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Letter from the publisher

May is a fantastic month to be a kid! They can really play outside now and so many of the teams and leagues are in swing. Tennis is kicking off and swimming is more available and the kids can exit with damp hair and not worry about catching a chill.



Hopefully your kids are involved in activities involving movement. With childhood obesity continually on the rise, it's more important than ever to be a kid who is active, burning calories and keeping the metabolism pumping. Bike riding, skating, boarding, running, jumping, shooting hoops and getting balls over nets are only some of the ways kids stay fit and involved. Make sure your children are doing physical activities that will keep them alert and vital and that will keep their inner machinery operating at the highest level.

Spring is here and aren't we glad! Spring means different fruits and vegetables that are in season and local, which is the best way for all of us to eat. Spring is a wonderful time to find the Greenmarket in your area that offers the early veggies like asparagus, and the array of berries that are soon to be luscious and ripe. Feeding our kids with thought in mind fresh local foods as much as possible that are not pre-packaged or pre-mixed, is us returning to the way things used to be when almost everyone young was slim and fit. You've got to set up new patterns of eating!

Ralph Nader said "We have to teach our children that nutritious is delicious" and I concur. A ripe spring New York State apple should be more enticing than a packaged sweet. It's time to return to real food and food preparation and I urge you to stay out of the center aisles of the supermarket where all the processed foods make their home, Look at ingredients and know that what you eat is real "healthcare". If you can't pronounce it, don't eat it.

Happy Spring!

Susan Weiss

Susan Weiss-Voskidis, Publisher



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NEWBIE DAD

BRIAN KANTZ

Boys will be boys

Got sons? Expect a little more chaos



Boys will be boys. Don't you just hate that phrase? Ugh. It gives me the heebie-jeebies. It sounds so... so... unrepentant. So smug and irresponsible. Typically, you hear it coming out of a parent's mouth when they're defending their son who just wounded the neighbor's dog with a slingshot. Or worse, it's the lame defense offered by the attorney for a 50-year-old father who started a brawl at a youth football game.

Still, I must admit, there is just something about boys.

As you stand there in the maternity ward, anxiously waiting to see if you are the proud parent of a son or a daughter, you should know that nature is definitely handing you a stacked deck either way. If you happen to get a card that reads "Boy" — my wife and I have two sons — then be prepared!

Turns out that boys, especially when paired up, go from cute little babies lying in a crib to mischievous, unstoppable little dudes in the blink of an eye.

Take our boys, for example. One is five years old, the other three. Here's basically what they'd like to do on any given day this month: jump in the mud, dig up bugs in the mud, throw mud on each other, throw bugs on each other, and spray each other with the garden hose. All while laughing hysterically. Do little girls do stuff like that? I've asked the parents of girls and the answer is pretty much, "Not really."

No, most little girls don't sword fight like pirates, jumping precariously from couch to couch to avoid the crocodiles swimming in the sea of carpet below.

Most little girls don't give each other bucking bronco rides that end with the rider being tossed off into a table leg.

Most little girls don't try out new wrestling or karate moves on

each other. Most little girls don't break all of their toys by putting them through physical endurance testing. Little boys do all of this.

I have seen how little girls play. I've watched nieces and their friends spend time together at family parties.

While my boys are bludgeoning an innocent throw pillow with a foam baseball bat, the little girls are quietly playing a board game. They're sitting down, thumbing through books. They're dressing up, hosting tea parties and conversing with each other using actual words, not grunts — and nearly always playing something that revolves around Disney princesses.

Meanwhile, as the fathers of little boys wince at the sound of each CRASH, BOOM, BANG emanating from the family room, the fathers of little girls calmly munch on chips and watch the football game, knowing their little princess isn't tempting fate and a trip to the emergency room by sledding down the stairs inside a pillowcase.

I have also seen how little girls act when asked to accompany their parents on a simple shopping excursion. Girls act much differently than boys in that arena. Recently, my wife and I had our two boys out for a quick trip to a department store.

My wife, who was trying on a few things, put me in charge of our sons. Letting boys loose in a department store is like letting a couple of Labrador retrievers loose in a department store. Both follow their natural instinct to run and chase.

As I anxiously followed the noisemakers

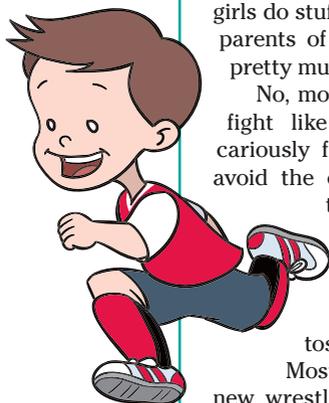
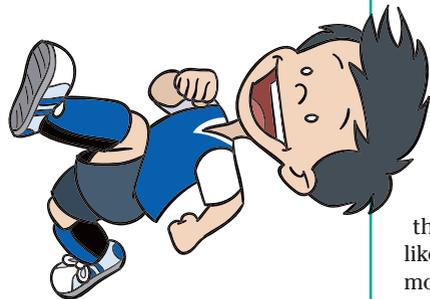
through rows of clothes and down aisles of home décor, I stopped to see a father and his two young daughters — get this — sniffing candles. "Mmm, that smells like flowers," one of the tranquil little girls said to her dad. I felt like pointing to my kids, then pointing to his kids and yelling out, "Not fair, pal! Not fair!" I didn't have time to, though. My boys were already grabbing crystal picture frames off a shelf.

Apparently, little boys come equipped with a different type of engine. An engine

that never stops, an engine that always revs. And, really, I do count my blessings that I have two energetic kids. The good news, for me, though, is that things do change. Little boys and girls eventually become teenage boys and girls. Ha, ha, ha. Then, that guy in the department store will pay!

For now, I'll just have to appreciate that boys will be boys. I also think I should pick up the phone and apologize to my mother. You see, I'm one of four boys myself — no sisters — and I've just recalled a few things from my own childhood while writing this column.

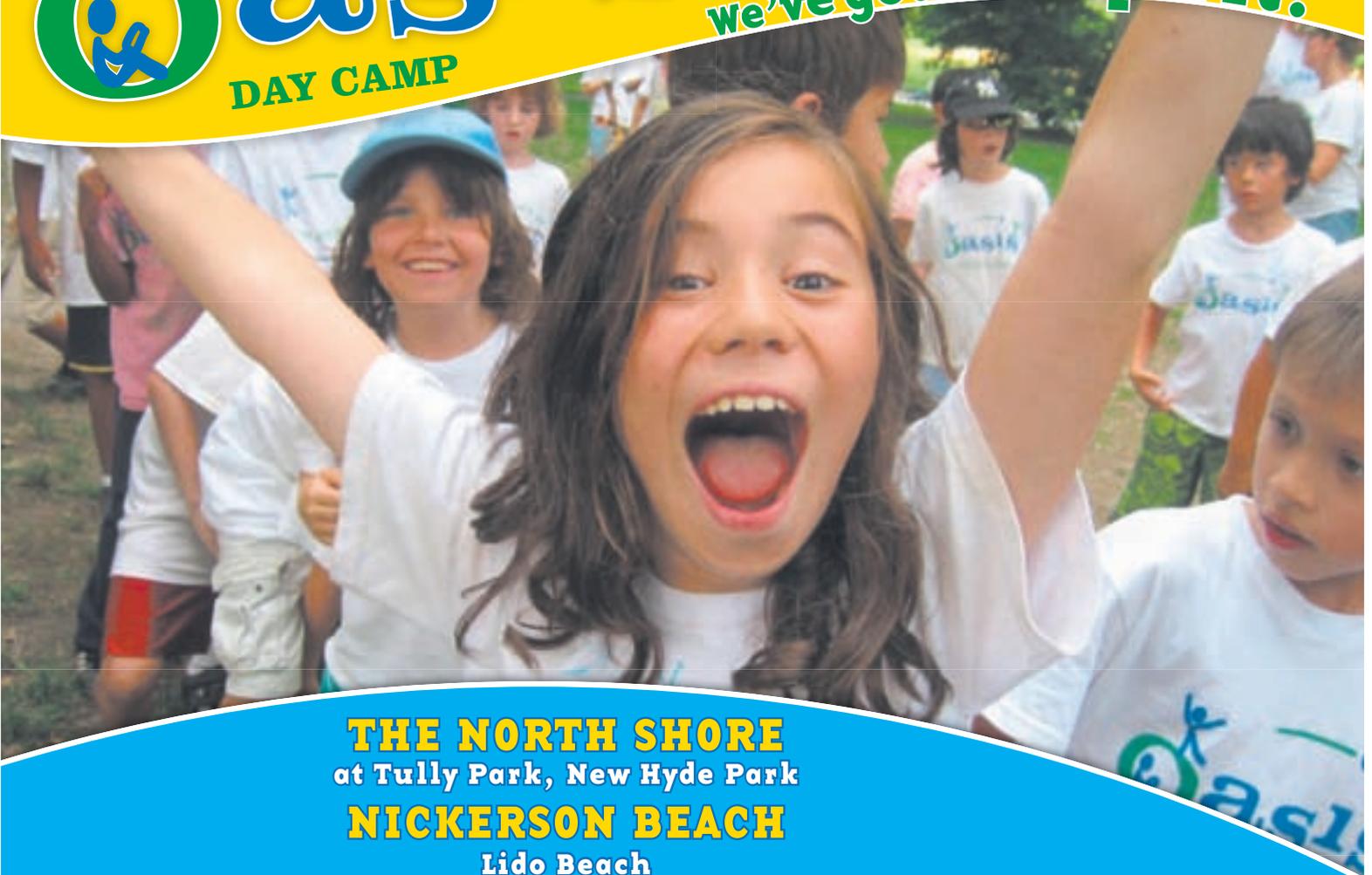
Brian Kantz does realize that fathers who have to dress up and attend princess tea parties everyday may have something to say about this column. Visit Brian online at www.briankantz.com or drop him a note at thenewbie-dad@yahoo.com.





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TWICE THE ADVICE

JACQUELINE AND KERRY DONELLI

Not enough time — and too much sugar

Dear Twins,

My husband and I have two small children ages 2 and 4 in daycare as we both have full time jobs. By the time we pick them up after work, feed them, bathe them, try to spend a few “quality” minutes with them, then cook something for ourselves, it’s time for us to go to bed. There are just not enough hours in the day to do all the things that need to be done — even with both of us working at it. When to shop, do laundry, clean, change the beds, etc, etc? How do other parents manage? — *Exhausted*

Kerry says:

The name of the game is “balancing it out”: Do the things you have to do but then leave the “should do” pile at bay. Fact is, you can never get all the work you set aside to do done, so don’t be unrealistic. It is, however, mandatory for you to enjoy yourself at least an hour or two a day. If you don’t, you’ll pay the consequences.

Jacqueline says:

Welcome to the world of parenting. I agree with Kerry. Today many moms are at work and all the housework that used to get down while the dads were gone all day, isn’t getting done. But if you don’t make the time for rest and fun, you will never find it. It won’t just appear out of nowhere, because there is always something to get done. You must pen in on your calendar two-to-three times a week and call it “My time.” It can be a half hour, an hour, or a full evening. But it is yours. (You must not be doing any work, cleaning, emailing, and calling — none of it.) This is time you set aside for you. If you commit to this “down” time, you will find you actually do get all your chores done, just faster and more efficiently. The unimportant chores will fall by the wayside.



Dear Twins,

I have two healthy children ages 7 and 10 and they are terrific kids. The problem is they love sugar and they want it all the time. They constantly whine and beg for it, until they wear me down and I give in.

I am very healthy myself and try to cook healthy food for my kids as well, but I just don’t want to push it on them as my mother did to me. Sugar just makes them hyper and unmanageable. At bedtime they are too hyped up to sleep! In the morning I can’t get them up and they are cranky and downright irritable. The cycle just keeps repeating itself. I am worn down from badgering them and I just want to give them whatever they want. Is there a solution?

— *Sugar Tooth*

Jacqueline says:

Let’s not forget who is the mother and who are the children. You are the boss. The only way kids can walk all over you is if you let them. (If it goes in their mouths, you were the one who bought it, btw). But let’s address the sugar issue. Seems

to me your kids are addicted. I suggest you wean them off slowly as to forgo any more begging and whining. Fruit is a fantastic substitute for processed sugar. Furthermore, fruit is full of vitamins and fiber and doesn’t seem to make kids erratic and hyper. What I might do is incorporate fruit along with dessert at first (say berries with vanilla ice cream). Eventually, offer a nice bowl of chopped mango? Always have melon or grapefruit with breakfast. I would add bananas to cereal and, while you’re at it, make the cereal half sugar cereal and half a whole grain cereal. For snack let them enjoy large slabs of watermelon. Replace sugary drinks with seltzer. You can make terrific lemonade mixed with water, ice, lemons and Stevia (an all natural sugar substitute). Keep a pitcher in the fridge. Also, increase the level of proteins throughout the day, as lack of proteins increases cravings for sugar. I learned that one a long time ago when I was a vegetarian and constantly craved sugar). And, absolutely, no sugar three hours before bedtime. If they even think of whining about it, they’ll go straight to bed with no dessert at all.

Kerry says:

I don’t know. I think the whole idea of forcing your kids to eat healthy is all in vain. They are kids after all. And while I don’t think we should encourage our children by stocking the fridge with junk food, I nonetheless don’t see any real alarm in this. For the most part, kids adopt more mature, healthier eating habits as they get older. The only red flag here is if you notice your child treading towards obesity. Then it becomes more about an eating disorder, which can lead to more problems later in life, and less about a little too much junk food. So here’s a suggestion, perhaps your children would benefit from joining a sports team. This ought to tire them out and let you enjoy some peace and quiet.

Jacqueline and Kerry Donelli, twin sisters, are multi-award winning filmmakers. They are currently getting their *Masters in Mental Health* and have a radio show on WBCR-AM also called, “Twice the Advice” — where one twin gives advice and, often, the other completely disagrees! Please email them at TwiceTheAdvice2@gmail.com.

THE UNINSURED/UNDERINSURED CAR ACCIDENT WHAT YOU NEED TO KNOW BEFORE IT HAPPENS

Now more than ever you need to make certain that you and your family are protected in the event you are involved in a car accident with an uninsured or underinsured vehicle. The down turn in the economy has prompted many people to reduce their coverage amount or even go without car insurance. This can have a dramatic effect upon you or your family if one of these vehicles causes an accident and you become injured. If this happens you will need to be able to make an uninsured/underinsured claim with your car insurance company. Do you have this crucial coverage? What are your limits? If you don't know, please read on. Then review your car insurance policy and speak to your insurance agent/broker to secure the proper coverage.

If the other vehicle has an expired/lapsed insurance policy you will need to rely upon your uninsured motorist benefits which will be your only source of compensation for your injuries. This is the coverage that would also protect you if you were involved in a hit and run or if you were struck by a stolen vehicle.

If the other vehicle was insured, but with New York's requisite minimal liability limits of \$25,000.00, you would rely upon your underinsured motorist benefits to compensate you for injuries valued in excess of \$25,000.00. In order to qualify for these benefits your liability limits must be greater than those of the at fault vehicle and you must have underinsured motorist coverage greater than \$25,000.00.

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Mark T. Freeley, Esq.
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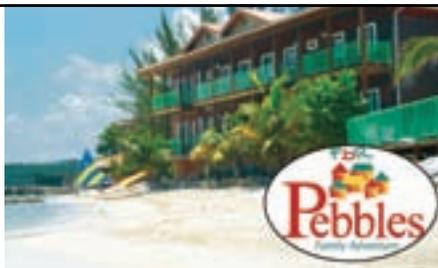
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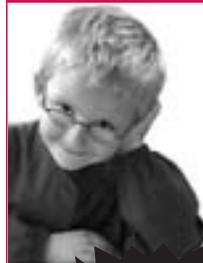
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GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Eat what they sow

Whatever your political leanings, you may have cheered Michelle Obama last year when you heard about her White House kitchen garden. Area children learned how to prepare the ground, plant seeds, water seedlings, pull weeds and finally enjoy the garden's bounty.

According to the National Gardening Association, there was a 19 percent increase in U.S. households growing their own fruits, vegetables and herbs last year over the prior year. While economics surely played a role, planting a vegetable garden reaps many other benefits.

Registered Dietitian Diane Welland, the Virginia-based author of *The Complete Idiot's Guide to Eating Clean*, says there is "the pride and satisfaction of growing your own food, a sense of accomplishment and appreciating what the land can produce." (She also points to knowing the food is healthy and grown without pesticides and herbicides.)

Dirt with benefits

Looking for a way to nudge your child toward more produce? In a 2009 Journal of the American Dietetic Association study, 98 percent of the children in fourth to sixth grades who contributed to a garden during summer camp enjoyed taste-testing fruits and vegetables.

Last spring, when Welland's daughter was 4, they planted snow



peas. Every morning, they picked the ones that were ready and ate them. Welland refers to it as a "magic garden" because that was the only way she got her daughter to eat snow peas. Depending on your own child's age, he or she will glean lessons not found in school while gardening.

Preschool-age children learn:

- Responsibility. They have to take care of the plant, water it and weed it or it won't grow.
- Patience. Little ones have to wait for the plant to bear fruit and pick it at just the right time. Too early, and it will not be ripe or taste good. Too late, and it will begin to rot.

• How life changes. Watching how life grows and changes over the season is fascinating for a preschooler.

School-age children learn:

- Teamwork. They experience

What are some easy-to-grow vegetables for a first-time gardener?

Zucchini, tomatoes, peppers, cucumbers, snow peas and sugar snap peas are easy to grow and child-friendly. The peas are especially sweet and crispy and can be eaten straight from the plant.

working together as a family. One member may be in charge of the watering, another takes care of the weeding.

• Greater appreciation of food. Children learn how much work it takes to get their food on the table.

• Working hard for a long-term goal. So much of today's society is based on immediate gratification, but a garden doesn't work that way.

• Recognizing good food. If all you've tasted are tasteless, off-season tomatoes, imagine a juicy, ripe tomato, right off the vine.

• Not giving up. Sometimes things don't work out as you expect them to, such as experiencing a bad crop. Children learn that there's always next year.

What does it cost?

Planting from seed saves quite a bit of money. A packet of seeds costs less than two dollars and a full garden can cost \$5-\$25 depending on how much and what you plant. If your soil quality isn't the best, you may need to buy top soil, peat moss and manure, which may add about \$30. Welland says it's well worth the cost.

Happily, growing your own food is fashionable again. There's nothing better than making dinner with the food you picked in the garden that morning. It's fresh, clean and delicious and you know your family is getting the best food possible.

Christine M. Palumbo, RD loves snipping fragrant basil, oregano, parsley, rosemary, mint and cilantro from her herb garden in Naperville, Illinois. But her favorite home-grown items are the tomatoes. She can be reached at (630) 369-8495 or Chris@ChristinePalumbo.com.

Banana Almond Roll Ups

INGREDIENTS

- 1 (8-inch) whole wheat tortilla
- 1/2 medium banana, sliced lengthwise
- 2 tsp. unsalted, creamy almond butter
- 1 tsp. dark chocolate (70 to 85 percent dark cacao solids), shaved

PREP TIME: 5 minutes

DIRECTIONS

To assemble, place tortilla on a large flat cutting board or work surface. Lay banana slices in a single layer



lengthwise on the bottom middle portion of the tortilla.

Spread almond butter on top of banana. Sprinkle with dark chocolate.

Fold about two inches of the bottom edge of tortilla up towards the center, then fold in each side, one overlapping the other, to enclose banana, and then finish rolling up tortilla.

Serve immediately or wrap tightly in plastic wrap and place in an airtight container. Stored in refrigerator, wrap will keep for two to three days.

NUTRITION FACTS: 272 calories, 2g total fat, 2g saturated fat, 7g protein, 43g carbohydrate, 11g sugars, 0mg cholesterol, 5g fiber, 342mg sodium

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So what's in a number?

When the scale doesn't reflect your effort

BY KATHY SENA

What's in a number? For those of us on a weight-loss plan, plenty. And it's funny how that number on the scale can affect us in odd and unexpected ways. In a perfect world, a less-than-expected weight loss would motivate us to "work the plan" more effectively the next day, week or month, right?

But let's get real. Sometimes when I feel like I've been exercising, drinking enough water and eating healthy

ing up, calorie-wise (and messing with my sleep). So I decided to substitute a cup of chamomile tea with lemon. I'm sleeping better — and you can't beat the calorie difference.

- I filled the house with fresh fruit instead of ice cream.

Chubby Hubby (no, not you, Randy) is no longer in the house to tempt me. If I want ice cream badly enough, I go out to an ice cream shop with the family and I get a one-scoop cone (and enjoy every bite). It's not the occasional cone that was doing me in. It was the two-scoop bowl of ice cream, eaten at my desk while I worked, that was becoming waaay too much of a habit. Out of house = out of mouth. Now I'm more likely to grab an apple (sliced, with a tablespoon of peanut butter for a protein boost) or a banana when I need a snack.

- I got away from this computer (get thee behind me, Facebook!), got my butt out of the chair and walked more, which seemed to give me more willpower to stay away from junk food. There's something about exercising that makes me not want to blow all that good effort on potato chips. What about the weather? Hey, if it's not a blistering heat wave, a blizzard or a downpour, bundle up and go for it! I love taking long treks through the snow in Yosemite National Park when my family visits in the winter. The crisp air and gorgeous views keep me pumped and moving forward. And walking at a good pace helps keep me warm. (The big challenge: ordering herbal tea after my trek and not hot apple cider with whipped cream!)

This all seems to be working, because I broke through into the 130s this month. Woot!

Weigh-in #1: 147 (my starting weight)

Weigh-in #2: 144.6 (lost 2.4 pounds total)

Weigh-in #3: 139 (lost 8 pounds total)

This next month, I think I'll try jogging a bit instead of just walking. In her book, *Small Changes, Big Results*, registered dietitian and Food Network star Ellie Krieger talks about walking for fitness: "Many walkers



WEIGHING IN

Part 3 of a series

are happy continuing to walk for fitness," she says. "They make their walks more challenging by increasing their speed or distance, or they add hills or inclines to work harder." Others, she says, get bitten by the running bug and decide they'd

like to try jogging or running instead of walking all the time. (Of course, with every exercise plan, you'll want to check with your doctor before starting.)

Krieger suggests beginning by walking a bit to warm up. After 5 or 10 minutes, begin to run slowly for a minute or so. Then walk for a minute until you catch your breath. Run again for a minute, then walk for a minute. Maintain this routine for 30 minutes.

When you run, your head should be up, your chest lifted, arms relaxed at your sides. Don't let your head and shoulders hang forward as you tire; maintain proper posture. Try to run heel to toe (where your heel strikes the ground first, then you roll onto your toes to push off), Krieger recommends. And try to make your steps light. If you're "slapping" the ground, try to lighten it up a bit.

"Depending on how you feel, you can increase your running sessions from 1:1 (running 1 minute, walking 1 minute) to 2:1 (running 2 minutes, walking 1 minute) and so on" as you become more fit, Krieger says. Work up to 20 to 30 minutes of easy running time.

What do you plan to do differently this month? Take up jogging? Ban certain too-tempting foods from the house? Try some new-to-you flavors of herbal tea? Drop us a letter to the editor and let us know your favorite weight-loss tips. We're all in this together!

Kathy Sena is a freelance journalist specializing in family-health issues. Her writing has appeared in the Los Angeles Times, Newsweek, Woman's Day and many other publications. Visit her parenting blog, Parent Talk Today, at www.parenttalktoday.com.



Instead of wine, I decided to substitute a cup of chamomile tea. You can't beat the calorie difference.

meals, and then the number on the scale doesn't agree, I don't get pumped. I get frustrated, and sometimes I'm even tempted to trash the whole plan and order a large combo pizza.

So I had to keep a close eye on myself this month after only losing 2.4 pounds the first month on the plan. Having you to along for the ride definitely helped! Despite my frustration, I made these changes this month:

- I tried to make my daily water intake a bit more interesting, so I'll keep it up: hot herbal tea, ice water with lemon, sparkling water with lime.

- I said no to wine for now. I enjoy a nice glass of merlot with the hubs (especially while watching my new favorite sit-com, "Modern Family") now and then. But I realized that two or three glasses a week were add-

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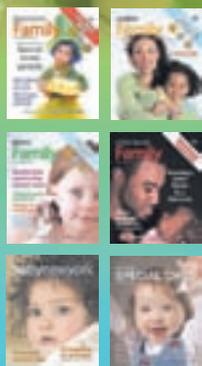


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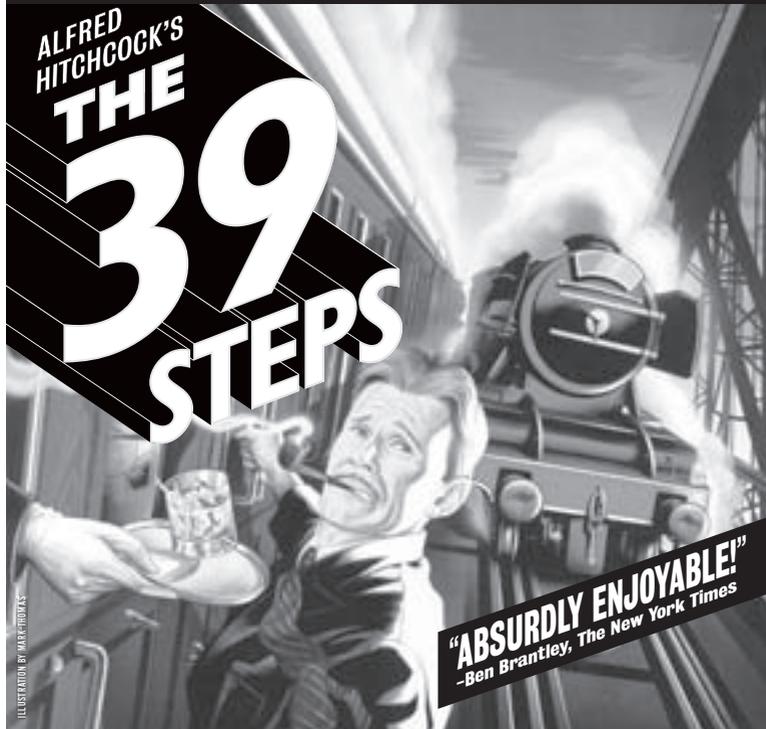
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FAMILY HEALTH

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Don't let them suffer this allergy season

With the warm weather rapidly approaching, we will soon see flowers blossoming, trees blooming and noses running. Welcome to the 2010 spring allergy season.

Allergic rhinitis, commonly known as "hay fever," afflicts an enormous number of individuals throughout the world.

In the United States, approximately 35 percent of the population suffers from allergic rhinitis.

This accounts for over 40 million children and adults.

Allergic rhinitis is responsible for almost 3.5 million lost work days each year and 2 million lost school days.

Children with allergic rhinitis frequently have difficulty sleeping at night and trouble concentrating at school.

Over 1.5 billion prescriptions are written each year for allergic rhinitis patients.

The total health care costs approach \$6 billion annually.

Allergic rhinitis is a inflammatory disorder involving the lining of the nose, sinuses and eyes.

This inflammation is caused by exposure to specific environmental proteins called allergens.

These allergens include tree, grass and weed pollen, mold spores and animal products such as dog and cat dander, feathers and dust mites.

Exposure to these allergens can provoke sneezing, a runny nose, nasal congestion, nasal itching and itchy, watery eyes.

Allergists are able to identify which allergens are causing a patient's symptoms by taking a thorough history and skin testing with relevant allergens.

Avoiding the offending allergen will relieve symptoms; unfortunately, most of the common allergens cannot be completely eliminated.

The good news is that there are a variety of medications that are



very effective in treating the symptoms of allergy, including antihistamines, nasal corticosteroid sprays and other anti-inflammatory drugs.

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LIONS AND TIGERS AND TEENS

MYRNA BETH HASKELL

A family vacation even teens will love

My teens usually start asking about our summer vacation right after Christmas. This is music to my ears because it tells me that they actually still want to go on vacation with us!

I really knock myself out looking for places that are loaded with activities — biking, water parks, beaches, etc. Teens want to have new adventures and they want to be active. Most don't want to spend a week visiting museums or antique shopping. Your best bet is to find places where the entire family can have fun

and where your teen can explore a bit without having to stay glued to mom and dad.

Have you started the planning yet? Hopefully, you've included your teen. This doesn't mean that you have to abide by his every whim, but that you've asked for his opinion. Nicole Hockin, a travel expert for Hotels.com, explains, "I like to encourage families to include everyone in trip planning. It certainly helps to get apathetic teens to take a vested interest in their fun."

Families who plan together tend to have fun together. If interests of all family members are taken into account, chances are that you will all have a fabulous time.

Don't have the foggiest idea of where to begin? Certain types of vacations cater more to teens than others. Hockin suggests cruises because there are so many programs geared toward the teen crowd. There are teen night clubs, teen movie nights, and other special activities just for teens.

She also explains that all-inclusive resorts have the same types of teen activities and socials events. Teens also love vacations filled with adventures where they can go off a bit on their own.

"Glamping is a hot trend that teens love," Hockin says. "It's roughing it but not really — glamorous camping. Many resorts give you the option of tents or cabins and often include three meals a day."

Many parents say that the beach is also a very good option — especially if it has a boardwalk!

Once you've arrived, your teen might ask for alone time. This is normal and you should allow your teen more freedom than you would a younger child.

However, Dr. Laura Grashow, a psychologist who specializes in adolescents, family therapy, and parental guidance, suggests that parents use caution while on vacation with teens. "Parents need to pay attention to what their teens are doing. Research shows that youth who engage in high-risk be-

havior at home are even more likely to engage in high risk behaviors, such as unprotected sex or alcohol and drug use, while on vacation."

Use your best judgment when making decisions about letting your teen go solo or with peers.

"If you have teens who are basically responsible and trustworthy, you can probably expect more of the same on vacation," said Grashow. "I would also recommend that they stay on premises or at an approved location only."

You might also consider allowing your teen to bring a close friend along. This is a particularly good idea if your other children are much younger. Think about easing up just a bit on your regular rules as well, such as bedtime hour and junk food intake. Your vacation is transient, yet will garner lifetime memories.

Tips and tales

"The best vacations we take now that the kids are older are cruises. We go with other families so there are more teens. My kids love the variety of activities. We eat our meals together and enjoy the off-shore excursions as a family, but on-board ship time is spent between new friends and family."

Sharon Foster, Poughkeepsie, NY

"We usually go to Long Beach Island or the Jersey Shore. The beach is a good place for teens. It's safe at LBI, and they have a lot going on. You can let them have some freedom, and parents can vegetate on the beach. Everyone wins!"

Felicia Sealey, Hyde Park, NY

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Myrna Beth Haskell is a freelance writer specializing in parenting issues and children's development.



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GROWING UP ONLINE

CAROLYN JABS

Cellular mischief

Keeping kids out of trouble with their phones

Cellphones present unique challenges for parents. In a wired world, they seem essential for keeping kids safe and connected. They also make it much harder for parents to monitor where kids are and who they're talking with much less what apps and media they are using.

Without supervision, kids are all too likely to get into mischief. At the very least, cellphones allow kids to make and remake plans so fast parents can't keep up. More seriously, they allow kids to elude bedtime, drive while distracted and sidestep family rules about entertainment that involves pornography and violence. At their worst, cellphones make it much easier to distribute nude photos or violent video clips, cheat on tests, trash friends and locate parties where drugs and alcohol are available

In response to problems like these, all major phone companies offer parental control options—sometimes for an additional fee of about \$5 a month. (To find out what your cellphone company offers, go to their Web site and type in “parental controls.”) All kids don't need all options, and all options don't work on all phones, so parents have to do their homework. Here are questions you'll want to ask:

Why? Now that babies have their own apps such as ipacifier (www.ipacifier.com), it's no wonder little kids want cellphones. Parents have to de-

cide when and whether a child can handle the responsibility. The first question, of course, is whether he or she can keep track of stuff. No one needs the headaches created by a lost or stolen cellphone.

In most households, a cellphone starts to feel like a necessity around middle school when children start to have independent activities — and need transportation. Before putting a phone in the hands of a pre-teen, be sure he or she understands rules about acceptable use.

Who? Just because a child has a cellphone doesn't mean he or she should talk or text with anyone and everyone who calls. Take advantage of parental controls that allow you to block some numbers and approve others. Starting younger children with a short approved list limits their exposure to bullies, scammers and spammers.

When? Parental controls also allow you to decide when your child is able to call or text. If your child's school has a no-cellphone policy, help them enforce it by making the phone inactive during school hours. In some cases, the only way to be sure a child gets a full night's sleep is to turn the phone off at bedtime. Be sure the phone can still be used to call 911 even when these controls are in place.

Where? Most phones now include GPS technology that allows parents to “track” their kids and also to create dead zones where the phone can't be used. Many experts feel this level of surveillance is counter-productive — unless a child repeatedly breaks your rules. Parents should be more concerned about new apps like Foursquare that allow kids to broadcast their whereabouts to friends and, potentially, predators. These should be off limits for younger teens.

Because cellphones quickly become an extension of the child, parents need to establish more mundane rules about where the phone can be used. These rules will vary from family to family, with one ex-

ception. Teens should NEVER use a cellphone while driving. Since one in four teens admit to texting while driving — the actual number is probably higher — you may want to consider software that disables the phone when a car is moving. Check out Zoom Safer (www.ZoomSafer.com) and Drive Assist (www.Aegis-Mobility.com)

What for? Depending upon the phone, kids can download everything from ring tones and games to music and TV shows. Discuss what's acceptable and who will pay. For younger children, install content filters (Verizon has an especially good system). If you have any doubts about your child's willingness to follow the rules, take advantage of controls that block downloads.

How much? Be sure kids understand the parameters of the plan you've purchased. How many text messages can they send? Are they charged for everything they receive as well? Show kids how to check on their usage so they don't exceed the limits.

Most parents will find the tools they need to keep track of cellphone use through their cellphone carrier. If your child needs extra protection, or you don't want to pay a monthly fee, consider free-standing software. Several programs are available. Mykidissafe (www.MyKidsSafe.com) offers a very comprehensive toolkit; Smobile software (www.SmobileSystems.com) includes virus protection as well as parental controls.

Kids will probably object to cellphone supervision just as they've always objected to curfews and bedtimes. When parents use these tools well, they're less likely to catch their kids making mischief and more likely to support them in making responsible decisions about when, where and how to use their cellphones.

Carolyn Jabs, MA, has been writing about families and the Internet for more than fifteen years. Other Growing Up Online columns appear on her Web site www.growing-up-online.com.

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Give Your Child A Summer To Remember

Stop brain drain!

Two new math books help prevent summer learning loss

BY RACHEL CONN

With summer just around the corner, our minds begin to wander to our most cherished seasonal distractions. We daydream about sleeping in each morning, walking barefoot on a beach, fireworks lighting up the sky. We think about grilling with friends, catching up on news with relatives, and eating fresh, seasonal produce. You can practically smell the barbeque in the air!

One thing that probably did not come to mind when reminiscing about summers past is ... your brain! Our brains, much like our bodies, need daily exercise. But with school books tossed aside, the mind is usually put on snooze for those precious months. According to a recent study by Dr. Harris Cooper, professor of psychology at the University of Missouri-Columbia, children lose one to three months of learning over the summer. Required summer reading can help trigger vocabulary and reading skills, but most parents aren't aware that learning loss is more detrimental for math than any other subject!

Thankfully, there is a way that, as a family, you can keep your minds sharp and your math skills at the ready. Two new children's titles are designed to make math relevant, interesting and provide hours of family fun.

Do you think your older brother knows which shapes cannot make tessellations? Can your mom figure out what the speed of sound is at different altitudes? Could you solve the "Mystery of the Lawn Ranger" before your cousin?

Test all these things and more with these great new children's math titles from Science, Naturally!

"One Minute Mysteries: 65 Short Mysteries You Solve with Math!" challenges readers to solve short word problems using nothing but the clues presented in the problem and their criti-



cal thinking skills.

On each page readers will discover a new word problem that relates the mathematical concepts to everyday situations. For example, in the "Mystery of the Pancake Mix-up," Meg has to use least common multiples to measure out the correct ingredients when making breakfast. These short, on-the-go problems are designed to make math accessible and fun.

"These mysteries were a huge hit in my classroom as brainteasers to the start of the lesson, but they were an even bigger hit with my own children during long road trips," said Richard Wyatt a parent and teacher from San Diego.

"101 Things Everyone Should Know About Math!" is a question-and-answer book that divides mathematical concepts into sections that relate to everyday life, including nutrition, travel and sports. Questions are listed first so readers can test themselves before referring to the answers in the back. Readers can

quiz themselves, family and friends with these fun and challenging questions

"My kids loved it when they answered more questions than I could. I loved to see them having so much fun while learning!" said Deborah Crowley, a parent and home school provider from Baltimore

For those who want more, check out the first volume of each of these books, "One Minute Mysteries: 65 Short Mysteries You Solve With Science!" and "101 Things Everyone Should Know About Science." Both have won awards and recognition including the coveted NSTA Recommends honor.

Let these books help your family start new summer traditions. Next year, when you think of summer, you may still smell the barbeque — but your memories may also include an epic family battle of wits! By the time the shorter days signal the start of school, you may need to worry about shopping for back to school clothes, but you won't have to worry about summer's brain drain.



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Healing homesickness

How to deal
when kids
get sad away
at camp



As summer begins, millions of children head to summer camp — eager, excited, and ... homesick? Research indicates that homesickness is the norm, and not the exception. It is common for campers to feel a tinge of homesickness at some point during the camp session. So, how can parents help? By exercising a little preparation and patience, parents can ease any homesickness in their otherwise happy campers.

The American Camp Association recommends the following tips parents can use to help their child deal with homesickness at camp:

Encourage your child's independence throughout the year: Practice separations, such as sleepovers at a friend's house, can simulate the camp environment.

Involve your child in the process of choosing a camp: The more that the child owns the decision, the

more comfortable the child will feel being at camp.

Discuss what camp will be like before your child leaves: Consider role-playing anticipated situations, such as using a flashlight to find the bathroom.

Reach an agreement ahead of time on calling each other: If your child's camp has a no-phone-calls policy, honor it.

Send a note or care package ahead of time to arrive the first day of camp: Acknowledge, in a positive way, that you will miss your child. For example, you can say "I am going to miss you, but I know that you will have a good time at camp."

Don't bribe: Linking a successful stay at camp to a material object sends the wrong message. The reward should be your child's new found confidence and independence.

Pack a personal item from home: Consider a stuffed animal.

Avoid the temptation to take the child home early: If a "rescue call" comes from the child, offer calm reassurance and put the time frame into perspective.

Talk candidly with the camp director: Try to obtain a different perspective on your child's adjustment.

Don't feel guilty about encouraging your child to stay at camp: For many children, camp is a first step toward independence and plays an important role in their growth and development.

For 100 years, the American Camp Association has been serving the camp community and families considering camp. Please visit the ACA-NY family resource Web site www.campwizard.org to find a camp database for the New York area or call (800) 777-CAMP. ACA-Accredited camp programs ensure that children are provided with a diversity of educational and developmentally challenging learning opportunities.

We'd all love to go to camp!

Long Island Family's first annual Camp Fair sets up the season



LONG ISLAND FAMILY held our first Annual Camp Fair on Sunday, April 18th at The Walt Whitman Mall.

It was a beautiful day and more than 24 camps and summer programs were set up to meet and greet prospective campers and their parents in this stunning mall centrally located in Huntington. It's not too late to sign on if you haven't already chosen a program for your child and all of these camps offer fantastic fun for your children this summer.

Turnout was great and the day was gorgeous and bright and the foot traffic was super. Music Parties with Richard was present to entertain and face painting was going on as well. A lot of kids were walking around the mall that day with some fabulous faces! Costumed characters roamed and made merry.

New York Life Insurance was also present with a sizeable staff providing FREE Child I.D. cards. They take the child's photo, fingerprint them and create an up-to-date profile of the child that gets stored on a card for safe keeping in case of emergencies. They also were informing parents of how to create a happier, safer environment for children.

The staff of LONG ISLAND FAMILY mingled and assembled an impressive list of local moms who are crazy about LONG ISLAND FAMILY and who have become FACEBOOK fans. Become a FAN also by clicking on our FACEBOOK link on our website at www.webfamilyny.com and get entered to win some Broadway show tickets for your family.

This is only the beginning of the great events we plan on sponsoring for Long Island.

Watch in the months ahead for our promotions and definitely come out and see us!

Thanks to all the camps and to the many fine people we got to meet who represent these terrific Summer Programs. It was a real pleasure and we wish everyone a great summer camp season!



Nourish your music lover

How scales, chords and melodies feed developing minds

BY ELEANOR BINDMAN

Most parents know by now that Mozart is food for the brain and that learning musical notation can help develop abstract thinking.

We want to expose our kids to all that good stuff. Children are natural music lovers, singers and dancers, but when it comes to learning a musical instrument even the most gifted need some help. Music is easily one of the most popular extra-curricular pastimes and a lot of time, money and effort is invested in taking lessons. Yet a lot of that effort, time and — let's be practical here — money can be wasted.

For those of us with limited musical experience, it's hard to know what to look for in a teacher. And yet we all know that a teacher can make all the difference in the world. The self-esteem acquired from being good at something at an early age can be a great help during the teenage years and later on in life.

Whereas music schools offer plenty of guidance and a choice of teachers on various instruments, private lessons are more convenient for a lot of people. This article was written with the desire to address some of the issues that come up when you decide to invest in private music lessons for your child, to offer some “inside information” on looking for a teacher and to foster realistic expectations for the beginning stages of the lessons.

Finding the right private teacher

Before you shop around to find a teacher, let's see if you and your child are in a suitable frame of mind and practical circumstances for starting private lessons.

- Is your child ready? If you are eager to introduce your child to music before the age of four, group lessons are the best alternative. Private lessons require the ability to concentrate for 10-15 minutes at a time, to know the first seven letters of the alphabet and to be able to recollect the pieces learned and practice them at home.

The youngest beginner I ever encountered was three, and she did extremely well, not only because of her personality but also due to the fact that her older sister took lessons as well, and their mother helped. On the other hand, I've met some very intelligent yet rambunctious seven-year-olds who wouldn't sit still and listen, so it all depends.

Generally speaking, with a parent's help at home, most kids are ready to start piano, violin or cello between four and five years of age. If

a parent is unable to contribute, six or seven is a better bet. For kids younger than four, there are other options, usually offered by music schools as opposed to private teachers, such as Suzuki violin or piano classes, group keyboard classes, etc. Playing wind instruments requires a certain lung capacity and a later beginning age, around nine or 10. Drums and guitar are usually requested by teenagers, as most of us are aware.

- Do you have an instrument at home? This may seem like an obvious condition to some, yet many parents are surprised to hear that they need to own or rent an instrument. Small-size violins and cellos are usually available for rent from instructors, string instrument repair shops and some music schools.

Local music stores carry most instruments. As far as keyboards are concerned, electronic ones are OK to start with, but after several months it's a lot better to consider getting an acoustic piano, especially if the child is progressing well. If there is room, a small upright will do, and decent ones can be bought as cheaply as \$400, or even less, if you get lucky and are willing to handle the moving from a private seller.

A convenient alternative is “renting with an option to buy” from a store. The fees range from \$75 to \$100 a month for an upright and the store will deliver and tune for free. After six months they will call you and ask if you want to buy the piano, counting the rental fees you have already paid toward the purchase price. You can always decline and shop for a better deal from a private





Do keep in mind that some willful children enjoy creating distractions when the teacher is “on their turf” and a lot of time can be wasted by trips to the bathroom, sudden onslaughts of hunger or thirst and deliberate sharpening of pencils, not to mention the absolute necessity to answer the phone or doorbell regardless of who else may be home at the time.

At a music school or in a teacher’s studio, the atmosphere will be more conducive to learning and the instructor will have more control of the situation as well as more books and teaching aides to choose from. If going outside the home for lessons, remember that lessons are usually scheduled back to back and finding parking can be a time-consuming aggravation, so unless your schedule is very relaxed or the teacher is right in the neighborhood you may end up with a lot of shortened lessons.

- Would you like your child to learn to play the instrument well or is a general, relaxed introduction to the world of music your goal? The answer to this question depends on many factors, including your parenting philosophy, the availability of practice time, your child’s personality and his/her degree of natural musical affinity.

sale, while continuing to rent. The good thing about buying used pianos, as opposed to used cars, is that you can always get your money back when you resell, unless some serious damage occurs. So, avoid liquids of any kind on top of the instrument, which also means discouraging your pets from exploring the keys and the strings, no matter how cute that looks on postcards.

- Does the child want lessons or is it your idea? Some kids request lessons, some just tag along with their parents’ choices. There are parents who mistake their own unfulfilled desire to have had lessons as a child for a sign that their offspring is destined for musical greatness. Another common scenario is a parent who did learn how to play but was unhappy with the teacher, or competitive with a sibling, and wants the opposite experience for the new generation.

It’s very valuable to reflect on your childhood memories and learn from them, yet your child may have a completely different temperament and will have a different teacher. That being said, if he or she shows some musical ability (picking out tunes by ear, reproducing fairly complex rhythms) it’s sensible to try to give an extra push for lessons.

- Do you want lessons in your home or outside? For some people, in-home lessons are the only choice, for logistical reasons. The convenience is hard to beat and the fees are only 5-10 dollars higher if a teacher comes to you. If you have a decent instrument and find a punctual and reliable instructor, things may work out very well.



If anyone in your home already plays an instrument, the child will have a predisposition to take lessons more seriously as well as the advantage of “educated” practice supervision when needed. If the prospective music student participates in many extra-curricular activities already, the practice sessions will be sporadic and your (and the teacher’s) standards will have to be adjusted accordingly. Both approaches are fine, as long as you, the teacher and the child are on the same wavelength.

- How much involvement would there be on your part? To be frank, learning to play an instrument isn’t easy, especially in the beginning, and as the learning becomes easier, the pieces get harder, so help and encouragement at home go a long way toward success. If your beginner is four or five, there absolutely must be help between weekly lessons or everything will be forgotten. Older kids can remember things much better, but most will not sit down and practice unless a parent suggests it or there is an established routine.

I feel that it’s unreasonable to expect self-discipline from a child when most adults have trouble with it unless it involves their livelihood. I never wanted to practice before I was in my late teens and many professional musicians will confess to having had the same attitude as children. So, be prepared to nudge, exhort, bribe or beg once in a while if you want speedy results.

- Taking lessons along with your child. If you feel inclined to take lessons as well, you will set a great example, motivate your child, and have a common pastime which you both will treasure. You will help each other and be able to play together, which is a lot of fun. You will also have to do much less nudging, exhorting, bribing and begging.

Eleonor Bindman MA, an award winning pianist and long-time piano teacher, maintains a studio in Park Slope, Brooklyn. You may learn more about here at www.eleonorbindman.com.



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Arts Programs

DIRECTORY

The Art League of Long Island

107 East Deer Park Rd., Dix Hills
 631-462-5400

www.artleaguell.org

The Art League of Long Island bustles with activity through art exhibits, classes, and events. Currently exhibiting in the Jeanie Tengelsen Gallery: “The Fragrance of Ink.” Fine art classes and workshops offered year-round for adults, teens, and children.

The Summer Art Adventure Program is open to children and teens ages 5–17. Children ages 5–12 experience a five-week “thematic” art education revolving around weekly projects. For kids ages 12–14, the Teen Program immerses students in art projects using a variety of materials. The Teen Portfolio program prepares students ages 14–17 for admission to a fine arts college.

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Center Stage Dance and Creative Arts

355 Union Blvd., West Islip,
 631 376-0669

www.centerstagedca.com

Center Stage Dance and Creative Arts has been around for ten years but Janine Krill, new owner/director has been busy adding new and exciting programs!

Our performance group has performed at Hammerstein Ballroom in NYC, fundraisers, and The Long Island Ducks games.

The goal of Center Stage is to create a fun and rigorous curriculum where your child will learn dance technique, performance skills and will be challenged to rise to their fullest potential in a family friendly atmosphere. All of our teachers are certified award winning public school teachers as well as dance and performing arts teachers.

Janine Krill, our director was the head coach for Massapequa High School’s Varsity Kickline – the Chieftettes from 1999-2002. During that period, she led the team to first, third and fifth place victories at various dance competitions. She is currently a judge for the Long Island

Kickline Association; judging styles of dance such as lyrical, hip hop, jazz, pom, and kick.

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www.ellamarietdance.com

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info@musicacademyofgc.com

Studying music enhances problem solving and social skills, boosts self-esteem, and develops discipline and responsibility. Besides this, learning music is fun!

At the Music Academy of Garden City’s summer camp, students learn

Continued on page 24



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- August 9-August 20 Dance/Singing/Acting TWO WEEKS - in studio performance at end
- 6-Week Schedule July 12 - August 20 Pre School - Adult Tap, Ballet, Leaps/Turns, Irish, Combo, Adult Hip Hop/Tap/and Ballet too. Private piano, guitar and vocal lessons too.



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Register for Camps NOW to save your spot Pay for Camp between June 1st and July 1st Register for 6-Week Program NOW to save your spot Pay for classes between June 1st and the start of classes.

Arts Programs

DIRECTORY

Continued from page 22

from professional musicians just how fun and rewarding music can be. The comprehensive program includes instruction on guitar, bass, drums, piano, and voice, ensemble classes, daily workshops, a performance, and lunch.

The Music Academy is offering the Guitar Builders Workshop in July. Students will assemble and keep an electric guitar or bass! Space is limited, so register now.

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Music Institute of Long Island

The Community Reformed Church
90 Plandome Road, Manhasset
516-627-7052

www.Milimusic.com

Established in 1990, The Music Institute of Long Island (MILI) is a classical music school staffed by exceptional instructors from the most prestigious conservatories and graduate schools.

Its instrument programs include violin, viola, cello, double bass, piano, voice, flute, clarinet, saxophone, trumpet, guitar, electric guitar and bass lessons in Traditional and Suzuki methods from ages 3-adult, beginner to advanced.

We offer Adventures in Musical Theater, NYSSMA Preparation as well as Kindermusik for ages 18

months - 7 years old.

MILI's students perform 3-8 times a year at various concert halls ie: Steinway Hall and Carnegie Hall as well as various charities. Mili's students win 1st prize music competitions. We offer Master Classes, Faculty Concerts and Fall-Spring Summer Sessions and Summer Camp week.

MILI has been showcased on TV ... "Good Morning America," "Channel 12" and "Verizon Fios 1".

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www.simplegiftsproductions.com

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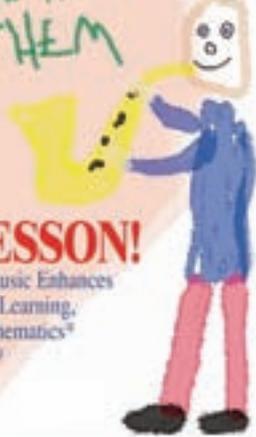
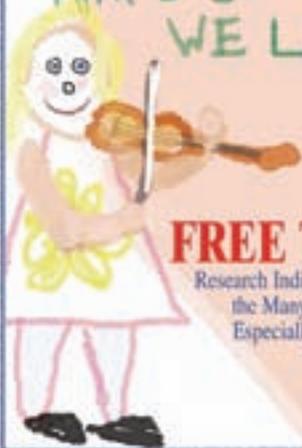


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Maria Montessori truly led the way

Her pioneering work on early childhood education

BY MARY CARROLL WININGER

At the beginning of the twentieth century, educating young children was a far more grim experience than what we know today. Schools at that time were designed to drill and discipline rather than grow and nurture young minds. Classrooms were often dirty and crowded Dickensian places where children were deposited to memorize lessons and wear dunce caps. Schools of today are vastly different, with sing-alongs, magic carpets, and class pets.

So how, in the span of a century did early childhood education make the transition from “Bleak House” to modern-day fairy tale? How did schools go from being places of tedium and punishment to sweetness and light? The shift was due almost completely to the research and philosophies of one person, who happened to be the first Italian woman to ever receive a medical degree. Her name was Maria Montessori.

The only child of Alessandro Mon-

tessori and Renilde Stoppani, Maria Montessori was born in 1870 in the town of Chiaravalle, on the eastern edge of Italy. From the beginning, she wasn't like the other girls. She was described as having been “headstrong” and “self-confident,” often emerging as the leader in schoolyard games. She easily excelled in school and, at the university level, while the other female students were reading romance novels and dreaming of marriage, Maria Montessori spent hours in the library studying math and science — her favorite subjects. After several years of pressuring the University of Rome, she was eventually permitted to study medicine there, and in 1896, became the first woman in Italy to become a physician. It was her work with the university's psychiatric clinic that led to her life's calling.

As part of her work with the clinic, Dr. Montessori was to visit asylums for the mentally challenged. She noticed immediately how their youngest residents were starved for attention and experience. When she saw the amount of human potential being wasted, she began conducting experimental research, observing how children in the asylums interacted with specially designed self-teaching materials. After the mentally challenged children scored higher than average children on the same aptitude tests, Dr. Montessori determined that learning did not consist of memorizing and reciting, but sensing and experiencing the world through concrete objects.

As a result of this early success, she was asked to establish an experimental day-care center for disadvantaged children in Rome. Sixty children from the low-income San Lorenzo district were chosen to attend the Casa dei Bambini (Children's House), where Dr. Montessori had



Maria Montessori changed the face of early childhood education.

designed a “prepared environment” in which the children could freely choose from a number of developmentally appropriate self-directed learning activities. She noticed how the children, when allowed to move about the room and interact with learning materials, would absorb knowledge almost effortlessly from their surroundings. The children of Casa dei Bambini, whom society had dismissed as unruly “street kids,” also achieved above-average test scores, thanks to Dr. Montessori and her newly-developed method. She knew then that if children coming to school with special needs or challenging backgrounds could benefit from this non-traditional approach to learning, it would stand to reason that average children could too.

As word spread of her success with teaching children who were formerly considered “unteachable,” Dr. Montessori began to lecture, write books, and conduct training programs to explain her approach, which came to be known as the “Montessori Method.” Her ideas swept through enlightened circles,



A Montessori student learns about the decimal system.

but did not officially take hold in the U.S. until the early 1960s, due to John Dewey's domination of the American educational system during the first half of the twentieth century. Today, there are at least 4,000 certified Montessori schools in the United States; and about 7,000 worldwide.

Present-day Montessori schools observe many of the same principles as their predecessors. The sparse environment of a Montessori classroom is filled with carefully chosen materials to facilitate independent research and learning. (A Montessori tenet holds that the teacher is there to control the environment, not the child.) Blocks and color tablets help children learn about the sensory world; beads and sandpaper numerals teach about decimal representation and identifying numeric symbols. There are materials for buttoning and bow-tying, pouring and scooping, and preparing food – all to encourage hand-eye coordination. Other areas are designated for cleaning, gardening, or caring for animals.

At Montessori schools, children are not forced to sit behind a desk and listen to a teacher talk at them. There are no deadening call-and-response drills, no rigid reward and punishment systems. Children are instead free to move around and explore any subject for as long as they wish, with no time constraints. When children are allowed to choose what they want to do and concentrate for as long as they need on a given task, they tend to leave that task refreshed and filled with good will towards fellow students. All the while the teacher must protect the stu-



dent's concentration from interruption. Children therefore discover on their own, while being gently guided by their teachers - which fosters a lifetime love of learning.

Students at Montessori schools also do not receive papers back filled with red marks and corrections. Instead, the teacher plans individual projects to enable each child to work on what he needs in order to improve. And Montessori students are not forced to compete - they learn from each other in mixed age

groups, where they bounce ideas off one another and learn what the others know. This ensures the acquisition of problem-solving skills and social interaction, and, in this way, children learn to work together.

There are numerous local examples of schools that uphold Montessori ideas and beliefs, the central one being to bring out the best in each child. Children are allowed to develop at their own speed, according to their capabilities. The students make the choices, and their unique qualities and talents are respected. It is believed that the most important years of a child's education are not at the university level, but from birth to age 6. If a child is allowed to pursue hands-on tasks during this period and think independently, without obstacles, he/she can be guided to a radiant future.

The Montessori Method has proven again and again to advance children's aptitude, thinking and reasoning skills, and overall happiness. It allows children to grow at a relaxed pace into the intelligent men and women they will become.

Mary Carroll Wininger is a writer based in New York City. She is a frequent contributor on topics ranging from etiquette to feng shui.

Montessori students learn about math by playing with plastic beads.



Maria Montessori enjoyed observing children learn about the world around them.

Montessori Schools

DIRECTORY

Montessori Children's Experience Center

18 Peppermint Road, Commack
631-266-2154

Montessori Children's Experience Center is a home-based preschool. Young children learn best in a home-like setting. The primary goal of the Montessori program is to help each child reach full potential in all areas of life including social skills, emotional growth, physical coordination and cognitive ability. The aim is to encourage self-directed learning and to strike a balance of individual mastery with small group collaboration within the whole community. The program runs from Monday to Friday 9am - 3 pm: flexible hours and days are available. 2 healthy snacks and a balanced lunch are provided. Music, yoga, art, cooking, storytelling and an outdoor playground are part of this Montessori program. New parents are always welcome to observe the children working. Call for an appointment. Give your child the Montessori experience!

MSL - Montessori School of Lindenhurst

175 South 11th St. Lindenhurst, NY
631 226-3066 or www.montessorioflindenhurst.com

Established in 1971, our Montessori School enjoys an excellent reputation not only for its educational quality, but also for its nurturing environment. Once inside, you find large, well-equipped classrooms, brightly decorated, and students happily engaged in many activities. The staff remains constant with several continuing into their 12th and 15th year with the school. We ALWAYS welcome observers, to help understand, exactly what happens in a "true Montessori" class. Our graduates can't wait to return for "visit" days. We hold many - special occasion - themed weeks that give parents an opportunity to become involved with the school. Be sure to read what parents have said about MSL on www.greatschools.com by typing in location box, Lindenhurst, NY.

Montessori School of Long Beach

111 Delaware Avenue, Long Beach
516-897-3031

We provide your child with a unique experience for interactive learning. This non-sectarian, non-denominational school offers programs for children ages 2 to 8 years. The Montessori School of Long Beach operates on the principle of freedom within limits. Every program has its set of ground rules, which differ from age to age, but is always based on core beliefs of Dr. Maria Montessori: respect for each other and the environment. In bright, clean and cheerful classrooms,

children are free to work at their own pace with the materials they have chosen. Children develop practical and intellectual abilities through individual discovery and exploration of language, mathematics, geography, geometry, science, yoga, music and art. The social atmosphere of this environment forms a combination of freedom and discipline. Call for more information.

Montessori Schoolhouse

80 North Bellmore Road, Levittown
516- 932-9010

Montessori Schoolhouse, a nursery school and full-day kindergarten affiliated with the American Montessori Society encourages children to learn at their own pace with the guidance of its teachers. Based on the philosophies of Dr. Maria Montessori, Montessori Schoolhouse provides a supportive and stimulating environment where children 2.9 - 6 years old develop order, concentration, coordination and independence as well as a love of learning and good self esteem. Students enjoy an enriching curriculum including Spanish, Math, Phonics for Reading and Music to name a few. The N.Y. State licensed school is under the direction of Mrs. Benoit, a Montessori trained teacher for 17 years formerly from East Meadow, Westbury, Hicksville. Choose from three or five day programs, with extended hours available.

Our Lady of Grace Montessori

24 Shelter Rock Road, Manhasset
516 365-9832 or www.olgcenter.com

The purpose of Our Lady of Grace's program is to enhance the development of children so that each child will become a happy fulfilled person, at peace with one's self, living in true justice with one's neighbor, and ultimately, finding fulfillment with God. It is a building process, and it begins by recognizing the interaction between the environment and the human work through which the child creates the person he/she will become. Founded in 1968, Our Lady of Grace is the only Catholic Montessori School on Long Island and is fully accredited by the American Montessori Society as well as the Middle States Association of Colleges and Schools. Classes enjoy a mixed-age grouping of 3, 4 and 5 year olds in a hands-on, child-centered environment. 3 and 4 year old children attend the program 5 days a week from 9:00 - 11:30 or 12:30 - 3:00. Kindergarten children attend a full day session. Our Elementary program, also, provides a mixed-age group setting for first through third graders. Our Lady of Grace invites anyone who would like to come and observe the school to call today (516-365-9832) to make an appointment. Sister Kelly Quinn, the Principal, will explain the program while you watch the children at work.



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— Maria Montessori

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Going Places

LONG-RUNNING

Orientation Meeting: Suffolk County Department of Social Services, 455 Veteran's Memorial Highway, (631) 854-9335.

Meeting for prospective foster parents, who wish to share their home with children in need. Become a Suffolk County Foster parent. Foster parents receive a stipend, are reimbursed for expenses, can be single parents, can work, receive free training, are supported by caring caseworkers, help reunite families and may be able to adopt children who cannot go home. Three dates each month are offered for orientation. Call 631-853-KIDS for more information.

Family Night: Barnes & Noble, 1542 Northern Blvd. (516) 365-6723; Wednesdays, 7:30 pm, Free.

For children - enjoy an evening of Bingo every Wednesday evening at the Manhasset Barnes & Noble. Call prior to the event to confirm.

Belly Dancing with Trinity: Mid-Island Y JCC, 45 Manetto Hill Road; (516) 822-3535 X318; www.miyjcc.org; Thursdays, 6:30 – 7:30 pm, Now – Thurs, June 24; Call for fees.

Learn Belly Dancing.

Mocha Moms of New York, Support Group meets from 11:30 am-1:30 pm in Springfield Gardens, Queens. For more information log onto www.mochamoms.org or call (718) 850-3039.

Barrel Tasting and Tours: Duck Walk Vineyards, 231 Montauk Highway; (631) 726-7555; www.duckwalk.com. Call for fees.

Get a behind the scenes tour of the Duck Walk Production facility and enjoy Barrel Samples.

Training Group: The Animal Medical Center, 510 East 62nd St. (854)-230-6406; rsilverman@guidingeyes.org; www.volunteer.guidingeyes.org; Free.

Guiding Eyes for the Blind seeks volunteers to foster future guide dog puppies. All training, support and veterinary expenses are provided free of charge. Pre-placement classes are held at the Dog Spa in Chelsea at 32 West 25th Street. Required weekly raiser classes are held on Sunday evenings at the Center. Call for specific location & time.

Orientation Meeting: Suffolk County Department of Social Services, 455 Veteran's Memorial Highway, (631) 854-9335.



Air show takes flight

Hold your breath and cross your fingers — the seventh annual Air Show takes off on May 29 and 30 in the wild blue yonder above the sands at Jones Beach as part of a Memorial Day celebration.

Presented by the Bethpage Federal Credit Union, the show, from 10 am until 3 pm, is free to the public (but the standard \$10 vehicle use fee will be collected each day upon entry to the park).

Up in the air, the United States Navy Blue Angels will perform a precision demonstration of death-defying aerial feats. In addition to the thousands of spectators expected, all branches of the military will be present even the Coast Guard!

The Canadian Forces F-18 Demo Team, United States Army Golden Knights Parachute Team, and A-10 East will add to the oohs and aahs, and put on a pretty

nifty loop-de-loop-and-swoop show, too.

The Bethpage Federal Credit Union 2010 Air Show at Jones Beach also features a Jones Beach Chalet Service for those interested in sharing the week-end event with clients, employees, family and friends. The Chalet Service offers a private cordoned area on the beach at flight line center offering unrestricted views, a shaded tent, reserved parking, Chalet status for guests, catered food and drink. For more information on Chalet Service packages, visit www.JonesBeachAirShow.com.

For more information, contact the New York State Parks Department Regional Office, Recreation Department at (631) 321-3510 or visit www.JonesBeachAirShow.com, visit Bethpage at www.LoveBethPage.com, or become an Air Show Facebook fan at www.facebook.com/JonesBeachAirShow.

Submit a listing

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

All you have to do is send your listing request to calendar@cnglocal.com — and we'll take care of the rest. Please e-mail requests more than three weeks prior to the event to ensure we have enough time to get it in. And best of all, it's FREE!

Meeting for prospective foster parents, who wish to share their home with children in need. Become a Suffolk County Foster parent. Foster parents receive a stipend, are reimbursed for expenses, can be single parents, can work, receive free training, are supported by caring caseworkers, help reunite families and may be able to adopt children who cannot go home. Three dates each month are offered for orientation. Call 631-853-KIDS for more information.

Menopause The Musical®: Broad Hollow Theatre at Bay Way Arts Center, 265 East Main Street; (631) 870-1685; 631-870-1685; Tuesdays – Fridays, 8 pm, Saturdays, 2 and 7 pm, Sundays, 2 pm, Now – Sun, May 16; \$45 pp.

Inspired by a hot flash and a bottle of wine, the play features women sharing their ups and downs through a collection of songs from the 60's, 70's and 80s.

At Home with Cole Porter: Ward Melville Heritage - Educational and Cultural Center, 97 Main Street P; (631) 689-5888; (631) 751- 2244; www.wmho.org; \$45 general admission (\$42 seniors 60 and over, Groups of 20 or more \$40 pp).

Musical theatre tribute and high tea luncheon performances. Wednesday, Thursday and Saturday performances are at 11:30 am, Sunday performances are at 12:30 pm. High Tea features finger sandwiches and dessert. Advance registration required.

Long Island Game Farm: 638 Chapman Boulevard; (631) 878-6670; www.longislandgamefarm.com. Daily, 10 am–6 pm; Call for fees.

Grand Opening - April 1 - The park will be open Thursday through Sunday from 10 a.m. to 5 p.m. until April

Going Places

28. Starting April 29, Long Island Game Farm will be open seven days a week (except on May 4, 11 and 18), through Columbus Day, October 11. Hours are 10 a.m.-5 p.m. on weekdays, 10 a.m.-6 p.m. on weekends. During the months of July and August, a week-long children.

Friendship Group: Friedberg JCC, 15 Neil Court; (516) 766-4341; www.friedberg.org; Daily, 2-3 pm.

Friendship Group of Middle School meets daily for students with Disabilities and provides an opportunity for Disabled Middle School children in the community meet and enjoy events at the JCC. Come swim in the indoor pool, hang out in the renovated teen lounge and participate in exciting art projects.

Drum Up Some Fun: Long Island Children's Museum, 11 Davis Avenue; (516) 224-5800; www.licm.org; Tuesdays - Fridays, 2:30 - 4 pm, Now - Fri, April 30; Free with Museum Admission.

Children design their own drums. For all ages.

Drum Up Some Fun: Long Island Children's Museum, 11 Davis Avenue; (516) 224-5800; www.licm.org; Tuesdays - Fridays, 2:30 - 4 pm, Now - Fri, April 30; Free with Museum Admission.

Children design their own drum. For all ages.

Belly Dancing with Trinity: Mid-Island Y JCC, 45 Manetto Hill Road; (516) 822-3535 X318; www.miyjcc.org; Thursdays, 6:30 - 7:30 pm, Now - Thurs, June 24; Call for fees.

Learn Belly Dancing.

Montauk Point Seal Walks: Montauk Point State Park; (631) 668-5000; Saturday, April 24, 11 am; Sunday, April 25, 12 pm; \$5 adults (\$3 children under 18).

Led by a State Park naturalist visitors take a two to three hour walk on weekends to see wintering seals.

Training Group: The Animal Medical Center, 510 East 62nd St. (854)-230-6406; rsilverman@guidingeyes.org; www.volunteer.guidingeyes.org; Free.

Guiding Eyes for the Blind seeks volunteers to foster future guide dog puppies. All training, support and veterinary expenses are provided free of charge. Pre-placement classes are held at the Dog Spa in Chelsea at 32 West 25th Street. Required weekly raiser classes are held on Sunday evenings at the Center. Call for specific location & time.

Monday Minnows: Cold Spring Harbor Whaling Museum, 279 Main St Cold Spring Harbor; (631) 367.3418; www.cshwhalingmuseum.org; \$3 (adult & tot pair; Members free).

Stories, fun crafts, and playtime about the ocean & nature for preschoolers. Ages 3-5. RSVP required.

Make furry friends

From Bambiland to Old MacDonald's Farmyard, there's lots to explore at the Long Island Game Farm Wildlife and Children's Zoo.

Hundreds of animals call the farm home, including an 18-foot giraffe, red kangaroos, kinkajous, cougars, Barbados sheep, peacocks, and the only lemurs born and bred on Long Island. There are also various breeds of monkeys, buffalo, parrots, zebra, aoudads, camels, ostrich, alligator and more for your children to see.

The farm also has interactive areas where children can touch and feed the animals. At "Old MacDonald's Farmyard," for example, pigs, chickens, ducks, rabbits, and ponies (which you can also ride) are all within arm's reach.

Long Island Game Farm [638 Chapman Boulevard, (631) 878-6670] open daily from 10 am to 5 pm



weekdays, 10 am to 6 pm weekends. Tickets \$15.95 plus tax for adults and \$13.95 plus tax for children ages three to 11 until May 29 (\$17.45 plus tax and \$15.45 plus tax, respectively, after May 29).

For info, visit www.LongIsland-GameFarm.com.

Next Step in Moving On: Mid-Island Y JCC, 45 Manetto Hill Drive; (516) 822-3535 X312 or X331; www.miyjcc.org; Mondays, 7:30-8:30 pm, Now - Mon, June 28; \$5.

A night of social interaction and support that allows you to connect with others who have previously participated in a bereavement group; (geared for those who have lost a spouse two or more years).

Ballroom Dance Lessons: Suffolk Y JCC, 74 Hauppauge Road; (631) 462-9800; www.syjcc.org; Mondays, 8-9:45 pm, \$8 (\$7 members).

Instructor Norma Granofsky leads singles of all ages through old time favorite steps and new ones - come alone or with a friend. (No class April 5 or May 31.) No long term commitment required.

Family Night: Barnes & Noble, 1542 Northern Blvd. (516) 365-6723; Wednesdays, 7:30 pm, Free.

For children - enjoy an evening of Bingo every Wednesday evening at the Manhasset Barnes & Noble. Call prior to the event to confirm.

Support Group: Parkway Community Church, 95 Stewart Ave; (516)-395-8303; Wednesdays, 7:30 pm, \$7.

A dynamic discussion and support group for 40 plus individuals, who are widowed, divorced or single.

Big Apple Circus: The Big Top at Cunningham Park, Francis Lewis Boulevard and Union Turnpike; (888) 541-3750; (800) 922-3772. www.bigapplecircus.org; Saturday, May 22, 12:30 pm; Sunday, May 23, 12:30 pm; Tuesday, May 25, 11 am; Wednesday, May 26, 11 am; Thursday, May 27, 11 am; Friday, May 28, 11 am; Saturday, May 29, 12:30 pm; Sunday, May 30, 12:30 pm; Monday, May 31, 12:30 pm; Wednesday, June 2, 11 am; Thursday, June 3, 11 am; Friday, June 4, 11 am; Saturday, June 5, 12:30 pm; Sunday, June 6, 12:30 pm; Start at \$15.

Bello is Back at the Big Apple Circus - Along with his fellow performers they will astound and delight children of all ages.

SUN, APRIL 25

Helen's Walk: Sands Point Park & Preserve, 127 Middle Neck Road; (516) 944-8900 X 310; www.helenswalk2010.kintera.org; 8 am and 9 am; No entry fee (sponsor contributions required).

5K/3.1 mile walk to support people who live without sight and sound. Registration and start point at Sands Point Park & Preserve, and ends at Helen Keller National Center, 141 Middle Neck Road in Sands Point. Complimentary refreshments are provided.

5K Walk in the Park: Heritage Park, Mt. Sinai, Corner of 25A and Coram Mt. Sinai Road; (631) 366-2978; www.ddiny.org; 10 am.

A Day Full of Fundraising, Food, Family, & Fun; Download registration forms or call for more information.

7th Annual Used Bike Collection: Port Jewish Center, 20 Manorhaven Boulevard; (516) 606-1400; (516) 883-4376. 11 am to 2 pm; \$10 (suggested).

Long Islanders can put their old, used bicycles, (or sewing machines) to good use by donating them locally to Pedals for Progress. Members of Returned Peace Corps Volunteers of Long Island will accept donations.

Spring Festival: 11 am-4 pm. See Saturday, April 24.

Walking Tour: Cold Spring Harbor Whaling Museum, 279 Main Street; (631) 367-3418 X17; www.cshwhalingmuseum.org; 2 pm; \$3 (\$8 non-members).

Tour the historic village and learn the legends, stories, and personalities behind the houses of whalers in the 1800's. Light rain or shine; meet at museum. Approximately 45 min - 1 hour. RSVP required.

"The Wonderful Wizard of Oz": See Saturday, April 24.

OZ Zoetropes: Long Island Children's Museum, 11 Davis Avenue; (516) 224-5800; www.licm.org; 3 pm; \$3 with museum admission (\$2 LICM members).

Children 5 and up are invited to join in this fun workshop and explore the zoetrope, thin strips of pictures that give the illusion of movement when spun at the right speed.

Concert: Tilles Center for the Performing Arts, 720 Northern Boulevard; (516)-299-3100; www.tillescenter.org; www.ticketmaster.com; 3 pm; \$10 (\$8 students and seniors; \$50 reception and concert).

The New York State School Music Association (NYSSMA) and Long Island Music Hall of Fame (LIMHoF) host concert and reception honoring the late Joseph R. Sugar.

WED, APRIL 28

Jewish Storytime Arts: Chabad of Port Washington, 80 Shore Road; (516) 708-9448; dweinberg40@gmail.com; 3-3:45 pm; \$50/4 weeks or \$15 per class.

Four week course for preschoolers and kindergarteners ages 3-6. Classes feature art, puppets, and dramatic play. Classes alternate between story and art. (no classes on May 19th.)

Continued on page 32

Going Places

Continued from page 31

FRI, APRIL 30

The British Invasion Tour: Tilles Center for the Performing Arts, 720 Northern Boulevard; (516) 299-3100; www.tillescenter.org; 8 pm; \$45, 35, 25.

Concert featuring the Led Zeppelin Experience, performed by Hammer of the Gods with special guest, Who's Next, the Ultimate Tribute to the Who.

SAT, MAY 1

Dance Classes: Call for location; (631) 218-0315; ovationsdance@optonline.net; www.ovationsdance.com; call for time; Free.

Ovations Dance Repertory Company, a non-profit youth organization located in Bohemia under the artistic direction of Orlando Pena, is celebrating National Dance Week with a day of free dance classes for children of all ages.

Free Dance Classes: Ovations Dance Repertory Company, 620 Johnson Avenue; (631) 218-0315; ovationsdance@optonline.net; www.ovationsdance.com; call for times; Free.

Celebrating National Dance Week with a day of free dance classes for children of all ages. Registration required.

Fundraiser: Eisenhower Park, 1899 Hempstead Turnpike; (631) 473-1768; www.friendsofkarren.org; Call for times; Call for fees.

4th Annual Walk/Run For Friends of Karen at The Long Island Marathon 5K Walk/Run (ages 11 & older) May 1. 10K, Half & Full Marathon (ages 16 & older) May 2. For a fun and exciting way to get some exercise while raising funds for children with cancer and other life-threatening illnesses just put on your sneakers.

Adoption Seminar: Family Focus Adoption Services, 54-40 Little Neck Parkway - Suite 4; (718) 224-1919; www.familyfocusadoption.org; 10am; Free.

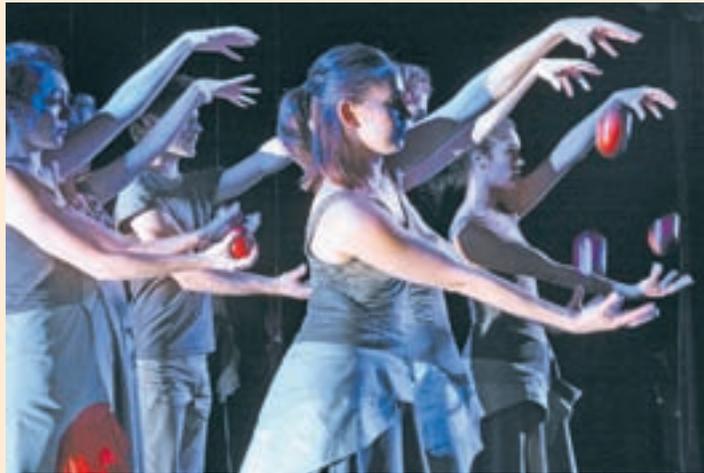
Do you need help in adopting children you found on the internet? This two hour informational meeting helps prospective parents learn the realities about interstate adoption of children through internet searching, placement of older children and teens, and infant and international adoption.

"The Wonderful Wizard of Oz": See Saturday, April 24.

SUN, MAY 2

Camp Open House: Mid-Island Y JCC, 45 Manetto Hill Road; (516) 822-3535; www.miyjcc.org; TBA; TBA.

Held at the Henry Kaufmann Campgrounds, call for directions. Sponsored by the Mid-Island Y JCC; the camp features Zip Lines & Low Ropes Challenge Course. Call x334 or x336.



Giulia Piccari

Dance and rhythm

Get ready to shake your rump with the Treehouse Shakers.

The theater company presents two productions for children and teens that offer a look at modern dance through innovative storytelling.

First up, on May 4 and 7, it's "Animal Rhythm," an adaptation of two African folktales – "The Day it Rained" and "Jackal and Hare."

Through the use of body drumming and modern dance, audiences explore rhythm as they create the sounds of the ancient story drum using their own bodies. The stories are further illustrated by bright costumes and live Afro-influenced movement set to an

enthusiastic original score.

Then, on May 12 and 13, teens can learn about their body with "Let's Talk About IT," which tells the story of the teen anatomy as it transitions from childhood to adulthood. Will give you one guess as to what "IT" is.

"Animal Rhythms" at The Ailey Citigroup Theater, Joan Weill Center for Dance [405 W. 55th St. at Ninth Avenue in Manhattan, (212) 715-1914] on May 4 and 7 at 11 am. Tickets \$15; "Let's Talk About IT" at Manhattan Movement and Arts Center [248 W. 60th St. near West End Avenue in Manhattan, (212) 715-1914] on May 12 and 13 at 11 am and May 15 at 2 pm. Tickets are \$20.

For info, visit www.TreeHouse-Shakers.com.

Fundraiser: Call for times. See Saturday, May 1.

Children's Art Activity: The Heckscher Museum of Art, 2 Prime Avenue; (631) 351-3250; www.heckscher.org. 11 am-4 pm; Free.

Children and families are invited to visit the Museum and to create a springtime Bugalloon on the Museum terrace. Enjoy the blossoms of spring along with an array of festivities during this annual collaborative with the Town of Huntington.

Ocean Science Sunday: Cold Spring Harbor Whaling Museum, 279 Main Street; (631) 367-3418 X17; www.csh-whalingmuseum.org; 2 pm; \$8 (Members free).

May is American Wetlands month. Ages 5+. RSVP required.

Carnival of Animals and Sleeping Beauty: Tilles Center for the Performing Arts, CW Post Campus at Route 25A; (516) 299-3100; (800) 745-3000; tillescenter.org; 2 pm; \$20 (\$12).

A family workshop takes place prior to the event.

"The Wonderful Wizard of Oz": See Saturday, April 24.

85th Anniversary Cocktail Party: Immaculate Conception Center, 7200 Douglaston Parkway; (631) 363-2422 X 2060; www.tildonkursuline.org; 3-7 pm; \$75; (\$25 each or 5/\$100 50/50 raffle; journal ads \$50; Sponsorship - call for details).

Come celebrate the 85th Anniversary of the Ursuline Sisters at this milestone event.

WED, MAY 5

Bus Trip: The Long Island Museum, 1200 Route 25A; (631) 751-0066 X212; www.longislandmuseum.org; 8 am-6 pm; \$95 (\$85 members).

Enjoy a bus excursion along the Hudson River to historic Tarrytown. Participants tour Sunnyside, the original home of Washington Irving and hear about the writer's storied past and how he came to be America's first internationally famous author. Following Sunnyside, the tour progresses to nearby Lyndhurst Castle, one of America's finest gothic revival mansions and a remarkable example of the Hudson River's grand and historic estates. For lunch, day trippers enjoy the exotic Portuguese and Brazilian cuisine at Sol Mar. Pre-registration is required - Ticket price includes transportation, lunch and all tour fees.

Nature Workshop: Seatuck Environmental Association, 505 S Bay Ave; (631) 581-6908; www.seatuck.org; 10-11 am; \$4 (\$6 for non-members).

Plant seeds, make biodegradable planters and then take them home and watch them grow - Pre-registration at least one day prior required.

Sketching Workshop: Central Queens YM & YWHA, 67-09 108th Street; (718) 268-5011; www.cqyjcc.org; 1:30 pm; \$30 (\$35 non-members).

Artist and teacher Eric March demonstrates how to sketch the sights of springtime. Each day of the workshop there will be a focus on one or two common motifs in the landscape. No prior experience required. Space is limited, pre-registration required. The fee includes all materials.

Children's Mental Health Awareness: Hempstead Family Resource Center, 135 Main Street; 516-227-7380 X 106; 3-7 pm; Free.

All families, children and youth, providers and community members are invited to attend and help increase awareness of children's mental health issues. There will be a community information fair, youth presentations, refreshments, activities and more.

Jewish Storytime Arts: 3-3:45 pm. See Wednesday, April 28.

Jewelry Making: Heckscher Museum of Art, Two Prime Avenue; (631) 351-3250; info@heckscher.org; www.heckscher.org; 4:30-6 pm; Call for price.

Children ages 7 and up are invited to explore a new and exciting art technique in each class. All materials are included.

Art After School: The Heckscher Museum of Art, 2 Prime Avenue; (631) 351-3250; www.heckscher.org. 4:30-6 pm; \$20 (\$30 Non-Members).

Children 7 years and older use new and exciting art techniques to make jewelry. All materials are included. Advance registration is required.

Going Places

Fundraiser: Woodbury Jewish Center, 200 Southwoods Road; (516) 822-3535 X358. www.miyjcc.org; 7 pm; \$80 pp.

The 6th Annual "Ladies Night Out", sponsored by the Mid-Island Y JCC, benefits The K.I.S.S. Center (Kids In Special Services) and features cocktails, dinner, DJ, dancing, shopping and raffles.

FRI, MAY 7

Grand Opening: Orly's Tree House, 1000 Shames Drive; www.cutieandpatootie.com; 4-6 pm; visit website for details.

Cutie and Patootie Boutique is hosting a shopping event, Shop for a Cause, Fashion Show, door prizes and kids activities. The first 50 moms receive a gift bag worth over \$100 in merchandise.

Guitar Concert: The Heckscher Museum of Art, 2 Prime Avenue; (631) 351-3250; www.heckscher.org. 4-8:30 pm; Free.

As part of First Fridays, enjoy the Five Towns College Guitar Soloists.

SAT, MAY 8

Puppet Show: Seventh-day Adventist Church, 136 Fire Island Avenue; (631) 661-1890; Free.

PSALTY The Singing Songbook and his friends perform. Bring your Bible and your friends.

Saturday Kids Social: Suffolk Y JCC, 74 Hauppauge Road; (631) 462-9800 X120; \$15 (\$25 non-members).

Supervised gym play and art activity.

Kander & Ebb's Cabaret: Tilles Center for the Performing Arts, CW Post Campus - Route 25 A; (516) 299-3100; (800) 745-3000. www.tillescenter.org/press/200910; www.ticketmaster.com; 2 and 8 pm; \$65, 50, 40.

Winner of 12 Tony awards.

Tween Lounge: Suffok Y JCC, 74 Hauppauge Road; (631) 462-9800; \$5; (\$8 non-members).

Open gym, big screen TV, fooseball, airhockey tables and Wii.

Teen Lounge: Suffok Y JCC, 74 Hauppauge Road; (631) 462-9800; \$5; (\$8 non-members).

Teens gather to watch big screen /TV; play air hockey, fooseball and Wii.

SUN, MAY 9

Mother's Day celebration: The Heckscher Museum of Art, 2 Prime Avenue; (631) 351-3250; www.heckscher.org. call for times; Free.

Mothers and Grandmothers are invited to visit the Museum admission-free on their special day.

Mom's Day: The Long Island Museum, 1200 Route 25 A; (631) 751-0066; <http://www.longislandmuseum.org>.



Animals on their toes

Two classic fairy tales come to life on stage this month.

The New York Theatre Ballet company presents "Carnival of the Animals" and "Sleeping Beauty" on May 2 at the Tilles Center for the Performing Arts.

Both feature beautiful costumes, stunning scenery, brilliant dancing. Most audiences will be familiar with "Sleeping Beauty," which is accompanied by the music of Tchaikovsky.

For a change of pace, "Carnival of the Animals" follows two children as they explore a magical

forest. Meet Queen Diana and her shaggy lion, along with a charming assortment of animals.

Family Workshops will take place before and after the show, so be sure to bring your dancing shoes.

New York Theatre Ballet in "Carnival of the Animals" and "Sleeping Beauty" at Tilles Center for the Performing Arts on the C.W. Post campus of Long Island University [720 Northern Blvd. in Greenvale, (516) 299-3100] May 2 at 2 pm. Tickets \$20 for adults, \$12 for children. For info, visit www.TillesCenter.org.

org; Noon-5 pm; Free for moms and grandmoms.

The Long Island Museum in Stony Brook pays tribute to moms and grandmoms. Take a leisurely stroll through the beautiful grounds and galleries and spend a day with Mom.

MON, MAY 10

Nutrition Workshop: Maria Regina Church, 3945 Jerusalem Avenue; (516) 576-3187; 1:30 pm; Free.

Seniors are invited to attend Optimal Nutrition and the Aging Process presented by the Long Island Alzheimer's Foundation's - Call Joan to register.

TUES, MAY 11

Support Group: Glorinda Dei Lutheran Church, 22 East 18th St. (631) 271-2466; info@gdmops.org; www.gdmops.org; 12:00 am; \$5 (suggested).

Foundation's - Call Susan to register.

Open House: Oasis, North Shore at Clinton G. Martin Park, 1650 Marcus Avenue; (800) 317-1392; www.oasischildren.com; 6:30 pm; Free.

Come learn about the fun this summer. Meet the staff and ask questions. Kids are welcome. We'll have snacks! Summer camp activities include sports and recreation, outdoor education, swimming, performing arts and field trips. Flexible Enrollment. For children 5-14.

Irish Step Dancing: Tilles Center for the Performing Arts, CW Post Campus at Route 25A; (516) 299-3100; (800) 745-3000; tillescenter.org; 7:30 pm; \$70; \$60; \$48.

Magic Arts and Entertainment presents Michael Flatley's Lord of the Dance.

WED, MAY 12

Sketching Workshop: 1:30 pm. See Wednesday, May 5.

Jewish Storytime Arts: 3-3:45 pm. See Wednesday, April 28.

THURS, MAY 13

Green Living Seminar: Half Hollow Hills Library, 510 Sweet Hollow Road; (516) 938-6152; www.starflowerexperiences.org; 7 pm; Free.

Starflower Experiences is hosting Vermicomposting: Worms eat your leftovers? Yes - Learn how you can reduce your waste into the landfill and at the same time make some of the best organic fertilizer nature has to offer.

"The Beatles Explosion": Suffolk Y JCC, 74 Hauppauge Rd; (631) 462-9800 X140; bslaviv@sjjcc.org; 7 pm; \$4 pp.

The Center for Jewish Living and Learning presents a showing of the 2008 documentary film which charts the stratospheric rise of the band during the 60's. Film and dessert of cream tangerine and coconut fudge.

Reading Between the Lines: Walt Whitman Birthplace, 246 Old Walt Whitman Road; (631) 427-5240; www.waltwhitman.org; Call for fees.

Reading and discussion series featuring works selected by Maxwell C. Wheat Jr., Poet Laureate of Nassau County.

SAT, MAY 15

Teen Arts Festival: Ethical Humanist Society of Long Island, 38 Old Country road; 516-741-7304; office@ehsli.org; www.ehsli.org; 1 pm and 6 pm; Dinner - \$10 for adults and \$8 for students.

"YES We Do...Have A Voice" the third annual festival is for local middle school and high school students to share their talents with each other and the community. It features hours of live music from classical to metal, art on display, danc-

Going Places

Continued from page 33

ing, poetry readings, interactive activities, refreshments, and more The festival is free, but donations are requested: nonperishable food items for the Interfaith Nutrition Network (INN), baby items for Ethical Friends of Children, or a monetary donation to the Ethical Humanist Society. Immediately following the festival is the 16th Annual Pasta Dinner which includes a tasty meal, a keynote speaker, and even more live entertainment.

Doo Wop concert: Tilles Center for the Performing Arts, CW Post Campus at Route 25A; (516) 299-3100; (800) 745-3000; tillescenter.org; 7 pm; \$50; \$45; \$35.

Astur Productions and LAR Enterprises presents An Evening with the Stars of Doo Wop featuring Kenny Vance and the Planotones, The Duprees, Emil Stucchio and the Classics; The Cadillacs and Earl Lewis and the Channels.

Kids Night Out: See Saturday, April 24.

Thoroughly Modern Millie: Star Playhouse at the Suffolk Y JCC, 74 Hauppauge Road; (631) 462-9800 X136; 8 pm; \$21 (\$16 seniors and students; Group rates available).

A nostalgic musical.

Fearless Tour 2010: Nassau Veterans Memorial Coliseum, 1255 Hempstead Turnpike; (800) 745-3000; www.ticketmaster.com; www.nassaucoliseum.com. 7 pm; \$73, \$63 & \$28.50.

Taylor Swift together with Kellie Pickler and Gloriana rock the town.

SUN, MAY 16

Animal Benefit: Little Shelter Animal Rescue and Adoption Center, 33 Warner Road; (631) 368-8770 X205; www.slittshelter.com; 12-5 pm; Call for pricing.

Peace, Love and Paw Prints abound at Little Shelter's fundraising event. Just purchase an item from Little Shelter's wish list at Petport with a value of \$10 or make a cash donation and receive a ten minute session and 4X6 print free. Then if you like, it, which we know you will, you can take advantage of the special pricing packages available to all donors. (schedule appointment for Le Marks Fine Art Photography).

Thoroughly Modern Millie: 2 pm. See Saturday, May 15.

Fearless Tour 2010: Nassau Veterans Memorial Coliseum, 1255 Hempstead Turnpike; (800) 745-3000; www.ticketmaster.com; www.nassaucoliseum.com. 7 pm; \$73, \$63 & \$28.50.

Taylor Swift together with Kellie Pickler and Gloriana rock the town.

MON, MAY 17

Special Ed Seminar: Nassau County Bar Association, 15th and West streets; (516) 747-4070; (516) 747-4070; katz@nassaubar.org. www.nassaubar.org; 6:30 pm; Free.

The world of Special Education can be confusing and frustrating for parents whose children may be eligible for services. not-for-profit agency dedicated to protecting the legal rights of students and individuals with disabilities, will provide additional information. Reservations are required.

TUES, MAY 18

Adoption Seminar: 7 pm. See Saturday, May 1.

WED, MAY 19

Nature Workshop: Seatuck Environmental Association, 550 S Bay Ave; (631) 581-6908; www.seatuck.org; 10-11 am; \$4 (\$6 non-members).

Children learn simple plant concepts by making cute heads that sprout grass "hair" pre-registration one day prior is required.

Jewish Storytime Arts: 3-3:45 pm. See Wednesday, April 28.

THURS, MAY 20

Alzheimer's 101: Baldwin Public Library, 2385 Grand Avenue; (516) 233-6228 X40; 10 am; Free.

Seniors are invited to attend this workshop presented by the Long Island Alzheimer's Foundation's - Call Angie to register.

Violin Concert: Community Reformed Church, 90 Plandome Road; (516) 627-7052; www.millmusic.com; 7 pm; Call for fees.

Dmitri Berlinsky performs. Presented by the Music Institute of Long Island.

SAT, MAY 22

Recital: Community Reformed Church, 90 Plandome Road; (516) 627-7052; www.millmusic.com; call for times; Call for fees.

Spring Strings, Winds, Brass and Vocals by the students of the Music Institute of Long Island.

Children's Concert: Suffolk County Environmental Center, 550 South Bay Avenue; (631) 581-6908; www.seatuck.org; 3 pm; Free.

Doug Elliott performs Woodslore and Wildwoods Wisdom.

Thoroughly Modern Millie: 8 pm. See Saturday, May 15.

Teen Lounge: See Saturday, May 8.

SUN, MAY 23

Recital: call for times. See Saturday, May 22.

Nature Walk: Suffolk County Environmental Center, 550 South Bay Avenue; (631) 581-6908; www.seatuck.org; 10 am and 1 pm; \$6.

Naturalist Doug Elliott of North Carolina, leads nature walkers on a lively, story-filled exploration of the pristine woods and marshes surrounding the new Suffolk County Environmental Center. A Wildwoods Ramble for Young Folks especially designed for Pre-K-Grade 3 children accompanied by adults will take place from 10 am-11:30 am. Tales on the Trail: Weeds, Woodslore and Wildwoods Wisdom will take place from 1-3 pm for adults and for young people Grades 5 and up accompanied by adults.

Nature Workshop: Seatuck Environmental Association, 550 S Bay Ave; (631) 581-6908; www.seatuck.org; 10-11:30 am; \$4 (\$6 non-members).

Doug Elliott leads you through a tour of the Environmental Center as never before - see the property's woods and wetlands and hear his stories, lore and vast knowledge- for families with younger children.

Thoroughly Modern Millie: 2 pm. See Saturday, May 15.

WED, MAY 26

Parenting Workshop: Friedberg JCC, 15 Neil court; (516) 634-4192; www.ParentingResourceNetwork.org; 10-11:30 am; Free.

How Ready is Your Child for Kindergarten? is great for parents of children who are about to enter the world of public school. Pre-registration requested. Optional child care is available with advance registration only.

Sketching Workshop: 1:30 pm. See Wednesday, May 5.

Jewish Storytime Arts: 3-3:45 pm. See Wednesday, April 28.

FRI, MAY 28

Reunion: The Douglaston Manor, 6320 Marathon Parkway; (718) 224-8787; www.thedouglastonmanor.com; call for time. Call for fees.

Graduates of 1958 through 1969 of JHS 67 and to all residents of Little Neck and Douglaston who grew up in the 50's and 60's.

SAT, MAY 29

Air show: Jones Beach State Park; (631) 321-3510; www.jonesbeachairshow.com; Free (\$8 vehicle use fee).

Blue Angels headline the annual Bethpage Federal Credit Union Air Show.

SUN, MAY 30

Air show: See Saturday, May 29.

Thoroughly Modern Millie: 2 pm. See Saturday, May 15.

MON, MAY 31

Film n' Fun on Memorial Day: Cold Spring Harbor Whaling Museum, 279 Main Street; (631) 367-3418 X17; www.cshwhalingmuseum.org; 11:30 am & 2:30 pm; Free with Admission.

Learn about games in the 1800s and make your own historical toy to take home then watch Disney's "Toy Story." Free popcorn! All ages. RSVP required.

WED, JUNE 2

Nature Painting: Seatuck Environmental Association, 550 S Bay Ave; (631) 581-6908; www.seatuck.org; 10-11 am; \$4 (\$6 non-members).

Children learn to use a paintbrush by painting everything from pinecones to feathers to grass and experiment with different textures.

FRI, JUNE 4

Curious George Live: Nassau Veterans Memorial Coliseum, 1255 Hempstead Turnpike; (800) 745-3000; www.ticketmaster.com; www.nassaucoliseum.com. TBA; \$103.50, \$55.50, \$40.50, \$30.50, \$25.50 & \$18.50.

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SAT, JUNE 5

Puppet Show: See Saturday, May 8.

SUN, JUNE 6

Camp Open House: TBA. See Sunday, May 2.

Beach Walk: Seatuck Environmental Association, 550 S Bay Ave; (631) 581-6908; www.seatuck.org; 10:30 am-Noon; Call for fees.

Smith Point County Park - Join in for a fun family walk along the shore at Smith Point County Park and see what shells and other treasures you can find. Pre-registration required at least one day prior.

MON, JUNE 7

Golf Outing and Super Raffle: Brookville Country Club, 210 Chicken Valley Road; (718) 492-1100; (917) 416-2237; call for time; \$400 pp.

Ben Bay Kiwanis Club is sponsoring this event - the super raffle prize is a 2101 Mercedes Benz S550 4 matic \$100/ per tickets (1500 maximum tickets sold). To be raffled off day of golf outing. The price includes breakfast, lunch, dinner an open bar, green fees, cart and driving range also included.

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New & Noteworthy



Creating an overall look

Forget blue denim.

Overall Baby creates infant and toddler overalls in a variety of fun fabrics and prints that are sure to make your child stand out from the pack.

The overalls range from a pink corduroy skulls and crossbones fabric — perfect for the little punk

rocker — to the sweeter turquoise sheep print. Other overalls are made from prints of fruits, florals, polka dots and even sushi.

Don't find a fabric you like? You can even customize your own pair. Now, if only they came in adult sizes.

To try Overall Baby on for size, go to www.etsy.com/shop/OverallBaby.

A musical shout-out

This will help get your child's attention.

Personalized CDs from Smiley Music make your child the star by inserting his or her name into songs.

Geared toward preschoolers, your child will go nuts when he hears his named sung loud and clear from



the likes of Barney the dinosaur, the Fantastic Four or Spider-man!

In addition to learning their ABCs or 123s, these CDs will also help build self-esteem and create name recognition, as his or her name is repeated throughout a song.

To sample and purchase products, go to www.SmileyMusic.net.

Squeezable party favor

Looking for the perfect party favor for your little girl's next birthday? Livi.Lu.Lu's gift sets have you covered.

The grab bags come packed with fruity lotions, shower gels, glittery lip balm and funky nail polish that are perfect for girls playing around.

The sets come with a large, plush kitty or angel for even more fun.

You just might need to give these out at the start of the party.

Livi.Lu.Lu gift sets are available online at www.HerbanRenewalInc.com.



Crafty tees

You'll want to catch this bug.

Crafty mom Julie Peng, the New Yorker behind the children's line Bug-sella, began making baby tees and accessories that have an environmental theme from her home a few years back. She quickly branched out to bodysuits, hair clips, wash cloths, quilts and playmats, and headbands — made mostly with organic material.

But the heart of the operation is the tees, which feature patchwork-like designs that reference popular children's books, such as "The Giving Tree" and "Goodnight Moon," as well as nursery rhymes like "Twinkle, Twinkle, Little Star."

They're so sweet, you'll wish your little one could wear them forever.

For more, visit www.bugsella.com.



For the little artist's tools

Budding Picasos need a place to keep their tools of the trade.

Thanks to the Art Apron, now they do.

The wearable aprons have room for 12 crayons and a pad of paper (as well as bibs and rattles for good measure), so your child will be ready whenever inspiration strikes,



whether it's on the road, at the park or in the playroom.

Made for children between the ages of two and eight, the aprons also come in six different fabrics, including animal, guitar and flower prints — another source of inspiration.

The Art Apron is available at www.PickleBoots.com.



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

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