

STATEN ISLAND

Family

Where Every Child Matters

Camps inside

May 2012
FREE

Kids Rock!

Music, dance,
theater & more

Miracle
moms

Big
bad
bullies



Find us online at www.NYParenting.com



THE ONLY PLACE TO GO BOWLING!

WE THROW THE BEST PARTY IN TOWN!
at Rab's every guest is treated like royalty!

2 HOUR PARTY PACKAGES INCLUDE:

- BOWLING OR LASER MAZE
- 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

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

#1 DESTINATION FOR BIRTHDAY PARTIES!

BOWLING LEAGUES FOR ALL!

BOWLING MAKES FOR THE PERFECT FUNDRAISER!

WATCH BOWLING SCORES LIVE ONLINE!



HOME TO STATEN ISLAND'S ONLY LASER MAZE!

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

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

**AGES 5 AND UP
WEDNESDAY AFTERNOONS AT 1PM
OR FRIDAY AFTERNOONS AT 4PM
STARTING IN JULY!**

INSTRUCTION, AWARDS, & FUN ALL IN A SAFE ENVIRONMENT!

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



Family May 2012

FEATURES

- 6 Miracle moms**
How these women survived life-threatening labors
BY SANDA GORDON
- 8 Sleeping peacefully?**
What parents should know about their child's snoring
BY KIKI BOCHI
- 12 Creative theater games**
Spark your child's imagination with these ideas
BY JOCELYN GREENE
- 16 Chasing their dreams**
Two determined Ailey dancers share their stories
BY JENNY GRACE TORGENSON
- 18 City kids play together in perfect 'Harmony'**
Under-served elementary students are developing their musical talents
BY LAURA VAROSCAK-DEINNOCENTIIS
- 20 Celebrate mothers of special-needs children**
Remarkable moms need extra thanks on Mother's Day
BY REBECCA MCKEE
- 22 What we all need to know about bullying**
End abuse with these helpful tips
- 28 Why the world embraces the Montessori method**
How this 100-year-old education philosophy continues to benefit students today
BY DANE L. PETERS
- 34 Back to school**
How a Staten Island mom hit the books when faced with an empty nest
BY JOANNA DELBUONO
- 36 Is technology a sleep snatcher?**
Research indicates electronics may cause problems
BY JENNY CHEN

CALENDAR OF EVENTS

- 41 Going Places**
Find out what's going on in your town

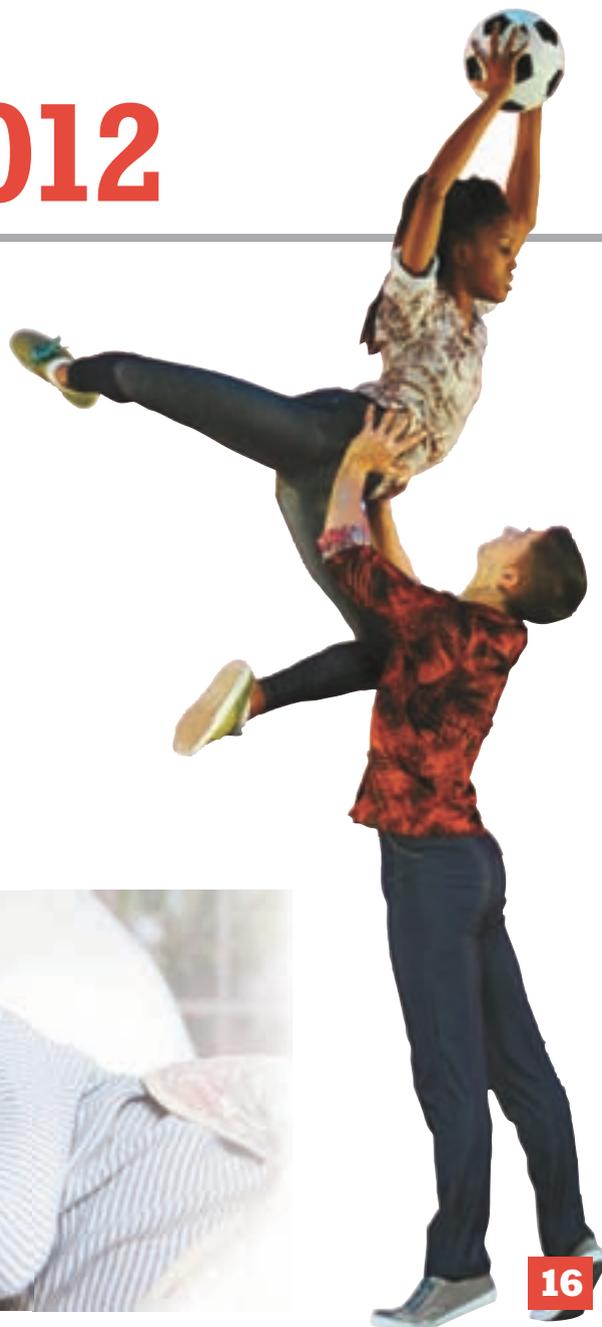
SPECIAL SECTION

- 14 Arts Directory**



COLUMNS

- 10 Mommy 101**
BY ANGELICA SERADOVA
- 24 Healthy Living**
BY DANIELLE SULLIVAN
- 26 Death by Children**
BY CHRIS GARLINGTON
- 30 Good Sense Eating**
BY CHRISTINE M. PALUMBO, RD
- 32 The Book Worm**
BY TERRI SCHLICHENMEYER
- 38 Lions and Tigers and Teens**
BY MYRNA BETH HASKELL
- 46 New & Noteworthy**
The hottest new products



Cover photography by Rebekah Mae Photography
www.rebekahmaephoto.com
702-217-8817, rebekahmae1@yahoo.com

Letter from the publisher

Art is for everyone

We received responses from readers this month commenting about trash and littering around the city. I was pleased to see that so many people support my contention that we need to create urgency about the condition of



our streets. Apparently many of you have clean-up teams going strong in your own neighborhoods and I loved hearing from you about this and hope more of you will contact me with your thoughts.

This May Issue has an annual focus about Arts for Kids and the importance of introducing children early in life to any or all branches of the arts. There is no doubt that exposure and participation in music, theater, dance,

or fine art helps imaginations soar, enhances the child's academic performance and contributes strongly to the future growth of a well rounded person.

Having been myself, both a performer and teacher of performance, married to a musician, the daughter of a singer and a designer, my personal exposure came from the beginning. Other children may have been sung to sleep with a lullaby but for me it was a Verdi aria.

Music was and is a constant in our home. My daughter has grown up with classical music, jazz, opera, world music, R & B, and classic rock from the beginning. Being exposed to it always, she has come to appre-

ciate all of it and I fully believe that someday as a mature adult, she will choose of her own volition to turn on Bach or Puccini, or listen to Ravi Shankar or Flamenco. We have always gone to museums and the walls of our home are adorned with art and photographs and we regularly go to plays and concerts.

I signed her up for dance when she was little and she went on to do it happily for years. The love of the arts is there, deep and solid and there is great respect for those who make art and are thus enhancing our experience here on our planet earth through their work.

Art is universal and there is no culture that doesn't do art of some kind, although there are cultures where it is so natural a part of everyone's reality that they have no word for it. It is just what everyone does.

When visiting the island of Bali, for example, one finds this surprising but charming truth.

We are brought together through these truths and whether making music together, or creating a mural, or watching a film in a foreign language from a cultural reality far away, we discover the links of a chain that binds our humanity and takes away the strange part of being strangers.

Make sure you and your kids are involved. Dance together and sing and make sure they are given a chance to express their unique inner selves.

Thanks for reading.

Susan Weiss-Voskidis, Publisher
Family@cnglocal.com

STAFF

PUBLISHER / EXECUTIVE EDITOR:

Susan Weiss

PUBLISHER / BUSINESS MANAGER:

Clifford Luster

SALES MANAGER / ADVERTISING:

Sharon Noble

SPECIAL ADMINISTRATIVE ASSISTANT:

Tina Felicetti

SALES REPS:

Lori Falco, Sharon Leverett, Stephanie Stellaccio, Jay Pelc

ART DIRECTOR:

Leah Mitch

PRODUCTION DIRECTOR:

On Man Tse

LAYOUT MANAGER:

Yvonne Farley

WEB DESIGNER:

Sylvan Migdal

GRAPHIC DESIGNERS:

Arthur Arutyunov, Charlotte Carter, Mauro Deluca, Earl Ferrer

MANAGING EDITOR:

Vince DiMiceli

ASSISTANT EDITOR:

Courtney Donahue

COPY EDITOR:

Lisa J. Curtis

CALENDAR EDITOR:

Joanna Del Buono

CONTRIBUTING WRITERS:

Risa Doherty, Allison Plitt, Candi Sparks, Laura Varoscak, Mary Carroll Wininger

CONTACT INFORMATION

ADVERTISING: WEB OR PRINT

(718) 260-4554

Family@cnglocal.com or

SWeiss@cnglocal.com

CIRCULATION

(718) 260-8336

TFelicetti@cnglocal.com

EDITORIAL

(718) 260-4554

Family@cnglocal.com

ADDRESS

New York Parenting Media/CNG

1 Metrotech Center North

10th Floor

Brooklyn, NY 11201

www.NYParenting.com

New York Parenting

MEDIA

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





STATEN ISLAND DAY CAMP 1.800.301.2267

OUR AMAZING CAMPUS: THE COLLEGE OF STATEN ISLAND

"Staten Island Day Camp Campers can either **"Beat the heat"** in our 51,000 square foot NCAA indoor recreational facility or enjoy our expansive outdoor NCAA Recreational setting. Our program allows campers to explore physical activity, acquire new skills, feel valued for who they are, and develop a sense of belonging for a true "ULTIMATE DAY CAMP EXPERIENCE" not offered anywhere else in the Staten Island Community!"



SERVING STATEN ISLAND FOR 33 YEARS
VISIT OUR OPEN HOUSE

'Friends and Family Day'
Sunday, May 20th

11:00 AM TO 2 PM

COLLEGE OF STATEN ISLAND BUILDING 1R

Come one and all to our special day with entertainment, prizes and a chance to WIN UP TO \$100 OFF your families camp stay

MICHAEL HALPERN

OWNER & DIRECTOR FOR 33 YEARS
Licensed in Supervision & Administration

NYC LICENSED



THANK YOU COUPON

\$25^{OFF}

**Coupon to be used by mail if you cannot visit us at our OPEN HOUSE*

- Camp Hours: 9:00 am - 4:00 pm
- All Counselors are Adults
- Medical Certified Staff/CPR & RTE Trained
- Boys and Girls Ages 5-13
- Comprehensive Day Camp Program
- Free Door-to-Door Transportation
- Optional Extended Day
- Directors are State Licensed
- 4, 5, 6, 7 and 8 week Sessions Available
- Three and Five day programs
- Payment Plan Available

Visit Us Online at www.statenislanddaycamp.com and Take a Virtual Tour
CALL TODAY FOR OUR CAMP LITERATURE **1.800.301.2267**

Miracle moms

How these women survived life-threatening labors

BY SANDRA GORDON

When you're expecting a baby, you do what you can to take control of the experience. You go to your ob-gyn appointments and childbirth classes, take prenatal vitamins, and try to eat a healthy diet. Still, there's always that feeling that Mother Nature's really the one in charge, and you're just along for the wild ride. Ever wonder what you'd do if your pregnancy or labor suddenly took a surprising turn? That's what happened to these three women, who were forced to call upon reservoirs of strength and resourcefulness they never knew they had in order to bring their babies into the world.

Babies in danger

"We nearly lost our twins."

— Jennifer Miller, 35

Two weeks before giving birth, Miller woke up in a puddle.

"I assumed my water had broken, so I called my doctor and went to the hospital," says the web designer.

There, though, Miller was told her water hadn't broken and she returned home, where she continued to leak fluid.

"I also felt like there was blood rushing through me. I could hear it pounding in my ears," she says.

Then, 10 days before her due date, Miller went into labor. At the hospital, she developed a 102-degree fever due to an uterine infection.

As it turned out, "I had been leaking amniotic fluid all along," she says. Consequently, even though the babies were in the right position to be born vaginally, Miller had an emergency C-section.

Baby Josie was born first; she weighed just 2 pounds, 12 ounces, and was followed by Anna,

who weighed 3 pounds, 15 ounces. Because of their size difference, the identical twins were easy to tell apart. Although Anna was the larger baby, "she was basically stillborn; she had an initial APGAR of 0 and she was bright red, but they were able to bring her back," Miller says.

After giving birth, Miller learned that she had an undiagnosed case of twin-to-twin transfusion syndrome, which is a complication specific to identical twins who each have their own amniotic sac but share a single placenta. With this syndrome, blood flow through the vessels in the placenta connecting the twins becomes unbalanced; one twin, the "donor," doesn't get enough blood while the larger twin, the "recipient," becomes overloaded with it.

In turn, the recipient twin increases the urine it makes to reduce its blood volume. That twin eventually has too much amniotic fluid. The donor twin produces too little urine and the amniotic fluid becomes very low or absent.

"They mentioned TTTS at the hospital to me once, but nobody talked to me about it," Miller says. Fortunately, after some initial developmental delays, Josie and Anna are now perfectly healthy 7-year-olds.

Life lesson: "Looking back, I dismissed a lot of things I shouldn't have, chalking them up to just having twins," says Miller. "Like the fact that I began feeling really uncomfortable and felt the constant rush of excess blood, which is a symptom of TTTS."

For more about twin-to-twin transfusion syndrome, visit www.tttsfoundation.org.

A deadly complication

"I survived a rare syndrome."

— Miranda Klassen, 33

When Klassen, a sales representative, was in labor with her first child, she had a seizure and went into cardiac arrest, which caused a temporary lack of blood flow to the baby because of her lack of oxygen. To



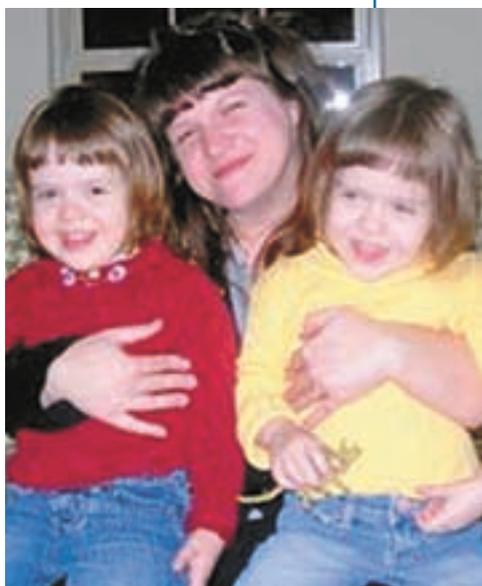
Mikala and Celia Vidal.

restore her heartbeat, her husband, Bryce, later told her that respiratory technicians administered chest compressions while her obstetrician performed an emergency C-section. Her baby, a boy, was delivered in just eight minutes. Yet, it took 10 minutes to resuscitate him. Would he be OK? It was too soon to tell.

While the baby was whisked to the hospital's neonatal intensive care unit, doctors put Klassen into a medically-induced coma to assess the situation. An electrocardiogram showed amniotic fluid in the chambers of her heart, indicating that she had suffered from an amniotic fluid embolism, an extremely rare complication that manifests in response to amniotic fluid entering the bloodstream during delivery, which is not unusual.

"But a very select few women have an anaphylactic-like reaction to the fluid, which causes life-threatening blood clots. I was one of them," Klassen says.

An amniotic fluid embolism can cause heart and lung collapse and excessive bleeding and clotting. Amniotic fluid embolism is an elusive syndrome with no known cause. The condition is estimated to affect one in 80,000 women during labor and when it happens, 80 percent of the women don't survive. Newborn mortality is 30 to 40 percent. Surviving mothers and babies can suffer serious compli-



Jennifer Miller and her girls.



The Klassen family

cations, such as brain and heart damage.

After Klassen's diagnosis, doctors performed intravenous surgery to place a filter just below her heart to catch any potential blood clots that could form and travel to her heart as a result of the embolism.

The filter, in fact, caught a large clot that would have otherwise killed her.

"It was so large that they weren't able to remove it, and it will be in me forever," Klassen says. "Over time, it's very likely that I will lose a lot of circulation in my legs as a result of it."

Nonetheless, she's glad to be

alive and to be there for Bryce and her baby, whom they named Van. He's now a completely healthy 4-year-old, meeting all of his developmental milestones.

Life lesson: After her near-death experience, Klassen started the AFE Foundation (<http://www.afe-support.org>), the first of its kind to educate women about amniotic fluid embolism and support families who have been affected.

"I'm going to take the blessing of having survived AFE and create a voice for people who can't," she says.

"Only five percent of people come out completely intact after AFE like my son and I have."

Wrong diagnosis

"I was a walking fish tank."

— Mikala Vidal, 28

When Vidal, a former public relations representative, was pregnant with her first child, she immediately began retaining so much water that almost every part of her body was bloated.

"At work, I joked that I was a walking fish tank. I had only one pair of shoes I could wear, and I could barely squeeze my arms and legs into my maternity clothes," Vidal says.

Her ob-gyn brushed it off.

"I was told, 'Some women just carry more water,'" recalled Vidal, so she shrugged it off, too. But six

weeks before her due date, Vidal noticed some spotting, so she went to the doctor. From there, she was hospitalized and diagnosed with preeclampsia (pregnancy-induced hypertension). After a few days in the hospital, she was induced, because she had also been leaking amniotic fluid.

"At one point during the labor, I felt a huge pain just under my rib cage. When I told the nurse, she said it was just a contraction, and it was time for my epidural. I didn't think it was a contraction, but then again, I had never had a baby before. So I got the epidural, and it did take away the pain," Vidal says. Ten hours later, she delivered a healthy baby girl, Celia, who weighed 5 pounds, 1 ounce.

"Preeclampsia goes away after the baby is born, so I should have been cured," Vidal says. But after her epidural wore off, she still had that excruciating rib-cage pain. "It turns out that my liver was failing, which was causing the pain, along with a few other organs. I had to be med-flighted to the intensive care unit at another hospital," Vidal says.

There, she was stabilized and diagnosed with a severe case of hemolysis syndrome—a breakdown of red blood cells—elevated liver enzymes, and a low blood platelet count.

"It presents like preeclampsia, but only gets worse after you deliver," Vidal says. Hemolysis syndrome occurs in less than one percent of all pregnancies, and mortality rates

are reported to be as high as 25 percent.

Life lesson: "At the ob-gyn's office, I just trusted the certified nurse midwife and never asked questions, which was a huge mistake. I knew retaining that much water wasn't normal. I realize the importance of being your own advocate and asking as many questions as possible about your health and the health of the baby," Vidal says.

For more information about hemolysis, visit www.aafp.org/afp/990901ap/829.html.

Sandra Gordon is a mom of two who writes about parenting, health, nutrition, and baby products for books, national magazines and websites. Visit her at www.sandrajgordon.com.

Sleeping peacefully?



What parents should know about their child's snoring

BY KIKI BOCHI

You can't help but smile at that soft snoring sound your baby makes while snoozing — it's almost like purring. And who can resist that? If your child is older and makes a bit more of a racket, you may smile indulgently. Sounds a lot like Dad, right?

Snoring on the part of your child should not just be a source of enchantment and amusement, however. It turns out, it may be a sign of trouble.

Children who snore or who have other sleep-related breathing problems are more likely to have behavioral issues years later, according to a large population-based study in the April issue of the medical journal "Pediatrics."

More than most parents realize, that sweet snoring may be impeding children's ability to sleep, which can have serious behavioral consequences. An estimated one in

10 children snore regularly; while between 2 and 4 percent have sleep apnea, defined as abnormally long pauses in breathing during sleep.

For the study, researchers at the University of Maryland and the Albert Einstein College of Medicine in New York asked parents about their children's snoring, mouth breathing, observed apnea, and their behavior. They started tracking 11,000 6-month-old children, and continued periodically until they reached age 7. Upon analysis, the link between sleep and behavior problems was startling.

By age 4, children with sleep-disordered breathing were 20 percent to 60 percent more likely to have behavioral difficulties such as hyperactivity, aggressiveness, emotional symptoms, and difficulty with peer relationships. By age 7, they were 40 percent to 100 percent more likely. The more pronounced the symptoms reported by parents, the worse the behav-

ioral challenges, the study found. What's more, behavior issues were not always immediately obvious; sometimes it took years for them to emerge.

The study authors concluded that sleep-disordered breathing early in life has strong effects on behavior later in childhood, possibly because this is a critical period of brain development and there is the greatest need for sleep.

Disordered breathing causes abnormal gas exchange, interferes with sleep's restorative processes, and disrupts the cellular and chemical balance in the body.

The study findings suggest that snoring and snorting during sleep may require attention as early as the first year of life. If you notice your little one is sleeping less than peacefully, be sure to mention it to your pediatrician.

KiKi Bochi is the mother of two and an award-winning writer and editor who specializes in family topics.



Therapy Pros

OT and ED Services PLLC

Providing therapy services
for children with special needs

- Occupational Therapy
- Speech and Language Therapy
- Physical Therapy
- Counseling/Play Therapy
- NYC DOE related services provider for CPSE and RSA children
- Private Therapy and Evaluations
- ABA Therapy
- Multidisciplinary Evaluations for NYC DOE-CPSE
- Handicapped Accessible
- Fully Equipped Sensory and Gross Motor Gym
- Private Insurance Accepted



SEIT PROGRAM

evaluation programs

therapy pros

962 Manor Road • 718.982.5944
www.therapy-pros.com

COME KICK WITH US AT OUR AWESOME

KARATE SUMMER CAMP

*FUN FILLED & SKILL BUILDING!

*AWESOME WEEKLY THEMES!

*FIELD TRIPS EVERY WEEK!

*CHARACTER DEVELOPMENT!

*LEARN KARATE, GYMNASTICS & MORE.



EXTENDED HOURS AVAILABLE!

CALL NOW!!

718.524.0244

SOUTH BEACH
341A SAND LN.
www.AMERIKICKSI.com



Health Plus and Amerigroup have become one health plan. All of our members still have the **same great products** — **they're not changing.** But now they're backed by a team that has more doctors, more hospitals and more choices than ever. **HealthPlus Amerigroup: we're even better together.**

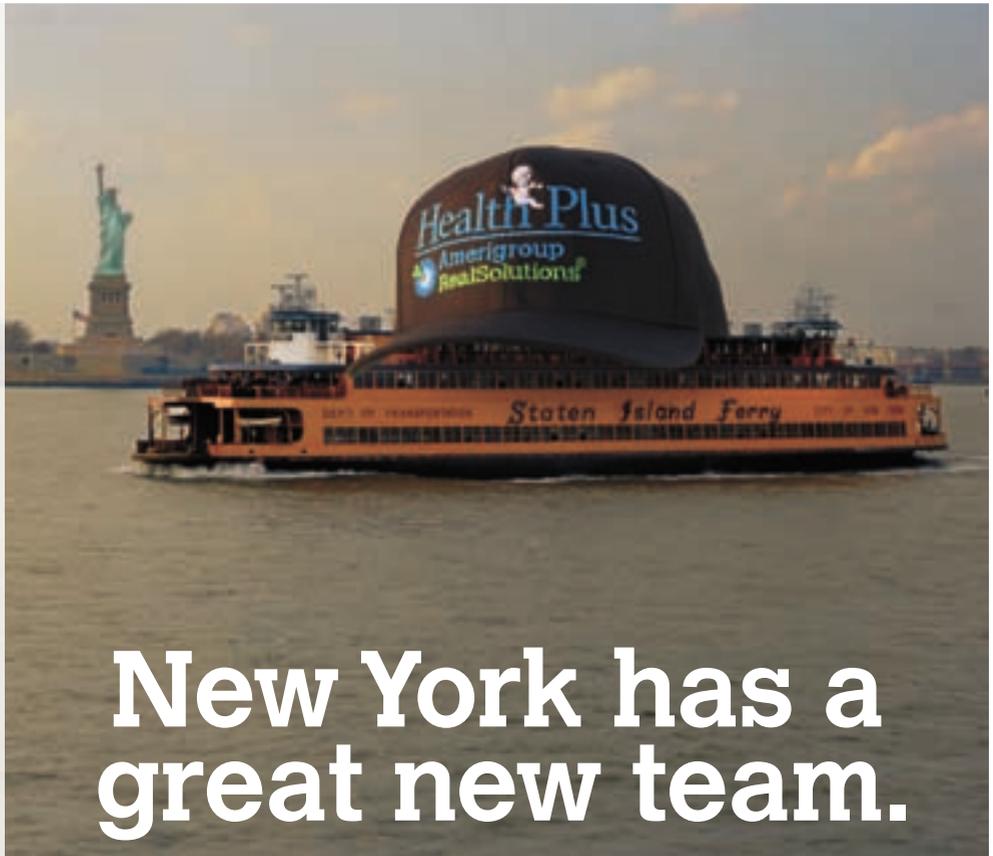
HealthPlus Amerigroup is an HMO with a Medicare contract.



Medicare



Y0005_12 HP Print File & Use 03/26/2012



New York has a great new team.

Questions? Visit healthplus.amerigroup.com.



MOMMY 101

ANGELICA SERADOVA

Patience required for motherhood



On my morning commute, I saw a woman trying to soothe her toddler as he cried and kicked while being strapped to his stroller. The mom kept her cool as her son continued to struggle with her. I should also mention that she had two other children with her, and one was an infant.

Most of the train riders gave her a cold stare, and, up until about eight months ago, I probably would have done the same. How dare she ride the subway during rush hour? Doesn't she know people are trying to get to work? This was my selfish, pre-baby way of thinking. It's funny how, for some people (ahem, me), it takes having a child to realize that the world, in fact, does not revolve around them. But this impatience with children was not limited to mass transit.

Truthfully, I've never really been too tolerant of them. I wasn't the girl who baby sat for the neighborhood kids, and I didn't "ooh and ahh" when my friends started to have babies. Even now, a lot of my single friends worry obsessively about finding the right person to settle down with before "it's too late" to have kids. I never felt that way. Having

children, to me, was always something in the very distant future, and, although I was aware of my poor attitude, I vowed (and still do) that my children would always behave, especially in public! To say I had no patience with children is a huge understatement.

Babies teach us a lot of things even before they're born; compassion, joy, unconditional love, but your patience is challenged right around day three as a new parent. It's patience you need when breastfeeding isn't happening as naturally as you thought it would. Patience will get you through a rough patch of colic and sleepless nights, and you will definitely call on your patience when your baby spits up all over you when you're running late for work. Big smile.

Unfortunately, some people's patience runs a little thinner than others, and there will always be people who have a problem with your kid on the train, or at a restaurant, movie theatre, etc. I am patient with impatient people, because I am one. I have to remind myself of my new, calmer identity, at least for my daughter's sake. My mother has been telling me to work on it for years. She even bought me a cute little "Patience" rock, which I keep at my desk as a gentle reminder. And, yes, I rub it in moments of high stress. (Hey, whatever gets you through your day!) Funny, her patience isn't particularly great either...

That day on the train, I was able to do my small part in making a mom's day just a little easier. As she continued to struggle with her whiny kid and prepare the others to leave the train, I held the emergency exit door for her and gave her an empathetic smile. Sure, I was late for work, but it was the right thing to do for a fellow mom. So, as I held the door open and three more moms passed through with their strollers and small parade of kids, I bit my bottom lip, called on my patience, and just kept holding on.



NORTHEAST REGIONAL EPILEPSY GROUP

Providing excellence in patient care...

- Inpatient Consultations & Video-EEG Monitoring
- Outpatient Consultations
- Women & Epilepsy Program
- Epilepsy Surgery Program
- Pediatric Epilepsy Specialists
- Diet Therapy Program
- Support Groups

Please call for
 appointments
 and information
718-655-6595

And...Epilepsy Advocates dedicated to ensuring patient support in the areas of education, employment and benefits advocacy.

Kim Potts

epilepsyny@epilepsygroup.com

737 Castleton Avenue • Staten Island, NY 10310

www.epilepsygroup.com



The Father Drumgoole-Connolly CYO Summer Camp

Register for upcoming Open House

May 8th: 7 pm - 9 pm

May 19th: 10 am - 1 pm

Email: seth.peloso@archny.org
 to register

To Learn More Visit

www.catholiccharitiesny.org/cyosummerncamp



646-794-2050 before June 15

718-317-2255 after June 15

Located at

6451 Hylan Boulevard

Staten Island, New York 10309



A BIG THUMBS UP!

Creative theater games

to spark your child's imagination

BY JOCELYN GREENE

Looking for a fun activity to spark your kids' imaginations? Kids love to be entertained, and they especially love to take part in their own amusements. Luckily, there are two great theater games that will entertain them and let their imaginations soar.

One great game that even works for just two people is "story clap." It's inspired by Viola Spolin, an important innovator of the American theater in the 20th century.

Here's how to play:

One person starts with an opener that puts us in the fairy tale or fable mind-set, as in "Once upon a time, there lived a firefly who didn't know she was a firefly..." or, "In a deep forest there was a witch who loved to make soup out of..."

That storyteller then claps, which passes it to the next person. It is that person's job to continue where the first person left off, then pass it on to the next person, and so on. The game continues in this fashion until the story reaches a natural end.

You'll be surprised at how creative the story becomes as the tellers feel inspired by the collective voice of the group.

As you play the game more and more, experiment with the length of the story chunk you tell. Archetypes — such as princesses, witches, animals, dragons — are great to play off of, and you can combine elements of your children's favorite books and characters. This game is also a great way to air an issue that may have come up at home, so kids can give voice to their feelings.

As the adult in the group, it is important that you help direct the story. Set up a conflict and then help it toward resolution. With kids ages 4–6, it's a good idea to designate the adult as the clapper to keep the action going. You'll be amazed by how much they already understand story structure, and how excited they are to create their own tales with you.

In my experience, we end up physically re-telling the story, but it is a great activity all on its own for winding down at bedtime, on car trips, or at a family gathering. On rainy days, you can help the kids write the story on paper and they can illustrate it!

Another great game is "ACTive reading" — a reading aloud game in which kids get to play the parts in the stories.

Let your child create the environment of the book. Let him explore the way the ocean sounds while you read "Mariana and the Merchild: A Folktale from Chile." Playfully whistle and whoosh the sounds of the sea and the wind with him, or create whale calls and dolphin whistles. Then, have your child quietly continue the ocean soundtrack while you read aloud — the effect can be quite hauntingly beautiful.



When reading "Make Way for Ducklings," watch what happens when your child acts out the traffic and noisy streets of Boston, or creates the quacks of the duck family? How about the sounds of the monkeys in "The Hatseller and the Monkeys," or the monsters in "Where the Wild Things Are?" You may come up with sounds that are funny, or some that are eerie. You'll be surprised by the way your child astutely hears his world and gives voice to his imagination.

Most children are eager to play the parts in the stories they read. If they read themselves, they enjoy following along while you read, and getting the chance to say the words of a certain character. Whether you are reading "Horton Hears a Who," or the Harry Potter books, there will likely be a character with whom they identify. Let them cast themselves and say their characters' dialogue while you read the rest. They will be living inside the story in a very exciting way. For a moment in time, the characters' journeys become theirs. If they aren't reading yet, gently prompt them with the character's lines and let them interpret the rest.

In this way, you enter into a kind of dialogue with your child, even while you are reading. He'll feel connected to the world of the book because he is a part of creating it, and he'll feel connected as you both tell the story. He'll also be having a lot of fun, which is always the bottom line!

Jocelyn Greene is the founder and executive director of the theater program Child's Play NY. She also runs the after-school acting programs at Packer Collegiate Institute, the Berkeley Carroll School, and Greene Hill School.





"DEA" MUSIC & ART SCHOOL

**Music lessons in Piano, Violin, Voice and Guitar
Art Classes and Broadway Theater Singing w/ Movement**



Free
Trial
Class

Prepare
for ABRSM
Graded Exam

Summer Camp

July 9th - August 24th

Monday - Friday

- Flexible Schedules

- **Music Instrument**
- **Musical Theater**
- **Glee Singing**

Schedule customized to fit
the needs of your children

- **Individual classes with instrument of your choice, Music Theory, Theater, Professional Art Classes**
 - **Half day or Full day program**
- **The most professional music school in Staten Island**

Students have been admitted to LaGuardia HS for Music & Art
Student recitals held in Manhattan/Masterclasses

NO CONTRACTS

AFFORDABLE RATES 10% DISCOUNT

19 ST. MARY'S AVE • SI, NY 10305

718.876.5223 • WWW.DEAMUSICANDART.COM



One Week Only

A Midsummer Night's Dream

June 5-10

Balanchine's timeless choreography brings to life Shakespeare's magical and humorous story of a fairy kingdom and the humans that enter into it.



Photos © Paul Kolnik

ALSO: CHILDREN'S WORKSHOP

Saturday, June 9 at 12:45 pm

45-Minute Pre-Performance Movement Workshop for Children 4-7. \$12 per person (both children and adults). Performance tickets must be purchased separately.

NEW YORK CITY BALLET

2011-12 SEASON

NEW \$29 SEATS

nycballet.com 212-496-0600
David H. Koch Theater at Lincoln Center



Family programming at New York City Ballet is generously supported by Macy's Foundation.

Arts

DIRECTORY

"Dea" Music & Art School

19 St. Mary's Avenue
718-876-5223 or www.deamusicandart.com

We want you to enjoy the marvelous world of Music and Art so come to see us and choose from a wide range of music and art programs. We Offer Private Instruction in PIANO, VIOLIN, VIOLA, CELLO, GUITAR AND VOICE as well as Solfeggio and Music Theory classes. We also offer Art Classes for all ages and levels. At "Dea" Music School we offer programs of study that develop both musical sensitivity and technical facility, create opportunities for social interaction, and increase the confidence and self-esteem of students of all ages.

The school's basic curriculum is a combination of private instrumental lessons with theory, ear-training, and chamber ensembles. For those students wishing to pursue a career in music, the school can provide the foundation necessary to attain the highest level of performance. Our students have been rated with "outstanding" at ABRSM graded exam, have won prizes and awards at the "Bradshaw and Buono International Piano Competition" and have performed at Carnegie Hall as part of the prize for their achievement. In our Art Department you can create a professional portfolio of artwork as you explore the inspirational work of Art Masters. Learn about their creative process while using a variety of materials and techniques as you draw, sculpt, paint and collage. The goal of Art education at "Dea" Art School is to help children to better know themselves and the world around them and give them the ability to enhance their creativity by using visual materials. Teaching children how to paint gives them more possibilities to develop their artistic expression. Classes from 3 years old to adults.

JCC of Staten Island

1466 Manor Road
718-475-5263 or www.sijcc.org or eseeley@sijcc.com

The Dorothy Delson Kuhn Music Institute of the JCC of Staten Island A powerful stimulus to music in Staten Island since its inception over 40 years ago.

The Music Institute is a non-profit and non-sectarian. It is the only member school of the National Guild for Community Arts Education on Staten Island. It provides high quality instruction at affordable rates to all who seek it, regardless of age, income or ethnic origin. There is a scholarship program available to students.

Programs of instruction are available for students of all ages, from early childhood to adult, and at every level, from beginner to advanced. Students learn in an atmosphere conducive to personal and musical growth. They can supplement lessons with theory, master classes and ensemble playing. Some of the offerings for Early Childhood students include Music Together, Group Keyboarding, Suzuki Violin and Drum Classes.

The Music Institute's Open House on Sunday, May 20, 10:00AM-2:00PM, will include trial classes, student-faculty recital, tour of the facilities as well as faculty meet and greet. Contact Ela Seeley, Director, 718.475.5263 or eseeley@sijcc.com

Music Lessons on Staten Island

917-836-8340 or www.statenislandmusiclessons.com

Private instruction in Voice, Piano and Guitar taught by a conservatory graduate with over a decade of experience. Lessons available conveniently in your home or in a fully equipped music studio off Richmond and Forest Avenue. Flexible scheduling Monday thru Saturday. Enjoyable lessons that focus on your child's goals and musical interests. Students learn sight reading, theory, proper technique and to perform their favorite songs. Annual recital and audition prep available. 100% of my students who have auditioned for LaGuardia HS have been accepted! Absolute beginners, children with special needs and students of all ages are welcome! Call Miss Cathy today!

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!



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!

Convenient Locations:

North Shore, Mid Island & South Shore

Classes available mornings, afternoon & weekends

Magical
Musical Birthday
Parties

**REGISTER NOW FOR
SPRING CLASSES**

Newborn
To
Age 5

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



Music Lessons

Voice ♦ Piano ♦ Guitar

*Enjoyable lessons that focus
on your child's goals and musical interests*

Flexible Scheduling - Monday thru Saturday

**In your home or in a fully equipped music studio
off Richmond and Forest Avenue**

- All styles and levels taught including children w/special needs
- Private Lessons
- Taught by a conservatory graduate
- Over 10 years of experience
- Annual recital and audition prep available
- Sight reading, theory, proper technique
- Performance of your child's favorite songs

**100% of my students
who auditioned for LaGuardia HS were accepted!**

Call Miss Cathy - 917-836-8340

www.statenislandmusiclessons.com

Like us on

facebook

or follow us on

twitter

Facebook Search: NYParenting

Richmond Choral Society (RCS)

**Come join RCS Youth Chorus
Summer Workshop**

Ages 9 through 17

Have fun learning, singing and performing
choral music
with experienced music teachers

July 9 - 13 from 10am to 1pm
at Christ Church

76 Franklin Ave., Staten Island, NY 10301

**Auditions for RCS Youth Chorus
2012-2013 Season**

**WEDNESDAY, SEPTEMBER 5TH AND 12TH,
4 - 6 PM**

at New Dorp Moravian Parish Hall
2205 Richmond Rd, SI, NY 10306

Call 718-448-3656
for more information and fees

No previous experience necessary.

www.richmondchoral.com

CHASING

Two determined

BY JENNY GRACE TORGERSON

For two kids with a passion for dance, nothing could stop them from realizing their dreams. Because of their spirit and dedication, these two, now in their early 20s, are dancing with one of the most prestigious — and competitive — dance companies in the city.

Paige Fraser

Many little girls grow up dreaming of becoming dancers. For Paige Fraser, that dream is a reality. Fraser is a member of the Ailey II dance company, affiliated with the prestigious Alvin Ailey American Dance Theatre. After beginning her dance training at the age of 4, Fraser spent 12 years in serious study, which led to a spot in the Alvin Ailey high school program.

“It was a great experience and a huge privilege,” says Fraser, now 21. That led to a chance for Fraser to study further with the Alvin Ailey company while pursuing her degree at Fordham University, where she is currently a senior. In 2010, Fraser was one of 12 dancers selected out of the Ailey School’s 1,500 to join the Ailey II company.

However, Fraser’s dream of becoming a professional dancer almost turned into a nightmare. At the age of 12, the Eastchester Bronx native was diagnosed with scoliosis, which severely affects the alignment of her spine and pelvis. After being urged by several doctors to undergo corrective sur-

gery that would effectively end her dream of becoming a professional dancer, Fraser and her parents made the pivotal decision to forgo. Instead, through yoga and gyrotomics (which is a form of pilates-like exercise involving machinery), Fraser built up strength in her core muscles and managed to all but correct her scoliosis.

“People see me today, and they don’t believe I have scoliosis,” says Fraser. “It’s a blessing that I am still pursuing a career in dance.”

And today, Fraser is focused on dance and her studies. Although she enjoys modeling and musical theatre, she says “dance is my main passion and has to have all of my attention.” That focus has certainly paid off.

In 2010, Fraser had the honor of performing in Alvin Ailey’s “Memoria” in celebration of the compa-



THEIR DREAMS

Ailey dancers share their stories

ny's 50th anniversary. Over the past year, Fraser has performed across Europe, in 35 U.S. cities, and on the island of Bermuda. This year, she will be dancing leading roles in Thang Dao's "Echoes," Troy Powell's "Reference Point," and Donald Byrd's "Shards," all with Ailey II. Someday, Fraser would love to be a part of the main Ailey company.

Fraser's advice for others aspiring to follow in her dancing footsteps is to remember to "never settle for someone else's opinion, and to believe in yourself and never give up."

Thomas Varvaro

Growing up in Marine Park, Brooklyn, dance was not on Thomas Varvaro's mind. As an avid sports enthusiast, Varvaro's dreams revolved around baseball and karate. So, when his mother initially suggested he take up dance, Varvaro balked.

"I thought it was too girly," says the now 22-year-old. But his mother saw through his hesitation to his desire to perform and insisted he try. At age 8, Varvaro took his first dance class, and his career as a dancer was born.

After his initial training, Varvaro took a trip with his mother to see the American Ballet Academy perform a production of "A Midsummer Night's Dream," and he knew he was on the right path.

"It really made it obvious to me that this is what I should be doing," remembers Varvaro. After that pivotal moment, Varvaro went on to earn a place at Bay Academy, a former performing arts magnet school, where his teachers realized his exceptional potential. At the faculty's urging, Varvaro auditioned for, and landed, a space in the Ailey Athletic Boys Dance Program, where his technique grew.

Varvaro felt from the beginning that the Ailey school was welcoming to him and his family, and he felt at home there.

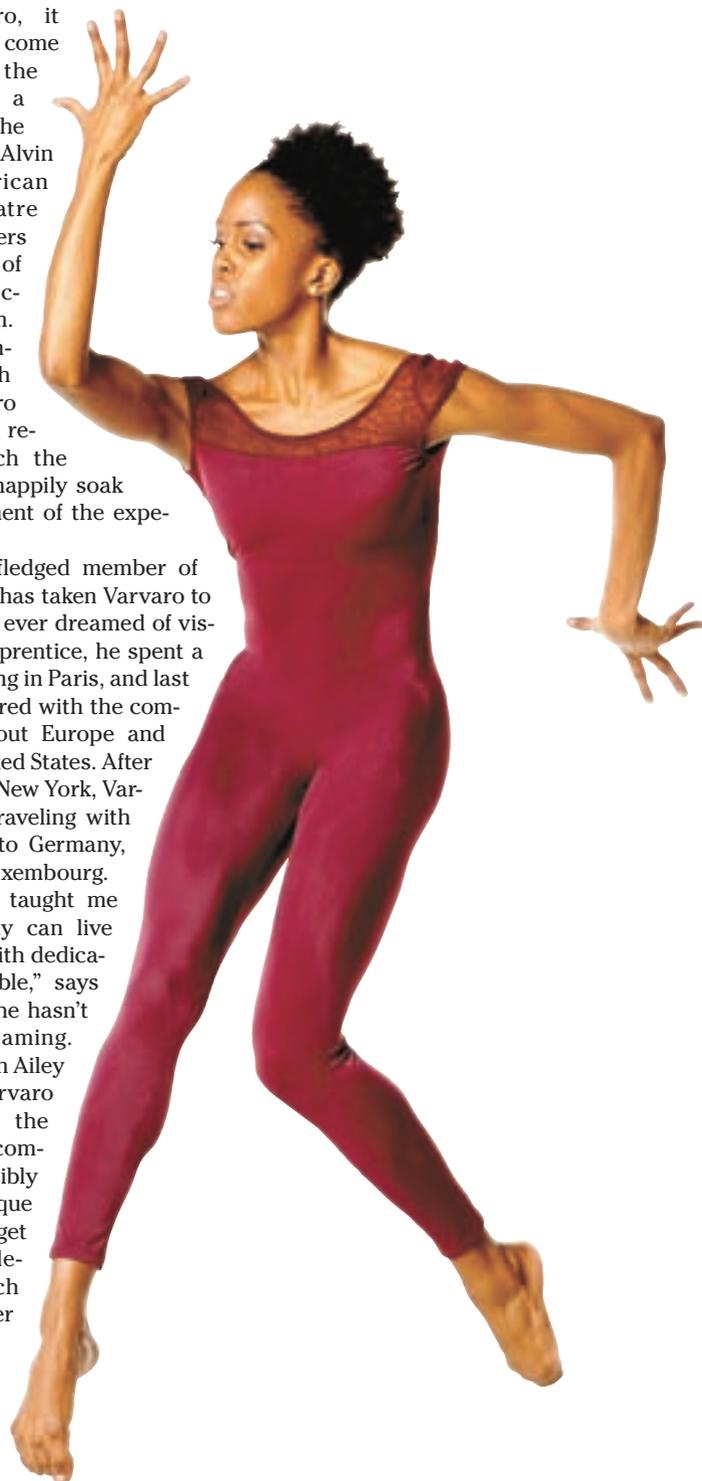
"The faculty took the time to get to know me and help me," he says.

With their support, Varvaro went on to study at LaGuardia Performing Arts High School, where he honed his classical ballet technique through a joint program with the School of American Ballet. At the end of his senior year, his hours of training really paid off. He chose to return to Ailey and its Bachelor of Fine Arts program. From there, the prestigious — and immensely competitive — Ailey II company asked Varvaro to become an apprentice.

For Varvaro, it was "a dream come true to join the company." As a young dancer, he had collected Alvin Ailey American Dance Theatre posters and fliers and dreamed of someday dancing with them. While apprenticing with Ailey II, Varvaro would sit in on rehearsals, watch the dancers, and happily soak up every moment of the experience.

Now a full-fledged member of Ailey II, dance has taken Varvaro to places he only ever dreamed of visiting. As an apprentice, he spent a summer dancing in Paris, and last season, he toured with the company throughout Europe and across the United States. After this season in New York, Varvaro will be traveling with the company to Germany, Poland, and Luxembourg.

"Dance has taught me that you really can live your dream; with dedication it's possible," says Varvaro. And he hasn't stopped dreaming. After his time in Ailey II is over, Varvaro hopes to join the main Ailey company, or possibly dance with Cirque du Soleil, then get a Master's degree and teach dance to other dreamers.



City kids play together in perfect ‘Harmony’

Under-served elementary students are developing their musical talents

BY LAURA VAROSCAK-DEINNOCENTIIS

An organization is developing the musical talents of young New York City students who would not ordinarily be exposed to music education.

The Harmony Program provides free music education to elementary students in select public schools. Children who are interested in the program apply by submitting an essay on why they want to study a musical instrument. Once accepted, they choose an instrument from the brass, woodwind, string, and percussion families. Participants receive daily music lessons, instruments, books, supplies, and opportunities to attend cultural events.

Anne Fitzgibbon, founder and executive director of the Harmony Program, traveled to Venezuela in 2007 on a Fulbright Fellowship to study the famous National System of Youth and Children’s Orchestras, known as El Sistema. Impressed by its commitment to social change through music, she returned to New York.

Her primary goal was to design a program that uses music as a means to help children grow into healthy, well-rounded, and productive individuals. In addition to fostering social development, the Harmony Program encourages learning through ensemble playing, creates a supportive community for program participants and families, and demands a serious commitment to daily music study.

The Harmony Program prioritizes serving schools in high need areas, as well as those that do not offer formal band or orchestra. Equally



important to the selection process is the partnership of a dynamic and cooperative principal who believes in the value of music education. PS 152’s principal, Dr. Rhonda Farkas, recognizes how the Harmony Program enriches the educational experience of the students in her school in Flatbush, Brooklyn.

“It has benefited them in exponential ways,” said Farkas, “by lifting their confidence levels, boosting self-esteem, enhancing cooperation and collaboration, self-direction, flexibility, adaptability, productivity, and responsibility.”

I recently visited PS 152’s after-

school program, listened to the students play, and heard what they have to say.

The kids — taught by college- and graduate-level music students trained by the Harmony Program — were enthusiastic and ready to learn, even after a long day of school.

Instructor Patrick O’Reilly taught his young drumming students how to identify notes and rests, rhythms and patterns, repeats and loops. There was a strong sense of group learning and peer teaching in the intimate class of four. Sebastian, a fifth grader, took a break from the snare drum to help a classmate identify the



down beat from a series of notes on the board. He was patient and kind, and continued to support her until she played the music correctly.

The kids expressed their gratitude and appreciation for the program.

"When I have a bad day, the music and my friends make me happy," said Mia. "The two go together."

Fifth-grader Theresa added that playing music is not only fun and exciting, but it helps her to focus and concentrate, too.

"I think it's going to help me on the [English Language Arts] exam," she said.

Sebastian agreed and said learning to read music has helped him improve in math.

Cassandra recalled that the Harmony Program brought made it possible for her to perform with one of the most famous musicians in the world. "Playing with Placido Domingo was awesome!" she recalled. In January, Cassandra was one of 35 young musicians chosen from the Harmony Program to perform at the gala celebration honoring the tenor and conductor. The maestro conducted the orchestra of fourth to sixth graders.

"Making music as a part of an orchestra is an important part of the program, because it requires children to respect their places as members of a community and to understand the rules, structure, and organization that govern that community," explained Harmony founder Fitzgibbon.

Lexy, a violinist, joined the Harmony Program in second grade. Now a fifth grader, she also had the opportunity to play with Domingo. Lexy recalled the experience with excitement, but quickly shifted her focus to the Harmony Program itself.

"Music allows me to express my feelings," explained Lexy, whose favorite pieces of music are Pachelbel's "Canon in D" and "The Magic Flute." "I'm so grateful that it is a free program. Otherwise, I would not have the opportunity to play an instrument."

When I entered the woodwind group's practice room, the students were in the middle of learning a new, challenging Bach piece. They struggled persistently until the end, then immediately asked their teacher if they could play "The Magic Flute," which they had been practicing for the past few months. They performed it with joy, confidence, and pride. The young musicians' talent amazed me, but I was even more impressed by their dedication and respect for the music-making process.

The Harmony Program teaches more than music. It develops important skills necessary for children to succeed in many areas of their lives.

Principal Farkas explains, "It offers our children the tools, resources, and experiences that have helped facilitate and drive the knowledge, complex thinking skills, collaboration, and creativity required for the college and career outcomes needed to succeed in the 21st century."

For more, visit harmonyprogram.cuny.edu.

Laura Varoscak-DeInnocentiis is a mom, teacher, and freelance writer. She is a regular contributor to *New York Parenting Media* and has won several editorial awards from *Parenting Media Assoc.* Varoscak holds master's degrees in fiction writing, education, and psychology. Visit her webpage at www.examiner.com/parenting-in-new-york/laura-varoscak for more articles on *Brooklyn parenting*.

YOUNG PEOPLES Day Camps

40TH ANNIVERSARY CELEBRATION & YOUR CHILD IS INVITED!

#1 PRIVATE DAY CAMP ON STATEN ISLAND... SINCE 1972!

PRE-SEASON RATES!

DAYS FILLED WITH FUN, FUN, FUN!

- ☺ For Boys & Girls, 4-14
- ☺ Payment Plan Available
- ☺ 2-8 Week Programs Available
- ☺ Weekly Field Trips
- ☺ Optional Extended Day
- ☺ Sports With Instruction
- ☺ Medical Certified Staff, CPR/RTE Trained
- ☺ Arts & Crafts
- ☺ Owner/Director Keith Glauber, former Major League Baseball player & current state licensed teacher

AND MORE!

☺ We Accept All Union Rates

Call Now For Pre-Season Discount!

SPRING OPEN HOUSE

SAT., MAY 5th & 19th, 2012 • 10am - 12pm

NANSEN PARK

3465 Victory Blvd. • Staten Island, NY 10314

CALL 1-718-701-3600 OR 1-800-DAYCAMP

or contact Keith Glauber at: keith@ypdc.com

FREE TRANSPORTATION

WWW.YPDC.COM

Celebrate mothers of special-needs children

Remarkable moms need extra thanks on Mother's Day

BY REBECCA MCKEE

May is the month to appreciate our mothers and grandmothers. We make a special effort to show our love and gratitude this time of year through our words and actions (and, for good measure, a beautiful bouquet doesn't hurt!).

But a more and more homes include family members who have autism spectrum disorder. Many of these individuals may rarely convey to their mothers just how much adoration and love exists within their special bond, and those moms can use

some special recognition.

Mothers of children with special needs work tirelessly day in and day out for their children.

Their work includes motherly duties of love, providing food, shelter, clothing, tenderness, and teaching.

But standing atop of that mountain is a pressure-cooker filled with speech and language goals, fine- and gross-motor coordination activities, functional life skills, opportunities for generalization, natural environment teaching moments, sensitivity and awareness for siblings and peers, team meetings, workshops, parent-training

visits, data collection and analysis for behavioral outbursts, and so much more.

It is a world that involves these mothers' front doors opening and closing continuously to allow for professionals to enter and exit. Between those times it is the mothers who hold everything together.

It is a motherhood that requires patience; patience that includes waiting an entire summer while an 8-year-old child learns to imitate waving.

It is a motherhood that requires grace; grace that includes calmly handling a very loud 10-year-old autistic child in the supermarket while every other adult in the surrounding area glares. It is a motherhood that requires fortitude — courage and advocacy mixed together in a cake bowl — that has to be at an all-time high level from the time of diagnosis throughout adulthood.

It is a motherhood that requires connectedness; connectedness means constant networking, attendance at workshops, fund-raisers, classes, and more.

It is a motherhood that requires a realistic view of accomplishment; accomplishment can easily mean her child learning how to tie his shoes at the age of 19 after working on this skill for more than 300 hours. It is a motherhood that requires balance; balance between caring for all members of her family, herself, and a person with special needs who naturally requires just that much more.

We should all remember to honor our mothers each day, and especially on Mother's Day.

This May, if you know a mother or grandmother who has the personal privilege of having a family member with autism spectrum disorder, or individualized personality, acknowledge her. Take the time to wish her a happy Mother's Day.

These are words she may have yet to hear from that special person in her life.





SOME KIDS JUST CAN'T WAIT FOR YMCA CAMP.

Have you made plans for your child's summer yet?

YMCA SUMMER CAMP is the perfect place to meet new friends, participate in sports and creative arts, explore science and technology, swim, go on field trips, learn about nature, build core values, appreciate culture and diversity, and—of course—have fun.

WE OFFER:

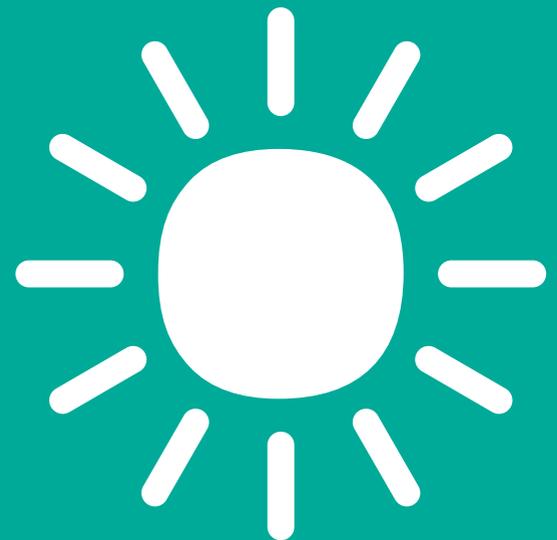
- Early Childhood Camps (Ages 3-6)
- Day Camp at Pouch Camp (Ages 5-13)
- Sports Camps (Ages 5-13)
- NEW! Day Camp at Broadway & South Shore YMCAs (Ages 7-12)
- CIT Program (Ages 14-16)
- Transportation available for Pouch Camp

REGISTER FOR STATEN ISLAND YMCA DAY CAMP TODAY. SPACE IS FILLING FAST!

LAST CHANCE TO TAKE ADVANTAGE OF OUR 10% EARLY BIRD AND SIBLING DISCOUNTS AVAILABLE THROUGH MAY 19TH

**VISIT OUR OPEN HOUSE
SATURDAY, MAY 19TH 10AM-4PM**

Financial Assistance is available



STATEN ISLAND YMCA
DAY CAMP @ POUCH CAMP
(718) 227-3200

STATEN ISLAND BROADWAY YMCA
(718) 981-4933

STATEN ISLAND SOUTH SHORE YMCA
(718) 227-3200

New York City's YMCA
**WE'RE HERE
FOR GOOD.**[™]

ymcanyc.org/statenisland

What we all need to know about **BULLYING**

End abuse
with these
helpful
resources

Everyone should know:

- Bullying is a power issue. It's about preying on the weak and on those who may be "different."

- Bullying has moved out of the schoolyard and onto the Internet and mobile phones. Cyber bullying is the fastest growing method students use to bully others.

- It takes a village. Children who are bullying others need to understand that everyone is watching — parents, teachers, neighbors, church members, coaches, troop leaders, etc. — and will speak up when their behavior is inappropriate.

- Kids fall into three roles: the bully, the victim, and the witness. The witnesses who do not speak up against bullying provide an audience that encourages the bully.

- Speaking up against a specific bullying incident or pattern takes courage and can result in repercussions for the victim or witness. To keep them safe, protect the students' anonymity.

Parents should know:

- Just as you teach a child personal hygiene, ethics, and good behavior, you need to teach him that bullying is wrong and that witnessing a bully calls for action. What action? At a minimum, tell an adult.

- There are warning signs that may indicate your child is being bullied, or may be bullying others. Become familiar with them. You can find warning signs at stopbullying.gov.

- Have regular conversations

about all of those topics that are uncomfortable for both you and your child — such as bullying, drugs, sex. Acknowledge that these are difficult conversations for both of you, but that you are going to have them anyway.

- You are your child's advocate. If you suspect or know your child is being bullied, your job includes engaging school staff and others to help support your child through this bad time. Visit the school frequently. Get to know teachers and other staff before problems occur.

- Monitor and supervise your child's online and cellphone activities, set boundaries, and let him know you are monitoring him. It's the best way to know that he is

neither bullying nor being bullied, sexting, sharing passwords, or compromising his privacy, safety, and security.

Here are some links about how to monitor:

- How much should you monitor? At childhelp.org.

- Spying or monitoring? At about.com.

- Four things to help protect kids online at Microsoft Safety and Security Center at microsoft.com.

- Overview of monitoring cellphone use at education.com.

Kids should know:

- No one deserves to be bullied. It is harmful and can have long-lasting repercussions.

- It's difficult to deal with bullying by yourself. Ask for help from your



friends, parent, or an adult you trust or know has been assigned to deal with bullying.

•Doing nothing says you think it's OK to bully another person. Take a stand against bullying.

•If someone gets upset with your behavior toward others, even if you think you're just being funny, you may be bullying. Stop, reflect, and talk about it with someone you trust.

Additional links for kids:

- That'sNotCool.com.
- StopBullying.gov.

Teachers should know:

•Early and immediate intervention to resolve conflicts will mini-

mize bullying and support victims. Find tips at stopbullying.gov.

•Dealing with bullying is a team effort. Learn all you can about bullying through research and recommended interventions.

•There needs to be a designated leader who serves as a resource for staff and students and keeps track of incidents. Kids should know who that person is and that anonymity will be protected.

•Your attention needs to extend beyond the schoolhouse or program doors to include the school neighborhood, Internet, and texting.

For a cyberbullying toolkit for educators, visit [common sense media at commonsensemedia.org](http://commonsensemedia.org).



Suzanne's Fashion Corner Ltd.

and

Baby Oh Baby
Children's Wear



**Beautiful
Clothing & Accessories
for Women, Children
& Babies**



Hours: Mon.-Sat. 10am-6pm

Special Holiday Hours

All Major Credit & Debit Cards Accepted

Layaway Available

**656 FOREST AVE.
AND 513 BEMENT AVE.
PHONE & FAX (718) 442-8992**

www.suzannesfashioncorner.com

Falcone

Family Chiropractic & Wellness

DOES YOUR CHILD SUFFER FROM...?

ADHD • Allergies • Ear Infections
Colic • Reflux • Chronic Colds

The
GENTLE
Chiropractor

Dr. Falcone has superb skills utilizing certified "state of the art" technique for **SAFE DRUG-FREE** treatment and prevention of many childhood illness'.



We provide excellent results in the treatment of Low back and Neck pain, Disc Injury, Headaches, Arm and Leg Pain

- Our Focus is to bring you to **WELLNESS CARE**
- Pregnancy/Obstetric Chiropractic Techniques for reflux, sciatica, breech
- Safe, gentle effective non force technologies
- Evaluation and Management of Scoliosis
- X-ray on Premises

MOST INSURANCE ACCEPTED

**Dr. Jennifer Falcone • 718-987-CARE (2273)
2375 Richmond Road • Staten Island, NY 10306**

www.falconefamilychiro.com

Take a tour on our website and sign up for our newsletter!



HEALTHY LIVING

DANIELLE SULLIVAN

Tips for pain-free breastfeeding

It is possible!

Among the endless concerns that come with new parenting and first-time pregnancy is the decision of whether or not to breastfeed. Many new moms want to breastfeed but are honestly afraid to do so after hearing stories about the pain and anguish associated with it.

Susan Bennington of Bay Ridge was one of them. When her son, Jamie, was born two years ago, Bennington admits that she almost didn't even try to breastfeed, because she thought it would hurt too much.

"My sister had given birth to my niece a year before I got pregnant, and she had such a hard time with it, she eventually gave up. Ever since then, she talks about how she should have just bottle-fed from the beginning and saved herself the torment," she says.

Bennington cites sore nipples and difficulty in latching on as the top two causes of why her sister stopped.

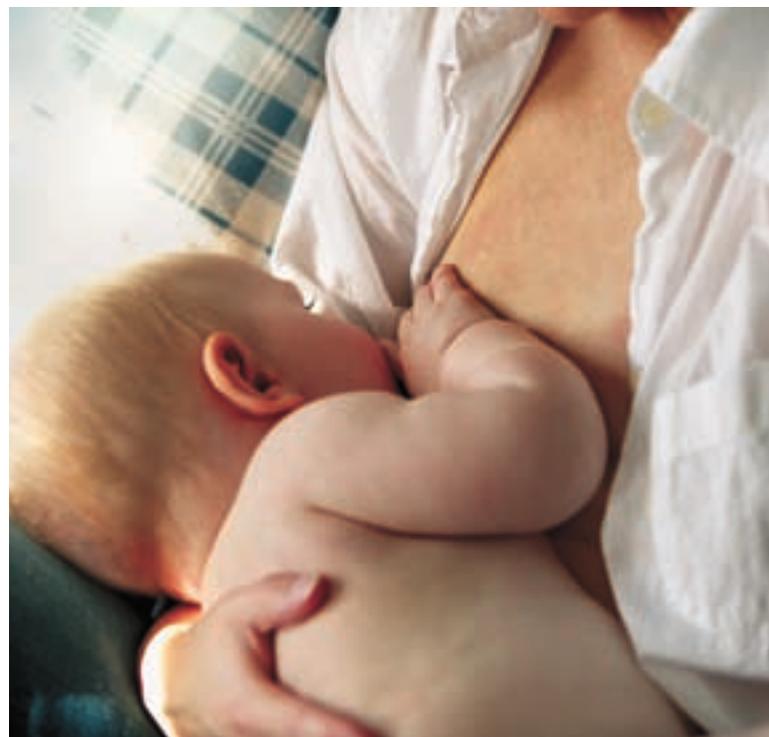
"While I was naturally concerned seeing what my sister went through, I still felt in my heart that breastfeeding was best, and wanted to give my child every chance at the best health possible," says Bennington. "So, I started reading up on it in my sixth month almost daily. When my son was born, amazingly enough, he latched on right away. It gave me the confidence to continue, and I'm so glad I did."

Sara Chana, a breast-feeding expert and certified lactation consultant, says that when breastfeeding is working properly, it shouldn't hurt.

Here are her best tips for pain-free breastfeeding:

- Don't believe that breastfeeding is supposed to hurt and that sore nipples are to be expected. If the baby is latched on to the breast properly, breastfeeding should not hurt!

- Do teach your baby to latch onto the breast, not the nipple! Most



women that come into my office are letting the baby latch onto the nipple and not the breast itself. (Remember, it is called "breastfeeding," not "nipple feeding.")

- Don't worry about getting your whole areola into the baby's mouth. Most women are taught to get the whole areola into the baby's mouth, but all women have different size areolas, so this is really not the judge of a good latch. With a good latch, there usually is some areola showing, and often times, lots of areola is showing.

- Do hold your breast steady and compress it into a pointy shape with your hand, because a pointy breast can fit deeper into a baby's mouth. Be sure to bring the baby to you deeply (not trying to stuff your nipple into the baby's mouth). Your goal is to get your breast deeply into the baby's mouth with the nipple touching the S spot (between the baby's hard and soft palate). Your nipple

actually needs to point back into the baby's throat.

- Don't get discouraged. If your latch hurts, try again. If you allow the baby to nurse in a way that hurts you, your baby will not get the message that he needs to nurse deeper. When a mom and her baby share the experience of being on the breast deeply, with practice, mom will be able to nurse pain free.

- Do get help from a professional lactation consultant if you are in pain, not getting enough soiled diapers, or feel unsure or discouraged. Birth hurts — breastfeeding is not supposed to!

Danielle Sullivan, a Brooklyn-born mom of three, has worked as a writer and editor in the parenting world for more than 10 years. Sullivan also writes about pets and parenting for Disney's Babble.com. Find her on Facebook and Twitter @DanniSullWriter, or on her blog, Just Write Mom.

It's Our Mission.

Quality Health Coverage



FIDELIS CARE®

Child Health Plus with Fidelis Care

- Free or low-cost health insurance coverage for children up to age 19 in New York State. Almost every child is eligible!
- Checkups with your child's doctor
- Immunizations (shots)
- Hospital and emergency care
- Prescription drug coverage
- Dental and vision care
- Speech and hearing services
- More than 48,000 quality providers

Proof of age, income, and address necessary to enroll.

Some children who had employer-based health insurance coverage within the past six months may be subject to a waiting period before they can enroll in Child Health Plus. This will depend on your household income and the reason your children lost employer-based coverage.

Child Health Plus is a New York State-sponsored health insurance program offered by Fidelis Care.



To find out if you are eligible for one of our government-sponsored health insurance programs, call Fidelis Care at:

1-888-FIDELIS (1-888-343-3547)

(TTY: 1-800-421-1220) • fideliscare.org To renew your coverage each year, call 1-866-435-9521

FUN-LEARNING ALL SUMMER LONG!

Educational Summer Adventure / Ages 3-10

FasTrackKids®

Flexible Weekly Enrollment Options

Full and Half Day Programs Available

Early Bird Discounts Before April 15th

FasTrackKids share in exciting learning experiences that will captivate their imagination and make their summer full of wonder and surprise.

SUMMER CAMP SCHEDULE

- camp 1 Ready, Set, Travel 1: 7/9-7/13 Visiting China, India, Australia & Mexico
- camp 2 Earth Science: 7/16-7/20 Young Scientists: Old Bones
- camp 3 Speech Drama & Art: 7/23-7/27 Performing Magic
- camp 4 Ready, Set, Travel 2: 7/30-8/3 Visiting Egypt, Italy, USA, & Brazil
- camp 5 Destination Constellation: 8/6-8/10 Exploring Outer Space, Stars, Moon, Planets
- camp 6 Biology: 8/13-8/17 Studying Plants & Animals
- camp 7 Natural Science: 8/20-8/24 Magnets, Molecules & More!
- camp 8 Biology: 8/27-8/31 Anatomy of Me

Time off from school doesn't have to be time off from learning!

Staten Island
(1461 Hylan Blvd.)
718.351.7333

www.brooklynenrichment.com
www.fastrackkids.com



DEATH BY CHILDREN

CHRIS GARLINGTON

Dad comes in last

Let us establish, now, that I am not very good at this fatherhood thing. Never have been, never will be. I am a struggling father, an amateur, a dilettante. My children know this; I've been proving it to them since they were born. For my son, the proof was never so obvious as during the pinewood derby.

I tend to plan the way some people fall off a cliff. I backplan, coming to my senses moments after something expensive lies smoldering at my feet

ewood derby car.

First of all, the manufacturer's verbiage claiming the paint will dry in one hour is a big fat lie. The only thing happening in an hour is the Scoutmaster will come into the broom closet where you're building your car (your son's car) AS THE DERBY IS STARTING to tell you [unprintable] or he will [unprintable]. And the wheels will get stuck to the fuselage, which really doesn't matter in the great story arc of life.

that's even heavier. And that's when the chucks release and all the cars speed down the slope toward the finish line. All the cars.

Except his.

Yeah, the manufacturer coulda said something about that.

Look, I know something about being shamefaced: I attempted dating in the '80s. I worked at a theme park. I drove a Gremlin. I drove a purple Gremlin.

So I knew how to react. I knew precisely the harrowing precipice of dignity that my father-and-son dynamic skidded uncontrollably toward in the gravity of that glance. As my son's public humiliation went nuclear, as an entire auditorium of parents shushed, their heads swiveling in unison toward me, as the raw force of an accumulated scowl swept toward me like a bright red tsunami, I thought to myself: "I should have used a hair dryer."

The next year was no better. Heck, the next two years were no better. My car — my son's car — never placed. I spent at least 50 bucks on kits, sandpaper packs, chrome pipes, high-gloss lacquer; but no matter how many hours I put into my car — into my son's car — I didn't place. He didn't place.

Finally, the kid said, "Dad, can I try?" — and then I got it. I mean, it was soooo obvious. I should have seen it coming a mile away: this was one of those blunt lessons of fatherhood, a Zen smack, a lightbulb as bright as the sun, and it was shining across that dim auditorium directly onto me and I knew, I knew right then, that I needed powdered graphite lube.

The kid was having none of it. He grabbed a chunk of pine and built what appeared to be a wedge of cheese with a number seven scrawled on its side. It wasn't sanded. The wheels were crooked. It was yellow. This car had nothing going for it.

He didn't win. I mean, he was racing a block of cheddar against a Sponge Bob, a third-generation doorstop, and a perfectly rendered 1967 Camaro Super Sport. He came in fourth.

And he didn't care.

Winning had nothing to do with it.

Winning has nothing to do with it.



long enough to say, "Maybe I should have read the instructions." I also tend to reject proper tool usage to the point where the home improvement chain Menards has issued a restraining order.

So nobody should be surprised I screwed up my pinewood derby car.

I mean, so nobody should be surprised I screwed up my son's pin-

But there is a moment when it does matter. There is, in fact, a moment where those wheels, shellacked to the body of the car by a generous application of Krylon Red #5, bear the weight of a '57 Chevy in a single glance as your son tries to place his race car on the track...and it sticks to his fingers.

However, there is another moment

GET EMPOWERED! *Martial Arts Training is the Solution!*



As a mother, I am aware of the challenges women and children face daily. Such as lack of confidence and self-esteem.

As a Martial Artist, I am prepared to help you defeat those challenges. You/your child will feel empowered, confident and full of self-esteem!

~Sensei Mary Calla



**We teach the skills for success: Bully Prevention • Stranger Safety Skills
Confidence • Courtesy & Respect • Discipline & Self Control**

NEW WOMEN'S SELF-PROTECTION CLASSES!

FIRST 20 TO REGISTER RECEIVE A FREE UNIFORM!

Ask about our Fun Kicking Karate Birthday Parties!!

Calla Karate & Jujutsu

**1293 Castleton Avenue • Staten Island, NY 10310
Tel: 718-720-2509 • www.callakarate.com**



Why the world embraces the Montessori method

How this 100-year-old education philosophy continues to benefit students today

BY DANE L. PETERS

Having discovered Dr. Maria Montessori's internationally proven educational philosophy — a theory she began developing at the end of the 19th century in Italy — late in my career, I find that I cannot learn enough, for my sake, for the students in my school, and for my granddaughter. So much of what takes place in a Montessori environment today is predicated on the guiding principles that Montessori developed after many years of observing children.

Montessori is an educational philosophy that supports a student's innate curiosity and freedom to question, encouraging adaptability and independence. The need for our children to develop critical thinking and problem-solving skills has become even more important as they face the challenges to come in our rapidly changing world.

Whether you read Dr. Jane Healy's book, "Your Child's Growing Mind"; the New York Times Feb. 17, 2012 article, "Building Self-Control the American Way"; or Daniel Pink's book, "Drive: The Surprising Truth About What Motivates Us," you will come across present-day principles and phrases that relate directly to Montessori's work and methods. The resurgence of Montessori education here in the U.S. — that began in the early 1960s — has grown to more than 4,000 private and public schools today.

In understanding Montessori education, which is now the most utilized pedagogy on the globe, with more than 22,000 schools in 110 countries, it might be helpful to review a few of the most prominent words that describe the basic tenets of her work and their relevancy to the needs of education today.

• **Teacher as facilitator** – Montessori believed that teachers should be a guide-on-the-side rather than a



sage-on-the-stage. A top-down learning environment is non-productive for the student. Education is most successful when the student is an independent learner. Also, Montessori teachers must complete exten-

sive training to become credentialed Montessori teachers.

"The child is truly a miraculous being, and this should be felt deeply by the educator," said Montessori.

• **Respect for the student** – Along

the same lines as teacher as facilitator, in a Montessori environment, there is a deep respect for the student. Students flourish in a setting that is supportive and respectful of their individuality, abilities, and potential.

• **Intrinsically motivated** – Probably one of Montessori's most meaningful tenets is helping students to work for their own goals, satisfaction, and interest, and not for external rewards. It is widely recognized that individuals are more highly motivated when they have a vested interest in their pursuits and goals.

• **Prepared environment** – A Montessori classroom is designed with thoughtful structure that facilitates students making choices and learning at their own pace. It is an environment that develops independent problem-solving skills by allowing students time to explore, discover, concentrate, research, and learn. The teacher closely monitors the progress of each student, helping her make good choices that support learning and exploration of all subjects within an academic curriculum.

• **Mixed-age classes** – Montessori classrooms have 3-, 4-, and 5-year old students in one classroom, just as first-, second-, and third-grade students or fourth-, fifth-, and sixth-grade students are in one classroom. This promotes peer learning; students learn from and teach each other, developing collaboration and leadership skills, compassion, and mastery of the material.

• **Three-year cycle** – Students remain with the same teacher for three years, allowing teachers to gain an intimate knowledge of each student's individual learning style and potential. And it provides consistency in a student's academic life. A spiraling curriculum throughout the three-year cycle develops a deeper understanding of academic subjects.

• **Method and materials that are timeless** – Many of the materials Montessori developed 100 years ago are used in classrooms today. For example, the sequencing materials students use are highly applicable to the strict syntax necessary for computer programming or building software applications. Also, many of the self-correcting Montessori materials enable students to be successful without adult intervention, encouraging a student's independence and self-

confidence.

• **Practical life skills** – Students engage in tasks that relate directly to everyday practical skills. Caring for yourself and your environment, organizing, and using household materials, are employed in the classroom to help students build critical-thinking, decision-making skills, and fine-motor coordination skills.

• **Grace and courtesy** – Being thoughtful of the needs of others and engaging with others in a respectful manner are important characteristics of a Montessori education. These are the building blocks for the peace curriculum that is ever-present in a Montessori school. Compassion is a characteristic held in high regard within the Montessori curriculum.

• **Life-long learner** – Curiosity and a life-long intellectual pursuit of knowledge is a means for life. Learning is not simply to complete an assignment or achieve a satisfactory test score.

• **Critical thinker** – Always using exploration and experience, students are encouraged to make informed decisions. Students learn to gather information, make comparisons, and apply what works to each problem or situation, with a focus on understanding the process of discovery and developing independent, problem-solving skills.

• **Confident learner with a strong sense of self** – Montessori students learn to take risks in their academic work and think creatively without a fear of failure. When they do fail, they see it as a learning experience and know how to independently recover and get back on track.

All of the above Montessori concepts are not only important in the early years, but they also provide the foundation for adolescence and adulthood. During the critical adolescent years, these methods become essential to give students the independence to manage freedom with responsibility. Repeatedly, Montessori education touches the lives of so many people in a way that helps them to be confident, thoughtful citizens, always working to build a better environment for themselves and others.

Dane L. Peters is head of Brooklyn Heights Montessori School in Brooklyn. You can reach him at dpeters@bhmsny.org. Visit his blog at www.daneseblog.blogspot.com.

Montessori

DIRECTORY

Building Blocks Montessori School

55 Forest Avenue
718-448-2992 or www.buildingblocksmontessori.com

The main goal of Building Blocks is to develop a child's confidence, independence and lifelong love of learning. We have been offering quality education since 1972. The Montessori classroom is a richly prepared environment of multisensory

materials that provides a planned sequence of developmental activities. There is a small pupil to teacher ratio with mainly individualized instruction. The children choose their own work, set their own pace and advance at their own rate. The children are free to move, speak and interact with one another. A great emphasis is placed on social development and children learn to be courteous, kind and respectful to others.

Now in Our 40th Year

BUILDING BLOCKS MONTESSORI SCHOOL

Pre-School - Kindergarten / Elementary 1st - 5th



Register Now for Fall 2012

CALL FOR A TOUR

(evenings and weekends included)

- Complete Montessori Curriculum
- Small Classes
- Individualized Instruction
- Art
- Music
- Spanish
- Gym
- Yoga
- Multicultural Studies

The journey of a lifetime begins with Building Blocks.

55 Forest Avenue at Silver Lake

(718) 448-2992

buildingblocksmontessori.com

www.NYParenting.com



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

- Great Articles
- A Happening Calendar
- Informative Directories
- Ticket Give-A-Ways: *Everyone's a winner. Log-in, enter & find out.*

SCAN HERE

NYParenting Media/CNG
NYParenting@cnglocal.com
718-260-4554





GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Eating healthy for two

Good nutrition tips for those mothers-to-be

The minute I learned I was pregnant during each of my pregnancies, I cut out coffee (and wine) and otherwise spruced up my diet. My objective? Do everything I could in my power to get baby off to a good start.

Every mother-to-be wants the best for her baby, so let's take a look at the latest nutritional recommendations.

Go-to nutrients

• **Choline.** This B-vitamin plays a key role in developing the hippocampus, the memory center of the brain. It's also involved with building the neural tube and central nervous system. Egg yolks are a particularly rich source. Find smaller amounts in beef, poultry, pork, and fish, as well as pistachio nuts.

• **DHA omega-3.** DHA is the building block of our brains, according to Tara Guidas, MS, RD, author of "Pregnancy Cooking & Nutrition for Dummies"® and the mother of two preschool-aged sons.

"Aim for low mercury, high omega-3 fishes like salmon or sardines or take a supplement," she advises.

• **Folate.** This B-vitamin is needed to prevent birth defects even before you're pregnant. Take a prenatal, mul-

tivitamin, or folic acid supplement when you're trying to get pregnant. Eat folate-rich foods like asparagus, spinach, orange juice, and legumes.

• **Iron.** Blood volume increases and so do iron needs. Meat is the best source, due to its highly absorbable form of this mineral.

• **Protein.** You need a significant amount of additional protein to support the growth of the baby. Aim for things like Greek yogurt, lean meats, and beans to meet these needs.

• **Vitamin D.** "Most women enter into pregnancy deficient in this vital nutrient, and you need more when you're pregnant," states Guidas. "Supplements are the best way to get it."

Steer clear of these

Guidas points to three categories of foods that pose a safety risk: Anything unpasteurized, such as milk, cheese, or freshly squeezed juices; undercooked or raw meats, fish, seafood, or poultry; and raw or runny eggs.

Cravings

Food cravings are normal, and for the most part, hormonal, according to Guidas.

"They don't necessarily mean you

are 'deficient' in a nutrient if you are craving it. For example, you may not be deficient in iron if you're craving a steak." She suggests you enjoy that food. "Go with the cravings and have small amounts of the foods you are craving, as long as it's not a dangerous food or a non-food substance." As every mom of two knows, every pregnancy is different, so don't be surprised if one pregnancy finds you with extreme cravings and the next with not much at all.

If food allergies run in the family

Guidas says if food allergens run in the family, it's best to limit them during pregnancy. However, with no history of allergies, "there is no need to limit milk, eggs, peanuts, soy, or any of the other common allergens."

In two studies presented at the American Academy of Allergy, Asthma, and Immunology's annual meeting in March, researchers found that nursing mothers who attempt to ward off allergies by eliminating high-risk foods did not reduce the development of food allergies in their children.

Post delivery

After baby arrives and the new moms get into a rhythm, many are anxious to get their bodies going back to normal. Guidas suggests patience.

"Don't expect too much too soon. Make sure you rest and recover," she says. Guidas recommends drinking plenty of fluids, as well as eating to keep your strength up.

"Focus on nutrient-rich foods like lean meats, low-fat dairy, whole grains, and of course, lots of fruits and veggies. Eat small meals and frequent snacks so you give your body energy consistently throughout the day."

Christine M. Palumbo is a registered dietitian in Naperville, Ill. who experienced stronger food aversions than she did cravings during each of her three pregnancies. Find her on Facebook at Christine Palumbo Nutrition or contact her at Chris@ChristinePalumbo.com.

Spinach, Egg, and Cheese Sandwich



Prep time: 5 minutes
Cook time: About 10 minutes
Makes one serving

INGREDIENTS:

Nonstick cooking spray
½ cup fresh spinach, stems removed

½ cup chopped fresh mushrooms
1 egg
1 slice Swiss cheese
1 whole wheat bagel thin

DIRECTIONS:

Spray a small skillet with nonstick cooking spray and heat it over medium heat. Add the spinach and mushrooms to the skillet and cook until soft, about two to three minutes.

While the vegetables are cooking, mix the egg in a small bowl with a fork. Remove the vegetables from the skillet and set them aside.

Add the egg to the hot skillet, and cook it until it's no longer runny, about four minutes, flipping or stirring halfway through. Place the

cheese on top of the egg and heat until melted, about one minute.

Toast the bagel thin in a toaster. Add the egg and cheese to the bottom half of the bagel thin. Top that with the sauteed vegetables and the other half of the bagel thin.

Vary it! Use asparagus in place of spinach if you want a different flavor, or if you want to take advantage of it while it's in season.

NUTRITION FACTS: Calories 305; fat 14 g (saturated 7 g); cholesterol 239 mg; sodium 340 mg; carbohydrate 28 g (dietary fiber 6 g); protein 22 g; iron 2 mg; calcium 354 mg; folate 75 mcg.

Excerpted from "Pregnancy Cooking & Nutrition For Dummies"®, with permission from publisher John Wiley & Sons, Inc.



He promises to work hard. **Promise to do your part.**

Through all the homework, projects, and hours of practice, your child gives you his best. All this hard work will pay off when it's time for college. Do your part to help pay for his education by opening a New York 529 College Savings Program *Direct Plan*. With as little as \$25, you, family and friends can open and contribute to an account for your child. Contributions can qualify for a generous deduction from New York State taxable income.* Earnings grow tax-deferred, and you pay no state or federal taxes on qualified withdrawals, making a 529 plan one of the most tax-efficient ways to save.** Plus, a rewards service from Upromise® can add to your account. It's so easy—just visit ny529directplan.com, and in about ten minutes, you've kept your promise.

Visit ny529directplan.com
or call 1-800-608-8617



*Up to \$10,000 is deductible from New York State taxable income for married couples filing jointly; single residents can deduct up to \$5,000 annually. *May be subject to recapture in certain circumstances—rollovers to another state's plan or non-qualified withdrawals.*

**Earnings on non-qualified withdrawals may be subject to federal income tax and a 10% federal penalty tax, as well as state and local income taxes. Tax and other benefits are contingent on meeting other requirements and certain withdrawals are subject to federal, state and local taxes.

Before you invest, consider whether your or the designated beneficiary's home state offers any state tax or other benefits that are only available for investments in such state's qualified tuition program.

The Comptroller of the State of New York and the New York State Higher Education Services Corporation are the Program Administrators and are responsible for implementing and administering the *Direct Plan*. Upromise Investments, Inc. and Upromise Investment Advisors, LLC serve as Program Manager and Recordkeeping and Servicing Agent, respectively, and are responsible for day-to-day operations, including effecting transactions. The Vanguard Group, Inc. serves as the Investment Manager. Vanguard Marketing Corporation markets, distributes and underwrites the *Direct Plan*.

No guarantee: None of the State of New York, its agencies, the Federal Deposit Insurance Corporation (FDIC), The Vanguard Group, Inc., Upromise Investments, Inc., nor any of their applicable affiliates insures accounts or guarantees the principal deposited therein or any investment returns on any account or investment portfolio.

New York's 529 College Savings Program currently includes two separate 529 plans. The *Direct Plan* is sold directly by the Program. You may also participate in the Advisor Plan, which is sold exclusively through financial advisors and has different investment options and higher fees and expenses as well as financial advisor compensation.

Upromise is a registered service mark of Upromise, Inc.

For more information about New York's 529 College Savings Program *Direct Plan*, obtain a Program Brochure and Tuition Savings Agreement at www.ny529directplan.com or by calling 1-800-608-8617. This includes investment objectives, risks, charges, expenses, and other information. You should read and consider them carefully before investing.

© 2012 State of New York



THE BOOK WORM

TERRI SCHLICHENMEYER

A rootin' tootin' read

It's the rare for kids to want to grow up to be a cowboys in this age of video games and sports heroes, but a new book about a former slave-turned-cowpoke might change all that.

"Best Shot in the West, the Adventures of Nat Love" by Patricia C. McKissack and Fredrick L. McKissack, Jr., (Chronicle Books) tells the story of Nat Love, the youngest child of slaves who was born in a log cabin on a plantation in Tennessee and when on to become a free cowboy known by his peers as one of the best shooters, ropers, and wranglers in the West.

Nat was 7 when the Civil War broke out and his owner, Robert Love, took Nat's father away to help build forts. When they returned, Love didn't tell his slaves that they were free and it was quite awhile before they found out the truth.

But the joy of being free didn't last long. Soon after, times got tough when Nat's father and sister died. In

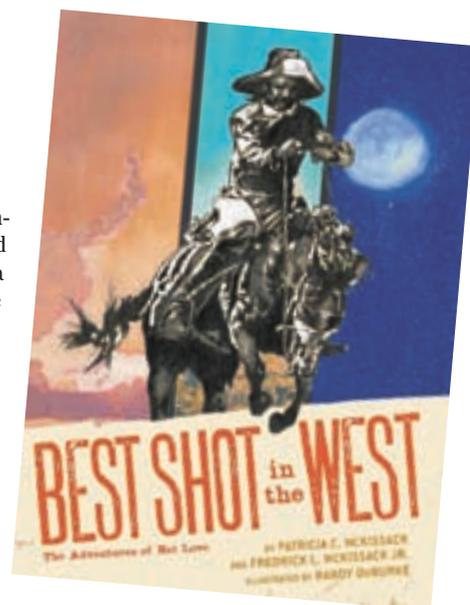
order to help care for the family, Nat found jobs here and there, mostly working as a cowboy. He learned that he was really good at breaking colts, and was paid 10 cents for each dangerous ride.

When he was 14, Nat gave his mother half his savings and left home. He walked some and rode some until he found work as a cow-puncher.

The other cowboys soon came to respect Nat, who became a trailboss known as "Deadeye Dick" because he was one of the best shooters, ropers, and wranglers in the West.

But then cowboying changed, and so did Nat, who had lived a charmed life for 20 years. But he was getting older, and it was time for different dusty trail.

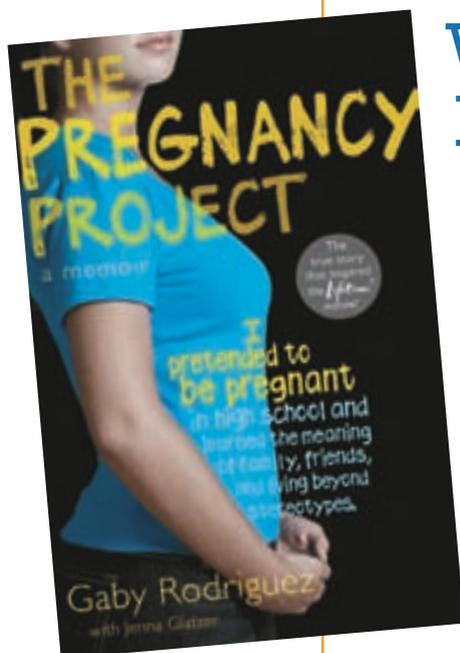
Based on the autobiography of Nat Love, the McKissacks bring to kids the kind of story that will ignite



their imaginations with tales of the Wild West. Written in comic-book form, it is kid-friendly, and the artwork by Randy DuBurke ropes in even the most reluctant reader.

"Best Shot in the West" is one rootin' tootin' read for kids ages 8 to 13.

"Best Shot in the West: The Adventures of Nat Love," by Patricia C. McKissack and Fredrick L. McKissack, Jr. [133 pages, 2012, \$19.99].



What's it's really like being a teen mom

You said you had a headache, your stomach hurts, or your foot was so swollen you couldn't walk. But really you were unprepared for a physics test, didn't want to deal with dramatic friends, or were recovering from the prior day's embarrassment.

Now your daughter does the same thing. But how far would she go? Author Gaby Rodriguez lies in order to make a difference and explains it all in a book she co-wrote with Jenna Glatzer called "The Pregnancy Project" (Simon and Schuster).

While most kids have some idea of what they want to be someday, Rodriguez knew what she didn't want to be -- a teen mom.

It was a family legacy she wanted to avoid. Her mother was pregnant at 15,

all of her older sisters were pregnant in high school, and some of her brothers were fathers before they were out of their teens. Everybody in her Oregon community figured that Rodriguez would embrace the family tradition.

She knew from experience that when a girl becomes a mother too young her education suffers and that was not an option for budding, young author. She had her sights set on college. Yet she was curious. What would people say if she did get pregnant? Would their attitudes toward her change? What would it be like to live the stereotype?

Since her senior project was looming and mandatory for graduation, Rodriguez decided to try a bold experiment. With the help of her mother, boyfriend, best friend, and a few trusted teachers, she pretended to be pregnant. All of her classmates and her siblings believed she was expecting a baby that April.

The situation wasn't easy and after enduring stares, whispers, and nasty

comments Rodriguez thought about quitting a few times. Yet she persevered, even creating a fake bump out of clay and padding.

The reader accompanies Rodriguez on an emotional journey of discovery during and after her senior project. "The Pregnancy Project," is a brave story with a dash of brilliance and a twist of wide-eyed amazement.

Yet, what Rodriguez learns during her experience isn't nearly as important as the guidance Glatzer offers to girls in this book. The co-authors are blunt about the pain of smug, unwarranted comments by friends and candid about the surprising anger Rodriguez felt in response. They offer firm and practical advice for sexually active teens. So if you're a girl who is contemplating pregnancy, do yourself a favor, and read "The Pregnancy Project." It just might change your mind.

"The Pregnancy Project," by Gaby Rodriguez with Jenna Glatzer [218 pages, Simon and Schuster, 2012, \$17.99] is recommended for teenaged girls.

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

ADELPHI ACADEMY OF BROOKLYN

Effectively preparing young people for college, career and life, one day at a time.

~ Celebrating 150 Years of Educational Excellence ~



THE PRIVATE, INDEPENDENT, CONTINUING, CO-EDUCATIONAL, COLLEGE
PREPARATORY DAY SCHOOL OF CHOICE

~ PRE-KINDERGARTEN THROUGH SENIOR YEAR ~
ESTABLISHED 1863

The cornerstone of the Adelphi philosophy goes beyond academics. We rear young men and women to become productive valuable members of society. We take what is especially unique in each student and nurture their talents with encouragement and devotion. Our curriculum is designed to broaden the scope of each student's thinking and to instill an appreciation for learning. Not just for the sake of learning, but for the purpose of growing both mind and spirit. For 150 years Adelphi has passed the torch of learning that shines on the importance of self expression. Every student is given the confidence to feel that whatever they conceive by mind, they can achieve by action.

- ✓ Small Class Sizes with an 8 to 1 Student -- Teacher Ratio
- ✓ 100% College Placement Rate
- ✓ New York State Regents Exempt Program
- ✓ Individualized Attention
- ✓ Intimate, Safe, Caring and Nurturing Environment
- ✓ Member of the Middle States Association of Colleges and Secondary Schools
- ✓ Celebrating 150 years of Education Excellence

Award Winning Programs Include:

Special Needs ~ Tutoring and Independent Study ~ SAT Prep ~ College Guidance
Before and After School Care ~ Extra Curricular Activities ~ Interscholastic Athletics ~ Fine
Arts ~ Community and School Service ~ Drivers Education ~ Online Summer School
Summer Day Camp

OPEN HOUSE DATES:

MAY 16TH, 2012, 6:00PM

JUNE 13TH, 2012, 6:00PM

PRE-REGISTRATION REQUIRED!

**PROVIDE YOUR CHILD WITH THE BEST
OPPORTUNITY TO SUCCEED IN COLLEGE, CAREER
AND LIFE....**

....*EXPERIENCE ADELPHI!*

ADELPHI ACADEMY OF BROOKLYN
8515 RIDGE BOULEVARD, BAY RIDGE, BROOKLYN, NEW YORK 11209
FOR MORE INFORMATION PLEASE CONTACT THE OFFICE OF ACADEMY ADMISSIONS 718.238.3308 OR
VISIT US ON THE WEB AT ADELPHIACADEMY.ORG

Back to school

How a Staten Island mom hit the books when faced with an empty nest

BY JOANNA DELBUONO

What do you do when re-decorating isn't enough? It's a question many moms ask when their youngest is off to college, and they face that big old empty nest. For one Staten Island mom, the answer was simple — go back to school and finally get that degree.

In 2004, Donna LeChillgrien was working full-time as a Parent Coordinator for the Department of Education, and her youngest son, Adam, was a senior in high school. As she helped him prepare for his own future, her thoughts turned more and more to continuing her own education, a dream that she had put on hold for her family so long ago.

"I dropped out of college when I was a teen," LeChillgrien said. "But I always dreamed of returning."

That time came when Adam was about to graduate.

"Raising a family, working full-time and household responsibilities always seemed more important, there was never enough time," she explained. When her nest was finally empty, she thought, "No more re-decorating. I'm going back to school."

LeChillgrien researched many options and finally settled on Empire State College, a State University of New York that offered flexibility, affordability and varied programs. LeChillgrien went to an informational session held at the Seaview Avenue location in Staten Island, and, after a talk with mentor Dr. Margaret Souza, was hooked.

"I was a bit hesitant," she recalled, telling Souza: "I'll be 50 when I finish."

Undaunted, her mentor and future colleague replied, "If you don't finish, you will still be 50 and without a degree — so take the trip." It clinched the deal for LeChillgrien. Before she walked out the door, she signed up for two courses.

"The journey has been awesome," she said. "Even though the thought



Donna LeChillgrien, commencement speaker of her class, addresses fellow graduates.

of applying to college was terrifying, looking back, it was — other than raising my children Adam and Janine — the most rewarding experience of my life."

LeChillgrien started classes in May 2005 and graduated in December 2007. She was elected Commencement Speaker, earned a 3.97 cumulative grade point average and received a BS in Community and Human Services with a concentration in Theory and Practice. She then continued with graduate studies at St. John's University and earned her MsEd degree in May 2010.

Just six short years later, LeChillgrien is now a mentor-professor at Empire and teaches in the same building where she was once a student.

"It's a home away from home," LeChillgrien explained. "The college welcomed me with open arms, offering me a position as a professor/mentor after I completed my master's degree. Now I'm able to

provide a warm, nurturing environment to my students, just as my professors provided me."

In her first semester in that role, she taught Theories of Personality Development. This semester, she's teaching Positive Psychology, and, in Spring 2013, she will team-teach a course in Integrated Health and Healing with an educator whose concentration is in science. The team-teach innovation was instituted in September 2011.

"I'm really looking forward to working with an educator in the science field and getting involved with this exciting new program," said LeChillgrien.

Empire State College, founded 41 years ago, is a regionally accredited college of SUNY, that originally catered to returning adults like LeChillgrien. But due to its flexibility, affordability and various programs, the college has seen an influx of younger students, some coming directly from high school. Ages range from 18 to 65



“Even though the thought of applying to college was terrifying, looking back, it was — other than raising my children Adam and Janine — the most rewarding experience of my life.”

Donna LeChillgrien (right) with her mentor, Margarette Souza, at graduation.

helped me focus on what exactly I wanted to do after graduation.”

Because she worked during all five years that she was in college, the road to achieving her dream wasn't always a walk in the park.

“It's daunting when you work full-time and have a family, but the college had five semesters per year, flexible locations, and a myriad of choices, which really afforded me maximum learning time. Together with my mentor and taking the mandatory educational planning course, I was able to achieve my goal.”

Empire State College is based in Saratoga, New York, and it has satellite campuses throughout the state and metropolitan area, including Staten Island, Brooklyn, and Manhattan.

Along with stationary classrooms, the college also offers a Center for Distance Learning, where students can obtain their entire degree online, through e-mail, telephone and Skype.

“Learning at Empire is not an individual experience,” said LeChillgrien, explaining that she learned from both her professor and fellow classmates. “By sharing our life experiences with each other, we broadened our knowledge. Learning at Empire is a collective experience.”

Through hard work, discipline and drive, LeChillgrien achieved her goal and realized her dream. She's doing what she always wanted to do: Teach.

So what's your decision: Re-decorating or fulfilling your dream?

and even beyond.

“I have seen three generations, from grandmother to grandchild, graduating on the same stage,” LeChillgrien commented. “The ceremonies are so joyful, so full of accomplishment.”

Her position as mentor allows her to counsel students on how best to achieve their own goals.

“It's funny how life goes around,” said LeChillgrien. “My office now is the same one that I sat in as a student, and now I'm the mentor.”

Empire's teaching method is out of the box, too — very different from traditional educational institutions.

“I was able to choose my own course of study,” LeChillgrien said. “I didn't have to conform to a regimented schedule. [And] because of the college's admittance policies, the dissertation I submitted outlining my previous life/work experiences, and acceptance of prior college credits, I was able to fast track and earn my bachelor's degree in only two years.

“I also received one-on-one mentoring every step of the way, which

NIGHTOUT
STATENISLAND.COM

YOUR GO-TO FOR:

- DINING
- DAILY SPECIALS
- ENTERTAINMENT
- BARS
- COUPONS
- BANDS

DOWNLOAD OUR FREE PHONE APP
“MYNIGHTOUT”

EMAIL US AT INFO@NIGHTOUTSTATENISLAND.COM



Camp Good Grief is open to Staten Island children ages 7 to 16 who are grieving the loss of a parent or sibling. This weekend experience, is provided **without cost to the family**. Camp Good Grief of SI provides an opportunity for children and teens to grieve, to share similar losses, to build community, learn coping skills and express emotional needs while having fun.

June 1-3, 2012 at Mount Manresa Retreat House
Call Today to Register!

Clinical Director, Karen Goldman, MA, LMHC-BC
(888) 507-4474 • sunshine@campgoodgriefsi.org
www.campgoodgriefsi.org



Family Portraits
Children's Photos
Events & More

rebekahmae
photography.com
Call Today
702-217-8817
FREE 8x10 With
Booked Session
Queens Studio

Is technology a sleep snatcher for your kid?

Research indicates electronics may cause serious problems

BY JENNY CHEN

We all know that sleep is important for growing children, and that they often aren't getting enough shut-eye. But a recent report shows just how serious the problem might be. Yet, even if you get your kids to bed on time, they may have trouble falling asleep. The culprit? Increased use of technology.

The results of a survey conducted by the Centers for Disease Control show that 68.9 percent of children in the United States don't get enough sleep. Students who get less than eight hours of sleep per night are 86 percent more likely to seriously consider suicide, and 60 percent more likely to smoke cigarettes or drink alcohol. Sleep deprivation also leads to memory loss, poor focus, and weight gain. In recent years, studies have suggested that habitual Internet use and computer gaming can lead to lost sleep.

"Sleep is really important, but it seems to take a backseat these days. Media and electronics are available 24-seven, and it makes it harder to go to sleep," says Kyla Boyse, a registered nurse with the University of Michigan and a mother of three.

At her clinic, Boyse has seen first-hand the effects of electronics on quality of sleep for growing children and teens. She recommends that parents remove all electronics from the bedroom. That means TVs, computers, and even cellphones and their chargers have to go. Even when kids are not using the electronics, the devices emit high levels of electromagnetic radiation, which disrupts melatonin produc-

tion — a key player in sleep pattern regulation. Bright, unnatural light from electronic screens can also stimulate the brain and disrupt circadian rhythms.

In fact, electronics are so powerful in affecting a child's quality of sleep that Dr. Victoria Dunckley, a child

and adolescent psychiatrist in California and blogger for Psychology Today, recommends a three-week electronic fast for all her patients who have sleep problems. Among her patients who have prior behavioral or mental problems, Dunckley sees a 50 percent decrease in symp-



toms relating to poor sleep after the fast. Among regularly developing children, she sees nearly a 100 percent decrease in symptoms relating to trouble sleeping. Young children are particularly sensitive to the negative effects of electronics, because their brains are still forming.

"It really makes a difference. If it didn't make such a big difference, I wouldn't be so radical about it," says Dunckley. "Disrupting the circadian rhythm even 30 minutes a week can ... upset everything."

Of course, this is even if your child goes to sleep at bedtime. But many of today's children and teens eschew sleep for engrossing video games, texting conversations, and Facebooking. According to the American Academy of Pediatrics, 75 percent of teens use cellphones at night when they should be sleeping, and after 9 pm, 34 percent of adolescents reported text messaging, 44 percent reported talking on the telephone, 55 percent reported being online, and 24 percent played computer games. Media use also often stimulates the brain, which makes it harder to sleep hours after you've turned your electronic devices off.

Furthermore, electronics use often displaces physical activity, which helps in promoting high-quality sleep. The National Wildlife Federation reported in 2011 that playing outdoors increases a child's exposure to natural daylight and exercise, which can lead to a marked increase in quality of sleep.

Lack of sleep is nothing to sneeze at. The 10 hours that children are supposed to get at night help them strengthen their immune systems, process emotion-laden memories into their long-term memory, and grow. Sleep deprivation actually interferes with the production of the human growth hormone. Studies have also suggested that children's sleep habits set the foundation for sleep habits into the adolescent and adult years.

But what if your child has schoolwork to finish? Surely a couple hours of sleep sacrificed in the name of studying, often on the computer, is no big loss. Dunckley disagrees. She says that electronics actually suppress the frontal lobe and cortex. The frontal lobe is linked to long-term memory

and other higher mental functions, such as recognizing long-term consequences for actions. The cerebral cortex also plays an important role in memory, attention, language, thought, and consciousness. In other words, children who use electronics too much and don't get enough sleep will actually not do as well in school, and will have trouble developmentally.

Never mind the schoolwork, Dunckley says, your child's health is the number one priority.

Of course, in a world of smartphones, over scheduling, and busy parents, how does one begin to limit a child's use of electronics? Here are some tips:

- **Set a good example.** Try to do all your work during the day, and turn off your electronics after dinner. Not only will it set a good example for your children, it will help you relax as well.

- **Limit screen time to two hours a day.** Dunckley says that limiting all screen time (this includes computers at school, TV, video games, etc.) to two hours significantly reduces sleep problems.

- **Discourage electronics use after 7 pm.** When it starts getting dark, your body naturally begins preparing itself for bedtime, and artificial light can confuse it.

- **Get outside.** For every hour of screen time Dunckley recommends an hour of outdoor activity. "The benefits of outdoor activity can help offset the negative impacts of electronics," she says.

- **Take electronics out of the bedroom.** Kids who learn to fall asleep in front of the TV never actually achieve deep sleep because their brain is still being stimulated. But Boyse says that there's no need to go cold turkey all at once. First, take the TV out of the bedroom, then the computer, and then the cellphone. Before long, your child won't even miss the devices!

- **Be firm.** Boyse acknowledges that there might be some whining and balking on the part of the kids when you first try to limit electronic use.

"But one thing that parents need to remember," says Boyse, "is you're the parent, and it's up to the parent to do what's right for the kid."

Jenny Chen is a freelance writer. She has written for Washington Parent and Parent Connection.

A woman with blonde hair, wearing a leopard print top, is smiling broadly and holding several US dollar bills. Below her is a photograph of a family consisting of a man, a woman, and two children, all smiling. The background of the advertisement is a gradient of blue and green.

Like Us on facebook to WIN tickets or prizes

Visit us at our
NYParenting page
and register to win

Attention All Writers!

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

Partner with us and share your
stories and your memories.

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



LIONS AND TIGERS AND TEENS

MYRNA BETH HASKELL

The role reversal: Teens as caregivers

When teens take care of younger siblings

I loved to hang out with my baby sister when I was a teenager. I used to take her everywhere, even to some social activities at my high school. I really enjoyed the “mommy role,” even when she did something out of the blue, like kicking one of my guy friends in the shin at a winter carnival.

I realize that I probably enjoyed her tagging along with me, because it was my choice. It may have been an entirely different story if I was obligated to care for her on a regular basis, especially if the care got in the way of my own activities.

Sometimes, teens are responsible for younger siblings for long hours after school due to their parents’ job schedules or their family’s financial situation.

This can be a catalyst to a teen becoming responsible at an early age; however, in some situations, a teen might feel resentment for having to assume a parental role. Is there a limit

to how much responsibility a teen should take on?

The benefits

Beth H. Garland, PhD, a licensed psychologist at Texas Children’s Hospital, reports, “Benefits may include increased responsibility and an opportunity for increased trust between the adolescent and his parent.”

Pamela Garber, LMHC, a Manhattan-based therapist who works with adolescents regarding family issues

and other life stressors, believes that teens can gain important life skills while caring for a younger sibling.

“The benefits can be the development of a strong sense of responsibility, an understanding of choices and consequences, and a value system based on family,” she explains.

Amy B. Acosta, PhD, a licensed psychologist at Texas Children’s Hospital, agrees.

“Some teens may respond to caretaking roles in ways that promote skills for nurturing others, and these responsibilities may increase feelings of closeness within the family,” she says. She feels that there is a potential for family connectedness when there is a sharing of responsibilities.

Too much to handle?

Most experts agree that teens need time for social activities. This can be a challenge when teens are spending a great deal of time outside of school hours watching over younger siblings.

“Often, the negative consequences, such as resentment and an over-developed sense of responsibility, are linked to other issues and problems,” warns Garber. For instance, teens might begin to exhibit negative behaviors because they feel their own needs are not being met.

Garland finds that social experiences help teens learn skills that enable them to navigate situations as adults.

“The balance between childcare responsibilities and activities associated with adolescent development (e.g. social events, dating, free time) may be one potential challenge,” she says. Parents should also talk to their teens to be sure their teens are not overwhelmed.

Finding a balance

“It is helpful for parents to make sure their teen has structured time that is strictly for him,” instructs Garber. Ideally, teens should be able

to allocate time in their schedule for both school and social obligations. This will help them feel cared for and valued. Additionally, teens will have the opportunity to mature socially, so the peer disconnect will be limited.”

Parents should consider community resources, such as support groups and churches. Another idea is to work out childcare swaps where families take turns with childcare.

“Some cities offer free or low-cost after-school and weekend programs at city parks and recreational centers,” says Garland.

Acosta suggests extracurricular activities.

“School sports and clubs may provide a logistical solution to childcare while simultaneously honoring a need to explore new interests and create bonds with other children.”

Tips and tales

“I used to babysit my younger siblings all the time. Every family is different, but I grew up way too fast and never really had time to be a child.”

Renee Falanga Brenner, New Paltz, NY

“I think that taking care of a younger sibling could be favorable. However, the teenager could build resentment against his younger sibling and rebel.”

Charles Knapp, Brooklyn, NY

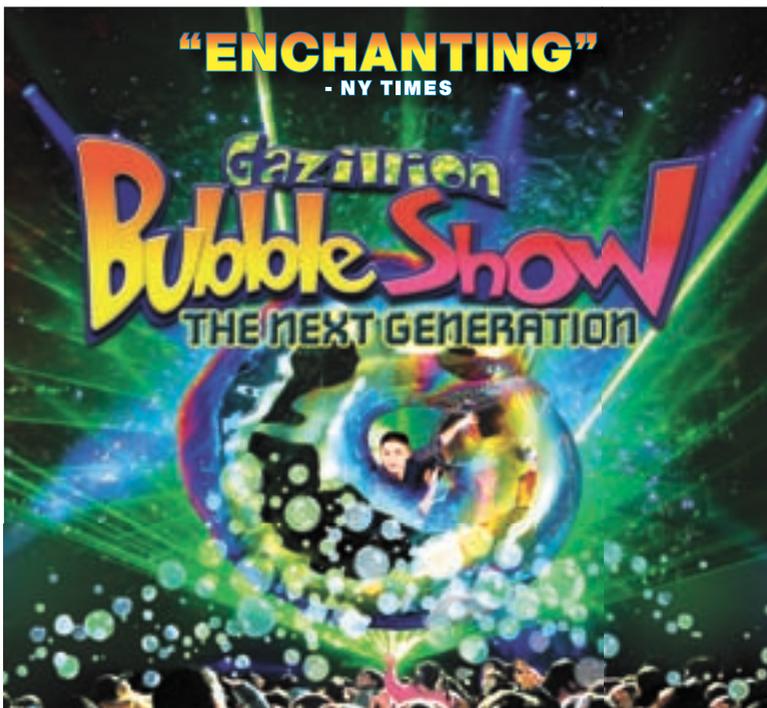
Share your ideas

Upcoming topic: Tips for dealing with the day your teen leaves for college.

Send your full name, address, and brief comments to myrnahaskell@gmail.com, or visit www.myrnahaskell.com.

Myrna Beth Haskell is a feature writer, columnist and author of the newly released book, “Lions and Tigers and Teens: Expert advice and support for the conscientious parent just like you” (Unlimited Publishing LLC). Visit www.myrnahaskell.com.





Wed 11 & 2, 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 NY 340 WEST 50th ST.

THE RHYTHM OF NEW YORK



\$40 Sundays @5:30PM

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

ORPHEUM THEATRE

Second Avenue at 8th Street **ticketmaster** (800) 982-2787

www.stomponline.com



- Meet Dr. Harvey Karp, America's #1 pediatrician, and Ali Landry Celebrity Mom and Founder of Spokesmoms.com

- Preview "What to Expect When You're Expecting" with Britax's mobile van and win incredible giveaway prizes!

- Top brands for new and expectant parents: Destination Maternity, Britax, Skip Hop, Joovy, Quinny and many more!

- Test the newest strollers on the Original Stroller Test Track

- Check out the Stroller Pit Stop, sponsored by Stroller Spa.

- Relax and enjoy the Mom's and Dad's lounges.

- Entertain your little ones in the play and classes areas with toys and scheduled activities like yoga, music and tumbling!

- Enter to win the "Ultimate Nursery Giveaway," for your chance to take home the most amazing nursery!

Buy Tickets

NewYorkBabyShow.com

NY'S SOURCE ON PARENTING

Currently, New York Parenting Media is seeking a highly motivated full-time sales representative to sell advertising in our magazines and digital properties. Join our dynamic team and become a part of our family.

Requirements include:

- Prior sales experiences (print and digital ad sales a plus)
- Excellent written and verbal communication skills
- The ability to develop new business and grow existing business
- Car and valid driver's license required

Our office is located in downtown Brooklyn, but knowledge of the entire city is essential.

Please submit your resume to snoble@cnglocal.com.

New York Parenting

MEDIA

Where Every Family Matters

www.NYParenting.com



VOCAPeOPLE

Music is Universal.

"THE COOLEST SHOW EVER!"
JIMMY FALLON, LATE NIGHT JIMMY FALLON

"BLUE MAN GROUP MEETS GLEE!"

TELECHARGE.COM • 212-239-6200

For groups & birthday parties contact 1-877-401-8542 or VocaPeopleGroups@gmail.com
New World Stages, 340 West 50th Street • VocaPeopleNYC.com

"SUPERSTAR ROCKS BROADWAY!"

DAILY NEWS

"THE BEST SHOW OF THE SEASON!"

WOR RADIO

JESUS CHRIST SUPERSTAR

➤NEIL SIMON THEATRE, 250 WEST 52ND STREET
TICKETMASTER.COM ★ 877-250-2929
GROUPS (15+): 877-536-3437

SuperstarOnBroadway.com

SISTAS

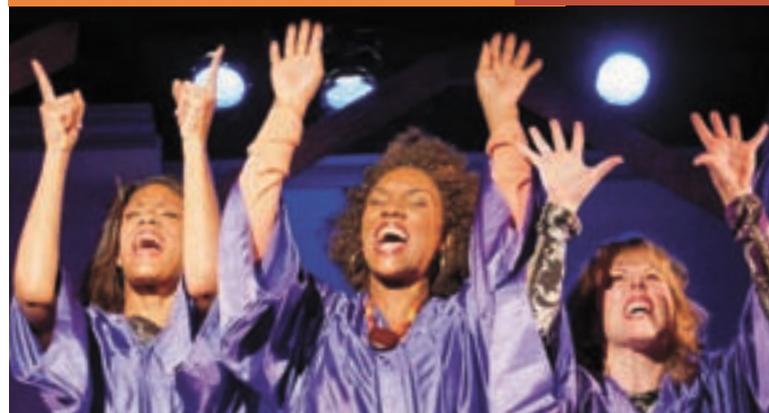
the Musical

A joyous musical celebration of African-American women from Bessie Smith to Mary J. Blige

WINNER 2011
Midtown International
Theatre Festival

"Sweet and Sassy!"
-NY Times

"A Winner!"
-NY Beacon



Mother's Day Celebration Throughout May!
FUN FOR THE FAMILY! • Recommended for ages 12+

St. Luke's Theatre, 308 W 46th St
Thur 7 pm, Sat 1:30 & 4:30 pm, Sun 4:30 pm
Telecharge.com 212.239.6200
Special rates for groups call 212.977.5925
SistasTheMusical.com

Going Places

LONG-RUNNING

Cartoon exhibit: New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X353; www.nyscience.org; Weekdays, 9:30 am–5 pm, Saturdays and Sundays, 10 am–6 pm, \$11 (\$8 children 2-17, college students and seniors).

Animation. A 6,000 square exhibit features characters from the Cartoon Network, including larger than life graphics, animation from concept to finished product, storyboarding, character design and drawing.

"Little Miss Muffet's Monster Sitting Service": The Swedish Cottage Marionette Theatre, West Dr. at 79th Street Transverse; (212) 988-9093; cityparksfoundation.org/swedishcottage.html; Mondays, Tuesdays, Thursdays and Fridays, 10:30 am and noon, Wednesdays, 10:30 am, noon and 2:30 pm, \$8 (\$5 children under 12).

Based on the nursery rhyme, "Little Miss Muffet", this version tells the story of Molly Muffet, the descendent of the original Miss Muffet. Run time is approximately 50 minutes and is suitable for children 3-9.

Storytime: Barnes & Noble, 2245 Richmond Ave. at Travis Avenue; (718) 982-6983; www.barnesandnoble.com; Friday, April 27, 10:30 am; Saturday, April 28, 10:30 am; Tuesday, May 1, 10:30 am; Saturday, May 5, 10:30 am; Tuesday, May 8, 10:30 am; Saturday, May 12, 10:30 am; Tuesday, May 15, 10:30 am; Saturday, May 19, 10:30 am; Tuesday, May 22, 10:30 am; Saturday, May 26, 10:30 am; Tuesday, May 29, 10:30 am; Saturday, June 2, 10:30 am; Tuesday, June 5, 10:30 am. Free.

Children listen to a different story each week.

Tree tots and peppers: Greenbelt Nature Center, 700 Rockland Ave. at Brielle Avenue; (718) 351-3450; www.nycgovparks.com; Wednesdays, 11–11:30 am, Now – Wed, June 6; \$4 (\$6 non-members) per event.

For children 2-4 years old. Hands on activities, finger plays, games and stories. Registration required.

After school club: Historic Richmond Town, Clarke Ave. at Gilbert Street; (718) 351-1611 X 281; reservations@historicrichmondtown.org; www.nycgovparks.org. Wednesdays, 3:30 pm, Now – Wed, June 27; free (cost of book additional).



In search of Mom

What better way to get ready to celebrate Mother's Day than enjoying a performance of "Are You My Mother?" on May 6 at 3 pm at the College of Staten Island?

Based on the classic children's book by P.D. Eastman, Baby bird emerges from her shell only to discover that her mother is missing. With help from a cat, dog, and hen, Baby Bird learns that

families come in all shapes and sizes — as long as it's held together by love.

"Are You My Mother?" is recommended for children 5 to 8 years old. Tickets are \$10, \$12, and \$16 for the hour-long performance on May 6 at 3 pm.

The College of Staten Island, 2800 Victory Blvd. near Christopher Lane, (718) 982-2787. Visit www.cfashows.com.

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

Story museum: Historic Richmond Town, 441 Clarke Ave. at Tysen Court; (718) 351-1611; www.historicrichmond-town.org; Thursdays, 11:30 am–12:30 pm and 2:30–3:30 pm, Now – Thurs, June 28; \$3 (Adults free).

Pre-schoolers listen to stories, do crafts, dance and sing.

Composter certificate course: Snug Harbor Cultural Center, 1000 Richmond Ter. between Snug Harbor Road and Tysen Street; (718) 448-2500; <https://www.nyc.gov/wasteless/compostproj>; Thursday, April 26, 6 pm;

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!

Thursday, May 3, 6 pm; Thursday, May 10, 6 pm; \$40.

The course is designed to promote the practice of composting in homes, schools and community sites. The class offers seven Thursdays and field trips. Registration by March 1 required. (In Building P.)

Up4Art: Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; stateniskids.org; Saturday, April 28, 1 pm; Sunday, April 29, 1 pm; Saturday, May 5, 1 pm; Sunday, May 6, 1 pm; Saturday, May 12, 1 pm; Sunday, May 13, 1 pm; Saturday, May 19, 1 pm; Saturday, May 26, 1 pm; Saturday, June 2, 1 pm; Sunday, June 3, 1 pm. Free with museum admission.

Children create mosaics using glass tiles.

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

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

"The Amazing Max and the Box of Interesting Things": The MMAC Theater, 248 W. 60th St. between Amsterdam and West End avenues; (212) 239-6200; www.telecharge.com; Saturdays, 4:30 pm, Now – Sat, June 30; \$29.50 (\$49.50 VIP seating).

The magic show with a mind of its own. Magician Max Darwin makes objects appear out of thin air.

WED, APRIL 25

Doktor Kaboom: Enrichment Through the Arts, 11 Borman Ave. at Rockland Avenue; (718) 982-5678; 10

Continued on page 42

Going Places

Continued from page 41

and 11:30 am; \$8.

Interactive science comedy show.

Math tutoring: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nysl.org; 3:30–6 pm; Free.

For children in Pre-K through eighth grade.

Poetry night: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nysl.org; 4 pm; Free.

Urban stages presents *Blown Away By Poetry*. For ages 6 and older.

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

For children three and up. Finger play, action rhymes and coloring.

THURS, APRIL 26

Toddler Time: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10:30–11:30 am; \$25 (\$30 non-members).

Winged Wonders- for 2 and 3 year old children. Live animals, movement and musical activities plus a craft.

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

Children one and 1 1/2 to 3 years old with caregivers hear a story with finger play and activities. Pre-registration required.

Earth day program: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nysl.org; 4 pm; Free.

Celebrate Mother Earth by making a craft using recycled materials. For children 5-12 years old. Pre-registration required.

Art and literacy workshop: City Treehouse, 129A W. 20th Street; (917) 463-8609; www.privatepicassos.com; 6–7:30 pm; \$30 (adults only).

Discuss the importance of visual arts in child's development as well as the literacy connection and fine motor skills.

FRI, APRIL 27

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

For pre-schoolers ages three to five 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



Take them for a spin

Yippe! May 6 is opening day for the Staten Island Carousel!

Children of all ages can't help but be touched by the magic of a spin on the painted ponies, lions, tigers and bears that go up and down and around on the two-minute ride.

The Carousel for all Children took Carousel Works two years to build in Mansfield, Ohio.

The ride boasts 51 hand-carved, painted, traditional wooden horses, zebras, giraffes, gorillas, a spotted leopard, and panda bears and it's surrounded

by 40 hand-painted renderings of Staten Island landmarks, including the Conference House, Martlings Pond, High Rock Park, and Midland Beach Boardwalk of long ago.

Opening day, sponsored by TD Bank, celebrates the carousel Kentucky Derby-style with games, activities, and refreshments.

Opening Day, May 6, from noon to 4 pm. Tickets are \$1.50 per ride and free for Greenbelt members.

The Carousel for All Children at Willowbrook Park, entrance on Eton Place in Willowbrook, (718) 667-2165. Visit www.sigreenbelt.org.

off the weekend with song, music and storytelling. For children 18 months to four years. Pre-registration required. Session 2.

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

Try a five-alarm recipe from real firefighters.

Children's book day: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nysl.org; 3 pm; Free.

For children 4 and half years old and up - in a bilingual English/Spanish reading event, puppet show and craft. Pre-registration required.

Flipping pages: Alice Austen House, 2 Hylan Blvd. at Bay Street; (718) 816-4506; aliceausten.org; 3:30 pm; Free.

Children 4-8 years old have down time and listen to stories and make an art project. Reservations required.

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

Children 3 and up hear stories, sing songs, and do a fun craft.

SAT, APRIL 28

Nature workshop: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10–11:30 am; \$35 (\$40 non-members).

Children 9-12 years old learn about frogs toads and everything amphibian.

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

Enjoy a day of fun activities.

Toddler Time: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10:30–11:30 am; \$25 (\$30 non-

members).

Animal Sing-A-Long - for 2 and 3 year old children. Live animals, movement and musical activities plus a craft.

Josh Selig: Barnes & Noble, 97 Warren St. at Murray Street; (212) 587-5389; www.barnesandnoble.com; 11 am; Free.

Author of "Olive Branch: Red & Yellow's Noisy Night" and creator of the Wonder Pets will be on hand to read a story and sign copies of his books.

Ballet Hispanico: The Joyce Theater, 175 Eighth Ave. at 19th Street; (212) 242-0800; www.joyce.org; 2 pm; \$10-\$59.

The world premier of *Espiritu Vivo*.

Oldies concert: College of Staten Island, 2800 Victory Blvd. near Christopher Lane; (718) 982-2787 (ARTS); www.cfashows.com; 8 pm; \$30, \$35, \$40.

Featuring the talents of The Platters and The Marvelettes.

SUN, APRIL 29

MCU Appreciation day: 10 am–5 pm. Staten Island Children's Museum. See Saturday, April 28.

Recess Monkey: 92Y Tribeca, 200 Hudson St. at Vestry Street; (212) 601-1000; www.92ytribeca.org/byok; 11 am; \$15 (Free for children under 2).

The acclaimed Seattle children's band performs selections from the latest album.

Ballet Hispanico: 2 pm. The Joyce Theater. See Saturday, April 28.

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

Children 8-12 learn about science from Naturalist Clay Wollney. Pre-registration requested.

MON, APRIL 30

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

For ages 12 to 18.

TUES, MAY 1

Tech time: Dongan Hills Library, 1617 Richmond Rd. at Liberty Ave. (718) 351-1444; www.nysl.org; 3:30–5 pm; Free.

Teens need extra computer time.

WED, MAY 2

"School of Rock": Enrichment Through the Arts, 11 Borman Ave. at Rockland Avenue; (718) 982-5678; 10 and 11:30 am; \$8.

Pop culture performance featuring

Going Places

Just a Bill, Lolly, Lolly, Lolly and Conjunction Junction.

Bird walk: Wolfe's Pond Park, 420 Cornelia Ave.; (718) 727-1135; www.statenislandmuseum.org; 10 am–noon; Free.

The Staten Island Museum hosts a search for osprey and blue-winged teal. Meet by the field house/restrooms in the parking lot.

Math tutoring: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 3:30–6 pm; Free.

For children in Pre-K through eighth grade.

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

For children three and up. Finger play, action rhymes and coloring.

THURS, MAY 3

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

Children 6-12 hone up their gaming skills on Wii and board games. Pre-registration required.

Gilbert and Sullivan: Dicapo Opera Theatre, 184 E. 76th St. <https://www.dancespatrelle.org>; 7:30 pm; \$35.

The ballet is presented by Dances Patrelle featuring favorite Gilbert and Sullivan selections, from the Pirates of the Penzance to the Mikado. Appropriate for all ages.

FRI, MAY 4

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

For babies birth through 12 months with caregiver, interactive program featuring books, songs and movement. Pre-registration required.

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

May flowers and anise cookies.

Cinco de Mayo: Dongan Hills Library, 1617 Richmond Rd. at Liberty Ave. (718) 351-1444; www.nypl.org; 3:30 pm; Free.

Children 5-12 create projects celebrating the Mexican holiday. Registration required.

Flipping pages: 3:30 pm. Alice Austen House. See Friday, April 27.

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



Bugging out at zoo

Kids will be smarter about arthropods after visiting the Central Park Zoo on May 19.

Seven- to 10-year-olds, who enjoy creepy, crawly insects, will love this class at the zoo, where they'll learn all about the bugs who make their homes there.

Taught by an urban ecologist, children will collect insects from various habitats around the zoo

and sort the collections to try to identify the species.

Each participant will take home his or her own insect trap to collect and observe the ones they find in their own neighborhoods.

"Bugs, Bugs, Bugs" at the Central Park Zoo [830 Fifth Ave. at East 65th Street in Manhattan, (212) 439-6583] May 19, 10 to 11:30 am. \$35 members, \$40 non-members. For more, visit www.centralparkzoo.com.

Children 3 and up hear stories, sing songs, and do a fun craft.

Gilbert and Sullivan: 7:30 pm. Dicapo Opera Theatre. See Thursday, May 3.

SAT, MAY 5

Zoo help: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 9–10:30 am; \$50 (\$60 non-members) each session \$170 (\$215 non-members) four sessions.

Children 8-10 years old help the animal keepers and study the behaviors of animals.

Animal Tales Extravaganza: Bronx Zoo, 2300 Southern Blvd. at Boston Road;

(718) 220-5103; www.bronxzoo.com; 11 am–4 pm; \$29.95 (\$19.95 children 3-12 \$24.96 seniors).

Celebrate Cinco De Mayo with Dora and Diego, arts and crafts, listen to a story, march in the Rainforest Creature Parade or experience Avenue Zoo - it's all family fun all weekend long.

Yankee Peddler Day: Historic Richmond Town, 441 Clarke Ave. at Tysen Court; (718) 351-1611; www.historic-richmond-town.org; 12 pm; Donation.

Over 150 vendors will be on hand offering antiques, crafts, collectibles, Mother's Day gifts, fresh baked goods, candy, food and refreshments. (Rain date 5/6/.)

Open house festival: Snug Har-

bor Cultural Center, 1000 Richmond Ter.; (718) 448-2500; snug-harbor.org; Noon–5 pm; Free.

Enjoy live music, plant sales, nature walks, archive tours, food, and more as he Staten Island Museum celebrates its expansion to Snug Harbor Cultural Center.

Gilbert and Sullivan: 2 and 7:30 pm. Dicapo Opera Theatre. See Thursday, May 3.

SUN, MAY 6

Breakfast with the Beasts: Staten Island Zoo, 614 Broadway at Martling Avenue; (718) 422-3174; www.statenislandzoo.org; 8:30–10:30 am; \$17 (\$15 members).

Ever wonder what happens with the animals in winter? Find out and have hot breakfast too. For children 5 and older, no younger siblings. Pre-registration required.

Astrograss for Kids: 92Y Tribeca, 200 Hudson St. at Vestry Street; (212) 601-1000; www.92ytribeca.org/byok; 11 am; \$15 (Free for children under 2).

A unique blend of bluegrass and down home humor. The concert features sing-a-longs, dance contests, hoedowns and songs about Brooklyn neighborhoods.

Gone fishing: Staten Island Zoo, 614 Broadway at Martling Avenue; (718) 422-3174; www.statenislandzoo.org; 11 am–1 pm; Free with paid admission.

Angle a lesson on the ups and downs of fishing. Suitable for children 6 and older, must be accompanied by an adult.

Opening day: Willowbrook Park, Entrance on Eton Place; (718) 477-0605; <https://www.sigreenbelt.org>; Noon–4 pm; \$1.50 (free for Greenbelt members).

Hop on and take a ride on a Victorian Carousel and spin through Staten Island History on opening day of the historic ride; enjoy a day of family fun Kentucky Derby style with games, activities and more. The ride spins in a counter-clockwise direction and lasts about two minutes.

Open house festival: Noon–5 pm. Snug Harbor Cultural Center. See Saturday, May 5.

Spring fair: The Morgan Museum, 225 Madison Ave. (212) 590-0393; <https://www.themorgan.org/public>; 2–5 pm; \$8 (\$6 members; \$2 children).

Children 6-12 along with parents enjoy a day filled with music, dance, art and animals. To kick off the event, in the company of animals, conductor and composer Adam Glaser presents The Composer's Paintbrush: Painting the Animal Kingdom following the performance strolling actors in animal costume encourage children how to explore music,

Continued on page 44

Going Places

Continued from page 43

a photo shoot, dancing, singing and mask making workshops.

Gilbert and Sullivan: 2 pm. Dicapo Opera Theatre. See Thursday, May 3.

"Are You My Mother?": College of Staten Island, 2800 Victory Blvd. near Christopher Lane; (718) 982-2787 (ARTS); www.cfashows.com; 3 pm; \$10, \$12, \$15.

Dog, Cat and Hen help baby Bird find her mother. For children five to eight.

MON, MAY 7

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

Infants from birth through one and one-half with their caregivers.

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.

Wii gaming: Dongan Hills Library, 1617 Richmond Rd. at Liberty Ave. (718) 351-1444; www.nypl.org; 3:30 pm; Free.

Children of all ages enjoy playing electronic games.

TUES, MAY 8

Tech time: 3:30–5 pm. Dongan Hills Library. See Tuesday, May 1.

WED, MAY 9

Bird walk: Clove Lakes Park, 1150 Clove Rd; (718) 390-8000; www.nycgovparks.org/parks/CloveLakesPark; 10 am; Free.

The Staten Island Museum hosts a search for osprey and blue-winged teal. Meet at the Martling Avenue Bridge.

Math tutoring: 3:30–6 pm. Great Kills Library. See Wednesday, May 2.

Story time: Dongan Hills Library, 1617 Richmond Rd. at Liberty Ave. (718) 351-1444; www.nypl.org; 4 pm; Free.

Children 5-12 listen to spooky stories of New York State. first come first served.

Picture-book time: 4 pm. New Dorp Library. See Wednesday, May 2.

THURS, MAY 10

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

Children one and 1 1/2 to 3 years old with caregivers hear a story with finger play and activities. Pre-registration required.

FRI, MAY 11

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

For pre-schoolers ages three to five 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 four years. Pre-registration required. Session 1.

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

May flowers arugula blossom salad and more.

Fun Fridays: 3:30 pm. Great Kills Library. See Friday, May 4.

SAT, MAY 12

Kinder Kritters: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10–11 am; \$25 (\$30 non-members).

Springtime on the Farm - for 4 and 5 year old children. Instructors lead the children through songs, dances and games, as well as creative animal themed crafts.

Toddler Time: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10:30–11:30 am; \$25 (\$30 non-members).

Hop Skip and Jump - for 2 and 3 year old children. Live animals, movement and musical activities plus a craft.

Animal Tales Extravaganza: Bronx Zoo, 2300 Southern Blvd. at Boston Road; (718) 220-5103; www.bronxzoo.com; 11 am–4 pm; \$29.95 (\$19.95 children 3-12 \$24.96 seniors).

Arts and crafts presented by Bright Horizons, Animal tales by Plum Organics, Sportacus and Stephanie from Lazy Town on Sprout, Avenue Zoo and Kate Monster from the Animal Zoo. it's all family fun all weekend long.

Kids and Kritters: 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.

Children 5-7 learn about nature, hear stories, play indoor games and then make a cool craft.

Krafty Kids: Blue Heron Nature Center, 222 Poillon Ave. between Amboy

Road and Hylan Boulevard; (718) 967-3542; www.nycgovparks.org; 1–2 pm; Free.

Children 4-10 with a caregiver explore the center and make a craft. Pre-registration is requested.

SUN, MAY 13

Gone fishing: 10 am–4:45 pm. Staten Island Zoo. See Sunday, May 6.

Mother's day: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 11 am–12:30 pm; \$45 (\$50 non-members).

Children 3 to 10 years old with an adult meet a variety of animals, make a tasty treat for one of the zoo animals and embark on an animal moms scavenger hunt, followed by a craft and cake.

Mil's Trills: 92Y Tribeca, 200 Hudson St. at Vestry Street; (212) 601-1000; http://; 11 am – 2 pm; \$15 (Children under 2 free).

Leaping Lizards it's a concert just for kids and moms just in time for Mother's day. Amelia Robinson plays her original songs on her ukulele. Suitable for babies/toddlers ages birth to 4.

MON, MAY 14

"Wizard of Oz": Enrichment Through the Arts, 11 Borman Ave. at Rockland Avenue; (718) 982-5678; 10 and 11:30 am; \$8.

Tag along with Dorothy, Toto and the gang.

Teen lounge: 3:30 pm. Great Kills Library. See Monday, May 7.

TUES, MAY 15

"Wizard of Oz": 10 and 11:30 am. Enrichment Through the Arts. See Monday, May 14.

Tech time: 3:30–5 pm. Dongan Hills Library. See Tuesday, May 1.

"The Muppets": Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 5 pm; Free.

Starring Jason Segal and Amy Adams, and popcorn.

WED, MAY 16

Math tutoring: 3:30–6 pm. Great Kills Library. See Wednesday, May 2.

Picture-book time: 4 pm. New Dorp Library. See Wednesday, May 2.

THURS, MAY 17

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

Children 5-12 make a cool craft. Pre-

registration required.

FRI, MAY 18

Nursery time: Dongan Hills Library, 1617 Richmond Rd. at Liberty Ave. (718) 351-1444; www.nypl.org; 1 pm; Free.

Children 3-5 play games and listen to stories. Registration required.

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

Sip some Jasmine tea with Miss Richmond County.

Fun Fridays: 3:30 pm. Great Kills Library. See Friday, May 4.

Art Slam: Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; rachel@rrapport@cmayn.org; www.cmany.org; 6:30–9 pm; Free.

Children in seventh to ninth grade party with pizza, music and art. RSVP required.

SAT, MAY 19

Insect workshop: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10–11:30 am; \$35 (\$40 non-members).

Children 7-10 years old learn about bugs and how to identify the different species at the zoo.

Animal Tales Extravaganza: Bronx Zoo, 2300 Southern Blvd. at Boston Road; (718) 220-5103; www.bronxzoo.com; 11 am–4 pm; \$29.95 (\$19.95 children 3-12 \$24.96 seniors).

Arts and crafts presented by Bright Horizons, Animal tales by Plum Organics, Disney's Choo-Choo Soul, Mo Willems' Elephant and Piggie and the Rainforest Parade. it's all family fun all weekend long.

Kids and Kritters: 11 am–12:30 pm. Blue Heron Nature Center. See Saturday, May 12.

Recruitment Day: Staten Island Zoo, 614 Broadway at Martling Avenue; (718) 422-3174; www.statenislandzoo.org; 1 pm; Free admission.

Don't waste your summer, come to the zoo and help in the Children's center or with the barn yard animals. Great volunteer opportunity for children 14 and older or finishing 10th grade for camp. Sign up and be ready for those lazy days of summer.

Krafty Kids: 1–2 pm. Blue Heron Nature Center. See Saturday, May 12.

SUN, MAY 20

The Deedle Deedle Dees: 92Y Tribeca, 200 Hudson St. at Vestry Street;

Going Places

(212) 601-1000; www.92ytribeca.org/byok; 11 am; \$15 (Free for children under 2).

Brooklyn based educational band performs favorite children's numbers.

Alice in Wonderland: St. George Theatre, 35 Hyatt St. between St. Mark's Place and Central Avenue; (718) 442-2900; www.stgeorgetheatre.com; 5 pm; \$16, \$18, \$22.

Take a trip down the rabbit hole with Alice, the Mad Hatter and the Cheshire Cate.

MON, MAY 21

Baby and me: 11 am. Great Kills Library. See Monday, May 7.

Teen lounge: 3:30 pm. Great Kills Library. See Monday, May 7.

Wii gaming: 3:30 pm. Dongan Hills Library. See Monday, May 7.

TUES, MAY 22

Tech time: 3:30-5 pm. Dongan Hills Library. See Tuesday, May 1.

WED, MAY 23

Movie time: Dongan Hills Library, 1617 Richmond Rd. at Liberty Ave. (718) 351-1444; www.nypl.org; 3:30 pm; Free.

Families and children watch age appropriate films.

Math tutoring: 3:30-6 pm. Great Kills Library. See Wednesday, May 2.

Picture-book time: 4 pm. New Dorp Library. See Wednesday, May 2.

THURS, MAY 24

Toddler story time: 11 am. Great Kills Library. See Thursday, May 10.

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

Teens, 12-18 years old, make a beaded bookmark.

FRI, MAY 25

Story time: 11 am. Great Kills Library. See Friday, May 11.

Doodlebug Fun: 1 pm. Blue Heron Nature Center. See Friday, April 27.

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

Children try Orzo with Basil and Parmesan.

Flipping pages: 3:30 pm. Alice Austen House. See Friday, April 27.

Fun Fridays: 3:30 pm. Great Kills Library. See Friday, May 4.

SAT, MAY 26

Kids and Kritters: 11 am-12:30 pm. Blue Heron Nature Center. See Saturday, May 12.

Krafty Kids: 1-2 pm. Blue Heron Nature Center. See Saturday, May 12.

SUN, MAY 27

Gone fishing: 11 am-1 pm. Staten Island Zoo. See Sunday, May 6.

Natural science club: 2-3:30 pm. Blue Heron Nature Center. See Sunday, April 29.

TUES, MAY 29

Tech time: 3:30-5 pm. Dongan Hills Library. See Tuesday, May 1.

WED, MAY 30

Math tutoring: 3:30 - 6 pm. Great Kills Library. See Wednesday, May 2.

Picture-book time: 4 pm. New Dorp Library. See Wednesday, May 2.

FRI, JUNE 1

Rock n Roll with Squeaky Clean: Enrichment Through the Arts, 11 Borman Ave. at Rockland Avenue; (718) 982-5678; 10 and 11:30 am; \$8.

The group takes children down memory lane with songs from the 50's, 60's and 70's.

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

Oh my BBQ bananas.

SAT, JUNE 2

Kinder Kritters: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10-11 am; \$25 (\$30 non-members).

Incredible insects - for 4 and 5 year old children. Instructors lead the children through songs, dances and games, as well as creative animal themed crafts.

Animal Tales Extravaganza: Bronx Zoo, 2300 Southern Blvd. at Boston Road; (718) 220-5103; www.bronxzoo.com; 11 am-4 pm; \$29.95 (\$19.95 children 3-12 \$24.96 seniors).

Arts and crafts presented by Bright Horizons, Animal tales by Plum Organics, Ferdinand the Bull, Nat And Alex Wolf with the Music Unites Youth Choir (Sat. only), Maisy Mouse, Kristi Yamaguchi reading It's a Big World, Lit-

tle Pig, and the Rainforest Parade. it's all family fun all weekend long.

Kids and Kritters: 11 am-12:30 pm. Blue Heron Nature Center. See Saturday, May 12.

Krafty Kids: 1-2 pm. Blue Heron Nature Center. See Saturday, May 12.

SUN, JUNE 3

Gone fishing: 11 am-1 pm. Staten Island Zoo. See Sunday, May 6.

WED, JUNE 6

Dinosaur Follies: Enrichment Through the Arts, 11 Borman Ave. at Rockland Avenue; (718) 982-5678; 10 and 11:30 am; \$8.

Explore the wonders of evolution.

FRI, JUNE 8

Doodlebug Fun: 1 pm. Blue Heron Nature Center. See Friday, May 11.

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

Make a lemonade refreshing drink.

SUN, JUNE 10

Gone fishing: 11 am-1 pm. Staten Island Zoo. See Sunday, May 6.

Farm day: Staten Island Zoo, 614 Broadway at Martling Avenue; (718) 422-3174; www.statenislandzoo.org; Noon-3 pm; Free with paid admission.

Demonstrations, crafts and meet the barn-yard denizens.

Natural science club: 2-3:30 pm. Blue Heron Nature Center. See Sunday, April 29.

theMarketplace

shops • services • restaurants • recreation

PARTY PLANNING

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

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

20 Off
with 20
adult family

PARTY PETS.com

Hands-on learning about exotic animals from around the world

WE DON'T WANT TO SEE EXOTIC PETS!

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

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

Tortoise • Chinchilla • Hedgehog • Alligator • Snakes & Bugs

PARTY PLANNING

HAPPY HENRY
"The Wizard/Magician Clown"

Close Up Magic AT ITS VERY FINEST

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

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

Seen on HBO

PARTY PLANNING

SEND IN THE CLOWNS
ENTERTAINMENT CORP.

Free Cotton Candy w/ Party

Call (516) 354-1915 • (718) 353-8846
www.sendinthecrowns.com

New & Noteworthy

BY LISA J. CURTIS



A neat seat

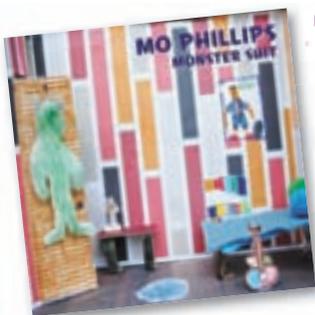
We all know at least one girl that would swoon for the “Princess” Fainting Couch by Levels of Discovery. She’s the daughter, granddaughter, or niece that loves to host a tea party, prefers tutus to pants, and clamors for Fancy Nancy books at bedtime. And such a girl would feel glamorous indeed as she lounged on these purple cushions, perched above hardwood that is embellished with the words “Her

Royal Highness.”

HRH’s parents will adore the practical function of this lounge: the seat — equipped with a slow-closing metal safety hinge — lifts to reveal storage for your little princess’s tiaras, bejeweled shoes and feather boas.

The couch, which features removable back, arm, and seat cushions, measures 31-inches wide, by 13.5 inches-deep, and 27-inches high. Perfect for all ages, up to 100 pounds.

Levels of Discovery “Princess” Fainting Couch with Storage, \$151.96–209.95. Visit barnesandnoble.com.



‘Monster’ talent

Warning: Listening to Mo Phillips’ latest CD, “Monster Suit,” will make your head bob uncontrollably and add a cheesy grin to your face. That’s because this Portland, Oregon-based singer-songwriter’s collection of 14 rockin’ songs are both silly and smart. Phillips entertains parents and children alike with lyrics that demonstrate sympathy to both camps, whether this dad of two boys

is exhorting listeners to not “fall off the couch ‘cause the carpet is lava” in the country-influenced “Hot Lava,” or commiserating over an unruly ‘do in “Bed Head;” or he’s encouraging his young listeners to be true to themselves in “The Princess and The Cowboy.” Now, giddyup to the record store.

“Monster Suit” CD by Mo Phillips (Hey! Bacon!! Records), \$12.99. Visit mophillips.com.

The best babysitter ever

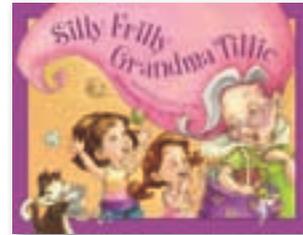
A wonderful Mother’s Day gift for a special grandmother, “Silly Frilly Grandma Tillie” is a beautifully illustrated tribute to those special women that can’t help but delight their grandkids.

In Laurie Jacobs’ humorous hard-cover, Grandma Tillie is babysitting Chloe and So-

phie. Rather than parking the girls in front of the TV, Grandma Tillie becomes the entertainment, transforming herself into a series of fun-loving characters.

The sweet, comic tale is recommended for children ages 4–8.

“Silly Frilly Grandma Tillie” by Laurie Jacobs (Flashlight Press), \$16.95. Visit ipgbook.com.



Picnic fit for Yogi

GoPicnic has developed an allergen-free mealtime solution to enjoy on your child’s time-crunched days. Its SunButter + Crackers ready-to-eat, meal-in-a-box is a balanced, light lunch with creamy sunflower seed spread that is easily squirted onto the crunchy, multi-grain crackers. The box also contains seed and fruit trail mix, tropical fruit “bites,” and a

chocolate cookie.

The components are delicious and don’t need to be refrigerated. Bring a napkin and a drink and you’re on your way!

GoPicnic SunButter + Crackers ready-to-eat meal, \$4.99. Available at Target stores and at GoPicnic.com.



For her little twinkle toes

Whether your daughter is 3 or 23, a mommy-and-me pedicure date can be a fun, bonding experience for both. Just in time for toe-baring sandal weather, Piggy Paint has released four new shades: Glitter Bug, translucent with multi-color sparkles; Glamour Girl,

fuschia with silver glitter; Pocketful of Posies, a matte, dark pink; and Hypnotize, a deep, shimmery teal in Piggy Paint’s “Refined” line of chic colors that is geared toward moms.

What makes these polishes so special? Piggy Paints are water-based, non-toxic, and devoid of the dizzying odor of standard polishes. The chip-resistant paints — made in the U.S. — are a great favor idea for your little princess’s spa-themed birthday party. Now you can both put your best feet forward — safely.

Piggy Paint nail polish, \$3.98–\$8.99. Visit walmart.com.



**FOR PEOPLE WITH DIABETES,
WEIGHT LOSS SURGERY
MAY BE THE BEST MEDICINE.**

visit: [www. Evaluate My Weight .com](http://www.EvaluateMyWeight.com)

As reported by The New York Times on March 26, 2012: weight loss surgery worked significantly better than standard therapies for Type-2 diabetes in obese and overweight people according to two studies published by The New England Journal of Medicine.



**Center for the Surgical
Treatment of Obesity**



**ATTEND A FREE
INFORMATION SESSION**

MONDAY, 6 PM

JUNE 4

**475 Seaview Avenue (North Campus)
Regina M. McGinn, MD Education Center**

RSVP 718.226.1300



CAMP OPEN HOUSE
Sunday, May 20
12 noon - 2pm
Henry Kaufmann Campgrounds
1131 Manor Road

SPECIAL
MEMBERSHIP OFFER
TO FIRST TIME
CAMP FAMILIES ONLY

CAMP DATES
July 2 - August 24
plus pre- & post-camp



Call 718.475.5232 or visit camp.sijcc.org and download our 2012 brochure