!

**Know your emotions:** Parents, be aware of your emotions. Kids are incredibly aware of how their parents are feeling. If parents are more relaxed and easygoing, kids are more likely to talk. If parents are stressed out or anxious, kids are more likely to keep things to themselves.

**Be alone:** Kids are more likely to talk if it is just them and their parents.

**Think of a past success:** Every child has a secret formula that gets him to talk. Think of a past success when you got your child to talk. Where were you? Who was with you? What time of the day was it? How were you feeling? How was he feeling? Start looking for these golden opportunities.

**Know your child's and your learning styles:** An auditory learner won't need to have eye contact during communication while a visual learner will. Meanwhile, a hands-on or kinesthetic learner will need to doodle or do something while she talks and, often, an auditory learner will think the kinesthetic learner is not listening. Not understanding how learning styles impact communication often leads to frustration and anger. Get to know your child's learning style and how this impacts her communication with you.

**Know gender communication differences:** Girls like eye contact, many guys do not. This is really important to understand in parent-child relationships. It's important for fathers to understand that, often, daughters need to have eye contact from them or they will think their dad is not listening to them. Similarly, it's important for mothers to understand that, often, sons will find eye contact too intense. When I'm coaching girls, I'll give them eye contact. When I'm coach-

ing guys, I'll often (not always) talk "sideways" — we'll both face the same direction. This approach reduces eye contact and makes communication more comfortable. Driving in a car or doing an activity can allow this approach to happen naturally.

**Know your body language:** Ninety-three percent of communication is non verbal, e.g., eye contact, tone of voice, facial expressions. It's important for parents — for all people — to start being aware of their body language. Do you talk too much? Talk too little? Do you give too many solutions? Do you frown? Do you avoid eye contact? Do you apologize when you've done something wrong, and if not, what message do you think that sends to your children? What is your body language communicating? To help you with this, ask your children directly keeping in mind they may or may not have the words to answer. Or you can purchase my resource "Analyze Your Teen," a four-part CD series and 40-page workbook. In the workbook is a report card template designed by a group of teenagers. If you give this report card to your child allowing him to evaluate your communication, you will have 100 percent clear direction about what you need to work on. This tool is extremely helpful!

**Listen and be open for feedback:** Often, children will tell parents what they need, but often, parents are too busy or not emotionally prepared to really pick up these signs. The only way we improve is if we are open to feedback. The problem is: if our egos are too fragile or we suffer from low self-esteem, we tend to take things personally and find it difficult to hear criticism. My encouragement is that relationships only improve if we are able to acknowledge what we are doing well while also acknowledging the areas that need work.

*Dr. Karyn Gordon is one of North America's leading relationship and parenting experts. She is a regular contributor to "Good Morning America," founder of dk Leadership, best-selling author of "Dr. Karyn's Guide To The Teen Years" (Harper Collins), and motivational speaker to a quarter of a million people. Visit her at [www.dkleadership.org](http://www.dkleadership.org) and on Twitter: @DrKarynGordon.*



# Lice lessons

What to do when they visit *your* home

BY RUTH HANLEY

**P**arents dread getting that note from school or a text from another mother that a classmate has lice. They cautiously give their kids' hair a quick search, find a louse, and panic. Memories of childhood experiences make us recall the myths and stigma about lice. Lice are not a sign of a dirty house or a dirty child, and they can show up on anyone. In fact, six to 12 million school-aged children are treated for lice each year.

"We all seem to equate it with cleanliness, but really, it's more like catching the flu or a cold from someone," says Mary Spryer, a California mom of two.

The way to ease the panic caused by this minuscule menace is to equip yourself with a good

plan, so that you'll be ready when necessary:

**Keep calm and buy the shampoo.** Head lice are common among children 3 to 12 years of age, though children as young as 2 months old can be treated with an over-the-counter lice shampoo. If you are pregnant or have a child younger than 2 months old, consult your doctor about other available treatments. Over-the-counter shampoo treatments usually contain only one percent permethrin solution, which is enough to be neurotoxic to lice, but very mild to humans.

Home remedies abound on blogs and websites, but they are not recommended for use alone. Dr. Roberta Winch, pediatrician at Pediatric Associates in Sammamish, Washington found that mayonnaise helped her pick the nits out of her child's long, thick hair, but she recommends using a lice shampoo to kill the live lice first.

**Get comfortable with a comb.** There is a reason that nit-picking means being excessively concerned with small details. Nits are small white lice eggs that are teardrop shaped and stick to one side of the hair shaft. A louse is light brown and can be as tiny as a carrot seed. Lots of debris can get stuck in your child's hair and look like lice: food, flakes of dry skin, dirt or plant matter. However, lice move and nits cling to the hair shaft and are hard to remove. If you can flick or blow it away, it's not a nit.

Use a spray bottle of water or detangling solution to wet-comb your child's hair with a fine-toothed lice comb. Wipe your comb on a paper towel and check for nits on the towel. Continue each day until you no longer find nits as you comb. Letting your child watch a movie, read a book, or play a handheld gaming device will help her sit still.

**You're gonna do a lot of laundry.** Wash and dry clothing, bedding, and stuffed animals on the hottest setting

you can. Vacuum car interiors, mattresses, and the surfaces of furniture and floors in your house and wash sheets frequently for the next few weeks. Store items that can't be washed in garbage bags that are closed up and set aside for two weeks.

"Adult lice can survive up to 55 hours without a host and eggs can hatch up to ten days later," says Dr. Winch. "It takes 12 days for a newly hatched egg to become an adult."

Cleaning and doing laundry can seem overwhelming, but don't assume you're surrounded by these nefarious creatures. Head lice crawl, rather than hop or fly, and are not transmittable to or from your pets. Also, according to the American Academy of Pediatrics, unless there is a heavy infestation, a louse isn't likely to wander off a person's head, because as soon as it does, it starts to die of starvation.

**An ounce of prevention.** Check your child's hair once a week for lice or nits. Lice Knowing You, a lice removal chain on the West Coast has the motto, "Take a peek once a week." If you find one in your weekly search, you'll likely catch it early and have a milder case. Remind your child not to share helmets, hair bands, brushes, or hats. It is also helpful to use a lice-repellent shampoo and detangling solution (such as Fairy Tales) on your child's hair and keep it in a ponytail or braid for school and camp.

Ultimately, educating yourself about how to look for lice and checking regularly are the best ways to avoid getting lice. Tara Clark, a mom of two girls from Washington State says, "Talk to friends with children of a similar age, and you will learn that everybody deals with it. It helps to know you aren't the only one." Take it from moms who have been there.

Let's get real about lice. When they show up at your house, it's not the end of the world. Things will get better, but first you'll have a lot of laundry to do!

*Ruth Hanley has two daughters and she did a lot of laundry, vacuuming, and combing last year when lice came to visit her house. She was glad to see them go.*



# Calendar

SEPTEMBER



Photo by Andrew Kelly

## Celebrate creativity

Come to the fifth annual creative World Maker Faire at the Queens, New York Hall of Science on Sept. 20 and 21. Children of all ages will enjoy this festival of invention, creativity, and resourcefulness. More than 600 makers exhibit their projects in addition to performance, demonstrations, and a roster of speakers including authors, innovators, and leading thinkers in the Maker movement.

Fifth Annual World Maker Faire, Sept. 20 from 10 am to 7 pm and Sept. 21 from 10 am to 6 pm. Admission is (early admission prices) \$12.50–\$27.50 for a single day pass; \$20–\$50 for weekend passes. Advance ticket sales take place now and Sept. 19, 2014.

*New York Hall of Science [47-01 111th St., at Avenue of Science in Corona, (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org)]*

## Submit a listing

This calendar is dedicated to bringing our readers the most comprehensive list of events 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!

## MON, SEPT. 1

### IN QUEENS

**Zabo's Circus Show:** Forest Park Carousel, Woodhaven Boulevard and Forest Park Drive; (718) 788-2676; [www.forestparkcarousel.com](http://www.forestparkcarousel.com); 2 and 4 pm; Free.

Other than clowning around, Zabo's skills include juggling, unicycling, and prop balancing.

### FURTHER AFIELD

**Labor Day At The Met:** Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street, Manhattan; (212) 570-7710; [www.metmuseum.org](http://www.metmuseum.org); 11 am-3 pm; Free with museum admission.

Children, ages 5-12, spend Labor Day enjoying family programs at the museum.

**Race around the farm yard:** Lefferts Historic Homestead, 452 Flatbush Ave. between Empire Boulevard and Eastern Parkway, Brooklyn; (718) 789-2822; [www.prospectpark.org](http://www.prospectpark.org); 2-4 pm; \$3.

Have fun and participate in a potato sack race, spoon race, stilts and other old-fashioned games.

## TUES, SEPT. 2

### IN QUEENS

**Small Business Workshop:** Central Library, 89-11 Merrick Blvd.; (718) 990-0700; [www.queenslibrary.org](http://www.queenslibrary.org); 7-8:30 pm; Free.

Participants learn how to create a demand for a product or service; set goals and objectives; budget and schedule; identify resources and networks; and get ready to open their business's "doors."

## WED, SEPT. 3

### IN QUEENS

**Movie Night:** Hillcrest Public Library, 187-05 Union Tpke at 188th Street; (718) 454-2786; [www.queenslibrary.org](http://www.queenslibrary.org); 4-6 pm; Free.

Screening of "The Lego Movie,"



## Secrets of pet care

Did you ever wonder what veterinarians do? Find out in the Vet Tech 101 workshop at Alley Pond Environmental Center on Sept. 20. Children ages 10 to 13 years old learn the specialized skills required to keep animals healthy. From eye examinations to checking teeth, gums and ears, junior

vet techs will learn the ins and outs of keeping some of the most common pet animals in peak condition.

Vet Tech 101, Sept. 20 from 10 am to noon; \$23 per child.

*Alley Pond Environmental Center [228-06 Northern Blvd. in Bayside, (718) 229-4000].*

rated PG.

**Tai Chi For All:** Central Library, 89-11 Merrick Blvd.; (718) 990-0700; [www.queenslibrary.org](http://www.queenslibrary.org); 6:30-7:30 pm; Free.

Workshop features gentle movements coordinated with deep breathing invigorate to heal the body, clear the mind and create inner peace and harmony. Preregistration required.

## THURS, SEPT. 4

### FURTHER AFIELD

**Start with Art and Music:** Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street, Manhattan; (212) 570-7710; [www.metmuseum.org](http://www.metmuseum.org); 2-3 pm; Free with museum admission.

Children look, move, and sing while

exploring art and music together in the galleries. This month's theme is Art in the Round.

**Fishing clinic:** Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue, Brooklyn; (718) 287-3400; [www.prospectpark.org/audubon](http://www.prospectpark.org/audubon); 6-8 pm; \$5 per person.

Families learn about catch and release fishing. Experienced naturalists teach participants how to attach bait, cast a line and try to hook that big one. For children 8 years and older. Reservations required. All equipment provided.

## FRI, SEPT. 5

### IN QUEENS

**Mother Goose Time:** Richmond

Hill Library, 118-14 Hillside Ave.; (718) 849-7150; [www.queenslibrary.org](http://www.queenslibrary.org); 1:15-1:45 pm; Free.

Infants and toddlers and their caregivers are invited for stories, songs, rhymes and playtime.

## SAT, SEPT. 6

### IN QUEENS

**Backyard Photography Workshop:** Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 9:30-11 am; \$66.

Join professional photographer, Wayne "Fli" Summerlin for this two day adult photography workshop. Learn effective camera use and the importance of composition and lighting. Improve your skills using your own camera.

**Young Chefs Apple Brown**

**Betty Tarts:** Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 10:30 am; \$24.

Ages 7-12. Pre-register. Limited eight participants. All materials included.

**Mid-Autumn Treat & Tea:** Queens Botanical Garden, 43-50 Main St.; (718) 539-5296; [www.queensbotanical.org](http://www.queensbotanical.org); 1-4 pm; Free with Garden admission.

Afternoon features tea demonstrations, moon cakes for sale, storytelling, children's crafts and a teabag making workshop.

**"Princess Particular":** The Secret Theatre, 44-02 23rd St.; (718) 392-0722; [www.secrettheatre.com](http://www.secrettheatre.com); 2 pm; \$10 for children, \$15 for adults.

This new children's musical invites us to imagine what it's like to be a princess ... then decide you want to do something different!

### FURTHER AFIELD

**Annual TEAL Walk:** Prospect Park Band Shell, Prospect Park West and Ninth Street, Brooklyn; (718) 965-8900; [www.tealwalk.org](http://www.tealwalk.org); 8 am-1 pm; See website.

This walk-run raises funds and awareness for ovarian cancer survivors and families who have been touched by the disease.

**Depot time:** New York Transit Museum, Boerum Place at Schermerhorn Street, Brooklyn; (718) 694-1600; [www.mta.info/mta/museum](http://www.mta.info/mta/museum); 1:30 pm; Free with museum admission.

New York's 4,431 buses roll out from 30 different depots throughout the five boroughs transporting riders. Children learn all about these giant houses for buses, where to find them and how to design their own.

*Continued on page 36*

# Calendar

Our online calendar is updated daily at [www.NYParenting.com/calendar](http://www.NYParenting.com/calendar)

Continued from page 35

## SUN, SEPT. 7

### IN QUEENS

**Community Day:** The Noguchi Museum, 9-01 33rd Rd. at Vernon Boulevard; (718) 204-7088; [noguchi.org](http://noguchi.org); 11 am – 6 pm; Free.

Families enjoy free admission and a variety of programs including Open Studio (11 am-3 pm), public tours offered at 2 and 4 pm, and a special Center of Attention conversation focusing on a single work of art.

**Craft Table:** Queens Botanical Garden, 43-50 Main Street; (718) 539-5296; [www.queensbotanical.org](http://www.queensbotanical.org); 2 – 4 pm; Free with Garden admission.

Help make botanical textbook or notebook covers just in time for a new school year!

**Block Printing:** 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 – 12:30 pm; \$8, plus museum admission.

Children ages 18 months and older carve groovy designs into foam blocks and use colorful ink to create a one-of-a-kind print.

### FURTHER AFIELD

**Depot time:** 1:30pm. New York Transit Museum. See Saturday, Sept. 6.

**Garden tour:** Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway, Brooklyn; (718) 623-7220; [www.bbg.org](http://www.bbg.org); 2-3 pm and 3:30 – 4:30 pm; \$12 (\$15 non-members).

Family friendly peek inside the gardens, learn about garden plots and make a tasty treat. Pre-registration required and online. Cancelled in case of inclement weather.

## MON, SEPT. 8

### IN QUEENS

**Family Program Series:** Long Island City Public Library, 37-44 21 St. at 43rd Avenue; [www.queenslibrary.org](http://www.queenslibrary.org); 4-5 pm; Free.

Afternoon programs offer educational, cultural and other fun activities that all members of the family can enjoy together.

## TUES, SEPT. 9

### IN QUEENS

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

Learn how to create your own live journal or blog.

### FURTHER AFIELD

**Grief counseling:** COPE, 1177 Ave of the Americas at 46th St., Manhattan; (516) 484-4993; 7-9 pm; Free.



## Get arty at the Whitney

The whole family will enjoy Koons Family Day at the Whitney Museum of American Art on Sept. 27. The exhibit, Jeff Koons: A Retrospective, features a giant sculpture of a balloon dog, a larger-than-life sculpture of Play Doh, hands-on-activities, gallery stations, and fun ways to learn about the artist's work

and process. The event is suitable for children of all ages.

Koons Family Day, Sept. 27, 9:30 am to 11 am. Free with museum admission.

*Whitney Museum of American Art [945 Madison Ave. between E. 74th and E. 75th streets on the Upper East Side, (212) 671-1846; [www.whitney.org](http://www.whitney.org)]*

Bereavement support group for adults who have lost a sibling. New members must speak to Karen Flyer, executive director prior to first meeting.

## WED, SEPT. 10

### IN QUEENS

**Movie Night:** Hillcrest Public Library, 187-05 Union Tpke at 188th Street; (718) 454-2786; [www.queenslibrary.org](http://www.queenslibrary.org); 4-6 pm; Free.

Screening of "Divergent," rated PG-13.

**Family Program Series:** Long Island City Public Library, 37-44 21 St. at 43rd Avenue; [www.queenslibrary.org](http://www.queenslibrary.org); 4-5 pm; Free.

Afternoon programs offer educational, cultural and other fun activities that all members of the family can enjoy together.

## THURS, SEPT. 11

### IN QUEENS

**Family Program Series:** Long Island City Public Library, 37-44 21 St. at 43rd Avenue; [www.queenslibrary.org](http://www.queenslibrary.org); 4-5 pm; Free.

Afternoon programs offer educational, cultural and other fun activities

that all members of the family can enjoy together.

**National Hispanic Heritage Month:** Hollis Library, 202-05 Hillside Ave.; (718) 465-7355; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm; Free.

Children will search online for images of Hispanic-American heroes to cut and paste onto construction paper.

## FRI, SEPT. 12

### IN QUEENS

**Game Day:** Woodhaven Public Library, 85-41 Forest Pkwy.; (718) 849-1010; [www.queenslibrary.org](http://www.queenslibrary.org); 4:30-5:30 pm; Free.

Children of all ages are invited to go and play one (or more!) of many board games.

## SAT, SEPT. 13

### IN QUEENS

**Yoga in the Elements:** Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 9:15-10:15 am; \$12.

Led by certified yoga instructor, Mike Mancini, this monthly yoga session is perfect for every level from first time student to the confident yogi.

**Backyard Photography Workshop:** 9:30- 11 am. Alley Pond Environmental Center. See Saturday, Sept. 6.

**Ridgewood Fun Day:** Woodhaven Public Library, 85-41 Forest Pkwy.; (718) 849-1010; [www.queenslibrary.org](http://www.queenslibrary.org); 10 am-4 pm; Free.

Full day of fun at the library includes a flea market, a kids' craft table, face-painting and more.

**Fall Lawn Care:** Queens Botanical Garden, 43-50 Main Street; (718) 539-5296; [www.queensbotanical.org](http://www.queensbotanical.org); 10 am – 1 pm; \$5.

Join QBG's Patty Kleinberg, lawn care expert extraordinaire and learn how to maintain a healthy lawn without the use of artificial fertilizers and pesticides.

**What's the Buzz About Bees?:** Queens Botanical Garden, 43-50 Main Street; (718) 539-5296; [www.queensbotanical.org](http://www.queensbotanical.org); Noon – 1:30 pm; \$5.

Celebrate the winged aviators at this family-friendly workshop, take a tour of QBG's Bee Garden, learn about these amazing insects, and make a beeswax candle to take home.

**Circus Amok:** Socrates Sculpture Park, 32-01 Vernon Blvd.; 718-956-1819; [www.socratessculpturepark.org](http://www.socratessculpturepark.org); 1-3 pm and 4-6 pm; Free.

Circus Amok blends traditional circus skills — tight rope walking, juggling, acrobatics, stilt walking, clowning — with experimental dance, puppetry, music old and new, gender-bending performance art and improvisational techniques.

**"Pirate Pete's Parrot":** The Secret Theatre, 44-02 23rd St.; 718-392-0722; [www.secrettheatre.com](http://www.secrettheatre.com); 2 pm; \$10 for children, \$15 for adults.

In the tradition of the wildly popular English pantomime shows, Pirate Pete's Parrot promises music, mischief, and a boatload of laughs for both children and adults.

**Herb Garden:** Queens Botanical Garden, 43-50 Main Street; (718) 539-5296; [www.queensbotanical.org](http://www.queensbotanical.org); 2-4 pm; \$20.

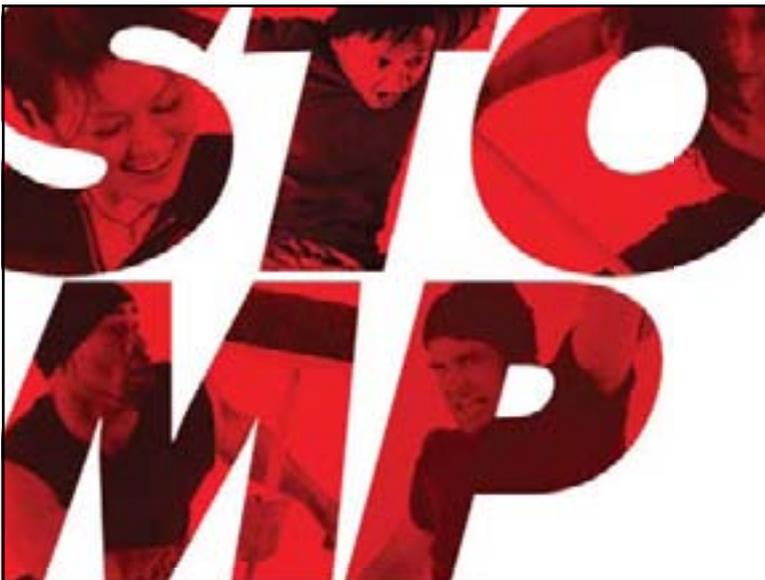
Children, ages 5 through 12, learn about the many uses of plants and make an herb project to take home.

**"Winnie the Pooh":** Central Library, 89-11 Merrick Blvd.; (718) 990-0700; [www.queenslibrary.org](http://www.queenslibrary.org); 2:30 pm – 3:45 pm; Free.

Musical version of the timeless classic, in which Winnie the Pooh, Tigger and the rest of the pals in the Hundred Acre Wood learn that the best gift of all is friendship.

### FURTHER AFIELD

**Grief counseling:** COPE, 317 Madison St. *Continued on page 38*



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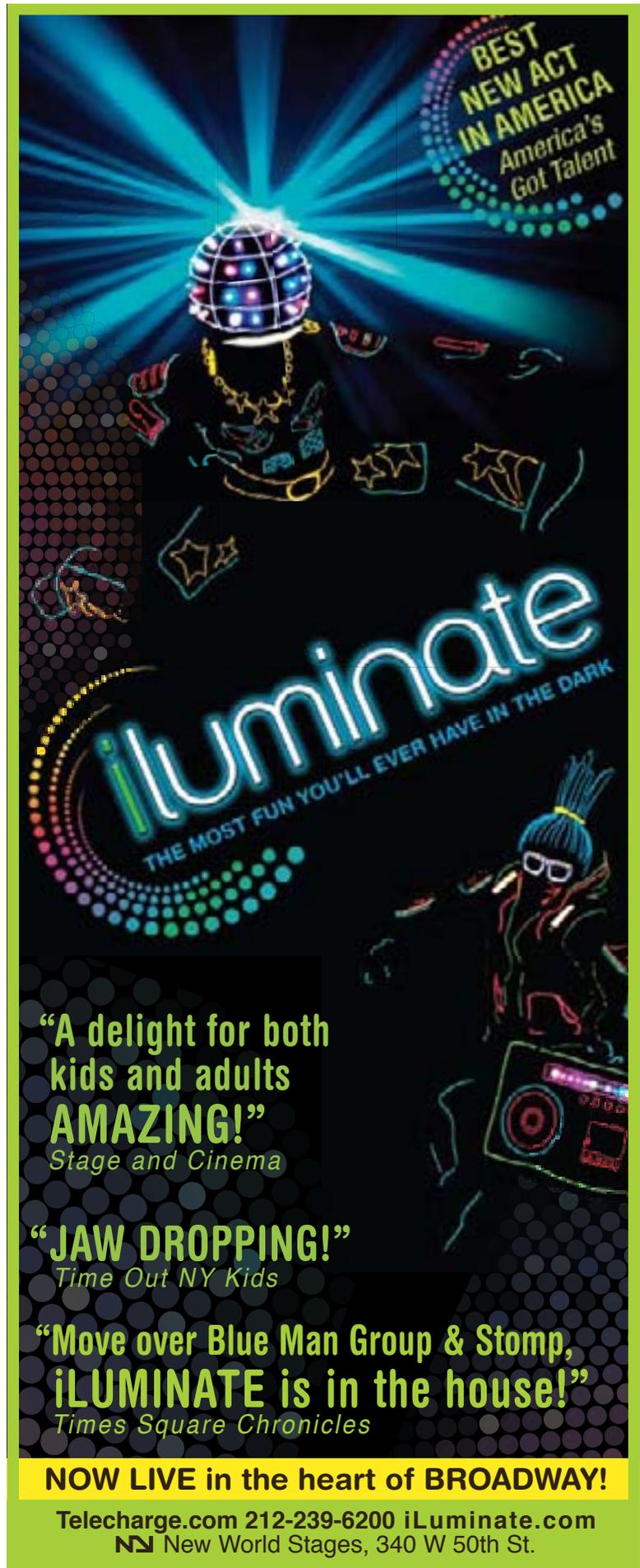
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# Calendar

Our online calendar is updated daily at [www.NYParenting.com/calendar](http://www.NYParenting.com/calendar)

## Continued from page 36

son Ave. at 42nd Street, Manhattan; (516) 484-4993; 11 am-12:30 pm; Free.

Bereavement support group for adults who have lost a sibling. New members must speak to Karen Flyer, executive director prior to first meeting.

**Columbia Waterfront Fall Festival:** Street Fare, Columbia St. between Degraw and Union streets, Brooklyn; [www.carrollgardensassociation.com](http://www.carrollgardensassociation.com); Noon-5 pm; Free.

Family friendly event featuring rides, animal rescue adoption truck, street food fare, live music, dance performances and raffles, lots of raffles.

**Depot time:** 1:30 pm. New York Transit Museum. See Saturday, Sept. 6.

## SUN, SEPT. 14

### IN QUEENS

**Buggy Bugs:** Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 10:30-11:45 am; \$16.

Toddlers, ages 18-36 months, enjoy live animals, outdoor play, trail walks, and music.

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

This show includes a display of various makes and models of motorcycles that have been out of production for 10 years or more as well as music, farmhouse tours, hayrides, and more.

**34th Annual Antique Motorcycle Show:** Queens County Farm Museum, 73-50 Little Neck Pkwy.; (718) 347-3276; [www.queensfarm.org](http://www.queensfarm.org); 11 am-4 pm; \$5.

Music, historic house tours, hayrides, petting zoo and food provide fun for the entire family, along with various makes and models of motorcycles that have been out of production for 10 years or more.

**"Dino"mite Dinosaurs:** Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 1:30-3pm; \$18.

Aspiring paleontologists can learn how these prehistoric creatures lived and pretend to go on an archeological dig! Enjoy snack, craft and live non-prehistoric animals.

**Cardboard Creations:** 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); 10:30-12:30 pm; \$8, plus museum admission.

Children ages 18 months and older design new ways of joining cardboard pieces to transform them into cool creations.

### FURTHER AFIELD

**Special day:** New York Transit Museum, Boerum Place at Schermerhorn Street, Brooklyn; (718) 694-1600; [www.mta.info/mta/museum](http://www.mta.info/mta/museum); 10 am-noon; Free with museum admission.

The museum is partnering with Extreme Kids & Crew for another exciting day for families with special needs children. Families explore the museum before it's open to the public, participate in arts and crafts and games.

**Arts and crafts:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11:30 am and 2:30 pm; Free with museum admission.

Pre-schoolers start a brand-new year with fun art activities in the Totally Tots art studio.

**Depot time:** 1:30 pm. New York Transit Museum. See Saturday, Sept. 6.

## MON, SEPT. 15

### IN QUEENS

**Maker Mondays:** Central Library, 89-11 Merrick Blvd.; (718) 990-0700; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm; Free.

Materials and challenge provided. Kids, ages 5-12, do the creating.

## TUES, SEPT. 16

### IN QUEENS

**Small Business Workshop:** Central Library, 89-11 Merrick Blvd.; (718) 990-0700; [www.queenslibrary.org](http://www.queenslibrary.org); 7-8:30 pm; Free.

Participants learn how to create a demand for a product or service; set goals and objectives; budget and schedule; identify resources and networks; and get ready to open their business's "doors."

## WED, SEPT. 17

### IN QUEENS

**Movie Night:** Hillcrest Public Library, 187-05 Union Tpke at 188th Street; (718) 454-2786; [www.queenslibrary.org](http://www.queenslibrary.org); 4-6 pm; Free.

Screening of "Muppets Most Wanted," rated PG.

## THURS, SEPT. 18

### IN QUEENS

**Autumn Storytime:** Bay Terrace Public Library, 18-35 Bell Blvd. at 23rd Avenue; (718) 423-7004; [www.queenslibrary.org](http://www.queenslibrary.org); 11:30 am; Free.

Preschoolers and toddlers (ages 18 months to 4 years) enjoy fingerplays, music, rhymes and stories with their parents/caregivers.

**Family Program Series:** Long Is-

land City Public Library, 37-44 21 St. at 43rd Avenue; [www.queenslibrary.org](http://www.queenslibrary.org); 4-5 pm; Free.

Afternoon programs offer educational, cultural and other fun activities that all members of the family can enjoy together.

### FURTHER AFIELD

**Learn and play:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 3-6 pm; Free with museum admission.

Children learn and play and strengthen developmental, and language skills.

## FRI, SEPT. 19

### IN QUEENS

**Autumn Storytime:** Auburndale Public Library, 24-55 Francis Lewis Blvd. at 24th Road; (718) 352-2027; [www.queenslibrary.org](http://www.queenslibrary.org); 12:30 pm; Free.

Babies, up to age 24 months, hear stories, sing, bounce and enjoy light creative movement with puppets and bubbles.

**Mother Goose Time:** Richmond Hill Library, 118-14 Hillside Ave.; (718) 849-7150; [www.queenslibrary.org](http://www.queenslibrary.org); 1:15-1:45 pm; Free.

Infants and toddlers and their caregivers are invited for stories, songs, rhymes and playtime.

### FURTHER AFIELD

**Learn and play:** 3-6 pm. Brooklyn Children's Museum. See Thursday, Sept. 18.

## SAT, SEPT. 20

### IN QUEENS

**Vet Tech 101:** Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 10am-noon; \$23.

Children, ages 10-13, learn the specialized skills required to keep our animals healthy. From eye examinations to checking teeth, gums and ears, junior vet techs will learn the ins and outs of keeping some of the most common pet animals in peak condition.

**Fifth Annual World Maker Faire:** 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 am-7 pm; Ticket prices vary.

A festival of invention, creativity and resourcefulness. Six hundred makers exhibit their projects in addition to performance, demonstrations and a speaker roster including authors, innovators, and leading thinkers in the Maker movement.

**Queens County Fair:** Queens County Farm Museum, 73-50 Little Neck Pkwy.; (718) 347-3276; [www.queensfarm.org](http://www.queensfarm.org); 11 am-6 pm; \$5 for children, \$9 for adults.

queensfarm.org; 11 am-6 pm; \$5 for children, \$9 for adults.

This traditional county fair features pie eating- and corn husking-contests, pig races, hayrides, carnival rides, midway games, and kids' entertainment by Big Apple Circus To-Go. Dance the day away at the Bavarian Garden with an Irish band (Saturday) and German band (Sunday).

**"Dino"mite Dinosaurs:** Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 1:30-3pm; \$18.

Aspiring paleontologists can learn how these prehistoric creatures lived and pretend to go on an archeological dig! Enjoy snack, craft and live non-prehistoric animals.

**"Princess Particular":** The Secret Theatre, 44-02 23rd St.; (718) 392-0722; [www.secrettheatre.com](http://www.secrettheatre.com); 2 pm; \$10 for children, \$15 for adults.

This new children's musical invites us to imagine what it's like to be a princess... then decide you want to do something different!

**Star Safari - Astronomy Adventure:** Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 8-10 pm; \$16.

Participants, ages 9 and up, join professor and astronomer Mark Freilich for an exciting evening of star gazing to understand and appreciate the mystery and beauty of the universe.

### FURTHER AFIELD

**"Dinosaur vs. School":** Brooklyn Academy of Music Hillman Studio, 321 Ashland Pl., Brooklyn; (718) 763-4100; [www.bam.org](http://www.bam.org); 10:30 am; Free.

An interactive book reading of the latest Dinosaur series with author Bob Shea. Following the event there will be a book signing. Suitable for children 2 to 5 years old.

**Met Life Early Learner Performance - Meet the Strings:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Noon and 1 pm; Free with museum admission.

Hear beautiful melodies and learn about string instruments with instructors from the Noel Pointer Foundation.

**Trav-o-lution university:** New York Transit Museum, Boerum Place at Schermerhorn Street, Brooklyn; (718) 694-1600; [www.mta.info/mta/museum](http://www.mta.info/mta/museum); 1:30 pm; Free with museum admission.

How did we get from horse drawn streetcars to motorbuses. Children get honorary degrees in trav-o-lutionary science by learning all about the history of travel.

**Learn and play:** 3-6 pm. Brooklyn Children's Museum. See Thursday, Sept. 18.

Sept. 18.

## SUN, SEPT. 21

### IN QUEENS

**Fifth Annual World Maker Faire:** 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 am-6 pm; Ticket prices vary.

A festival of invention, creativity and resourcefulness. Six hundred makers exhibit their projects in addition to performance, demonstrations and a speaker roster including authors, innovators, and leading thinkers in the Maker movement.

**Queens County Fair:** 11 am - 6 pm. Queens County Farm Museum. See Saturday, Sept. 20.

**Preserving the Harvest Workshop:** Flushing Town Hall, 137-35 Northern Boulevard; (718) 463-7700; [www.flushingtowhall.org](http://www.flushingtowhall.org); 1 pm; \$10 adults/\$5 children.

Learn to preserve local, seasonal produce in healthful ways as well as the health benefits of fermentation and safe food preservation.

**Herb Garden:** Queens Botanical Garden, 43-50 Main Street; (718) 539-5296; [www.queensbotanical.org](http://www.queensbotanical.org); 2-4 pm; \$20.

Children, ages 5 through 12, check out the harvest and make some fresh snacks with vegetables grown in the Garden.

### FURTHER AFIELD

**Cultural Connections:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Noon; Free with museum admission.

Have your family meet the brass family of instruments during an interactive concert featuring the science and fun of making music.

**Sunday Studio:** Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street, Manhattan; (212) 570-7710; [www.metmuseum.org](http://www.metmuseum.org); 1-4 pm; Free with museum admission.

Try your hand at creating works of art in the galleries in this drop-in program. Focus on a different art form each session with family-friendly activities led by an artist.

**Trav-o-lution university:** 1:30pm. New York Transit Museum. See Saturday, Sept. 20.

## MON, SEPT. 22

### IN QUEENS

**Baby And Me:** Bayside Public Library, 214-20 Northern Blvd. at 215th Street; (718) 229-1834; [www.queenslibrary.org](http://www.queenslibrary.org); 11 am; Free.



## Lots to do at the fair!

Come on down to the 32nd annual Queens County Farm Museum Fair on Sept. 20 and 21.

One of the most popular events of the year features blue ribbon competitions in livestock, produce, home crafts, arts and crafts, and more. Fairgoers enjoy pie eating- and corn husking- contests, pig races, hayrides, carnival rides, midway games, and kids' entertainment by Big Apple Circus To-Go.

Families also dance the day away at the Bavarian Garden with an Irish band (Saturday) and German band (Sunday). Check out the ConEdison Ecology booth, where you can adopt a worm for your home compost bin, get

Interactive program is for infants, ages 7-18 months, and their caregivers.

**Maker Mondays:** Central Library, 89-11 Merrick Blvd.; (718) 990-0700; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm; Free.

Materials and challenge provided. Kids, ages 5-12, do the creating.

## TUES, SEPT. 23

### IN QUEENS

**Small Business Workshop:** Central Library, 89-11 Merrick Blvd.; (718) 990-0700; [www.queenslibrary.org](http://www.queenslibrary.org); 7-8:30 pm; Free.

Participants learn how to create a demand for a product or service; set goals and objectives; budget and schedule; identify resources and networks; and get ready to open their

gardening and recycling tips, and enjoy free crafts for kids.

The farm's corn maze opens this weekend, complete with craft and food vendors.

To request an Entry Journal email your mailing address to [info@queensfarm.org](mailto:info@queensfarm.org) or log on to the farm website.

County Fair, Sept. 20 and 21 from 11 am to 6 pm. Admission is \$9 for adults and \$5 for children; free for farm members (admission does not include admittance to the Amazing Maize maze, carnival rides and games).

*Queens County Farm Museum [73-50 Little Neck Pkwy. in Glen Oaks, (718) 347-3276; [www.queensfarm.org](http://www.queensfarm.org)].*

business's "doors."

## WED, SEPT. 24

### IN QUEENS

**Toddler Movement Workshop with Tina:** Briarwood Public Library, 85-12 Main St. at Village Road; (718) 658-1680; [www.queenslibrary.org](http://www.queenslibrary.org); 1 pm; Free.

It's fun time for children ages 2 to 4 in this movement, dance and musical games workshop.

## THURS, SEPT. 25

### IN QUEENS

**Autumn Storytime:** Bay Terrace Public Library, 18-35 Bell Blvd. at 23rd Avenue; (718) 423-7004; [www.queenslibrary.org](http://www.queenslibrary.org); 11:30 am; Free.

Preschoolers and toddlers (ages 18 months to 4 years) enjoy fingerplays, music, rhymes and stories with their parents or caregivers.

## FRI, SEPT. 26

### IN QUEENS

**Autumn Storytime:** Auburndale Public Library, 24-55 Francis Lewis Blvd. at 24th Road; (718) 352-2027; [www.queenslibrary.org](http://www.queenslibrary.org); 12:30 pm; Free.

Babies, up to age 24 months, hear stories, sing, bounce and enjoy light creative movement with puppets and bubbles.

**Mother Goose Time:** Richmond Hill Library, 118-14 Hillside Ave.; (718) 849-7150; [www.queenslibrary.org](http://www.queenslibrary.org); 1:15-1:45 pm; Free.

Infants and toddlers and their caregivers are invited for stories, songs, rhymes and playtime.

**Game Day:** Woodhaven Public Library, 85-41 Forest Pkwy.; (718) 849-1010; [www.queenslibrary.org](http://www.queenslibrary.org); 4:30-5:30 pm; Free.

Children of all ages are invited to go and play one (or more!) of many board games.

## SAT, SEPT. 27

### IN QUEENS

**Community Volunteer Day:**

Queens Botanical Garden, 43-50 Main Street; (718) 539-5296; [www.queensbotanical.org](http://www.queensbotanical.org); 10 am - 1 pm; Free.

Roll up your sleeves and join your neighbors in volunteering to keep QBG clean and green. Led by QBG staff, groups will participate in a variety of gardening activities. Registration required by Monday, Sept. 22. E-mail [rforlenza@queensbotanical.org](mailto:rforlenza@queensbotanical.org).

**SkowheganPerforms:** Socrates Sculpture Park, 32-01 Vernon Blvd.; 718-956-1819; [www.socratessculpturepark.org](http://www.socratessculpturepark.org); 1-5 pm; Free.

Occupying the entire park, Skowhegan alumni to activate Socrates with an afternoon of performance.

**"Pirate Pete's Parrot":** The Secret Theatre, 44-02 23rd St.; (718) 392-0722; [www.secrettheatre.com](http://www.secrettheatre.com); 2 pm; \$10 for children, \$15 for adults.

In the tradition of the wildly popular English pantomime shows, Pirate Pete's Parrot promises music, mischief, and a boatload of laughs for both children and adults.

### FURTHER AFIELD

**Celebrate Latin America:** Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street, Manhattan; (212) 570-7710; [www.metmuseum.org](http://www.metmuseum.org); 1-5 pm; Free with museum admission.

*Continued on page 40*

# Calendar

Our online calendar is updated daily at [www.NYParenting.com/calendar](http://www.NYParenting.com/calendar)

## Continued from page 39

Connect and celebrate during the annual museum-wide festival. Bring family and friends to explore art, enjoy performances and stories, create, and more.

**MAP NYC:** New York Transit Museum, Boerum Place at Schermerhorn Street, Brooklyn; (718) 694-1600; [www.mta.info/mta/museum](http://www.mta.info/mta/museum); 1:30 pm; Free with museum admission.

There are over 468 square miles in New York City that buses travel everyday. Children learn all about the different routes.

**Eco Heroes Save the Climate:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 2:30 pm; Free with museum admission.

Children of all ages enjoy a half-hour film from Hippo Works that inspires children to be Eco Heroes. Take a trip with Simon the Hippo and friends and learn about the changing climate, the role of carbon dioxide and methane and the good eco-habits that can be developed. After the film, children play a matching memory game and take home a coloring page.

## SUN, SEPT. 28

### IN QUEENS

**Science Fair 101 – Crumbling Castles:** Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 1:30–3pm; \$24.

From hypothesis to conclusion, children will get hands-on experience to collectively create an innovative Science Fair Project that is sure to impress any science teacher.

**Storytime Safari – Nuts for Squirrels:** Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 1:30–3pm; \$18.

Children, ages 5-7, listen to a nature related story followed by craft and activity time. Enjoy a snack, meet an animal and take a trail walk.

**Harvest Time Jam:** 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 – 12:30 pm; \$8, plus museum admission.

Children ages 18 months and older smash and stir seasonal fruit into a yummy batch of homemade jam.

### FURTHER AFIELD

**Annual Bus Festival:** New York Transit Museum, Boerum Place at Schermerhorn Street, Brooklyn; (718) 694-1600; [www.mta.info/mta/museum](http://www.mta.info/mta/museum); 11 am – 5 pm; Free with museum admission.

Come on down and enjoy the 21st annual festival and discover The Bus of the Future. Visitors see new technolo-

gies, learn about tracking buses, select bus service, and also view the collection of vintage buses. For all ages. Then visit the IdeaLab to design and build your own vision for the perfect bus.

**Eco Heroes Save the Climate:** 2:30 pm. Brooklyn Children's Museum. See Saturday, Sept. 27.

## MON, SEPT. 29

### IN QUEENS

**Family Program Series:** Long Island City Public Library, 37-44 21 St. at 43rd Avenue; [www.queenslibrary.org](http://www.queenslibrary.org); 4–5 pm; Free.

Afternoon programs offer educational, cultural and other fun activities that all members of the family can enjoy together.

**Maker Mondays:** Central Library, 89-11 Merrick Blvd.; (718) 990-0700; [www.queenslibrary.org](http://www.queenslibrary.org); 4 pm; Free.

Materials and challenge provided. Kids, ages 5-12, do the creating.

## TUES, SEPT. 30

### IN QUEENS

**Small Business Workshop:** Central Library, 89-11 Merrick Blvd.; (718) 990-0700; [www.queenslibrary.org](http://www.queenslibrary.org); 7–8:30 pm; Free.

Participants learn how to create a demand for a product or service; set goals and objectives; budget and schedule; identify resources and networks; and get ready to open their business's "doors."

## LONG-RUNNING

### IN QUEENS

**Science Playground:** 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); Weekdays, 9:30 am–5 pm, Saturdays and Sundays, 10 am–6 pm.; \$4, plus museum admission.

Children are encouraged to explore science through slides, seesaws, climbing webs, a water play area, sand boxes, and more, weather permitting.

**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](http://www.nyscience.org); Weekdays, 9:30 am–5 pm, Saturdays and Sundays, 10 am–6 pm.; \$6 (adults.) \$5 (children and seniors,) plus museum admission.

Golfers of all ages can learn about key science concepts such as propulsion, gravity, escape velocity, launch window, gravitational assist, and more!

**Manga Drawing Time:** South Ozone Park Library, 128-16 Rockaway Blvd. at 128th Street; (718) 529-1660; [www.queenslibrary.org/event/manga-drawing-time](http://www.queenslibrary.org/event/manga-drawing-time); Thursdays, 4 pm, Now –

Thurs, Sept. 25; Free.

Tweens and teens ages 10-17 can hone their skills and socialize with their peers at this weekly workshop.

**Farmer's Market Fridays:** Queens Botanical Garden, 43-50 Main Street; (718) 539-5296; [www.queensbotanical.org](http://www.queensbotanical.org); Fridays, 8:30 am–4 pm, Now – Fri, Nov. 21; Free.

Peruse local produce and specialty products at this seasonal market.

**Youth Adaptive Swim:** Roy Wilkins Family Center, Baisley Blvd & 177th St.; Fridays, 4 pm; Free with recreation center membership.

Children and teens with disabilities can practice swimming skills in this adaptive swim program.

**Sculpture Workshops:** Socrates Sculpture Park, 32-01 Vernon Blvd.; 718-956-1819; [www.socratessculpturepark.org](http://www.socratessculpturepark.org); Saturdays, Noon–3 pm, Now – Sat, Sept. 27; Free.

Children can create their own works of art at these one of a kind workshops, where they will explore a different theme each week.

### The Amazing Maize Maze:

Queens County Farm Museum, 73-50 Little Neck Pkwy.; (718) 347-3276; [www.queensfarm.org](http://www.queensfarm.org); Saturdays and Sundays, 11 am – 4:30 pm, Sat, Sept. 20 – Sun, Oct. 26; \$5 for children, \$9 for adults, children ages 3 & under free.

Enjoy getting lost in this three-acre interactive corn maze. The adventure begins with a "Stalk Talk" to prepare you for the challenge of finding clues, solving puzzles and making your way out of the maze.

### FURTHER AFIELD

**Traveling in the World of Tomorrow:** The Future of Transportation at New York's World's Fairs: New York Transit Museum Gallery Annex at Grand Central Terminal, 42nd Street and Park Avenue, Manhattan; (212) 878-0106; [www.grandcentralterminal.com](http://www.grandcentralterminal.com); Monday – Friday, 8 am – 8 pm, and Saturday and Sunday, 10 am – 6 pm; Free.

This exhibition celebrates the 50th and 75th anniversaries of the 1939 and 1964 Fairs. With a variety of postcards, photos, ephemera and souvenirs, the exhibition shows how transportation was a symbol for the future, its potential effect on modern American life, and the technological advancements in transportation that American corporations claimed would make a better world possible.

**Museum closed - annual maintenance:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Closed.

The museum is closed for its annual

exhibit facility maintenance program. will reopen on Sept. 13.

**Dinosaur Safari:** Bronx Zoo, 2300 Southern Blvd. at Boston Road, The Bronx; (718) 220-5103; [www.bronx-zoo.com](http://www.bronx-zoo.com); Weekdays, 10 am–5 pm, Saturdays and Sundays, 10 am–5:30 pm, Now – Sun, Nov. 2; \$20.95 (\$16.95 children; Free for children under 3; \$18.95 seniors).

Mysteries Revealed features more than 30 dinosaur species and how scientists reconstruct the fossil pieces. The ride runs through the zoo and has fully animatronic dinosaurs as they move and snarl. The 40 foot T-Rex is joined by deinonychus, prodohadros, stegosaurus and edmontonia.

**Art Kid:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Fridays, 11:30 am, Now – Fri, Sept. 26; Free with museum admission.

Children 5 years and older explore a new style each week.

**Touch tank:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Wednesdays, Saturdays and Sundays, 11:30 am–12:30 pm and 2:30–3:30 pm, Sun, Sept. 14 – Sat, Nov. 1; Free with museum admission.

Children of all ages touch a starfish, a horseshoe crab, or a sea snail.

**Haunted Pumpkin Garden:** New York Botanical Garden, 200th St. and Kazimiroff Blvd., The Bronx; (718) 817-8700; [www.nybg.org](http://www.nybg.org); Mondays – Thursdays, 1:30–5:30 pm, Fridays, 1:30 – 5:30 pm, Saturdays, 10 am to 5:30 pm, Sundays, 10 am–5:30 pm, Sat, Sept. 20 – Fri, Oct. 31; Free with garden admission.

Youngsters experience guided activities, play inside a pumpkin house, go on a scavenger hunt for fall fruits and nuts; look for worms, put on a show at the Pumpkin Puppet Theater, read spooky stories, watch seeds sprout. On Saturday and Sunday children participate in a costumed parade that travels throughout the Children's Adventure Garden.

**Creepy Creatures of Halloween:** New York Botanical Garden, 200th St. and Kazimiroff Blvd., The Bronx; (718) 817-8700; [www.nybg.org](http://www.nybg.org); Saturdays and Sundays, Noon and 2 pm, Sat, Sept. 20 – Fri, Oct. 31; Free with garden admission.

Youngsters meet slithering snakes and scaly reptiles, and learn why they are scary at all. Each weekend features a different creature from small snakes, snapping turtles and a Tegu Lizard.

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# Villains get their day

## Kid critics weigh in on Gotham action

*"Batman: Assault on Arkham" is a direct-to-video animated superhero film. Kids First film critics Keefer B. and Anthony A. weigh in.*

**V**igorous! This is your typical, entertaining comic book film, only this time you're cheering for, and looking from, the bad guys' point of view.

Amanda Waller (C.C.H. Pounder) assembles a team of six criminals, called The Suicide Squad. Their mission is to break into Arkham and retrieve The Riddler's (Matthew Gray Gubler) cane. However, it does not go according to plan.

This film is rated PG-13 for violence, sexual content, and language, and I agree with this film's judgment. Not long ago, I wrote a blog post about the rating



system and how casually the ratings are letting mature content into PG-13 films without warning. I can't complain, since this film gives us a clear heads up! I will say, towards the end, one of the film's characters says, "M-----" and then the audio cuts off. I don't believe that counts as using the "F" word.

The characters are dynamic. As much as I love heroes, I adore villains. A protagonist is nothing without an antagonist and these criminals take the cake. "Batman" villains are unlike your regular, "Want to take over the world" bad guys. They are complex criminals that are assassins, deranged psychologically, destined to kill and maim for fun, and sometimes all of the above at once.

What's even better, these characters are lesser known villains such as King Shark (John DiMaggio), Captain Boomerang (Greg Ellis) and more — all with their own vendetta both personal and business. This creates engaging conflict between the characters.

The artistry in the animation never ceases to amaze me. Batman's universe is dark and brooding with lots of shadows and dim lights. Colors like red, green, and purple are done in darker shades instead of bright tones. The characters all have costumes and designs that define them. The brightly colored suit of the Joker (Troy Baker) stands out from the rest of the characters while still looking like a part of the world he lives in.

My favorite character is Deadshot (Neal McDonough). Deadshot is the leader who only wants to be with his daughter. He's cunning, a sharp shooter, and deadly. He even manages to get into Joker's mind and outsmart him. That's impressive.

My favorite scene is when the squad is up against Batman (Kevin Conroy). This takes place in a building full of confiscated belongings from the criminals of Arkham. So if you're a comic book fan, like me, see how many different Easter eggs you can spot. Plus this is one of the rare times you see Batman do what he does best.

I give this film 4 out of 5 stars and recommend it to 13- through 18-year-olds. As I mentioned earlier,

there is content that is inappropriate for younger kids. This film is out on DVD and Blu-ray now.

— Keefer B.

See Keefer's video review here: <http://youtube/HCOhWerdQsg>

**T**his movie is funny, but has a lot of action, violence, and gore. I really enjoyed this movie and I hope you will, too.

The film is all about a group of super villains called The Suicide Squad. They have to listen to a government employee named Amanda Waller who wants to kill the Riddler. If anyone from The Suicide Squad tries to run or disobey, or if they try to kill Amanda, they will die. All the members have a bomb in the back of their neck, which she can set off, and it will blow their heads clean off. So they all go to Arkham to try to kill the Riddler for her.

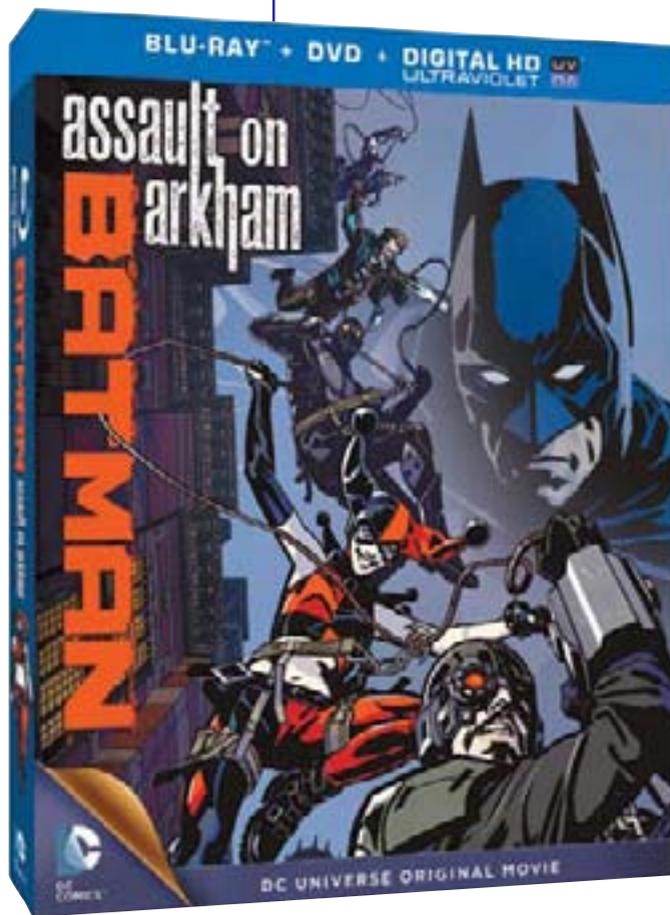
The main characters in this movie are The Joker (Troy Baker), Harley Quinn (Hynden Walch), Batman (Kevin Conroy), Deadshot (Neal McDonough), Killer Frost (Jennifer Hale), Captain Boomerang (Greg Ellis), The Riddler (Matthew Gray Gubler), Amanda Waller (CCH Pounder), King Shark (John Dimaggio), and Black Spider (Giancarlo Esposito). My favorite character in the movie is Deadshot, because he may be a bad guy, but he is more like a good guy. He will do anything for his daughter, even if he has to kill a few people. I guess that explains why he is in prison.

My favorite part in the movie is when The Joker gets out of jail and kills a few people, because it has a good amount of action. It also had a little gore and involves a smoke bomb. It is really cool and since The Joker's out of jail, no one is laughing but him.

I would recommend this movie for ages 12 to 18 because it has a few bad words, killing, and gore.

— Anthony A., age 12

See Anthony's video review here: [http://youtube/IH\\_1raUFFF1](http://youtube/IH_1raUFFF1)



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