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Family February 2016



FEATURES

- 6 Simple ways to show your kids love**
BY GAYLA GRACE
- 8 Sleep-away on it**
Overnight camps cook up memorable fun
BY CHRISTA MELNYK HINES
- 11 Time to take a leap**
We get an extra day this year; why not try something different?
BY SARA MARCHESSAULT
- 12 Seeing the future**
An optometrist asks: Is myopia really a life-long sentence?
BY JOEL H. WARSHOWSKY
- 15 Are they getting enough sleep?**
Kids really need their shut-eye
BY JOE CIAVARRO
- 16 Baby-making 2.0**
How to increase your odds of getting pregnant the second time around
BY TAMMY SCILEPPI
- 24 A dental home**
The importance of finding a pediatric dentist for your child
BY DR. ELAN KAUFMAN

COLUMNS

- 10 Behavior & Beyond**
BY DR. MARCIE BEIGEL
- 14 The Book Worm**
BY TERRI SCHLICHENMEYER
- 18 Divorce & Separation**
BY LEE CHABIN, ESQ.
- 19 Healthy Living**
BY DANIELLE SULLIVAN
- 20 Ask an Attorney**
BY ALISON ARDEN BESUNDER, ESQ.
- 26 Teeth Tips**
BY DR. LAVANYA VENKATESWARAN
- 32 Dear Teacher**
BY PEGGY GISLER AND MARGE EBERTS
- 34 Good Sense Eating**
BY CHRISTINE M. PALUMBO, RD



CALENDAR

28 February Events

SPECIAL SECTIONS

- 21 Catholic Schools Directory**
- 33 The Marketplace**

February thoughts

When I was a kid there were no pediatric dentists. Dentistry was not the science it is now, although many advancements had been made and just having fluoride in our water helped my generation have better teeth and gums than the ones before. Now we know that good dentistry actually begins with babies, with diet, and with consistent dental care. Great specialization has taken place and we now have highly trained professionals in wonderful child-friendly offices and atmospheres, with state-of-the-art equipment. It has made a world of difference and parents should make sure their children visit their dentist early on in their lives,



just like they do with their pediatrician. This is Children's Dental Health Month and a good time to consider whether your family has found the practice you need to ensure your children's good health. Dentistry is an essential part of it and one has to wonder why it's so often left out of the "health care" portfolio. I strongly believe we need to band together on this topic and get our insurance companies/plans and our legislators to include dentistry in our health coverage. One of the problems, it seems to me, is that all of these decision makers already have their own coverage for their families in their very rich and broad health care packages, and that, like many

other things in life, it's an "I've got mine" mentality that leaves so many of the rest of us without. There isn't a Congressional office holder with this problem and I've discovered that most people are unaware that just one term in office guarantees a person benefits for life. These benefits are real "Cadillac" plans and not many of us have them. This is also the month when we really know winter is here and it usually gives us a bit of a beating. Fortunately we had a mild December and January in most ways, so hopefully we won't mind too much the winds of February. This year we will have one more day in February, so enjoy the Leap Year extra day! And finally, there's Valentine's Day. A good day of business for restaurants and florists. It used to be a good day for the greeting card in-

dustry but I think perhaps email has put a dent in that option. The thing I always loved about Valentine's Day was making a card for the people I loved, especially my parents. Cutting and pasting is still something I enjoy and working with construction paper. I think I'm going to get started right now to make some cards. I hope both you and I get some nice cards, home made from our children. It's a wonderful feeling, and if we do, we can thank our lucky stars. Have a great month! Thanks for reading.

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Simple ways to show your kids **LOVE**

BY GAYLA GRACE

Your kids know you love them, right? Still, children can always use a few extra strokes or simple reminders of how important they are to us.

Try some new ways this month to say “I love you” with these tips:

Tell them the story of their births. Show pictures of how they looked as a newborn and talk about who came to visit in the beginning. Make sure they know how excited you were when they entered your life.

Love them despite their faults. Offer them grace freely and often.

Play together. Surprise them with a new game on Saturday morning. Enjoy donuts and hot chocolate while learning to play the game. Be sure to include the whole family.

Find a unique quality about your child and praise him for it. Whether it’s a sensitive spirit toward a sibling or a quick-to-forgive gesture toward friends, tell him how it makes him special.

Indulge in a child-specific treat. Enjoy some one-on-one time together while you indulge. Ask for

input and make plans ahead so your child knows it’s a special occasion.

Compliment your child in front of another adult. Be specific with an example of good behavior as you beam with pride.

Praise their efforts, not just results. Don’t expect perfection on every chore or straight A’s on every report card. Let your children know you notice when they do their best.

Read together. Let them pick their favorite book and read to them, even when you don’t want to.

Surprise your child with a simple gift through the mail such as a comic book, a glow-in-the-dark pencil, or his favorite player's card. Include a note of "I love you."

Play outside together on a cold day. Make snow angels. Go sledding one more time.

Accompany them to walk the dog. Ask about their day at school or a budding friendship. Listen more than you talk.

Allow them to be messy. Play with finger paints and play-doh. Go outside and spray silly string on each other.

Display their artwork on your refrigerator or window. Talk about what a great job they did and how you love to look at it every day.

Put a surprise in their lunch. Include a note that says, "I love you."

Be in the moment. Hop off social media and completely tune in when they're talking, focusing on their needs.

Patiently help with homework. Don't raise your voice when you have to explain it one more time.

Ask for their ideas when you plan your next vacation. Look at fun places to visit on the computer and dream together for future trips.

Get spiritual. Sit under the stars and talk about the beauty of God's creation.

Put on a happy face. Take off your serious hat and make them laugh. Tell jokes or watch a funny

movie together. Tickle them until they cry.

Offer a no-rules day. Let your kids stay in their pj's all day, and eat and play whatever they want.

Ask your child to sing to you. Join in and finish the song as a duet. Let your children know you love hearing their beautiful voices.

Make his day. Surprise your child with a simple gift through the mail such as a comic book, a glow-in-the-dark pencil, or his favorite player's card. Include a note of "I love you."

Get toasty. Make s'mores around the fire pit or roast marshmallows in the fireplace. Include a cup of hot cocoa or favorite beverage with it.

Begin a tradition. Start fun traditions for holidays and birthdays that your child can look forward to as a family.

Make friends. Get to know their friends and encourage healthy friendships. Take everyone out for a movie night or bowling night once in awhile.

Be her biggest fan. Let your child experiment with sporting activities, music lessons, and other extracurricular activities. Cheer her on as she seeks to find what fits for her.

Appreciate who they are. Allow them to be different from you.

Treat them with respect. Don't interrupt when they're talking. Ask for their opinion as often as possible and include them in family decisions as they get older.

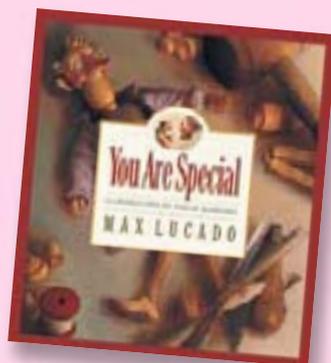
Dream a little. Daydream with them about their future spouse, career, or long-term ambitions.

Use physical affection. Hug, kiss, and shower them with physical affection every day. Tell them at least once a day, "I love you."

Gayla Grace is a freelance journalist who enjoys finding unique ways to show love to her five children.

Books to help your kids feel loved

- "You Are Special" by Max Lucado
- "Little Things Long Remembered: Making Your Children Feel Special Every Day" by Susan Newman
- "101 Ways to Make Your Child Feel Special" by Vicki Lansky
- "Oh, The Places You'll Go" by Dr. Seuss



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Sleep-away on it

Overnight camps cook up memorable fun

BY CHRISTA MELNYK HINES

From whitewater rafting to performing arts and cooking, today's sleep-away camps appeal to a wide range of interests while still providing the long-term benefits summer camp is known for. And yet, you may wonder how to find an overnight camp that offers the right blend of environment and activities for your child and gives you peace of mind at the same time. Here are some things to keep in mind:

Benefits of overnight camp

In addition to learning new skills, children learn how to collaborate

and live in community while at camp, gaining self-confidence and independence through problem-solving and teamwork.

"All those things are life skills and life assets that every parent wants for their child," says Jill Tipograph, a camp consultant and author of *Your Everything Summer Guide & Planner*.

Popular camp activities

According to the American Camp Association, 75 percent of camp directors reported adding new activities and programs to accommodate trends in popular culture. The top three activities camps are integrating into their more traditional fare, like campfires, swimming, and

horseback riding, include performing arts, adventure, and more recently, culinary.

"Culinary is the hottest and newest in terms of camps investing in building kitchens and bringing in specialists to teach the kids. The other part that goes along with culinary is the whole farmed table — taking things from the gardens and cooking them," Tipograph says.

Traditional vs. specialty

Specialty camps are designed for kids interested in pursuing a specific interest. Traditional camps, on the other hand, offer a combination of programming. Children can try different activities, including those they may not have tried otherwise,

“Children can learn and grow and become themselves away from home and school and all the usual surroundings. That’s why people value time at camp.”

whether stained-glass design, rock climbing, or singing in a recording studio.

“I feel that if children start their camping career on a purely specialty track, (parents) are really missing what camp can do for their child. The advantage traditional camps offer is they are all about the child holistically,” Tipograph says.

A menu of choices

One example of a traditional camp that offers a variety of specialty tracks for campers is Hidden Valley Camp, located in mid-coastal Maine and a member of the Maine Camp Experience. The camp attracts campers between the ages of 8 and 14 from all over the world.

Camp director Peter Kassen finds that culinary classes are especially attractive to campers, thanks in large part to pop culture and a greater interest in eating well.

“This idea of being a foodie has really permeated the culture. Being involved in producing your own food and eating good food has become more central not just with adults but with children as well,” Kassen says.

Through the culinary classes, campers acquire a valuable life skill, learning to prepare quality, healthy meals from specialists in the food industry, and tasting foods from all over the globe.

“Last year, we had a group of 10 Korean campers accompanied by a woman who brought them over. She cooked a Korean meal for the entire camp. It was spectacular,” Kassen says.

But cooking is only one aspect of the camp. Whether they try windsurfing, horseback riding, tennis, or anything else, Kassen hopes campers leave camp with

a sense of confidence.

“At any good camp, campers ... get excited about an idea, and they pursue it from beginning to end without an adult telling them they had to do it in the first place,” he says. “That’s why people value time at camp. Children can learn and grow and become themselves away from home and school and all the usual surroundings.”

Considerations for a successful sleep-away experience:

Maturity. Most kids are ready by ages 9 or 10, but consider your child’s physical and emotional maturity first.

Plan ahead. If possible, start researching camps a year ahead of time. Check out websites, talk to friends and family for recommendations, and visit prospective camps. Many overnight camps offer family weekends in the fall.

Length of camp. How long do you want your child away at camp? Camps offer both short and long-term sessions.

Size of camp. Decide whether your child would do better in a large setting or a smaller gathering.

Gender. Choose from a single-sex or a co-ed camp. Not sure which? Consider whether a younger sibling may eventually join your older child at camp.

Location. Determine the types of activities you want your child to experience. Because of their geographical location, some camps offer better outdoor or adventure activities than others and may be more likely to have access to experienced adventure specialists.

Meet the director. A meeting with the director is imperative in order to get a sense of his or her personality, trustworthiness and compatibility.

“You need to see how they’re interacting with your child,” Tipograph says. “They set the tone and the philosophy for the camp and it trickles down. How they relate to you and your child is the same way they train their staff to do the same.”

Additional resources include ACA-Camps.org, MaineCampExperience.com, and www.everythingsummer.com.

Freelance journalist Christa Melnyk Hines and her husband are the parents of two boys. Her latest book is “Happy, Healthy & Hyperconnected: Raise a Thoughtful Communicator in a Digital World.”



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An unconventional approach to love

Nothing brings a parent more joy than noticing her child smiling, and seeing the happy twinkle in his eyes and the sparkle in his smile.

To make your child that happy is what you live for, right? You work very hard to create a world around your child that makes him as happy as possible. It's natural to want to protect him from disappointment, ward off frustration, and avoid things that may be too challenging. In any individual moment, this keeps your child happy. However, in the long run, overdoing your happiness fortress can create some significant challenges.

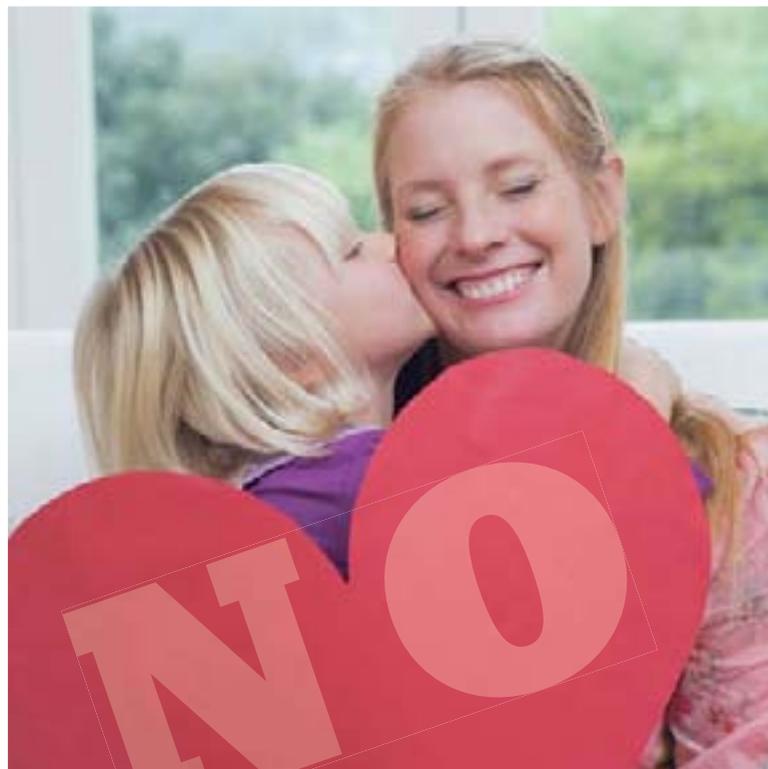
For example, always saying "yes" means your child will not understand when he is told "no," which, as we all know, often happens in the larger world. Also, consistently protecting your child from disappointment means he will not be able to navigate when things don't go his way. At the heart of the matter, if you're always protecting your child from challenges, his problem-solving skills will not be honed.

The best way to love your child is to teach him to overcome struggles, to problem-solve challenges, and to accept that he cannot always have exactly what he wants, every moment that he wants it. It might be difficult to watch your children struggle, but it's essential to let him do so. Keep your eye on the big picture.

You have a choice: do you want your child to be happy right now and struggle in the long-term, OR, do you want your child to struggle right now with your support and in the long-term be happy? The choice is up to you!

My recommendation is to aim for long-term happiness in your child. You can make the switch in approach by trying a behavioral adjustment:

Start by saying "No" some of the time to your child and do not provide a significant justification. The practice of teaching your child



to accept "no" is much more important than the ice cream he wants. Often, we get caught up in the moment of happiness (having the ice cream) and forget about the big goal (teaching your child to accept "no").

Place your child in situations that are too hard for him. One of two things will happen: either he will ask for help, which is a great skill to practice, or he will surprise you by figuring out something you thought he could not. Often times our kiddos are more creative than we expect, and given the opportunity, they will find a solution.

If he comes to you with a problem or is upset, don't automatically fix it. Ask your child what he will do about it, which will build his problem-solving skills. The important thing is to move on after his brainstorming. This teaches your child to refocus his attention. Letting your child stew in frustration only to

have you fix it does not lead to sustainable happiness or life skills.

Create a difficult task for your child to complete (this is my personal favorite). I like giving kids boxes they can't open with a fabulous surprise inside. All of a sudden they are incredible problem solvers!

When you work on one of these techniques, accept that there might be some pushback, but stick to it. Creating resilient and resourceful children is the greatest gift you can give the world.

For a special gift especially for New York Parenting readers, please visit: drmarcie.leadpages.co/quick-video-for-ny-parenting/

Dr. Marcie Beigel is a behavioral therapist based in Brooklyn. She has worked with thousands of families for more than 15 years and has condensed her observations into her practice and programs. For more on her, visit www.BehaviorAndBeyond.net.

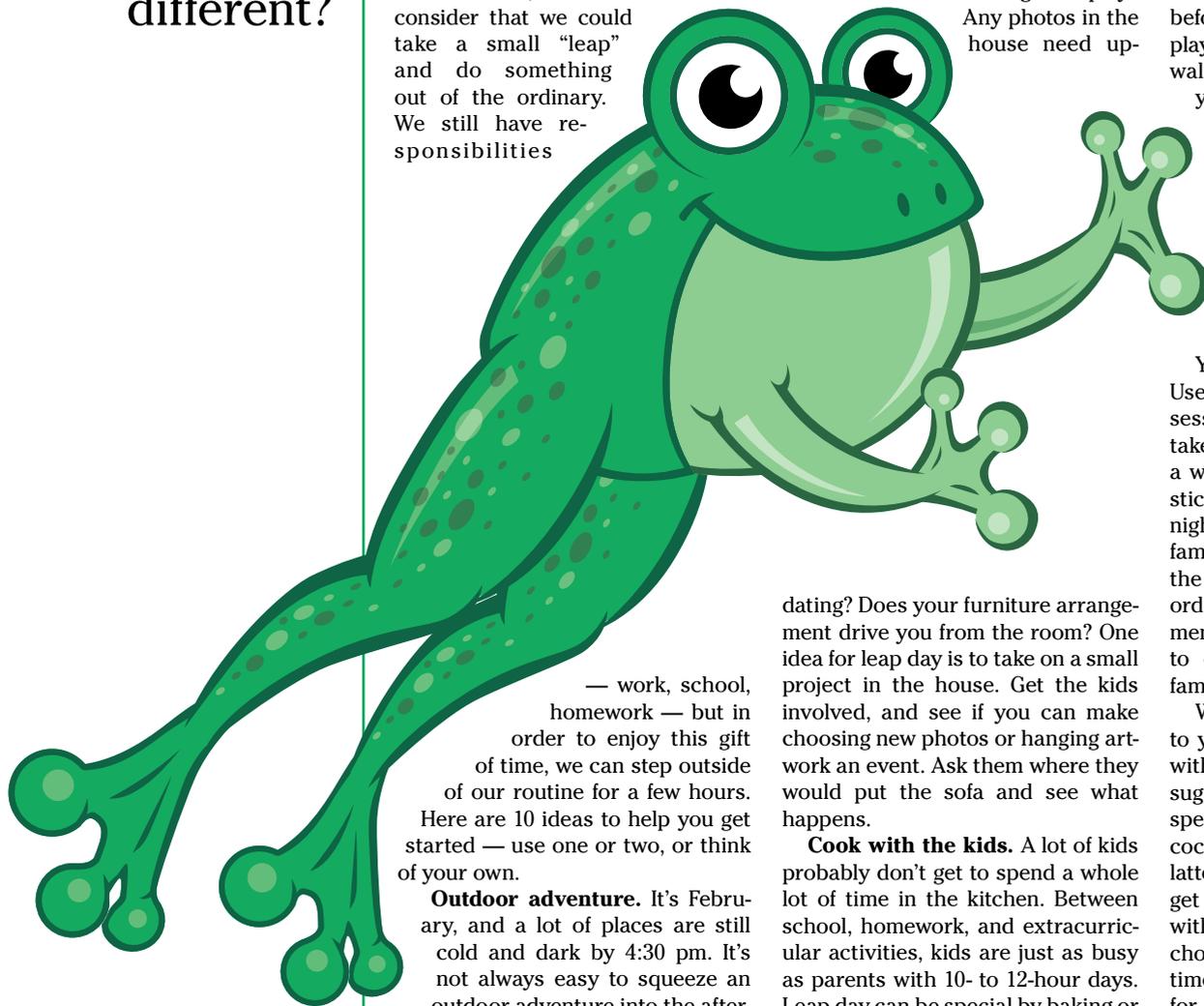
Time to take a LEAP

We get an extra day this year; why not try something different?

BY SARA MARCHESSAULT

Every four years we get an extra day added to the calendar — Feb. 29. This year, it's a Monday. This day is not always on our calendar, and it could be considered extra time, or a gift of time.

Before this day is filled with normal routines, it's fun to consider that we could take a small "leap" and do something out of the ordinary. We still have responsibilities



— work, school, homework — but in order to enjoy this gift of time, we can step outside of our routine for a few hours. Here are 10 ideas to help you get started — use one or two, or think of your own.

Outdoor adventure. It's February, and a lot of places are still cold and dark by 4:30 pm. It's not always easy to squeeze an outdoor adventure into the afternoon. Between getting home from school, snacks, and unpacking bags, we run out of time quickly. Leap day could be the day that the adventure is made a priority. It's a special day. Head outside for an hour or two in the afternoon. Explore your neigh-

borhood. Look at what bugs you can find. Climb trees. Sled down your favorite local hill. Then go inside and have hot chocolate afterward.

Craft day. My kids love it when they wake up in the morning, or come home from school, to find what we call "the art sheet" on the floor. We put our kid-size table on top of the sheet and break out the craft supplies. Colored paper, scissors, glue, glitter, pipe cleaners, hole punchers ...anything that we have comes out on craft day. The table is left out for most of the day, and they can come and go as they please. We listen to music and talk, take breaks for food, and at the end of the day, they are proud of what they've created. And the time we've spent together is well worth the mess.

Nesting. Do you have a pile of children's artwork that you've been meaning to display? Any photos in the house need up-

a fun day to try a new ethnic meal. See what you can find in your community for a meal experience you or the kids have never had before. Try Ethiopian, Indian, French, or Hawaiian. Ask lots of questions, and enjoy your time together.

Museum stop. Does your community have a museum that caters to kids? Or do you have an older child interested in art? This could be the day to incorporate a special outing to a museum or an art gallery. See what's in your community that you can go and explore and share with your kids that offers an experience of culture and learning that is outside of their daily norm.

Return to an old stomping ground. This can be especially fun if you've lived in the same city for a long time, but moved to a new neighborhood or your kids have switched school. Visit a place that you've been before but rarely go back to — a playground with a great swing set, a walk down a favorite street, a church you used to go to, or even the kids' section of the library. Choose a place that you feel good about visiting and are eager to return to.

Start a new routine. Is there anything that you, or your family as a whole, committed to establishing or starting at the start of the New Year, and now has fizzled out? Use Feb. 29 as your chance to reassess and recommit. If you decided to take a walk after dinner five nights a week and are having a hard time sticking to that, recommit to three nights a week. Wanted to start a family journal but never made it to the store? Hop online Feb. 29 and order a pretty blank book that each member of your family can write in to capture memories and special family stories.

Which of these ideas sound good to you? Or what have you come up with on your own? Any of these suggestions can be combined with special treats or snacks (think hot cocoa and popcorn for the kiddos, lattes or tea for mom and dad), gadget free time, or getting together with another family. Whatever you choose to do, enjoy your gift of extra time — it won't "leap" back around for another four years.

Sara Marchessault is a writer and coach. Her work helps clients to more fully experience joy in their daily life. Marchessault is an avid diarist and keeper of her family's stories. Learn more about her work at saramarchessault.com.

dating? Does your furniture arrangement drive you from the room? One idea for leap day is to take on a small project in the house. Get the kids involved, and see if you can make choosing new photos or hanging artwork an event. Ask them where they would put the sofa and see what happens.

Cook with the kids. A lot of kids probably don't get to spend a whole lot of time in the kitchen. Between school, homework, and extracurricular activities, kids are just as busy as parents with 10- to 12-hour days. Leap day can be special by baking or cooking together. Invite your young chef to learn how to make his or her favorite meal and enjoy some quality time together.

Eat new foods. If your kids are a little bit older, or have an adventurous palette at any age, this could be

Seeing the future

An optometrist asks: Is myopia really a life-long sentence?

BY JOEL H. WARSHOWSKY

Are you doing all that you can to reduce or eliminate your degree of nearsightedness?

Some call it nearsightedness, some myopia, and still others use the British term shortsighted. In any case, it all means the same thing. Vision at far distance is blurred, while vision at near distance is clear.

All this is common knowledge, however, what is not commonly known is that some children who have been diagnosed as nearsighted are not nearsighted, and still, others have to go through increases in prescription every few months, making their lenses even thicker.

Functional nearsightedness

Children who have frequent increases in their eyeglass prescription are most often diagnosed as functionally nearsighted by behavioral or developmental optometrists.

Typically, functional nearsightedness may begin as early as 5 to 7 years of age and usually starts with a low amount of prescription. It is common to initially associate it with eyestrain and frontal headaches related to sustained reading, computer, or writing tasks. Copying from the blackboard may especially cause inaccuracy and fatigue.

The first symptom that usually occurs is reduced distance vision, only after sustained near vision tasks. Typically, vision gradually improves when sustained near visual activities are suspended. Over time, however, the blurred distance vision remains and eventually worsens



Treatment for functional nearsightedness is through remediation of the eye muscle inefficiency and imbalance.

with length and demand of the near visual task.

Functional nearsightedness is different than genetic, in that genetic myopia is passed on from one generation to the next, regardless of how one uses his eyes. The genetic form of nearsightedness usually starts earlier in life, with children 2 to 5 years of age, has an initial moderate to high prescription, and is typically unrelated to eyestrain associated with near vision tasks.

For you, the parent, to understand the process of functional nearsightedness, the association or linkage of your child's inside (ciliary) muscle for focusing and outside (extra-ocular) muscles for coordination must be understood.

There are six outside muscles surrounding each eye and one muscle that is inside the eye, controlling focus. This process occurs because the internal and external eye muscle systems are linked, allowing one system to support and compensate for the other.

Typically, extra effort to focus is needed when there is a lack of ability to coordinate and turn the two eyes inward. If extra effort is put into focus, that effort will translate into an increased ability to turn the two eyes inward. However, over time, the increased focusing leads to an internal muscle spasm and ultimately becomes what some call structured-in myopia.

At this time we don't understand how that occurs, but we do know when it does occur. The functional focusing spasm becomes myopia.

To summarize, if I can't coordinate my two eyes together, enabling them to look at the same point in space at the same time, I can elect to over-focus, increasing my ability to coordi-

nate these 12 external muscles (six for each eye), assisting the two eyes to turn inward together, preventing double vision and associated symptoms, and creating eye strain.

Eyestrain, often associated with functional myopia, ultimately becomes translated into true structural myopia through this process.

Treatment

Treatment of functional nearsightedness is different than the genetic type. Whereas treatment for genetic myopia is typically compensated through a nearsighted spectacle lens, treatment for functional nearsightedness is through remediation of the eye muscle inefficiency and imbalance.

Treatment for functional myopia may include: a therapeutic eyeglass prescription (which may be in the form of a bifocal), vision therapy (training), and proper visual hygiene and diet designed to reduce stress and strain of the visual system.

Therapeutic lenses are designed to reduce the need to over focus, while vision therapy potentially eliminates the need to compensate one system for another, it can resolve the eye coordination difficulty.

Proper visual hygiene may include diffuse uniform lighting and proper posture. In addition, some recent research suggests a properly balanced diet rich in chromium may reduce myopic effects. Personality may as well play a role in a child's ultimate development.

There is a lot that is not known about myopia and its development, however, there are proven programs and procedures that have been proven to reduce or eliminate myopia.

Join me in reducing myopia in children today.

Joel H. Warshowsky is a behavioral and developmental optometrist who is Associate Clinical Professor Emeritus and founding chief of Pediatrics at SUNY State College of Optometry, where he had taught for 37 years. He has served as an optometric consultant to numerous schools for child development throughout New York and New Jersey. He is a fellow of the American Academy of Optometry and College of Optometrists in Vision Development, and has three pediatric practices in Roslyn, New York, Ringwood, New Jersey, and Riverdale.



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THE BOOK WORM

TERRI SCHLICHENMEYER

Follow 'The Night Parade'

In the new book "The Night Parade" by Kathryn Tanquary, setting things straight might be the hardest thing you'll ever do, anyway.

What good was a vacation if you couldn't spend it doing what you wanted? Saki Yamamoto grumped about that the whole way up the mountain to her grandmother's house. All her friends got to stay back in Tokyo, but Saki's parents insisted that she and her brother go to the Oban Festival and spend time with Grandma.

Though she promised her mother that she'd leave her phone off, Saki couldn't resist catching up on texts.

And that — the whole missing-her-friends thing — was perhaps why Saki allowed a group of "cool" village teens to talk her into doing something very disrespectful. That was when she accidentally called a curse upon her family.

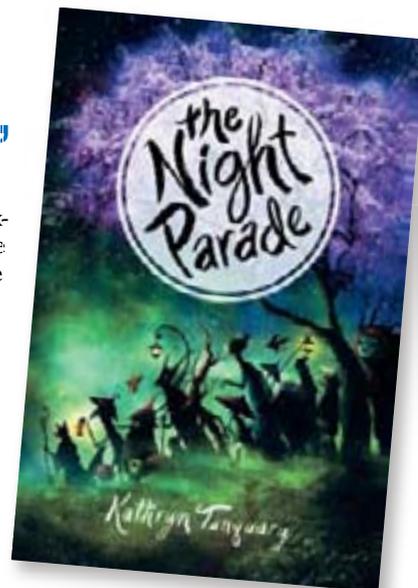
Her first indication of trouble was the cold hand that tried to strangle her in her sleep, waking her and sending her out into the

forest with a four-tailed fox that explained to Saki that she had three nights to follow The Night Parade and lift the curse. The fox tricked her, but the tengu, a feathered spirit, took her as far as the gates to the Midlight Prince's castle on the second night. That was where she met the Lady of Bells, who sent the tanuki, a raccoon-dog that was Saki's third night guide.

Lifting a curse was not easy, nor for the faint of heart.

I don't think I've ever quite read anything like "The Night Parade." And that's a good thing.

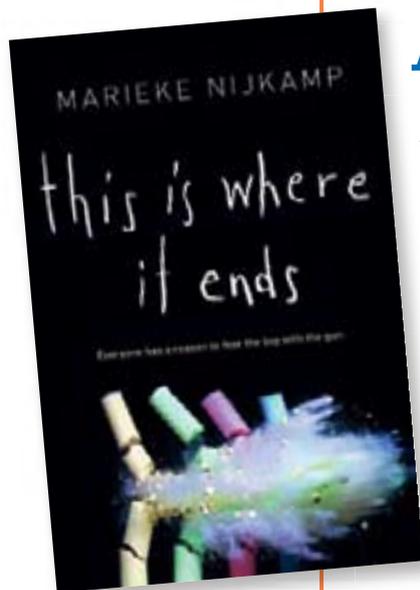
Tanquary's story is unique enough to hold a reader's interest, even on the pages that grow slow. The book has overall the feeling of a Japanese fairy tale, which keeps the story sweet, and there are allegories and life-lessons here, just like other fairy tales — but yet, the monsters and settings are quite a bit darker and more foreboding than anything you might've read in



childhood, and they made me squirm. Readers will also find a bit of humor to move things along and though that can be sophomoric at times, it still fits.

Great for readers ages 12-to-15, I think a savvy preteen might like it and a fantasy-loving adult will appreciate it, too, so get in line. Start "The Night Parade," and you'll find it just right.

"The Night Parade," by Kathryn Tanquary [336 pages, 2016, \$16.99].



A story for today's world

In every class there are always a few kids you try to avoid.

Why shouldn't you avoid the school bully or, as in the new book "This is Where It Ends" by Marieke Nijkamp, the kid who simmers just beneath his skin.

When it's still cold outside nobody wants to run laps, but Claire forced herself into extra practice: this was the last track season her team would have together and she wanted to make it memorable. They'd all scatter after graduation, and she'd miss her best friend Chris.

Inside Opportunity High School, Principal Trenton had just finished her comments at daily assembly. They were familiar words and Tomás and Fareed would've mocked her, had they been there. Instead, because rumor had it that a boy named Tyler was returning to school and because Ty had been bullying Tomás's

sister, Sylvia, Tomás decided that a little break-in to the school office was warranted.

In the auditorium, the chair between Sylvia and Autumn was empty; Autumn had saved it for her brother, Tyler, and his absence made her nervous. Sylvia understood why: After the accident that took Autumn's mother's life, Autumn's father started drinking; over time, he'd used his fists on both Tyler and Autumn.

Sylvia knew Autumn couldn't wait to leave Opportunity. That broke her heart; she loved Autumn. She couldn't make her stay — but she couldn't bear to let her go, either.

The bell rang, which meant that students had three minutes to dash from auditorium to classroom. Tomás knew they'd mill around for a bit and that class wouldn't start until the teachers arrived; their noise would give him and Fareed a chance to escape from the office. But there was no noise.

In the auditorium, students were confused. They tried to leave, but the doors seemed to be locked. Or

stuck. And then someone began shooting.

Usually when I read, I'm a book-snacker: dip, taste, walk away, return, nibble, nibble, like a literary bag of chips. But this book — this one had me immobile for hours.

And yet, it absolutely wouldn't be fair to say that "This is Where It Ends" is ripped from the headlines. It's timely, but it isn't sensational. Nijkamp also gives readers a story, told over the course of a mere 54 minutes. In that time, we get to know the kids at Opportunity High, their crushes, dreams, their fears, and their morality. That familiarity — as if these kids are your neighbors — will make you shudder.

Meant for readers ages 14 to 17, this is absolutely an adult book, too. If you can handle a novel that feels like yesterday afternoon's news, then "This is Where It Ends" is one you truly shouldn't avoid.

"This is Where It Ends," by Marieke Nijkamp [288 pages, 2016, \$17.99].

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

Are they getting enough sleep?

Kids really need their shut-eye

BY JOE CIAVARRO

In New York City, sleep is a commodity that can be hard to come by. With busy schedules extending into late hours, loud street noises, and high academic demands, making sure your kids get enough sleep can be a challenge. There is much debate over the exact number of hours a child should sleep every night, yet of equal importance is determining whether or not your child is getting good quality sleep. The consequences of untreated poor sleep in children affect many different parts of the body, and can include heart failure, developmental or behavioral issues, poor school performance, poor growth, obesity, reflux, and significantly increased risks of complications from surgery.

Risk factors for poor sleep include a history of prematurity (early birth), obesity, sinus disease, having a family member with poor sleep, large tonsils or adenoids, and persistent wheezing. Your pediatrician should be screening your child for symptoms of sleep disorders, so understanding what to look for can help your pediatrician make a diagnosis and refer your child to treatment.

Snoring is one of the most common complaints parents have concerning their child's sleep quality. Snoring is caused by an obstruction or narrowed airway (breathing tube) and can sometimes lead to apnea, or pauses in breathing. Most children with sleep apnea will have some degree of snoring, but not all children who snore have sleep apnea. It is normal for children to have noisy breathing during a cold or sinus in-

fection, but if you notice snoring during times of wellness, pay close attention. Other nighttime symptoms of poor sleep include night terrors, sleep walking, restless sleep, or return of bed-wetting issues.

Daytime symptoms of poor sleep in children can be easy to miss but do exist. Many children will be difficult to wake in the morning or complain of a headache. Older children can have daytime sleepiness with excessive napping or falling asleep at inappropriate times. Younger children can also have increased sleepiness but may also show hyperactivity.

Talk with your child's teacher about his academic performance and behavior during school hours. Inability to concentrate, focus, or pay attention during school can be a sign of poor sleep. Your child's teacher is a valuable resource, as she is likely to be spending more daytime hours observing your child and noticing changes in his performance. These symptoms are easily reversible once sleep patterns return to normal.

Adults with severe sleep apnea or sleep disorders tend to put on pounds, but young children are more likely to lose weight or have difficulty achieving normal expected weight and height gains. It is important to note, however, that obesity is a common cause of sleep apnea in children.

It may be helpful to observe your child sleeping, and look for pauses in breathing, though due to some variations in breathing patterns being normal at certain ages, sleep apnea in children can usually only be diagnosed by a pediatric sleep specialist with an overnight sleep study. Talk to your pediatrician about a referral if you suspect your child has a sleep disorder. The longer treatment is delayed, the more difficult it is to reverse the negative effects of poor sleep.

Joe Ciavarro is a pediatric physician assistant in New York City.



Baby-making 2.0

How to increase your odds of getting pregnant the second time around

BY TAMMY SCILEPPI

Is your biological clock ticking again, as severe baby fever clouds your thoughts? Are you and your partner yearning for another bundle of joy?

Many couples gearing up for bebé número dos find that getting pregnant the second time around is a breeze, while others are wondering why this baby dance isn't working out the way it ought to be. If you can relate to the latter, you're not alone.

According to www.whattoexpect.com, it turns out that second baby infertility or "secondary infertility" is more common than you think, accounting for 60 percent or so of all infertility cases.

There are many factors that may potentially cause primary or secondary infertility (including age), but thanks to medical reproductive advances, more happy couples have been welcoming their bambinos into the world.

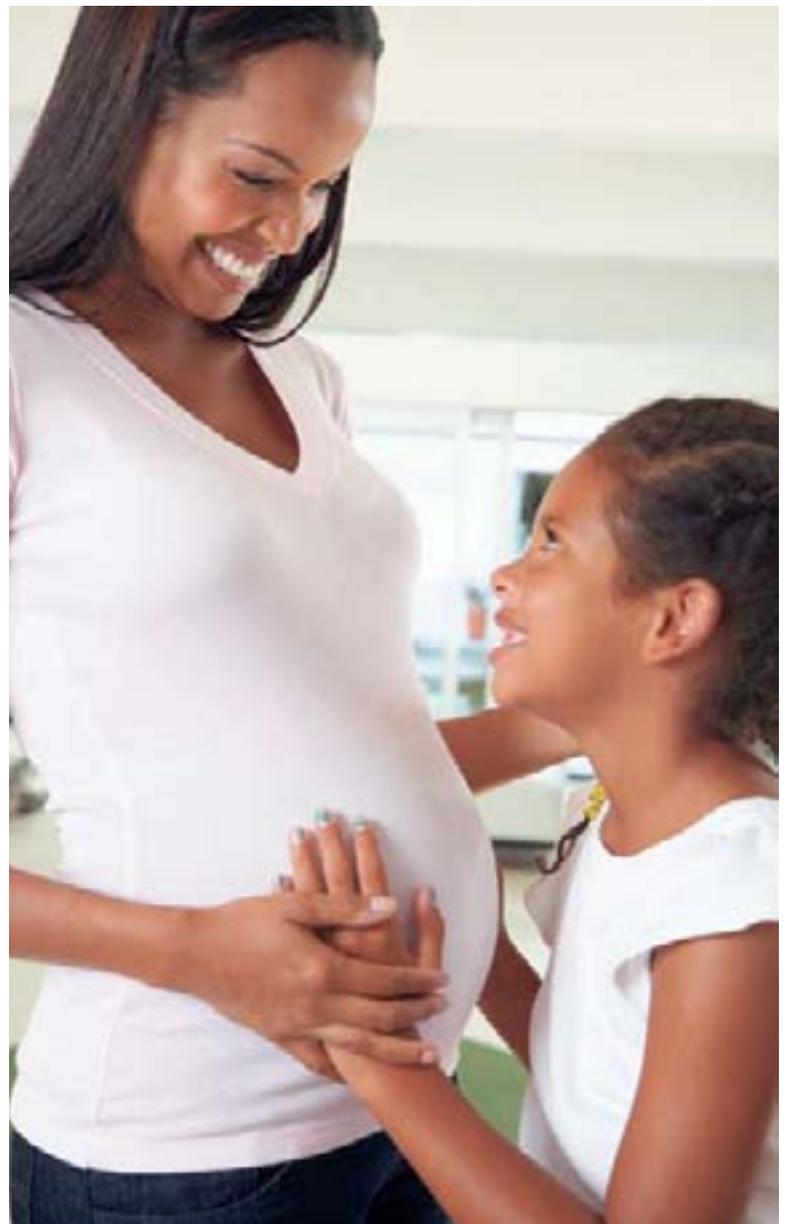
Reasons for infertility

Women have the best chance of conceiving at age 27 or so, but men usually don't have to worry about low sperm count until after age 40 (and if things aren't going "swimmingly" for him, it may just be a matter of wearing loose briefs or throwing back a few less beers).

And keep in mind, there's only a 20 to 25 percent chance of getting pregnant each cycle! Even for young, healthy couples, it may take up to six months to a year to get pregnant.

According to Dr. Lynn Westphal, professor of Obstetrics and Gynecology (Reproductive Endocrinology and Infertility) at Stanford University Medical Center in California, there are some issues that can cause secondary infertility woes: endometriosis can progress, an infection could have occurred during delivery or afterwards, and fibroids or benign tumors could develop on the uterus.

A woman should mention any changes in her body or cycle to her ObGyn or midwife, and ask if that could be affecting her chances of a second pregnancy. Were there



any complications during her pregnancy or delivery? Is she taking different medications that may affect her cycle? Luckily, some issues don't require fertility treatments. Sometimes it's as simple as changing your meds or adding more nutrients to your diet and getting more sleep.

In vitro fertilization and egg freezing

During in vitro fertilization, a process by which an egg is fertilized by sperm outside the body, the zygote (fertilized egg) is implanted in

the woman's uterus in hopes that a pregnancy will result. [Watch one couple's moving journey live on "The Today Show" <https://www.youtube.com/watch?v=utkUkvYq-zM>].

During the in vitro process, women usually experience some fullness or bloating as ovaries get larger, and may have some bruising at the injection site due to daily injections of follicle-stimulating hormones (normally produced in the body), according to Westphal. By giving more, hopefully you get more eggs to grow. Other side effects include breast tenderness

Second baby infertility or "secondary infertility" is more common than you think, accounting for 60 percent or so of all infertility cases.

and a tired feeling.

Westphal said she has close friends who went through fertility treatments, and knows the process can also be difficult both psychologically and emotionally.

"Couples often pay a lot of money and are stressed out and worried that they're going through all this and still might not get pregnant," she noted. In vitro is pricey; treatments cost about \$15,000 to \$17,000 per cycle and insurance doesn't usually cover it.

And thanks to pioneering research by experts like Westphal, what was once impossible is now possible. As one of the country's foremost experts in fertility research, she operated one of the first egg freezing clinics in the US.

Westphal's recommendation for women who aren't planning to get pregnant for several years but would like to freeze their (better quality) eggs, should do so at age 32 or 33, when their chances at conceiving are better.

Holistic alternatives

Westphal recalled a study she was involved in. She found that a special supplement seemed to help women who had irregular cycles, and after taking "Fertility Blend," they seemed to have regular cycles and higher pregnancy rates. The secret? It has a number of vitamins, which include potent chaste berry extract and arginine, an amino acid.

If you're trying to get pregnant, she suggests taking this as your prenatal vitamin or together with your prenatal vitamins, so it may optimize your cycle. But, if you're under 35 and have been trying for a year, she suggests having an evaluation to figure out if there's something else that is preventing your second pregnancy; if you're over 35, she says, get evaluated

after six months.

Over 40? You may want to see a fertility expert. Remember: The key element here is time. When eggs get older, it's harder to conceive. Also, since 35 to 40 percent of fertility problems can be traced back to the guy (and his age affects sperm quality), a specialist can help if he's over 40.

Does stress affect baby-making?

Westphal said it doesn't, but admits that everyone is stressed out by the time they get to her office.

"I tell them it's good to find ways to reduce and manage stress; long-term health habits may help prevent potential second baby fertility problems, and everything in moderation."

Couples should cut down on alcohol, smoking, caffeine, colas, and calories, and get in more exercise, yoga, and meditation.

She emphasized partner support or support groups during the process, as well.

"Part of the problem with infertility treatment is, some people feel very isolated — they don't feel like they can talk to others about it or, they don't get a lot of emotional support."

If you're still not sure why all your efforts aren't resulting in a positive pregnancy test, here's a tip: take a break, relax, and enjoy a little vino over a romantic candlelit dinner. Or, how about a weekend getaway? Life can be overwhelming at times, so reconnecting emotionally is vital to a well-balanced, loving relationship.

As you jump-start your second baby-making journey and wait for the stork to come knocking at your door again, remember that no matter what happens, you still have your first child to cherish.

Babies are gifts. They're truly little miracles. And despite amazing advances in reproductive research and procedures, how they come to be still remains a mystery.

Tammy Scileppi is a Queens-based freelance writer/journalist and parent and a regular contributor to New York Parenting. Interviewing hundreds of New York City's movers and shakers has been an amazing adventure for her. Scileppi's work has appeared in a variety of media outlets. She has also written book cover copy for Simon and Schuster.

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DIVORCE & SEPARATION

LEE CHABIN, ESQ.



A question of marital fault

In a recent court case, Alice M. v. Terrance T., wife Alice M. was divorcing her husband Terrance T., who had already been convicted of raping her during their marriage. Terrance was claiming in the divorce action that his wife had “falsely accused” [him] of domestic violence and rape.” He asked the court to decide if he was entitled to money and some property.

In his Dec. 23 decision, State Supreme Court Justice Jeffrey S. Sunshine set out the question before the court as follows:

“The issue ... is whether defendant (husband), who is serving a 40-year prison sentence following conviction of rape in the first degree against plaintiff (wife), is entitled to maintenance, equitable distribution, and counsel fees.”

The judge found it to be clear “that [Husband] seeks ... to collaterally attack his criminal conviction for first-degree rape of plaintiff during the marriage.”

Judge Sunshine doesn’t allow Terrance to cast doubt on his rape conviction. Here is one reason:

Standard of proof

The rape case had been a criminal case. It was already decided that the husband had been found guilty of rape “beyond a reasonable doubt,” which is a very high standard of proof.

In civil cases like divorce, the standard of proof is lower — that is, easier to meet — than ones in criminal court. The standard in civil court is “a preponderance of the evidence.”

Since the husband had been found guilty of rape in the criminal court, where so much proof was required to convict him, the judge wouldn’t accept his argument in the divorce (civil court) case, where less proof is needed, that his wife had falsely accused him

Fault

Much of the case revolves around the question of fault, more specifically: when does one spouse’s fault (bad behavior against the other spouse) affect the amount of money and property she or he will receive from the divorce through equitable distribution (dividing marital prop-

erty) and spousal maintenance (alimony)?

In partial answer to this question, Judge Sunshine referred to the case of *Blickstein v. Blickstein*, decided in 1984, “which is often cited in this jurisdiction for the proposition that marital fault is not, as a general rule, ‘a just and proper consideration in determining equitable distribution of marital property.’”

In *Blickstein*, the court stated that:

“It would be, in our view, inconsistent with this purpose to hold that marital fault should be considered in property distribution. Indeed, it would introduce considerations which are irrelevant to the basic assumptions underlying the Equitable Distribution Law.

‘And that: ‘fault is very difficult to evaluate in the context of a marriage and may, in the last analysis, be traceable to the conduct of both parties.’”

“However,” Judge Sunshine wrote, “the Court [in *Blickstein*] then unequivocally noted that in rare cases where the Court found that one spouse had engaged in ‘egregious’ conduct against the other spouse that it may be a factor the Court could consider in making an equitable distribution award.”

Judge Sunshine cited more recent cases, and cautioned that few actions will involve such egregious conduct — conduct that will “shock the conscience of the court.” But some have, such as ones involving extreme violence and kidnapping.

(“Conversely, conduct that courts have found not to be egregious includes adultery, alcoholism, abandonment, and verbal harassment coupled with several acts of minor domestic violence.”)

Due largely to Terrance’s horrible mistreatment of Alice, everything he asked for was denied. The court’s conclusion that he never contributed financially (having been incarcerated part of the marriage) didn’t help his case either.

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, (718) 229-6149, or go to <http://lc-mediate.com/>. Follow him on Facebook at www.facebook.com/lchabin.

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



HEALTHY LIVING

DANIELLE SULLIVAN

Early menopause

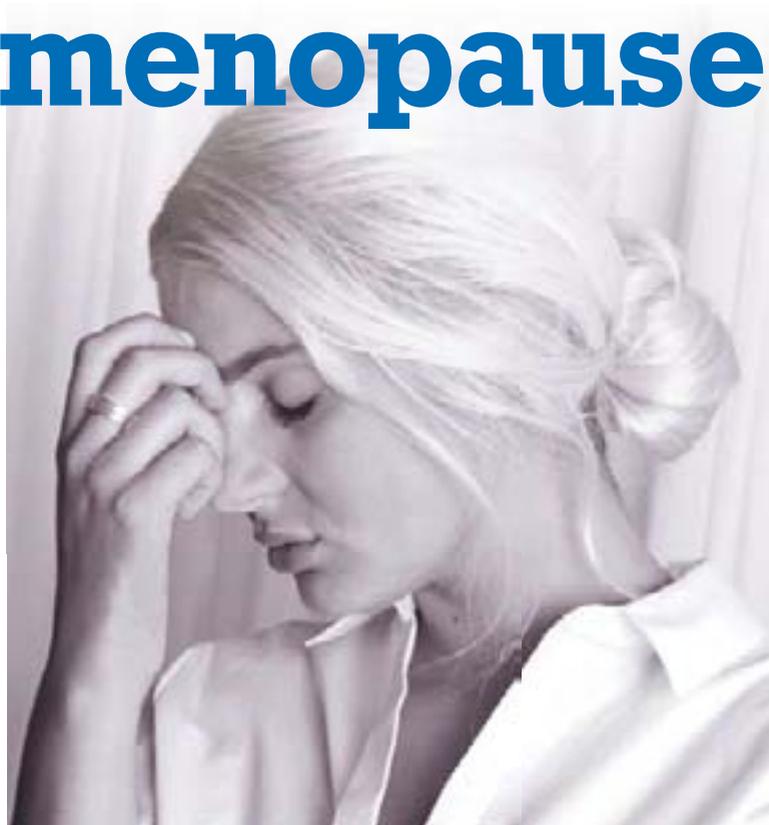
Susan Deakin dropped her middle schooler off at school one morning and headed for the pharmacy. Staring at the pregnancy tests, she felt nervous. At age 42, she hadn't been pregnant in more than a decade and thought her days of raising babies were over for good, but not having had a period in eight weeks could only mean one thing. The test was negative, so she bought another a few days later, which was also negative, and a trip to her doctor brought her news she simply was not ready to hear.

"'You may be menopausal.' That's what my doctor told me, and I thought he was surely joking," she says. "I'm young. My period has always been like clockwork and I feel fine."

"The average [age] in the United States is 51, but it can occur between 40-60," explains Dr. Shirazian, assistant professor, Department of Obstetrics and Gynecology at the NYU Langone Joan H. Tisch Center for Women's Health. "Before age 40 it is diagnosed as primary ovarian insufficiency."

Primary ovarian insufficiency is considered premature menopause, and it may have a specific cause, which can be autoimmune or infection specific. Other possible reasons for premature menopause include having had chemotherapy treatment, having a hysterectomy (which springs a woman into instant menopause), smoking, and a history of premature menopause in the family. So at age 42, Susan was technically not experiencing menopause prematurely, even though it was younger than the average age of 51.

There is no one definitive test to diagnose menopause; the official diagnostic criteria states that a woman must have not had a menstrual period in 12 consecutive months. However, it may be a good idea to have certain hormones tested. The Mayo Clinic recommends that women have these tests: follicle-stimulating hormone, estrogen, and thyroid-stimulating hormone. Follicle-stimulating hormone levels increase and estradiol levels decrease as menopause occurs, and an underactive thyroid (hypothyroidism) can cause symptoms similar to those of menopause.



Sonia Rodriguez of Sheepshead Bay, Brooklyn, was 44 when she thought she might be going through menopause because she had not had a period in five months and was not pregnant. "I was convinced my periods were over, and I felt awful, from everything I heard about menopause being so terrible. I had migraines and was extremely fatigued, so I thought that menopause could be starting, but my doctor took a blood test and called a few days later saying I had hypothyroidism, which was probably causing my menstrual irregularities. She gave me medication and my periods came back."

Signs and symptoms of menopause include irregular periods (very heavy, longer or shorter than usual), vaginal dryness, hot flashes, night sweats, sleep problems, mood changes, and weight gain.

Dr. Shirazian points out that although there is nothing inherently unusual with menopause occurring in early 40s, women should be make sure they are not suffering from "bone loss or bone decline, which tends to occur with a decline in estrogen." If a woman would like to boost herself through the use of supplements once menopause hits, Dr. Shirazian says "virtually all supple-

ments are good that include calcium and vitamin B. For symptom relief, evening primrose oil works well."

The vast majority of women report symptoms and up to 70 percent of women experience hot flashes for years, but there are those few who do not. Some women experience no symptoms other than the absence of a monthly period.

"I felt fine throughout," says Susan, who has not had a period in three years and is considered to have fully reached menopause. "Once I knew I wasn't pregnant and got over the shock that menopause was probably happening, I was actually relieved. I didn't have any debilitating symptoms and I honestly don't miss my period at all!"

If you are having missed periods or symptoms of menopause, don't make assumptions. The only way to find out exactly what is happening is to see your doctor. Search for doctors that specialize in hormonal testing and menopause.

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.



ASK AN ATTORNEY

ALISON ARDEN BESUNDER,
ESQ.

Leaving a retirement account to a minor

I have large retirement accounts and would like to name my grandchildren as the beneficiaries. It is my understanding that a minor (someone under the age of 18) cannot legally “own” money or bank accounts. Is that accurate? How should I handle contingent beneficiaries on my IRA and other assets? Should I write the names of my minor children or should I name their parents?

Leaving a retirement account to your grandchildren is a commendable way to leave a legacy for your family. If the beneficiary is designated, he may elect to “stretch” the inherited IRA (individual retirement account) over his own lifetime, allowing the asset to grow tax free within the account for presumably a long time. However the beneficiary will be required to withdraw what is called, required minimum distributions, the minimum amount he must withdraw from the account each year calculated based on his own (presumably younger) age immediately. The beneficiary will have to make an election for the stretch out within a relatively short period of time after the death of the account owner, otherwise the default is that the beneficiary must withdraw the entirety of the account over a five-year period.

Additional planning is advisable if the beneficiary is under the age of 18. Because a minor may not own property in his individual name, there is a high probability that the financial institution will require that a guardian of the property be appointed for the child in order to distribute the distributions. This would require a petition to the court, and an account held jointly with the Clerk of the Court such that approval would be required each time a withdrawal is desired. In other words the parent would not have unfettered discre-



tion over the account. Also the child would be permitted to withdraw the entirety of the assets in the account when he becomes 18, which could be a significant sum.

There are two alternatives. First you may designate a custodian who can oversee the account until the grandchild reaches 18. At that point the grandchild could withdraw the entirety of the account, subject to significant income taxes on the withdrawal and losing the benefit of tax-free growth within the account.

If the individual retirement account is of substantial value, or if you are concerned about spendthrift behavior or wish to protect your grandchild’s inheritance, you can create what is known as a conduit trust in your will or in a living trust. You can then designate that conduit trust as the beneficiary of your account instead of the individual grandchild. When drafted properly, it allows the IRA to “look through” the trust and treat the minor as the designated beneficiary while still allowing a stretch-out of the account over the grandchild’s life. The distributions are paid to the trust, not to a guardian under court supervision, and they can then be used for the

grandchild’s benefit by paying the grandchild’s parent or guardian, or a provider of services (such as a private school or college). The stretch-out can be as long as the trust allows, even for future generations.

There is also a technique known as an accumulation trust, however, the conduit trust has been approved by the Internal Revenue Service in various rulings and commentary, whereas the accumulation trust has not.

Keep in mind that the individual retirement account must be distributed only to the trustee of the conduit trust in order to preserve the integrity of the account.

These are complicated techniques that require specific drafting to ensure your objectives are met. You should always consult with a qualified estate planning attorney to determine a course of action that is right for you and your specific situation.

Alison Arden Besunder is the founding attorney of the law firm of Arden Besunder P.C., where she assists new and not-so-new parents with their estate planning needs. Her firm assists clients in Manhattan, Brooklyn, Queens, Nassau, and Suffolk Counties. You can find her on Twitter @estatetrustplan and www.besunderlaw.com.

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718-528-7174

Principal – Mrs. Smith

At Sacred Heart Catholic Academy we are one in Faith, working together with reverence for God and with respect for one another. We strive to instruct, instill and inspire each other to be productive Catholic members of society. Our students learn the values and traditions of Faith as we incorporate them in each and every academic and extracurricular activity. Each child is encouraged to discover and appreciate his/her personal worth and value to the community of God's people. We strive to provide them with opportunities to develop their fullest potential and the ability to honestly evaluate their own efforts and accomplishments through daily challenges. In order to instill Faith we root ourselves in Faith. In order to instruct about Faith we educate ourselves. In order to inspire a Faith response, we strive to live as ministers of His word.

Our Lady of the Angelus Catholic Academy

98-05 63rd Drive,
Rego Park, NY 11374
718-896-7220

www.ourladyoftheangelus.org
info@ourladyoftheangelus.org

Principal – Giuseppe Campailla

We are a small Roman Catholic academy-serving students from Nursery to Grade 8. The student population represents the diversity of the area and reflects a wide variety of linguistic, cultural, racial ethnic and religious groups. Our Early Childhood Program offers a more rigorous curriculum that focuses on literacy to prepare the student for the intermediate level grades.

Our graduates are accepted into the best Catholic, private, and public high schools. Many of the graduates receive scholarships and admission to advance and honors programs in those high schools. Our curriculum includes art, music, foreign language, physical education and computer classes provided to students in Pre - Kindergarten through Grade 8. We also offer enrichment programs in advance math and science. Most importantly, we are proud of our long academic excellence, evidenced by its outstanding showing on New York State and national achievement exams.

Please call for an appointment to schedule a tour.

St Adalbert School

52-17 83rd St., Elmhurst, NY 11373
718-424-2376

www.saintadalbertschoolny.org

Principal – Kathleen Maciej

We are a multi-cultural school whose mission is to follow in the footsteps of Jesus as teacher and spiritual guide. Faith Formation and Catholic Identity is paramount in developing the whole person through prayer, scripture, liturgical celebrations, and Christian service projects. Students are empowered to become independent and moral thinkers and leaders.

Our school integrates technology with the common core standards in preparing students for career college readiness in the 21st century. Students, in Grades Pre-K through Grade 8 participate in special subject classes which include: music, gym, computer, and art. Spanish is offered to students in Grades 6 through 8.

We offer free early morning drop-off and an after school program is available everyday that school is open including half days.

A family tuition plan is offered for families as well as tuition assistance for eligible families.

Registration for Nursery to Grade 7 for the 2016-2017 school year is available. Please call for an appointment at 718-639-7371 or visit us at saintadalbertschool.org

Continued on page 22

Sacred Heart School of Bayside

Dennis J. Farrell, Principal

216-01 38th Ave, Bayside • 718-631-4804 F:718-631-5738
www.sacredheartbayside.org

FREE UNIVERSAL PRE-K

Full & Half Day Nursery • Kindergarten to Grade 8

- Science Lab
- Computer Lab (laptops and iPads)
- Smartboards
- Foreign Language
- Automated Library
- Art, Music, Phys-Ed
- Across Grade Levels Buddy Program

Extended Day until 6pm • Extracurricular Programs

OPEN HOUSES

Sunday, Jan. 31, 11 am–2 pm

Monday, Feb. 1 – Friday, Feb. 5,
8:30 am–2 pm

Tuesday, Feb. 2, 7–8 pm



ST. FRANCIS OF ASSISI SCHOOL

"As for me and my house, we will serve the Lord."



CATHOLIC SCHOOLS WEEK OPEN HOUSE:

Sunday, January 31st
12:30-1:30pm

SCHOOL VISITS:

Mon., Feb. 1st 8:30-9:10am - All Grades
Tues., Feb. 2nd 1:45-2:15pm - All Grades
Thurs., Feb. 4th 8:45-9:30am - Preschool to K

- ✚ Rigorous Curriculum
- ✚ Vibrant Catholic Identity
- ✚ Dedicated Community Service
- ✚ Leading Edge Technology



21-18 46th Street
Astoria, NY 11105
718-726-9405
www.sfaschool.org

Registration for 2015-2016

Monday, Feb. 8th, Thursday, Feb. 11th, Friday, Feb. 12th
from 9:30-10:30am
On-going appointments are available



Saint Adalbert School

Registration 2016- 2017

Nursery through Grade 7
February 1 – March 22
Call for an appointment

Open House

Nursery through
Grade 7
Feb. 3 & 24
9am – 11am

Special Features

- Small Class sizes
- Family Tuition Plan
- Financial Aid
- FREE early morning drop off
- Outreach and Service Programs
- Scholarships exceeding \$300,000 for 8th Grade & acceptance to Specialized HS
- Successful Scores on State Tests – exceeding NY State and NYC
- Summer Camp

Education Programs

Academic:

- Art Education
- Common Core Standards
- Music Education
- Physical Education
- Spanish Language Classes
- Computer Classes
- Health & Guidance Education
- Occupational Therapy
- SETSS (Special Education Teacher Support Service)
- Speech Therapy
- Title I Remedial Math & Reading

Catholic Identity:

- Altar Servers
- Daily Prayer
- Daily Religion Classes
- Prayer Services
- Sacramental Preparation
- School Masses

Technology:

- Sonic Filtering Program
- SMART Board in every class
- WiFi
- Samsung Tablets Grs. 6-8

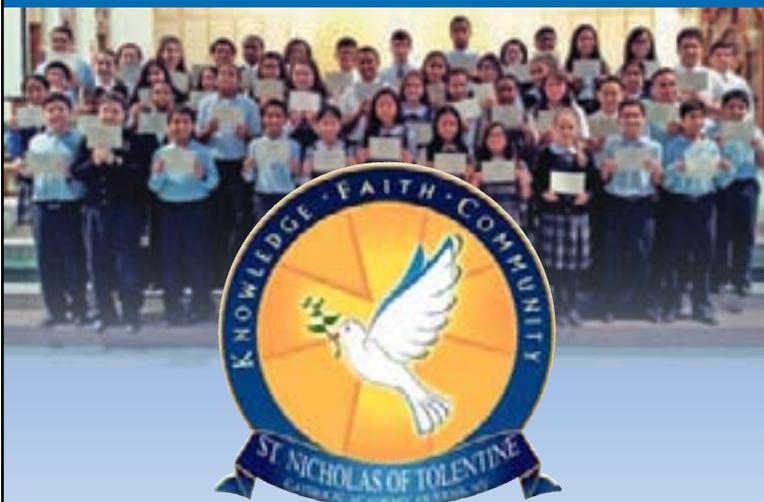
After School/ Extra-Curricular

- Baseball/Softball
- Basketball
- Boy Scouts
- Debate Club
- Wide Variety of After-school Programs & Extra-Curricular Sports & Clubs

52-17 83 Street • Elmhurst, NY 11373

718-639-7371 • www.saintadalbertschoolny.org

St. Nicholas of Tolentine School



Registration for 2016–2017 • PreK–Grade 8

OPEN HOUSE

Sunday, February 7th from 12–1:30 pm

Wednesday, February 9th from 9–11am

School tours are available daily. No appointment necessary.

80-22 Parsons Blvd, Jamaica, NY 11432 • 718-380-1900
office@sntschoollny.org • www.sntschoollny.org

Catholic Education

DIRECTORY

Continued from page 21

bertschoolny.org.

Special for Pre-K: Stay tuned – Saint Adalbert School may be offering a Pre-K For All Program beginning September, 2016.

St. Francis of Assisi School

21-18 46th St., Astoria, NY 11105

718 726 9405 www.sfa.org

Principal – Anne Stefano

Proud to be celebrating over 60 years of providing high-quality Catholic education to students in Astoria. At SFA, Success For All, is our ultimate goal.

“The child is a veritable image of becoming, poised to reach towards what is not yet, towards a growing that cannot be predetermined or prescribed. The potential is there, and it is up to us to create the learning environment in which it can prosper and succeed.”

We consider it a great privilege to help a child, with all their God-given gifts and talents, grow and flourish! SFA is deeply committed to the ministry of Catholic teaching and giving our students the good example, guidance, and love required to develop in them an active life of faith, skilled academic competence, and a keen global consciousness.

St. Joseph Catholic Academy

28-46 44 Street

Long Island City, NY 11103

718-728-0724

www.stjosephsch.org

Principal – Luke Nawrocki

St. Joseph Catholic Academy is committed to the development of students of diverse backgrounds and faiths from nursery through eighth grade by providing a well-rounded foundation for future learning and life. We offer a rigorous academic program, complemented by classes in music, art, library, physical education, Spanish, and hands-on science lab, with SMARTBoard computer technology in every instructional area. In addition to our newly renovated Library Media Center housing our desktop computers, students in grades 4 to 8 have individual iPads for instructional use.

Our educational program encourages in students a desire for life-long learning, a commitment to meeting the challenges to our society and planet, a willingness to give of their time and talents in service to others, and the development of a God-centered value system for life. To that end, we seek to create a nurturing community committed to academic excellence, character building, and a respect for the religious and multi-ethnic diversity that characterizes our community.

St. Nicholas of Tolentine Catholic Academy

80-22 Parsons Blvd.

Jamaica, NY 11432

718-380-1900

www.sntschoollny.org

Principal – Robert Lowenberg

At St. Nicholas of Tolentine Catholic Academy we value and challenge all of our students in grades Nursery to 8 to the best of their abilities. The Catholic values of faith, hope and charity are the cornerstones of our existence. Since we believe these values to be universal we welcome children of all faiths to join our school community.

We believe that Technology is an essential component of a 21st Century education and that it must be an integral part of instruction allowing for students to be active learners. All of our classrooms are equipped with SmartBoards and we have a modern Computer Lab available. Students also use lap tops in their classrooms and are encouraged to do enrichment activities both at home and in school. We also offer instruction in Computer Graphics and Robotics.

We combine challenging academics with a variety of co-curricular activities such as school assemblies, a Science Fair, Spelling and Math Bees, a Talent Show, Concerts and Poetry Contests. For more information please visit our website or come for a school tour (no appointment necessary).

St Sebastian School

39-76 58th Street

Woodside, NY 11377

718-429-1982

www.stsebastianschool.org

Principal – JoAnn Dolan

St. Sebastian School is a Catholic School of Excellence serving the parishes of Blessed Virgin Mary Help of Christians (St. Mary's), Queen of Angels and Saint Sebastian. We are dedicated to teaching the virtues and values taught by Jesus Christ and His Church. Each student is recognized as a unique individual with special talents and abilities. This is particularly highlighted in the wonderfully diverse cultural, religious and ethnic backgrounds of our students.

St. Sebastian School follows the curriculum guidelines of the New York State Education Department and is Middle States Accredited. We strive to differentiate learning in order to meet the needs of each child.

Please schedule a visit to learn about the many programs we offer. You may be eligible for tuition assistance for the 2016-2017 school year.

Our Lady of the Angelus Catholic Academy

OPEN HOUSE

Sunday, January 31, 2016

11:00am - 1:00pm

Monday, February 1, 2016

9:00am - 11:00am

- Small Class Sizes
 - Early Morning Drop Off
 - After School Program
 - Full Day Early Childhood Program
 - Computer Lab
- SmartBoard Technology In Classrooms
 - Laptops and Mobile Devices
 - WiFi Access in Classrooms
- Foreign Language Classes
 - Math and Science Enrichment Program
 - Monthly Liturgies
 - Music & Art
 - Athletics

718-896-7220

info@ourladyoftheangelus.org

www.ourladyoftheangelus.org

98-05 63rd Dr. • Rego Park, NY 11374



ST. SEBASTIAN SCHOOL

Serving the Parishes of Blessed Virgin Mary,
Help of Christians, Queen of Angels, St. Sebastian and St. Teresa
39-76 58 Street, Woodside NY 11377
718 429 1982 • www.stsebastianschool.org

GRADES NURSERY – 8

OPEN HOUSE

Tuesday, January 26th, 9:00am–10:30am

Thursday, January 28th, 9:00am–10:30am

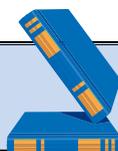
- Monthly Liturgies and Seasonal Prayer Services
 - Elizabeth Ann Seton Service Volunteers
 - Junior Lectors & Altar Servers
 - State of the Art Computer Center
 - Smart Board Technology In All Classrooms
 - Science Lab
- Internet Based Symphony Math Program
 - Newly Renovated Library/Media Center
 - Art
 - Physical Ed./Health
 - Math Strategies Grades 5/7
 - Foreign Language
 - Title I Service in Reading and Math
 - Guidance
- Academic Intervention Service
 - SETSS/Speech/OT
 - Free After School Sports/Clubs for grades 6, 7 and 8 sponsored on site by Maspeth Town Hall
 - Paul Effman Band Service
 - Extended Day (N-5)
 - Classrooms on the 2nd and 3rd floors are air conditioned

FREE Universal Pre-K For All

Partnership with Monsignor McClancy HS
Classes in Advanced Algebra / Earth Science

You may be eligible for tuition assistance for the 2016-2017 school year.

Accredited by Middle States Association



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www.tmla.org



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The Mary Louis Academy is sponsored by the Sisters of St. Joseph of Brentwood, New York
Accredited by the Middle States Association of Colleges and Schools and Chartered by the State of NY.



A dental home

The importance
of finding a
pediatric dentist
for your child

BY DR. ELAN KAUFMAN

The American Academy of Pediatrics and the American Academy of Pediatric Dentistry recommend that every child be seen by a pediatric dentist by age 1. It also encourages parents and other care providers to help every child establish a dental home by this age as well. The American Academy of Pediatric Dentistry modeled the concept of the dental home based on the current medical home concept in pediatric medicine.

Originally created as the center of a child's medical records, and specifically for persons with special health care needs, the medical home is a team-based health care delivery model led by a health care provider that is intended to provide comprehensive and continuous medical care to patients. With evolving health care perspectives, a modern dental home is the

same — a cultivated partnership between the patient, family, and pediatric dentist in cooperation with other dental and oral health care specialists. It was created as a cost-effective and higher quality health care alternative to emergency care situations. It encourages parents to help establish their child's dental home before problems arise.

Headed by a pediatric dentist, the dental home should provide comprehensive oral health care including emergency, preventive, and restorative treatment of oral disease. Anticipatory guidance about growth and development, as well as caries risk and periodontal disease risk assessment are also to be provided. Furthermore, a plan for dental emergency due to trauma should be established, dietary counseling provided, and education about the importance of proper oral health care for children should be taught and reviewed with

the new parents.

What this all really means is that it's best to meet your pediatric dentist as early as possible. The same ways pediatricians are trained to meet child's medical needs; pediatric dental specialists are uniquely qualified to deliver oral health care to infants, children, and adolescents. Pediatric dentists are the pediatricians of dentistry. They have additional training and education beyond dental school and are the true experts in oral health care for your child. They also know when it is appropriate to get another type of specialist involved in your child's care.

All studies show that the earlier the first visit, the better chance your child has of a cavity-free smile. It also gets a child to become familiar with the dental environment, doctors, and staff. Good oral health is an important part of your child's teeth. At the pediatric dental office you will learn how to clean and protect your child's teeth. Every child should have the opportunity for the best dental care possible, and it's never too early to find a dental home for your child. Treat your child to a pediatric dentist.

Pappas Pediatric Dentistry

Warm
child friendly
environment



TV/DVD in
waiting room and
operatories

Turn Your Child's Dental Visit Into A Fun Experience

Come Pet the Friendly Dinosaur

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

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





TEETH TIPS

**DR. LAVANYA
VENKATESWARAN**
Pediatric Dentist

Starting good dental habits with baby

It's never too early to start teaching your children good dental habits. A common question parents ask is when the right time is to start brushing their child's teeth.

I often suggest introducing a toothbrush to your baby even before she has teeth, but when the teething process begins. On average, that is in the range of four to six months of age. A good infant toothbrush, available at local drugstores, will have a small head with very soft bristles.

The infant toothbrush can be used for soothing when your baby is teething. A good trick is to put a clean toothbrush in the freezer, and then your baby can teethe on the icy brush head for comfort. This way, she gets accustomed to the toothbrush and comfortable with having a brush in her mouth. You can also use the infant toothbrush to gently massage and brush your baby's gums.

Once the first tooth or teeth erupt, I recommend starting a routine brushing habit. Begin with a regular nighttime brushing after your baby's last feeding or bottle of milk for the night. You can use baby toothpaste without fluoride at first.

Once your baby has two or more teeth though, I recommend switching to a fluoridated toothpaste under parent supervision. In accordance with American Academy of Pediatric Dentistry guidelines, use a very minimal amount, just a tiny smear of paste, equivalent to a tiny grain of rice or a small dot. Brush your baby's teeth and then wipe away the paste with a damp washcloth or gauze. This way, your baby won't swallow the paste.

Once teeth begin erupting in your baby's mouth, the oral environment changes, and different bacteria can be present that cause dental decay. The fluoride toothpaste will give your baby's teeth topical protection. The fluoride in toothpaste can prevent demineralization of enamel on the teeth, as demineralization can make teeth vulnerable to decay. Some babies particularly enjoy the feeling of a brush in their mouth and



want to brush their teeth on their own, too! In this case, remember to only give your baby a clean toothbrush without paste or with a fluoride-free paste if she wants to brush by herself, so that there is no risk of swallowing fluoride toothpaste.

Your baby should have her first dental checkup around age 1 or after the first teeth erupt, so your pediatric dentist can also help you learn how to brush your baby's teeth and wipe away the paste if you need help with technique. After you have a routine in place, start adding brushing time in the morning as well. As mentioned above, some babies like to try

to brush their teeth on their own, and it's fine to let them have a turn safely. However, the actual brushing should be done by a parent until they are older.

Making brushing a habit from a young age is important, it will lay the foundation for a lifetime of good oral health!

Dr. Lavanya Venkateswaran is a board-certified pediatric dentist, who practices at Tribeca Smiles and at Park Ave Smile. She is an assistant professor of clinical dentistry at Columbia University Medical Center and is an attending dentist in the department of Pediatric Dentistry.



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For groups or birthdays call 866.642.0849

Calendar

FEBRUARY



All about owls

Who goes there? Find out in the birding Owl Adventure at Alley Pond Park on Feb. 28.

New York City is home to an amazing abundance of wildlife. Our Rangers will guide you to the best wildlife viewing spots in the urban jungle.

Bring your own binoculars or ask a Ranger to borrow a pair. Birding programs are appropriate for

all skill levels and beginners are welcome.

This program will focus on owls and highlight their unique adaptations and behavior.

Owl Adventure on Feb. 28 from 3 pm to 4:30 pm. Free

Alley Pond Park [Cross Island Parkway and Grand Central Parkway in Bayside, (718) 217-4685; www.nycgov-parks.org].

Never miss a great event!

Sign up for our FREE newsletter and get twice-a-week ideas for you and your family right in your mailbox. NYParenting.com

Calendar

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 — 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!

FRI, FEB. 5

IN QUEENS

Teen program: Museum of the Moving Image, 36-01 35th Ave.; (718) 777-6888; www.movingimage.us; 4 pm; \$5 materials fee (museum admission).

Meet with friends in the Digital Media lab and have pizza, design jams, experiment with media-making. All levels of experience are welcome. For teens 14 and older.

SAT, FEB. 6

IN QUEENS

Hands on History: King Manor Museum, 150-03 Jamaica Ave.; (718) 206-0545, X 13; www.kingmanor.org; 1 pm to 4 pm; Free.

Learn about early African-American painters and reconstruct works of art from the 19th century into modern-day collages. After the craft activity, tour the museum to learn about early abolitionists Rufus King and John Alsop King.

FURTHER AFIELD

A Bright New Year: Long Island Children's Museum, 11 Davis Ave. at West Road, Long Island; (516) 224-5800; www.licm.org; 2 pm; \$3 with museum admission (\$2 members).

Chinese New Year, also referred to as Lunar New Year, begins late January to early February and marks the beginning of a new moon. Come celebrate Chinese New Year 2016, the Year of the Monkey, as you learn about the customs and celebrations surrounding this vibrant holiday and paint a beautiful paper lantern to welcome 2016! For children 5 and older.

SUN, FEB. 7

IN QUEENS

Winter Waterfowl: Baisley Pond Park, Baisley Boulevard and 155th Street; (718) 352-1769; 1 pm to 2:30



Year of the Monkey!

Welcome the new year at a Lunar New Year event at Flushing Town Hall on Feb. 14.

Celebrate the Year of the Monkey with traditional songs and costumes, folk dances, and fun workshops.

Children of all ages will enjoy

pm; Free.

Urban rangers guide you to the best places to view the winter birds. For older children.

FRI, FEB. 12

IN QUEENS

Winter paint workshop: Arrow Field House, 35-30 35th Ave.; (718) 349-0444; 6 pm to 8 pm; Free.

discovering the age-old customs and different ways to bring in a new year.

Lunar New Year, Feb. 14 from 10 am to 4 pm. Free.

Flushing Town Hall [137-35 Northern Blvd. in Flushing, (718) 463-7700; www.flushingtownhall.org].

Older teens can join in for an evening of painting and socializing. No experience necessary. All materials provided. Registration required.

SAT, FEB. 13

IN QUEENS

Winter birds: Ridgewood Reservoir, Highland Boulevard and Vermont Street; (718) 352-1769; 11 am to 12:30 pm; Free.

The city has a variety of wildlife. The rangers will lead you to where you can explore our nature. For older teens.

SUN, FEB. 14

IN QUEENS

Lunar New Year celebration: Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; www.flushingtownhall.org; 10 am – 4 pm; Free. Celebrate the Year of the Monkey with song and dance.

FURTHER AFIELD

"A Curious Feeling": Long Island Children's Museum, 11 Davis Ave. at West Road, Long Island; (516) 224-5800; www.licm.org; 2 pm to 4 pm; Free with museum admission.

Alice experienced a curious dream during her adventures in Wonderland, a dream that involved the Queen of Hearts and her giant army of cards! Don't be late for this important date as we use our imaginations to make our own playful card soldiers carrying special Valentines for our loved ones. All ages.

MON, FEB. 15

IN QUEENS

Engineering Week: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; www.nyscience.org; 9:30 am – 5 pm; Most activities free with general admission.

Each day covers a different engineering concept.

TUES, FEB. 16

IN QUEENS

Engineering Week: 9:30 am – 5 pm. New York Hall of Science. See Monday, Feb. 15.

Celebrate Black History Month: Queens Botanical Garden, 43-50 Main St.; (718) 539-5296; www.queensbotanical.org; 2:30 pm; \$6.

George Washington Carver was the Wizard of Tuskegee. Learn about his many accomplishments and inventions. For children 5 to 12. Registration is required.

WED, FEB. 17

IN QUEENS

Lunar New Year: Lost Battalion Hall Recreation Center, 93-29 Queens Blvd.; (718) 263-1163; 9 am to 3 pm; Free.

Celebrate the Year of the Monkey with performances, demonstrations, and refreshments.

Continued on page 30

Calendar

Our online calendar is updated daily at www.NYParenting.com/calendar

Continued from page 29

Engineering Week: 9:30 am – 5 pm. New York Hall of Science. See Monday, Feb. 15.

Storytime and craft: Queens Botanical Garden, 43-50 Main St.; (718) 539-5296; www.queensbotanical.org; 1 to 3 pm; Free.

Bring little gardeners and nature lovers for a relaxing winter afternoon featuring nature-inspired stories, followed by a botanically themed craft activity.

FURTHER AFIELD

"The Snowflake Man": Long Island Children's Museum, 11 Davis Ave. at West Road, Long Island; (516) 224-5800; www.licm.org; 11 am and 2 pm; \$5 with museum admission (\$4 members) \$10 theatre only.

The story of "The Snowflake Man" is inspired by Wilson "Snowflake" Bentley, the self-educated farmer and scientist who attracted world attention when he became the first person to photograph a single snow crystal. Come chill with Puppetkabob in the Theater as she combines creative storytelling, intricately designed Czech-style marionettes, and a striking pop-up book of water color scenery to magical effect!

THURS, FEB. 18

IN QUEENS

Engineering Week: 9:30 am – 5 pm. New York Hall of Science. See Monday, Feb. 15.

Composting for families:

Queens Botanical Garden, 43-50 Main St.; (718) 539-5296; www.queensbotanical.org; 1 to 2:30 pm; \$5 per person.

I Heart Worms for Families introduces children to the life of indoor composting (red wiggler) worms through a hands-on workshop! Make heart-shaped compost cookies for your plants. Purchase worm bin materials from us, and we'll help you set it up during the workshop. Children



Honor Black History

Enjoy a Hands on History workshop at King Manor Museum on Feb. 6.

What better way to celebrate Black History Month than a fascinating workshop on African-American painters? You can also reconstruct 19th-Century works of art into modern-day collages.

After the craft activity, tour the museum to learn about early abolitionists Rufus King and John Alsop King.

Hands on History, Feb. 6 from 1 to 4 pm. Free.

King Manor Museum [150-03 Jamaica Ave. in Jamaica, (718) 206-0545 X 13; www.kingmanor.org]

must be accompanied by an adult. Registration required.

"Fences": Jamaica Center for the Arts & Learning, 153rd St. and Jamaica Avenue; (718) 658-7400; www.jcal.org; 7:30 pm; \$15 (\$10 members).

Written by August Wilson, the 1987 play examines the evolving African-American experience in the 1950s. For older teens.

FURTHER AFIELD

"The Snowflake Man": 11 am and 2 pm. Long Island Children's Museum. See Wednesday, Feb. 17.

FRI, FEB. 19

IN QUEENS

"Fences": 7:30 pm. Jamaica Center for the Arts & Learning. See Thursday, Feb. 18.

FURTHER AFIELD

Secret Agent 23 Skidoo: Long Island Children's Museum, 11 Davis Ave. at West Road, Long Island; (516) 224-5800; www.licm.org; 11:30 am and 2 pm; \$5 with museum admission (\$4 members) \$10 theatre only.

Equal parts Dr. Seuss and Dr. Dre, 23 Skidoo performs family hip-hop with a "solid gold soul." The core of 23 Skidoo's music is the celebration of creativity, exploration, adventure and especially, diversity. A sworn defender of the wild and weird, he takes families on cerebral vacations into realms of crazy imagination, backed by thumping bass lines and heavy horn sections that wear out the dance floor. Ages 3 and up.

SAT, FEB. 20

IN QUEENS

Lunar New Year: Queens Zoo, 53-51 111th St.; (718) 271-1500; queenszoo.com; 11 am to 4 pm; Free with admission.

The Wildlife Conservation Society Prospect Park Zoo are celebrating the Year of the Monkey with special activities to ring in the Lunar New Year. Activities include a scavenger hunt, crafts, workshop performance, tea and fortune cookies, and calligraphy.

Temple bazaar: Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; www.flushingtownhall.org; 1 pm, 2 pm and 4 pm; \$5 (\$3 children).

Second annual Chinese New Year Temple Bazaar.

Lunar New Year: Queens Botanical Garden, 43-50 Main St.; (718) 539-5296; www.queensbotanical.org; 1 to 3 pm; \$5 materials fee.

A Lunar New Year celebration for the Year of the Monkey with holiday-themed storytime and crafts for kids, and a tea-blending workshop for adults.

The Night Sky: Fort Totten Visitor's Center, Ordinance Road at Shore Road; (718) 352-1769; www.nycgov-parks.org; 6 pm to 7:30 pm; Free.

Learn the facts and folklore surrounding our solar system.

"Fences": 7:30 pm. Jamaica Center for the Arts & Learning. See Thursday, Feb. 18.

FURTHER AFIELD

Tiny Trains: Long Island Children's Museum, 11 Davis Ave. at West Road, Long Island; (516) 224-5800; www.licm.org; 2 pm to 4 pm; Free with museum admission.

Granville T. Woods was an African-American inventor who created the induction telegraph system. This system allowed moving trains to com-

Winter wonderland in Manhattan

Have fun and enjoy a Winter Carnival at Bryant Park on Feb. 5 and 6.

Bundle up and come on out for the second annual party at Bank of America Winter Village!

Have fun in the frosty weather and join in for a celebration of the winter season. This jam-packed weekend features dancing, curl-

ing lessons, ice golf, live skating, and musical performances, and more.

Winter Carnival, Feb. 5 and 6 from noon to 10 pm. Free (some activities require a fee).

Bank of America Winter Village in Bryant Park [W. 40th Street and Fifth Avenue; <http://wintervillage.org/visit/wintercarnival>].



Our online calendar is updated daily at www.NYParenting.com/calendar

municate and helped dispatchers locate them, greatly improving rail safety. Come and create your own tiny train to commemorate the work of Granville T. Woods! Ages 3 and up.

SUN, FEB. 21

IN QUEENS

Animal tracking: Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 11 am to 12:30 pm; Free.

Learn how to identify the different animals by their tracks. For children 8 years and older.

Lunar New Year: 11 am –to 4 pm. Queens Zoo. See Saturday, Feb. 20.

Concert: Kupferberg Holocaust Resource Center & Archives, Queensborough Community College, 222-05 56th Ave.; (718) 281-5770; www.qcc.cuny.edu/HRCA/Default.htm; 3 pm; \$35-\$59.

Entertainers from the Jersey Boys play will perform many hits from the Four Seasons.

"Fences": 7:30 pm. Jamaica Center for the Arts & Learning. See Thursday, Feb. 18.

FRI, FEB. 26

IN QUEENS

Teen program: 4 pm. Museum of the Moving Image. See Friday, Feb. 5.

SAT, FEB. 27

IN QUEENS

"The Year of the Calabash": Jamaica Center for the Arts & Learning, 153rd Street and Jamaica Avenue; (718) 658-7400; www.jcal.org; 7:30 pm; \$10 children (\$25 adults).

Experience the United African Dance Troupe's signature drumming and dance honoring the ancestors of the African diaspora.

SUN, FEB. 28

IN QUEENS

Monkey mask craft and dance workshop: Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; www.flushingtownhall.org; 1:30 pm; call for tickets.

In this creative and engaging workshop, children will discover the Year of the Monkey.

Owl adventure: Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 3 pm to 4:30 pm; Free.

Bring your own binoculars or ask to borrow a pair and view these fantastic birds of prey.



Photo by Erika Kapin

Extreme universe

Come explore the extremes at the Intrepid Sea Air and Space Museum during Kids' Week, Feb. 15 through 19.

This year, children can learn about extreme environments from the polar regions to the deserts, from Earth to the Moon, Mars, and beyond. Staff will highlight the most exciting atmospheres in the universe through hands-on

activities, presentations, and special guest appearances.

Kids' Week, Feb. 15 through 19, 10 am to 5 pm. Events are free with general museum admission.

For exact times and schedules visit the museum's website.

Intrepid Sea Air and Space Museum [Pier 86 at W. 46th Street and 12th Avenue in Hell's Kitchen, (212) 245-0072; www.intrepidmuseum.org]

FURTHER AFIELD

Mountain or molehill?: Long Island Children's Museum, 11 Davis Ave. at West Road, Long Island; (516) 224-5800; www.licm.org; 2 pm; \$3 plus admission (\$2 members).

Mountains cannot actually be made out of a molehill, but they are scientifically caused by the movement of volcanoes and tectonic plates. Come find out how as we explore the science behind our new exhibit, When the Earth Shakes. Then, make a mountain project based on the way the Earth stays active! Ages 5 and up.

LONG-RUNNING

IN QUEENS

Nikon small world: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; www.nyscience.org; Weekdays, 9:30 am – 5 pm, Saturdays and Sundays, 10:30 am – 5 pm, Now – Sun, Feb. 21; most activities free with general admission.

Photography and science converge in this colorful exhibition showcasing the best of photomicrography, photography taken through a microscope. This year's winning image was

awarded to Australian Ralph Grimm for his close-up of a bee eye covered in dandelion pollen grains. Other images on view include a starfish imaged using confocal microscopy, an image of nerves and blood vessels in a mouse ear skin, and an image of the young buds of a flowering plant.

Gingerbread Lane: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; www.nyscience.org; Mondays – Thursdays, 9:30 am – 5 pm, Fridays, 9:30 am – 5 pm, Saturdays, 10 am – 6 pm, Sundays, 10 am – 6 pm; free with museum admission.

Visitors marvel at the homemade gingerbread houses made entirely of edible gingerbread, royal icing and candy. The houses are the creation of chef John Lovitch.

Family Workshop: Museum of the Moving Image, 36-01 35th Ave.; (718) 777-6888; www.movingimage.us; Saturday, Feb. 13, 2:30 pm; Sunday, Feb. 14, 2:30 pm; Monday, Feb. 15, 2:30 pm; Tuesday, Feb. 16, 2:30 pm; Wednesday, Feb. 17, 2:30 pm; Thursday, Feb. 18, 2:30 pm; Friday, Feb. 19, 2:30 pm; \$5 materials fee plus admission.

The Ins and Outs of Character Design. The emotions of joy, sadness, fear, and anger each take on lives of their own in the Pixar film "Inside Out." In this 45-minute workshop, children have the chance to create a unique character design of their own inspired by an emotion, experimenting with shape, color, and material. Program duration: 45 mins. Recommended for ages 6-12.

FURTHER AFIELD

Annual train show: Grand Central Terminal, 42nd Street and Park Avenue, Manhattan; web.mta.info/mta/museum/#general; Weekdays, 8 am to 8 pm, Saturdays and Sundays, 10 am to 6 pm, Now – Sun, Feb. 21; Free with standard admission.

Zip through tunnels, see familiar skyscrapers, and visit subway stops by viewing model trains. The layout Lionel Metro-North, New York Central and subway trains along with a miniature replica of Grand Central Terminal is a great way to spend the holidays.

The Titanosaur: American Museum of Natural History, Central Park West at W. 79th Street, Manhattan; (212) 769-5200; www.amnh.org; Daily, 11 am to 5 pm; Free with museum admission.

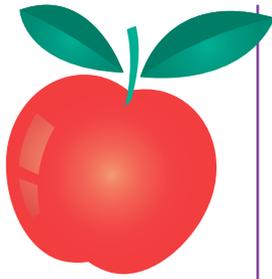
The cast of the largest dinosaur that ever walked the earth is now on exhibit. The 122-foot long dino is residing on the fourth floor. This giant herbivor belongs to a group known as titanosaurs, and weighed about 70 tons.

Superheroes in Gotham: New York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; Tuesdays – Thursdays and Saturdays, 10 am – 6 pm, Fridays, 10 am – 8 pm, Sundays, 11 am – 5 pm, Now – Sun, Feb. 21; Free with museum admission.

Through comic books, original drawings, posters, video clips, costumes, early merchandise, and props, Superheroes in Gotham will tell the story of comic book superheroes in New York City.

"Little Red's Hood": Swedish Cottage Marionette Theater, W. 79th and West Drive; (212) 988-9093; Tuesdays, Thursdays and Fridays, 10:30 am and Noon, Wednesdays, 10:30 am, Noon 2:30 pm, Saturdays and Sundays, 1 pm, Tues, Feb. 2 – Fri, April 29; \$10 (\$7 for children under 12).

Little Red is a smart, young, city slicker who is too focused on her smartphone to notice her surroundings. When Little Red travels from New York City to the country to deliver some cupcakes to her grandma, she encounters a colorful cast of characters as Wulfric the Wolf tries to head her off at the pass. Suitable for children 3 to 9 years old.



DEAR TEACHER

PEGGY GISLER AND
MARGE EBERTS

Learn these helpful education acronyms

Dear teacher,

Please help me understand some educational acronyms so that I know what the teachers are talking about.

Dear parent,

It always helps to understand what your children's teachers are saying. Whenever a teacher uses an acronym that you don't understand, simply ask for an explanation. Here are a few acronyms that might be helpful for you to know that are commonly used in elementary and middle school:

ADA — (Average Daily Attendance) is determined by dividing the total days of instruction by the total days of student attendance. It is used as the basis for distributing state school revenue.

AYP — (Adequate Yearly Progress) a measure under No Child Left Behind to see if states are meeting proficiency goals in reading and math.

ESL — (English as a Second Language) a program giving special instructions to children who are learning English.

G&T — (Gifted and Talented) a variety of programs that support the needs of exceptional children through accelerated, rigorous, and specialized instruction.

IQ — (Intelligence Quotient) a number representing a student's intelligence based on the score of a special test.

LEA — (Local Education Agency) your local school system or county.

NAEP — (National Assessment of Educational Progress) nicknamed the "Nation's Report Card," it compares the achievement of students in different states in various subject areas.

NCLB — (No Child Left Behind) a federal law that holds primary and secondary schools accountable to higher standards.

PTA and PTO — (Parent Teacher Association and Parent Teacher Organization) parent-teacher groups with the goal of helping and improving an individual school, especially through parental involvement.

RTI — (Response to Instruction)



a three-tiered system of identifying students' needs and supplying the appropriate help.

STEM — (Science, Technology, Engineering, and Mathematics) a focus on skills needed to succeed in today's world with the goal of interesting young students in these subjects at an early age.

Title I — A program that provides federal funding to schools that have low poverty levels. The funding is meant to help students who are at risk of falling behind academically.

USED — (United States Education Department) provides federal assistance to state and local agencies, establishes policies related to federal education funds, administers distribution of these funds, collects data and oversees research on America's schools and identifies major issues in education.

Finding a time to talk to teachers

Dear teacher,

Both my husband and I work long, long hours at jobs where we can never get away for conferences with our children's teachers. Do you have any suggestions about ways that we

can talk to their teachers?

Dear parent,

Talking with your children's teachers is very important. When it is simply impossible to visit with them in person, the best alternative is to talk on the phone. Use e-mail or the school website to contact the teachers to arrange a convenient time to talk to them. It might even be possible to use Skype, so the conversation will seem more personal, as you are looking at each other.

Also, if you attend school events in the evenings, you may find it possible to communicate ahead of time with teachers and arrange a time to meet before or after an event. Another possibility is trying to arrange time before school starts to come in early and talk to teachers.

When you have immediate questions that need answering, email is often the best way to get the answers you need.

Parents should send questions and comments to dearteacher@dearteacher.com or ask them on the columnists' website at www.dearteacher.com. Compass Syndicate Corporation 2015.

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GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Discover the power of sprouted grains

Sprouted grains, a popular food of the '70s, are back. In fact they're becoming trendy and can be found in bread, cereal, pasta, and snack chips.

Sprouted grains refer to seeds of grain that are soaked in water and allowed to germinate, or begin to sprout. Once a root appears, the grains can be frozen, dried, or mashed and cooked into baked goods. They're considered a whole grain and that grain can be wheat, rye, barley, spelt, or oat. Even naturally gluten-free corn, rice, amaranth, and millet flours are being made from sprouted grains.

Proponents say the health benefits are significant. Sprouted grains are said to be higher in nutrients such as protein and vitamins. But are the benefits being overstated?

"Whether there's a significantly greater amount of nutrients or not, that's not really clear," says Dr. Julie Miller Jones, professor emerita at St. Catherine University in St. Paul, Minnesota. "Is it 10 percent more, enough to make a nutritional impact?"

Sprouted grains are a touch sweeter and more flavorful than traditional whole grains.

"You're breaking down some



starch, which makes it taste sweeter," says Jones, who attended a presentation on the topic at the American Association of Cereal Chemists International meeting in October. She says it's a way for food companies to "get a sweet taste without added sugar."

She adds that some of the enzymes produced during the sprouting process can make certain proteins easier to digest.

"It breaks down grain protein and legume protein, both of which are harder proteins for us to digest."

In addition, sprouting activates

certain plant enzymes that start breaking the cell wall down, which also improves digestibility.

As to the protein increasing, she says since the starch is being used up, it's the percentage of protein that is going up, not the actual amount.

"When you measure it analytically, you have more protein, but you haven't been making protein, you've been using up the starch so the percentage is higher."

Sprouting causes the reduction of phytate, which improves the absorption of both iron and zinc, two key nutrients for both kids and their mommas.

Is there a downside to sprouting? Jones says that depending on how long you do it, "you can take all the beta glucan (fiber) out of things like oats or barley."

Sprouted flour can be purchased online and at natural foods stores, but mainstream supermarkets are beginning to offer it as well.

For more information on how to sprout your own or baking with them, see the book "Bread Revolution" by Peter Reinhart.

Christine Palumbo is a Naperville-registered dietitian nutritionist who is eager to try her hand at some sprouted grain recipes. Find her at Christine Palumbo Nutrition on Facebook, @PalumboRD on Twitter or ChristinePalumbo.com.

Sprouted coconut waffles

Serves four

INGREDIENTS:

- 2 large eggs
- 1/4 cup yogurt
- 1 1/4 cups water
- 3 tbsp. coconut oil
- 1/4 cup maple syrup (plus more for on top)
- 1 tbsp. vanilla extract
- 1 1/4 cups sprouted whole wheat flour
- 1/2 cup coconut flour
- 1/2 tsp. sea salt
- 1 tsp. baking powder
- 4 tbsp. dried, shredded coconut

DIRECTIONS: In a large mixing bowl, lightly beat the eggs. Add the yogurt, water, oil, syrup, and vanilla. Mix until blended. Add the remaining dry ingredients to the egg mixture and mix until blended.

Follow the waffle iron instructions for cooking. Adjust the consistency of the batter by adding more water or flour as needed.

Serve with butter and maple syrup.

NUTRITION FACTS: 410 calories, 51 g carbohydrate, 11 g protein, 19 g fat (15 g saturated fat), 490 mg sodium, 13 g fiber

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