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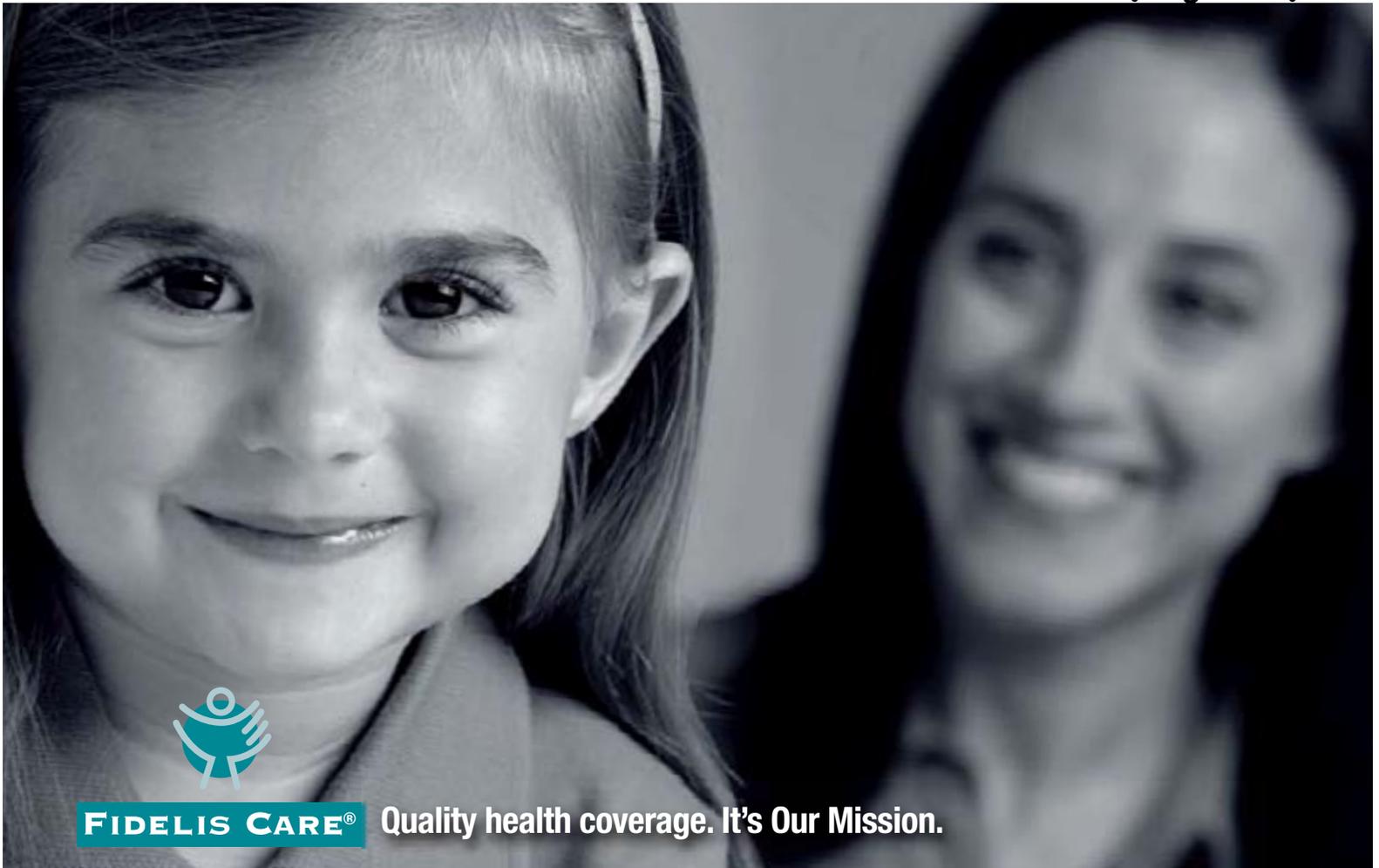
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Letter from the publisher

The spirit of the holiday

November is a lovely month to be in New York. So festive and so many happenings throughout the five boroughs as we lead into the Thanksgiving holiday. Our calendar is full of terrific events to engage your family and most of them are free.



It's an important time to think of others who may be alone, may be ill, or just in need of an invite to whatever festivities your family is planning. Try to reach out and see if there's someone in your life with nowhere to go who would be an appreciative guest in your home, at your table.

A wonderful part of this holiday is the spirit behind the day. Reaching out to others, helping someone else to have a feeling of "family" who doesn't have one of their own nearby, is something that can make you and your kids feel more engaged in this special spirit. In addition, it begins life lessons for your children that are invaluable and that reach out beyond the borders of your individual lives.

New York is filled with newcomers from all over the globe who are perhaps far away from their loved ones and what a great feeling to share your table with them and to

introduce them to this wonderful national holiday of Thanksgiving.

There are great holiday shows beginning throughout the five boroughs that you should definitely be taking your kids to — and why not be novel indeed and go to something in a borough outside your own residence.

If you log on to our website, www.NYParenting.com, not only will you find our expanded calendar, but also if you sign on to get our newsletter you will receive wonderful reminders every week and get the links to connect with loads of activities.

This is my favorite holiday. I say it every year and it's because I mean it. It's also my favorite parade and watching it with your

kids, whether in person or on TV, is a parent's gift.

Wishing all of you a very Happy Thanksgiving. Stay healthy, and let us all be grateful for the abundance we have and for the relative peace around us. Think of all those around the world who are struggling with basic survival and kiss your children and hold them close.

Thanks for reading.

Susan Weiss-Voskidis,
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The **preemie** experience

Part 1: A mom chronicles the struggles of premature birth

November is
**Prematurity
Awareness
Month**

Reducing the risk of premature birth

Pregnant women can take important steps to help reduce their risk of premature birth and improve their general health:

- Quit smoking.
- Avoid alcohol and illicit drugs.
- Get prenatal care as soon as you think you may be pregnant and throughout your pregnancy.
- Seek medical attention for any warning signs or symptoms of preterm labor (contractions, bleeding, etc.).
- Take vitamins, especially vitamin D and folic acid (even before you become pregnant).
- Avoid too much stress and get plenty of rest.
- Have a supportive partner or someone you can depend upon.

For more info: www.cdc.gov/reproductivehealth/MaternalInfantHealth/PretermBirth.htm

BY TAMMY SCILEPPI

They call the first 24 hours after a premature birth the “honeymoon.” It’s when the newborn remains relatively stable, after just being cradled — safe and protected — in mama’s womb. Then things seem to go haywire and suddenly, that tiny preemie’s fate is in the hands of the neonatal intensive care unit staff.

Can you imagine that for weeks on end, your only contact with the baby you just carried is through a plastic box? You can’t hold or even touch your little one through the ventilator opening because his skin is so terribly delicate.

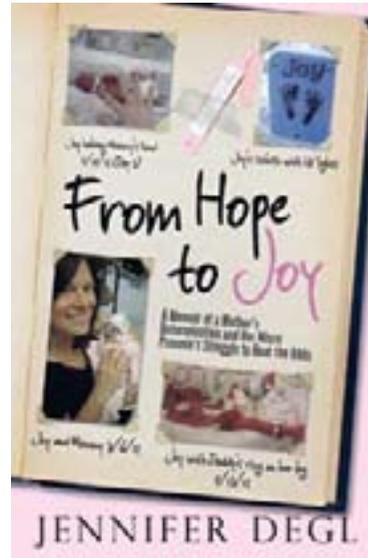
This is a tribute to all the brave little souls out there, born before their time — those tiny preemies fighting to stay alive in their ventilator cocoons, covered with scary tubes and machines. And let’s not forget about the teeny tiny ones — those other little miracles — the amazing micro preemies, who have to struggle even

Preventing preterm birth

The Centers for Disease Control’s Division of Reproductive Health is engaged in research and science to practice activities aimed at understanding and reducing preterm births. Its scientists are collaborating with many partners, including state health departments, university researchers, and other health-care professionals to understand why preterm births occur and what can be done to help prevent them.

www.cdc.gov/reproductivehealth/MaternalInfantHealth/PretermCDCActivities.html

The great news is that many more micro preemies are surviving than ever before in history. Families’ love, hope, strength, and determination can lead to miracles!



harder to live.

Did you know that more than one in 10 babies around the world (an estimated 15 million) are born too soon each year? And sadly, about one million angels who don’t make it earn their wings because of preterm birth complications. In the U.S., preterm birth affects nearly 500,000 babies — that’s one of every eight infants. And it’s also a leading cause of long-term neurological and developmental disabilities in children. Further, it costs the U.S. healthcare system billions of dollars each year.

That’s why it’s so important to help raise awareness about prematurity here in New York.

The preemie experience

Kudos to all those courageous moms and dads, who have to cope with a devastating and almost surreal situation, as they watch, wait, and hope for any small sign of a miracle. Many parents admit that the preemie experience takes a toll on their marriages and causes profound emotional and economic burdens for their families. But they all strongly agree that with love, hope, faith, and the help and expertise of specialists, they feel better equipped to deal with the overwhelming stress

and epic challenges they must face.

In honor of Prematurity Awareness Month, and the fourth annual World Prematurity Awareness Day on Nov. 17, organizations like the March of Dimes are hoping to educate all expecting parents about the possibility of and potential risks associated with preterm births, which occur prior to 37 weeks of pregnancy. Extreme preterm births of micro preemies occur prior to 34 weeks.

Author and New York mom Jennifer Degl went through a heart-rending experience after giving birth to her micro preemie daughter Joy, who is now 2. Degl said she would love to use this special day as an opportunity to spread awareness of prematurity and hospital neonatal intensive care units. (You can read her touching story, and find out about another mom’s preemie experience in Part 2 of this article.)

After her miracle baby came home from 121 days in the neonatal intensive care unit, Degl wrote a memoir called “From Hope to Joy: A Mother’s Determination and Her Micro Preemie’s Struggle to Beat the Odds” (www.fromhopetojoy.com). The book chronicles her life-threatening pregnancy, and Joy’s struggle to survive (while Degl’s three young sons were at home). She says it was quite a roller coaster!

Joy was born at 23 weeks in 2012, at Westchester Medical Center in Valhalla, New York.

“Due to modern medicine, prayers, and the amazing doctors and nurses at Maria Fareri Children’s Hospital, she is doing great today,” said Degl, whose early delivery was caused by 100 percent placenta previa, which turned into placenta accreta. Placenta accreta is a serious pregnancy condition that occurs when blood vessels and other parts of the placenta grow too deeply into the uterine wall, according to MayoClinic.org. Degl said she hemorrhaged at 17 weeks for the first of four times because of this alarming condition.

On the night Joy was born, the new mom started a journal on a sheet of paper given to her by a nurse. Once she was discharged from the hospital, a little blue notebook — in which she wrote everything — became her constant companion. Five months after the birth of her daughter, Degl went to write in her notebook; instead, she sat down and read her journal cover to cover. That’s when she knew she had to tell her story.

As many new parents know, consequences from extreme prematurity don’t end with release from the neo-

natal intensive care unit. There could be 100-plus doctor visits due to illness, along with numerous therapies, hearing or vision issues, or neurological problems. As a result, many moms have to deal with long-term depression and unfounded feelings of guilt.

Degl said her mission is to provide hope to women struggling with high-risk pregnancies, encourage expectant mothers to educate themselves before electing cesarean deliveries, give families of premature babies a realistic look at what lies ahead in their journey, and show that miracles can happen, and hope can turn into joy. [See her website: www.micropreemie.net and watch videos of Joy's miracle birth and life at: www.youtube.com/fromhopetojoy]

The Degls were the 2014 March of Dimes Ambassador Family for the March for Babies in White Plains.

To help further this important cause, Anne Geddes, who has photographed babies for 30 years, is teaming up with the March of Dimes to help raise awareness, and has donated a preemie image for this year's campaign.

Did you know that worldwide, more newborns die from premature birth than from any other cause? Surprisingly, 75 percent of these deaths can be prevented, even without intensive care. Medical advances have been made but more research is needed to develop life-saving treatments and preventions, and find the causes of premature birth.

There are several reasons that may cause premature birth, and nothing prepares parents for this strange and emotionally taxing experience. In most cases, nature and the all-powerful uterus are to blame for fairly common factors, like uncontrollable high blood pressure, severe preeclampsia, or a bacterial infection. Let's face it: carrying a baby is a bit of a gamble. We hope for the best, but sadly, it doesn't always turn out to be a positive experience.

Gradually, those very first milestones help parents see the light at the end of the tunnel: such as the first time their little guy drinks from a bottle, when they hear their baby girl's first cry after spending weeks in the vent, and that first smile!

Along with a preemie's size and weight, a combination of different factors will contribute to the final outcome. There are many obstacles to overcome, so that these babies can survive and thrive.

And many do. They seem to defy all odds, growing up strong and healthy, like the micro preemies in



The Degls, from left, Jack, Jennifer, Joy, John, Shane, and Sean, were the ambassador family for March of Dimes 2014.

the heartwarming stories you'll read in Part 2 of this article. They're living proof that miracles do happen.

Preemie problems

A developing baby goes through important growth during the final weeks and months of pregnancy. Many organ systems, including the brain, lungs, and liver need the final weeks of pregnancy to develop fully. Some problems that preemies may face include:

- Breathing problems
- Feeding difficulties
- Developmental delay
- Vision problems
- Hearing impairment
- Cerebral palsy

And a recent survey on prematurity awareness found that 79 percent of preemie moms have a baby who was hospitalized due to a severe respiratory infection.

All preemies, especially micro preemies, are more susceptible to myriad respiratory problems. One virus in particular that parents should know about, is respiratory syncytial virus, which is contracted by nearly all kids by the age of 2 and often causes mild to moderate cold-like symptoms. However, preemies are at high risk for developing worse symptoms, including a serious respiratory infection from the virus, because they are born with underdeveloped lungs and a lesser amount of vital antibodies needed to fight off infections. This can lead

to bronchiolitis or pneumonia, which can become life-threatening.

Respiratory syncytial virus is most prevalent from late fall to early spring.

For helpful information about prematurity and respiratory syncytial virus, including the signs and symptoms parents should watch out for and the importance of prevention, go to: www.rsvfacts.com.

Music therapy

On her blog, www.preemienews.com, preemie parent Debra Kircher talks about music therapy in neonatal intensive care units; pacifier-activated lullabies, multimodal stimulation, and developmentally appropriate music listening is being shown in hospitals to help reduce the length of hospital stays, increase an infant's stimulation tolerance, and enhance parent-infant bonding.

Respiratory therapy

Dietrich Flemmig has been a respiratory therapist for 22 years and has spent the last 12 years at New York-Presbyterian Morgan Stanley Children's Hospital (Columbia University Medical Center in Manhattan) in the neonatal intensive care unit, treating predominantly premature babies. He's a family friend of the Degls, so he was able to help them understand what Joy and they would be facing those first few months.

"Our role in the NICU as respiratory

therapists is to apply various modes of respiratory support, ranging from basic bubble continuous positive airway pressure, to oscillators, which can ventilate at over 800 breaths a minute, which increases their chance of survival," explains Flemmig.

"After Joy was born, Jen [Degl] reached out to me with questions and concerns, knowing my background. She tried to educate herself as a parent to increase Joy's chances of survival. She wanted to know what the treatment options were.

"Jen had heard about bubble CPAP, which was pioneered at Columbia, and if I thought Joy would benefit from that course of treatment. I explained to her the benefits of that type of therapy.

"Jen also was concerned about the negative effects of high oxygen requirements on Joy. I explained that the most important thing was that Joy gain weight and muscle tone. This is where mechanical ventilation plays an important role. Parents many times want their intubated babies to be extubated but that forces the infant to breathe on their own, burning crucial calories and working harder than you want, not allowing them to gain weight and strength. A process of intubation and extubation is common practice which allows the lungs to rest and then develop muscle tone.

"I explained Joy had a long road ahead of her," continued Flemmig. "Joy's condition required substantial respiratory support, including high-rate ventilation. I explained to Jen there would be many trial periods of weaning and failure, which is unfortunately part of the NICU preemie experience. You find yourself taking one step forward and two steps back. But ultimately, it is important to remain positive and keep talking to your baby, building that connection between mother and child. I'm happy to say Joy had an exceptional outcome. From what I understand, she is thriving."

To improve neonatal care in countries around the world, additional funding is needed: from low-cost steroid shots to promote lung development, to wider adoption of "kangaroo mother care" (the profoundly beneficial practice of skin-to-skin contact between a mother and her newborn).

"From Hope to Joy" is available on Amazon and Barnes & Noble websites.

In honor of World Prematurity Day, donations can be made to a few organizations supporting preemies and their families through Degl's website at: <http://micropreemie.net/donations>



An attitude of **GRATITUDE**

Celebrating
Thanksgiving
for what it's
really about

BY CAROLYN WATERBURY-
TIEMAN

Have you ever noticed that Thanksgiving is the only holiday that actually tells us how it should be celebrated? Giving thanks! Unfortunately, all too often, the only thanks vocalized is, “Thank goodness it’s over!”

Through the years, Thanksgiving has become an excuse for all manner of overindulgence. Consequently, it is not surprising to hear reports of a holiday characterized by out-

of-control children, marital discord, alcohol-related conflict or accidents, and disastrous family gatherings.

H.U. Westermayer observed that the Pilgrims built seven times more coffins than cabins. He notes that, “No Americans have been more impoverished than these who, nevertheless, set aside a day of thanksgiving.” Here, the word “impoverished” refers to the Pilgrim’s inability to satisfy even their basic needs for food, clothing, and shelter. Currently, the tendency is to consider ourselves impoverished if we do not have the

newest version smartphone, an ultra-wide screen television, and an individual-serving coffee maker. Considering this shift, one might be inclined to conclude that we are confused about what constitutes a necessity, have lost perspective on what it means to be impoverished, and forgotten what being thankful looks like.

However, this need not be the case. We can do it differently. We can choose to leave our children a legacy of thankfulness by creating new traditions designed to create a feast for

the spirit rather than merely one for the palate. We can rediscover this national holiday and reclaim it as the word of action that it actually is — Thanksgiving! Here are few things to keep in mind this turkey day:

Set the stage. Spend the weeks leading up to this holiday refamiliarizing your family with the story of the first Thanksgiving. Maybe the theatrical members of your family would like to recreate the experience for everyone on Thanksgiving Day. Spend time contemplating and discussing the meaning of the word “thanksgiving.” Invite everyone participating in your celebration to bring one interesting fact about Thanksgiving to share. You might also encourage them to come prepared to share a favorite Thanksgiving memory.

Embrace realistic expectations. Avoid the “Extreme Holiday Makeover” syndrome. Unlike the hosts of these shows, most of us do not have 50 to 100 people to help us prepare Thanksgiving dinner. Rather than attempting to replicate an entire magazine layout menu for the perfect Thanksgiving, just try one or two new dishes. Any recipe looks simple when someone else does all the preparation. Remember that it is not what you have on your table, but who you have around it that makes the difference.

Plan ahead and generate the giving. Make a list of everything that goes into preparing for Thanksgiving and let each family member, as well as invited guest, choose what they will be responsible for providing. It could be preparing a favorite dish, arranging and setting the table, decorating the house, supplying holiday music, or supervising the younger children in their tasks.

Collect and have materials ready for making holiday items. A centerpiece may involve filling a basket with colorful leaves, acorns, or pinecones (real or cut from construction paper). Older kids may use wooden mallets to pound the color from leaves onto pieces of muslin for a tablecloth, placemats, or napkins.

Find ways for your kids to assist in the preparation of Thanksgiving dinner. Sure it may take longer, but remember you are not just cooking a meal, you are making memories. Involve everyone in the giving. People of every age enjoy the feeling that comes from mak-

ing a contribution.

Testify to the thanks. Let everyone know ahead of time that each person will be asked to share at least one reason he is thankful before partaking of Thanksgiving dinner. Provide a list of suggested themes — something in nature, something about family, something he has learned, an ability he has, an experience, or an activity he enjoys. These may be spoken or written on slips of paper and read by one of the youngest readers. It might be fun to try to match the thanks with the person who wrote it.

Transform thanks into giving. Take some time during or after dinner to explore how the thanks expressed could be taken beyond words and put into action. The person who is thankful he learned to read could volunteer to read to patients in the children’s hospital. The person who is thankful for the flowers in her garden could collect seeds to share with neighbors. The person who is thankful she can sing or play an instrument could volunteer to perform at the local retirement community. The person who is thankful she can knit or crochet could make caps to donate for cancer patients. The possibilities are endless.

Fortunately, Thanksgiving is not exclusive to any particular group and does not have to be restricted to a specific day. We may discover that the more thankful we become, the more we find to be thankful for. As parents, it is our responsibility to help our children make the connection between thanks and giving. By adopting a grateful attitude, we acknowledge that it is not enough just to say we are thankful, we need to live it.

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

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HEALTHY LIVING

DANIELLE SULLIVAN

Facts about Ebola

A day doesn't go by without hearing about another potential case of the Ebola virus breaking out in our country. The virus, which can cause people to bleed out of every orifice before dying is, of course, scary. When news broke a few weeks ago that a man infected with the virus died in Dallas, and then his nurse contracted the disease, it sent a flood of news sources to report non-stop about the danger.

Then a doctor living in Manhattan was diagnosed with the disease.

Naturally, parents were among the first to become terrified. Comments on social media ranged from some simply releasing their nervousness to the online world to others stating they were considering homeschooling their children. While there is no need for hysteria, some parents just cannot bring themselves to turn off the TV and get the facts. The fact remains that the likelihood of any of us contracting Ebola here in the New York City area without having traveled to the places in Africa where it has broken out remain exceedingly small.

Here are five facts you need to know about Ebola:

General public is safe

"There is no risk to the general public," says Dr. Jennifer Lighter Fisher, clinical assistant professor, Department of Pediatrics, Division of Infectious Diseases at NYU Langone Medical Center. "This virus is transmitted from people infected and sick with Ebola by contact with blood or body fluids. Only individuals taking care of sick patients could be at risk if not wearing the personal protective gear. The general public in the United States should not be in fear of contracting this virus, as there is no risk to the public."

An epidemic in the US is unlikely

The risk of an Ebola virus epidemic occurring here in the United States is very remote, says Dr. Roberto Posada, Pediatric Infectious Disease specialist at the Kravis Children's Hospital at Mount Sinai.

"This particular virus is not very contagious, or in other words, cannot be easily spread from person

to person. Unlike other illnesses, such as the measles, chickenpox, or flu, that are transmitted through the air, direct contact with secretions or body fluids (e.g. touching vomit, urine, blood, or other bodily fluids) from a patient ill with Ebola is required for transmission of the disease."

Transmission takes time

Only individuals who are sick can transmit the virus.

"In illnesses like the measles or chickenpox, infected individuals can transmit the infection before they even know they are sick," says Dr. Posada. "In the case of Ebola, only sick individuals can transmit the virus, which allows health workers to identify infected patients and place them in isolation."

Wash those hands

The best prevention against Ebola is practicing careful hygiene. It's what we all learned in childhood: wash your hands with soap and water. Using an alcohol-based hand sanitizer also helps and of course, avoiding contact with blood and body fluids, which, hopefully, we are all doing on a regular basis anyway.

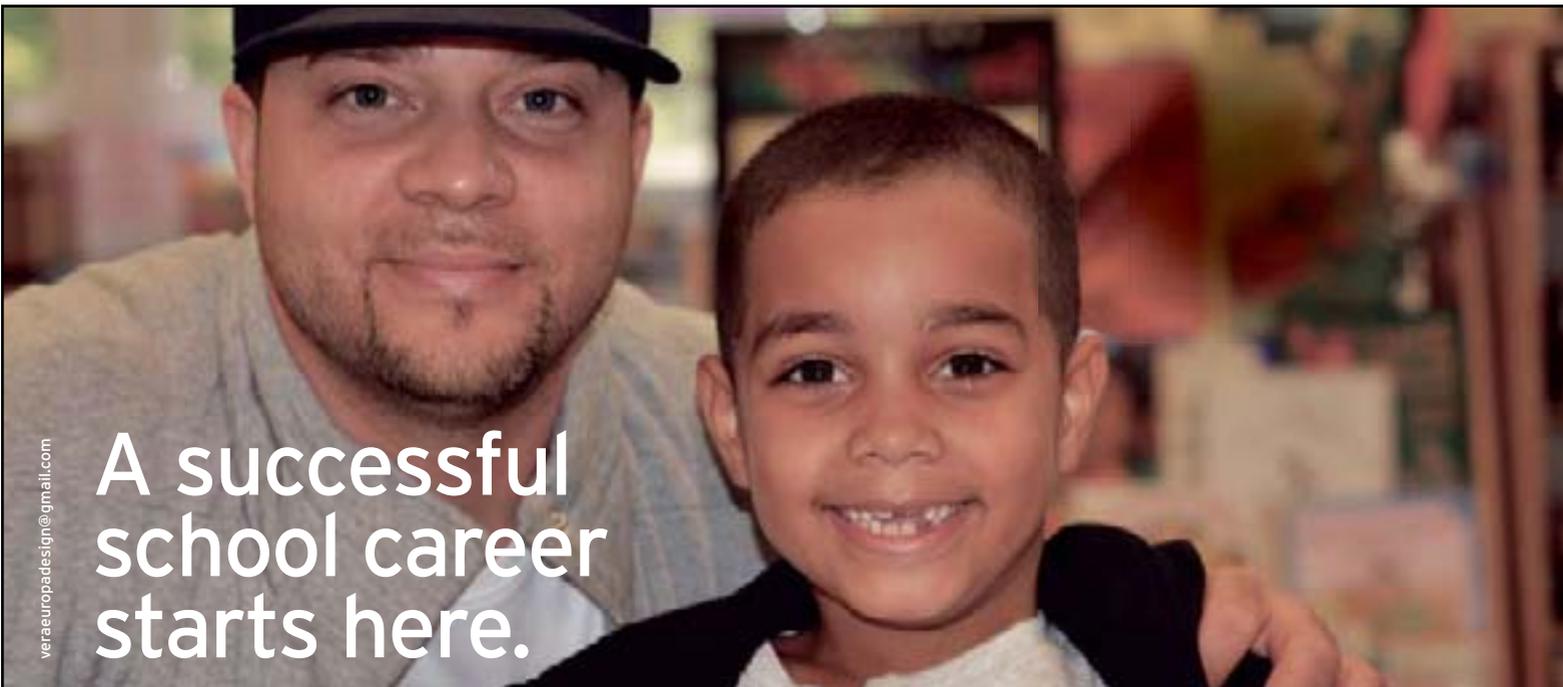
Know the symptoms

Symptoms of Ebola include fever (greater than 101.5 degrees F), severe headache, muscle pain, weakness, diarrhea, vomiting, abdominal pain, unexplained bleeding or bruising. Symptoms appear anywhere from two to 21 days after exposure to Ebola, but the average is eight to 10 days.

But it's a good idea to keep the facts of the risk in perspective. As Dr. Fisher says, "Going into the winter months will bring countless colds, flus, sniffles, and sneezes, and we can't go about life living under the duress of catching Ebola."

*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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Detecting and dealing with a stutter

BY DR. HEATHER GROSSMAN

Parents who are concerned that their child may be stuttering often first seek guidance from their pediatrician. Doctors commonly tell parents the child will outgrow the problem and to give the issue no concern. This is true in many cases; we do know that approximately 75 percent of children who show early signs of stuttering will show spontaneous recovery. However, certain risk factors — including family history of stuttering, the child having a sensitive temperament, and other weaknesses in the child’s articulation or language skills — increase the likelihood that the child will continue to stutter. In addition, boys are three to four times

more likely to continue to stutter than girls.

Is stuttering a typical part of childhood development?

Children typically have normal periods of disfluency as they develop speech and language skills. These fluency breaks may include saying fillers such as “um, um,” or repeating words or phrases as in “Mommy, can I go- can I g- can I go outside?”

Research indicates however that approximately five to eight percent of young school-aged children show signs of true stuttering, and that 20 to 25 percent of these children will continue to stutter into adulthood. Average age of onset of stuttering is just under 3 years of age, corresponding to a period of rapid growth in speech and language skills. Unlike normal disfluency, a young child who is stuttering tends to stretch or prolong sounds as in “Rrrrrrrun,” produce repetitions of parts of words as in “W-w-w-want,” and may have speech “blocks,” where he is trying to say a word but no sound is heard. Children who are showing typical disfluency show no sign of tension or self-awareness, but young children who are stuttering are more likely to show tension in their voice or face, or have secondary reactions such as looking

away or avoiding talking in certain situations.

Children with other speech, language, or developmental difficulties have a greater likelihood of co-occurring difficulties with speech fluency. For many children, speech fluency is also more vulnerable under periods of emotional distress, great excitement, and greater linguistic or intellectual demand.

Left untreated, children who stutter commonly develop tense struggle behaviors when talking, negative feelings related to confidence and self-esteem, and come to avoid people, situations, and specific words for fear of stuttering. Children who stutter are often subjected to teasing by classmates, further contributing to negative self-concept. So it is important for parents who are worried about their child’s speech fluency to find out whether the problem is actually stuttering.

Why do some children stutter?

The cause of stuttering remains a subject of debate, but research has confirmed that some children appear “predisposed” to stutter due to genetic factors. Other factors (genetic, environment, etc.) are thought to then serve as “triggers” for the stuttering. Stuttering may appear to develop rather suddenly, but for most children the onset is gradual. Adding to the puzzling nature of stuttering is its unpredictability. It may seem to be severe one day, then seem to disappear just as suddenly, only to reappear in full force. We know that parents are not the cause of stuttering, but luckily, there is much they can do to help their child.

Children with delays in other areas of speech and language development or who have other developmental difficulties, such as Attention Deficit-Hyperactivity Disorder or autistic spectrum disorder, show a greater likelihood of concomitant stuttering.

Do I need to have my child’s speech evaluated?

Because so many children do eventually grow out of speech difficulties, pediatricians often underestimate the need for professional intervention for children who stutter. A speech-language evaluation should be completed for any child showing signs of physical struggle or frustration when trying to speak. Parents should be aware of certain behaviors that suggest the child is reacting negatively to her speech,

such as the child starting to act shy, looking away while speaking, speaking using only a few words, or avoiding certain words or situations altogether. She may begin to exhibit secondary characteristics, such as pressing the lips together or have excessive tension in the voice, that indicates the child is trying to force out words. Teachers may notice that the child's verbal participation in class is reduced.

It is suggested that parents seek help if they notice the problem persisting for three to six months, but it is never too late to receive help. Since not all speech therapists receive thorough training in stuttering, it is recommended that parents work with a licensed speech-language pathologist who specializes in stuttering treatment.

What does an evaluation entail?

The therapist will assess the child's language abilities, articulation, and fluency using both formal and informal measures, and will gather information about the parents' observations and concerns. In addition to determining if there is a need for professional intervention for the child's speech, during the evaluation parents are provided with vital information regarding pediatric stuttering and what actions they can take immediately to help their child. Parents are commonly given suggestions to implement at home that include modeling slower, simpler speech, and reducing overall language demand and time pressure. Rather than tell the child to "slow down" and "take a breath," parents are taught to be better listeners, and to speak openly and objectively about stuttering without calling negative attention to the disfluencies.

What is speech therapy like?

A course of speech therapy will be recommended for children showing signs of true stuttering. Therapy techniques in current practice show excellent results, especially when children are seen soon after the onset of the problem. Depending on the child's age, the therapist customizes a program that promotes confidence while communicating, and provides an outlet for the child to explore her feelings about speech. The child will also practice ways of talking to reduce stuttering tension and struggle. A good therapist will also provide

support for the family and will suggest helpful strategies for the family, such as maintaining good eye contact and encouraging all family members to have their turn at speaking, without interruption.

For children with concomitant speech-language or developmental issues, it is helpful to address their stuttering along with their other goals to prevent negative stuttering behaviors and reactions from becoming a more severe and habitual pattern.

You (and your child) are not alone

Almost universal to parents of children who stutter are feelings of helplessness, fear, and isolation. But in the past decade, there's been a meteoric rise in the strength of nationwide support groups and self-help organizations for children and adults who stutter, and their families. A tremendous amount of information is online, but nothing combats feelings of helplessness like the realization that there are many children and their families who are managing stuttering. And nothing's better than for children to meet other kids who stutter and for their parents to get together and swap information and strategies.

Tips for parents of children who stutter:

- Practice active, patient listening skills, focusing on what the child says rather than how fluently he says it.
- Do not suggest that the child "slow down," "think before speaking," or "take a breath."
- Model good communication — this includes having normal eye contact when talking, taking turns, and speaking slowly enough and loudly enough to be heard clearly.
- Remind the child that talking can be very difficult, and that it is OK to stutter. Let him know you are there to be supportive.
- Educate teachers, babysitters, and other caregivers about stuttering and how the child who is stuttering should be treated.
- Work on confidence, and keep them talking!

Dr. Heather Grossman is a specialist in stuttering treatment for children and adults, and is the director of the American Institute for Stuttering in New York City. She is regularly called upon for journalistic coverage regarding stuttering, and has been featured on numerous radio and television broadcasts, including "Good Day New York" and "Katie."

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f t i y p



How to help your kids cope with divorce

Watch for these behaviors in your children

BY NANCY L. WEISS

Divorce can be a shattering and painful event. Unless you've reached the "conscious uncoupling" stage that only one of Hollywood's power couples has attained, you've probably gone through anxiety, guilt, anger, and depression. Most importantly, after the family has been split, you have

the fear of what the loss of your spouse will do to your children. In this day and age, divorce is not uncommon, as it was just 30 to 40 years ago, and children may have peers to share their fears and anxieties with. There is no definite prediction that your divorce will cause future disaster for your children, but here are some of the most common behavioral signs that your

children might exhibit, and how you can best help your child:

Young children

Young children especially might show regressive behavior to earlier stages of development, such as bedwetting, clinging, attempts to gain your approval, and separation anxiety when they are dropped off at

pre-school or a babysitter.

Remember that the younger the child, the less likely he is to be able to verbalize his feelings and instead, will act them out. He might just feel a pervasive anxiety, helplessness, and insecurity, and have a tendency to blame himself. Thinking that the missing parent left because of their misbehavior, young children might think they are being punished.

The young child especially needs to feel acceptance from you and needs to feel he is important. Rock him, hold him, and most of all, let him know he is safe. If your young child wants to sleep in bed with you, let him. Help him relax by giving him simple tasks and rewarding and nurturing his attempts.

Let the child be a child. Do not deal too much with adult issues of the divorce with him. Instead, concentrate on his needs and go overboard in rewarding with hugs, candy, and verbal nurturance that his world is still safe.

Younger children may also act out in anger by throwing tantrums, hitting you or their siblings, and throwing food or toys. They might develop nervous tics such as regularly picking at their noses or eyes. Although they still need you to set limits and consistent discipline for them, they are really seeking stability and love from you to enhance their fragile self-concept. Reward the appropriate behaviors and ignore or time-out the negative behaviors. Provide your young ones with fun things to do and assure them that the home is still a safe one for them.

Older children

Older children may still feel that the divorce or separation is their fault, but they are more able to verbalize their fears. Behaviors to look for in older children consist of withdrawal from you at home or from their friends at school; impulsive behaviors such as overeating or hitting objects; self destructive behaviors such as not eating or physically harming themselves; sleeping more than usual; bullying their peers or siblings; crying; drug abuse; and rebellion displayed in dress, change of friends, truancy from school, engaging in fights at school, a significant drop in school grades, or sexual acting

out and teen pregnancy. Also, remember to monitor computer usage and sites to find indications of threats of violence to themselves or others.

Engage your older child in conversation about her feelings. Let the child take the initiative in terms of what questions, fears, or feelings she might have. Encourage her to share the anxieties, anger, or resentment she is feeling, rather than acting it out.

If your child is unable or unwilling to discuss the situation with you, or is exhibiting any self-destructive behaviors, please, as soon as possible, seek professional therapy. School psychologists, child and adolescent therapists are specifically trained to help your youngster process his fears, feelings of helplessness, depression, confusion, and fragile self-esteem. Many times, a very young child is encouraged to draw pictures of — for example — a house, a tree, and a person. Then the therapist helps the child resolve his issues based on the interpretation of such pictures.

In this day and age, remember, you are not alone. There are many divorce groups, professional therapists, extended family members and friends who can provide you with support and help you regain the strength that you will need to focus on your children. You might not think so at this time, but you can gain strength and meaning from going through this process.

Life is precious, and in the grand scheme of things, short. You are human, and humans make mistakes. Remember this when providing emotional support and strength for your children. Try not to focus on your guilt, because your older children can feel this and will then try to manipulate you for their own benefit. Use resources to help reduce your children's stress and help them become the happy and successful adults they can be even after experiencing their parents' divorce.

Nancy L. Weiss has a masters in child psychology and was a school psychologist for a number of years working with children ages 3 to 17. She never met a child she didn't love, relate to, and engage with. She herself was a child of a divorce many years ago when it was rare and traumatizing.

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GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD



Disappearing candy

Three years ago, Kelli Worley made a decision that scared her. She decided to allow her three daughters to eat as many pieces of candy as they desired. Why? She wanted to eliminate her middle daughter's candy sneaking. And it worked.

During this "most wonderful time of the year," with candy and treats galore, most parents put a limit on the amount of sweets your children consume. But what if you discovered candy wrappers under the bed or stashed behind bookshelves like Worley did? Then what?

Worley, a registered dietitian nutritionist in Beaumont, Texas, didn't want to raise her children to be afraid of food. But this sneaking concerned her.

"I thought I was managing the

candy okay. It was in a place they could reach, but they always knew they had to ask me if they could have some," she said.

She allowed her girls, then ages 6, 5, and 4, to have just one piece at a time.

"It seemed like a good idea. But I realized for the 5 year old, it felt restrictive." This child was sneaking candy on a regular basis.

Eventually Worley decided to allow all the girls to have as many pieces as they wanted.

"I just relaxed about it, but it was scary. It was like, 'oh no, she's going to have 10 pieces.'"

At first, they all had a little more candy than usual. Then they cut back to about two pieces, including the candy sneaker. The best part?

No more hidden candy wrappers.

Unintended consequences?

This begs the questions: Should kids be allowed to eat candy at all, and if so, how much is too much? But what about once in a while?

Nutrition Today recently published a paper that proposes a definition of candy in moderation.

The publication explains that the association between restrictive eating and the tendency to overeat has been studied extensively in children. Parents may restrict certain foods in an effort to moderate a child's intake of calories.

Yet a review of child-feeding behaviors found that highly restrictive eating practices are consistently associated with childhood obesity. Weight gain and a preoccupation with restricted foods are often unintended consequences.

As usual, there is no one right answer, and it depends on the child. Keep in mind foods rich in protein and healthy fats slow down the effect of sugar, so a child eating well throughout the day may be less affected by sugar.

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

Cinnamon peach swirl

Serves 2 (3/4 cup per serving)

INGREDIENTS:

- 1 cup Daisy Brand Low Fat Cottage Cheese
- 1/4 tsp ground cinnamon
- 1 tsp vanilla extract
- 1 peach (may substitute 2 canned peach halves)
- 2 sprigs fresh mint (optional)

DIRECTIONS: Gently stir together the cottage cheese, cinnamon, and vanilla in a small bowl. Peel and

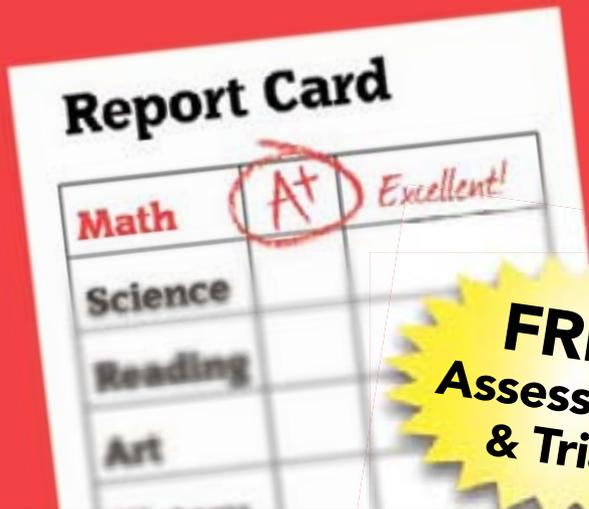
slice the peaches. Place half of the peaches into two dessert glasses. Top each peach layer with the cottage cheese mixture. Top each glass with remaining peaches and a sprinkle of cinnamon. Add a sprig of mint, if desired.

NUTRITION FACTS: 122 calories, 12 grams carbohydrate (1 g fiber, 11 grams sugar), 15 grams protein, 3 grams fat (2 grams saturated), 360 mg sodium.

Courtesy of Daisy Brand Cottage Cheese.



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Making adoption **AFFORDABLE**

Helpusadopt.org
awards adoption
grants to help
build families

BY SHNIEKA L. JOHNSON

Each year in New York City, thousands of children are placed for adoption or removed from their homes and assigned to foster care. Globally, there are more than 150 million children who need parents. Help Us Adopt, founded in 2007, is a nonprofit organization that helps hardworking families overcome the financial ob-

stacles of adoption, so children can join loving and permanent homes to give them all that they deserve.

In New York State, only an authorized agency can place children for adoption. A social worker must facilitate a home study and compile a document. When the agency study is obtained, there is an increased chance of receiving an agency referral for the adoption. The agency study includes details of the adopt-

ing families' thoughts and values on child rearing, child development, and interpersonal issues.

However, approved potential families are then faced with an enormous financial burden. Typical costs can include the home study; social worker visits; lawyers' fees (for adoptive parent(s) and birth mother); birth mother's monthly medical and counseling expenses; agency or orphanage fees; airline tickets (often

last minute); hotel; car rental; etc. Statistics indicate that an average adoption costs upwards of \$30,000. There are many qualified families that can offer a child a stable home environment, but are facing significant financial obstacles.

I spoke with Becky Fawcett, co-founder (with her husband, Kipp Fawcett) of Help Us Adopt, about her organization, the adoption process, and just what her organization does to aid families.

Shnieka Johnson: What led you to start the organization?

Becky Fawcett: We were so grateful to become parents through adoption and realized how lucky we were to have the means to do so, so we wanted to give back to help others. The decision to create Helpusadopt.org came after much research and the realization that we would be the only adoption grant organization that didn't define family, didn't define religion, didn't define adoption, didn't charge our applicants to apply, and offered grants up to \$15,000. Helpusadopt.org's doors are open to all and we are extremely proud of that fact.

SJ: How many families have you helped build thus far?

BF: To date, Helpusadopt.org has helped to build 107 families by awarding \$920,000 in grants. We will be awarding another \$100,000 in December, 2014. By the end of 2014 Helpusadopt.org will have awarded over \$1 million in adoption grants since we launched in 2007. We are humbled by how quickly we have grown to this number and so grateful for all of the support we have received.

SJ: What is the process for applying for adoption grants?

BF: Our application is free and posted on our website (www.helpusadopt.org). There is a page of guidelines as well as an FAQ page also on the site.

SJ: How does a prospective family find a trustworthy agency and attorney?

BF: Ask people you know for recommendations. Talk about their process with them (the good, the bad, and the ugly). Once you have a short list of adoption professionals, then call them to set up informational meetings. You'll find someone you click with. Some of the bumps in the road are unavoidable regardless of who your agency or attorney is, that's just the nature of the adoption process.

SJ: What are some typical road-



Photo by Amanda Picone Photography

blocks in the process?

BF: The number one reason people don't adopt or stop midway is because of money. Adoption is expensive — an average adoption costs \$30,000-plus.

SJ: How does your organization support adoptive families and their growth?

BF: Not only are we an adoption grant program that helps people build their families, but we also offer a shoulder to lean on during the process. We also keep in touch with all of our families after they bring their children home and have built quite a strong adoption community across the country.

SJ: What can others do to help?

BF: There are so many ways to help. We are always looking for volunteers, new committee members for our events in New York City, Philadelphia, and Los Angeles, and board members. Obviously monetary donations are wonderful, as we can't do the work that we do without raising money. Two ways to help any non-profit organization that are free are: one, helping to spread the word on social media outlets, and two, introductions to other people who might be interested in the work that we do. We are always looking to meet new people who care about building families through adoption.

If you're interested in getting aid from helpusadopt.org, applications for February 2015 grants must be postmarked by Friday, Dec. 12, 2014. Applications for June 2015 grants by Friday, April 17, 2015, and applications for Oct. 2015 grants by Friday, Aug. 14, 2015.

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

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Thankful giving

Put gratitude
in action with
these inspired
ideas

BY DR. HEIDI SMITH LUEDTKE

Don't let this month's focus on food — and football — overshadow the spirit of Thanksgiving. Show kids how to express their thanks with these inspired ideas. Because actions really do speak louder than words.

Apples for the teacher. Take the kids on an apple-picking expedition at a nearby orchard or hit the farmer's market for fresh fruit. Then get in the kitchen

and bake cinnamon-apple muffins together (try this five-star recipe from Robyn at Addapinch.com). Give the muffins to your child's teacher with a hand-written note that says, "I couldn't have picked a better teacher! You are the apple of my eye."

Word up. Boost your brainpower by learning how people say thanks in a load of other languages. You'll find written words for "thank you" with pronunciation tips at Factmonster.com and a video presentation of 29 thankful expressions on Youtube.com. Set a goal to say "thank you" three times each day in a foreign language and soon these expressions will feel familiar.

Picture it. Take a photo of your child with something (or someone) he's grateful for — like a loving grandparent or an awesome bus driver. Post it on Facebook for others to see and challenge your friends to catch your attitude of gratitude and share their own images of appreciation. Let's make gratitude go viral.

Pay it forward. You've undoubtedly heard that money talks. This month, make it say "thanks!" by donating to charitable organizations in your community. Not sure where to start? Donations to the Feeding America Backpack Program are used to give weekend eats to 230,000 children who get free lunch at school, but go hungry at home.

Rake it up. Grab a rake and a pack of paper leaf bags and head outside to haul in the harvest. Kids can scoop up neighbors' leaves for free or ask for a small donation to pass on to a community garden or green space. When the work is done, take the leaves to your city's drop-off site or to a garden center for composting. Then enjoy a cup of cocoa together. You've earned it.

Talk turkey. In the US and Canada, many food banks serve traditional Thanksgiving dinners to people in need. Find a food bank near you using the search engine at FeedAmerica.com and volunteer to work at an upcoming turkey drive. There, you'll have the privilege of saying thank you to the generous people who bring in the birds, and all the side-dish fixings.

Express your good fortune. Bake your own fortune cookies with personalized messages inside to remind your kids just how lucky you are to have them in your life. Find simple recipes at AllRecipes.com or order fancy custom cookies at KCFortuneCookieFactory.com.

Give the gift of time. Start a family time bank to give kids a chance to help one another. Your teenager might spend an hour designing student council campaign posters for your middle school student who pays it back by folding his big brother's share of the laundry pile. Pitching in on family projects lets everyone experience the joys of teamwork. Learn more about time banking at timebank.org.

Launch an attack. Of appreciation, that is. Pen a heartfelt thank you note to hide in your husband's wallet or brief case. Leave a lipstick kiss on his side of the bathroom mirror in the morning. Text thank-you messages to his cellphone throughout the day. Your goal: To remind him (and yourself!) how grateful you are to have a sweet and supportive partner.

Fill everybody's bucket. Teach young kids the value of good deeds with the book "Fill a Bucket" by Carol McCloud and Katherine Martin. To reinforce its message, ask kids to write down good deeds on slips of paper and put them in small tin buckets labeled with family members' names. Pretty soon, kids will be clambering to see who can fill up their bucket first. And everyone will be happier for it.

Heidi Smith Luedtke is a personality psychologist and mom who is grateful for knock-knock jokes and bedtime stories. She is the author of "Detachment Parenting."

A laugh-out-loud comedy

Now open, "Alexander and the Terrible, Horrible, No Good, Very Bad Day," based on the beloved children's book by Judith Viorst and starring Steve Carell, Jennifer Garner, and Ed Oxenbould as Alexander is a wonderful family movie that can be enjoyed with your school-aged kids

without worrying about violence, profanity, or other unsavory behavior, says Kids First! critic Gerry O.

What a hilarious adventure! Something I like about this film is that although it's a comedy, at the same

time, the directors have created a story so it doesn't feel as if it's just one big joke. In my estimation, it is just perfect.

This film has a bubble of unique comedy that sends the audience laughing out loud. And, it has a sprinkle of romance packaged with it, which makes it a unique story.

The film starts out showing an 11- (soon to be 12) year-old kid who always has bad days, while everyone else in his entire family always has perfect days. On the very early morning of his twelfth birthday he wishes that his family members would have a bad day. Well, they do! And, phew, is it bad!

This film has comedy that isn't just little jokes or things that are commonly seen in lots of normal comedies, but, instead, unique and creative comedy that is really funny. The actors are all well-suited to their roles, and something I love

about this film is that the ending is not easily predictable. Also, the story is created in such a way that

the comedy is just a part of the story. The creators managed to get a very important message through to the audience.

My favorite scene is when the sister is under-the-weather with a common cold, but has a play that day. She decides to drink a whole bunch of cough medicine and gets drunk during the play. This part is absolutely hilarious. The entire audience, including me, could not stop laughing during this scene.

"Alexander and the Terrible, Horrible, No Good, Very Bad Day" is a young kid film, but not too young. I would recommend for ages 9 to 18 and I give it 5 out of 5 stars for a great story, fantastic acting, and unbelievable comedy!

— Gerry O, age 12

See his video review at http://youtu.be/r-lp-R_YhnM



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DEAR
DR. KARYN
DR. KARYN GORDON

Maximize learning

Dear Dr. Karyn,

I loved your article last month on understanding learning styles. I could tell my 10-year old learned differently but didn't have the words to describe it. Can you tell me more tips on how to connect and communicate to my son who is a visual learner? Also I'm a manager at a mid-size law firm and have noticed that several of the lawyers I work with seem to also learn differently from myself. Can you share some tips on how to connect to all types of learners?

The key to communicating (and engaging) our kids, spouses, colleagues, friends and even employers is to understand and maximize all three learning styles. Here are three tips! Enjoy!

Maximize visual learning

Visual learners are energized and engaged through seeing a visual! Having a parent, teacher or boss tell them orally what they

need to do will go in one ear and out the other! Pictures, metaphors, graphs, videos, and acronyms work great for teaching and engaging this type of learner.

Here's a great example for how this works: Last weekend I went to the cottage for a "girls weekend — no boys allowed" with three of my closest girlfriends. It was the first time that I had to open up our new cottage by myself, and my husband (who knows how I learn) prepared instructions for me in my learning style. He, being auditory, wrote out the instructions in three pages with the 15 different steps I needed to do, but right beside the words he drew pictures (I'm not kidding) for various switches that I had to turn on.

After he had gone over the 15 steps with me at home, he asked me to teach it back to him (this is my kinesthetic style of learning) to make sure I had understood the steps properly!

Similarly, when I train counselors at our Leadership and Counseling Center, I tell them you can start off with auditory and explain concepts to clients orally, but if you have a visual client, you need to get up and start using your chalkboard or whiteboard so that clients can SEE what you are talking about. One of my associates said that when he started doing this he saw an immediate difference in one client's energy (a visual learner) by simply enabling him to see in picture form what he was referring to!

Maximize kinesthetic learning

Kinesthetic learners are energized and engaged through doing; too much talking and you will see their energy melt away! I also mentioned last month that kinesthetic students often doodle in class on their notebooks (as a way to keep engaged). This type of learner is energized by role-playing, projects, games, group work, experiments that involve getting out of their seats, frequent breaks, and various tools that they can use with their hands including modeling clay, puzzles, drawing materials



and computers.

One of the best strategies I learned for myself in eighth grade was to get myself a chalkboard! I had recently become aware of my learning tendencies, and my dad came home one day when I was 13 years old, and told me he had a gift for me in the garage. When I walked in there I saw an authentic old chalkboard, made out of slate and weighing more than 120 pounds. He explained that he had been driving in the country, and noticed an old church and schoolhouse that was being demolished with this beautiful old chalkboard inside.

The custodian said he could have it since it was going to be destroyed anyway, and my dad explained that because I was a kinesthetic learner, he thought it would be a great tool for me to use to study my schoolwork on. That chalkboard made a dramatic shift in my level of engagement and stayed with me throughout high school, grade school, graduate and doctorate studies, and it remains in my office in Toronto today!

If you are working with kinesthetic learners, I think all bedrooms, classrooms, and boardrooms should have chalkboards or whiteboards. Thankfully, you don't need to find a 100-year-old chalkboard — instead, just go to Home Depot and get yourself a \$15 can of chalkboard paint to do the trick! Not only does this strategy help with learning and engagement — but it looks fabulous as well!

Maximize auditory learning

Auditory learners are energized and engaged through words and hearing! Too much talking de-energizes visual and kinesthetic learners, but talking too slow will de-energize auditory learners. They usually pick up quickly what parents, teachers, and bosses are saying and will get bored (and disengaged) if the information is not being taught fast enough. These auditory learners are energized by those who can teach the information quickly, can get to the point (don't go on and on), who allow them to work at their own speed (and ideally work ahead), and who know their material (they have an enormous respect for "smart" teachers and bosses).

In addition, these types of learners appreciate any opportunity to read information in a written forum (textbooks, notes), often while listening to music. My husband, who is a strong auditory learner, describes school as incredibly easy and too slow. Thankfully, he had several teachers who understood that he was gifted and allowed him to work ahead on various subjects, which he credits with keeping him engaged!

A lot of auditory learners find French immersion quite helpful because they have the challenge of learning two languages. As I shared last month, the challenge for auditory learners is usually not in learning the material, but rather to be self-disciplined (an emotional intelligence muscle). One of the reasons I created our Dare to Dream event was specifically for this type of learner — to help them engage with their life and start working on developing that self-discipline muscle (which is 100 percent learned!)

Maximize all three styles

Obviously it's a lot easier to address learning styles if you are working one-on-one. But how do you address this to a group of students, clients, or employees, obviously with a mixture of needs? The key is to make sure you are always speaking according to all three learning styles!

For example, when I give keynotes to 500 people (remember, 80 percent are visual and kinesthetic learners) I will make sure I use skits, role-playing, games (yes, even for adults!), visuals, Power-Point slides, and video to illustrate my points.

As a speaker, a teacher, or a parent, when you learn to tap into all three learning styles of your audience you will see an enormous increase in the engagement level! Including elements specifically for each type will ensure you are maximizing all styles!

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

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Photo by Associated Press / Scott Robertson

Solar & savings

More schools are using solar energy to save money and jobs

BY SHAVANA ABRUZZO

Solar energy is hardly new. The Ancient Greeks unlocked the secrets of turning the sun's glints into mechanical power, using burning mirrors to light torches for their religious rites. Sunrooms on houses and public buildings were so common around 600 BC that Byzantine emperor Justinian initiated "sun rights" to ensure individual access to the golden orb.

Solar schools are the new economic trailblazers, with savings in the past decade equivalent to 50 million gallons of gas a year or taking nearly 100,000 cars off our highways, claims the country's first report on how sun power is empowering America's educational facilities. New York's growing solar energy industry, including 425 companies and 5,000 employees statewide, has installed solar systems on 160 schools, generating 7,316 kilowatts of clean, reliable, and affordable electricity, and ranking them in the top 10 nationally in installed capacity, reports "Brighter Future: A Study on Solar in U.S. Schools" by the Solar Foundation.

Today there are five times as many solar schools than in 2008, and fewer costs meaning more cash for textbooks and teacher salaries, claims the study prepared in conjunction with Solar Energy Industries Association and the U.S. Department of Energy. Solarizing New York's kindergarten through 12th grade buildings could also save the Big Apple up to \$209 million more than 30 years, while more than 70,000 additional schools would benefit similarly, add the authors.

"Solar is enabling many New York schools to save money, enrich learning and keep teachers in the classroom, all while providing local jobs and generating emissions-free electricity," said Andrea Luecke, president and executive director of the Solar Foundation. "It is clear that the solar schools movement is gaining momentum and providing kids with the greatest benefits."

Key findings include:

- America's K-12 schools have shown "explosive growth" in their use of solar energy over the last decade, soaring from 303 to 457,000 kilowatts of installed capacity and

reducing carbon emissions by 442,799 metric tons annually.

- There are 3,752 K-12 schools in the U.S. with solar installations, meaning nearly 2.7 million students attend schools with solar energy systems.

- More than 3,000 of the 3,752 systems were installed in the last six years.

- Of the 125,000 schools in the country, between 40,000 and 72,000 can "go solar" cost-effectively.

An analysis performed for the report found that 35 other school districts across the state could each save more than \$1 million more than 30 years by installing solar panels, stated the Solar Energy Industries Association.

"In fact, seven of those districts — Yonkers, NYC Special Schools, Brentwood Union, New Rochelle, Sachem Central, Mount Vernon, and Middle Country Central — could each save between \$2 million and \$6 million," said president and chief executive officer Rhone Resch. "In a time of tight budgets and rising costs, solar can be the difference between hiring new teachers or laying them off."

CONTEST WINNERS!

Dear *New York Parenting*,

Eric and I wanted to extend our most sincere thanks for choosing us as the winners of the Britax stroller. We are overwhelmed with joy and appreciation. We are first-time parents and recent college graduates. We are truly grateful for the stroller, and it will be of great use to us.

Sincerely,
Zya Bethune-Lockhart
Brooklyn, NY



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LIONS AND TIGERS AND TEENS

MYRNA BETH HASKELL

Life after playdates

When teens choose their friends themselves

My mother used to constantly remind me, “You can pick your friends, but you can’t pick your relatives!” All of my friends’ mothers said the same thing. We all took this to heart and into adulthood. Unfortunately, no one warned us that this didn’t include our children’s friends.

So, we began picking out our kids’ friends when they were toddlers. Mothers are very enthusiastic about friend picking. These friends we chose were usually the kids of our own friends, or the kids of the other mommies in the neighborhood who we deemed fun to hang out with. Things were simple back then. If you didn’t like how certain children were behaving in front of your own, you didn’t invite them over. I vividly recall one Cub Scout outing where a 7-year-old monster child tried to poke my son’s eye out with a piece of sharpened slate. That was the end of that relationship!

We didn’t realize until much later that friend “picking out” was a transient affair. Teens’ friends are another story all together. They are private territory and off-limits to parents — so say our teens.

So, what does one do when one is not exactly thrilled with the new friend? First, parents should be honest with themselves. What is it

about the new friend? Is he sporting a nose ring? Does she talk in two-word sentences? Is he flunking math? Maybe you just don’t like her, and you can’t put your finger on it.

Perhaps you have legitimate concerns about the way your teen is being treated or you fear your teen is newly involved in unsavory activities, such as alcohol and drug use.

Sometimes, forbidding a friendship can make things worse, and chemistry is not something you can easily predict or manipulate. So, what’s a parent to do?

Talk, talk, talk

It’s best to get to know the friends rather than making an instant character assessment. With younger teens, offer to drive them places and listen to their conversations. Invite your teen’s friends over to your house for dinner. Instead of grilling them about their grades, sit down and talk with them about their interests. You can learn a lot about a person if you’re able to engage him in a lengthy conversation.

Be honest and forthcoming

If you still have concerns, it’s time to broach the subject with your teen.

Dr. Sylvia LaFair, a psychologist and author of “Don’t Bring It to Work: Breaking the Family Patterns that Limit Success” (Jossey-Bass, 2009), says, “The best way for parents to approach their teen if there is concern about a new friendship or new group of friends is directly.”

She advises that parents ask questions such as, “How can we work together to minimize my concerns?” She says to keep the dialogue going until your teen begins to open up.

“You will get more information when you talk together than if you give finger-pointing directives,” she explains.

Don’t directly attack your teen’s choice of friends. This will put your

teen on the defensive. Instead, start the conversation with a non-judgmental tone, such as “I’m not sure if your friend’s parents have the same rules as we do and this concerns me.” If you use this approach, your teen will likely open up to you.

LaFaire warns that parents need to put their foot down if they feel their teen is in danger because of a new set of friends.

“If you feel there is serious danger with your teen and questionable friends, it’s time to take a stand. Would you let your 2-year-old walk into traffic? Get serious with your teen, and let him know why certain dangerous friends are off-limits.”

Dos and don’ts:

- Do observe his attitude toward adults.
- Don’t look at his appearance alone.
- Do look for signs of drug or alcohol abuse.
- Don’t hover when friends come over — you want them to come back!
- Do stick around if a friend of the opposite sex is over.
- Don’t clam up: talk to the friends ... and to your teen.

Tips and tales

“I’ve always had a great radar system. I’m honest and tell my daughters upfront if my radar senses something’s wrong. I try not to be too negative.”

Judy Burns, Poughkeepsie, NY

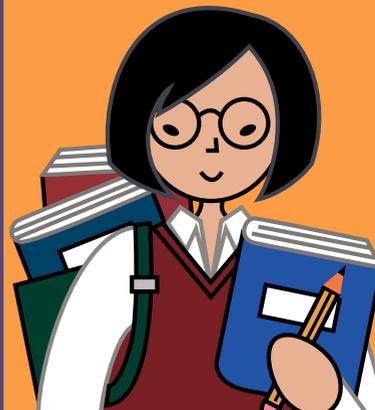
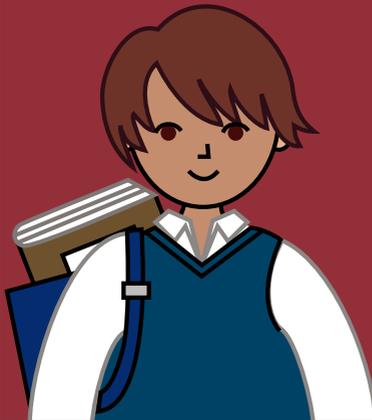
“The best way to get to know the friends is to have them over to spend time with you. Friends tell you stuff about your own kids that you don’t know. Silly stuff ... like boys they may like.”

Anita Middelstaedt, Salt Point, NY

Myrna Beth Haskell is a feature writer, columnist, and author of “Lions And Tigers And Teens: Expert advice and support for the conscientious parent just like you” (Unlimited Publishing LLC, 2012), available at Amazon.com. For details, visit www.myrnahaskell.com.



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Calendar

NOVEMBER



Native American culture and fun

Look no further than the Center for the Arts College of Staten Island for a taste of Native American culture, when the Thunderbird American Indian Dancers blazes into town on Nov. 24, 25, and 26.

Presented by Enrichment Through the Arts, the production features the group that has enchanted audiences with songs and dances of the tribes of the Northwest Coast, Woodlands, Plains and the Southwest for more than 25 years. The rollicking rep-

ertoire includes the traditional "Fancy Dance" and "Hoop Dance," as well as a variety of other distinct regional tribal pieces that are sure to delight and amaze.

Thunderbird American Indian Dancers Nov. 24, 25, and 26 with two shows at 10 am and 11:30 am. Tickets are \$9.

The Center for the Arts at College of Staten Island [2800 Victory Blvd. at Morani Street in Willowbrook, (718) 982-5678; www.theatretrips.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!

FRI, OCT. 31

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.

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.

SAT, NOV. 1

ON STATEN ISLAND

Sewing workshop: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 10:30 am; Free.

Teens and tweens explore their designer skills. Registration is required.

Spirits of Greenbelt: Greenbelt Nature Center, 700 Rockland Ave. at Brielle Avenue; (718) 351-3450; www.nycgovparks.com; 11 am–noon; \$10 (\$8 members).

Children 5 to 8 create a beaded ghost craft, have treats and lots of fun. Registration and pre-payment required.

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.

FURTHER AFIELD

Pumpkin Chucking: New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; www.ny-



She's tickled pink

Pinkalicious loves pink and wants everything in her life to be pink. The beloved children's storybook character comes to the stage at the St. George Theatre on Nov. 16. Pinkalicious can't stop eating pink cupcakes, despite her parents' warnings. She learns the hard way by landing in the doc-

tor's office with a case of Pinkilitis. Fun for all ages.

"Pinkalicious" on Nov. 16 at noon and 5 pm. Tickets are \$18 and \$20.

The St. George Theatre (35 Hyatt St. between St. Mark's Place and Central Avenue in St. George; (718) 442-2900; www.stgeorgetheatre.com)

science.org; 1 & 3 pm; Free with NYSCI admission.

Watch New York Hall of Science's catapult, Chuck, toss pumpkins in the air.

Subway safety: 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.

Ever wonder about the people who work underground? Children learn how subway workers keep us safe on and off the trains.

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 ages 10 and older. 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 New York Hall of Science Day of the Dead-inspired activities and learn

how and when different organisms produce light.

SUN, NOV. 2

ON STATEN ISLAND

History hike: High Rock Park, 200 Nevada Ave. at Rockland Avenue; (718) 351-3450; www.nycgovparks.org; 11 am–noon; Free.

Educators lead a tour through the park. Dress appropriately, wear sturdy footwear, and bring a water bottle. Suitable for children 8 years and older.

FURTHER AFIELD

Live Bat Encounters: New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; www.nyscience.org; 1 and 3 pm; \$6 adults, \$5 children, students & seniors, plus NYSCI admission.

Meet live bats and learn about the benefits of bats, why we need to conserve them, and what you can do to help them at this special show with Rob Mies from the Organization for Bat Conservation.

Subway safety: 1:30 pm. New York Transit Museum. See Saturday, Nov. 1.

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).

The BAM series offers the perfect opportunity for families to introduce their children to the classics on the big screen, featuring "Creature from the Black Lagoon."

MON, NOV. 3

ON STATEN ISLAND

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.

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.

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

Nature at night: High Rock Park, 200 Nevada Ave. at Rockland Avenue; (718) 351-3450; www.nycgovparks.org; 5–6 pm; Free.

Bring a flashlight and take a hike to see what goes bump in the night. Suitable for children 6 years and older. Make sure to wear weather-appropriate clothes.

TUES, NOV. 4

ON STATEN ISLAND

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

Teens to 17 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 (afternoon session).

WED, NOV. 5

ON STATEN ISLAND

Teen club: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718)

Continued on page 30

Calendar

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

Continued from page 29

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.

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

Bring your imagination and get creative — listen to stories and then make hands-on musical instruments. Pre-registration required. For children 5 to 12 years old.

THURS, NOV. 6

ON STATEN ISLAND

"The Bullying Project": 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 original musical that addresses the issue of bullying in the schools. Presented by Enrichment Through the Arts.

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

Little ones 18 months to 3 years old with a caregiver listen to interactive stories, fingerplay, and spend time with other tykes. Pre-registration required.

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

Children 3 to 12 years old hear a story and make a coloring craft.

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 laptops for homework. For children 13 to 18 years old.

Craft time: Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; www.nypl.org; 4-5 pm; Free.

Children make assorted projects. Suitable for ages 4 and older.

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

After Wendy Windstorm blows the poetry out of Poetsville, she needs the help of her puppet friends to solve her problems. Recommended for 4 to 12 year olds.

FRI, NOV. 7

ON STATEN ISLAND

Toddler Time: Dongan Hills Library,

1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; www.nypl.org; 10:30 am; Free.

Little ones birth to 5 years old with a parent or caregiver.

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 listen to stories, play games, fun crafts, and sing songs.

SAT, NOV. 8

ON STATEN ISLAND

Seasonal explorers: Greenbelt Nature Center, 700 Rockland Ave. at Brielle Avenue; (718) 351-3450; www.nycgovparks.com; 10 am-10:45 am; \$8 per session (\$6 members).

Urban rangers tell stories, host arts and crafts and hikes, weather permitting. Must be accompanied by a chaperone. Registration required.

Wilderness survival: Blue Heron Nature Center, 222 Poillon Ave. between Amboy Road and Hylan Boulevard; (718) 967-3542; www.nycgovparks.com; 11 am; Free.

What would you do if you found yourself lost in the woods? Let the urban rangers teach you how to survive. This workshop is suitable for children 8 years and older. Wear weather-appropriate clothing.

Tutoring: 11 am and 2 pm. New Dorp Library. See Saturday, Nov. 1.

Camera exhibit: Alice Austen House, 2 Hylan Blvd. at Bay Street; (718) 816-4506 X 10; 1-4 pm; Free.

Alice Auseten used a glass-plate camera, as well as following many trends of photography equipment of the day. Come and view this vintage camera exhibit with and artists talks and displays of photos.

"The Little Mermaid 2 - Return to the Sea": New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 2-4 pm; Free.

Visit with Ariel and Eric.

FURTHER AFIELD

Subway Smarts: 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 explore the job that "work trains" do — how they help to keep the tunnels and tracks in working order.

"Nation Beat": BAM Cafe, 30 Lafayette Ave. between Ashland Place and St. Felix Street, Brooklyn; www.bam.org/programs/bamcafe-live; 2 pm; \$9.

Scott Kettner, founder and direc-

tor of this American-Brazilian collective performs an original sound fused by Brazilian maracatu drumming and New Orleans second line rhythms. Children 5 to 8 years old enjoy this crowd-wow-ing Carnival-style concert.

Train school: 2-4 pm. New York Transit Museum. See Saturday, Nov. 1.

SUN, NOV. 9

ON STATEN ISLAND

Reading: Greenbelt Nature Center, 700 Rockland Ave. at Brielle Avenue; (718) 351-3450; www.nycgovparks.com; 2-3 pm; Free.

SIOutLoud presents a reading of "To Kill a Mockingbird." Children of all ages share ideas about the timeless story and all the characters. Weather permitting visitors will enjoy a short walk and see if they can spot a mockingbird or two and look for hidden treasures. Registration recommended.

FURTHER AFIELD

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

Giveaways, raffles, prizes, vendor booths, and a performer from the Big Apple Circus plus story time, hands-on activities, face painting, spin art and more. Preregister for a free goody bag.

Subway Smarts: 1:30 pm. New York Transit Museum. See Saturday, Nov. 8.

MON, NOV. 10

ON STATEN ISLAND

"Snow White": 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.

A musical adaptation of the Grimm fairy tale.

Teen Cafe: 2-4 pm. New Dorp Library. See Monday, Nov. 3.

Board Game Bonanza: 3:30-4:30 pm. Great Kills Library. See Monday, Nov. 3.

Claymation!: 4pm -6 pm. Dongan Hills Library. See Monday, Nov. 3.

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.

TUES, NOV. 11

FURTHER AFIELD

Veterans Day: Brooklyn Children's Museum, 145 Brooklyn Ave. at St.

Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; 11:30 am and 2:30 pm; Free with museum admission.

Children explore the importance of community helpers and soldiers, and make a special hero medal to take home.

"On Ice Frozen": Barclays Center, 620 Atlantic Ave. at Pacific Street, Brooklyn; (917) 618-6100; www.barclayscenter.com; 7 pm; \$30-\$180.

Disney presents its winter spectacular featuring songs from the animated movie "Frozen."

WED, NOV. 12

ON STATEN ISLAND

Teen club: 2-4 pm. New Dorp Library. See Wednesday, Nov. 5.

Music makers: 4 pm. Dongan Hills Library. See Wednesday, Nov. 5.

FURTHER AFIELD

"On Ice Frozen": 7 pm. Barclays Center. See Tuesday, Nov. 11.

THURS, NOV. 13

ON STATEN ISLAND

Read aloud: 3:30 pm. Dongan Hills Library. See Thursday, Nov. 6.

Teen Lounge: 3:30-4:30 pm. Great Kills Library. See Thursday, Nov. 6.

Autumn craft: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 4-5 pm; Free.

Children 3 years and older make a fun project for Thanksgiving.

FURTHER AFIELD

"On Ice Frozen": 10:30 am and 7 pm. Barclays Center. See Tuesday, Nov. 11.

FRI, NOV. 14

ON STATEN ISLAND

Toddler Time: 10:30 am. Dongan Hills Library. See Friday, Nov. 7.

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

The Colorado Sisters favorite stories in the collection of Native American Tales. For children ages 4 to 10 years old.

Fun Fridays: 3:30-4:30 pm. Great Kills Library. See Friday, Nov. 7.

FURTHER AFIELD

"On Ice Frozen": 7 pm. Barclays Center. See Tuesday, Nov. 11.

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

SAT, NOV. 15

ON STATEN ISLAND

Seasonal explorers: 10 am–10:45 am. Greenbelt Nature Center. See Saturday, Nov. 8.

Tutoring: 11 am and 2 pm. New Dorp Library. See Saturday, Nov. 1.

"Balto 3 Wings of Change": New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 2–4 pm; Free.

Balto embarks on his most exciting journey yet.

FURTHER AFIELD

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

The Pied Piper of children rocks out with tunes from the award-winning CD *Wake Up Clarinet*. Clara Net and her mother Big Mama Tuba come to life and teach children 2 to 6 years old the joys of music.

"On Ice Frozen": 11 am, 3 pm and 7 pm. Barclays Center. See Tuesday, Nov. 11.

Subway Smarts: 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.

Become a signals expert and discover the language of red, yellow, and green lights for trains.

Train school: 2–4 pm. New York Transit Museum. See Saturday, Nov. 1.

SUN, NOV. 16

ON STATEN ISLAND

"Pinkalicious the Musical": St. George Theatre, 35 Hyatt St. between St. Mark's Place and Central Avenue; (718) 442-2900; www.stgeorgetheatre.com; Noon and 5 pm; \$20, \$18.

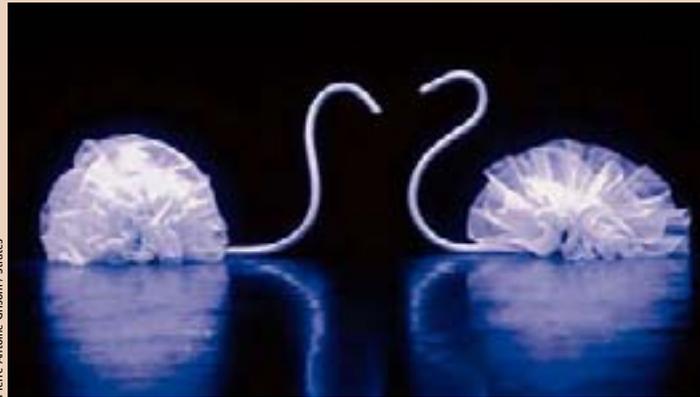
She can't stop eating pink cupcakes despite warnings from her parents. Pinkalicious learns the hard way after landing in the doctor's office with a case of Pinkitis. Fun for all ages.

The Wolf returns: Greenbelt Nature Center, 700 Rockland Ave. at Brielle Avenue; (718) 351-3450; www.ny-cgovparks.com; 1–3 pm; \$12 per person; \$45 family of 4 (\$15 person, \$50 family of four non-members).

Children 6 years and older, with an adult, meet the staff of NY Wolf Conservation and Atka, an arctic gray wolf. Registration and pre-payment required.

FURTHER AFIELD

"On Ice Frozen": 1 pm and 5 pm. Barclays Center. See Tuesday, Nov. 11.



Pierre-Anthoine Grisoni / Strates

Silence takes shape

Mummenshanz has returned to Skirball Center for the Performing Arts, Nov. 20-30.

In a time of endless noise from phones, electronics, computers, and a world inundated with technology, the enchanting Mummenshanz returns to New York with its universally loved show.

The internationally celebrated troupe returns with "The Musicians of Silence." Without any words or music, performers instead use magical objects including a cube, toilet paper, a

clay mask, and a white sheet to convey their messages. Through careful actions and poignant movements, the troupe brings creativity and imagination to the stage.

Mummenshanz, Nov. 20 through Nov. 30. Showtimes: Nov. 20, 21, 22, 24, 25, 28, and 29 at 7 pm, and Nov. 22, 23, 28, 30, at 3 pm. Tickets are \$49–\$85.

Skirball Center for the Performing Arts [566 LaGuardia Pl. at West Third Street in NOHO; (888) 611-8183; www.mummenshanzny.com]

Subway Smarts: 1:30 pm. New York Transit Museum. See Saturday, Nov. 15.

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).

The BAM series offers the perfect opportunity for families to introduce their children to the classics on the big screen, featuring "A Hard Day's Night."

MON, NOV. 17

ON STATEN ISLAND

Teen Cafe: 2–4 pm. New Dorp Library. See Monday, Nov. 3.

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

Read aloud: 4 pm. Huguenot Public Library. See Monday, Nov. 10.

TUES, NOV. 18

ON STATEN ISLAND

Bracelet workshop: Dongan Hills Library, 1617 Richmond Rd. at Liberty

Avenue; (718) 351-1444; www.nypl.org; 3:30–4:30 pm; Free.

Teens and tweens make a friendship bracelet.

Tutoring: 3:30–5:30 pm. New Dorp Library. See Tuesday, Nov. 4.

Play it forward NY: Rossville AME Zion Church, 584 Bloomingdale Rd. at Woodrow Rd.; (646) 765-6531; 6:30–8 pm; Free.

The anti-bully group provides a support meeting for children and teens who have been bullied.

WED, NOV. 19

ON STATEN ISLAND

Magic, magic: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 2:30 pm; Free.

Teens learn all about the art and history of deception and magic tricks.

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

Teens 13 to 18 years old learn different beading methods. Led by Pamela

Isaac. All materials provided.

Might Action Racket Theater workshop: Huguenot Public Library, 830 Huguenot Ave. at Drumgoole Road East; (718) 984-4636; www.nypl.org; 4 pm; Free.

Young actors are guided on a theatrical path. Recommended for children 5 to 12 years old.

Music makers: 4 pm. Dongan Hills Library. See Wednesday, Nov. 5.

THURS, NOV. 20

ON STATEN ISLAND

Toddler time: 11–11:45 am. Great Kills Library. See Thursday, Nov. 6.

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

Toddlers 18 months to 36 months and children 5 to 12 years old learn about the fascinating birds and meet live owls.

Teen Lounge: 3:30–4:30 pm. Great Kills Library. See Thursday, Nov. 6.

FRI, NOV. 21

ON STATEN ISLAND

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.

Toddler Time: 10:30 am. Dongan Hills Library. See Friday, Nov. 7.

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.

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

Children make assorted projects. Suitable for ages 4 and older.

Fun Fridays: 3:30–4:30 pm. Great Kills Library. See Friday, Nov. 7.

SAT, NOV. 22

ON STATEN ISLAND

Seasonal explorers: 10 am–10:45 am. Greenbelt Nature Center. See Saturday, Nov. 8.

Tutoring: 11 am and 2 pm. New Dorp Library. See Saturday, Nov. 1.

E-books: Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718)

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Calendar

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

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351-1444; www.nypl.org; 2-3 pm; Free.

Teens can bring their tablets, phones, and devices and learn how to enjoy e-books.

FURTHER AFIELD

Safe City 101: 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.

Interactive tour of the museum for parents and children.

Train school: 2-4 pm. New York Transit Museum. See Saturday, Nov. 1.

SUN, NOV. 23

ON STATEN ISLAND

Thanksgiving with the beasts: Staten Island Zoo, 614 Broadway at Martling Avenue; (718) 442-3174; www.statenislandzoo.org; 11 am-3 pm; Free with zoo admission.

What do wild things eat? Find out during a pre-Thanksgiving celebration and participate in animal feedings and presentations. For all ages.

FURTHER AFIELD

Safe City 101: 1:30 pm. New York Transit Museum. See Saturday, Nov. 22.

MON, NOV. 24

ON STATEN ISLAND

Thunderbird American Indian Dancers: The Center for the Arts - College of Staten Island, 2800 Victory Blvd.; (718) 982-5678; www.theatertrips.org; 10 am and 11:30 am; \$9.

Children experience the rich culture of indigenous people.

Teen Cafe: 2-4 pm. New Dorp Library. See Monday, Nov. 3.

Board Game Bonanza: 3:30-4:30 pm. Great Kills Library. See Monday, Nov. 3.

Read aloud: 4 pm. Huguenot Public Library. See Monday, Nov. 10.

TUES, NOV. 25

ON STATEN ISLAND

Thunderbird American Indian Dancers: 10 am and 11:30 am. The Center for the Arts - College of Staten Island. See Monday, Nov. 24.

Tutoring: 3:30-5:30 pm. New Dorp Library. See Tuesday, Nov. 4.

WED, NOV. 26

ON STATEN ISLAND

Thunderbird American Indian Dancers: 10 am and 11:30 am. The

Center for the Arts - College of Staten Island. See Monday, Nov. 24.

Teen club: 2-4 pm. New Dorp Library. See Wednesday, Nov. 5.

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

Video games for the older set.

THURS, NOV. 27

FURTHER AFIELD

Macy's Thanksgiving Day Parade: Kick off point Central Park West and 77th Street, Manhattan; 9 am; Free.

The 88th annual parade kicks off at 77th Street and Central Park West and makes its way down to Macy's Herald Square, with floats, entertainment and, of course, Santa.

FRI, NOV. 28

ON STATEN ISLAND

After Thanksgiving Run: Greenbelt Nature Center, 700 Rockland Ave. at Brielle Avenue; (718) 351-3450; www.nycgovparks.com; 10 am-noon; Free.

Walk off that turkey and stuffing dinner in this two-hour hike. Suitable for children 8 and older. Dress appropriately for hiking. Registration required.

Arts and craft fair: Alice Austen House, 2 Hylan Blvd. at Bay Street; (718) 816-4506 X 10; 11 am - 5 pm; Free.

Local artists and craftsman share their works and sale. Vendors offers jewelry, hand-made doll clothing, baked goods, and personalized items.

FURTHER AFIELD

Transportation inventions: New York Transit Museum, Boerum Place at Schermerhorn Street, Brooklyn; (718) 694-1600; www.mta.info/mta/museum; 11:30 am, 1:30 pm and 3 pm; Free with Museum admission.

Use your imagination and a little inspiration to create a blueprint and model of a vehicle that is strong, safe, and smart for the 21st century. For children 6 years and older.

SAT, NOV. 29

ON STATEN ISLAND

Arts and craft fair: Alice Austen House, 2 Hylan Blvd. at Bay Street; (718) 816-4506 X 10; 11 am-5 pm; Free.

Local artists and craftsman share their works and sale. Vendors offers jewelry, hand-made doll clothing, baked goods, and personalized items.

Kitchen tours: Historic Richmond Town, 441 Clarke Ave. at Tysen Court; (718) 351-1611; www.historicrichmondtown.org; 1-5 pm; Free for members (\$8 seniors and students; \$5 children 12-17; and \$5 children 4-11).

Discover the recipes and ways to celebrate Thanksgiving meals.

Night sky: Wolf's Pond Park House, Hylan Blvd. and Cornelia Street; (718) 967-3542; 6 pm; Free.

Urban rangers take you on a tour of the stars. Learn all about the folklore of the solar system.

FURTHER AFIELD

Transportation inventions: 11:30 am, 1:30 pm and 3 pm. New York Transit Museum. See Friday, Nov. 28.

Train school: 2-4 pm. New York Transit Museum. See Saturday, Nov. 1.

SUN, NOV. 30

ON STATEN ISLAND

Kitchen tours: 1-5 pm. Historic Richmond Town. See Saturday, Nov. 29.

Christmas benefit: Notre Dame Academy, 78-134 Howard Ave.; (800) 838-3006; www.brownpapertickets.com/event/884432; 2 pm; \$25 and \$75.

The event, presented by Casa Belvedere and Majestic Castle Music Productions, features Italian tenor Michael Castaldo singing classic Italian carols and accompanied by the Richmond County Orchestra. Special guest is Rebecca Newman.

FURTHER AFIELD

Transportation inventions: 11:30 am, 1:30 pm and 3 pm. New York Transit Museum. See Friday, Nov. 28.

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).

The BAM series offers the perfect opportunity for families to introduce their children to the classics on the big screen, featuring "The Sound of Music."

LONG-RUNNING

ON STATEN ISLAND

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

goole 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 - Sat, Nov. 22; Free.

Children listen to a different story each week.

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

Children create fun projects.

Story Museum: Historic Richmond Town, 441 Clarke Ave. at Tysen Court; (718) 351-1611; www.historicrichmondtown.org; Thursdays, 11:30 am-12:30 pm.; \$3.

Toddlers and pre-schoolers with a caregiver listen to stories, do crafts, listen to songs, dance and sing and have play with other children.

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.

Science Playground: New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; www.nyscience.org; Weekdays, 9:30 am-5 pm, Saturdays and Sundays, 10 am-6 pm, Now - Wed, Dec. 31; \$4, plus museum admission.

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

Rocket Park Mini Golf: New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; www.nyscience.org; Weekdays, 9:30 am-5 pm, Saturdays and Sundays, 10 am-6

Calendar

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

pm, Now – Wed, Dec. 31; \$6 (adults,) \$5 (children and seniors,) plus museum admission.

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

More than meets the "I": Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; Tuesdays – Sundays, 10 am–5 pm, Now – Mon, Jan. 19, 2015; \$9 general admission (Children under one free).

The new exhibit at the museum provides young scientists the opportunity to explore innovations in biology, health, robotics, and technology.

"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 and 2 pm, Saturdays and Sundays, 1 and 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 – Sun, Jan. 11, 2015; Free with museum admission.

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

Native American Art: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; Saturday, Nov. 1, 12:30 pm; Sunday, Nov. 2, 11:30 am; Saturday, Nov. 8, 12:30 pm; Sunday, Nov. 9, 12:30 pm; Saturday, Nov. 15, 12:30 pm; Sunday, Nov. 16, 12:30 pm; Saturday, Nov. 22, 12:30 pm; Sunday, Nov. 23, 12:30 pm; Saturday, Nov. 29, 12:30 pm; Sunday, Nov. 30, 12:30 pm; Free with museum admission.

Children 4 years and older are inspired by traditional arts of Native communities from the Navajo weaving to Tingit totem poles. Then create their

own to take home.

Native Tales: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; Saturday, Nov. 1, 1:30 pm; Sunday, Nov. 2, 12:30 pm; Saturday, Nov. 8, 1:30 pm; Sunday, Nov. 9, 1:30 pm; Saturday, Nov. 15, 1:30 pm; Sunday, Nov. 16, 1:30 pm; Saturday, Nov. 22, 1:30 pm; Sunday, Nov. 23, 1:30 pm; Saturday, Nov. 29, 1:30 pm; Sunday, Nov. 30, 1:30 pm; Free with museum admission.

Children 4 years and older gather around to hear the tales and imagine life when Manhattan was Mannahatta.

Bug out!: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; Tuesdays and Thursdays, 3:30 pm, Now – Thurs, Dec. 18; Free with museum admission.

Feeling brave? Meet grasshoppers, worms, stick bugs and Madagascar hissing cockroaches.

Ice skating school: Lefrak Center in Prospect Park, Parkside and Ocean avenues, Brooklyn; (718) 594-7439; info@brooklynice.org;

www.brooklynice.org; www.brooklynice.org; Mondays and Wednesdays, 4–6:30 pm, beginning Mon, Nov. 10; Free.

Instructions, fitness, homework help and lots more. Requirements: students in grades first through eighth must live in Brooklyn or go to school in Brooklyn, and be eligible for free or reduced lunch program. Preregistration required.

Mummenshanz: Skirball Center for the Performing Arts, 566 LaGuardia Pl. at W. Third Street, Manhattan; (888) 611-8183; www.mummenschanzny.com; Thursday, Nov. 20, 7 pm; Friday, Nov. 21, 7 pm; Saturday, Nov. 22, 3 pm; Sunday, Nov. 23, 3 pm; Monday, Nov. 24, 7 pm; Tuesday, Nov. 25, 7 pm; Friday, Nov. 28, 3 pm; Saturday, Nov. 29, 3 pm; Sunday, Nov. 30, 3 pm; \$49-\$85.

The internationally celebrated troupe returns with "The Musicians of Silence." Mummenshanz tells a story, evokes universal emotions and strikes a common chord without the use of any words or music. Performers use magical objects including a cube, toilet paper, a clay mask and a white sheet.

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THE BOOK WORM

TERRI SCHLICHENMEYER

‘World’ of inspiring kids

This year, your teachers say you’ve changed a lot.

They say you’re not a little kid anymore, that you’re more mature. Your hair is different, or you got new glasses, or you smile more. You’ve changed, and that’s good. So find “Kids Who Are Changing the World” by Anne Jankeliowitch, with photographs by Yann Arthus-Bertrand, to read about kids who have different changes in mind.

Someday, the planet on which you’re standing will be yours. That means you probably want to take good care of it, and of the other people who’ll own it, too. No doubt, you’ve got some awesome (and very unique) ideas on how to do that. And if not — well, why not learn from kids who have done something for the Earth?

Twenty years after the first Earth Summit in Rio de Janeiro, people are still talking about the 12-year-old Canadian girl who “silenced the world.” Severn Cullis-Suzuki gave a speech in front of United Nations delegates who sat, quietly, and listened to the powerful words she had to say. You can still, in fact, see clips of her speech online.

Alex Lin was upset at the lack of recycling of electronic equipment, so he changed the whole state of Rhode Island by helping to pass laws

on electronic waste. Best of all, he and his friends refurbish computers and donate them to schools in Sri Lanka, Mexico, the Philippines, and Kenya.

Qier Qiu from China urges people to eat with reusable chopsticks, thereby saving trees. Thirteen-year-old Anya Suslova collected water samples for scientists in Russia. Laurie Wolff in Nevada persuaded her school to use virtual dissection in biology class. A girl in India asked her school to compost with worms. Ten-year-old Jahmali Bridgewater from Bermuda attended a conference to exchange ideas with kids around the world.

Your project can be easy (many children planted trees or created educational websites), or it can be very complicated (Annie Collins of British Columbia helped set up a fair trade program for her city). It can be big (a California boy filed a lawsuit) or small — just picking up litter helps!

So what’s your next project?

That’s a hard question when you’re a kid. Where do you start?

“Kids Who are Changing the World” answers that by giving your child plenty of ideas that will provoke thoughts for you, too. For in-



stance, it’s impressive to see the variety of kids that author Jankeliowitch features: children — some still in grade school, some in non-traditional learning environments — who saw a need and acted upon it, proving there is no age or ability limit to make a difference. I was also glad to see such passion for the planet, and when you add in photography by Arthus-Bertrand, you’ve got a hopeful, optimistic winner to read.

Not all kids will clamor for this book, but ecology-minded 10-to-15-year-olds will surely be inspired by it. Hand them “Kids Who are Changing the World” and see how they change, too.

“Kids Who are Changing the World,” by Anne Jankeliowitch 144 pages, 2014, \$14.99.

Learn A-B-Cs with animals from A to Z

There’s something very important that you can’t find, even though you’ve searched everywhere. You don’t know what to do.

In “Kay Kay’s Alphabet Safari” by Dana Sullivan kids learn that what they’re looking for might be right under their nose!

It was a beautiful, sunny day, and Kay Kay strolled past Bungoma’s new village school, where he heard the children call his name. They were proud of their new classroom, and they wanted him to see it.

Kay Kay looked around the classroom and saw brand-new desks and plain white walls that practically begged to be painted. Kay Kay told the children that he would paint

animals “A” to “Z” on the wall.

But which ones?

Kay Kay thought best when he was moving, so he used his feet and his brain to go to the countryside. There, he met Ant, but there’d be no chatting, because Kay Kay was deep in thought.

A few feet down the path, Baboon and his friends wanted to dance, but Kay Kay couldn’t take even a minute for that.

Fox was having a tea party not far away, but Kay Kay didn’t have time for tea. There’d be no games with Leopard, and absolutely no jokes or riddles with Porcupine. Snake could daydream on his own and Warthog would have to run around with his friends by himself. This animal A to Z stuff was very, very hard!

Suddenly, it hit him! The answer was right in front of him! But, of course, there was one animal miss-

ing: what could he paint on the wall that starts with a “K”?

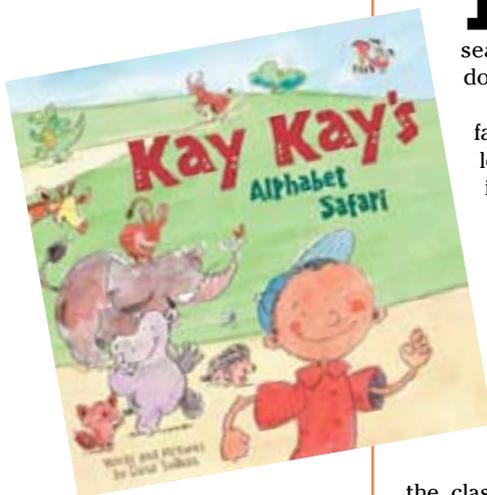
Based loosely on a true story of a talented Kenyan taxi driver and the “very real” Star of Hope School, “Kay Kay’s Alphabet Safari” is a cute A-B-C book based on animals.

Author-illustrator Sullivan adds a nice surprise for slightly older kids, too: in the back of this book, you’ll find a behind-the-scenes story of how this book came to be. If they’re up for more, your kids can also learn to say a few words and funny phrases in Swahili.

Find this book for 2-to-4-year-olds, share it with 5-to-6-year-olds, and you won’t be sorry.

“Kay Kay’s Alphabet Safari,” by Dana Sullivan [40 pages, 2014, \$15.99].

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



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