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Letter from the publisher

Parenting teens

It is somehow assumed that parents of very young children largely read our magazines. I dispute that with certainty. I look at the demographic information we get from readers and it tells me otherwise. It tells me that parents of children from 0 to



18 are in the mix and of course, why not? We regularly publish articles and columns on pre-teen and teen issues and being a parent myself, I can tell you first hand that the real parenting questions begin when your 12 year old is straining to be 13.

At just about that time they begin to ignore you in every way they can and the mad rebellion begins. Their friends begin to take on more credibility than you do and peer influ-

ence seems to take over. Then there are the marketing folks and the digital reality that programs them to shop and buy and run in a pack with their friends toward every new trend that hits the street for their age group.

Having a teen is much harder than having a 2 year old, even one who's adept at pitching fits. With the 2 year old it will soon be over and they will get in the groove and be your fabulous little kid, but with the 12 year old each passing day brings on more independence from you and from your established order.

The messiness, lack of articulate response, friends whose opinion overrides yours, can be some of the negatives one can experience with

the teen(s) in your family. On the other hand, newfound maturity, a person with valid opinions, the almost grown-up you imagined your newborn would become someday is an amazing thing to behold. In my case from the moment my daughter got taller than me, she stopped seeing me as the elder and our roles often started reversing. In looking down at me, her attitude drastically changed and our battle for control began.

It's very challenging to be a parent. It's particularly challenging to try to be a good competent parent to a teenager. They're on their way out and they know it. Still, our responsibilities go on and we have to steel ourselves with determination to steer the course. They may be tall, but they are not yet truly "grown" and we still need to remain vigilant and keep our ears and eyes open

and be watchful. Boundaries are necessary although they will try our patience over and over as they cross them repeatedly. Consequences then become very important follow-ups. Lessons learned over and over hopefully help to cement character in our youngsters and help prepare them for the big wide world out there.

There are very good articles in this issue. I genuinely hope you read them, even if your family's teen years are way in the future. It's not too early to get prepared. It's a big job.

Thanks for reading!

Susan Weiss-Voskidis,
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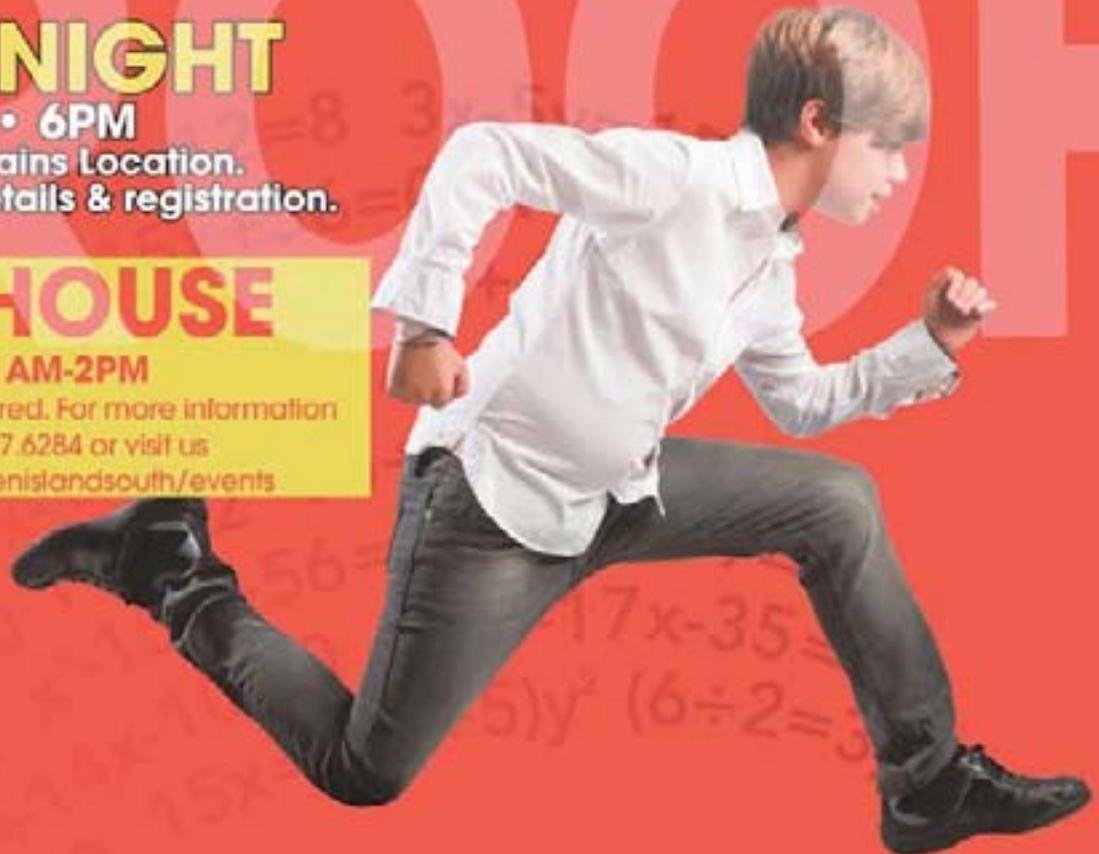
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Buying her first bra

Tips for parents and their tweens

BY KELLY O'BRIEN

A girl's first bra is a rite of passage for both her and her parents — and one that's occurring at younger and younger ages. For some girls, it's a turning point fraught with anxiety; for others, it's a celebration. Either way, parents have a hard time ensuring their daughters have good memories of shopping for and wearing their first bra.

Trying on your first bra in a big discount retail store can be unnerving for an 8- or 9-year-old who may already feel shy about the experience. And those stores have limited selections, both in sizes and styles.

The average Caucasian girl now enters puberty, which is marked by breast development, at 9.7 years old — about four months younger than just 17 years ago, according to an ongoing study as part of the Breast Cancer and the Environment Research Program. For African-American girls, the age is 8.8 years and the number of girls developing breasts in first grade has tripled since 1997.

The most well-known lingerie shop is Victoria's Secret, a place most parents don't feel comfortable taking their young daughters to shop. But there are other options out there. And once you've found a comfortable place to shop with a good selection of choices, follow these tips to ensure your daughter is comfortable and happy in her first bra:

One size does not fit all. If your tween is average sized, bras labeled "one size fits all" may work. If you're looking at bras with cups and band sizes, you'll need to measure. For the band size, wrap the measuring tape around your daughter just under the breasts, where the band sits. Add 5 to that number, and that's the size. (Tape says 23 inches, band will be 28 inches.) For cup size, measure around the fullest part of the chest and subtract that number from the band size. The difference is the cup size — so 0 to 1 inch is a size A; and



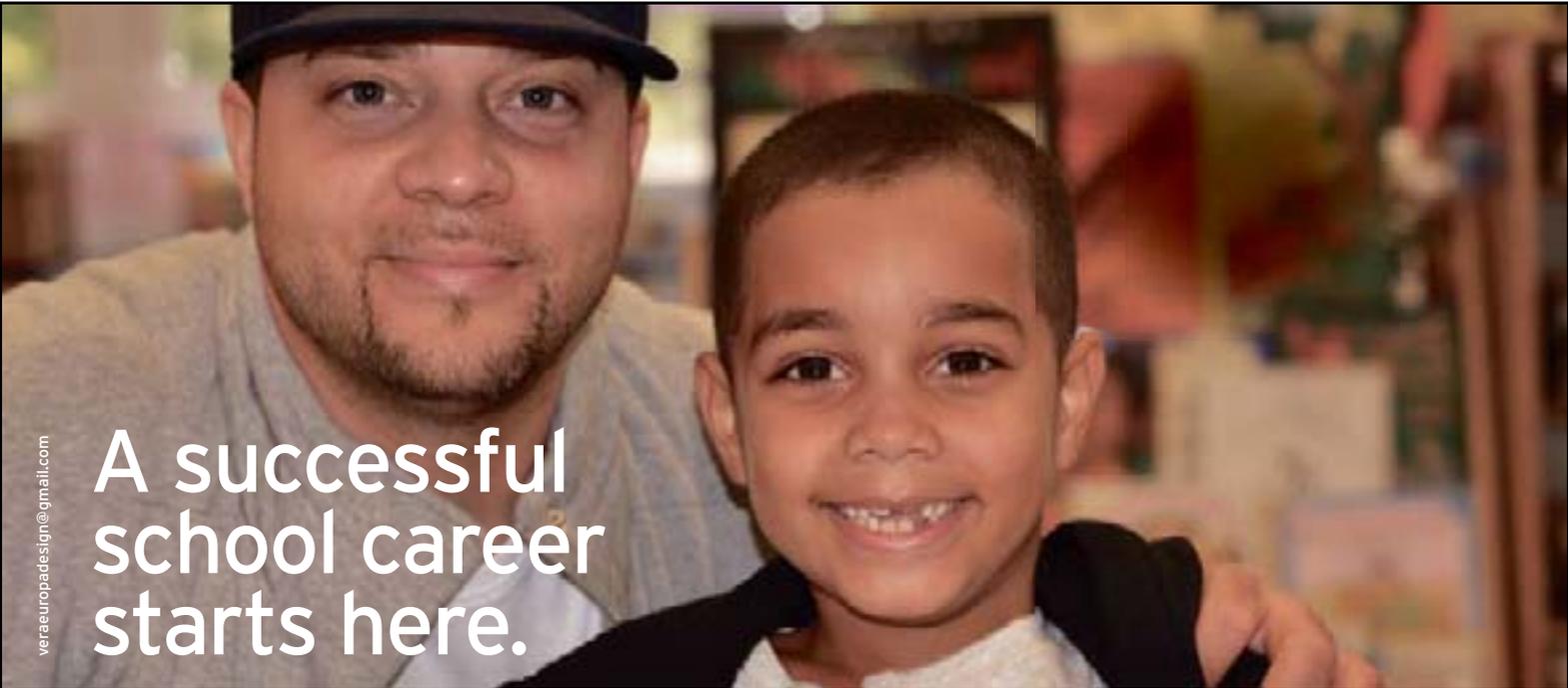
2 inches is a B.

Check the strap length. Straps are very important to consider for fit — especially if your tween is petite. If the strap is a traditional adjustable strap, such as those on most women's bras, be sure it can be shortened sufficiently. Elastic or stretchy straps are usually a safe bet.

Consider a lined bra. It's not about making her look more developed than she is! Generally speaking, tween padding is not meant to increase cup size. If a tween bra appears to have some padding, it's typically a thin layer of foam used to smooth over the nipple area so nothing is visible under the shirt. It's a modesty measure that also helps some girls feel less self-conscious.

Go with a different cut. Camisoles and sports bras are popular options for shy girls who worry a bra will call attention to them. A short or full-length camisole provides a bit of coverage and isn't as noticeable under a blouse. For the same reason, some girls like to start with bras cut in a sporty style that don't feel like a traditional bra.

Kelly O'Brien is the owner of Linger, an upscale lingerie shop, and blogs about lingerie at ShopLinger.com. A former teacher, digital marketing executive, adjunct college professor, and part of the team that launched glossy.com, the first website for teen girls, O'Brien founded LingerTween (Tween.ShopLinger.com) to address a glaring marketplace absence.



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HEALTHY LIVING

DANIELLE SULLIVAN

Lost sleep linked to weight gain in kids

Most kids don't get enough sleep, plain and simple. Lack of sleep leads to sluggishness and inattention, and it can cause kids to pack on the pounds. Chronic sleep deprivation may also have other long-term effects — everything from catching more colds and viruses to anxiety and depression.

Most children between the ages of 4 and 10 do not get the recommended amount of sleep. The National Sleep Foundation recommends that preschoolers between the ages of 3 and 5 sleep 11 to 13 hours daily and that children ages 5-10 sleep 10 to 11 hours. But this can be a hard task when some moms don't make it home from work by that time, or many kids have afternoon activities that aren't over until 6 pm or later — and then it's dinner time. Yet, regardless of schedules, sleep needs to be a priority. There have been many

studies on children's sleep and they all have similar findings.

The correlation

Harvard School of Public Health found that lack of sleep contributes greatly to obesity in children and adults. In addition, the number of adults getting adequate sleep measured as at least eight hours each night has drastically dwindled from 35 percent to 28 percent within a seven-year time frame.

Columbia University performed a study that found that teens (16 or younger) who got less than six hours of sleep each night were at a 20 percent greater risk of being obese by the time they reached age 21.

In New Zealand, a study showed that for every hour of lost sleep in childhood, adults were at a 50 percent greater risk of being obese by the time they reached age 32.

While the individual studies and

their subjects differ, all of them suggest that lack of sleep causes weight gain. Let's also remember that in addition to weight gain, it also causes low performance in school, anxiety, poor judgment, and more. Just consider how we get through a day when extremely tired ourselves, and how easy it can be to overeat when we grab a snack to combat our fatigue.

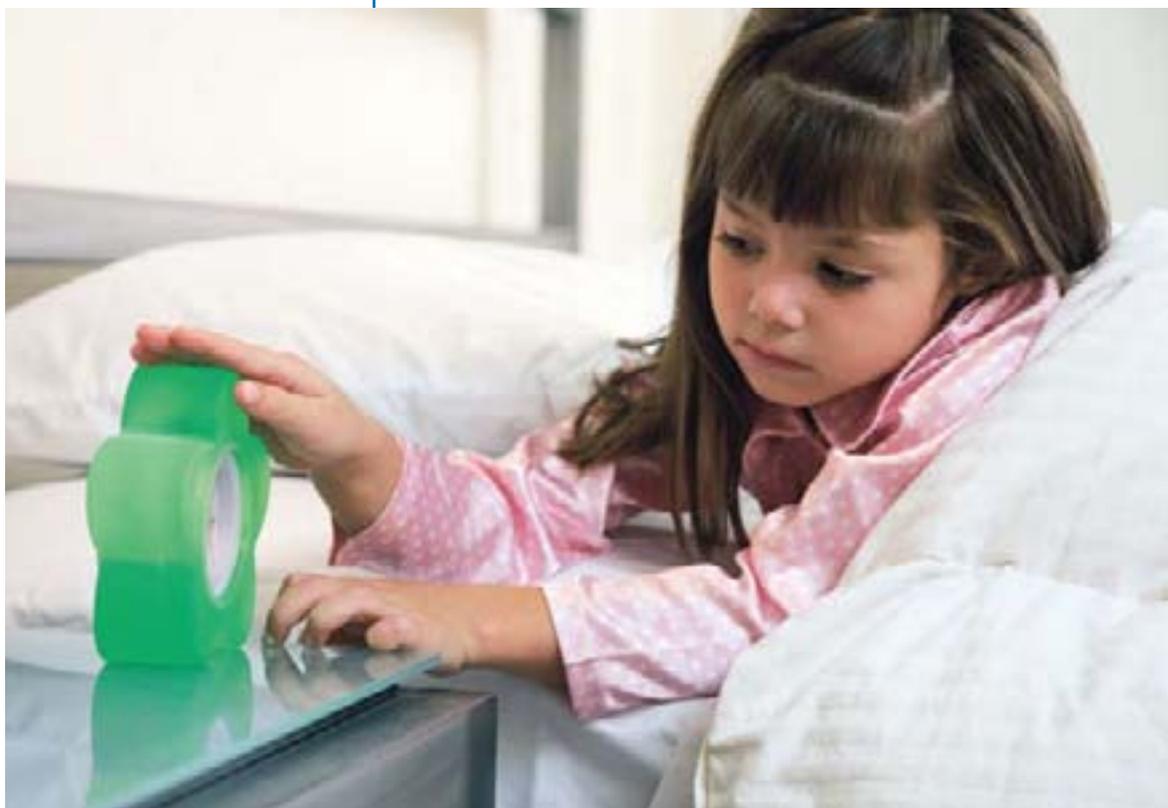
Can you catch up on lost sleep?

Researchers at the University of Chicago say that if kids catch up on weekend sleep, it may help prevent them from gaining extra weight. This study published in the journal *Pediatrics* suggests that it's beneficial to let our kids sleep in on weekends. It shows that obese children did sleep less overall, their sleep schedules were more irregular, and they were less likely to experience "catch-up" sleep on the weekends. Compared to children who slept about nine hours a night, children who slept an average of seven hours and had the most irregular sleep patterns had a fourfold greater risk of being obese.

Kids who maintained irregular weekday sleep schedules but made up for lost sleep during weekends were less likely to be obese than children who missed out on the catch-up sleep. Parents must be careful not to let children sleep too late though, which can throw off their ability to fall asleep at bedtime. An hour is a good catch-up time allotment.

So try your best to keep a regular sleep schedule for your kids, but when they just can't get those hours of uninterrupted snooze time, it might be beneficial to let them sleep in a bit during the weekend.

Danielle Sullivan, a mom of three, has worked as a writer and editor in the parenting world for more than 10 years. Sullivan also writes about pets and parenting for Disney's Babble.com. Find Sullivan on her blogs, Just Write Mom and Some Puppy To Love.



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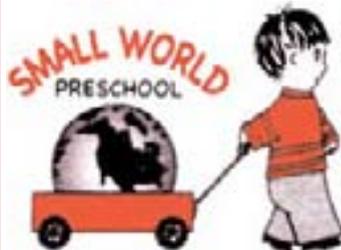
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MESSY

teen rooms

What's hiding behind that door? Experts explain how to cope

BY RISA C. DOHERTY

Moms like me have found themselves sitting on the floor of their child's room picking up every Lego, Transformer piece, or Barbie accessory our youngster failed to place in the proper bin or box. After all, we paid for all of those expensive toys.

Fast forward 10 years and the toys which once covered the floor are replaced with all manner of clothing, footwear, books, papers, wrappers, glasses of old milk, bags of chips, dirty plates, toiletries, food packaging, water bottles, and wet towels: welcome to a teenager's domain.

The struggle

Frustrated parents demand teens neaten up, and teens, promising to comply "later," never seem to get to it. Too often the dialogue digresses into yelling and nagging and more yelling, culminating with a territorial conflict the likes of which has not been seen since the colonies declared their independence.

"This is my house!" the parent asserts, followed by the teen staking a claim of his own to the room itself.

Carl Pickhardt, author of "Surviving Your Child's Adolescence," writes that, to parents, "the messy room can feel like an affront to domestic order, representing a 'disrespect' for the more neatly kept home they value."

Mary, whose son Jack attends the Academy of American Studies in Queens, claims her requests that he clean his room "go in one ear and out the other" until she threatens to call his coach, preventing him from attending a game. She settles for dusting and vacuuming the room once a week.

Linda, parent of a Brooklyn high school teen, is resigned to closing the door to her son's room

"for her own sanity."

Parents like Mary and Maxine, also of Queens, clean up when their teens are not in their bedrooms. The boys temporarily grouse about the trespass, but never offer to help. Yet, there is anger and resentment, because the moms recognize that the boys should be responsible for caring for their own possessions.

Mary says, "if he has time to play video games, he has time to clean his room."

Maxine has come to recognize that her son Peter, a student at Archbishop Molloy High School, always has excuses and something more important to do. She also says that he seems to have "an acute awareness of everything in the room" and points out that even a discarded napkin could contain notes for the start of his first novel. She also says Peter, like many teens today, has too much stuff and runs out of space to stow it.

Peter tells his mother she is a nag for begging, whining, and pleading with him to clean up. She is aggravated by his indifference and says, "it takes effort, as does everything else in life."

What's going on?

Unfortunately, parents have an entirely different perspective than teenagers, who often do not prioritize neatness. Parents see red when teens find time to relax amidst their busy schedules, but can't find time to neaten up, and teens don't understand why cleanup cannot wait indefinitely. At the same time, teens look at their rooms as sanctuaries, where they can unwind and escape other people's rules.

Although a parent may view teens' lack of compliance to tidy up as selfishness, Lori Hiller, a Brooklyn social worker, says teens don't understand why parents care so much about

their rooms. Although they tend to be self-centered, they aren't setting out to upset their parents. "They just feel parents should have nothing to do with it," says Hiller.

So-called "lazy" teens may just be "chronically messy, well-intentioned, and poorly organized," Adele Faber, Long Island co-author of "How to Talk So Teens Will Listen & Listen So Teens Will Talk," tells me.

Pickhardt correlates a neat room with an organized, productive life.

"A room reflects a disorganized internal state: it is an expression of his world."

He tells me the state of a teen's room is not an insignificant issue and is a reflection of who is in control. Young adolescents make a statement of independence by insisting on living according to their own rules, he says, but they need to understand they must live on their parents' terms until they are on their own.

He notes that parents never really have control over their children, they just have an ever-decreasing ability to obtain consent as the child passes through adolescence.

Problems with just shutting the door

Direct consequences can result from constant disarray.

Crunching noises may surprise the parent who enters a teen's inner sanctum unprepared, inadvertently rupturing CDs hidden under layers of clothing.

While Jack struggles to find his bus pass in the morning rush, other teens stress over misplaced car keys or matching shoes. If they are tardy, they can make other family members late for school or work and put everyone in a foul mood at the start of the day.

Pickhardt firmly believes that parents who allow themselves to be barred from their teen's room are giving teens license to experiment with illicit activities. He says closing the door is self-serving and such a laissez-faire attitude sends a strong signal that more serious infractions will not be addressed.

He also does not condone random searches without a strong suspicion that something is very wrong based on uncharacteristic behavior or problems at school. If a parent finds troubling material in the room, it is because the teen left it there for her to find and did not have the courage to ask for help dealing with it, he adds.

He tells me the challenge is to manage our expectations and give our children the tools they need to organize themselves. He says teens feel



as if they are more in control of their world when their rooms are in order.

In extreme cases, a filthy room can actually be unsanitary if mold, bacteria, or fungus begin to grow or if leftover food and dishes attract mice, ants, or cockroaches.

Other common mistakes and real solutions

Hiller doesn't think a parent should clean a teen's room any more than she should be doing a teen's homework or calling his employer.

"Part of teens learning independence is taking care of their things," she says.

She adds that doing it for them will lead them to believe that a parent will always be there to clean up their mess and teach them that they are not responsible for the consequences of their own actions. It is up to the parent to decide how far she wants the conflict to go if the teen refuses, and at some level, the conflict can cause a permanent rift. At the same time, she says direct threats to spur teens to act won't help either.

Neither Faber nor Pickhardt condone yelling or punishing teens for a messy room. Pickhardt warns that, "yelling shows helpless disrespect in not getting their way [which] can

lead to use of intemperate words as weapons," as parents sometimes "shoot from the hip" and threaten unreasonable punishments in anger.

In place of punishment, which he believes should be reserved for serious infractions, Pickhardt suggests "an exchange," where the parent will only agree to do a favor for the teen, like driving her to the mall, in exchange for some cleanup. Pickhardt also says that parents who want that room clean cannot abnegate all responsibility, but need to make an effort to supervise. Even if the parent knows that the room is likely to return to its post-apocalyptic look in a half hour, it will not have been a waste of time, because the teen will see that cleaning up is not an insurmountable task, he says.

Parents who may be too angry should remove themselves from the situation for a short time, says Faber. Sound advice, as parents may be tired, stressed, and short on patience. Pickhardt tells emotional parents to talk to a friend or spouse and otherwise model anger management techniques before they hit a boiling point in front of their teenager.

Faber says parents should figure out some ground rules together with their teen since "cleanup is a constant

factor in all our lives." She suggests that parents empathize with their teens' concerns and organizational challenges before brainstorming together. This helps to avoid repetition of the same old argument and gives teens some ownership of the solution, which might include the addition of new shelves, bookcases, or bins.

When parents stress over the lack of care teens afford their pricier possessions, Faber encourages them to discuss it. For example, if a teen contributed towards the price of hard-won designer jeans and the parent finds them rolled in a ball under a wet towel, the parent can tell the teen that such a sight discourages her from wanting to participate in similar purchases in the future.

Faber disapproves of nagging and advocates for a creative non-authoritarian approach, with a little humor thrown in, when possible. In contrast, Pickhardt would have parents persevere, even if it is perceived as nagging. He tells me parents' repetition will wear down their teens' resistance.

"Nagging is honorable work," he says, recommending parents gently remind teens about an earlier request and ask again.

If the teen continually refuses to

clean up, Pickhardt advises the parent to put the mess in a large trash bag (or several, as the case may be) and place it by the rubbish. He says that will motivate the teen to awaken from his lethargy and ask about alternatives.

Will they ever reform?

According to Hiller, "there are sloppy people and neater ones — and sloppy ones that clean up ever so often."

Others agree, though Pickhardt regards teens' ability to overcome this problem as an important anchor for adolescent growth and development. So, maybe there is hope.

Fighting with your teen over this each day just causes tension. If you try to deal with this only once a week or at another agreed upon regular interval, the teen is less likely to react negatively.

We all know teens are encountering a more complicated world. Still, in this child-centric age, it would be nice if more teens made an effort to adhere to parents' rules without prodding or creative intervention. A parent can dream, can't she?

Risa C. Doherty is an award-winning writer who survived her children's teen years.



Tips for teens traveling solo

Lessons in independence, with help from mom and dad

BY MYRNA BETH HASKELL

My son traveled to England, Brussels, and Germany with some friends this past spring break. This was not the first time he had traveled solo, but it was his first time overseas. My son is mature and quite worldly for his age, but that didn't stop me from being worried sick.

He seemed to have everything in check, including a current passport

and EMV card (credit card with security chip). He even applied for Global Entry, which allows expedited clearance for pre-approved, low-risk travelers entering the US.

We decided to communicate via e-mail. I waited with bated breath for those notes. As I peered at a photo of my son in front of Big Ben, I felt a pride like no other. Here was my 19-year-old taking advantage of his youth and exploring places I had yet to visit myself. His trip concluded

sans glitches and with a multitude of publication-worthy photos and stories about all of the fascinating people he had met along the way.

Most parents fret over their children traveling solo, but detailed plans and regular communication before and during his absence will ease your mind.

Readiness

Parents should ask themselves the following questions when considering sending their teen off unchaperoned:

- In general, does he handle new situations well?

- Would she panic if an unavoidable change to travel plans (e.g. delayed or canceled plane) occurs, or will she remain calm?

- Is he generally cautious and aware of safety issues and potential health issues?

- If traveling by car: Has she demonstrated safe vehicle handling and good decision-making skills all along? Does she consistently avoid distractions (e.g. cellphone usage, eating while driving, distractions from passengers)? Does she have a good sense of direction and stellar map skills?

No matter how mature or prepared, your teen still needs your guidance.

According to Susan Kuczmariski, parenting expert and award-winning author of "The Sacred Flight of the Teenager: A Parent's Guide to Stepping Back and Letting Go" (Book Ends Publishing, 2004), "The fact is that controls do act as a source of unacknowledged security for teens. Total responsibility for one's life, or trip in this case, is a scary thing. It brings stress, and teens have enough going on in their lives to bear the full brunt of worrying about what is best for them. They still need support, guidance, and direction, as infuriating as this is for them."

Parents should work collaboratively with their teen to develop travel plans and any contingency plans. This way your teen will know that you trust his judgment, and he will take ownership of the rules you set together.

"Give them the opportunity to come up with ideas as you put travel plans in place," Kuczmariski suggests. "Reach an agreement together as to what to do in different situations (e.g. plane is late, person meeting them doesn't show up, weather delays, etc.)"

Jay Fitter, a licensed marriage and family therapist, parenting expert, and author of "Respect Your Children: A Practical Guide to Effective

Useful advice

Additional travel tips provided by Jay Fitter:

- Wear comfortable clothing and shoes.
- Don't wear expensive jewelry.
- Use a money belt that can be concealed underneath clothing.
- Don't carry excessive amounts of cash — bring a credit card.
- Use downtime wisely (waiting in airports, etc.): catch up on schoolwork or reading
- Don't break the law. Smoking weed in a foreign country can land you in prison, even for miniscule amounts.

Parenting" (iUniverse, 2010), warns that teens traveling alone are easy targets for sexual predators or adults looking to take advantage of a teen's inexperience and youth.

"For female teens, never get into a conversation with someone of the opposite sex," says Fitter. He cautions that male teens can also be targets. "Teen males are targets for scam artists and predators, too," he continues.

Therefore, parents should remind their teens that they should only request help or guidance from company employees (e.g. train conductor) or security personnel, and should not engage strangers by communicating their plans or any type of personal information, no matter how friendly that stranger may seem.

For younger teens

If it is necessary that your young teen (ages 13 to 15) must take public transportation (e.g. plane, bus, train), to visit a relative at a distant location for the holidays, for example, be sure to check the company's "unaccompanied minor" policies. For instance, United Airlines only allows you to use its "Unaccompanied Minor Service" for nonstop flights (www.united.com). Also, some bus lines do not allow children under the age of 16 to travel solo. Therefore, it is imperative that parents check all guidelines ahead of time.

Enlist a relative or friend to meet your child at the airport, bus terminal, or train station upon their arrival. Be sure that your child has

this person's number and a contingency plan if she does not show up for any reason.

Overseas travel

Traveling overseas can raise additional concerns due to language and cultural differences. Keen research and savvy planning are imperative in this case. Not all teens can make this leap. Trust your intuition when it comes to allowing your teen to travel solo overseas.

In my son's case, he did all of the planning on his own and then communicated his plans to us prior to his departure. The following is a list of tips and advice from Trevor Haskell:

Have an organized travel plan for visiting sights. Without one, you will lose valuable time at the destination trying to figure out what to do.

Alert all your credit card companies that you are traveling and specify the exact dates you will be away. Failure to do so will likely trigger account freezes and the inability to access funds.

Change currency before you go. Although convenient, airport and hotel currency exchange rates will likely be a rip-off.

Make extra copies of all your travel documents. Put copies in separate parts of your luggage.

Write down the phone number and address of the US Embassy or Consulate nearest your destination. If you lose your passport or need any kind of emergency assistance, they will be able to help you.

*Check www.usembassy.gov for US Embassies/Consulates near your destination or for travel warnings and alerts.

Spring break travel safety tips

Perhaps your teen will be traveling with friends to a distant location for spring break. There are a wealth of travel guidelines you should go over with your teen before she seeks respite from her college workload. Here are just a few:

- Legal drinking age at your location? NEVER drink and drive (Intoxication = poor judgment, even for those not behind the wheel).
- Be sure to use licensed cabs or vans for transportation.
- Research food and water safety prior to travel.
- Road trips: Use the buddy system and take breaks from driving.
- Check crime rates and tourist safety information before traveling.

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Halloween safety

Kids should use caution when trick-or-treating

BY ALEXA BIGWARFE

Halloween can be a really fun and enjoyable evening, but not all Halloween facts are fun. The harsh reality is this: on Halloween, children are two to four times more likely to be hit and killed by a car than any other day. That is a scary fact. There is potential for injury during Halloween activities, but with these tips, parents can ensure everyone has a safe Halloween.

Trick-or-treating safety

- Children under 12 should not be out alone. They should be supervised

by an adult, and if at all possible, traveling in a group. Older children should plan a route with their parents and have an established return time.

- Walk on sidewalks or other paths and make sure to check before crossing any streets.

- Only visit homes with the porch light on.

- Ensure your children are carrying glow sticks or flashlights so that drivers can see them better.

A note to drivers: most children trick-or-treat between 5:30 and 9:30 pm, so slow down and be vigilant if driving during those hours.

Costume safety

- Select a costume that fits well. If your child's costume is too big, there's a good chance he will trip and fall.

- Pick out flame-resistant costumes and do not walk too closely to lit candles.

- Use reflective tape on children's costumes and bags.

- Avoid masks that can obscure their vision.

- Test out makeup first to make sure your child does not have a sensitivity.

- Don't use over-the-counter, decorative contact lenses.

Pumpkin carving safety

- Allow the kids to draw on the pumpkins, but never cut them. Young children should not handle knives.

- Make sure pumpkins with candles are placed far from anything that may catch on fire.

- Keep matches or lighters stored safely out of reach.

- Candles in a votive is the safest route, but consider glow sticks rather than a lit flame.

Stranger safety

- Never accept rides from strangers.

- Do not enter a stranger's house.

- Stay in familiar areas.

- Do not accept treats or candy that are not factory wrapped.

Food safety

- If you're going to parties, don't forget common food safety. Don't leave food out that needs to be refrigerated.

- Feed your child a meal prior to parties to help him avoid overeating candy and other foods that may lead to stomach pains.

- Have an adult sort through all of the candy once the children are home, and throw out any candies that are unwrapped.

- Finally, ration that candy over the next 30 days.

Have a fantastic, spooky, and safe Halloween!

Alexa Bigwarfe is the mother of three little ghouls. They enjoy darting into the street and eating too much candy on Halloween.

Four fun and healthy Halloween snacks

- Halloween "Ghosts:" Strawberries dipped in white chocolate and decorated with ghost faces.
- Deviled "Spider" eggs: Deviled eggs served with a plastic spider.
- "Mummy" dog: A hot dog wrapped like a mummy in Pillsbury dough and baked.
- Veggie "Skeleton" platter: On a big plate, place vegetables in the shape of a skeleton.

Other great resources for safety tips

- www.cookinglight.com/entertaining/holidays-occasions/healthy-halloween
- www.pbs.org/parents/kitchenexplorers/2011/10/18/healthy-halloween-snacks/
- www.usa.gov/Topics/Halloween.shtml
- www.safekids.org/halloween#sthash.hH1GRr5D.dpuf
- www.safekids.org/tip/halloween-safety-tips
- www.cdc.gov/family/halloween

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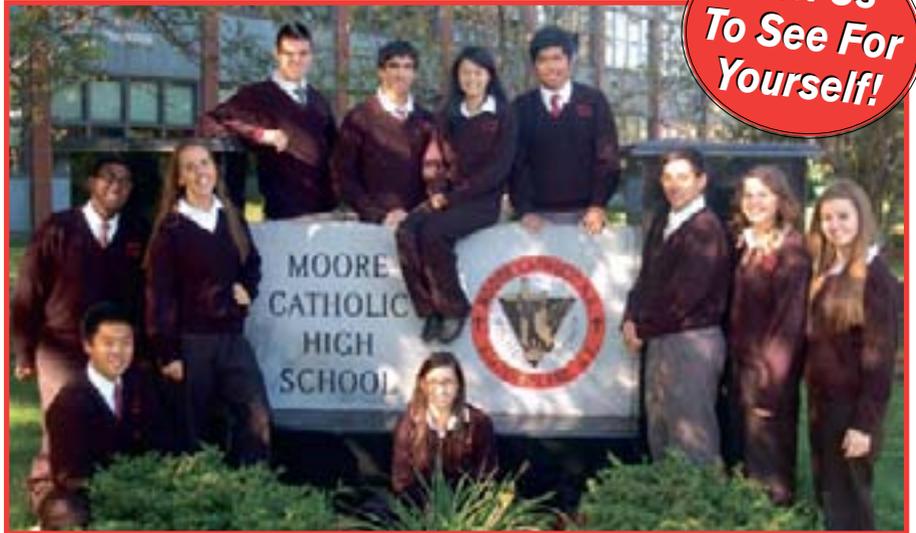


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Exercise your options

Discovering
the value of
exercise after
breast cancer
diagnosis

BY SANDRA GORDON

Studies show that regular exercise can help breast cancer survivors live longer and reduce the risk of recurrence. It can also help reclaim your sense of well-being. Here, three inspiring women reveal how pushing themselves after their breast cancer diagnosis made them stronger on every level.

“My teammates inspired me.”

— Dale Parenti, 52

Seven years ago, while undergoing radiation treatments for ductal carcinoma in situ, the earliest form of breast cancer, Dale Parenti began dragon boating three days a week with a team of local breast cancer survivors, who call themselves Hope Afloat.

“I had heard about dragon boat teams for breast cancer survivors and thought it sounded like fun,” says the 52-year-old creative services manager.

Dragon boating, a sport originating in China, involves 20 paddlers in a large boat, all rowing to cross the finish line first. Boats are adorned with a dragon head and a tail at race time. The sport is easy to learn, you don’t have to have good hand-eye coordination like you would for a sport like tennis.

“I went to the first practice thinking, ‘I’m athletic. How bad can it be?’” Parenti says, underestimating the effort required. “Afterwards, I felt like such a wimp.” Parenti realized that with working long hours and taking care of her

two kids, she was out of shape.

“In my spare time, I had been doing more knitting than anything else,” she says. But after just four dragon boat team practices, she could feel the years melting away. “I felt happier and more energetic, like I was 20 years younger. And I never experienced fatigue from my radiation treatments, which is a common side effect,” she says. “The push from my teammates spurred me on.”

Parenti was hooked. She now competes in dragon boat races across the U.S., Canada, and Australia.

“It’s hard on the upper body, because dragon boating requires shorter strokes than regular rowing. There’s also a lot of twisting and core work. I’m always sore, but in a good way,” she says.

Life lesson: “When you get breast cancer, you want to be the fighter for your family. You don’t want to look weak. But deep down, you’re always afraid it’s going to come back. The dragon boat team is one place where it’s okay to say, ‘I got a scare today,’ and everyone understands. I’m motivated by my team. We strengthen ourselves and support each other.”

Interested in dragon boating? Visit the International Breast Cancer Paddlers’ Commission at www.ibcpc.com.

• • •

“Cycling helped me get my groove back.” — Rachel McLeod, 42

While recovering from a bilateral mastectomy in 2007, Rachel McLeod, a casual gym-goer, returned to spinning class at her local gym, because her friends insisted on it.

“At a time when I just wanted to

give up on everything, my friends encouraged me to just go to class and listen to the music,” says the 42-year-old, stay-at-home mom. Soon enough, though, McLeod, with a scarf tied around her head and bloated from steroid medication, was spinning again right along with her pals several times a week. In time, a friend suggested that McLeod participate in the Pan-Massachusetts Challenge, a 163-mile annual bike-a-thon cancer fund-raiser that supports cancer research and treatment at the Dana-Farber Cancer Institute in Boston. The two-day bike race transverses the state of Massachusetts, from Wellesley to Provincetown.

“The idea lodged in my head. The Pan-Mass Challenge became a goal.” For the next five months, McLeod attended spinning class three to four times each week with a purpose, to train for the challenge while also bicycling outdoors regularly for 25-mile rides. McLeod wasn’t out to win.

“My objective was to do the race at my own pace,” she says.

The race, which is held every August, proved to be grueling, especially toward the end of the second day, as McLeod tackled the undulating hills and dunes around Provincetown.

“It was boiling hot, and there was a crosswind,” she says. Memories of her cancer treatment, including “big red needles” and the blue chair she sat in during chemo treatment bubbled up. But other cyclists, especially those with photos of deceased loved ones fastened to their backs, encouraged her to keep peddling.

OCTOBER IS BREAST CANCER AWARENESS MONTH



"It made me realize that what I was dealing with, and even my own experience with cancer, was nothing compared to what they had been through," she says. When McLeod finally crossed the finish line, "I definitely felt a huge sense of physical achievement."

Life lesson: "Cycling gave me the mental well-being to deal with the memories of cancer treatment and put them behind me."

Want to cycle for a cause? Find out about charity bike rides in your area at www.bikingbis.com.

♦ ♦ ♦
"I always wanted to ride."

— Risa Hoag, 50

After a ductal carcinoma in situ

diagnosis in 2005 followed by two lumpectomies and radiation, the 50-year-old public relations executive began to re-evaluate everything.

"I thought about my kids, my husband, and my mother, and how my diagnosis affected all of them, and what I really wanted to do with my life. I realized that I've always wanted to ride horses," Hoag says. "By accident, getting a horse became a priority." She soon bought a thoroughbred mare, Abbey, at a rescue barn.

"Thoroughbreds are usually wild and mares are notoriously difficult, so Abbey was everything I didn't want in a horse," she says. "It was a

classic 'what not to do if you want a horse' scenario. But when I sat on her, I fell in love," Hoag says.

It turns out that Abbey, who Hoag kept at a horse barn near her home, had been on good behavior that day. She proved to be as difficult as Hoag suspected.

"It took me four months to be able to walk her out of her stall by herself," Hoag says. "People had to get behind her and push her out. And when I sat on her, she would just whinny and her whole body would shake. She didn't have any brakes either, except for the fence."

Nonetheless, Hoag took Abbey out every day and began riding her

regularly. Slowly, Abbey began to trust her.

Life lesson: "Abbey got me exercising and wanting to get in better shape, so I could ride competitively," Hoag says. "She also gave me something to focus on besides my diagnosis. She rescued me as much as I rescued her."

Want to get in the saddle? For more information on the healing power of horses and ways to get involved with horseback riding and breast cancer research, visit www.pvdarideforlife.org.

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

Being a team player



Being part of a team can be challenging for kids — and parents

BY PAUL CULFF

For many children, fall brings not only a new school year, but also a new sports season. If your child is new to team sports, she may experience some growing pains. Learning new skills and rules, dealing with losses and setbacks, having a coach, and being part of a team for the first time can be challenging. Here are some tips for parents to help their kids get the most out of their first team sports experience:

Set expectations. Think about what you want your child to get out of the activity. How important is it that your child develops good sport-specific skills? Is improving physical fitness a major priority? Or is it more important that she makes new friends and builds self-confidence? If you establish goals and expectations in advance, you and your child will be better equipped to evaluate the experience during and after the season.

Have patience. Nobody becomes a superstar overnight. Developing sports skills requires lots of learning, practicing, correcting bad habits — and more practicing. Being part of a team means playing alongside teammates whose skills are developing at different rates. Think about what skills might be challenging for your child and prepare her for it. Make it clear that learning a sport, while fun, is a process. Encourage and reward good effort, not just success.

Communicate with coaches. The parent-coach relationship should be a two-way street. Introduce yourself to the coaches at the beginning of the season and learn their goals and expectations for the team. At the same time, you can help the coach better understand your child. Just remember, during practices and games, the coach is in charge and unless he specifically asks for it, parental involvement should be limited to positive reinforcement from the sideline.

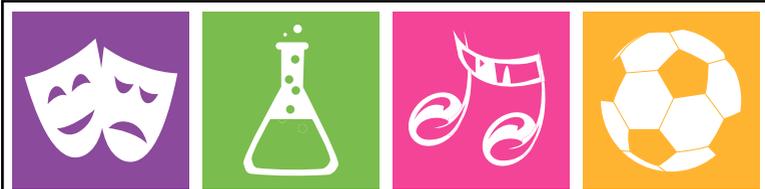
Provide “sandwich feedback.” Sandwich feedback is an effective way for parents to balance praise with constructive criticism. After a game, tell your child something she did well, sandwiched with some aspect she can work on, followed by another compliment. For example, “I love how you controlled the midfield today. Remember to make the simple pass to an open teammate even if they are behind you. Great job shooting when you found space and were in range.”

Avoid heat-of-the-moment criticism. Try not to pressure your child. For some parents, this requires tak-

ing a step back during a game or practice, and allowing your child to develop a love for the sport on her own. There’s plenty of time after the game, when heads are cooler, to talk to your child about the experience. Hear her out and provide support and guidance where necessary. Your support, or lack-there-of, could make or break the experience for them.

Emphasize fun. We’ve all seen professional athletes give retirement speeches saying, “The game just isn’t fun for me anymore.” It’s even more important that young kids, who could have a lifetime of sports activities ahead of them, enjoy playing sports. Nerves and reluctance at the beginning of a season are natural, but if your child continues to dread going to practices and games, figure out why. The solution could be as simple as finding a more suitable team or league, or trying a different sport.

Paul Culff is the youth sports director at Asphalt Green, a not-for-profit organization dedicated to assisting individuals of all ages and backgrounds achieve health through a lifetime of sports and fitness. For more information, visit www.asphaltgreen.org.



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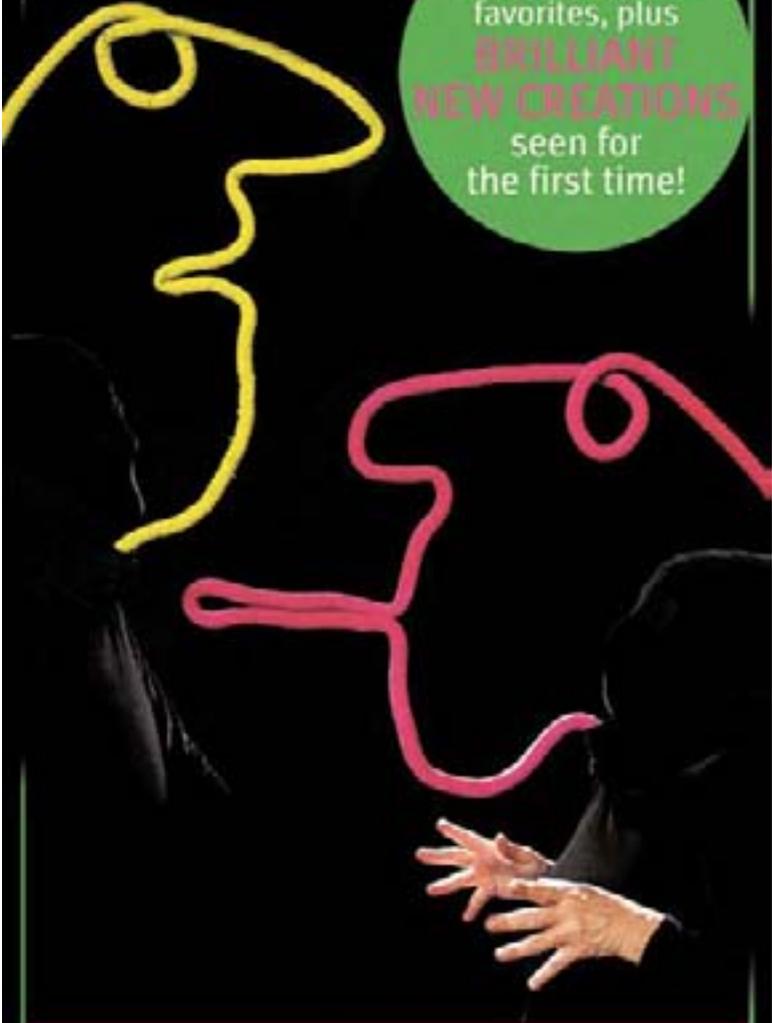


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A-maze-ing action flick

Teens love the adventure of 'The Maze Runner'

Opening last weekend, "The Maze Runner" received rave reviews from the teen film critics. The story involves a teen who is deposited into a community of boys with no memory of his past, save his own name. The world he is deposited to is comprised of 60 teen boys who have learned to survive in this completely closed-off environment, subsisting on their own agriculture and supplies. The original group has been in "The Glade" for two years, have tried to escape and have, for the most part, given up hope. Their world begins to change with the latest boy and then, the first girl arriving.

KIDS FIRST! Film Critic Raven D, age 17, and Willie J, 15, share their thoughts on the film.

"The Maze Runner" is an action-packed, visually stunning new film that made hold my breath and kept me on the edge of my seat till the very end. "The Maze Runner" tells the story of Thomas, played by Dylan O'Brien, who wakes up in a giant crate with no memory of his past. He is taken

to "The Glade," a place full of boys who were taken and had their memories erased as well. Thomas soon learns that they are trapped in a giant maze, and once you're stuck inside, you never make it out alive. Everything begins to change when a girl is brought to The Glade, and so Thomas decides it is time to face the maze and find the whole truth about the people who placed them there. But the truth they find might be even more horrible than the maze itself.

I absolutely love this film. It is so intense and visually stunning. It kept me on the edge of my seat and made my heart race through the entire film. Every time Thomas is inside the maze, I felt as if I was there with him, running for my life. But this isn't just an adrenaline-packed adventure. "The Maze Runner" also moved me

to tears and made me think about the way we can work together when we are truly faced with a challenge. The visuals are incredible as well. The maze is so complex and ever changing and it's so cool to be able to "explore" it in a sense and see all of the detail put into the CGI.

The entire cast is incredible. All the characters are so unique and have their own personalities and quirks, but they work together in such a seamless way. My favorite character is the main character Thomas, who really makes the whole thing come to life. The boys that live in The Glade have been there for three years and, of course, they have tried to find a way out. But, most of them have essentially decided that they will live out the rest of their days there. When Thomas shows up, he tests the system and refuses to accept his fate of being stuck in the maze. I admire his character because he thinks outside of the box and finds his own way. He looks past his fear and is a strong leader despite the doubts people may have in him.



It's been very interesting seeing the theme of films that have been coming out recently. "Hunger Games," "Divergent," "Enders Game," "The Giver," and now "The Maze Runner" all have something in common: they tell the story of young adults, children really, who have to group together and take on some very serious situations, sometimes things even adults can't handle. It shows youth questioning authority, standing up for what's right, and making their own way. These strong themes send out a message of empowerment to the youth of our generation, but this can also be a bit overwhelming. I know it's difficult watching adults fight for their lives, kill, and be killed, and have their worlds torn apart. But it's even more shocking to see children go through these trials.

Because of this, I recommend "The Maze Runner" for ages 13 and up, because of the intense situations and violence. It kept me on the edge of my seat and made me hold my breath during the intense situations, and I love when a film gets me so involved, but that may be too much for some to handle. I give "The Maze Runner" 5 out of 5 stars and can't wait to see it again. Catch it in theaters near you now!

— Raven D.

See Raven's video review here:
<http://youtu.be/ouprOgTen38>

...

In a generation where the "teen-agers face adversity in a dystopian future" is the popular piece of entertainment, "The Maze Runner" is a refreshing entry. Using the element of surprise and leaving unanswered questions, this film proves to be a very formidable mystery, action-thriller.



The acting in this film isn't much different than many other films with teen or child ensembles. They give good performances and they all come off as veterans, especially Blake Cooper (Chuck) who, in only his second feature film, seems like he's been acting on-screen for years. I found him very impressive. The leading performance by Dylan O'Brian is also very good, but is limited to his rather conventional

and predictable character. The most impressive performance in the cast comes from Will Poulter, who plays Gally. His performance earlier this cinematic season in "The Giver" was also impressive and his performance in "We're the Millers" was hilarious, so he is really showing his range. His character is wonderfully written and wonderfully portrayed, so props to him.

The visual effects in the film are also quite amazing. Enrique Chediak, whose beautiful cinematography was at its best in "127 Hours," gives this film a very crisp look. He doesn't over do his shot composition, nor does he try to give unnecessary landscape shots. He lets the beauty of the film come from the special effects, which is a smart move (although there are some genuinely stunning shots). The seemingly effortless movement of giant set pieces is a testament to the great work of the visual effects team.

But, the best aspect of this film is the writing. The secret this film has is what Alfred Hitchcock famously called the "MacGuffin." It is a plot device that the main protagonist pursues with little or no explanation. This film starts with a boy entering the world, but we don't know why. We get to the middle of the film and we still don't know why these kids are isolated, who is keeping them there, or how big their obstacle is and what stakes are attached. Usually, in a movie of this kind, those questions are all answered in the exposition of the film. But even when this film ends, we are still uncertain about why what we just saw happened. What is the motivation and who is behind it? Then, in a wonderful plot twist, we leave with questions that only a next installment can answer — or maybe not.

This is the rare case of a film that makes us wish for a sequel not because more books were written and a bunch of producers feel the need to adapt every book in a series, but because we are generally interested in what happens next. That is why I give this film 4 out of 5 stars. I recommend it for anyone age 14 and up, as it is a little bloodier and more profane than your average PG-13 thriller.

"The Maze Runner" is a tense, suspenseful mystery thriller, that keeps you asking and on the edge of your seat.
 — Willie J.

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ASK AN ATTORNEY

ALISON ARDEN BESUNDER,
ESQ.

What is a Q.P.R.T.?

What is does the acronym Q.P.R.T. mean, and what is it?

There was once a video game in the 1980s called Q-Bert. This is not that game. A Q.P.R.T. is an acronym (pronounced “cue-pert”) for a sophisticated estate planning technique that allows a person to reduce the value of his estate — and therefore minimize estate taxes — by moving an asset out of his estate at a lower value than the asset might actually have at the time of transfer or at death.

A Q.P.R.T., or “qualified personal residence trust,” is an estate tax savings technique. Although the trust loses popularity in low-interest rate environments, it is still a very effective and economical mechanism for mitigating your estate

tax exposure, especially in light of the expected return to a limited \$1 million federal and state tax exemption in 2011.

A qualified personal residence trust is a form of irrevocable trust, whose sole asset is the interest in your personal residence and other related assets if you so choose. It must comply with the requirements of I.R.C. Regulation 25.2702-5(c). The donor makes a gift of the residence to the trust — effectively to his descendants or the beneficiaries of the trust — and retains the right to occupy the residence for the term of a set period of time. At the expiration of that term, ownership of the residence passes to the beneficiaries of the trust. If the donor dies before the expiration of the trust’s term, the trust terminates and ownership of the residence returns to the estate of the donor (effectively losing the gamble). In short, the beneficiaries only receive the trust property at the end of the term — and only if the donor is still living at that time.

Why would someone make such a strange gift, and why would he jump through so many hoops to do so?

The structure of the U.S. gift tax system offers a tax bargain for the donor in the qualified personal residence trust. The donor gets a discount in computing the value of his taxable gift for the interest he retains in the personal residence when he transfers it to the trust. If he survives the trust’s term, the entire property is out of his estate — even though he paid gift tax on only a discounted value. If he does not survive the term, the residence comes back into his estate and the trust did not save any taxes; but the taxes in that case are no higher than if the donor had never made the gift at all. In other words, the qualified personal residence trust is a gift tax bet that the donor can’t lose. Either the

donor wins or he gets his money back. The trust discounts offer a highly tax-efficient way to make use of the client’s gift tax exemption, which is now \$5.34 million and will increase each year with a cost of living adjustment (previously the Federal exemption was only \$1 million and had incrementally increased to \$5 million until it automatically reverted back to \$1 million in 2010; however, Congress amended the law). The “gift” is complete when the residence is transferred to the trust and the value is fixed as of that date, discounted because of the donor’s retained interests.

Most qualified personal residence trust donors want to remain in their personal residence after the term expires. The donor must understand that he can do so but will need to pay rent. This is a formality that must be observed, otherwise the Internal Revenue Service could unwind the transaction. Many people balk at the idea — pay rent for my own home? But if you want the benefits, you have to pay the price. The residence technically belongs to the donor’s children (or remainder beneficiaries) or even the trust after the expiration of the term. If the donor continues to reside there without paying rent, the residence could be brought back into the donor’s estate, thus negating the tax-saving purpose of the trust.

The qualified personal residence trust is a complicated estate tax technique, and there are many facets that can only be explained and implemented by an attorney.

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



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Calendar

OCTOBER



Pick the perfect pumpkin

Come on down to Decker Farm and pick the perfect pumpkin every weekend from Oct. 4 through Oct. 26

Children can enjoy a hayride, face painting, arts and crafts, a trip through the corn stalk maze, and then take a stroll through the pumpkin patch, pick and then decorate the perfect gourd. Check in at

Historic Richmond Town and take the bus to Decker Farm.

Saturdays and Sundays from Oct. 4 through Oct. 26 at 11 am. Tickets are \$5 per person or \$16 for a family pack of four.

Historic Richmond Town [441 Clarke Ave. at Tysen Court in Richmond town; (718) 351-1611; www.historicrichmondtown.org]

Submit a listing

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

Send your listing request to stateniscalendar@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!

WED, OCT. 1

ON STATEN ISLAND

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

Young adults 12 to 18 years old discuss anime, draw, play games and even do homework.

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

Hang out with friends in the community room, do homework, bring snacks or check out a laptop and do homework or just browse. For children 13 to 18 years old.

Wii gaming: Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; www.nypl.org; 3:30-4:30 pm; Free.

Children 5 to 12 years old play video games.

Tween science: St. George Library, 5 Central Ave. at Hyatt Street; (718) 442-8560; www.nypl.org; 4 pm; Free.

Children 8 to 12 years old discover force and motion with a cotton ball catapult. Materials provided. Pre-registration required.

Read aloud: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 4-4:30 pm; Free.

Children 3 years old and up finger play, learn action rhymes and color.

Storytime: Mariners Harbor Library, 206 South Ave. at Arlington Place; (212) 621-0690; nypl.org; 4 pm - 4:30 pm; Free.

Children 12 years old and younger enjoy favorite picture books.

THURS, OCT. 2

ON STATEN ISLAND

Toddler time: St. George Library, 5 Central Ave. at Hyatt Street; (718) 442-8560; www.nypl.org; 10:30 am; Free.



Don't start your engines

Racers, start those feet — it's the annual Soapbox Derby at Westerleigh Park on Oct. 4.

Boys and girls 7 years and older get to compete in this annual fun event.

There are absolutely no motors, and brakes and helmets are

required.

Come on down on Oct. 4 and register your vehicle at 10 am. The race starts at 11 am.

Westerleigh Park [Neal Dow Avenue at Springfield Avenue in Westerleigh; (718) 442-0336; www.ny.govparks.org].

For children 20 months to 36 months and a caregiver. Space limited. Pre-registration requested.

"Captain America - The Winter Soldier": Mariners Harbor Library, 206 South Ave. at Arlington Place; (212) 621-0690; nypl.org; 3-5 pm; Free.

Tweens and teens will enjoy this action-adventure movie.

Teen Lounge: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 3:30-4:30 pm; Free.

Join with friends, bring snacks and use the library's lap tops for homework. For children 13 to 18 years old.

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

Puppet workshop for children 3 to 12 years old. Bring your imagination.

FRI, OCT. 3

ON STATEN ISLAND

Yoga: Mariners Harbor Library, 206 South Ave. at Arlington Place; (212) 621-0690; nypl.org; 3 pm - 4 pm; Free.

Beginner's class. Stay in shape and release stress. Come in sneakers and comfortable clothing and bring a water bottle. For children 3 to 18 years old.

SAT, OCT. 4

ON STATEN ISLAND

Soap box derby: Westerleigh Park, Neal Dow Ave. and Springfield Avenue; (718) 442-0336; www.nycgovparks.org; 10 am; Free.

Ready, set, start those engine feet — the 2014 Soapbox Derby is set to go. Great for children 7 years and older. No motors, but brakes and helmets required.

Kick boxing: Mariners Harbor Library, 206 South Ave. at Arlington Place; (212) 621-0690; nypl.org; 10:15 am - 11 am; Free.

Beginner's class. Stay in shape with exercise. Wear comfortable clothing, sneakers and bring a water bottle. For children 3 to 18 years old.

Tutoring: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 11 am and 2 pm; Free.

Students in pre-K through eighth grade get help with math and reading by Staten Island High School volunteers. In-person registration is required.

Octoberfest benefit: Hillside Swim Club, 151 Signs Rd. between Arlene and Dinsmore streets; Noon; \$40 for adults 21 and up; \$20 for ages 14-20; kids 13 and under free.

Fund-raiser for children of Firefighter

Lt. Gordon "Matty" Ambelas, who died in a fire earlier this year. Activities include bouncy house, pumpkin painting, dunk tank, and more.

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

Carl Fredericksen is a retired balloon salesman. He ties thousands of balloons to his house and sets off on a world adventure. Take home a coloring sheet.

"Besame Mucho": Snug Harbor Cultural Center, 1000 Richmond Ter. between Snug Harbor Road and Tysen Street; (718) 448-2500; www.snug-harbor.org; 8 pm; \$20 at the door; \$10 seniors military, veterans; Free for students and children).

Starring Ed Brown and his guitar ensemble.

FURTHER AFIELD

Pumpkin carving workshop: New York Botanical Garden, 200th St. and Kazimiroff Blvd., The Bronx; (718) 817-8700; www.nybg.org; 10 am-noon; Free with admission to the grounds.

Budding masters 8 years and older explore the carved pumpkins on display, learn about the amazing gourd family, and then design a creepy pumpkin to take home.

Motion Lab: New York Transit Museum, Boerum Place at Schermerhorn Street, Brooklyn; (718) 694-1600; www.mta.info/mta/museum; 11:30 am-12:30 pm; Free with museum admission.

Unlock the mysteries of motion. Children 2 to 5 years old experiment with ramps and tracks, wings, and wheels and things that glide and slide.

Mixed up vehicles: New York Transit Museum, Boerum Place at Schermerhorn Street, Brooklyn; (718) 694-1600; www.mta.info/mta/museum; 1:30 pm; Free with museum admission.

Create and color a fantasy vehicle, an amphibious buse or a train with wings - children 4 years and older use their imagination in this bookmaking workshop.

SUN, OCT. 5

ON STATEN ISLAND

Open house: Historic Richmond Town, 441 Clarke Ave. at Tysen Court; (718) 351-1611; www.historicrichmondtown.org; 1 pm; Free.

Participants visit the Guyon Lake Tysen house and peek into the past. Children enjoy a scavenger hunt.

FURTHER AFIELD

Paint Party: New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; www.nyscience.org; 10:30 am - 12:30 pm; \$8 per family, plus NYSCI admission.

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Calendar

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

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Children, ages 18 months and older, mix up a batch of washable paint from everyday ingredients to make a work of art. Preregister online at nysci.org/little-makers.

Nano Art: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; 12:30 pm; Free with museum admission.

Children get the nitty gritty of the itty bitty and bring small things into focus.

Mixed-up Vehicles: 1:30 pm. New York Transit Museum. See Saturday, Oct. 4.

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

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

"I'm Not Scared": Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; 2:30 pm; Free with museum admission.

Tots 2 years and older listen to how Baby Owl and his stuffed friend face their fears with a reading of Jonathan Allen's book.

MON, OCT. 6

ON STATEN ISLAND

Board Game Bonanza: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 3:30-4:30 pm; Free.

Roll the dice, move pieces and have fun with board games. For all ages.

Presley and Melody: Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; www.nypl.org; 4 pm; Free.

The singing pair entertain children 18 months to 12 years old with an interactive concert.

Mad Hatter Day: St. George Library, 5 Central Ave. at Hyatt Street; (718) 442-8560; www.nypl.org; 4 pm; Free.

Celebrate "Alice in Wonderland," silly books and books about hats. Children 3 to 12 years old then create their own silly hat.

Read aloud: Huguenot Public Library, 830 Huguenot Ave. at Drumgoole Road East; (718) 984-4636; www.nypl.org; 4 pm; Free.

Children 5 to 12 enjoy books.

Teen Advisory Group: Mariners Harbor Library, 206 South Ave. at Arlington Place; (212) 621-0690; nypl.org; 4-5 pm; Free.

Get involved and experience volunteering for the library while earning community hours. Suitable for tweens and teens 13 to 18 years old.

Homework help: Mariners Harbor Library, 206 South Ave. at Arlington Place; (212) 621-0690; nypl.org; 5 pm - 6 pm; Free.

Staff and volunteers assist children in first through sixth grades on assignments.

Minecraft electronics: Mariners Harbor Library, 206 South Ave. at Arlington Place; (212) 621-0690; nypl.org; 6 pm; Free.

Children 9 years and older learn the fundamentals of electronics through the language of Minecraft.

TUES, OCT. 7

ON STATEN ISLAND

Sewing workshop: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 3:30-5:30 pm; Free.

Teens 13 to 18 years old explore their designer skills. Registration is required.

Tutoring: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 3:30-5:30 pm; Free.

Students in pre-K through eighth grade get help with math and reading by Staten Island High School volunteers. In-person registration is required.

Phreaky Physics: St. George Library, 5 Central Ave. at Hyatt Street; (718) 442-8560; www.nypl.org; 4 pm; Free.

Children explore centrifugal force and gyroscopes. Become a junior engineer and experiment with axles, pulleys, levers, and gears. For children 4 years and older.

Game night: Mariners Harbor Library, 206 South Ave. at Arlington Place; (212) 621-0690; nypl.org; 4 pm - 5 pm; Free.

Teens 13 to 18 years old choose from a selection of board and video games.

WED, OCT. 8

ON STATEN ISLAND

Teen club: 2-4 pm. New Dorp Library. See Wednesday, Oct. 1.

Teen Cafe: 2-4 pm. New Dorp Library. See Wednesday, Oct. 1.

Movies for teens: Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; www.nypl.org; 3:30-5:30 pm; Free.

Young adults enjoy a screening of "Paul Blart: Mall Cop."

Glowing eyeballs: St. George Library, 5 Central Ave. at Hyatt Street; (718) 442-8560; www.nypl.org; 4 pm; Free.

Decorate your own creepy eyeball for halloween with a push light. For chil-

dren 8 to 12 years old. Materials provided. Pre-registration required.

Read aloud: 4-4:30 pm. New Dorp Library. See Wednesday, Oct. 1.

Storytime: 4 pm - 4:30 pm. Mariners Harbor Library. See Wednesday, Oct. 1.

THURS, OCT. 9

ON STATEN ISLAND

Teen Lounge: 3:30-4:30 pm. Great Kills Library. See Thursday, Oct. 2.

Kiddie tech time: Mariners Harbor Library, 206 South Ave. at Arlington Place; (212) 621-0690; nypl.org; 4 pm - 5 pm; Free.

Children can join in for a STEM-focused play with computer games, building supplies, legos and other crafts and games. For children 5 to 11 years old.

FRI, OCT. 10

ON STATEN ISLAND

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

Babies to 18 months to 30 months old with parent or caregiver enjoy a simple story, gentle movement, songs, and rhymes.

Pre-school time: Huguenot Public Library, 830 Huguenot Ave. at Drumgoole Road East; (718) 984-4636; www.nypl.org; 10:30 am; Free.

Children 3 to 5 years old.

Story-time: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 11-11:45 am; Free.

Preschoolers from 3 to 5 years old and a parent or caregiver listen to story, sing songs and meet other preschoolers.

Play time: Mariners Harbor Library, 206 South Ave. at Arlington Place; (212) 621-0690; nypl.org; 11 am-noon; Free.

Children birth to 36 months old with a caregiver listen to stories, do interactive activities, and join with other babies and toddlers.

Kids craft time: Mariners Harbor Library, 206 South Ave. at Arlington Place; (212) 621-0690; nypl.org; 3 pm - 4 pm; Free.

Young crafters make a Percy Jackson-themed project. For children 3 to 12 years old. First come, first served. Caregivers welcome.

Yoga: 3 pm - 4 pm. Mariners Harbor Library. See Friday, Oct. 3.

Fun Fridays: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 3:30-4:30 pm; Free.

Children 5 years and older can listen to stories, play games, fun crafts, and

sing songs.

FURTHER AFIELD

Project! World's Fairs: New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; www.nyscience.org; 8 - 11 pm; \$20 per person.

Enjoy a night illuminated by images of the past, present and future, inspired by the 1964-65 World's Fair. Against the backdrop of rockets, visitors will be treated to large-scale artist projections and installations on and around NYSCI's building and exhibits.

SAT, OCT. 11

ON STATEN ISLAND

Tutoring: 11 am and 2 pm. New Dorp Library. See Saturday, Oct. 4.

Kids craft time: Mariners Harbor Library, 206 South Ave. at Arlington Place; (212) 621-0690; nypl.org; 11:15 am; Free.

For children in pre-school - 4 to 11 years old.

Pumpkin Festival: Willowbrook Park, Eton Pl. and Richmond Avenue; www.nycgovparks.org; Noon-4 pm; Free.

Pretty pumpkins are ripe for picking. Puppets visit and entertains the little ones. There will be pumpkins for sale, hands on activities, and loads of rides on the Carousel.

Saturday showtime: Mariners Harbor Library, 206 South Ave. at Arlington Place; (212) 621-0690; nypl.org; 2 pm - 4 pm; Free.

Children 12 years old and younger view a screening of "Shrek."

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

Join Mowgli and friends in this sequel to the classic Disney film. Watch the movie and bring home a coloring sheet.

Music Corner: Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; www.nypl.org; 2 pm; Free.

Children explore how instruments like the guitar, flute, and xylophone work, then make one out of everyday materials. Suitable for children 5 to 12 years old.

FURTHER AFIELD

Pumpkin carving workshop: 10 am-noon. New York Botanical Garden. See Saturday, Oct. 4.

Motion Lab: 11:30 am-12:30 pm. New York Transit Museum. See Saturday, Oct. 4.

Columbus Day: New York Botanical Garden, 200th St. and Kazimiroff Blvd., The Bronx; (718) 817-8700; www.

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

nybg.org; 1 and 3 pm; Free with garden admission.

Celebrate the explorer the whole weekend with bats, bats, and more bats. Meet a big brown bat from North America, the endangered Rodrigues bat, and come face-to-face with the largest bat in the world — the Gigantic Flying Fox of Malaysia. Rob Mies, a conservation biologist and bat expert, shares interesting facts about the night flyers in a child friendly way.

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

Children of all ages are invited to check out the mystery relics from the museum's collection and uncover history.

"Go Away! Big Green Monster": Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; 2:30 pm; Free with museum admission.

Tots 2 years and older listen to the story of Ed Emberly's classic and find out why monsters don't have to be so scary after all. Then make a googly-eyed monster to take home.

SUN, OCT. 12

ON STATEN ISLAND

Birding: High Rock Park, Nevada Ave. and Sloane Avenue; (718) 967-3542; www.nycgovparks.org; 11 am; Free.

Raptor migration for older children.

FURTHER AFIELD

Kid's Abilities Day: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; 10 am; Free with museum admission.

Children with special needs enjoy a day of jumping, swinging and touching.

Sink Float Flink: New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; www.nyscience.org; 10:30 am – 12:30 pm; \$8 per family, plus NYSCI admission.

Children, ages 18 months and older, experiment with a variety of materials and design boats to sail in their bathtubs. Pre-register online at nysci.org/little-makers.

Columbus Day: 1 and 3 pm. New York Botanical Garden. See Saturday, Oct. 11.

Transit mysteries: 1:30 pm. New York Transit Museum. See Saturday, Oct. 11.

Movie Matinees: BAM Kids, 30 Lafayette Ave. at Ashland Place, Brooklyn; (718) 636-4129; www.bam.org; 2 pm; \$7 children 12 and younger (\$10 adults; \$9 for BAM members).



Photo by Justina Wong

Spooky adventures

Join in and take the trip with Hansel and Gretel on their Halloween Adventure at the Swedish Cottage Marionette Theatre, Oct. 1 through Nov. 1.

Could there be anything more appropriate than a performance of Hansel and Gretel just in time for Halloween?

City Parks Foundation brings back "Hansel and Gretel's Halloween Adventure" at the perfect time of year. Recommended for children ages 3-9, the show picks up where the original Swedish Cottage Marionette Theatre production leaves off; with the children's pet swan Samantha flying them back home, just as they begin having wild dreams of Central Park blossoming into an

action-packed Halloween night, complete with mermaids, monsters, pirates, vampires and, of course, a witch!

Performances run from Oct. 1 through Nov. 1, Tuesdays through Fridays at 10:30 am and noon, with an additional show on Wednesdays at 2:30 pm; Saturday and Sunday at 1 pm. On Friday, Oct. 31 — Halloween! — there will be two additional shows at 2:30 pm and 4 pm. Tickets are \$7 for children under 12, \$10 for all others.

The Swedish Cottage Marionette Theatre [Central Park at 81st Street and Central Park West, (212) 988-9093; www.cityparksfoundation.org/arts/swedish-cottage-marionette-theatre/]

The BAM series offers the perfect opportunity for families to introduce their children to the classics on the big screen; The first of the series is "Little Fugitive."

MON, OCT. 13

ON STATEN ISLAND

Read aloud: 4 pm. Huguenot Public Library. See Monday, Oct. 6.

FURTHER AFIELD

Columbus Day: 1 and 3 pm. New York Botanical Garden. See Saturday, Oct. 11.

TUES, OCT. 14

ON STATEN ISLAND

Tutoring: 3:30-5:30 pm. New Dorp

Library. See Tuesday, Oct. 7.

Kiddie Game Time: Mariners Harbor Library, 206 South Ave. at Arlington Place; (212) 621-0690; nypl.org; 4-5 pm; Free.

Children 6 to 11 years old develop strategic thinking and gaming skills while having fun.

WED, OCT. 15

ON STATEN ISLAND

Alice Austen house tour: Alice Austen House, 2 Hylan Blvd. at Bay Street; www.hycgovparks.org; 2 pm; \$5.

View the on-going exhibit and learn about this fascinating female photographer.

Water everywhere: St. George

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

Students learn about the aquatic environment. Suitable for children 12 to 18 years old.

Wii gaming: 3:30-4:30 pm. Dongan Hills Library. See Wednesday, Oct. 1.

Read aloud: 4-4:30 pm. New Dorp Library. See Wednesday, Oct. 1.

Storytime: 4 pm – 4:30 pm. Mariners Harbor Library. See Wednesday, Oct. 1.

FURTHER AFIELD

"Wild Grass": BAM Harvey Theater, 651 Fulton St. at Rockwell Place, Brooklyn; (718) 636-4100; www.bam.org; 7:30 pm; \$20 and up.

Presented by the Beijing Dance Theater.

THURS, OCT. 16

ON STATEN ISLAND

Toddler time: 10:30 am. St. George Library. See Thursday, Oct. 2.

"Think Like a Man Too": Mariners Harbor Library, 206 South Ave. at Arlington Place; (212) 621-0690; nypl.org; 3-5 pm; Free.

For tweens and teens.

Teen Lounge: 3:30-4:30 pm. Great Kills Library. See Thursday, Oct. 2.

Movers & Story shakers: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 3:30 pm; Free.

Designed for children 6 to 10 years old. Make a musical instrument from a different part of the world. Pre-registration required.

Kiddie Game Time: 4-5 pm. Mariners Harbor Library. See Tuesday, Oct. 14.

FURTHER AFIELD

"Wild Grass": 7:30 pm. BAM Harvey Theater. See Wednesday, Oct. 15.

FRI, OCT. 17

ON STATEN ISLAND

Yoga: 3 pm – 4 pm. Mariners Harbor Library. See Friday, Oct. 3.

Fun Fridays: 3:30-4:30 pm. Great Kills Library. See Friday, Oct. 10.

FURTHER AFIELD

"Wild Grass": 7:30 pm. BAM Harvey Theater. See Wednesday, Oct. 15.

SAT, OCT. 18

ON STATEN ISLAND

Fantastic Fall: Greenbelt Nature Center, 700 Rockland Ave. at Brielle Avenue; (718) 351-3450; www.ny-

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Calendar

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

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cgovparks.com; 11 am–noon; \$8 (\$6 members).

Children 4 to 8 years old return to the greenbelt and make a fall photo frame to take home. Registration and pre-payment required.

Tutoring: 11 am and 2 pm. New Dorp Library. See Saturday, Oct. 4.

Archery: Willowbrook Park, Richmond Ave. and Eton Place; www.ny-cgovparks.org; 1 pm; Free.

Rangers demonstrate the proper way to use a bow and arrow. Suitable for children 8 years and older with an adult. Participants chosen by lottery.

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

It's "Supercalifragilisticexpialidocious." Disney's classic takes to the screen in this 1964 version. Take home a coloring sheet.

FURTHER AFIELD

Carving demonstrations: New York Botanical Garden, 200th St. and Kazimiroff Blvd., The Bronx; (718) 817-8700; www.nybg.org; check for time; Free with admission to the grounds.

Master carver Ray Villafane transforms the gentle giant pumpkins into unearthly spooky creatures. A Q&A follows the demonstrations and snacks.

Pumpkin carving workshop: 10 am–noon. New York Botanical Garden. See Saturday, Oct. 4.

Baby Loves Salsa: BAM Cafe, 30 Lafayette Ave. between Ashland Place and St. Felix Street, Brooklyn; www.bam.org/programs/bamcafe-live; 10:30 am; \$9.

Songwriter Jose Conde is a bilingual, cross cultural, rhythmic concert that teaches children 2 to 6 years old the basics of salsa, featuring original music, and audience participation.

Motion Lab: 11:30 am–12:30 pm. New York Transit Museum. See Saturday, Oct. 4.

The Great Pumpkin: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; 11:30 am; Free with museum admission.

Explore the wonderful world of gourds. Children 2 years and older learn all about the history and then watch "It's the Great Pumpkin, Charlie Brown" and have snacks and do a pumpkin printing.

Shadow puppet stories: New York Transit Museum, Boerum Place at Schermerhorn Street, Brooklyn; (718) 694-1600; www.mta.info/mta/museum; 1:30 pm; Free with museum admission.

Transport your imagination by cre-

ating silhouette puppets and a nighttime cityscape. For children 4 years and older.

Nighttime adventure: New York Botanical Garden, 200th St. and Kazimiroff Blvd., The Bronx; (718) 817-8700; www.nybg.org; 6:30–8:30 pm; \$20 (\$15 members).

Grab a flashlight and explore the pumpkin sculptures as you travel along the Trick-or-Treat Trail, listen for critters or sit in on a spooky story. Capture a skeleton and be on the look out for ghosts. Children also dig around for decomposers and decorate a Halloween pumpkin. Advance tickets recommended.

"Wild Grass": 7:30 pm. BAM Harvey Theater. See Wednesday, Oct. 15.

SUN, OCT. 19

ON STATEN ISLAND

Old Home Day: Historic Richmond Town, 441 Clarke Ave. at Tysen Court; (718) 351-1611; www.historicrichmond-town.org; 11 am; \$10 (\$9 for seniors; \$8 children).

Watch the blacksmith and tinsmith at work, meet the chair-caner, and visit with colonial cooks making bread and soup.

FURTHER AFIELD

Carving demonstrations: check for time. New York Botanical Garden. See Saturday, Oct. 18.

Shrinky Dinks: New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; www.nyscience.org; 10:30 am – 12:30 pm; \$8 per family, plus NYSCI admission.

Children, ages 18 months and older, design a work of art on recycled plastic and shrink it down into a homemade shrinky dink. Pre-register online at nysci.org/little-makers.

The Great Pumpkin: 11:30 am. Brooklyn Children's Museum. See Saturday, Oct. 18.

Shadow puppet stories: 1:30 pm. New York Transit Museum. See Saturday, Oct. 18.

MON, OCT. 20

ON STATEN ISLAND

Board Game Bonanza: 3:30–4:30 pm. Great Kills Library. See Monday, Oct. 6.

Read aloud: 4 pm. Huguenot Public Library. See Monday, Oct. 6.

Claymation!: Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; www.nypl.org; 4pm–6 pm; Free.

A new four week series that teaches children 13 to 18 years old how to construct clay figures and bring them to life

using stop motion animation. Pre-registration required.

Teen Advisory Group: 4–5 pm. Mariners Harbor Library. See Monday, Oct. 6.

Picture book: St. George Library, 5 Central Ave. at Hyatt Street; (718) 442-8560; www.nypl.org; 4 pm; Free.

Staff librarian reads a book and tots do a simple craft. For children 3 to 5 years old.

Urban art workshop: Mariners Harbor Library, 206 South Ave. at Arlington Place; (212) 621-0690; nypl.org; 5 pm; Free.

Teens and tweens find out how to incorporate graffiti lettering and street styles into artwork and graphic novels.

Homework help: 5 pm – 6 pm. Mariners Harbor Library. See Monday, Oct. 6.

TUES, OCT. 21

ON STATEN ISLAND

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

Tweens and teens explore their creative side and make a fun project. Pre-registration required.

Tutoring: 3:30–5:30 pm. New Dorp Library. See Tuesday, Oct. 7.

Game night: 4 pm –5 pm. Mariners Harbor Library. See Tuesday, Oct. 7.

Volunteer workshop: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 5:30 pm; free.

Young adults and teens learn about opportunities at New York Cares.

WED, OCT. 22

ON STATEN ISLAND

Teen club: 2–4 pm. New Dorp Library. See Wednesday, Oct. 1.

Teen Cafe: 2–4 pm. New Dorp Library. See Wednesday, Oct. 1.

Tween Science club: St. George Library, 5 Central Ave. at Hyatt Street; (718) 442-8560; www.nypl.org; 4 pm; Free.

Learn how to make a potato clock. Materials provided. Pre-registration required.

Read aloud: 4–4:30 pm. New Dorp Library. See Wednesday, Oct. 1.

Storytime: 4 pm – 4:30 pm. Mariners Harbor Library. See Wednesday, Oct. 1.

FURTHER AFIELD

Scattered Light Opening Celebration: New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; www.nyscience.org; 5 – 8 pm; Free with NYSCI admission.

The evening is inspired by the Celebration of Mind festival, and features magicians, music, and activities that puzzle, raise mathematical concepts and tease ideas of perception.

THURS, OCT. 23

ON STATEN ISLAND

Teen Lounge: 3:30–4:30 pm. Great Kills Library. See Thursday, Oct. 2.

Movers & Story shakers: 3:30 pm. New Dorp Library. See Thursday, Oct. 16.

Kiddie tech time: 4 pm – 5 pm. Mariners Harbor Library. See Thursday, Oct. 9.

FURTHER AFIELD

Mystery ride: New York Transit Museum, Boerum Place at Schermerhorn Street, Brooklyn; (718) 694-1600; www.mta.info/mta/museum; 6 pm; \$7 (\$5 children 2-17 and seniors).

Climb aboard for underground fun-families are invited to take the spooky subway challenge and search for clues, while listening to music, do crafts and games and have yummy refreshments. Dress up in your ghoulishly clever costume for maximum Halloween fun. Advanced registration recommended.

FRI, OCT. 24

ON STATEN ISLAND

Pre-school time: 10:30 am. Huguenot Public Library. See Friday, Oct. 10.

Story-time: 11–11:45 am. Great Kills Library. See Friday, Oct. 10.

Play time: 11 am– noon. Mariners Harbor Library. See Friday, Oct. 10.

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

Children 13 to 18 years old get hands-on experience by attending monthly meetings and volunteering for the library.

Yoga: 3 pm – 4 pm. Mariners Harbor Library. See Friday, Oct. 3.

Arts & Crafts: Mariners Harbor Library, 206 South Ave. at Arlington Place; (212) 621-0690; nypl.org; 3:30 pm– 4:30 pm; Free.

Tweens and teens explore their artistic nature and make fun projects.

Fun Fridays: 3:30–4:30 pm. Great Kills Library. See Friday, Oct. 10.

FURTHER AFIELD

Happy Halloween: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; 10 am; Free with museum admission.

Celebrate and listen to spooky tales,

Calendar

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

create a fun craft to take home and have fun the whole day.

Monster Mash: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; 4-8 pm; \$13 (\$8 members).

Calling all ghosts, ghouls, goblins and witches. come dressed and face your fears of all that is creepy and crawly. Tickets may be purchased in advance.

Nighttime adventure: 6:30-8:30 pm. New York Botanical Garden. See Saturday, Oct. 18.

SAT, OCT. 25

ON STATEN ISLAND

Halloween fun: Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; staten-islandkids.org; 10 am-5 pm; Free with museum admission.

Children enjoy fun activities all day and tour the spooky haunted house.

Spooky Silhouettes: Greenbelt Nature Center, 700 Rockland Ave. at Brielle Avenue; (718) 351-3450; www.nycgovparks.com; 11 am-noon; \$8 (\$6 members).

Create a spooky decoration for your window or haunted house using chalk on black paper. For children 8 years and older.

Boo! Halloween extravaganza: Westerleigh Park, Neal Dow Ave. at Springfield Avenue; (718) 442-0336; www.nycgovparks.org; 11 am-2 pm; Free.

A haunted house manned by the Boy Scouts, bake tables with yummy goodies, hosted by the Girl Scouts, arts & crafts, face painting, pumpkin painting and so much more.

Tutoring: 11 am and 2 pm. New Dorp Library. See Saturday, Oct. 4.

Kids craft time: 11:15 am. Mariners Harbor Library. See Saturday, Oct. 11.

Boisterous book club: St. George Library, 5 Central Ave. at Hyatt Street; (718) 442-8560; www.nypl.org; 1 pm; Free.

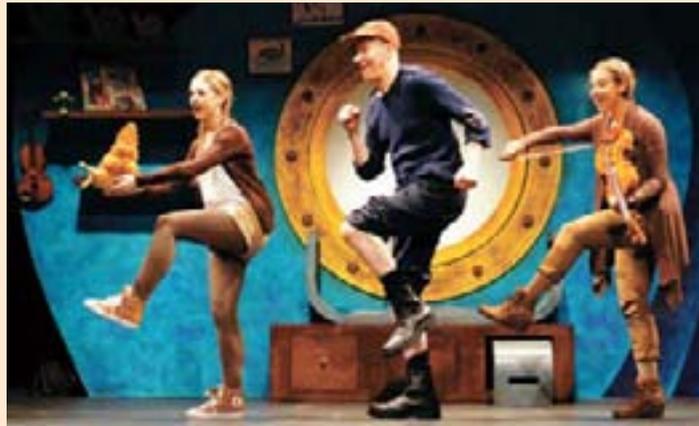
Pre-registration required.

Saturday showtime: Mariners Harbor Library, 206 South Ave. at Arlington Place; (212) 621-0690; nypl.org; 2 pm-4 pm; Free.

Just in time for Halloween. Children 12 years and younger view "It's the Great Pumpkin, Charlie Brown."

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

It's the story of Geppetto and his beloved puppet and the magic of Jimmy Cricket. Take home a coloring sheet.



Little guy with big pal

Don't be a snail. Come enjoy a performance of the "The Snail and the Whale" on Oct. 18 and 19 at the New Victory Theater.

Ever wonder what it must be like to travel the world on the tail of a humpback whale? The snail in "The Snail and the Whale" did just that and has many exciting experiences to tell. In this sweet production, a father lovingly tells his daughter all about the adventures of the snail. Through vivid story-

telling, live music and well-placed laughs, "The Snail and the Whale" ultimately reminds us that "even little friends can be big heroes" and sometimes friendship can blossom in the most unlikely places.

"The Snail and the Whale" on Oct. 18 and 19, at 11 am and 3 pm. Tickets range from \$25.

The New Victory Theater [209 W. 42nd St. between Seventh and Eighth avenues; (646) 223-3010; www.newvictory.org]

FURTHER AFIELD

Family Puppet Workshops: BAM Kids, 30 Lafayette Ave. at Ashland Place, Brooklyn; (718) 636-4129; www.bam.org; 10 am-12:30 pm; \$7.

Participants will learn about the different kinds of puppets in How to be a Puppeteer for children 4 to 8 years old.

Pumpkin carving workshop: 10 am-noon. New York Botanical Garden. See Saturday, Oct. 4.

Happy Halloween: 10 am. Brooklyn Children's Museum. See Friday, Oct. 24.

Puppets on Film: BAM Kids, 30 Lafayette Ave. at Ashland Place, Brooklyn; (718) 636-4129; www.bam.org; 11 am; \$7 children 12 and younger (\$10 adults, \$9 BAM members).

The fourth annual festival offers puppetry on film with a Shortstack! Kids Shorts Program.

Motion Lab: 11:30 am-12:30 pm. New York Transit Museum. See Saturday, Oct. 4.

Pumpkin Chucking: New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; www.nysci.org; 1 & 3 pm; Free with NYSCI admission.

Watch NYSCI's catapult, Chuck, toss

pumpkins in the air.

Puppets on Film: BAM Kids, 30 Lafayette Ave. at Ashland Place, Brooklyn; (718) 636-4129; www.bam.org; 1:30 pm; \$7 children 12 and younger (\$10 adults, \$9 BAM members).

The fourth annual festival offers puppetry on film with "Muppets Most Wanted."

Spooky Subway stories: New York Transit Museum, Boerum Place at Schermerhorn Street, Brooklyn; (718) 694-1600; www.mta.info/mta/museum; 1:30 pm; Free with museum admission.

Join with fellow detectives to solve an interactive 100-year-old mystery involving missing keys, squeaky wheels and subway spirits. Children over age 5 will enjoy searching for clues and a hidden stash of candy.

Monster Mash: 4-8 pm. Brooklyn Children's Museum. See Friday, Oct. 24.

Nighttime adventure: 6:30-8:30 pm. New York Botanical Garden. See Saturday, Oct. 18.

SUN, OCT. 26

ON STATEN ISLAND

Fall foliage hike: Bloomingdale

Park, Lenevar Ave. and Ramona Avenue; www.cityparksfoundation.org; 1 pm; Free.

Take a hike and enjoy the fall foliage colors.

Autumn Leaves: Greenbelt, 200 Nevada Ave.; (718) 351-3450; 2 pm; Free.

Children take a short walk to collect samples and examine the mushrooms and fungi under the microscope.

FURTHER AFIELD

Family Puppet Workshops: BAM Kids, 30 Lafayette Ave. at Ashland Place, Brooklyn; (718) 636-4129; www.bam.org; 10 am-12:15 pm; \$7.

Participants will learn about the different kinds of puppets with animal marionettes. For children 6 to 9 years old.

Spook-tacular Monster Making: New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; www.nysci.org; 10:30 am-12:30 pm; \$8 per family, plus NYSCI admission.

Kids transform socks, buttons, fabric and everyday household materials into a spook-tacular monster to call their own, for children ages 18 months and older. Pre-register online at nysci.org/little-makers.

Puppets on Film: BAM Kids, 30 Lafayette Ave. at Ashland Place, Brooklyn; (718) 636-4129; www.bam.org; 11 am; \$7 children 12 and younger (\$10 adults, \$9 BAM members).

The fourth annual festival offers puppetry on film with "Davy Jones' Locker."

National Chemistry Day: New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; www.nysci.org; Noon - 5 pm; Free with NYSCI admission.

The event will showcase chemistry principles using demonstrations performed by local college students and volunteers from local industries.

Pumpkin Chucking: 1 & 3 pm. New York Hall of Science. See Saturday, Oct. 25.

Spooky Subway stories: 1:30 pm. New York Transit Museum. See Saturday, Oct. 25.

MON, OCT. 27

ON STATEN ISLAND

Magic of Lyn: The Center for the Arts - College of Staten Island, 2800 Victory Boulevard; (718) 982-5678; www.theatertrips.org; 10 am and 11:30 am; \$8.

Enrichment Through the Arts presents the magic of Lyn Dillies. Children are amazed with her spellbinding powers of prestidigitation.

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

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Board Game Bonanza: 3:30–4:30 pm. Great Kills Library. See Monday, Oct. 6.

Read aloud: 4 pm. Huguenot Public Library. See Monday, Oct. 6.

Claymation!: 4pm–6 pm. Dongan Hills Library. See Monday, Oct. 20.

Picture book: 4 pm. St. George Library. See Monday, Oct. 20.

Homework help: 5 pm – 6 pm. Mariners Harbor Library. See Monday, Oct. 6.

TUES, OCT. 28

ON STATEN ISLAND

Tutoring: 3:30–5:30 pm. New Dorp Library. See Tuesday, Oct. 7.

Kiddie Game Time: 4–5 pm. Mariners Harbor Library. See Tuesday, Oct. 14.

WED, OCT. 29

ON STATEN ISLAND

African drumming: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984–6670; www.nypl.org; 3:30 pm; free.

Young adults and tweens learn about the rhythms of traditional drumming.

Halloween celebration: St. George Library, 5 Central Ave. at Hyatt Street; (718) 442–8560; www.nypl.org; 4 pm; Free.

Tweens join in for scary stories, crafts, and trick or treating fun. Materials provided, pre-registration required.

Read aloud: 4–4:30 pm. New Dorp Library. See Wednesday, Oct. 1.

Storytime: 4 pm – 4:30 pm. Mariners Harbor Library. See Wednesday, Oct. 1.

THURS, OCT. 30

ON STATEN ISLAND

“The Littlest Witch”: The Center for the Arts - College of Staten Island, 2800 Victory Boulevard; (718) 982–5678; www.theatertrips.org; 10 am and 11:30 am; \$8.

The mischievous witch learns the hard way not to play tricks unless it’s her holiday, Halloween.

“Devil”: Mariners Harbor Library, 206 South Ave. at Arlington Place; (212) 621–0690; nypl.org; 3–5 pm; Free.

Movie night for tweens and teens.

Teen Lounge: 3:30–4:30 pm. Great Kills Library. See Thursday, Oct. 2.

Halloween story time: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351–2977; www.nypl.org; 4–5 pm; Free.

Come in costume and listen to scary stories. And then blow out a wishing candle and get treats.

FRI, OCT. 31

ON STATEN ISLAND

Yoga: 3 pm – 4 pm. Mariners Harbor Library. See Friday, Oct. 3.

Halloween in Richmond Town: Historic Richmond Town, 441 Clarke Ave. at Tysen Court; (718) 351–1611; www.historicrichmondtown.org; 3:30 pm; Free.

Trick or treat in the village. Tasty treats for costumed kiddies as well as arts, crafts, apple bobbing and games.

“The Littlest Witch”: St. George Theatre, 35 Hyatt St. between St. Mark’s Place and Central Avenue; (718) 442–2900; www.stgeorgetheatre.com; 6 pm; \$20, \$18.

A fun musical about a mischievous witch who mixes up holidays with every other season but her own. Eventually she learns her lesson not to play tricks on anyone until it’s her special

holiday, Halloween.

FURTHER AFIELD

BAMboo!: BAM Peter Jay Sharp Building, 30 Lafayette Ave., Brooklyn; (718) 636–4100; www.bam.org; 4–7 pm; Free.

The Brooklyn Academy of Music’s annual Halloween celebration with treats, games, a costume contest and more. This year’s theme is Around the World.

Nighttime adventure: 6:30–8:30 pm. New York Botanical Garden. See Saturday, Oct. 18.

SAT, NOV. 1

FURTHER AFIELD

Pumpkin Chucking: 1 & 3 pm. New York Hall of Science. See Saturday, Oct. 25.

Train school: New York Transit Museum, Boerum Place at Schermerhorn Street, Brooklyn; (718) 694–1600; www.mta.info/mta/museum; 2–4 pm; Free with museum admission.

Future conductors and motormen take control of a train in the Computer Lab and travel over virtual track miles learning the ins and outs of operating a train. Suggested for children over 10 years old. Limited space, register in advance.

Dead or Alive Bioluminescence: New York Hall of Science, 47-01 111th St., Queens; (718) 699–0005 X 353; www.nyscience.org; 3 – 6 pm; Free with NYSCI admission.

Join NYSCI for light and Day of the Dead-inspired activities and learn how and when different organisms produce light.

LONG-RUNNING

ON STATEN ISLAND

Story Museum: Historic Richmond Town, 441 Clarke Ave. at Tysen Court; (718) 351–1611; [\[town.org\]\(http://town.org\); Thursdays, 11:30 am–12:30 pm.; \\$3.](http://www.historicrichmond-</p>
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Toddlers and pre-schoolers with a caregiver listen to stories, do crafts, listen to songs, dance and sing and have play with other children.

Homework help: St. George Library, 5 Central Ave. at Hyatt Street; (718) 442–8560; www.nypl.org; Mondays, 5–6 pm, Thursdays, 4–5 pm, Thurs, Oct. 2 – Thurs, Oct. 30; Free.

Volunteers and staff help children 5 to 12 years old with their assignments.

Kidz cook: Staten Island Children’s Museum, 1000 Richmond Ter. at Tysen Street; (718) 273–2060; staten-landkids.org; Fridays, 2, 3 and 4 pm, Now – Fri, Dec. 12; Free with museum admission.

Children experiment with all types of food.

Learn Italian: Huguenot Public Library, 830 Huguenot Ave. at Drumgoole Road East; (718) 984–4636; www.nypl.org; Fridays, 3:30–4:30 pm, Now – Fri, Dec. 19; Free.

Children in kindergarten to first grade learn the basics, the alphabet, colors, numbers, days of the week and seasonal songs. Pre-registration required.

Storytime: Barnes & Noble, 2245 Richmond Ave. at Travis Avenue; (718) 982–6983; www.barnesandnoble.com; Tuesdays and Saturdays, 10:30 am, Now – Fri, Nov. 21; Free.

Children listen to a different story each week.

Pumpkin Picking: Historic Richmond Town, 441 Clarke Ave. at Tysen Court; (718) 351–1611; www.historicrichmondtown.org; Saturday, Oct. 4, 11 am; Sunday, Oct. 5, 11 am; Sunday, Oct. 12, 11 am; Saturday, Oct. 18, 11 am; Sunday, Oct. 19, 11 am; Saturday, Oct. 25, 11 am; Sunday, Oct. 26, 11 am; \$5 (\$16 family pack for 4).

Visit the historic Decker farm and enjoy a hayride, face painting, arts and

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crafts, a corn stalk maze and pick a pumpkin. Shuttle buses from Historic Richmond Town.

Up4Art: Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; statenisland-kids.org; Saturdays and Sundays, 1, 2 and 3 pm, Now - Sun, Dec. 28; Free with museum admission.

Children create fun projects.

FURTHER AFIELD

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

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

in transportation that American corporations claimed would make a better world possible.

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

Mysteries Revealed features more than 30 dinosaur species and how scientists reconstruct the fossil pieces. The ride runs through the zoo and has fully animatronic dinosaurs as they move and snarl.

"Galapagos - Nature's Wonderland in 3D": New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; www.nyscience.org; Weekdays, 11 am & 2 pm, Saturdays and Sundays, 1 & 3 pm, Now - Sun, Dec. 21; \$6 adults; \$5 children.

In this 3D movie, travel to the Galapagos archipelago to meet giant half-ton tortoises and marine iguanas that spit sea-salt from their noses, hunt fishes with the colorful blue-footed

boobies, and swim with tiny penguins.

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

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

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

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

Dragons, dinosaurs and Boo at the Zoo: Bronx Zoo, 2300 Southern Blvd. at Boston Road, The Bronx; (718) 220-5103; www.bronxzoo.com; Saturday, Oct. 4, 10 am; Sunday, Oct. 5, 10 am; Saturday, Oct. 11, 10 am; Sunday, Oct. 12, 10 am; Monday, Oct. 13, 10 am; Saturday, Oct. 18, 10 am; Saturday, Oct. 25, 10 am; Sunday, Oct. 26, 10 am; Friday, Oct. 31, 10 am; Saturday, Nov. 1, 10 am; Sunday, Nov. 2, 9 am; Activities included with general admission.

It's that time of year again for scary spirits, garish ghouls, and pretty pumpkins. There is also a costumed parade, music, magic and crafts.

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

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

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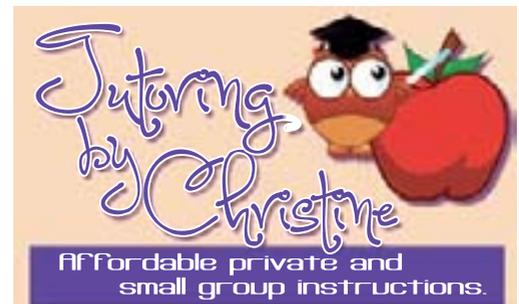
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GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Fat fib? Is saturated fat no longer a villain?

Like most parents today, Luke and Natalie Weber watch the saturated fat in their own diet as carefully as that of their young daughters.

“We stick to lean meats and an overall wholesome diet,” said Luke. “The girls love cheese, but we don’t let them eat as much as they want.”

Their interest was piqued recently by the new book, “The Big Fat Surprise: Why Butter, Meat & Cheese Belong in a Healthy Diet.” In it, author Nina Teicholz writes that the low-fat diet message we heard starting back in the 1970s had the unintended consequences of Americans becoming overweight.

She also writes that original evidence was flawed.

Ancel Keys was the American physiologist who embarked upon the famous 1950s “Seven Countries” study. The result was a hypothesis that became the foundation for a body of science implicating fat as a major risk factor for heart disease.

According to Teicholz, Keys cherry-picked his data, leaving out countries that had high-fat diets but low rates of heart disease, including France, Sweden, and West Germany. Instead, he studied the Greek island of Crete during Lent when 60 percent of the population



abstained from meat, fish, eggs, cheese, and butter.

Today, fingers are pointing toward carbs.

Recent research suggests that refined carbohydrates, such as those in processed snacks and sugary drinks, increase the small, sticky fat particles that appear linked to heart disease.

What do the mainstream health and medical groups say about this? For now, they hold the line on saturated fat. Keep in mind that Keys, who followed a low-fat, plant-based

diet, lived to 100.

Natalie Weber hopes that if the dietary consensus changed and some saturated fat is okayed, her doctors would update their nutrition advice.

“Our girls are only 3 and 4. I’d rather they have butter than something artificial,” she said.

While the scientific community re-examines the evidence, my recommendations are:

Follow the Mediterranean Diet. It is time tested to provide the right balance of nutrients from a variety of foods.

Focus on polyunsaturated fats and eat more fish, both lean and fatty. The omega-3 fats found in fish are more protective than those in fish oil supplements. Be aware that low fat diets actually lower good HDL cholesterol in women.

Eat more real food in lieu of overly processed stuff. For example, a steak salad at lunch can satisfy and keep you from snacking all afternoon and evening.

Christine Palumbo is a nutritionist in Naperville, Illinois who would rather eat a little bit of real butter, full fat cheese or ice cream than a substitute. Find her at Christine Palumbo Nutrition on Facebook, @PalumboRD on Twitter and Chris@ChristinePalumbo.com.

Tart Cherry Chia Pudding

PREP TIME: 35 minutes; cook time: Five minutes

YIELD: 2 servings

INGREDIENTS:

1 cup tart cherries, frozen

1 cup coconut milk

¼ cup of chia seeds

¼ cup tart cherry juice

1 teaspoon vanilla extract

¼ teaspoon ground nutmeg

¼ teaspoon ground cinnamon

Optional: tart dried cherries, dark chocolate chips or cacao nibs

INSTRUCTIONS: In a small bowl, combine the chia seeds, cherry juice and coconut milk. Allow this to soak

for at least 30 minutes or until the chia seeds have absorbed most of the liquid creating a thick gel. Pour the chia seed mixture into a food processor or high speed blender with all remaining ingredients and blend until creamy. Pour into the serving bowl.

OPTIONAL: Garnish with a sprinkling of chocolate chips on top or additional tart cherries, fresh, frozen or dried.

NUTRITION FACTS: 380 calories, 25 g carbohydrate (11 g sugar), 7 g protein, 31 g fat (22 g saturated), 9 grams fiber, 25 mg sodium, 486 mg potassium, 15% DV vitamin A and calcium, 35% DV iron.

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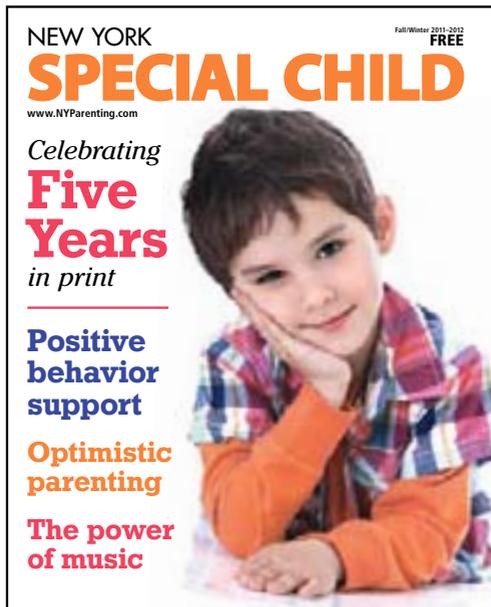
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