

STATEN ISLAND

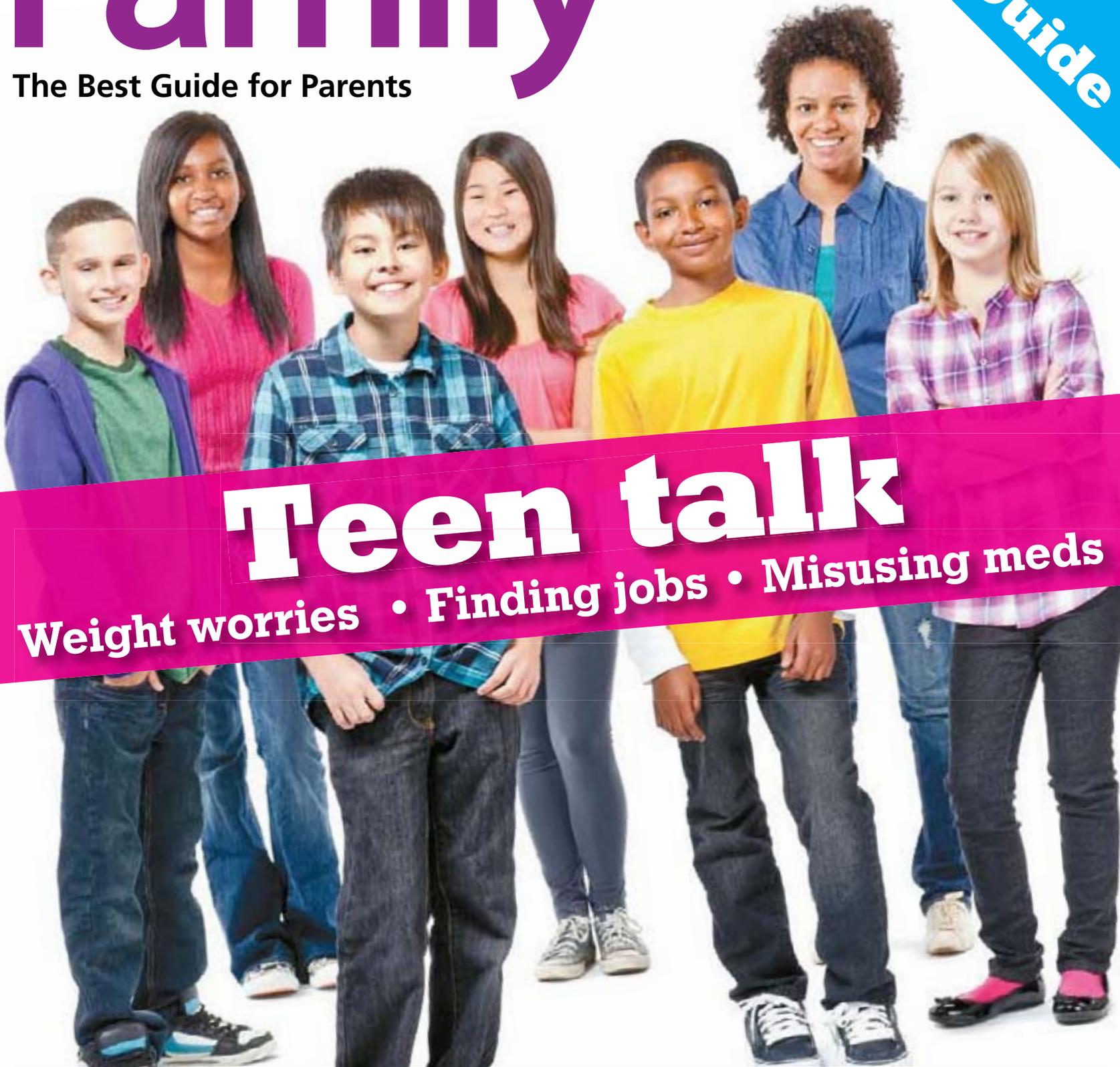
Family

The Best Guide for Parents

October 2011

FREE

High School Guide



Teen talk

Weight worries • Finding jobs • Misusing meds

Find us online at www.NYParenting.com

Come See What The Buzz is All About

BUMBLEBEES-R-US

Child Care Center

Welcome to the fascinating world
of "Early Childhood"!

Very
Competitive
Rates

Accepting Children
From 1 month to 6 Years
Convenient Hours 7am-7pm

An Innovative and Exciting Curriculum

- Nutritional meals
(breakfast, lunch & 2 snacks)
- Vouchers accepted
- Under Video Surveillance

Nurturing
and
Safe

www.bumblebees-r-us.com

2734 Victory Blvd. Staten Island, NY 10314
Phone: 718.494.4448 • Fax: 718.494.1827

Family October 2011



FEATURES

6 Having the wrong look

When teens miss out on jobs — just because of appearance

BY RISA C. DOHERTY

10 Pound wise

How to discuss weighty matters with your teen

BY KATHY SENA

18 Rx for vigilance

How to prevent your teen from misusing medications

BY SANDRA GORDON

24 Scary-Island!

Have fun this spooky season with these great Staten Island events!

BY JOANNA DEL BUONO

26 Crafting a fabulous fall party

Everything you need for a seasonal celebration

BY DENISE MORRISON YEARIAN

28 Frightful news

Linking your kid's Halloween candy and hyperactivity

BY THE FEINGOLD ASSOCIATION

33 Boo-tiful bash

Clever tips for hosting a Halloween party for kids and adults

BY PENNY WARNER



COLUMNS

8 A Teen's Take

BY AGLAIA HO

30 Family Health

BY LISA PALADINO

32 Newbie Dad

BY BRIAN KANTZ

34 Good Sense Eating

BY CHRISTINE M. PALUMBO, RD

35 Healthy Living

BY DANIELLE SULLIVAN

41 Divorce & Separation

BY LEE CHABIN, ESQ.

42 New & Noteworthy

The hottest new products

CALENDAR OF EVENTS

37 Going Places

Take the family out and find out what's going on in your town

SPECIAL SECTIONS

14 High Schools Directory

20 Activities Directory



Letter from the publisher

Parenting teens

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



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

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

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

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

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

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

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

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

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

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

Susan Weiss-Voskidis, Publisher

STAFF

PUBLISHER / ADVERTISING / EDITORIAL:

Susan Weiss

PUBLISHER / BUSINESS MANAGER:

Clifford Luster

SALES MANAGER / ADVERTISING:

Sharon Noble

SPECIAL ADMINISTRATIVE ASSISTANT:

Tina Felicetti

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

ART DIRECTOR: Leah Mitch

PRODUCTION DIRECTOR: On Man Tse

LAYOUT MANAGER: Yvonne Farley

WEB DESIGNER: Sylvan Migdal

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

MANAGING EDITOR: Vince DiMiceli

ASSISTANT EDITORS: Courtney Donahue, Juliet Linderman

COPY EDITOR: Lisa J. Curtis

CALENDAR EDITOR: Joanna Del Buono

CONTRIBUTING WRITERS:

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

CONTACT INFORMATION

ADVERTISING: WEB OR PRINT

(718) 260-4554

Family@cnglocal.com or
SWeiss@cnglocal.com

CIRCULATION

(718) 260-8336

TFelicetti@cnglocal.com

EDITORIAL

(718) 260-4554

Family@cnglocal.com

ADDRESS

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

www.NYParenting.com

New York Parenting
M E D I A
Where Every Family Matters
www.NYParenting.com



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

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

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

Join the conversation on Facebook.

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

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



The Gingerbread Learning Center

Meeting The Needs of Challenged Preschool Children Since 1988...

As per Section 4410 of Article 89 of the Education Law

**Children Ages 0-5
Programs Are Available**

**5 Days - Full Day/Half Day
Extended Daycare Hours
7am - 7pm Available**



Forming
Classroom Based
Programs With
ABA Instruction
For 2-3 Years Olds
(Limited Space)

- **Group or Individual** Curriculums at Your Home, Preschool or our Center.
- **Diagnostic Evaluations and Therapy** by Licensed Certified Professionals. Placement determined by NYC CPSE.
- **NYS Approved Preschool Evaluation Site.**
- **FREE TUITION & TRANSPORTATION***
- **Developmental Areas:** Behavior and Socialization, Cognitive Development, Speech and Language Hearing Loss, Physical Therapy and Occupational Therapy.
- **Two Convenient Staten Island Locations.**

*For all eligible children. Funding provided through state & local agencies. Parent may transport for reimbursement.

For more info & a tour call: **718-356-0008**

80 Woodrow Road • 471 North Gannon Avenue

E-mail: GingerbreadLearn@aol.com

~ Equal Opportunity Employer ~

FOCUS VISION CARE

- Children & Family
- Designer Eyewear
- Sports Sunglasses & Premium Lenses
- Contact Lenses



Check Yearly
See Clearly™

*Service
Quality
Satisfaction*



COMPREHENSIVE EYE EXAMS

- Diabetics • Glaucoma
- Cataract Testing • Lasik Consultation

Most Insurances Accepted • Convenient Evening Hours



Dr. Jyotsna Jain, O.D.

1922 Victory Blvd. (Across from CVS parking lot)

718-448-1622 • www.focusvisioncare.com

Have your doctor
fax or e-scribe
your prescription
and we will deliver
it to your home.

delcodrugs
AND SPECIALTY PHARMACY

Visit our website at www.delcodrugs.com

Your Personal Pharmacy and More



Child Friendly
Environment With A
Working Lionel Train!
Come In & See Our
New Line of Pediatric
Products!

We now carry Klaire Labs, Thorne Pediatric, Nordic Naturals, Pure & other Specialty Vitamins & Supplements



- Autism, ADHD, Asthma & Allergy Medication Specialist
- Specialized baby formulas (Elecare, Neocate) covered by insurance & delivered to your home
- Born Free Products (PBA FREE)
- Custom Pediatric Compounding
- *Gluten Free*
- *Casein Free*
- *Lactose Free*
- *Dye Free*
- Your source for Nebulizers

Open 7 Days: Monday-Friday 9-8 | Saturday 9-6 | Sunday 9-3

- Compounding for Autism Spectrum Disorders**
- **Elimination of toxic metals**
ie - DMSA, EDTA, Glutathione
 - **Non-Sterile Compounding**
ie - Antibiotics into suppositories
 - **Sterile Compounding**
ie - Methyl B12 injections

**SPECIAL ORDERS
WELCOME**



Independently Owned And Operated • Robert Annicharico, Rph
3833 Richmond Avenue • Staten Island, NY 10312 (Next to Eltingville train station)
Phone: 718.984.6600 • Fax: 718.984.6601 • get-it-filled@delcodrugs.com



Having the wrong LOOK

When teens miss out on jobs — just because of appearance

BY RISA C. DOHERTY

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

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

I thought that was an odd comment.

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

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

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

'Look policy'

When she returned moments later, she was frustrated, understanding

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

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

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

Impact on teens

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

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

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

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

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

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

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

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

Valuing the ‘whole person’

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

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

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

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

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

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



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

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

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

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

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

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

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



A TEEN'S TAKE

AGLAIA HO

Passing with flying colors

The mere mention of a pop quiz, test or exam sends a wave of moans and groans around a classroom. I'll admit that I join the chorus of complainers with cries of outrage. It's natural for teenagers to passionately abhor testing. We're far too busy with more "important" things to do. Sleeping, surfing the Internet, chatting on the phone, listening to music, and watching TV are all in a day's "work" for us. However, now that I'm entering my junior year of

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

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

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

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

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

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

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

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

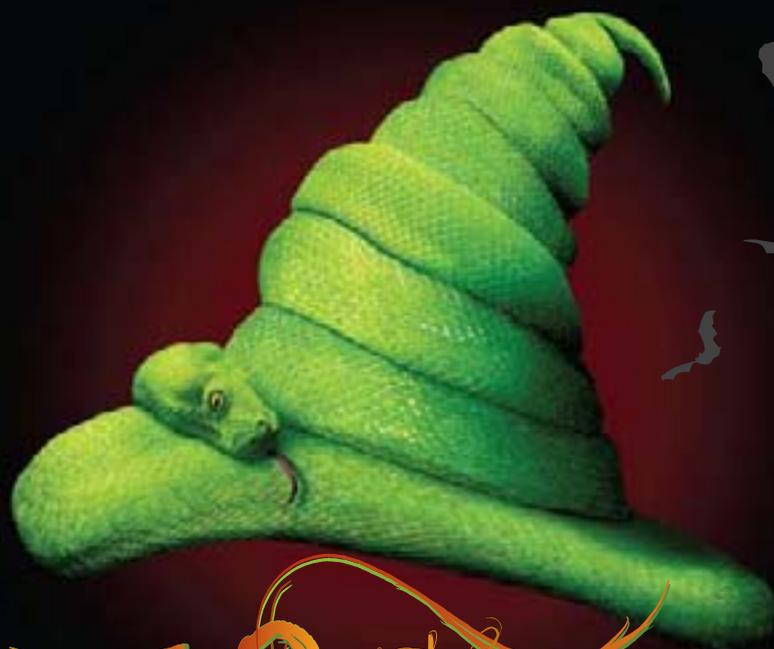
Another big part of high school was the highly anticipated Regents exam, the subject-specified New York standardized exams. While these exams are unique to New York, most colleges don't acknowledge high Regents grades, but they do judge poor ones. Therefore, Regents are often heavily stressed in high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

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

Aglaia Ho is a 16-year-old student from Queens who enjoys writing. Her work has been published in Creative Kids, Skipping Stones, Daily News-Children's Pressline, and The State of the Wild.



WHERE THE WILD THINGS REALLY ARE!



Boo at the Zoo

WEEKENDS IN OCTOBER
KIDS IN COSTUME GET IN FREE!*

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

Presented by Pepsi



BRONX
ZOO

BRONXZOO.COM/BOO

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

Pound wise

How to discuss weighty matters with your teen

BY KATHY SENA

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

Respect your child's feelings

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

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

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

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

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

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

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

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

Watch the humor

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

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

Focus on health

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

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

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

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

Could my teen have a serious problem?

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



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

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

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



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

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

Emphasize breakfast

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

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

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

Team effort

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

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

Puberty-related weight changes

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

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

Continued on next page

Weight worries

Continued from previous page

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

Surf Web together

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

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

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

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

De-emphasize 'dieting'

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



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

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

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

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

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

Be the family that plays together

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

grocery lists and the grocery shopping, suggests Mehta.

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

Know when to consult an expert

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

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

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

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

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

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

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

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

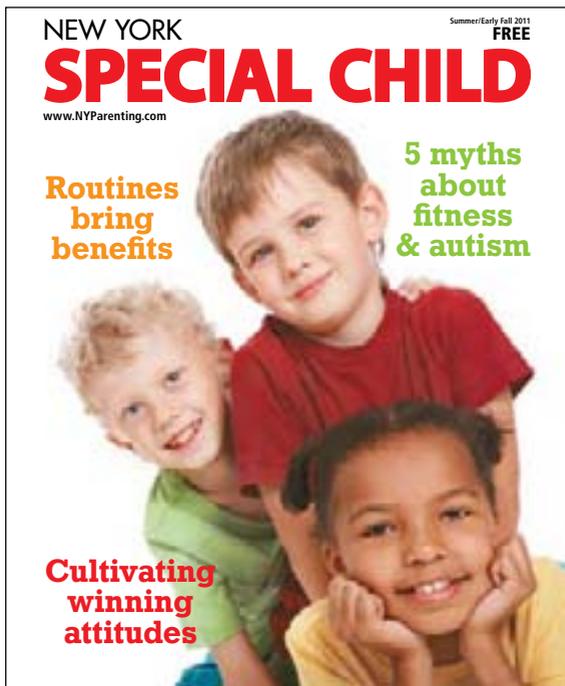
Also, make sure your pediatrician knows that you endorse a non-diet approach, and that you do not want her to focus on the number on the scale or discuss a need for weight gain/loss in front of your child, Crawford advises.

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

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

Kathy Sena is a freelance journalist who frequently covers health issues and teens. Visit her blog at www.badballet.com.

© 2011, Kathy Sena.



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

Trusted since 2008

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

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

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

Visit us online at

www.NYParenting.com

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



To advertise your business and or services contact us at 718-260-4554 or e-mail us at family@cnglocal.com

Family Publications New York/CNG
1 MetroTech Center North - 10th Fl. • Brooklyn, NY 11201
718-260-4554 • family@cnglocal.com



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

La Salle Academy

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

OPEN HOUSE

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



LA SALLE ACADEMY | VISIT OUR WEBSITE AT WWW.LASALLEACADEMY.ORG



OPEN HOUSE



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

(Last tour begins at 11:45am)

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

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

Information:

(212) 288-1645 ext.134
www.stjean.org

173 East 75th Street | New York, NY 10021

High School

DIRECTORY

Bishop Loughlin Memorial High School

357 Clermont St., Brooklyn
 (718) 857-2700 or www.blmhs.org

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

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

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

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

Catherine McAuley High School

710 East 37th St., Brooklyn, (718) 462-7282 or www.mcauleybrooklyn.org

Nationally recognized by the U.S. Department of Education and sponsored by the Sisters of Mercy, McAuley has met the needs of young women for nearly 70 years. McAuley continues to serve the young women of today and is dedicated to preparing young women for life. The school's mission is to stimulate students academically, develop good moral character, awaken inner strength, provide self-awareness and offer social and athletic experiences. Over 98% of McAuley's graduates go to college, many on scholarship. Graduates have been accepted to Adelphi, Georgian Court, Hampton, Hofstra, Iona, Johnson & Wales, NYU, Notre Dame, Pace, Penn State, Polytechnic, Spellman, St. John's, Syracuse, Temple and Virginia State University.

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

Fontbonne Hall Academy

9901 Shore Rd., Brooklyn, New York 11209, (718) 748 2244 or www.fontbonne.org

Fontbonne Hall Academy is a college preparatory Catholic secondary school for young women sponsored by the Sisters of Saint Joseph of Brentwood, NY, located in Bay Ridge, Brooklyn, serving the diverse population of southwest Brooklyn, southern Queens and Staten Island.

Fontbonne features small class size, modern laboratories and state-of-the-art

technology. NYS Regents curriculum with Advanced Placement, distance learning, or college-credit courses with St. John's University. Specialized programs in art and music, Anthropology, Psychology, Anatomy and Physiology, Marine, and Forensic Sciences are offered. All students complete at least fifteen hours of volunteer work annually.

Varsity and JV teams include volleyball, basketball, soccer, and golf, cheerleaders and the swim team. Video and print yearbooks, the newspaper, and many extra- and co-curricular clubs enrich the Fontbonne experience.

La Salle Academy

215 East 6th Street, New York, (212) 475-8940 or www.lasalleacademy.org

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

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

Moore Catholic High School

1000 Merrill Ave., Staten Island, (718) 761-9200 or www.moorecatholicchs.org

Moore Catholic High School is co-educational and offers a warm and supportive environment inspiring interest, enthusiasm, and self confidence while pursuing academic excellence and spiritual growth. Founded in 1962 with an enrollment of approximately 1000 students, there is a fifty-eight member faculty, on a six-acre attractive campus, with 35 classrooms, a Performing Arts complex with rooms for music, drama, and dance, extensive athletic facilities that include football, softball, tennis & basketball.

At Moore Catholic, we are strongly committed to the development of young minds. Developing a positive environment, which encourages academic excellence, social development, self discipline and infused with the traditions and teachings of the Gospel, it is not only an

Continued on page 16

NOTRE DAME ACADEMY



134 Howard Avenue
Staten Island, NY
www.notredameacademy.org

High School Open House Saturday, October 29

1:00-4:00 pm

Call: 718-447-8878
Ext. 501

Please ask for Ms. Vulpis



*Tour the campus, meet the students, and experience
all that Notre Dame Academy has to offer.*

You're always welcome at
Staten Island Academy!
Join us for an Open House!

Thursday, October 13 at 7PM
Tuesday, October 18 at 9AM

For our Annual Scholarship Program, The William Winter Scholarships

Saturday, October 22 from 9AM to 12 noon
Open House for All Grade Levels -- Pre-K through Grade 11

Thursday, November 3 at 9AM
Open House for Pre-K through Grade 4

Wednesday, November 16 at 9AM
Open House for Grades 5 through 11

Thursday, December 1 at 9AM
Open House for All Grade Levels -- Pre-K through Grade 11



Staten Island Academy
INDEPENDENT COLLEGE PREP for Pre-K through Grade 12

- Part-time and full-time Pre-K programs available
- Science, art, music, and physical education classes are part of the school day
- Children receive the kind of nurturing that makes them feel at home, comfortable enough to ask questions, explore and create!

Get More Info
Contact Ruth Teggare,
Director of Admissions
at (718) 293-7803

Visit Us Online
Learn about the Academy at
www.statenislandacademy.org

Our Location
715 Todd Hill Road
Staten Island, NY
10314



MOORE CATHOLIC HIGH SCHOOL OPEN HOUSE

Sunday, October 30, 2011 • 11:30am - 3:30pm

...Open the door...to a bright future at Moore...

- College Preparatory Program
- Excellent Education Rooted in the Values of Jesus
- Presentation Scholars Academy
- AP and College Courses in partnership with St. John's University
- A Performing Arts Program Second to None
- Online access to all Curriculum through Rediker and Edline
- Cutting Edge Technology & State-of-the-Art Science Labs
- Great Athletic Programs
- 98% of our Students Attend College
- Seniors in the class of 2011 have received a total of \$6,000,000 in Scholarships and grants



**Visit Us
To See For
Yourself!**

100 Merrill Ave. • SI, NY 10314 • **718.761.9200** • www.moorechs.org • Douglas McManus, Principal

Picture yourself at Fontbonne Hall Academy:



- 530 young women
- 100% of graduates attend college
- The 123 members of the Class of '11 won over \$17 million in scholarships
- Mother St. John Fontbonne Scholars Program
- Admissions to US Military Academy, Georgetown, NYU, Penn State, Boston College, Johns Hopkins, Columbia and other fine schools
- Four year retreat & service program
- Multimedia & distance learning
- Varsity & JV sports include golf, volleyball, basketball, soccer, track, swimming & cheerleading
- Nationally ranked Speech Team

Visit us on the web
or contact:
Anne Rafferty --
Director of Admissions
rafferty@fontbonne.org

**Fontbonne Hall
Academy**
9901 Shore Road
Brooklyn, NY 11209
718-748-2244
www.fontbonne.org

Open House:
Oct. 16, 2011
12:30 - 3:30 PM

Sister Dolores F. Crepeau CSJ, Principal
Mrs. Gilda T. King, Assistant Principal
9901 Shore Rd., Brooklyn 11209 • 718-748-2244 www.fontbonne.org

High School

DIRECTORY

Continued from page 14

institutional commitment but is also the personal commitment of each staff member. Our values and traditions are passed down through state-of-the-art programs which promote scholarship, leadership, and service to the school, the Church and the community.

To truly understand Moore, we invite you to visit our campus. To arrange a tour of the school, please call us.

New York Military Academy

78 Academy Ave., Cornwall-on-Hudson, (888) ASK-NYMA or WWW.NYMA.ORG

New York Military Academy is a coed, college prep boarding and day school and is an important part of America's independent school heritage...

We are located just 60 miles north of New York City. We offer a rigorous, engaging and inspiring curriculum for students seeking excellence. Our structured program prepares our graduates for college and for the future. Our Academic and Athletic Programs build character and teach leadership.

We offer various tracks to our Cadets including Classical/College Preparatory, Research & Technology, Service Academy Preparatory, Teach for America Education, Business/Entrepreneurial, International Diplomacy.

We are accepting applications for grades 7-12. Please visit our website for OPEN HOUSE dates. Call for open house reservations.

Notre Dame Academy High School

134 Howard Ave., Staten Island
(718) 447-8878 or www.notredameacademy.org

Sr. Patricia Corley, CND President
and Mrs. Kate Jaenicke, High School Principal

Notre Dame is a private Academy for girls and young women who want a safe, nurturing, educationally superior school where they can develop their academic and personal talents in a spiritually enriching Catholic environment. Notre Dame Academy was founded in 1903 by pioneering, independent, forward-looking women, the Sisters of the Congregation of Notre Dame.

For more than a century the Academy has provided a focused, rigorous educational environment, encouraging girls and young women to learn to their fullest capabilities, an achievement greater than their times and their societies sometimes thought possible. NDA provides the highest quality education where students meet academic, athletic, artistic and social challenges, gain confidence, and achieve success in a unique, personalized, and creative atmosphere.

Unlike any other school on Staten Island, the Academy offers a liberating and

transformative education for girls in grades Pre-K - Grade 12 that enables each student to discover her own voice, develop her talents and reach her potential in a personalized environment rooted in the Catholic tradition of prayerful reflection and social justice.

St. Jean Baptiste High School

173 East 75th St., New York
New York, NY 10021-3296

(212) 288-1645 or www.stjean.org

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

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

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

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

Staten Island Academy

715 Todt Hill Rd., Staten Island
(718) 303-7846 or www.statenislandacademy.org

Successful students -- achieving their goals in school and in life -- are at the center of Staten Island Academy. An independent, co-ed, college prep school for Pre-Kindergarten through Grade 12, the Academy provides an inspiring balance of challenge, exploration and opportunity. In Grades 9-12, students become pretty incredible young adults. They study hard, they play hard, and they take the initiative to lead groups large and small in making the Academy and the community a better place. AP courses, college counseling, and placement assistance help them prepare academically and socially to succeed at whatever college they decide to attend.

Like us on

facebook

or follow us on

twitter

Facebook Search: NYParenting

NEW YORK MILITARY ACADEMY

CO-ED • COLLEGE PREP • 7TH - 12TH GRADE BOARDING & DAY SCHOOL



Located just 60 miles from New York City, **New York Military Academy** is an important part of America's independent school heritage. Today, we offer a rigorous global curriculum for students who actively seek to be **Set Apart for Excellence**. We do this in a structured program that enables our graduates to enter college Inspired, Engaged, and Ready for the future.



VARIOUS TRACKS OFFERED TO OUR CADETS: Classical/College Preparatory • Research & Technology • Service Academy Preparatory • Teach for America Education • Business/Entrepreneurial • International Diplomacy

ACADEMICS • ATHLETICS • CHARACTER • LEADERSHIP



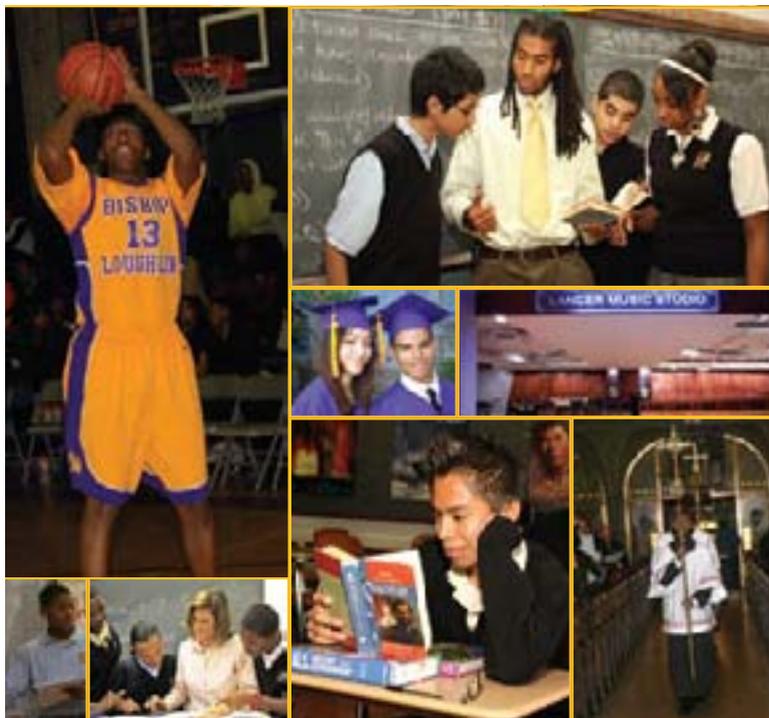
Visit our website for **OPEN HOUSE** dates. *Call Now for Reservations!*



Accepting applications for Grades 7-12

888-ASK-NYMA • WWW.NYMA.ORG

NEW YORK MILITARY ACADEMY 78 Academy Ave • Cornwall on Hudson, NY



OPEN HOUSE | Sunday, October 23rd
1:00PM - 4:00PM

BISHOP LOUGHLIN
MEMORIAL HIGH SCHOOL
EDUCATING LEADERS SINCE 1851



SCAN TO
LEARN MORE

357 CLERMONT AVE. | BROOKLYN, NY 11238 | BLMHS.ORG | 718.857.2700 X2246

CATHERINE
McAULEY
HIGH SCHOOL



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

Fall 2011 Open House Dates

Thursday, October 6th 6:30 pm - 8:00 pm

Wednesday, November 2nd 6:30 pm - 8:00 pm

Call: 718-462-7282

Tour: 710 East 37th St. (Corner of Foster Avenue)

Brooklyn, NY 11203-5600

Visit: www.mcauleybrooklyn.org

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



Rx for vigilance

How to prevent your teen from misusing medications

BY SANDRA GORDON

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

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

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

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

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

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

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

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

Gen Rx

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

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

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



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

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

- Empty out your medicine cabinet.

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

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

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

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

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

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

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

For more information about the National Institute on Drug Abuse, visit drugabuse.gov.

Prescription drugs teens abuse

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

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

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

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

Over-the-counter misused medications

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

MUSIC TOGETHER

THE JOY OF FAMILY MUSIC

The world renowned early childhood music & movement program for children; newborn - age 5 and the grown ups who love them!

Mention this ad & save \$15.00 on your Fall tuition!

REGISTER NOW FOR FALL CLASSES

Convenient Locations:
North Shore, Mid Island & South Shore
Classes available mornings, afternoon & weekends

Call Staten Island Family Music: 888-731-8719
for more information or to
REGISTER FOR A FREE TRIAL CLASS!

Check out our website: www.sifamilymusic.com
Mary Aloia, Program Director

Making Staten Island a more harmonious place since 2001

Kart speeds up to 45mph!

Real side-by-side racing

Adults & kids karts (Must be 48" tall)

Group events & private parties

Video games, pool tables, food & more

\$5 off YOUR FIRST RACE

Coupon must be present and cannot be combined with any other offer.

PolePositionRaceway.com

99 Caven Point Rd Jersey City, NJ 07305 201-333-RACE (7223)

This location is an independently operated franchise owned by Liberty Park Raceway, LLC.

Activities

DIRECTORY

ACTIVITY / AFTER-SCHOOL / PLUS

JCC of Staten Island

1466 Manor Road
www.sijcc.com

Whether you are entering kindergarten, making your way through high school or anything in between, the JCC's Youth Department has fun, innovative and engaging programs where you will fit in, learn something new and make friends. There are lots of weekday programs as well as Saturday evening and Sunday that include swim, sports, crafts, school's out trips, scouts, and more. There's even Afterschool Kidz Klub with transportation to/from your school as an option. For information: sfeldman@sijcc.com or 718-475-5232.

Rab's Country Lanes

1600 Hylan Blvd., 718-979-1600 or
www.bowltrabs.com

Bowling is the sport where no one rides the bench... More activity each outing than many other recreations provide and no rain-outs! Rab's Country Lanes Youth Bowling Programs combine the excitement of competi-

tion with the fun of bowling with your friends and teammates.

We offer youth bowling programs for kids 3 to 20!

All of our youth programs include: On lane instruction, awards & recognition, end of season awards party, t-shirt or Jersey, and much more!

Specialized program for kids ages 7 & under.

Rab's Has a Ball Youth Bowling Club, all kids get a bowling ball as part of the program!

Wednesday afternoons at 4pm

Ages 8 to 12

USA Bowling Program. A program designed as a mainstream sports model for bowling.

One coach per team, team building skills and more.

Wednesday afternoons at 4pm and Full Season programs for kids ages 5 to 20.

Kids are placed in divisions by age.

Friday Afternoons at 4pm

Saturday Mornings at 10am

Saturday Afternoons at 12pm

Sunday Mornings at 11am

Rab's Country Lanes awards over

\$25,000 in college scholarships to our youth bowlers annually!

On-Going Registration is going on now! Call us for details.

ATHLETICS

JCC of Staten Island

1466 Manor Road
www.sijcc.com

Sports come in many forms at the JCC – basketball, swim, soccer, volleyball, golf and more. There's Sports Introduction for the younger athletes all the way to intramural basketball or competitive swimming teams – there's a level for everyone. Children and teens are taught the skills they need to be successful in the game as well as the importance of good sportsmanship. There is also a full aquatics program for all ages beginning with infants. For information, contact mreape@sijcc.com or 718-475-5212.

JCC/Richmond Gymnastics Center has been training preschoolers through high school teens in the many levels of gymnastics for the past 30+ years. Whether your child is at the entry level or taking their skills to a higher level,

the instructors will help develop the skills and enthusiasm that enhance them in the sport and in their lives. For information contact mfontana@sijcc.com or 718.485.5275.

Pole Position Raceway Indoor Karting

99 Caven Point Road, Jersey City, N.J., 07305

201-333. RACE (7223) or www.PolePositionRaceway.com

Pole Position Raceway is three miles from Manhattan in Jersey City. Open to the public everyday. Our state-of-the-art indoor karting center features two race tracks in an 80,000 sq. foot facility. Each track accommodates ten racers competing in side-by-side action, the safest and most exhilarating electric go-karting experience for adults and children (48 inches & taller). . The karts are electric, made in Europe, and are capable of speeds of 45 mph! Pole Position Raceway displays racing memorabilia from famous racers from NASCAR, Motor Cross and Grand Prix along with video/arcade games and pool tables. We provide an authentic and exhilarating experience

Continued on page 22

Develop Your Child's Gifts & Talents and Prepare for OLSAT&ERB Tests in Two Simple Steps.

Step 1 **FasTrackKids Core Program**
Ages 3-7

- Creative & Fun Learning Through Play
- Develop Social & Leadership Skills
- Expand Vocabulary & Knowledge
- Develop Communication Skills
- Develop Critical Thinking Skills
- Ensure success in school and life

Step 2 **NYC Gifted & Talented (OLSAT&ERB) Tests Prep**
Ages 4-5

- Unique and Proven G&T Test Prep Curriculum
- Helping children Master G&T Since 2003
- 12 Week Intensive Course Starts on 10-01-2011
- High Success Rate Based on Past Results*
- Registration Deadline: 09-15-2011
- 1:1 Classes Available Upon Request

Staten Island 718.351.7333	Bay Ridge 718.748.3000	Sheepshead Bay 718.891.5437	Park Slope 718.260.8100
Williamsburg 347.987.4450	Kew Gardens 718.441.3762	Flushing 718.288.5152	Tribeca 212.346.7737

Space is Limited. Call NOW to register or schedule a FREE trial class.

*For best results, combine with FasTrackKids Core Program

FUN FOR THE WHOLE FAMILY AT...



THE ONLY PLACE
TO GO BOWLING!

**BOWLING IS THE SPORT WHERE
NO ONE RIDES THE BENCH...
MORE ACTIVITY EACH OUTING
THAN MANY OTHER RECREATIONS
PROVIDE AND NO RAIN OUTS!**

FALL YOUTH BOWLING PROGRAMS FOR KIDS OF ALL AGES! NOW FORMING!

ALL YOUTH PROGRAMS INCLUDE:

- On-Lane Instruction
- Awards & Recognition
- End-of-Season Awards Party
- T-Shirt or Jersey

AGES 7 AND UNDER
HAVE-A-BALL YOUTH BOWLING CLUB
EVERYONE GETS A BOWLING BALL!
WEDNESDAY AFTERNOONS AT 4PM

AGES 8 TO 12
USA BOWLING PROGRAM
INSTRUCTION AND COMPETITION
WEDNESDAY AFTERNOONS AT 4PM

AGES 5 TO 20
GROW WITH BOWLING...
DIVISIONS BASED ON AGE
FRIDAY AFTERNOONS AT 4PM
SATURDAY MORNINGS AT 10AM
SATURDAY AFTERNOONS AT NOON
SUNDAY MORNINGS AT 11AM



did you
know?

We award over
\$25,000
in college scholarships
annually to our youth bowlers.



WE THROW THE BEST PARTY IN TOWN!

at Rab's EVERY guest is
treated like royalty!

2 HOUR PARTY PACKAGES INCLUDE:

- BOWLING
- PRIVATE ROOM OR BEHIND LANE SETUP
- PIZZA & SODA
- BALLOON CENTERPIECE
- INVITATIONS & PAPER GOODS
- USE OF BOWLING SHOES
- USE OF LIGHT WEIGHT BOWLING BALLS
- BOWLING PIN FOR BIRTHDAY CHILD
- BOWLOPOLIS DVD FOR EACH GUEST

ASK ABOUT
OUR NEW
LASER MAZE
PARTY PACKAGE!

PACKAGES STARTING AT ONLY \$16 PER CHILD!

ENHANCE YOUR BIRTHDAY CHILD'S FUN BY CREATING
THE ULTIMATE BOWLING BIRTHDAY PARTY...
CONSIDER ONE OR MORE OF OUR PARTY OPTIONS:

- BOWLOPOLIS TREAT CUP
- COSMIC BOWLING
- COLORABLE BIRTHDAY T-SHIRTS
- EXTENDED BOWLING AND/OR PARTY TIME
- KIDDIE CAKES ICE CREAM CAKE
- LASER MAZE CHALLENGE



1600 HYLAN BOULEVARD • STATEN ISLAND, NY 10305
(718) 979-1600 • WWW.BOWLATRABS.COM



FACEBOOK.COM/BOWLATRABS



@BOWLATRABS



Like Us on
facebook
to WIN
tickets, prizes
or a birthday
package at



Jersey City

Visit us at our
NYParenting page
and register to win

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

Partner with us and share your
stories and your memories.

Email family@cnglocal.com to
have your piece included in our
magazine and on our website.



Activities

DIRECTORY

Continued from page 20

for Personal celebrations, including Birthday Parties for Kids from eight years, Bachelor parties, Bar-Mitzvah's, Corporate events and Fundraisers. Our party rooms and spaces hold from 10-500 people. Pole Position Raceway works closely with event planners and caterers customizing each party to make it exciting, fun and safe. See: www.polepositionraceway.com or call 201.333.7223

Victory Performance Center Home of the Parisi Speed School

425 Wild Avenue, 718-370-0500 or www.victoryperformancecenter.com or www.parischool.com

The Victory Performance Center is a state of the art athletic training and education facility that is home to the Parisi Speed School. This Facility is utilized by children and adults looking to enhance performance in sports and live a better quality of life. The facility is 35,000 sqft and has a 3,000 sqft fitness center used by group classes and to personal train. In addition to this center there is a 65 yaRd. indoor sprint track and full turf fields utilized by our clients to train on, and a place that local youth and adult leagues practice on and hold league games. This facility also includes a 3,000 sqft Mixed Martial Arts (MMA) center that is fully equipped with a cage, boxing ring, and cardio kickboxing area. The Victory Performance Center also includes a concession and BIRTHDAY PARTY AREA, party packages including supervised activities. Call today for your facility tour.

MUSIC

JCC of Staten Island 1466 Manor Road www.sijcc.com

For more than 40 years, the Dorothy Delson Kuhn Music Institute has been introducing children and adults to the joys of playing an instrument or developing their vocal talent or helping them to take their talent to the next level. There are also Early Childhood Music Classes for the younger child with fun, interactive classes. All instructors are professional musicians with extensive teaching experience. For information, contact eseeley@sijcc.com or 718-475-5263.

Dance Factory @ the JCC provides a warm inspiring atmosphere for dancers age 3 and up. Learning proper dance technique also teaches important values such as self confidence and courtesy to other children. Tap, jazz, and ballet are offered along with the newest hip-hop and funk moves. Contact

mkraker@sijcc.com or 718-475-5274 for information.

Staten Island Family Music

Mary Lee Aloia, Program Director
888-731-8719 or www.sifamily.com

Making Music with Staten Island Families since 2001!

SI Family Music offers music & creative arts opportunities for babies, toddlers, preschoolers, elementary school children, preteens, families and adults!

3 Convenient locations, North Shore, Mid Island & South Shore.

- Music Together, the renowned early childhood music & movement program!
- Spotlight Children's Theater-a performing arts school for creative kids 4-16 years.
- Guitar & Piano Lessons-private & group lessons for children & adults.
- Musical Birthday Parties! Call for more information!

Join us for a FREE TRIAL CLASS anytime!

TUTORING/LEARNING

Fastrackkids

1461 Hylan Blvd., 718-351-7333 or www.fastrackkids.com/statenisland

Come See How FasTrackKids is "Learning, Cleverly Disguised as Fun!"

Welcome to FasTrackKids! We offer early childhood education programs for age groups that range from 6 months to 8 years old. These programs are designed to help improve creativity, critical thinking and communication skills while preparing your children for school and life.

Independent research by the National Institute on Out-of-School Time (NIOST) has shown that a significant number of three to six year old children enrolled in FasTrackKids improved their vocabulary and social skills at a rate 100% to 150% times faster than their peers not enrolled in the program. We at FasTrackKids know that the most important learning years are during early childhood, where the ability to learn and grow knows no boundaries. The best way to find out if FasTrackKids is the right program for your child is to sign up for a Free Discovery Class.

Remember...there is a small "window of opportunity" for your child to make critical brain connections for future learning. Don't wait for this window to close on them!

Thank you for visiting us! If you have any questions, please call or see our website.

VICTORY PERFORMANCE CENTER



The Fastest Way To Become a Better Athlete™

OVER 20 YEARS EXPERIENCE & OVER 300,000 ATHLETES TRAINED

We know why you train, it's where you train that makes the difference!



- Athletic Evaluation
- Small Classes
- Nutrition
- Strength
- Conditioning
- Elite Speed Training
- 1-on-1 Training Available
- Team Camps

www.parisischool.com

What is your Goal this Fall Season? **Parisi Can Help You!**

- Speed & Running Technique • Coordination & Agility
- Strength & Flexibility • Injury Prevention
- Weight Loss • Self-Confidence

CALL TODAY FOR YOUR FREE PERFORMANCE EVALUATION

and **MOTIVATIONAL PRESENTATION** on "Reaching Your Athletic Potential"

All parents and coaches are welcome!



- All Sports
- All Abilities
- Boys & Girls
- Ages 7 and up

www.victoryperformancecenter.com



- GRACIE BRAZILIAN JIU JITSU •
- SUBMISSION GRAPPLING •
- MUAY TAI, JUDO, WRESTLING •
- GOLDEN GLOVE BOXING •
- KICK BOXING •
- VICTORY MMA FIGHT TEAM •
- BOXING RING •

2000 SQFT Caged Mat Space
USA Boxing Certified

Adult Performance Training



PERSONAL TRAINING

- Adult Boot Camp
- Strength Conditioning • Personalized Programs
- Cardio Kickboxing Classes

MEN & WOMEN

You don't have to be a fighter to train like one!



425 WILD AVENUE • STATEN ISLAND, NEW YORK 10314 • 718.370.0500

Scary-Island!

Have fun
this spooky
season with
these great
Staten Island
events!

BY JOANNA DEL BUONO

Orange leaves, warm days, cool nights and a big yellow moon: It must be fall. Come out, come out all ghosties, ghoulies, goblins and mummies, and enjoy the season of the witch on Staten Island. From Tottenville to Randall's Manor, there's much to do.

Pumpkins, hayrides and corn maze

Start off the month with pumpkin picking, good old-fashioned hayrides and a corn maze every weekend from Oct. 2 through Oct. 30 at Decker Farm.

Decker Farm is New York's oldest continually farmed site. Enjoy a day of crafts, pumpkin picking, hayrides, colonial games and a romp through a traditional corn maze.

Pumpkin picking and corn maze at Decker Farm [435 Richmond Hill Rd., (718) 351-1611 ext. 281]. Oct. 2 through Oct. 30 from 11 am to 4 pm. Admission includes shuttle bus from Historic Richmond Town, \$5 per person, \$16 for family of four. Shuttle from parking lot at 441 Clarke Ave. Last shuttle at 3:45 pm.

Haunted house and corn maze

For a ghoulishly grand time, visit Green Side Up Garden Center, which is a scarily good place to be this October.

"Trapped In Purgatory" is a haunted attraction that has been voted one of the top five in New York State. This year's edition is scarier than ever, featuring a haunted corn maze which leads to the main event, a haunted house themed "Motel 666." You can check in, but can you check out?

Boo-ware — the corn maze and haunted house are not for the faint of heart.

Haunted corn maze and haunted house [5050 Hylan Blvd., (718) 967-5039]. Open every Friday and Saturday now through Oct. 31 from 7 to 11 pm; and 6 to 10 pm on Sundays. Admission is \$18 for one attraction, or \$30 for both corn maze and haunted house. For more info, visit greensideupgardencenter.com.

Zoo spooktacular

Shiver and shake at the "Spooktacular" event on Oct. 22 and 23 at the Staten Island Zoo.

Be prepared to experience the spookiest Halloween festival ever.

Visit the Houses of Harry Potter, Alien Zoo, Alice in Wonderland and enjoy live shows or stroll through the life-size Candy Land game.

Come dressed to spook at the annual costume contest.

Kids can visit with Buck The Talking Deer and participate in a game of "Family Feud."

"Spooktacular" at the Staten Island Zoo [610 Broadway, (718) 442-3174]. Oct. 22 from 6 to 9:30 pm and Oct. 23 from 5:30 to 9 pm. Tickets are \$13 for members and \$16 for non-members. For more info, visit www.statenisland-zoo.org.

Halloween carnival

Choose your favorite gourd and learn the finer points of decorating your pumpkin, plus bob for apples, play games and, of course, collect your tricks and treats on Oct. 21 at the Greenbelt Nature Center.

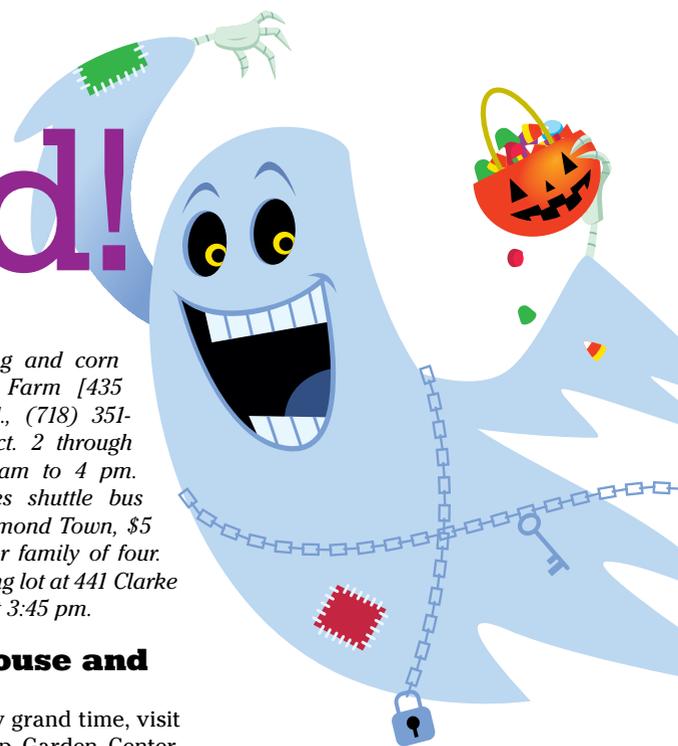
Halloween Carnival at Greenbelt Nature Center [700 Rockland Ave., (718) 351-3450]. Oct. 21 from 4 to 6 pm. Free.

Halloween in Richmond Town

For chills and thrills, have the whole family trick-or-treat at the historic village in Richmond Town on Oct. 28.

Bob for apples, play games and visit restored colonial houses.

Halloween in Richmond Town [441 Clarke Ave., (718) 351-1611 ext. 281]. Oct. 28 from 3:30 to 5 pm. Admission is \$8 for children and \$3 for adult non-members; \$7 for children and free for adult members. Reservations required.



MORE SPOOKY FUN

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

Wacky waxworks

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

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

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

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

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

Woof-tastic parade

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

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

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

Halloween central

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

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

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

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

Top o' the Rock

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

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

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

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

High Line high jinks

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

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

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

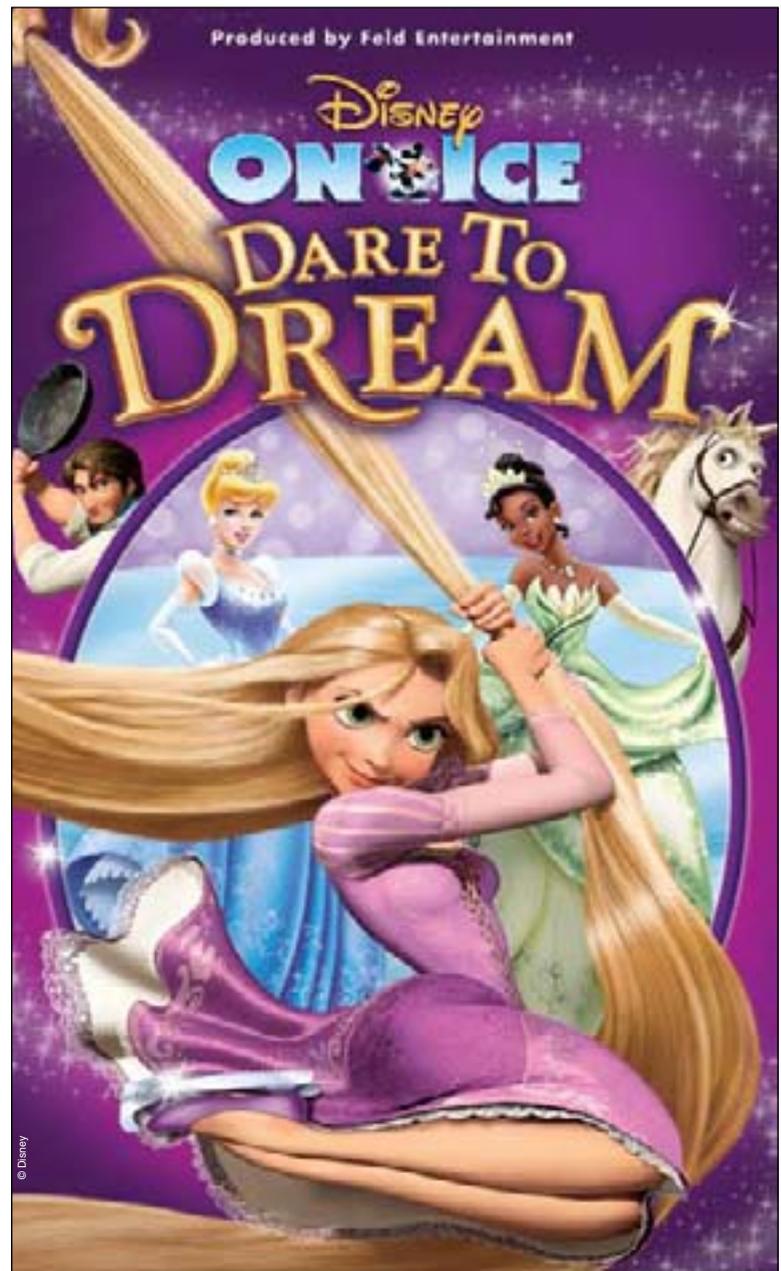
The High Line [West 22nd Street to West 15th Street, (212) 206-9922, www.thehighline.org].

Mask-a-rade

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

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

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



Opening Night Tickets \$15!

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

NOV. 8 - 13



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

NOV. 16 - 20



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

NOV. 22 - 27



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

Buy tickets at www.disneyonice.com, **ticketmaster**® Retail Locations, Arena Box Offices or call **1-800-745-3000**

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

Additional fees may apply.





CRAFTING

a fabulous fall party

Everything you need for a seasonal celebration

BY DENISE MORRISON
YEARIAN

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

Crop of crafts

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

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

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

• **Jack-o-lantern pots:** Buy vari-

ous-sized terracotta pots and turn them upside down so the drainage hole is facing up. On yellow construction paper, draw and cut out two eyes, a nose and a toothy grin — the wackier the better.

Apply Mod Podge (a craft glue) with a paintbrush under and over the facial features, then attach them to the pot. Place a short, wide stick out of the hole to resemble a pumpkin stem.

• **Pumpkin noisemakers:**

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



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

create holes 1-inch apart around the perimeter of both plates. Place dried beans and small jingle bells between the two plates. Also put the dowel between the plates, moving a short end of the stick above the facial features to represent the pumpkin stem, and a long end below for the handle. Sew plates together by lacing yarn through the holes. Push leaf slits through the short end of the dowel rods and secure with a glue gun.

Gathering for games

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

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

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

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

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

Seasonal snacks

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

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

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

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

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

Frightful news

Linking your kid's Halloween candy and hyperactivity

BY THE FEINGOLD ASSOCIATION

Are you one of the many parents who have to suffer through their children's temper tantrums and moodiness in the days following Halloween? You may be surprised to learn that these and other behavior problems are often due to synthetic food dyes and certain other additives found in the candy kids consume on this popular holiday.

"If your children act up after eating lots of Halloween candy, you might be tempted to blame the sugar, but the most likely culprits are petroleum-based food dyes," said Jane Hersey, national director of the nonprofit Feingold Association, a charity that helps special needs children. "Unlike sugar, these additives can lead to hyperactive behavior for days after kids have eaten the offending candies."

A Food and Drug Administration panel recently concluded that synthetic food dyes can have a detrimental effect on some children's behavior, and narrowly rejected requiring warning labels on foods containing these additives. The conclusion was based upon numerous scientific studies that support the link between synthetic food dyes and hyperactivity.

A 2007 study led by Dr. Jim Stevenson, published in the British medical journal *Lancet*, found that synthetic food dyes can trigger hyperactive behavior in all children, not just those

diagnosed with attention deficit hyperactivity disorder (ADHD). Stevenson later reported to the British government that the harm done by these dyes to children's IQs is similar to the impact of lead, and that banning these additives might "result in a 30 percent reduction in the prevalence of ADHD in children."

A 2011 study led by Dr. Lidy Pelsler also found that when 41 young children with ADHD completed a restricted additive-free diet, 78 percent of them had improved behavior. When suspected problem foods were reintroduced into the diet, two-thirds of the children experienced a relapse in symptoms.

Studies such as these have prompted the European Union to require labels on most foods containing synthetic food dyes to warn that these additives "may have an adverse effect on activity and attention in children." The British government also called on manufacturers to voluntarily remove the dyes and advised parents to limit their children's consumption of dyed foods if they show signs of ADHD.

"Europe is way ahead of the United States in regulating synthetic food dyes, because parents there have been more vocal about the harmful effects these chemicals have on their children's behavior," said Hersey, whose eldest daughter's behavior was helped by the low-additive Feingold Diet.

The harmful dyes are Blue #1, Blue #2, Yellow #5, Yellow #6, Red #3, Red #40, Green #3 and Orange B, and parents should also help children avoid candies containing: artificial flavorings, aspartame, and the artificial preservatives BHA, BHT and TBHQ.

Devilish dyes

Hersey offers these tips to parents desiring a calmer Halloween:

- **Feed them first.** Be sure your child goes trick-or-treating with a full stomach to discourage snacking en route.
- **Offer a swap.** Exchange the synthetic candies that your children bring home for natural candies, homemade treats, or new toys.

- **Limit the damage.** Go through the stash with your child to toss out the brightly-colored candies.

- **Offer a buy-out.** Offer to buy the candy your child collects.

- **Visit a pumpkin patch.** Take the kids to a pumpkin patch to pick their favorite pumpkins for jack-o-lanterns or homemade pumpkin pie.

- **Throw a Halloween party.** Feature natural treats and include a costume competition, a scary movie, and spooky music like Rimsky-Korsakov's "Night on Bald Mountain." Plus, decorating the house for the party can also be a fun family activity.

- **Buy natural candy.** To find natural versions of popular candies like dark and milk chocolates, peanut butter kisses, fruit candies, chocolate mint patties, and hard candies, check out the Feingold Association's Foodlist and Shopping Guide, Mail Order Guide, and other publications. Individual dietary needs vary and no one diet will meet everyone's daily requirements. Before starting any new diet, check with your doctor or nutritionist.

- **Plan a candy-free outing.** Arrange for a special evening at the skating rink, bowling alley, or movies, followed by healthy treats.

"Halloween and the days following it do not have to be stressful," said Hersey. "If you follow these suggestions, you and your family will not be singing the Halloween blues."

For more information on the Feingold Association, visit its website, www.feingold.org, or call (800) 321-3287.

References

- Federal Register, Vol. 75, No. 230, Dec. 1, 2010.
- McCann D, Barrett A, Cooper A, et al. "Food additives and hyperactive behaviour in 3-year-old and 8/9-year-old children in the community: a randomised, double-blinded, placebo-controlled trial." *Lancet*. November 2007; 370(9598):1560-7.
- "Banning food additives 'could cut hyperactivity by 30 per cent,'" *Daily Mail*, April 2008.
- Pelsler LM, Frankena K, Toorman J, et al. "Effects of a restricted elimination diet on the behaviour of children with attention-deficit hyperactivity disorder (INCA study): a randomised controlled trial." *Lancet*. February 2011; 377(9764):494-503.
- "Modernising the rules on food additives and labelling of azo dyes," European Parliament, July 8, 2008.





PRIMARY STAGES
presents

"FUNNY, POIGNANT AND ENTERTAINING."
EXAMINE.COM

SEPTEMBER 20TH - OCTOBER 20TH

MOTHERHOOD OUT LOUD

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

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

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

GODSPELL

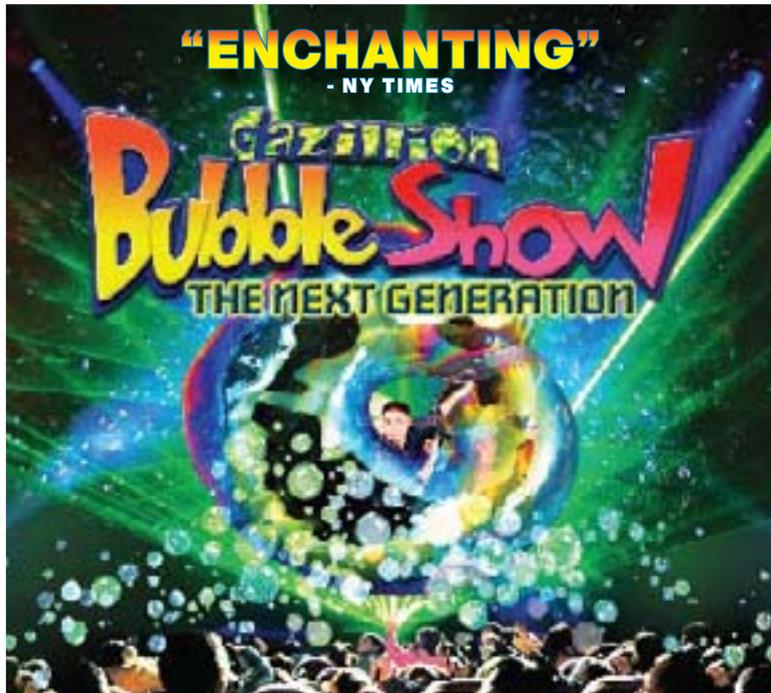


PREVIEWS BEGIN OCTOBER 13 • Telecharge.com/212-239-6200

Circle in the Square Theatre, 1633 Broadway at 50th Street
Godspell.com • Book your group at 855-DAY-BY-DAY

"ENCHANTING"
- NY TIMES

GAZILLION
Bubble Show!
THE NEXT GENERATION



Fri 7, Sat 11, 2 & 4:30, Sun 12 & 3
For groups & birthday parties visit our website or call
1-866-6-GAZ TIX (1-866-642-9849)
GazillionBubbleShow.com
TELECHARGE.COM or 212.239.6200
NEW WORLD STAGES **NJ** 340 WEST 50th ST.

THE RHYTHM OF NEW YORK



STOMP

\$40 Sundays 67PM
Tue-Fri @ 8 Sat @ 3&8 Sun @ 3&7

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

FAMILY HEALTH

BY LISA PALADINO
Coordinator, Staten Island
University Hospital's breast-
feeding initiative

Why breast-feeding is better for baby



Breast-feeding provides many benefits for both baby and mother, but right now, less than 75 percent of all babies born in the United States have been breast fed; many not even for six months.

Because the benefits of breast feeding are so bountiful for baby, healthcare organizations and communities across the country are working to encourage women to try it — by offering moms-to-be and new mothers the support of lactation specialists.

Lactation experts can be counted on to provide advice on starting to breast-feed, and, more importantly, how to maintain lactation — even if you should be separated from your baby because the newborn is in a high-risk nursery.

As a mother, when you choose to breast-feed, you initiate an emotional tie that holds the two of you together.

Additionally, health benefits accrue to both of you.

Breast-feeding helps your baby avoid certain childhood diseases by building important antibodies. For this reason, breast milk and baby formula are not interchangeable.

The vitamins and minerals contained in breast milk are not comparable to that of any formula.

For example, your milk contains vitamins, such as A, B6, B12, C, D, E, and K, biotin, folate, sodium, potassium, calcium, magnesium, iron and copper.

Formula does not protect against the development of these chronic illnesses in childhood and adolescence: diabetes, celiac disease, inflammatory bowel disease, and some childhood cancers.

For you as a mom, breast-feeding is an ideal way to reduce stress, post-partum blood loss, and can protect you against the develop-

ment of premenopausal breast and ovarian cancers, and post-menopausal spinal and hip fractures.

Tips for breast-feeding

- Do not give newborns food or drink other than breast milk, unless medically indicated.

- Select a rooming-in plan in maternity. This will allow you to remain close to your baby 24-hours a day, which encourages breast-feeding on demand.

- Keep your baby dependent on breast milk to satisfy hunger, and do not give your baby pacifiers or artificial teats.

The best advice for moms is to pursue breast-feeding. It offers powerful advantages for both you and your child.

Paladino is a certified lactation specialist and coordinator of Staten Island University Hospital's breast-feeding initiative.

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

VOCAL PEOPLE

The musical comedy sensation



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

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

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

STATEN ISLAND
Family
PRESENTS



Great Family Deals!

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



Sign up today!

BoroDeal.com

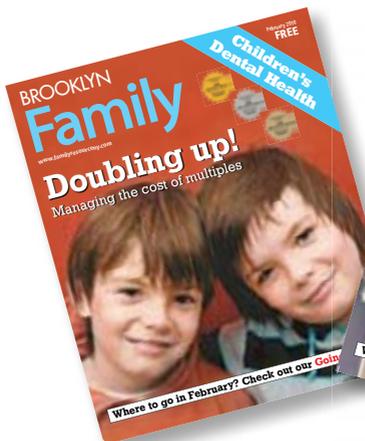
ADVERTISE WITH US!

BROOKLYN
Family

QUEENS
Family

BRONX
Family

STATEN ISLAND
Family



TO PLACE AN AD IN OUR LINE OF FAMILY PUBLICATIONS, PLEASE CALL 718.260.4554



NEWBIE DAD

BRIAN KANTZ

Halloween fears

The nights are getting colder. The harvest moon is full and bright. I'm pretty sure that I just heard a werewolf — or something — howling off in the distance — aww, aww, awwooooo. Yes, it's October. And for kids, that means one thing: Halloween.

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

No second thoughts. They just wanted the goods.

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

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

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

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

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

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

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

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

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

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

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

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



Boo-tiful bash

Clever tips for hosting a Halloween party for kids and adults

BY PENNY WARNER

Host a happy Halloween party — that's fun for both kids and adults — at your own haunted house. Make it creepy or kooky, cover up in a costume, and keep the treats and tricks coming!

Eerie invitations

To invite your ghoulish guests, send out “pumpkin pal” invitations. Blow up orange balloons and write party details on them with glow-in-the-dark pens. Then, deflate the balloons and mail them to guests with instructions to inflate the balloons in a dark room to read the message.

Add plastic spiders and other creepy crawlers in the envelope to make the invite extra spooky.

Boo-tiful decorations

Turn your humble home into a haunted house with the following tips:

- Create a “spooktacular” party setting by stretching cobwebs with rubber spiders over the doors and party tables. Make the atmosphere even more frightening with a fog machine and scary music.

- You can also scare up a few ghosts by inflating white helium balloons and adding ghost faces and white crepe paper streamers. Then let the spooky ghosts float around the room.

Ghoulish games and activities

Party activities are a great way for kids and adults to have fun together:

- One idea is to create “Pumpkin-



peel back the glove. Float the ice hand in the punch bowl.

- You can also make worm-filled ice cubes by freezing water and gummy worms in ice trays.

- Finally, set out “body parts” as appetizers or snacks, such as Vienna sausages for fingers, deviled eggs for eyeballs, and tiny white mints for teeth.

Frightening favors

When the party ends, send guests home with ghoulish goodies such as glow sticks, vampire teeth, gummy worms, stage makeup kits and mini pumpkins. Let them select Halloween tricks and treats from a treasure chest and take home their booty as favor.

Penny Warner, the party planning expert for Balloon Time, has more than 25 years of experience as an author and party planner and has published more than 50 books. For more information, visit BalloonTime.com.

heads.” Give each guest an inflated orange balloon and a permanent marker. Place guest’s names in a hat, then, have everyone secretly select a name. Draw that person’s face on a balloon. Then, let everyone try to match the Pumpkinhead to the guest.

- Hold a trick-or-treat treasure hunt by hiding creepy items like plastic spiders, gummy teeth, and slimy eyeballs throughout the party room. Break into teams and search for the ghoulish goodies.

Frightening refreshments

- Get creative — and creepy — by adding a floating green “hand” to your punch. To make the hand, freeze green tinted water in a rubber glove. To set the “handy” ice sculpture free from the glove, run the hand under warm water and





GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Step up to the 'Plate

Goodbye baffling pyramid. Hel-LO MyPlate!

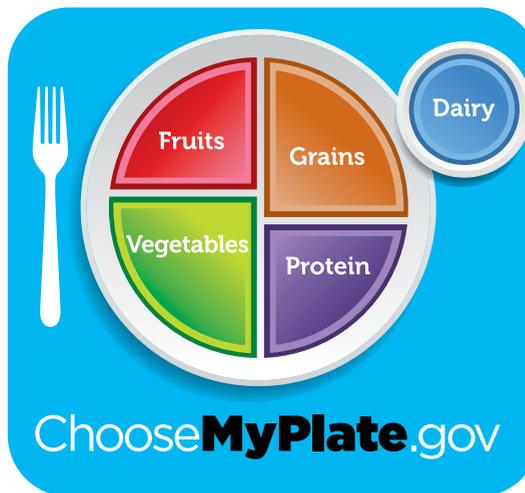
We are finally rid of the striped Food Guide Pyramid and now have a familiar plate in its place. In June, the United States Department of Agriculture unveiled the symbol that should guide our meals: a plate divided into food groups shown in the recommended proportions.

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

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

The key recommendations are:

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



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

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

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

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

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

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

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

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

Fruit kabob

(Makes seven kabobs)

INGREDIENTS:

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

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



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

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

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

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



HEALTHY LIVING

DANIELLE SULLIVAN

Mom trusts her gut

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Danielle Sullivan, a Brooklyn-born mom of three, has worked as a writer and editor in the parenting world for more than 10 years, and was recently honored with a Gold award for her health column by the Parenting Media Association. Sullivan also writes for Babble. You can find her on her blog, Just Write Mom.



www.NYParenting.com



Are you ...

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

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

Education, Activities, Party, Camp, Special Needs,
Baby; these are just a few of the reasons why MOMS
are coming to www.webfamilyny.com



Going Places

LONG-RUNNING

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

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

The Yak Packers: Rubin Museum of Art, 150 W. 17 St., between Sixth and Seventh avenues; (212) 620-5000 ext 344. www.rmanyc.org; Thursdays, 10:30–11:30 am, Now – Thurs, Dec. 29; \$10 child and parent (\$5 members).

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

Flipping pages: Alice Austen house, 2 Hylan Blvd. (718) 816-4506; Thursdays, 3:30 pm, Now – Thurs, Nov. 3; Free.

Children 4 to 8 years old enjoy a story.

Family game day: Tottenville Public Library, 7430 Amboy Rd at Yetman Avenue; (718) 984-0945; www.nypl.org; Friday, Sept. 30, 2:30 pm; Friday, Oct. 7, 2:30 pm; Friday, Oct. 14, 2:30 pm; Friday, Oct. 21, 12 am; Free.

Children 5 to 12 years old play board and video games.

Up4Art: Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; statenisland-kids.org; Saturdays and Sundays, 1, 2 and 3 pm, Now – Sun, Dec. 11; Free with museum admission.

Children create projects.

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

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

Life in the 19th Century: Historic Richmond Town, 441 Clarke Ave. at Tysen Court; (718) 351-1611; www.historicrichmondtown.org; Wednesdays, 1–5 pm, Now – Wed, Dec. 28; \$5 (\$4 seniors; \$3.50 children 5-17).

A look back through children's objects including safety tips, diet, social skills and hygiene.

After school club: Historic Richmond Town, Clarke Ave. at Gilbert



Blast from the past

Step back in time at Historic Richmond Town this month.

On Oct. 16, see blacksmiths, quilters and even beekeepers at work during the “Old Home Day,” a celebration of the traditional New England lifestyle held at the village and museum complex.

Watch as skills and hand crafts are recreated and demonstrated, from basket making and chair caning to tinsmithing and butter churning during the day-long fall festival.

In addition to the demonstra-

Street; (718) 351-1611 ext 281; reservations@historicrichmondtown.org; www.nycgovparks.org. Wednesdays, 3:30 pm, Now – Wed, Dec. 28; free (cost of book additional).

Students in grades four through seven read and discuss selected books.

Pumpkin patch and corn maze: Greenside Nursery, 5050 Hylan Blvd. at Poilion Avenue; (718) 967-5039; Daily, 8 am–6 pm, Sat, Oct. 1 – Mon, Oct. 31; Free to the nursery (cost per pumpkin).

Enjoy a ghoulishly grand time walking through the corn maze — then pick a pumpkin, paint it up and take it home.

tions, savor fresh, hot bread baked in Historic Richmond Town's 200-year-old oven, head to the farm for pumpkin picking, or enjoy a hay ride with the whole family. Once “Old Home Day” comes to an end, we're sure you'll be more than happy to bring the whole gang back home to your 21st-century luxuries. Or will you?

Old Home Day at Historic Richmond Town [441 Clarke Ave. between Tysen Court and St. Patricks Place, (718) 351-1611], Oct. 16 from 11 am to 5 pm. For info, visit www.HistoricRichmondTown.org.

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

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

Pumpkin picking: Historic Richmond Town, 441 Clarke Ave. at Tysen Court; (718) 351-1611; www.historicrichmondtown.org; Saturdays and Sundays, 11 am–4 pm, Sat, Oct. 1 – Sat, Oct. 29; \$5

Submit a listing

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

All you have to do is send your listing request to calendar@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!

(\$16 for a family of four).

Visit the Decker farm with a guided tour, and enjoy a hayride and walk through the gourds to pick the perfect one.

Haunted house: Greenside Nursery, 5050 Hylan Blvd. at Poilion Avenue; (718) 967-5039; Saturday, Oct. 1, 7 pm; Friday, Oct. 7, 7 pm; Saturday, Oct. 8, 7 pm; Sunday, Oct. 9, 7 pm; Friday, Oct. 14, 7 pm; Saturday, Oct. 15, 7 pm; Friday, Oct. 21, 7 pm; Saturday, Oct. 22, 7 pm; Friday, Oct. 28, 7 pm; Saturday, Oct. 29, 7 pm; Sunday, Oct. 30, 7 pm; Monday, Oct. 31, 7 pm; (18 (\$30).

Visit Motel 666 — if you dare. Not for the faint of heart.

Haunted Pumpkin walk: New York Botanical Garden, 200th St. and Kazimiroff Blvd. (718) 817-8700; www.nybg.org; Tuesdays – Sundays, 10 am, Sat, Oct. 1 – Sun, Oct. 30; \$20 (\$18 seniors and students; \$8 for children 2-12).

Stroll through spooky gourds, scarecrows and frightening spiders.

Creepy Creatures: New York Botanical Garden, 200th St. and Kazimiroff Blvd. (718) 817-8700; www.nybg.org; Saturdays and Sundays, 1 pm, Sat, Oct. 1 – Sun, Oct. 30; \$20 (\$18 seniors and students; \$8 for children 2-12).

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

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

Continued on page 38

Going Places

Continued from page 37

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

FRI, SEPT. 30

Schools Out!: Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; statenisland-kids.org; 10 am–5 pm; Free with museum admission.

Children use 100 percent recycled paper to create masterpieces.

Story time: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 11 am; Free.

For pre-schoolers ages 3–5 years old with caregivers. Pre-registration required.

Doodlebug Fun: Blue Heron Nature Center, 222 Poillon Ave. between Amboy Road and Hylan Boulevard; (718) 967-3542; www.nycgovparks.org; 1 pm; \$1 per session.

Kathleen Hagen helps little ones kick off the weekend with song, music and storytelling. For children 18 months to 4 years old.

Kidz Cook: Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; statenisland-kids.org; 2, 3 and 4 pm; Free with museum admission (\$6 Free for members).

Children make sweet bubble tea.

Gaming day: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 3:30 pm; Free.

Teens 12 to 18 play Wii with friends.

Craft: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 3:30 pm; Free.

Children 12 to 18 make a marble magnet.

Game day: St. George Library, 5 Central Ave. at Hyatt Street; (718) 442-8560; www.nypl.org; 3:30 pm; Free.

Children ages 3 years old to 12 play chess, checkers, Candyland, Connect Four and Battleship.

SAT, OCT. 1

Soap-box derby: Westerleigh Park, Maine Ave. at Willard Avenue; (718) 442-0336; www.nycgovparks.org; 10 am–3 pm; Free.

The sixth annual event is fun for children. Build your own car, must have brakes and have a helmet.

Fall cleanup: Staten Island Zoo, 614 Broadway at Martling Avenue; (718) 422-3174; www.statenislandzoo.org; Noon–4 pm; \$8 (\$5 seniors, \$5 children 3–14, Free for children under 3 and members).

Teens can get community service credit.



Now that's Italian!

Buona festa! Reap the harvest of the fall season at the Italian Festival at Snug Harbor Cultural Center on Oct. 15 from noon to 5 pm.

It's a fun day for the whole family, during which children can enjoy face painting, a marionette production of "Sleeping Beauty," a giant bouncy ride, and making pasta "creations." Adults can enjoy opera performances, Italian lounge music and cooking demonstrations. Tickets are \$8; \$5 seniors and students, free for children under 5.

Snug Harbor Cultural Center also presents Dia de los Muertos (Day of the Dead), will be celebrated on Oct. 30 from 10 am to 5 pm. Children enjoy craft making, a performance by a mariachi band and learn the history behind this event. Free.

Italian Festival at Snug Harbor Cultural Center and Botanical Garden [1000 Richmond Ctr. at Bard Avenue, (718) 425-3517]. Oct. 15 from noon to 5 pm; Dia de los Muertos, Oct. 30 from 10 am to 5 pm. For information, visit www.snug-harbor.org.

Homework help: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 2–4 pm; Free.

Volunteers from Stuyvesant High School help students Pre-K through third grade with math and english studies.

MON, OCT. 3

Teen lounge: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 3:30 pm; Free.

For ages 12 to 18.

WED, OCT. 5

Arts and crafts: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 4 pm; Free.

Children 6 to 12 years old.

Picture-book time: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 4 pm; Free.

For children 3 years and older. Finger play, action rhymes and coloring.

THURS, OCT. 6

Reading day: Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; statenislandkids.org; 4 pm; Free with museum admission.

Children all over the world read the same book and try to break the record again. This year's selection is "Llama, Llama Red Pajama" by Anna Dewdney.

Picture book time: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 4 pm; Free.

Children ages 3 years and older enjoy hearing stories.

FRI, OCT. 7

Kidz Cook: Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; statenisland-

kids.org; 2, 3 and 4 pm; Free with museum admission (\$6 Free for members).

Children make Italian vegetable soup.

SAT, OCT. 8

Story-time: Barnes & Noble, 2245 Richmond Ave. at Travis Avenue; (718) 982-6983; www.barnesandnoble.com; 10:30 am; Free.

Fun for the whole family. All ages welcome.

Outdoor adventure: Blue Heron Nature Center, 222 Poillon Ave. between Amboy Road and Hylan Boulevard; (718) 967-3542; www.nycgovparks.org; 11 am–12:30 pm; Free.

Kids and Kritters takes children 5 to 7 years old, with a parent, outdoors to hike on the preserve (weather permitting) then make an appropriate craft. Pre-registration required.

Homework help: 2–4 pm. New Dorp Library. See Saturday, Oct. 1.

MON, OCT. 10

Cool School day: Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; statenislandkids.org; 10 am–5 pm; Free.

Come and enjoy the museum for free — thanks to Macy's.

Dinosaurs and more: Staten Island Zoo, 614 Broadway; (718) 442-3100; www.statenislandzoo.org; 1:30–3:30 pm; Free with regular admission (donation requested).

Join Richie Mirriss as he presents fossils, three dimensional models and memorabilia. Make a clay fossil.

WED, OCT. 12

Picture-book time: 4 pm. New Dorp Library. See Wednesday, Oct. 5.

THURS, OCT. 13

Picture book time: 4 pm. Great Kills Library. See Thursday, Oct. 6.

FRI, OCT. 14

Rhyme-time: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 10:30 am; Free.

For toddlers 2 and 1/2 and older with caregiver. Pre-registration required.

Doodlebug Fun: Blue Heron Nature Center, 222 Poillon Ave. between Amboy Road and Hylan Boulevard; (718) 967-3542; www.nycgovparks.org; 1 pm; \$1 per session.

Kathleen Hagen helps little ones kick off the weekend with song, music and storytelling. For children 18 months to 4 years old.

Kidz Cook: Staten Island Children's

Going Places

Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; statenisland-kids.org; 2, 3 and 4 pm; Free with museum admission (\$6 Free for members). Children make bread.

Pumpkin carving: Staten Island Zoo, 614 Broadway at Martling Avenue; (718) 422-3174; www.statenislandzoo.org; 6:30–8:30 pm; \$15 (\$12 members).

Carve a pumpkin to take home or donate back to the zoo. Pre-registration required.

SAT, OCT. 15

Story-time: Barnes & Noble, 2245 Richmond Ave. at Travis Avenue; (718) 982-6983; www.barnesandnoble.com; 10:30 am; Free.

Fun for the whole family. All ages welcome.

Pumpkin patch: Staten Island Zoo, 614 Broadway at Martling Avenue; (718) 422-3174; www.statenislandzoo.org; 11 am–3 pm; Free.

Visit with the animals and choose a gourd.

Italian festival: Snug Harbor Cultural Center and Botanical Garden, 1000 Richmond Ctr. at Bard Avenue; (718) 425-3517; www.snug-harbor.org; Noon–5 pm; \$8 (\$5 students and seniors; Free for children under 5).

Enjoy the benefits of the harvest with face painting, marionette show, food and entertainment.

Pooch Parade and Howl-Ween: Wolfe's Pond Park, Cornelia Ave. at Hylan Boulevard; (718) 816-5558; Noon–3 pm; Free.

Dress up your pet and then try your luck on the pet obstacle course. Prizes given for best costume, longest tail, pointy ears and silly pet tricks.

"Strega Nona": Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; statenislandkids.org; 1 pm; Free with museum admission.

Tomy Depaola's book comes to life during this interactive performance.

Homework help: 2–4 pm. New Dorp Library. See Saturday, Oct. 1.

SUN, OCT. 16

Old Home day: Historic Richmond Town, 441 Clarke Ave. at Tysen Court; (718) 351-1611; www.historicrichmond-town.org; 11 am–5 pm; Free.

Watch the blacksmiths and tinsmiths at work, meet the chair-caner, taste the goods from colonial cooks and celebrate the historic village.

Science club: Blue Heron Nature Center, 222 Poillon Ave. between Amboy Road and Hylan Boulevard; (718) 967-3542; www.nycgovparks.org; 2–3:30



Follow the music

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

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

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

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

pm; Free.

Jazz concert: College of Staten Island, 2800 Victory Blvd. near Christopher Lane; (718) 982-2787 (ARTS); www.cfashows.com; 3 pm; Free.

Performed by the US Army Field Band Jazz Ambassadors.

MON, OCT. 17

Teen lounge: 3:30 pm. Great Kills Library. See Monday, Oct. 3.

WED, OCT. 19

Story time: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 11 am; Free.

For preschoolers with caregiver, finger play coloring and picture books. Pre-registration required.

Picture-book time: 4 pm. New Dorp Library. See Wednesday, Oct. 5.

THURS, OCT. 20

Picture book time: 4 pm. Great Kills Library. See Thursday, Oct. 6.

FRI, OCT. 21

Doodlebug Fun: Blue Heron Nature Center, 222 Poillon Ave. between Amboy Road and Hylan Boulevard; (718) 967-3542; www.nycgovparks.org; 1 pm; \$1 per session.

Kathleen Hagen helps little ones kick off the weekend with song, music and storytelling. For children 18 months to 4 years old.

Kidz Cook: Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; statenisland-kids.org; 2, 3 and 4 pm; Free with museum admission (\$6 Free for members).

Children make different types of dip out of veggies.

Halloween carnival: Greenbelt Nature Center, 700 Rockland Ave. at Brielle Avenue; (718) 351-3450; www.nycgovparks.com; 4–6 pm; Free.

Little ones have an afternoon of crafts, games, face painting, pumpkin picking and autumn treats.

SAT, OCT. 22

Hot rod day: Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; statenisland-kids.org; 10 am–1 pm; Free with museum admission.

Get a day filled with hot rods, tattoos (temporary of course) and lots of fun.

Story-time: Barnes & Noble, 2245 Richmond Ave. at Travis Avenue; (718) 982-6983; www.barnesandnoble.com; 10:30 am; Free.

Fun for the whole family. All ages welcome.

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

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

Outdoor adventure: 11 am–12:30 pm. Blue Heron Nature Center. See Saturday, Oct. 8.

Homework help: 2–4 pm. New Dorp Library. See Saturday, Oct. 1.

Spooktacular: Staten Island Zoo, 614 Broadway at Martling Avenue; (718) 422-3174; www.statenislandzoo.org; 6–9:30 pm; Call for ticket prices.

Have fun at the largest scary fest with a walk through the scary zoo.

SUN, OCT. 23

Spooktacular: 5:30–9 pm. Staten Island Zoo. See Saturday, Oct. 22.

MON, OCT. 24

Teen lounge: 3:30 pm. Great Kills Library. See Monday, Oct. 3.

Classical concert: College of Staten Island, 2800 Victory Blvd. near Christopher Lane; (718) 982-2787 (ARTS); www.cfashows.com; 7:30 pm; \$10.

Chamber Music Collective features faculty members and guest performers.

Baby and me: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 11 pm; Free.

Infants from birth through 1 and 1/2 years old with their caregivers.

WED, OCT. 26

Picture-book time: 4 pm. New Dorp Library. See Wednesday, Oct. 5.

THURS, OCT. 27

Craft time: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 3:30 pm; Free.

Children 12 to 18 make a beaded book mark.

Continued on page 40

Going Places

Continued from page 39

Stories and movies: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 4 pm; Free.

Children 4-years and older dress up in costume, hear stories and see an age appropriate scary movie.

Picture book time: 4 pm. Great Kills Library. See Thursday, Oct. 6.

Story time: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 11 pm; Free.

For toddlers ages 1 and 1/2 years to 3 years old with caregiver. Pre-registration required.

FRI, OCT. 28

Story time: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 11 am; Free.

For preschoolers ages 3 to 5 years old with caregiver. Pre-registration required.

Kidz Cook: Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; statenisland-kids.org; 2, 3 and 4 pm; Free with mu-

seum admission (\$6 Free for members).

Children try some pumpkin soup just in time for Halloween.

Halloween celebration: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 3:30 pm; Free.

Costume party and parade. For children 5 years and older. Pre-registration required.

SAT, OCT. 29

Story-time: Barnes & Noble, 2245 Richmond Ave. at Travis Avenue; (718) 982-6983; www.barnesandnoble.com; 11 am; Free.

"Good Night Goon" — with a fun craft.

Ben Rudnick and Friends: Leonard Nimoy Thalia, 2537 Bdway. at W. 96th Street; (212) 316-4962; 11 am; \$20 (\$17 members; \$13 children, \$11 member children).

Hip upbeat music with fun to sing lyrics.

Not too scary Halloween: Staten Island Children's Museum, 1000 Rich-

mond Ter. at Tysen Street; (718) 273-2060; statenislandkids.org; Noon-4 pm; Free with museum admission.

Crafts, games, bounces and of course costumes and trick or treats.

Homework help: 2-4 pm. New Dorp Library. See Saturday, Oct. 1.

SUN, OCT. 30

Dia de los Muertos (Day of the Dead): Snug Harbor Cultural Center, 1000 Richmond Terr. at Snug Harbor Road; (718) 425-3517; www.snug-harbor.org; 10 am-5 pm; Free.

Children do crafts, see performances by Mariachi bands, and learn the history behind this centuries-old celebration.

Halloween in Richmond Town:

Historic Richmond Town, 441 Clarke Ave. at Tysen Court; (718) 351-1611; www.historicrichmondtown.org; 3:30 - 5:30 pm; \$7, \$3 members (\$8 adults and free children members).

Chills and thrills and trick-or-treating — the village is mad spooky. Pre-registration required.

MON, OCT. 31

Teen lounge: 3:30 pm. Great Kills Library. See Monday, Oct. 3.

FRI, NOV. 4

Doodlebug Fun: 1 pm. Blue Heron Nature Center. See Friday, Oct. 14.

Kidz Cook: Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; statenisland-kids.org; 2, 3 and 4 pm; Free with museum admission (\$6 Free for members).

Children try sweet potato pie. Yummo.

SAT, NOV. 5

Almost 1K race: Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718)273-2060; statenislandkids.org; 10 am-12 pm; \$1 entry fee.

For children — walk, run or crawl, water and energy bars included. Pre-registration required.

theMarketplace

CHILD CARE

Noah & Friends Daycare

AGES 16 WEEKS TO 12 YEARS

- Special 1/2 Price On Siblings/Second Enrollment If 2 Children Are Enrolled
- Free Lunch
- Afterschool Tutoring Program

347.764.2762
missnancy@noah-friends.com
www.noah-friends.com
Accepting Vouchers
37 Barker Street
Staten Island, NY 10310

ELECTROLYSIS

Sunset Hill Laser & Electrolysis Inc.

Fast, Easy & Effective Permanent Hair Removal

MEN • WOMEN TEENS

Laser Hair Removal Special:
\$50 for 1st Treatment
Areas included: lip, chin, sideburns, bikini line, abdomen strip & underarms.
NEW CLIENTS ONLY - Exp. 11/30/11

891 Bard Avenue • SI, NY 10301 • 718-390-0531 • www.SunsetHillLaser.com

PARTY

HAPPY HENRY
"The Wizard/Magician Clown"

Close Up Magic AT ITS VERY FINEST

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

Birthdays, Bar Mitzvahs, Christenings, Children's and Adult Parties
CORPORATE ACCOUNTS WELCOME
917-617-3698
www.HappyHenrytheWizard.com

TUTORING

NEED A TUTOR?

ONE-ON-ONE, IN-HOME TUTORING

- All Subjects • PreK-Adult • Flexible Schedules
- No Long-Term Contracts • Affordable Rates • Qualified Teachers

clubz!
In-Home Tutoring Services
718-984-0373
www.clubztutoring.com
The World's Largest In-Home Tutoring Company

Stay Connected

To advertise with us
please call 718-260-2587





DIVORCE & SEPARATION

LEE CHABIN, ESQ.

Living together during divorce

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

It can be terribly difficult.

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

What to tell the kids

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

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

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

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

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

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

Here are some other things to think about:

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

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

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

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

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

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

• **Work on communication skills.**

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

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

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

Lee Chabin, a New York City and Long Island-based divorce mediator and collaborative divorce lawyer, helps clients end their relationships respectfully and without going to court. Contact him at lee_chabin@lc-mediate.com or (718) 229-6149. You can also visit <http://lc-mediate.com/home>.



New & Noteworthy

The case for baby

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

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

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



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

Fisher Price Laugh & Learn Apptivity Case, \$15. For info, visit www.fisher-price.com.

Go a 'Little Nut' for Zanes

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

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

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

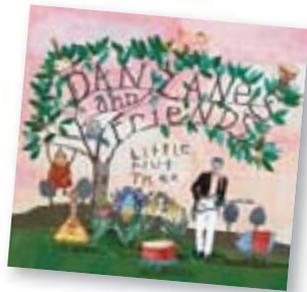
Another song, the show-tuney

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

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

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

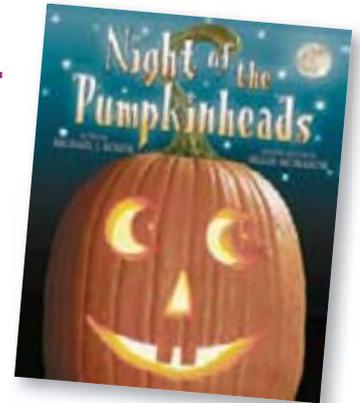
For info on all of Dan Zanes's releases, www.danzanes.com.



A gourd read

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

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



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

Suitable for kids ages 5 to 8.

"Night of the Pumpkinheads" by Michael J. Rosen, \$16.99. For info, visit penguin.com/youngreaders



'Spoon' it up

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

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

skills among pre-and young readers.

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

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

"My First Collection, Volume 2 Featuring Spoon," \$24.95, \$12.95 for separate DVDs. For info, visit www.newkideo.com.

App helps make math fun

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

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

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



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

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



WHY THE DA VINCI[®] ROBOTIC OPTION MAKES THE MOST SENSE FOR MOST WOMEN.

Staten Island University Hospital's da Vinci[®] Surgical System enables our surgeons to perform delicate, even complex procedures — such as hysterectomies and other gynecological surgeries — with unmatched precision. And, since patients can be treated less invasively, they generally return to their normal routine more quickly.

Benefits include:

- Shorter hospital stay
- Less pain
- Less scarring
- Reduced risk of wound infection
- Faster recovery and return to normal life

If you are considering treatment options, be sure to ask your doctor about da Vinci[®] surgery, or phone our Center for Women's Health at 718.226.6550.

BETTER TEAM. BETTER TECHNOLOGY.

**North
Shore LIJ** *Staten Island
University Hospital*
Hope lives here.SM www.siu.edu
718.226.6550



**The JCC...
It's My Life!**



JOIN NOW!

**13 months for the price of 12
and \$50 Off Enrollment**

Platinum members only. Certain restrictions apply. Expires 10/31/11

1466 Manor Road

718.475.5223

sijcc.org

Joan & Allan Bernickow
JCC
of Staten Island



- NEW Equipment w/ personal TV screens
- 60 + free exercise classes/week



- Free towel service
- Men's & women's steam & sauna



- AQUA ZUMBA!
- Olympic indoor pool



- TRX SUSPENSION TRAINING!
- Private & Group personal training