

LONG ISLAND

Family

www.webfamilyny.com

August 2010

FREE



Beyond the **Beach**

One family's cruise

Planning ahead

27 ways to manage
the school year

Success!

Our columnist meets
her weight-loss goal

Where to go in AUGUST? Check out our **Going Places**

ON SALE NOW!



SPECIAL EARLY BIRD DISCOUNT!

Use passcode **BigBird** to save
\$5 off to see Sesame Street Live!

(Not valid on Sunny Seats, Gold Circle, Premium seats, Opening Night or previously purchased tickets. No double discounts.)

When Super Grover loses his superness, Sesame Street needs a hero! Never fear, Elmo and his team of Healthy Heroes are here. Teaching lessons of healthy habits through song and dance, Elmo, Abby Cadabby and your favorite Sesame Street friends will explore exercise, nutrition, sleep/energy and hygiene – all in a quest to put the “super” back in Super Grover. It’s Elmo’s Healthy Heroes to the rescue!

SEPTEMBER 16-19



Tickets: Box Office • [ticketmaster](https://www.ticketmaster.com)
800-745-3000 • [ticketmaster.com](https://www.ticketmaster.com)

**TICKETS
START AT \$15!**

Additional fees
may apply.

TM/© 2010 Sesame Workshop. All Rights Reserved. 47724 7/10

Join our **NEW Favorite Friend** community
at [sesamestreetlive.com](https://www.sesamestreetlive.com)!



Letter from the publisher

It's August already.

Isn't it amazing how the summer weeks whizz by? July was a hot month and seemed more like August, which makes me wonder what August will be like. The days are getting shorter, although there's still plenty of light at the end of the day to eat outdoors, have dinner on the beach, or barbeque on the grill.

My family has been to the beach quite frequently this summer and I don't mind telling you that my beach of choice — and the one that's most accessible and inviting — has been, and still is, the clean and lovely beach/boardwalk at Long Beach.

Did I mention that we don't live in Long Beach and that every summer we buy a family beach pass? I'm certain there are local people who think we are a hibernating family that lives out there but only appears in the warmer months.

"So nice to see you. How was your winter?" They ask us every year.

I say nothing and just enjoy all the friendliness that I can find in life. I mean, we're talking 30 years of beaching at Long Beach.

We took our family vacation in June but I'm pretty certain that a lot of families are still looking forward to time off together. Maybe the kids have been at camp and you're waiting till the end of summer to do a family drive or a stay-cation? Maybe you have a new college student who is home with you for the last weeks before beginning campus life?

Whatever you do or wherever you go, enjoy the end of summer and the good foods that are coming into season now, like fresh Long Island corn and tomatoes. Visit your local farmer's market or stand and see those wonderful green beans, cucumbers, peaches, blueberries and blackberries that are grown here, and help support your family's good health and our local farmers at the same time. What a great partnership that is!

Happy August! Thanks for reading!



Susan Weiss-Voskidis, Publisher



FEATURES

- 6 Back-to-school checklist**
How to get your A in organization this fall
BY CAROL BRZOZOWSKI
- 8 Happy, minus 15 pounds**
After six months, Kathy achieves her diet goal
BY KATHY SENA
- 10 College road trip**
Hit the road before your senior applies
BY RISA C. DOHERTY
- 14 Cruise control**
Disney boats are fun for the whole family
BY ALLISON PLITT
- 20 The girl who wouldn't bathe**
One mom's quest for her toddler's cleanliness
BY ANNA SEIP

CALENDAR OF EVENTS

- 22 Going Places**
Take the family out and find out what's going on in your town

SPECIAL SECTION

- 12 Education Directory**

STAFF

PUBLISHER: Clifford Luster
PUBLISHER/MANAGING EDITOR: Susan Weiss
EDITOR: Vince DiMiceli
CREATIVE DIRECTOR: Leah Mitch
ART DIRECTOR: On Man Tse
ADVERTISING SALES: Sharon Noble, Nancy Swiezy, Richard Kramer
SPECIAL ASSISTANT: Tina Felicetti

CONTACT INFORMATION

ADVERTISING SALES
718 260-2587
Family@cnglocal.com or
SWeiss@cnglocal.com

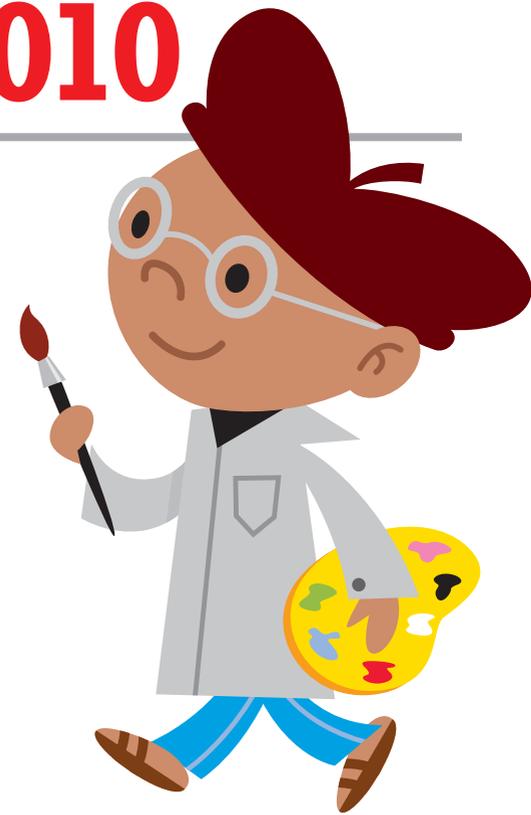
CIRCULATION
718 260-8336
TFelicetti@cnglocal.com

EDITORIAL
718 260-4551
Editorial@cnglocal.com

ADDRESS
Family Publications New York/CNG
1 MetroTech Center North
10th Floor
Brooklyn, NY 11201
www.webfamilyny.com



Brooklyn Family, Queens Family, Bronx/Riverdale Family, Long Island Family and Staten Island Family are published monthly. Copyright©2010. No part of our contents may be reproduced without permission from the publisher.



COLUMNS

- 2 Newbie Dad**
BY BRIAN KANTZ
- 4 Good Sense Eating**
BY CHRISTINE M. PALUMBO, RD
- 16 Family Health**
BY IVAN HAND, MD, FAAP
- 18 Lions and Tigers and Teens**
BY MYRNA BETH HASKELL
- 19 It Figures**
School snippets
- 26 Growing Up Online**
BY CAROLYN JABS
- 28 New & Noteworthy**
The hottest new products



NEWBIE DAD

BRIAN KANTZ

Super-sized summer

Kids today have the coolest toys for hot days!

Maybe the heat is getting to me. Or, maybe I've watched one too many "60 Minutes" commentaries by that famous curmudgeon, Andy Rooney. Or, maybe it's the fact that some kid at the playground just called me an "old dude." (37 is not old, kid! You may not believe that now, but you'll see! You'll see!) Whatever it is, I have a rock in my shoe this summer.

So, what's wrong? What's my beef? Well, I'm just wondering, who went and super-sized summer for today's kids? Just about

blanket at the beach, on your new white t-shirt, everywhere. Other than taking a swig from the garden hose, Kool-Aid was your only option.

And what flavor was Kool-Aid? It was red. There was only one flavor of Kool-Aid that I knew of: red Kool-Aid. Maybe Kool-Aid did offer its drink mix in other flavors back then, but we were never aware of it.

Do you know how many flavors of juice and juice-like beverages are on the market today? About 150,000. So, when someone at a picnic asks me if I would like a strawberry orange pomegranate or a Pacific mango sun-splash, I usually ask, "Do you have any red?"

Let's move on to the Slip 'n Slide.

It was a true backyard necessity on a hot summer day, especially once the three-foot-round plastic pool just wouldn't comfortably accommodate

my three gangly brothers and I anymore. The original Slip 'n Slide featured some pretty basic engineering: a long plastic sheet with an opening for the garden hose.

Turn the spigot on and away you go, slipping the hot summer day away under the soft drizzle of cold water. You just had to make sure that no large sticks, giant rocks or neighborhood dogs were underneath the plastic,

lest you impale yourself, break a shin or get bitten.

Today's Slip 'n Slides? Whoa-ho-ho. Fancy. You've got gushing waterfalls, cushy inflatable parts, hydroplaners, boogie boarders, triple racers, wave riders, whitewater blasters, the whole nine yards. It's apparently less about slippin' and slidin' and more about looking good.

And speaking of fancy, what is with all of the kids tooling up and down the streets in motorized vehi-

cles? Is it really necessary for 4-year-old Johnny to be hogging the sidewalk in his mini-Hummer? Well, at least his vehicle doesn't guzzle gas, but he should still need a license to drive that thing. I've seen more than a few innocent flowers buried under the wheels of Johnny's wildly navigated bad-boy machine.

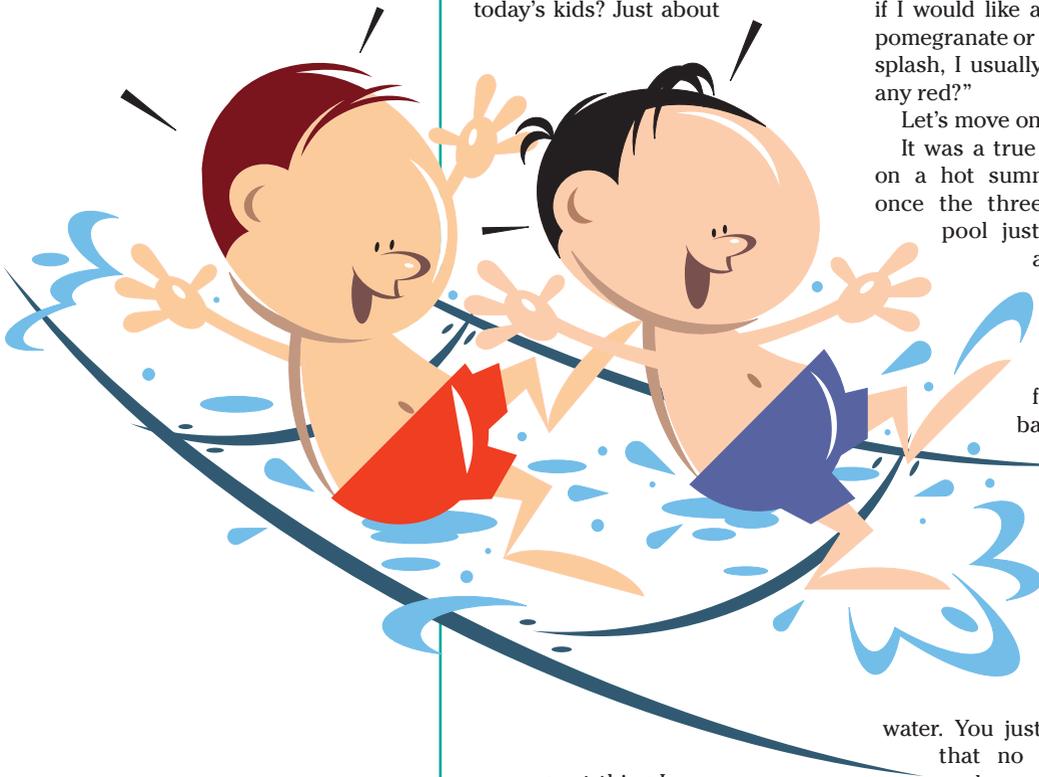
Back when we were kids, we tooted up and down the streets all summer long on our Big Wheels and banana-seat bicycles with sissy bars. Pedal power, baby. If you wanted to visit a friend who lived down the block, you either pedaled or hoofed it on your own two feet. You wouldn't have even imagined taking your battery-powered Lightning McQueen out for a spin.

OK, I'm almost done. Here's one more favorite summer activity: going to the neighborhood playground. This is my two sons' favorite thing to do. They call it going to "swings and slides." Back in my childhood, that's exactly what it was. We went to a playground that had swings and one slide. All of the equipment was fashioned out of industrial-grade steel. You sat on a flat steel seat on the swing and you climbed up steel steps to get to the top of the tall steel slide. That steel was a molten 220-degrees in the hot sun.

Today's playgrounds? Oh... my... gosh. They are unbelievable! Instead of simple swings and slides, these are monstrous "play structures." Spiral slides, rock-climbing walls, ziplines, fireman's poles and on and on! All in cool-to-the-touch molded plastic. It's madness, I tell you! And, I must admit, it's all so much darn fun!

So, go ahead, kids, enjoy your super-sized summer! Have a grand old time. Just know that in another 30 years, your stuff will seem pretty old school, too, and you'll be left to write a nostalgic (and, yes, completely jealous) column for the benefit of your peers.

Brian Kantz nearly broke his collarbone diving on a Slip 'n Slide the other day. Totally worth it. Visit Brian online at www.briankantz.com or drop him a note at thenewbiead@yahoo.com.



every great thing I remember from the summers of my childhood still exists, but it has all been super-sized, mega-hyped and full-throttled. It's like summer on steroids. I notice this all the time as I play with my kids. Do you?

Let me give you a quick example. The taste of summer from your childhood — quick, what was it? If you said Kool-Aid, you would be correct, my friend. A pitcher of Kool-Aid was everywhere, it seemed. In the fridge at home, in the fridge at your friends' houses, on the picnic table, on the

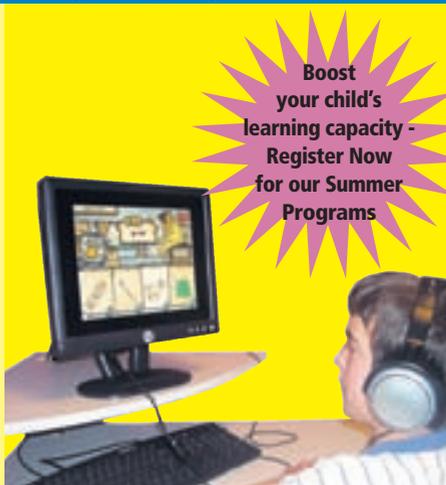
Does Your Child... "Tune You Out?"

Normal Kids? Or is something else going on?

- Is your child easily distracted?
- Are noisy environments upsetting?
- Does your child have difficulty following directions?
- Is abstract information difficult to interpret?
- Does your child have speech, spelling, writing, or other learning difficulties?
- Is your child disorganized and forgetful?

Variety of listening therapies to address auditory processing issues that can affect speech/language and learning such as:

- Auditory Integration Therapy • Earobics®
- Fast ForWord® • Interactive Metronome
- Phonemic Synthesis and other programs



EAST MEADOW HEARING & SPEECH CENTER

Shelley L. Francis, M.S., F.A.A.-A. Audiologist

Has been specializing in the diagnosis & treatment of Auditory Processing for over 20 years.

516-489-9327 • 576 Merrick Ave., East Meadow, NY 11554

www.thelisteninglab.com



A MAGICAL JOURNEY FROM THE DIRECTOR OF BRIDGE TO TERABITHIA

JOAN GRUFFUDD • TIM GURRY • NATASCHA MCELHONE • DAKOTA BLUE RICHARDS

THE SECRET OF MOONACRE

ONE TIME ONLY IN THEATRES
THURSDAY, AUGUST 12, 7:30 PM

COMMACK MULTIPLEX CINEMAS 15 • FARMINGDALE MULTIPLEX CINEMAS 14

FOR TICKET INFO GO TO
WWW.SECRETOFMOONACRE.COM

PG PARENTAL GUIDANCE SUGGESTED
SOME MATERIAL MAY NOT BE SUITABLE FOR CHILDREN
SOME MILD PERIL AND LANGUAGE

SCREENVISION

EI

MILESTONES IN THE MAKING... AT ST. MARY'S KIDS AT ROSLYN!

St. Mary's Kids at Roslyn is a dynamic therapy center helping children with developmental needs reach their full potential in a friendly, fun, family-focused setting. As the only facility of its kind with the support of a major healthcare system for children with special needs, we offer the most comprehensive range of resources available including:

- **Multidisciplinary Evaluations, Treatment & Consultation at Home, School or at our Center**
- **Sensory Integration Facilities**
- **Occupational, Physical, Speech & Feeding Therapies, Social Work and Special Education**
- **Developmental & Social Skills Groups**
- **Family & Caregiver Support Groups**
- **Mommy & Me Groups**

If you are concerned about your child's progress or want to learn more, call 516.621.2681 or visit stmaryskids.org



A Member of St. Mary's Healthcare System for Children

1 EXPRESSWAY PLAZA | SUITE 106 | ROSLYN HEIGHTS, NY 11577 | 516.621.2681
MAIN CAMPUS: 29-01 216TH STREET | BAYSIDE, NY 11360 | 718.281.8750
WWW.STMARYSKIDS.ORG



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Shake off the salt

Many of us have had a long love affair with salt, but that may be about to change. Earlier this year, the Institute of Medicine urged the U.S. government to gradually reduce the maximum amount of sodium that food companies and restaurants can add to foods.

Salt versus sodium

Although both terms are often used interchangeably, there is a difference between salt and sodium.

Salt is made up of sodium chloride: 60 percent is sodium, the rest, chloride. According to the Centers for Disease Control and Prevention, the average American ingests about 3,400 milligrams a day. The latest health organization recommendations range from 1,500 milligrams to 2,400 milligrams. Most nutrition experts estimate that about 75 percent come from processed food.

Salt sensitivity

Not all medical doctors agree that everyone needs to limit salt. But, there is growing evidence that a significant number of people have a condition called salt sensitivity, an abnormal increase in blood pressure in response to increases in dietary sodium. According to research performed by Myron H. Weinberger, MD, certain salt-sensitive people do

Sodium shockers

| FOOD | SERVING SIZE | SODIUM (mg) |
|--|--------------|-------------|
| French bread | 1 slice | 416 |
| Rice pilaf, mix, prepared | 1 cup | 780 |
| Lite soy sauce | 1 Tbsp | 550 |
| Panera Turkey Artichoke Hot Panini | 1 | 2,340 |
| Houlihan's Thai Chile Style Chicken Wing appetizer | 1 | 4,979 |
| Hebrew National quarter-pound franks | 1 frank | 1,070 |
| Cottage cheese | 1 cup | 820 |
| Oscar Mayer Lunchable (ham, cheese crackers) | 1 | 1,060 |
| California Pizza Kitchen Kid's Cheeseburger Pizza | 1 | 1,680 |

not necessarily develop hypertension — but their long-term mortality rate is just as high as those who do.

Driven by convenience

Busy family lives often necessitate taking dietary shortcuts that are high in sodium — frozen meats, entrees and pizzas; rice and soup mixes; canned fish and soup; seasoning mixes and prepared spaghetti sauce. Hurrying in and out of drive-thrus, and especially dining out at restaurants, provide another huge dose. Some restaurant entrees have 2,000 milligrams or more in one order.

Do you need to be concerned about how much sodium your child ingests? Yes. A taste for salt is acquired, and salt-loving children grow up to be adults who eat a salty diet. A 2001 report said that by ages 7-9, 68 percent of children ate too much sodium. And, salty foods are often high in fat and calories. Two years ago, a study published in the journal

“Hypertension” found that the more salty food children ate, the more sugary sodas they drank to wash it down.

It's not easy for food companies to simply drop the salt due to the many roles it plays. For example, bread dough depends on sodium chloride and sodium bicarbonate in order to rise.

Here are some tips to reduce the sodium in your family's diet:

1. Prepare as much from scratch as possible. Eat fresh vegetables, plain meats and grains (such as rice) that you season yourself.

2. Cook without salt, but add just a little at the table. Surprisingly, this can allow you to get by with less because your tongue gets a direct “hit” from the salt crystals.

3. Add plenty of herbs and spices. Also, freshly squeezed lemon or lime juice and red wine or balsamic vinegar add a lot of flavor with negligible sodium.

4. Choose restaurant entrees that come without sauces and gravies. And by eating a half portion, not only will you save calories, you'll save sodium, too.

5. When reading food labels, pay attention to portion size. A can of soup may be two (or two-and-a-half) servings, so multiply milligrams of sodium by that factor.

Christine M. Palumbo, RD, is a Chicago area nutritionist who doesn't mind cutting back on salt, but leave her popcorn alone. Send your questions and column ideas to her at Chris@ChristinePalumbo.com or (630) 369-8495.



Herbed Pork Chops

Makes 4 servings.
Prep Time: 5 minutes
Cook Time: 8 minutes

INGREDIENTS

1 tablespoon McCormick® Perfect Pinch® Salt-Free Savory All Purpose Seasoning
½ teaspoon salt

4 bone-in pork chops, 1/2-inch thick (about 1 1/2 pounds), trimmed
2 tablespoons oil

INSTRUCTIONS: Sprinkle Seasoning evenly over both sides of pork chops. Heat oil in large skillet on medium heat. Add pork chops; cook 4 minutes per side or until desired doneness.

ALTERNATE PREP METHOD: Grill chops, over direct heat, turning once, to medium doneness or until the internal temperature reaches 155 degrees Fahrenheit, about 3 to 4 minutes per side.

NUTRITION FACTS: 253 calories, 17 grams fat, 24 grams protein, 1 gram carbohydrate, 78 milligrams cholesterol, 252 milligrams sodium, 0 gram fiber

Recipe courtesy of McCormick.com.

SEND A PARENT TO SCHOOL

8 Session ADHD PARENT TRAINING



Is your child having problems paying attention, focusing or managing their behavior?

If so, attend a training!

**ENROLL TODAY!
CLASSES FILL UP
QUICKLY!**

**GROUPS STARTING NOW!
GARDEN CITY,
& HAUPPAUGE**

- **Basic Behavioral Management**
Parents of children ages 4-10
- **Specialized Adolescent Training**
Parents of children ages 11-17
- **Includes**
Educational Accommodations
For Home & School

Available for
Individual,
Couple & Family
Counseling
Call Today for a
Complimentary
Session

Elaine Lerner, MSW, CSW, ADHD Parent Trainer

CALL (516) 487-0636

Enroll online at www.ADHDParentTrainer.com

THE MUSIC INSTITUTE of LONG ISLAND

Fall Semester Begins
Monday, Sept. 13th

"Win A Cello Audition"
w/ former principal cellist
of Indianapolis Symphony

Children's Adventures
in Musical Theatre

Kindermusik
18 Months - 7 Years



**Kindermusik
&
Suzuki Demos:
Sat., Sept. 25th**
Call for times
and reservations



Age 3 + to Adult, All Levels,
Suzuki & Traditional Lessons

Violin • Viola • Cello • Double Bass • Guitar • Bass Guitar
Voice • Piano • Clarinet • Saxophone • Flute • Trumpet

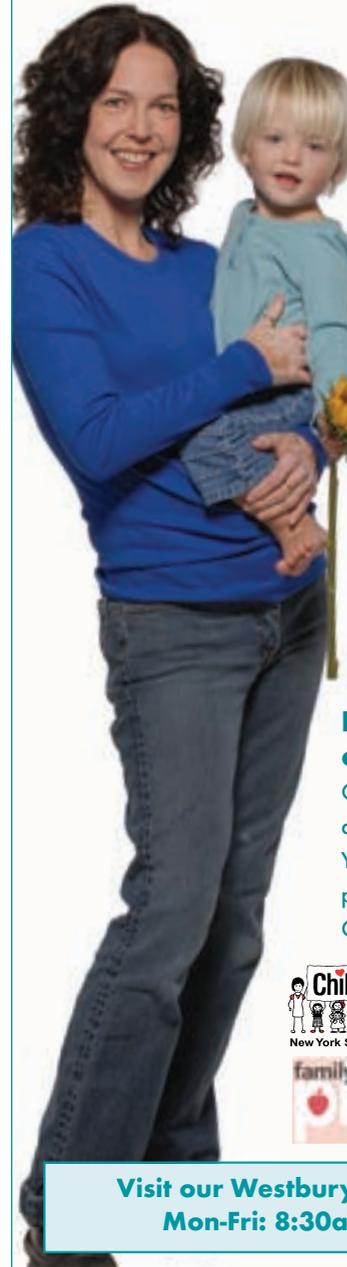
Our Students Excel at NYSSMA

90 Plandome Road • Manhasset, NY 11030
516. 627. 7052 • www.milimusic.com

“I have a beautiful child, security and peace of mind, and Fidelis Care Doctors who care about me and my family.”



FIDELIS CARE™



We have
Child Health Plus
& Family Health Plus
with **Fidelis Care.**

- Quality health coverage for children and adults
- Checkups with your own doctor
- 40,000 doctors and hospitals statewide
- Dental and eye care
- Prescription drug coverage
- Hospital and emergency care, and more!

FREE or LOW-COST health coverage from Fidelis Care.

Child Health Plus, Family Health Plus, and Medicaid Managed Care are New York State-sponsored health insurance programs offered by Fidelis Care. Call 1-888-FIDELIS; TTY: 1-800-421-1220.



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

Visit our Westbury office at 180 Post Avenue
Mon-Fri: 8:30am-6pm / Sat: 9am-1pm

1-888-FIDELIS (1-888-343-3547)
fideliscare.org

Back-to-school

How to get your A in organization this fall

BY CAROL BRZOZOWSKI

When I sent my firstborn off to school 10 years ago, I was ill-prepared for the realities of his new life. I thought I'd just send him off with a tearful goodbye, and that would be that.

Boy, was I wrong.

I completely underestimated how managing my son's (and later, his brother's) school life would consume such a chunk of my time.

Each day, I had to review a list of questions. Is today the day they take in money for lunch from the cafeteria or pack a lunch? What's the deadline for filling out the paperwork and getting the money for the field trip? What time do I have to pick up my son from the after-school activity? Buy what for the science fair?!

But, through the years — and now with both sons in high school — I've learned a lot through my own experience and that of other seasoned parents who taught me the key to surviving the school years: "Work smarter, not harder."

Here are some tips I've gathered that should help you glide through the next four semesters:

- Organized parents are always seen with their organizers. Whether you use electronics or paper, maintain an organizer in which you keep all of your appointments and phone numbers with you at all times. Record dates as soon as you're made aware of them. And make sure to have important phone numbers, like your child's school, the bus company's and those of child's friends' parents, available in a pinch.

- Avoid vacations that run up into the week before school. That's the

week you want to train your children to start waking up early again and getting back into routines. It's harder for the kids to go back to school if they are on a trip right before school starts.

- Avoid the mistake of buying unnecessary school supplies by checking with your child's school to determine what is needed. Consider saving money by buying supplies in bulk and splitting the cost with a friend whose child needs the same supplies. There are usually a few items you'll always need on hand throughout the year — lined paper and pencils — so stock up when they are on sale.

- Cell phones have become a common school supply, though many schools are limiting their use during the school day. They are useful in keeping in touch on important matters — my sons call or text during lunch to let me know they need something for the following day or that a club meeting has been canceled. If you're not keen on buying them their own cell phone, consider a pre-paid phone. Make sure you know the phone carrier's costs — my sons once racked up a few \$100 through unnecessary text messaging and Internet access.

- Organize everything your child needs to take to school the night before (older children can

do this on their own). Pack their lunchbox with non-perishables and add the items that require an ice pack in the morning. Make sure the kids put the ice pack back into the freezer when they get home from school and empty the wrappers and food bits out of the lunchbox to clean it for the next day.

- Buy extra ice packs for lunch boxes. In a pinch, you can pack a plastic storage bag with ice cubes. Ask your child to brainstorm about what healthy food they'd like for lunches.

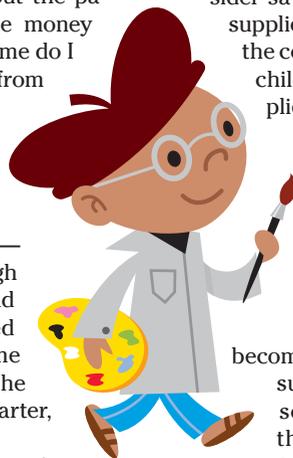
- Keep a day's worth of extra lunch money stashed in the backpack for those times when your child forgets money.

- Make sure your child's vaccinations are up to date. This is often required not only for school, but for participation in sports and scouting. If you are applying for exemptions, get your paperwork organized.

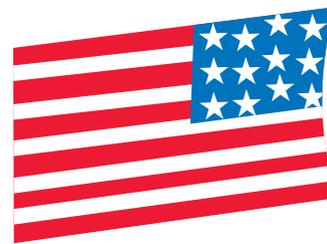
- If your child commutes by car or bus, carry snacks and cold water in the car or pack extra in the backpack for bus trips, if permitted. You may want to freeze bottles of water; they'll thaw out and provide cold refreshment by the end of the day.

- If you're the type of parent who likes to give teachers and bus drivers gifts for holidays or at the end of the year, consider buying items as you see them and can afford them, packing them away in the closet until needed, rather than making a mad rush for gifts at the last minute.

- Most school districts now have Internet sites that allow you to see your child's academic progress in real time. I can set up my district's site to send me e-mails every time



checklist



my sons' grades dip below a certain level. It's been an invaluable tool in keeping abreast of their academic performances.

- Join the PTA or other school groups and prepare to get involved. Nothing will keep you more connected to your child and the school more than volunteering. Get to know your child's teachers. Take advantages of opportunities, such as open houses, to know what materials your child is using for learning.

- If your child is starting at a new school, visit the school with him or her once before the year begins so he or she will feel more comfortable on the first day.

- If your child is going to school for the first time, plan to have your child spend a lot of down time there after classes — perhaps at the playground — to help deal with some of the transition stress he or she may feel.

- Line up emergency contacts on your child's behalf just in case the school has trouble getting in touch with you.

- Organize car pools whenever possible, especially given the escalating fuel costs that have hit every family budget.

- One of the most challenging aspects of the

school year is having nutritious, delicious meals ready by the end of the day. If you don't already have one, invest in a slow cooker. It's a parent's best friend in the kitchen. Consider making oatmeal the night before so your family wakes up to a hot-cooked breakfast in the morning (this is especially helpful if your family is on

different work-school shifts and everyone needs to help themselves). The slow cooker also can be used to prepare dinner and cuts down on the end-of-the-day frustration of what to do for dinner on those rush days.

You can also ensure healthy meals by making large portions of food and freezing it for later use.

- Make sure school personnel are aware of any special needs your child may have.

- Make sure you read at least a half hour each day with your younger child. It's also fun to read the same books your middle or high school child may be reading.

- Talk to your child about drugs, alcohol, bullies, peer pressure, guns, strangers and not picking up needles or allowing another child's blood to get near his or her cuts. Review sex education with older children.

- Try to be sensitive to your child's feelings

around test times — be aware of how you have felt when you were under pressure at work.

- Feed your child well and give him or her plenty of support and opportunities for rest.

- Get to know your child's friends and their families. Open your home to supervised parties and sleep-overs.

- Review your child's homework with him or her. Ensure that homework comes before play, TV, computers or video games, but allow for some down time.

- Set up a quiet place to study and provide reference materials.

- Augment your child's education with family field trips and home projects. Schools are cutting back on the extras, so you may have to take up the slack with art, music and physical education.

- Celebrate your child's accomplishments.



Happy, minus 15 pounds

After six months of effort, Kathy achieves her diet goal

BY KATHY SENA

My secret goal has been hanging in the back of my closet — and I did it. After six months on my weight-loss plan, I'm wearing my favorite size-10 polka-dot dress again. Woo hoo! POLKA DOTS. Not something I've been wearing all that much for the past few years. But, here I am, 15.8 pounds thinner than I was when I started. And it feels good.

I'm definitely no "skinny Minnie" in this photo, but I just had to share my polka-dot victory! When you're a busy mom, getting into super-skinny jeans isn't always a realistic goal. Just getting to a healthy weight and feeling more energetic feels pretty darned good. I'll take it.

When I started this plan, my size-12 clothes were feeling pretty snug. But, now my size-10 pants are a bit in need of a belt — so color me happy. Here are the things I have found to be most helpful in my quest for a thinner, healthier body:

- I didn't drink my calories. I had a glass of wine now and then, but I gave up margaritas for six months, and I plan to save them for special occasions in the future — so I

don't start packing on fruity-cocktail poundage. I drank mostly water with my meals, in addition to skim milk or low-fat soy milk for breakfast. I gave up the high-calorie orange juice and grape juice that I used to drink almost daily. When I wanted fruit, I ate whole fruit for fewer calories and

a lot more fiber.

- I hit the road — walking the dog, walking with friends, walking to the mailbox down the street — I tried to hoof it whenever I could. I even got busy on our long-neglected treadmill, watching "American Idol" while I walked to the beat (had to get my Crystal Bowersox fix). And I got creative and added a special desk to my treadmill so that I could work on my laptop while walking. No, I couldn't exactly power walk while doing e-mail. But, slow and steady wins the race, and I got to where I could easily spend an hour on Facebook, e-mail, Twitter, etc. while walking at a steady 1.5 mph. Beats sitting on my behind in front of a desk!

- Working out — and sharing tips — with friends. Every woman needs a walking buddy like my friend, Ellen. When we start hoofing it, the time speeds by. It doesn't even feel like work, because we're having such a good time chatting. We also call each other to share diet suggestions and talk about our progress. Whether you tackle weight loss as part of a group or with the support of one special friend, I highly recommend the buddy approach.

- For the past six months, the book "Small Changes, Big Results" has been my companion. I can't recommend this book highly enough. Registered Dietitian Ellie Krieger has offered such encouragement and so many practical suggestions. She makes you feel as if you have your very own food guru by your side, encouraging you and sharing great tips.

Some final advice from Krieger: It's important to find the right amount of structure; to find a balance between indulging and keeping track. It's helpful to look at this time not as the end of something but as a time to decide how to hold onto this new way of eating and working out.

Yep, I'll slip up from time to time,



WEIGHING IN

Part 6 of a series

Krieger admits. We're all human. I'll just plan to get back on track. It's important to anticipate the challenges I'll be facing in the next six months or so, she says. Whether it's a summer vacation, back-to-school time or the holidays that

are a particular challenge, "it's important to have a 'Plan B,'" she says. "Stuff happens. You want to make the best of the situation."

On summer vacation, for example, "Have that pina colada, but enjoy hiking, going for long walks and experiencing where you are," she says. On one family vacation, for example, she indulged in a pina colada — and even an order of French fries. But she also enjoyed lots of fresh seafood and took classes at a local yoga studio. "It's all about balance," she says.

So here's my final weight-loss log:

Weigh-in number one: **147.0** (*my starting weight*)

Weigh-in number two: **144.6** (*lost 2.4 pounds total*)

Weigh-in number three: **139.0** (*lost 8 pounds total*)

Weigh-in number four: **135.6** (*lost 11.4 pounds total*)

Weigh-in number five: **134.4** (*lost 12.6 pounds total*)

Weigh-in number six: **131.2** (*lost 15.8 pounds!*)

Yep, it's the end. And the beginning, as I keep swigging the water, making healthier food choices and keeping my girlfriends close by for support (and entertainment!) as we all pull on our walking shoes (or e-mail each other from our treadmills) and head down the road together. Why not grab your friends and join us?

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.



Kathy in her polka-dot dress.

**Is Your Child Suffering From ADD/ADHD/LD,
Autistic Spectrum Disorders - Autism/PDD**

Now there's a way to help your child using **advanced technologies** to **eliminate** or **reduce** the many problems associated with these disorders.

NEUROTHERAPY

PROVEN NON-MEDICATION TREATMENT

Documented in Science/Medical Literature

Safe, Painless • Time Limited • Effective Permanent Results

Dr. Cohen and Special Education Professionals Work Directly With Your Child, Family, & Teachers as Part of a Comprehensive Individualized Program That Includes:

*Tutoring • Family Counseling • Neurotherapy
Parenting Strategies • Individual Therapy • Educational Planning
Caring for children and adults for over 30 years*

JOAN DORFMAN COHEN PH.D., APRN, BC
Neurotherapy • Psychotherapy • Brainmapping
350 Northern Blvd., Suite 310, Great Neck (516) 482-3312



**Are You the
Parent of a
Gifted Child?**



Fall Saturday Classes

October 2 – December 11, 2010

Spring Saturday Classes:

February 5 – April 23, 2011



The LIU Center for Gifted Youth announces its 32nd annual **Fall Program** for gifted children at the C.W. Post Campus of Long Island University.

The ten-week Saturday program runs from October 2 – December 11, 2010 and is opened to gifted children entering grades K-6 in September 2010. The major focus of the program is to expand students' knowledge and develop creative and critical thinking skills. The program offers children the opportunity to learn in an innovative and exciting environment.

Admission is highly selective and enrollment is limited.



For info call: (516) 299-2160 or write:

Dr. Madelon Soloway, LIU Center for Gifted Youth, School of Education,
C.W. Post Campus, 720 Northern Blvd., Brookville, NY 11548-1300
email:gifted@cwpost.liu.edu • website: www.liu.edu/GiftedYouth

Magic Rabbits

917-514-0551

Magic Brenda & The Professor

Like No One Else

Live Doves and Rabbits

Fun for The Whole Family

Your child will be a Star

Professional Magic for Children

Face Painting & Balloons Available!



"GO! Have The Time Of Your Life!"

-NY Newsday



STOMP

**"A SURE-FIRE
CROWD PLEASER!"**

-The New York Times

ORPHEUM THEATRE

Second Avenue @ 8th Street www.stomponline.com

ticketmaster 1-800-982-2787

"A GREAT SHOW IS ALWAYS IN FASHION!"

New York 1

Daryl Roth
presents



**Love, Loss,
and
What I Wore**

an intimate collection of stories

by
Nora Ephron and Delia Ephron

based on the book by Ilene Beckerman directed by Karen Carpenter

Summer Casts Include:



SHARON
LAWRENCE



ADRIANE
LENOX



KATE
MULGREW



KRISTINE
NIELSEN



MYRA
LUCRETIA
TAYLOR

Telecharge.com or 212-239-6200

WESTSIDE THEATRE 407 West 43rd Street • LoveLossOnStage.com

College road trip

Why you should hit the road *before* your senior applies

BY RISA C. DOHERTY

By the time your child is entering her junior year in high school, you should consider visiting colleges. Back in the last century, my folks never took me to visit any colleges until I was accepted, but it is a different world today.

One mother was incredulous when I told her that visiting a school might increase a student's chances of being admitted.

"They don't really look at minutes like that, do they?" she asked.

Yes, they do — sometimes. Most colleges will not admit it. These days, the college-admissions process is very competitive, and many even ask on the application if the student has visited the school or spoken to a representative. The schools want to know how effective their outreach is, but they may also use this data when they are having trouble deciding if they should admit a particular applicant.

Colleges want you to visit so that they can show you their facilities and encourage your child to apply and if accepted, to attend. Their goal is to have as many students apply as possible, accept a limited number and raise their yield by convincing the accepted students to attend. They are focused on filling their incoming class with the most qualified freshmen. Students should have their own reasons to visit: to see if they like the school, to ask questions, and, if possible, to interview.

"You can get a feel for where you will call home, learn about the academics, the surrounding area, [your preference for an] urban or rural [environment], and be able to narrow down the number of applications [you will submit]," says Tom Mariano, Assistant Dean of Admissions at Franklin & Marshall College.

Ask if the college encourages interviews and uses them in its decision-making process. Some offer interviews for informational purposes only; that is, for your information. Your child can avoid the extra stress

and ask questions by e-mail, on the phone or at an information session.

If your child is interviewing, have her prepare by going on the school's Web site and on collegeboard.com — this way she does not ask basic questions that show she did not spend any time researching the school. She should have some questions prepared for the interviewer — this is her chance to sell herself and charm the interviewer with her personality. Have her do her first interview at her safety school, as a practice run.

Before hitting the road, create a list. The initial selection of potential schools should be made taking into account cost, location, social

Visiting a campus will help your student think of questions and issues important to her, which she can't even think of asking until she's there.

life, and perhaps religious life on campus. Do research online to find out basic information like available majors and minors, male-female ratio, ethnic diversity, sports available, and geographic breakdown of the student body. Often, high school guidance counselors make useful suggestions. Once you have a list, you can plan your trip(s).

Many schools require students and their families to sign up in advance for tours and information sessions. Interviews require appointments. You will need to figure out how long each portion of your visit will last and schedule in a lunch break, if you are visiting more than one school. We always leave early to get in a tour, information session, interview and time to walk to parts of the campus not included on the tour — checking out the bookstore, the sorority houses, the surrounding

neighborhood and the Hillel House.

Athletes can arrange for a meeting with a coach, and all prospective students should try to make an appointment in advance to speak with a professor or teaching assistant in the student's chosen department, unless she is undecided. This way she can get a good idea of the available coursework in her area. Ask at the Admissions Office for a course catalogue from the previous year, which can usually be found online, as well, and see if there are limited offerings in the area of interest. I know of a student who transferred out of a school because he ran out of courses in his chosen department. In most schools, all majors are required to take some courses outside their area, so the prospective student should think about how much math and science or humanities she can stomach.

Some people prefer to visit the cold-weather schools (the "snow-belt" ones) in the winter to be sure their child will be happy there. Apart from my personal fear of driving during white-out conditions, one friend told her son he could not attend a particular cold-weather school because the door to her car froze shut during their winter visit. Many prefer to visit when school is in session, if possible, during high-school vacation time. Some visit while high school is in session and miss classes. Most schools will excuse the absence if the student provides proof of the visit.

Visiting a campus will help your student think of questions and issues important to her, which she cannot even think of asking until she is on campus. Tell your student to look at collegeconfidential.com, collegeproowler.com, and unigo.com to get the students' point of view, although, what other students post is not the gospel. Nothing replaces her being there and looking around herself.

About half of the schools I have had the pleasure of visiting (nine and counting) will show you a fake dorm



room, usually completely decorated by our friends at Bed Bath & Beyond. Some schools have the student guides share their own small abode with you. This will give you a better idea of how an actual college student lives and the opportunity to ask an actual resident specific questions about what it is like to live there, the cleanliness of the bathrooms, the reliability of the air conditioning (if you are lucky), etc.

Talk to students you see on campus, most of the time they will be very friendly and happy to help. Talk to other people taking your tour. I usually stalk other potential students with my daughter's major and ask where else they are applying, just so we leave no stone unturned. It's an opportunity to give and receive valuable information, and people are generally quite receptive.

When visiting a school be sure to ask about the commuter population. I have known students who have been excited about their first year

away, only to be left in a dorm, empty on weekends because all the locals go home.

Being able to eliminate a school or move one to the top of the list can be very important. Not only can your student save money by not applying to a school, but deciding if and where to apply early decision, which is binding, can help her to prioritize her selected schools. Students who apply early usually have an advantage. Also, most colleges ask the applicant to submit an essay describing why they have decided to apply to the school. These essays are much easier to write, having seen the school and learned more about it during a visit.

Know your student. Many teens are not ready to make an educated, adult decision like the selection of a college. Some do all the research and evaluate schools in a rational manner. Others judge schools by their proximity to the best shopping venues or how one student is

dressed. Most high schoolers can use guidance and input when weighing all the important factors.

Deciding where to apply and if one should apply early, while trying to calculate one's chances of being accepted, is a daunting and bewildering task. If your student is able to travel to most of the schools on her list, she has an advantage. Your student cannot control the school's decision-making process, but to some extent, visiting and marketing herself to the schools she determines may best match her needs can put her in the driver's seat.

Of course, showing interest in and visiting a school is a plus, but it will never get a student admitted with unsatisfactory grades, standardized test scores or lack of extra-curricular activities — so, as always, it's important kids hit the books!

Risa C. Doherty is an attorney, freelance writer and mother raising a high-school senior.

Copyright 2010 by Risa C. Doherty

Education

DIRECTORY

HASC Early Childhood Programs

The Hebrew Academy for Special Children

321 Woodmere Boulevard, Woodmere, 516-295-1340

Is a non-profit, non-sectarian program, serving children from birth to age nine. The HASC Integrated program is available to children ages 3-5. Developmentally appropriate learning is emphasized through play, language and motor activities in classes consisting of seven children with special needs and eight typically developing children. Multicultural programs are held in a state-of-the art facility with highly trained staff. Children experience the benefits of low student-teacher ratios in classes taught by certified teachers. Classes participate in gym, music, class trips, and special events. HASC provides a high quality well- rounded program!

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.

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 pro-

gram 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.

Pat Kam School & Early Childhood Center

705 Nassau Road, Uniondale, NY, 516-486-7887

This school and early childhood center for grades Pre-Kindergarten through 6 offers an exciting summer camp equipped with air-conditioned classrooms. Founded in 1987 by husband and wife Ron and Geraldine Clahar, Pat Kam school/ECC offers year-round learning. The summer reading program advocates literacy skills and provides an eclectic approach to reading. Campers are taught to use phonetic and whole language approaches to develop proficiency in the skills of decoding new words and reading comprehension. Students are encouraged to recognize reading as a fun outlet rather than just an assignment-based activity. Pat Kam also offers campers an exciting swimming instruction program as well as culturally enlightening field trips to places like the NY Hall of Science, DNA Laboratory at Cold Spring Harbor, Cradle of Aviation, Walt Whitman Museum and more.

The Vincent Smith School

322 Port Washington Ave., Port Washington, 516-365-4900 or www.vincent-smith-school.org

We are well-known for our individualized program for reluctant learners and learning disabled students in grades 4-12. Vincent Smith School is celebrating its 85th anniversary, with a history of excellence dating back to 1924. Located on four-and-a-half acres in suburban Port Washington, Vincent Smith School is a private day school, serving students in Nassau, Suffolk, and Queens Counties in New York. We offer students differentiated instruction in small supportive classes. Our students experience academic success, emotional growth and social acceptance. Approximately 85% of our graduates go on to college. VSS is chartered by the New York State Board of Regents as an independent, non-profit institution and is accredited by the New York State Association of Independent Schools. We take pride in being a place where it's okay to learn differently. We received a \$360,000 scholarship grant from the WK Kellogg Foundation that will allow us to increase enrollment. Vincent Smith School is chartered by the New York State Board of Regents as an independent, non-profit institution and is accredited by the New York State Association of Independent Schools. The Vincent Smith School is open to all without regard to race, creed, or national origin.

Children Are Our Most Precious Treasures...

Entrust Yours to the Professionals with the Most Experience

- Multi cultural
- Full and half day sessions
- Certified Teachers
- Small staff/student ratio
- Full-time nurse
- Low tuition rate

Beautiful Suburban Setting

Enroll Now In Our All-inclusive, Language Based Pre-school

We offer field trips, special events, music, outdoor playground and gym.

Call us for a tour • 516-295-1340 Ext. 195
321 Woodmere Blvd. Woodmere, NY



Become a fan of

LONG ISLAND
Family
on

facebook

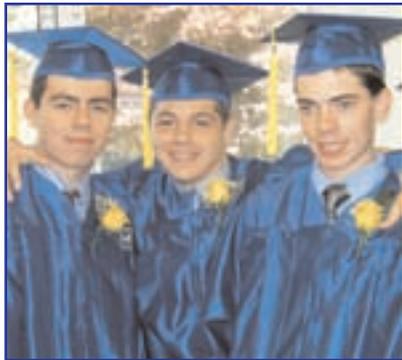
Facebook Search: Long Island Family

Vincent Smith School

Long Island's premier independent school addresses the needs of learning disabled students and reluctant learners in grades 4-12.

ONGOING ADMISSIONS

Register Now for the 2010-2011 School Year



- Small class sizes
- Differentiated instruction
- Students experience academic success, emotional growth and social acceptance
- Approximately 85% of our graduates go on to college
- Celebrating 85 years of educational excellence

It's Okay to Learn Differently.

322 Port Washington Blvd
Port Washington, NY 11050
516-365-4900 • vincent-smith-school.org

School of Long Beach
montessori

GIVE YOUR CHILD THE EDGE: USE THE MONTESSORI ADVANTAGE

Nursery, Pre-K, Kindergarten and Lower Elementary

The Joy of Learning Our specially trained staff recognizes the early learning ability of your children and teaches for all age levels

111 Delaware Ave. (Corner of West Park St) Long Beach, NY 11561
516.897.3031

Pat Kam School & Early Childhood Center
705 Nassau Road • Uniondale • NY 11553

• Year Round Education • Before/After School Program • Pre-K through Fifth Grade

- Approved By NYS Education Department
- All Students Welcome, Including Gifted

In addition to regular subjects:

- Swimming Instructions in the summer

Field Trips:

- NY Hall Of Science and other Museums

State-Of-The-Art:

- Computer Lab
- Science Lab
- Air Conditioned Classrooms

Contact: Phone 516-486-7887 or Fax 516-486-7905
Email: info@patkamschool.com • Website: www.patkamschool.com



Our Lady of Grace Montessori School

An educational atmosphere which inspires a life-long love of learning!



"One test of the correctness of educational procedure is the happiness of the child."

— Maria Montessori

Openings in the Nursery and Pre-K program for the 2010-11 school year.
Call today to visit our unique hands-on program.

516-365-9832



Our Lady of Grace Montessori School • 29 Shelter Rock Road • Manhasset, NY 11030



Cruise control

Disney boats are fun for the whole family

BY ALLISON PLITT

This year, my husband and I wanted to take our first family vacation with our 4-year-old daughter, Chase. I was concerned about finding a vacation that would suit all of our desires for eight days — entertainment for our daughter, activities for all of us to enjoy and, most of all, babysitting services.

After some research and feedback from other families, we decided on a week-long Disney Cruise through the Western Caribbean.

When we arrived at Port Canaveral, via a Disney bus from the Orlando Airport, we checked-in while marveling at the size of our cruise liner, the Disney Magic. As we were waiting to board, Minnie Mouse appeared in her sailor's outfit. My daughter was awestruck with the adult-size version of her favorite cartoon character and agreed to stand in line to get her picture taken with her. However, she was too afraid when we finally reached



A terry cloth elephant was one of many "towelgami" creatures left on the bed.

the front of the line and instead, ran away in fear. My husband and I ended up having our picture taken with Minnie as our daughter sulked in the distance.

Once on the ship, the first thing Chase wanted to do was swim in the pool. There were three different pools on the deck — the children's pool, shaped like Mickey Mouse's head with a water slide; the family pool, with outdoor movies and entertainment and always very crowded; and the adults-only pool,

the quietest and least crowded, with a bar and jacuzzi (which appeared to be the only place on deck where you actually could relax!).

My daughter immediately jumped into the kids' pool and played in the water, but there were so many other children, she didn't have a lot of space. This didn't seem to bother her since she was used to fighting for space in crowded places, being raised in Queens. As soon as my husband got into the water to play with her, a bunch of kids spotted him and shouted "grown up!" Immediately, the children rushed toward him and climbed on him, like a human jungle gym. My husband played along for about 10 minutes and then escaped to the jacuzzi, where he sat for an hour to recuperate.

The food on the Disney Cruise was very good and the three restaurants on board had different cuisine themes every day. We were seated next to a nice family from Ohio, the Patels, a couple with a daughter a year older than Chase. We were told

that we would be seated at the same table with the Patels every night for dinner — which concerned me because I was afraid it would end in disaster if we didn't like each other.

Luckily, we all hit it off. Both of the Patels' parents were from India and had been to Jackson Heights many times to shop in the Indian stores and supermarkets and eat at the Indian restaurants. We spent a good amount of time exchanging stories of our experiences visiting the neighborhood.

I had always heard that when you go on a cruise, you gain 10 pounds, so I was conscientious about portion control at the meals. My husband, on the other hand, is very active and can lose weight quickly. While the Patels and I were careful not to overindulge, my husband ordered two entrees and two desserts every night. Needless to say, he became pretty well-known with the dining staff.

As the cruise progressed, the Disney characters made their rounds at the dining tables. They also appeared at different areas throughout the ship, and kids could be photographed with them and get their autographs. When my daughter met them, she calmed down and finally posed for the camera. Girls of all ages dressed up at night as the different princesses and the crew and staff usually addressed all the girls, whether or not they were in costume, as princesses.

This was the third Disney Cruise for the Patels and they gave us a lot of good advice about things we could do, like the evening theater shows that were Broadway-quality productions. We joined them some nights, and I thought the shows were wonderful — they left our daughter completely entranced, sitting on the edge of her seat, gazing at the stage and singing along, which made the people sitting next to us chuckle.

Every night when we came back to our cabin, our sheets were turned down with mints, a program of the next day's events and a towel sculpture, or "towelgami." The first night our daughter was afraid to come into the cabin when she saw a big lobster made out of terry cloth sitting on our bed. However, after several nights of being welcomed home by a swan, elephant and turtle, she



would run back to the cabin to see what creature awaited us, but mostly she was looking forward to eating the chocolate mint.

There were plenty of activities to do to work off all the calories we were consuming. My husband ran the jogging path on the ship's deck one morning. At the fitness center there were yoga and exercise classes, but my husband and I opted for the spa, where we worked up a sweat sitting in the sauna for two hours.

Every time the ship landed in a port, we would sign up for an off-shore excursion. Since my husband took a day trip in Cozumel to go scuba diving, I chose to take our daughter to Xcaret, an ecological swim park in Cancun. I had been to Xcaret before and loved the rivers that flowed through lagoons and underground caves.

When we arrived, our Mexican tour group company gave all the Disney guests life preservers, walked us into the river and assured us none of us would drown. As I was pulling my daughter through the river, since she could not swim, she screamed and hollered at the top of her lungs for her father. At the end of our river adventure, we stayed on the beach and had lunch. We were then given a couple of hours to venture off and see all the animals, birds and fish. Unlike the older chil-

dren on the tour, my daughter had no interest in seeing the wildlife. All she wanted to do was swim in the water and see how much sand she could put down her bathing suit.

At the next port in Nassau, I decided to put our daughter in the babysitting service for half the day. The ship had an entire floor devoted to children's activities where there were so many security measures to keep track of all the kids, it would take nearly 10 minutes to just drop off or pick up your child.

At Castaway Cay it was sunny and cool and we got a chance to enjoy the beach and go bike riding. When I asked one of the staff members on the island where I could throw away my trash, she took the sticky garbage from my hands and threw it out herself. If there was one outstanding feature of the entire Disney Cruise, it was the amazing level of customer service.

The last night of the trip was my daughter's fourth birthday and the dining staff came out with a cake and sang "Happy Birthday" to her. Before she blew out the candles, I told her to make a wish. Later that night when I asked her what her wish was, she said she wanted to go on another Disney Cruise.

Since my husband had just paid on board for a Disney Cruise for next year, her wish had, in fact, come true.

Broadway-quality evening shows feature beloved Disney characters. Mickey, Minnie and the gang also appear throughout the ship, ready to pose for photos.



FAMILY HEALTH

BY IVAN HAND, MD, FAAP
 Director of Neonatology,
 Queens Hospital Center

The importance of breastfeeding

World Breastfeeding Week is being celebrated from Aug. 1 through Aug. 7. This year's theme is the 10 steps to successful breastfeeding. Although the event is geared toward making breastfeeding a success in the hospital, there is much that you can learn and do to support breastfeeding.

Recommendations from the American Academy of Pediatrics

Breastfeeding is recognized as the best form of nutrition for infants from up to six months of age.

Beyond six months, complementary foods can be added, but breastfeeding should still be continued. Breastfeeding continues to benefit both mother and baby beyond 12 months of age, and in many populations breastfeeding is continued to 3 years and beyond.

The United States has set national goals in hopes that 75 percent of newborns will have been breastfed at the time of hospital discharge and at least 50 percent of all newborns will breastfeed until 6-months of age.

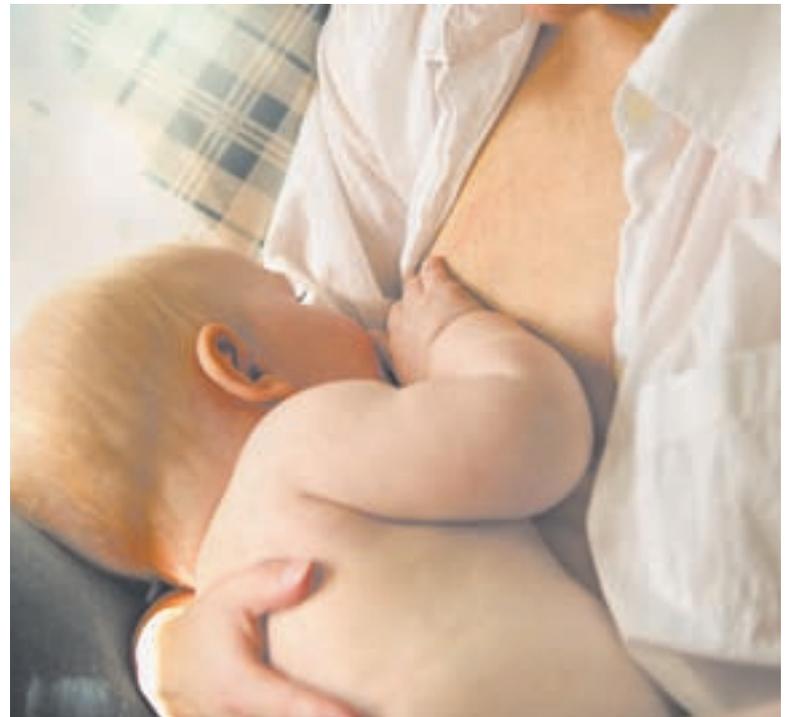
Infant benefits

Breast milk is completely natural and is ideal for nutrition in newborns. It contains products of the mother's immune system, including proteins and special sugars (oligosaccharides), that help with digestion and can prevent common illnesses and infections — such as ear infections.

In newborn intensive care units across the country, breast milk is the preferred nutrition for even the smallest premature infants.

Breastfed infants are less likely to develop allergic reactions, such as eczema and asthma, have lower rates of obesity and diabetes as the infant grows, and be smarter.

Several studies link intelligence with breastfeeding, and certain compounds in breast milk have been



shown to increase brain growth and visual acuity.

Maternal benefits

Apart from the satisfaction of the close bond with your baby, there are many maternal advantages to breastfeeding.

Producing breast milk uses 500 calories a day, and this caloric expenditure can be helpful in shedding any additional weight gained during pregnancy.

There is also evidence that breastfeeding helps prevent diseases such as cancer, arthritis and diabetes. In general, the longer you breastfeed, the more benefits you will obtain.

Breastfeeding support

It is very important for all of us to strongly support breastfeeding in our hospitals and community. If you are a woman of child-bearing age, you should discuss the benefits of breastfeeding with your doctor.

New York has passed a breastfeeding “Bill of Rights” that details the rights of the mother to know her feeding options, have 24-hour access to her baby while in the hospital and breastfeed at any location. We all need to take these steps to support breastfeeding and healthier families.

Celebrate

To celebrate the international week, JAMS Jamaica Avenue Festival will be all day on Saturday, Aug. 7, with health and wellness demonstrations, live music, hundreds of multi-ethnic vendors and rides for kids. The Queens Hospital Center will have its own breastfeeding fair on Tuesday, Aug. 3.

Queens Hospital Center breastfeeding fair [82-68 164th Street in Jamaica, (718) 883-3000] Aug. 3, 10 am–2 pm.

JAMS Jamaica Avenue Festival (Jamaica Avenue from Parsons Boulevard to 169th Street in Jamaica, no phone) Aug. 7, 11 am–6 pm.

www.webfamilyny.com

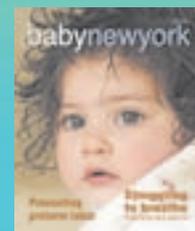


Are you ...

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

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

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





LIONS AND TIGERS AND TEENS

MYRNA BETH HASKELL

Say whaat?

How to keep your cool even when teenagers talk back

Everyone has a pet peeve. Mine is: “Whateverrrrr!”

That word can send needles up my spine. I realize there are much worse things a teen can say, but for some reason, “Whateverrrrr” says it all for me. It means, “I don’t care what you think — you just don’t get it — get out of my face” all in one fell swoop.

Of course, this attitude is nothing new, and reminds me that parents of yesteryear actually had the right idea when they washed mouths out with soap — something you could probably be arrested for today.

So what do parents do about these smart mouths?

Some let it go, saying they have more serious things to worry about, such as drinking, drugs, and premarital sex. Others don’t put up with it.

For me, back talk is a sign of disrespect and should be handled as such. Teens should be taught how to speak up for themselves, but in an appropriate way.

Keep back talk in perspective

Does back talk start in the teens? Not entirely — what about when you asked your 2-year-old to pick up his toys and he said, “No!” and sneered at you? Although back talk is not strictly a teen phenomenon, it does seem to happen more often and with more disdain at this age. Parents have different opinions about where to draw the line; however, most feel that outright rudeness should not be tolerated.

Just like toddlers, teenagers are struggling to become independent from their parents. That independence is necessary as they approach adulthood.

“Teens are striving to become



more autonomous,” explains Dr. Alec L. Miller, Chief of Child and Adolescent Psychology at Montefiore Medical Center/Albert Einstein College of Medicine in the Bronx. “To do so requires them to assert their own needs and wishes, even when those wishes are not in the context of good judgment and even when they are in direct conflict with the parents’ wishes.”

Teens like to argue, and parents should learn to embrace this as long as it is respectful. However, when a sharp tongue rears its ugly head, it’s time to put the clamps on.

Don’t get bent out of shape

How do parents get their teens to back off the snide back talk? Parents should remember that they are the

authority in the household. A teen who talks rudely once or twice and gets away with it will continue the behavior. When a teen’s language or attitude is inappropriate, there should be consequences. Try to remain calm even if your teen is raising her voice. Screaming back or returning her flippant comments reinforces the bad behavior. If the tone is disrespectful, ignore her argumentative comments and walk away. If she follows you, reinforce that you will not tolerate rude and obnoxious language. Tell her that you will listen if her tone is appropriate. Stick to this position and don’t give in — show her that she can get her way more easily with respectful pleas.

“It’s important for parents to consider that this behavior is somewhat developmentally appropriate,” advises Miller. “Parents can acknowledge that their teens need to go through this phase and not take it too personally. At the same time, however, it is important for parents to set appropriate limits with their teens.”

If it’s an argument, he says parents should validate their teen’s feelings, and also explain why they’ve taken their stance.

Teens will disagree and do it often — this is a natural part of their development. It’s the tone and delivery that parents should be concerned with.

Tips and tales

“Don’t stoop to their level!”

Dr. Robin Goodman, New York, NY

“We end up taking away electronics, which seems to work great.”

Gloria Jean Gibson-Lyons, Salt Point, NY

“First I take a deep breath. Then, I give her a good ‘talking to’ in return.”

Maryellen Livingston Moore, Glenford, NY

Share your ideas

Upcoming topic:

What to tell ... or not tell ... your teen about your past.

Please send your full name, address, and brief comments to: myrnahaskell@gmail.com or visit: <http://home.roadrunner.com/~haskellfamily/myrna/>

Myrna Beth Haskell is a freelance writer specializing in parenting issues and children’s development. She is the mother of two teenagers. Her advice column for parents of teens debuted in June 2009.

It figures

BY CYNTHIA WASHAM



SCHOOL SNIPPETS

58 Percent of South Korean school children who get tutoring outside of school.



90,000 Number of students who took classes through the Florida Virtual School, a service providing high-school courses online.

25 Percent of American children.

71 Percent of schools in the U.S. that reduced time spent teaching subjects such as music, art and geography after the No Child Left Behind Act of 2001 tied federal funding to schools' progress in English and math.



1½ to 1¾ Average hours per night children ages 8 — 13 spend on homework.

3 Average hours per week parents spend helping with homework.

50 Percent of elementary-school students who eat fruit with their school lunch.

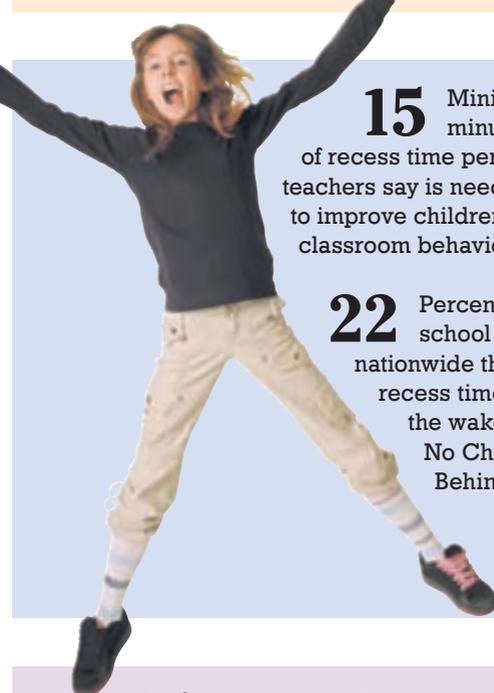
25 Percent of high-school students.

70 Percent of students who eat fruit when a cafeteria worker suggests it.



15 Minimal minutes of recess time per day teachers say is needed to improve children's classroom behavior.

22 Percent of school districts nationwide that cut recess time in the wake of No Child Left Behind.



15 Percent of students who use cursive on the written portion of the SAT college entrance exam.

200 Number of British schoolchildren, some as young as 13, who were reported by their teachers to police as terrorism suspects.

Sources: Natural Awakenings, Education Week, The Center for Public Education, Current Events, Education Week, Nutrition Week, Newsweek, Boingboing.net

The girl who wouldn't bathe

One mom's quest for her toddler's cleanliness

BY ANNA SEIP

A quote from Sylvia Plath's novel, "The Bell Jar," hangs on my bathroom wall: "There must be quite a few things that a hot bath won't cure, but I don't know many of them."

When my daughter, Lila, was an infant, she'd rest atop my chest like a little chick — belly down, legs tucked, as I bathed in the wee hours. It was the only way to get her to go back to sleep. As the steam rose around us, she stayed

dry on her perch. We'd float together in the tub — mother and daughter — united by the healing powers of a bath. And our ritual worked just as well at 5 pm as it did at 5 am.

"Wow," my husband would say, watching Lila and me take bath after bath, "what a Mommy's girl."

The rhythmic bathwater must have sounded much like a womb, and it calmed Lila even on her crabbiest days.

I completely understood why. I love baths — I take them when I'm happy and when I'm sad. A long, hot bath, a glass of cold Coke, and a best-seller is my idea of heaven. Add some bubbles, and I'll disappear into the tub for hours.

My little mermaid and I shared the tub with Bathtime Elmo, assorted rubber duckies, and a plastic submarine. I could dig it — I'd resigned myself to never taking baths alone again. And for a couple of years, that's how things floated on.

Then, one week, I took three baths in a row without Lila. Each time she heard water pouring into the tub, she ran from the bathroom in a panic. My husband was concerned — had we gotten soap in her eyes? Had she slipped underwater by accident? Had she watched a scary movie about water? No, no, and no. Our daughter had simply transformed into a 2-year-old. Ignore it, I told my husband and in-laws: "Oh, she'll bathe when she's ready."

"Well, you've got to do something about it," my father-in-law said.

"Like what?"

"I don't know. But something."

"She'll take a bath when she's ready," I repeated, this time with no confidence at all.

I considered sending Lila to swimming lessons, just so she'd get an occasional rinse. What if she were schizophrenic? Don't schizophrenics hate to bathe? I called the pediatrician's office. After the receptionist finished laughing at me, she connected me to a nurse.

"She's 2," the nurse said. I could hear her shrug through the phone. "She's exerting her independence."

After a day at the playground with Lila, I took her sandals off and looked at her tiny, dirty feet.

"Would you like to play pedicure?" I asked.

"OK!" she said. "What's that?"

We gathered all the necessary supplies: a princess folding chair, a big bowl of soapy water and pink nail polish. I scrubbed the dirt from her toenails, all the while talking to her in a high-pitched voice: "You come here often? What's your name? You have good-lookin' toes!" Afterward, I proudly displayed her freshly painted feet to my husband.

"Wow!" he said to Lila. "Wouldn't it be fun to have clean hair and clean elbows and —"

"I no wanna take a bath!"

There was an upside to all this — whenever my husband and I wanted to have a private conversation, we retreated to the bathroom, where we knew Lila would never bother us.

But it was summer, and the girl-who-wouldn't-bathe began to smell a bit gamy. I sponged her down with soap and warm water — she tolerated that with some mild whining — but there was no getting near her hair. My solution was dry shampoo



powder, found in a beauty-supply store. Sure, the product was for old ladies who wait a week between appointments for a wash and a roller set, but it might be just strong enough for a stinky toddler.

My husband drew the line at dry shampoo. On his day off, he announced that he was giving Lila a bath. I left for my job and wished him luck. Half an hour later, I got this e-mail:

"The screaming that burst seven mirrors in our neighborhood was not a wildebeest in the death grasp of six lions. It was just the sound of a 2-year-old — whose hair smelled so bad from three straight days of near 90-degree temps that she was attracting flies — getting a bath. Her father finds it creepy that his wife uses aerosol 'soap' sprayed on bedridden patients. Father regrets the decision."

Oh, the melodrama. How bad could it be? I waited a week, then tried giving Lila a bath myself. When she slipped away like a greased pig, I gave up. There had to be an easier way.

I got the idea of putting her in her bathing suit and filling her kiddie pool

with suds — an outdoor bath. Lila went for a tub in the sun. The neighbors asked if we were renovating our bathroom. I nodded and smiled. The bathing pool worked all summer, but as fall approached, I wondered what we'd do.

It became a joke in our house. The answer to any question revolved around not taking a bath.

"Do you want a popsicle?"

"I no wanna take a bath."

"Let's put your pajamas on."

"I no wanna take a bath."

My husband asked me where I'd put the car keys.

"I no wanna take a bath!"

I bought cool bath toys and kids' body wash with princesses on the bottle. Bought the kid her own towel, and a special visor to keep water out of her eyes and ears. Nothing worked.

At this age, Lila loved to talk about the things she liked: strawberries, princesses, snacks, kittens...

"Is there anything you don't like?"

"Baths," she said instantly. "And bumblebees."

When she woke up scared after a bumblebee nightmare, I gave her a butterfly net to sleep with. That solved the problem instantly. Why wasn't there an instant solution to her fear of bathing?

Marshall, my older child, had never acted this way. He'd loved baths all along, starting each school morning lying supine in a tub of water, floating up to his nose and mouth. Now a tween, he'd graduated to showers.

A shower! That was it — give the 2-year-old a sense of control, the parenting books advise. I attached a handheld nozzle to the faucet and tried to sell Lila on the idea — which, I'm embarrassed to admit, I called a "princess rinse."

"No!" she screamed, running naked down the hall. "No princess rinse!"

I came to enjoy my time alone in the tub. I read, stayed up to my chin in bubbles — I got my privacy back. I wondered if Lila wanted her privacy, too.

"You want to take a bath alone?" I asked, my brain filled with visions of myself hovering in the bath-

room doorway.

"I no wanna take a bath!"

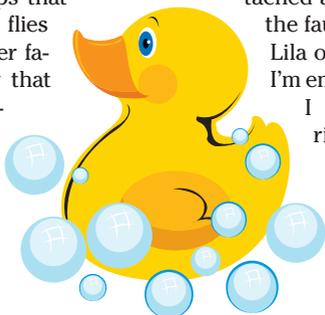
Then, just as quickly as her fear of bathing had come, it was gone. I had my little mermaid back. We shared baths again as if nothing had ever happened. Are you kidding me? Was this all just a phase? Maybe it was just a period I had to ride out — albeit a less convenient one than, say, my son wearing a superhero cape for two years.

Yesterday, when I put before Lila her favorite lunch — peanut butter on an English Muffin — she wrinkled her nose. The next phase was already starting, and I was ready for it — filled with the faith that it would pass without any regard to how or when I wanted it to.

"I no like samwidges!"

I looked in the fridge for an alternative and began counting the days till her third birthday.

Anna Seip is a mother of two who works as an editor at a college in Pennsylvania. She can be reached at annaseip@yahoo.com.



"She's 2," the nurse said with a shrug. "She's exerting her independence."

Looking for fun
with the kids?

WIN
TICKETS

For you &
your family (4)
to local
family friendly
shows

Visit our website
www.webfamilyny.com
and register to win



Attention All Writers!
We're looking for
personal essays

about you, your family and life
in your community.

Partner with us and share your
stories and your memories.

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



Going Places

LONG-RUNNING

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.

Southold Indian Museum: 1080 Main Bayview Road; (631) 765-5577; indianmuseum@optonline.net; www.southoldindianmuseum.org; Sundays, 1:30–4:30 pm, \$2 (50 cents children).

Largest collection of Algonquin ceramic pottery and impressive array of soapstone pots and bowls.

History of heroes: Francis X. Pendl Nassau Nassau County Firefighters Museum, 1 Davis Ave. between Mitchell Field and Railroad Avenue; (516) 572-4177; www.ncfiremuseum.org; Tuesdays – Sundays, 10 am to 5 pm, \$4 (\$3.50 children).

Hands-on showcase featuring a goose-neck handdrawn and operated water-pump dating back to 1832.

Creatures of the deep: Cold Spring Harbor Fish Hatchery & Aquarium, 1660 Route 25A; (516) 692-6768; info@cshfha.org; www.cshfha.org; Weekdays, 10 am to 5 pm, Saturdays and Sundays, 10 am to 6 pm, \$6 (\$4 children three to 12).

Northeast's largest living collection of New York State-native fish, reptiles and amphibians.

Science is fun: Long Island Science Center, 11 West Main St. near Peconic Avenue; (631) 208-8000; programs@lisciencecenter.org; www.lisciencecenter.org; Sundays, 11 am–4 pm.

Interactive museum dedicated to fostering a love of math, science and technology in young people.

Flying high: American Airpower Museum, 1230 New Highway; (631) 293-6398; info@americanairpowermuseum.com; www.americanairpowermuseum.com; Thursdays – Sundays, 10:30 am–4 pm.

Preserved vintage aircrafts in the original hangar where they were readied for war.

Sailing away: Long Island Maritime Museum, 86 West Ave. near Shore Road; (631) 447-8679; limm@limaritime.org;



The Wiggles in 3-D

It's the Wiggles live!

The popular preschool entertainers from Australia are in town this month, with two shows at Nassau Coliseum on Aug. 18 in "Wiggly Circus Live." In this interactive show, kids can sing along to their most popular songs, too, such as "Hot Poppin' Popcorn" and "A Big Big Show," and watch as the Wiggles and their wiggly pals like Captain Feathersword, Dorothy the Dinosaur, Henry the Octopus and Wags the Dog dance

www.limaritime.org; Mondays – Saturdays, 10 am to 4 pm, Sundays, 12–4 pm, \$4 (\$2 children and seniors).

Comprehensive history lesson into Long Island's seafaring and shipwrecked past.

Kid power: Children's Museum of the East End, 376 Bridgehampton Sag Harbor Turnpike; (631) 537-8250; www.cmee.org; Mondays and Wednesdays – Satur-

days, 9 am–5 pm, Sundays, 10 am to 5 pm, \$7 (free under one year old).

Exhibits cover a wide range of interests and include a little bit of everything.

"A Midsummer Night's Dream": Vanderbilt Museum and Planetarium, 180 Little Neck Road; ((631) 854-5579; www.vanderbiltmuseum.org; Fridays, 8 pm, Sundays, 7:30 pm, Now – Sun, Aug. 29;

their way through the aisles. Fans are also encouraged to join in the fun and come dressed as their own favorite character, too.

If your child is a fan of the Sprout television show, you won't want to miss this live-action extravaganza.

The Wiggles at Nassau Coliseum [1255 Hempstead Tpke. at Glenn Curtiss Boulevard in Uniondale, (516) 794-9303], Aug. 18 at 2:30 pm and 6:30 pm. Tickets \$18.50-\$78.50. For info, visit ww.WiggleTime.

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!

\$15 adults and seniors (62 and older); \$10 students and children 12 and under.

Arena Players perform one of the Bard's most well known comedy. Outdoors.

"The Last Night of Ballyhoo":

Hofstra University - Monroe Lecture Center Theater, South Campus, California Avenue; (516) 463-6644; www.hofstra.edu/HofstraEntertainment; Fridays – Sundays, 8 pm, Now – Sun, Aug. 1; \$25, \$20 (seniors, over 65 and \$18 for matriculated Hofstra students with ID).

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 case-workers, 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.

Race to the End of the Earth:

American Museum of Natural History, Central Park West at 79th Street; (212) 769-5100; www.amnh.org; Daily, 10 am–5:45 pm; Donations suggested.

The exhibit recounts the most stirring tales of Antarctic exploration: the contest to reach the South Pole in 1911-1912. Highlights include photographs, paintings, and rare historical artifacts as well as actual items of clothing and tools; life-sized models of portions of Amundsen's and Scott's base camps; and a diorama featuring the largest of all penguin species alive today, the emperor penguin. There are also interactive and hands-on

Going Places

activities for all ages.

Long Island Game Farm: 638 Chapman Boulevard; (631) 878-6670; www.longislandgamefarm.com. Daily, 10 am–6 pm; Now – Mon, Oct. 11; Call for fees.

Petting zoo and activities.

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.

"Alice in Wonderland": Vanderbilt Museum and Planetarium, 180 Little Neck Road; ((631) 854-5579; www.vanderbilt-museum.org; Saturdays and Sundays, 2 pm, Now – Sun, Aug. 29; \$10 all seats.

The Arena Players perform Lewis Carroll's children's classic.

Polo: Bethpage State Park, Polo Field; (516) 249-0700; www.nysparks.state.ny.us; Sundays, 3–5 pm, Now – Sun, Oct. 3; \$8 vehicle use fee.

Meadowbrook Polo Club - competitive polo matches. Bring a picnic lunch. Glass items, pets, and alcohol are not permitted.

Summer Science workshop: Dr. Erwin J. Ernst Marine Conservation Center, Trustee's Road; (631) 751-2244; www.wmho.org; Mondays, 9 am–1:30 pm, Tuesdays – Thursdays, Now – Thurs, Aug. 12; Call for fees.

High school students experience hands-on learning about marine science. College credit given.

Special Needs Summer Camp: Friedberg JCC, 15 Neil Court; (516) 766-4341; www.friedbergjcc.org; Weekdays, 10 am–3 pm, Now – Fri, Aug. 13; Call for fees.

Summer camp experience focusing on socialization and life skills building for ages 10-13 with special needs.

Monday Minnows: Cold Spring Harbor Whaling Museum, 279 Main St Cold Spring Harbor; (631) 367.3418; www.cshwhalingmuseum.org; Mondays, 2:30 pm, Now – Mon, Aug. 30; \$3 (adult & tot pair; Members free).

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

Ballroom Dance Lessons: Suffolk Y JCC, 74 Hauppauge Road; (631) 462-9800; www.syjcc.org; Mondays, 8–9:45 pm, Now – Mon, Oct. 4; \$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.



Fun under the sea!

If "The Little Mermaid" or "Finding Nemo" leaves you aching for more underwater adventures, then the off-Broadway production of "ImaginOcean" is for you.

This magical, live black-light puppet show is full of characters to fall in love with, as three fish friends, Tank, Bubbles and Dorsel, set off on a journey that finds them singing, dancing, making new friends, and finding their courage.

In addition to the bright, vibrant sea creatures, the show fea-

tures musical styles ranging from swing to R&B to big band.

To really feel in the middle of it all, get as close to the stage as possible, as the puppets come out into the audience for a truly engaging underwater experience.

"ImaginOcean" at New World Stages [340 W. 50th St. between Eighth and Ninth avenues in Manhattan (646) 871-1730], now through Nov. 14 with shows Wednesday at 11 am and 2 pm, Saturday at 11 am, 2 pm and 4:30 pm, and Sunday at noon and 3 pm. Tickets \$39-\$65. For info, visit www.ImaginOceanTheMusical.com.

Water Workshop Wednesdays:

Cold Spring Harbor Whaling Museum, 279 Main Street; (631) 367-3418 X17; www.cshwhalingmuseum.org; Wednesdays, 2:30 pm, Now – Wed, Aug. 25; Call for fees.

Families and children can stop by for art, discover, and watery wonders.

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.

Sandcastle contest: Hither Hills State Park-Beachhouse, Old Montauk Highway; (631) 668-2554; www.nysparks.com; Thursdays, 9:30–10:30 am, Now – Thurs, Aug. 26; Free.

Sand sculptors may use sand, water, and any other natural materials native

to the beach. Each week's prizes will be awarded for the best sculptors and castles in several categories. Registration is held each Thursday from 9:30am-10:30am at the Hither Hills State Park Beachhouse.

Moms Club: West Babylon Library, 211 Farmingdale Road; (631) 539-4419; themomsclubofbt@gmail.com; www.meetup.com/momscluborg; Thursdays, 10:30 am–12:30 pm, Free.

At-home mothers of any age children are welcome. Bring your children too if their not yet in school, this is a playdate for them.

Custer Institute and Observatory: Custer Institute, 1115 Main Bayview Road; (631) 765-2626; custerdonna@yahoo.com; www.custerobservatory.org; Saturdays, 5 pm–midnight, \$5 (\$3 children under 14).

Frequent lectures, classes, concerts, art exhibits and other special events.

SUN, AUG. 1

Nature workshop: Environmental Center, 500 South Bay Avenue; (631) 581-6908; www.seatuck.org; 10:30–

11:30 am; \$6 (\$4 members).

Peter Walsh leads the group with the aid of nets and jars to explore the dragonfly. Pre-registration required.

"Whodunnit": Houghton Hall Theatre - Trinity Episcopal Church, 130 Main Street; 631-732-2926; www.minstrelplayers.org; 3 pm; \$15, (\$12 Seniors/Children. Group rates (10 or more) \$10 paid in advance).

Performed by The Minstrel Players of Northport.

Concert: Jazz: Stony Brook Village Green, Main Street; (631) 751-2244; www.wmho.org; 7–9 pm; Free.

Isotope Stompers.

MON, AUG. 2

Bari Koral Family Band: Harry Tapen Beach, Shore Road; (516) 674-7100; www.barikoral.com; 10:30 am; Free.

Rock songs for kids.

"Cinderella": BroadHollow Theatre, 700 Hempstead Turnpike; (631) 581-2700; www.broadhollow.org; 12:45 pm; \$10.

Classic fairy tale.

"Sleeping Beauty": Bellmore Theatre, 222 Pettit Avenue; (516) 599-6870; www.plazatheatrical.com; 1 pm; \$10 (includes popcorn and soda).

Bari Koral Family Band: Theodore Roosevelt Memorial Park, Larabee Avenue; (516) 624-6202; www.barikoral.com; 1:30 pm; Free.

Rock songs for kids.

TUES, AUG. 3

Bari Koral Family Band: Marjorie R. Post Community Park, Unqua Road; (516) 797-7990; www.barikoral.com; 10:30 am; Free.

Rock songs for kids.

"Sleeping Beauty": 10:30 am. Bellmore Theatre. See Monday, Aug. 2.

Bari Koral Family Band: Ellsworth Allen own Park, Motor Avenue; (516) 755-1842; www.barikoral.com; 1:30 pm; Free.

Rock songs for kids.

WED, AUG. 4

Bari Koral Family Band: Syosset-Woodbury Community Park, Jericho Turnpike; (516) 677-5990; www.barikoral.com; 10:30 am; Free.

Rock songs for kids.

Bari Koral Family Band: Plainview-Old Bethpage Park, Washington Avenue; (516) 733-8400; www.barikoral.com; 1:30 pm; Free.

Rock songs for kids.

Epilepsy workshop: Epilepsy Foundation of Long Island, 506 Stewart Avenue; (516) 739-7733, X155; 7–9 pm; Free.

Alison M. Pack, M.D. leads this event.

Continued on page 24

Going Places

Continued from page 23

Reservations required, seating is limited.

FRI, AUG. 6

Respite weekend: Camp Pa-Qua-Tuck, 2 Chet Swezey Road; (631) 878-1070; www.camppaquatuck.com; 9 am; \$350.00 pp.

Summer respite program - campers, 6-21 years of age, with physical and mental disabilities. Registration required.

SAT, AUG. 7

Respite weekend: 9 am. Camp Pa-Qua-Tuck. See Friday, Aug. 6.

"Sleeping Beauty": Morgan Park, Landing Road; (516) 671-0017; www.plazatheatrical.com; 7 pm; Free.

"Sleeping Beauty": Clark Botanic Gardens, 193 IU Willets Road; (516) 484-8600; www.plazatheatrical.com; 7 pm; Free.

Rain date, August 11 at 7 pm.

Magic of Mark and Kym: Wildwood, Hulse Landing Road; (631) 321-3510; www.nysparks.com; 7 pm; Free.

Magic show.

SUN, AUG. 8

Respite weekend: 9 am. Camp Pa-Qua-Tuck. See Friday, Aug. 6.

Open House: Henry Kaufman Campgrounds, 75 Colonial Springs Road; (516) 822-3535 X334 or X336; 10 am–Noon; Free.

Tours available. Campers participate in sports, arts and crafts, swimming, music, dance, computers, drama, archery, gaga, photography, zip line, low ropes challenge course and other fun activities.

Bike-ride: Caumsett State Park, Lloyd Harbor Road; (631) 423-1770; Noon–2 pm; Free.

Here's a chance to join Seatuck and Trips for Kids for a mountain bike ride. Make several stops during the ride to explore the unique geology of the North Shore. The distance and pace will depend on the attendees' experience, but expect to ride at least several miles. Bring your own bike (which must be in good working order) or Trips for Kids can provide you with a bike and helmet. Pre-registration required.

Concert: Blues: Stony Brook Village Green, Main Street; (631) 751-2244; www.wmho.org; 7–9 pm; Free.

Nobody's Fool.

MON, AUG. 9

Open House: 10 am–Noon. Henry Kaufman Campgrounds. See Sunday, Aug. 8.

Watercolor workshop: PJ Art Company, 1950 Middle Country Road; (866) 752-7826 or (631) 676-7043; www.pjartco.com;



'Midsummer' treat

"A Midsummer Night's Dream" is one of Shakespeare's most popular plays, and with good reason: the costumes are great, the lines are funny, and the story is easy to follow.

It's no surprise then, that it's routinely adapted for children. Now through Aug. 29, the Arena Players Childrens Theater presents the comedy outdoors in the Vanderbilt Museum's cobblestone courtyard, overlooking Long Island Sound and Northport Harbor.

pjartco.com; 10:30 am–Noon and 1:30–3 pm; \$15 per session.

Scaredy Cat Watercolor — A wet and dry lesson. Children six and up.

Auditions: Houghton Hall, Trinity Episcopal Church, 130 Main Street; (631) 732-2926; www.minstrelplayers.org. 7:30 pm; Free.

For the role of Louise Paradine in "Postmortem." Female 30's-40's. Must have classic 1920's theatre look. Physically demanding role.

TUES, AUG. 10

Senior's day: The Long Island Museum, 1200 Route 25A; (631) 751-0055; www.longislandmuseum.org. 10 am–Noon; Free.

Visitors over the age of 62 are invited to step back and explore the newly redesigned herb garden, visit a one-room school house, and explore a real blacksmith shop and other historic structures on museum grounds.

Follow as the four young Athenian lovers and a group of amateur actors enter a moonlit forest, where mischievous fairies await, and humorous chaos ensues.

"A Midsummer Night's Dream" at the Vanderbilt Museum [180 Little Neck Rd. between Gina Drive and Cobblestone Court in Centerport, (631) 854-5579], now through Aug. 29. Fridays at 8 pm and Sundays at 7 pm. Tickets \$15 for adults, \$10 for students and children 12 and under. For info, visit www.vanderbilt-museum.org.

WED, AUG. 11

Parent workshop: Friedberg JCC, 15 Neil Court; (516) 634-4192; khorowitz@friedbergjcc.org; www.parentingresourcecenter.org; 10–11 am; Free.

"Is it Time to Go Back to School Already?" provides parents with tips for shifting from lazy summer days to school year hectic.

Nature workshop: Environmental Center, 500 South Bay Avenue; (631) 581-6908; www.seatuck.org; 10–11 am; \$6 (\$4 members).

Learn about butterfly's, then take a hike in search of them. Pre-registration required.

THURS, AUG. 12

"Sleeping Beauty": 10:30 am and 12:30 pm. Bellmore Theatre. See Monday, Aug. 2.

"The Jungle Book": BroadHollow Theatre, 700 Hempstead Turnpike; (631) 581-2700; www.broadhollow.org; 12:45

pm; \$10.

Classic Kipling.

FRI, AUG. 13

Watercolor workshop: 10:30 am–Noon and 1:30–3 pm. PJ Art Company. See Monday, Aug. 9.

Night Hike: Environmental Center, 500 South Bay Avenue; (631) 581-6908; www.seatuck.org; 7:30–9 pm; \$6 (\$4 members).

Join Seatuck for a night hike at the new environmental center. Pre-registration required.

SAT, AUG. 14

Tag Sale: Village Hall, 1100 Old Nichols Road; (631)-348-1133; www.newvillageofislandia.com; 10 am–4 pm; Free.

Toys, books, clothes, lamps and assorted knick-knacks.

Star gazing: Alley Pond Environmental Center, 228-06 Northern Blvd. 718-229-4000; www.alleypond.com; 8–10 pm; \$12 (\$10 adult members; \$7 for children 7-12, includes info packet).

Astronomer Mark Freilich leads gazer on a tour of the universe visiting the moon, the summer Milky Way and the Red Giant Antares. For children 7 and older and adults. pre-registration required.

SUN, AUG. 15

Snapper Derby: Captree Boat Basin, Captree State Park; (631) 669-0449 or (631) 321-1716. www.nysparks.com; 8 am–4 pm; Free except for vehicle use fee.

Children of all ages are welcome.

Open House: 10 am–Noon. Henry Kaufman Campgrounds. See Sunday, Aug. 8.

Art workshop: Environmental Center, 500 South Bay Avenue; (631) 581-6908; www.seatuck.org; 11 am–12:30 pm; \$6 (\$4 members).

With paintbrush, pencil, charcoal and imagination, explore nature. Some art supplies provided by student, call for supply list. Pre-registration required.

Concert: 50's and 60's: Stony Brook Village Green, Main Street; (631) 751-2244; www.wmho.org; 7–9 pm; Free.

New York Exceptions.

MON, AUG. 16

Nature classes: Dr. Erwin Ernst Conservation Center, West Meadow Creek; (631) 751-2244; www.stonybrookvillage.com; 9–11 am; \$100 pp (plus a supplies fee).

Students, first to third grades, learn the importance of salt marshes and estuaries for ocean life and people.

Art workshop: PJ Art Company, 1950 Middle Country Road; (866) 752-7826 or (631) 676-7043; www.pjartco.com;

Going Places

10:30 am–Noon and 1:30–3 Pm; \$15 per session.

Wayne Thiebaud Ice Cream Cones — Use of pencil and/or art sticks. Children six and up.

TUES, AUG. 17

Nature classes: 9–11 am. Dr. Erwin Ernst Conservation Center. See Monday, Aug. 16.

Open House: 10 am–Noon. Henry Kaufman Campgrounds. See Sunday, Aug. 8.

WED, AUG. 18

Nature classes: 9–11 am. Dr. Erwin Ernst Conservation Center. See Monday, Aug. 16.

“Sleeping Beauty”: 10:30 am and 12:30 pm. Bellmore Theatre. See Monday, Aug. 2.

The Wiggles: Nassau Veterans Memorial Coliseum, 1255 Hempstead Turnpike; (516) 794-9300; www.ticketmaster.com; 2:30 and 6:30 pm; \$35 pp - \$299 pp.

Sam, Murray, Jeff, Anthony and their friends Dorothy, Wags, Henry and Captain Feathersword come to Long Island.

THURS, AUG. 19

Nature classes: 9–11 am. Dr. Erwin Ernst Conservation Center. See Monday, Aug. 16.

FRI, AUG. 20

Nature classes: 9–11 am. Dr. Erwin Ernst Conservation Center. See Monday, Aug. 16.

Art workshop: 10:30 am–Noon and 1:30–3 Pm. PJ Art Company. See Monday, Aug. 16.

Memorial Golf Outing: Rock Hill Golf & Country Club, 105 Clancy Road; (631) 878-2250; (631) 878-2250; (631) 243-3573; www.chrissywish.com; 11:30 am and 6:30 pm; \$150 (\$50 buffet dinner and 2 hour open bar).

The fourth annual Chrissy's Wish Memorial Golf Outing, benefits NARSAD, the Mental Health Research Association - a non-profit 501C3 association. BBQ lunch with opening ceremony practice at the driving range - tee time shotgun starts at 11:30 am the dinner is at 6:30 pm includes buffet dinner, 2 hour open bar, dessert and coffee/tea.

“Sleeping Beauty”: East Rockaway Memorial Park, Atlantic Avenue; (718) 887-6304; www.plazatheatrical.com; 7 pm; Free.

Rain date, August 11 at 7 pm.

“Sleeping Beauty”: East Rockaway Memorial Park, Atlantic Avenue; (718) 887-6304; www.plazatheatrical.com; 7 pm; Free.

Rain date, August 11 at 7 pm.

SAT, AUG. 21

Pet adoption: Little Shelter Animal Rescue & Adoption Center, 33 Warner Road; (631) 368-8770 X205; 9 am–6 pm; Free.

Food, music and entertainment, search & rescue displays by the Suffolk County Sheriff's Department, pet behavior information, free giveaways, dog contests, children's games, karate demonstrations.

Craft fair: Dr. Daniel Kissam House Museum, 434 Park Avenue; (631) 427-7045; www.huntingtonhistoricalsociety.org; 10 am–5 pm; Free.

Jewelry, mixed media, felting and many more home made items.

Origami: Environmental Center, 500 South Bay Avenue; (631) 581-6908; www.seatuck.org; 11 am–12:30 pm; \$6 (\$4 members).

Learn to fold simple fish, whales, sea-horses, clams and other assorted denizens of the deep from one square piece of dry paper. Pre-registration required.

SUN, AUG. 22

Car Rallye: The Retreat Boutique, 2102 Montauk Highway; (631) 329-4398; heather_theretreatinc.org; 8 am; \$125 includes driver, navigator and lunch.

Classic, vintage and other cool cars.

Pet adoption: 9 am–6 pm. Little Shelter Animal Rescue & Adoption Center. See Saturday, Aug. 21.

Treasure Hunt: Environmental Center, 500 South Bay Avenue; (631) 581-6908; www.seatuck.org; 10–11:30 am; \$6 (\$4 members).

Geocaching is a crash course on how to use your GPS unit to search for hidden containers using latitude and longitude coordinates. Pre-registration requested.

Concert: Swing, Jazz: Stony Brook Village Green, Main Street; (631) 751-2244; www.wmho.org; 7–9 pm; Free.

Edward Decorisa and New York's Most Dangeorus Big Band.

MON, AUG. 23

Camp: Chabad of the Five Towns, 74 Maple Avenue; (516) 295-2478 X 13; www.chabad5towns.com; 10 am–3 pm; \$45 per day (\$170 for four days).

Friendship Circle is an action packed camp for children with special needs and their siblings, ages 4 to 16 years old.

Art workshop: PJ Art Company, 1950 Middle Country Road; (866) 752-7826 or (631) 676-7043; www.pjartco.com; 10:30 am–Noon and 1:30–3 Pm; \$15 per session.

Tissue Paper Beach. Children six and up.

Camp: Seventh-day Adventist Church, 136 Fire Island Avenue; (631) 774-8025; 10 am–1 pm; Free.

Kids' and God's Communication Network is hosting summer bible school for children three to 14 years, including

snack. Registration required.

TUES, AUG. 24

Camp: 10 am–3:30 pm. Chabad of the Five Towns. See Monday, Aug. 23.

Camp: Seventh-day Adventist Church, 136 Fire Island Avenue; (631) 774-8025; 10 am–1 pm; Free.

Kids' and God's Communication Network is hosting summer bible school for children three to 14 years, including snack. Registration required.

WED, AUG. 25

Nature workshop: Environmental Center, 500 South Bay Avenue; (631) 581-6908; www.seatuck.org; 10–11 am; \$6 (\$4 members).

Get up-close and personal with a blade of grass. Pre-registration required.

Camp: 10am–3pm. Chabad of the Five Towns. See Monday, Aug. 23.

Camp: Seventh-day Adventist Church, 136 Fire Island Avenue; (631) 774-8025; 10 am–1 pm; Free.

Kids' and God's Communication Network is hosting summer bible school for children three to 14 years, including snack. Registration required.

THURS, AUG. 26

Camp: 10 am–3:30pm. Chabad of the Five Towns. See Monday, Aug. 23.

Camp: Seventh-day Adventist Church, 136 Fire Island Avenue; (631) 774-8025; 10 am–1 pm; Free.

Kids' and God's Communication Network is hosting summer bible school for children three to 14 years, including snack. Registration required.

FRI, AUG. 27

Art workshop: 10:30 am–Noon and 1:30–3 Pm. PJ Art Company. See Monday, Aug. 23.

Camp: Seventh-day Adventist Church, 136 Fire Island Avenue; (631) 774-8025; 10 am–1 pm; Free.

Kids' and God's Communication Network is hosting summer bible school for children three to 14 years, including snack. Registration required.

MON, AUG. 30

Art workshop: PJ Art Company, 1950 Middle Country Road; (866) 752-7826 or (631) 676-7043; www.pjartco.com; 10:30 am–Noon and 1:30–3 Pm; \$15 per session.

Overlapping Matisse shapes — Use of oil pastels. Children six and up.

Cedarwood cottages with delightful junior suites on 600' of white sand beach only 30 minutes from Montego

Bay airport. Pebbles is the perfect choice for a family holiday spiced with adventure. For the small ones a full time Vacation Nanny is assigned to take care of everything from diapers to shell hunts. Full games center with Xbox and GameCube for teens. For adults, all inclusive means sailing, camping out, tennis, soccer, scuba; reggae music, Jamaican, Italian and Continental Cuisine; all drinks; complete kids, teens & preteens program, native shows, free WiFi property wide.



www.fdrfamily.com
800/654-1FdR (1337)
888/FdR-KIDS (337-5437)

Best Little Family Resort in Jamaica. Period.



GROWING UP ONLINE

CAROLYN JABS



Parents can find free parental controls — that's right, FREE — if they know where to look.

Using online filters

It's a rare parent who hasn't thought about installing filtering or monitoring software on the family computer. It's an even rarer parent who doesn't feel confused by the many choices and resentful about the cost. "Youth Safety on a Living Internet," a recent report from the government's Online Safety and Technology Group, acknowledges that parents face a bewildering variety of product choices.

Many commercial products, such as Net Nanny, CyberPatrol and Safe Eyes, have established reputations for effectiveness. Now, parents can find free parental controls if they know where to look. The kind of tool you need depends both on your child's age and temperament. Filtering limits a child's access to the various aspects of the Internet, minimizing the risk that kids will encounter people or places they are too young to handle. Parents can point children toward specific Web sites that they know to be family-friendly, or they can depend on software that screens out sites that are decidedly not for kids.

Older children need to learn how to make responsible decisions online. While they are in training, parents may want to use accountability software that provides detailed information about what a child does online. Used surreptitiously as "spyware," this kind of software can disrupt trust between parent and child. Instead, parents should explain what kind of monitoring they plan to do, and why. Just like curfews, the level of monitoring should be adjusted as the child demonstrates maturity.

Parental control software that you purchase may have a wider range of

features, but for parents who know what they need, the following programs offer a reliable service at the unbeatable price of free. Just keep in mind that a child with an Internet-enabled cellphone can circumvent any controls installed on the home computer:

- **Toddler Keys** is a little program written by a dad to protect his computer from little hands. It allows you to lock up the keyboard as well as power buttons, CD drives and the mouse. If a curious toddler presses a key, she gets sounds and pictures, but no access to files or programs. Toddler Keys can be downloaded with confidence from download.cnet.com. Just search for the name of the program.

- **KidSurf** (www.kid-surf.com) costs \$5.99, but that modest price may be worth it to parents of kids under 8. It creates a very simple but appealing interface for the Internet. You choose the sites your child can visit, and the program blocks everything else, including pop-ups and links. There's also a timer so you can decide when online time is over.

- **Parental Control Bar** (www.parentalcontrolbar.org) will filter Web sites to be sure they are kid-friendly. You can easily modify the list to block — or approve — different sites. A button makes it easy for the person who knows the password to flip from child to parent mode.

- **K9 Web Protection**, provided free by Bluecoat, a company that specializes in corporate Internet security, offers a checklist so parents can block content in 60 categories and gives you access to a "cloud" where the database is constantly being updated. One drawback — there is no child mode — once a site is blocked, no one in the family can visit it.

- **Kidlogger** (www.rohos.com/kidlogger/s) is a very simple program that records keystrokes so you can see what Web sites your child has visited, who he chatted with, what documents he opened and what pictures he viewed. It can create different logs for different users and includes a screen capture feature. Simply telling your child you've installed the software is an inexpensive way

to infuse conscience into computing and spares you the \$100 price tag for more sophisticated spyware.

- **Windows Live Family Safety** (<http://explore.live.com/windows-live-family-safety>) is ideal for families that use Messenger, Hotmail and other Windows features. In addition to three pre-set levels of filtering, parents can block or allow specific Web sites. Parents can also restrict conversations so kids can only communicate with people on an approved buddy list.

- **Imsafer** (www.imsafer.com) uses a language analysis program that understands English as well as the acronyms typical of chat and instant messaging. It keeps track of both sides of online conversations and sends you an alert if your child strays into territory that is sexual or threatening.

- **Norton Online Family** (<https://onlinefamily.norton.com>) is, by far, the most sophisticated of the free programs. Norton, of course, sells cutting-edge technology for Internet security. Its free family software makes it very easy to monitor Web sites your child visits and blocks any that are unacceptable. Just as useful, the program lets you monitor chats and searches and gives you a limited window into your child's social networking habits. Perhaps most important, the Web site offers valuable advice about how to talk to your child about online activities, as well as up-to-the-minute insight into what kids are actually doing online and a community where parents can share their experiences.

Norton's take-away message is that, in the end, the only way to really know about your child's online experience is to talk to your child. Still, it's comforting to know that parents now have access to free tools that will allow them to, in the words of a former president, "trust and verify."

Carolyn Jabs, MA, has been writing about families and the Internet for over 15 years. She is the mother of three computer-savvy kids. Other Growing Up Online columns appear on her Web site www.growing-up-online.com.

Copyright, 2010, Carolyn Jabs. All rights reserved.

PARTY PLANNERS

For the Sweetest Parties
516 708 9581
candypartylongisland.com

MAKE YOUR NEXT BIRTHDAY PARTY! A BLAST!

Mad SCIENCE
www.MadScienceLi.com

CLOWNS, CHARACTERS & COTTON CANDY, INC.
Best Parties! Children's Parties Best Parties!

- ★ CUTE CLOWNS
- ★ CARTOON CHARACTERS
- ★ BALLOON SCULPTING
- ★ FACE PAINTING
- ★ MUSICAL GAMES
- ★ PICTURE TIME
- ★ MAGIC
- ★ COTTON CANDY MACHINE

We Come to You and Bring Smiles to Your Children!
(718) 683-1739 • (516) 987-9288
VISIT OUR WEB SITE AT 3CPARTIES.COM!

PARTY PERFECTION PROFESSIONALS
PREMIER CHILDREN'S ENTERTAINMENT
We Will Work With You To Customize The Right Party Package To Suit Your Budget

Costumed Characters • Fairytale Princess Parties
Popcorn Carts • Cotton Candy • Snow Cones
Bounce Houses • Sand/Spin Art • Magicians
Pop Star Parties • Happy Clowns • & Lots More Fun

www.partyperfectionprofessionals.vpweb.com
347-255-0558

Kitchen Time's Party Place
2 hr. parties for boys • girls • adults

COOKING BAKING CANDY MAKING

516.795.4980 516.735.6919

www.KitchenTime.net
691 Broadway, Massapequa

ARKASHA'S SHOW
Moscow Circus Performer For All Occasions:

- ★ Clown
- ★ Juggler
- ★ Magician
- ★ Balloons
- ★ Live Dog Show
- ★ Face Painting

917-804-0822
www.ArlekinA.com

chilibeans Party Place

Private Parties for Children
Craft Parties!
Music, Fun For All
Decorated Party Room!

103 Meade Street
Hempstead, NY 11550
516-680-3024
www.chilibeans.com

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

PARTY PETS.com

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

\$20 Off with 2d grade family

Visit our website: www.party pets.com

Hands-on learning about exotic animals from around the world

WE ADOPT UNWANTED EXOTIC PETS!
All Day Enrichment Programs Available to Schools, Scouts, Libraries, & Private Occasions • BOOK EARLY!
Call 516-766-1100 • Party Pets, Inc. • P.O. Box 439 • Baldwin, NY
Tortoise • Chinchilla • Hedgehog • Alligator • Snakes & Dogs

ALL IN ONE ENTERTAINMENT INC.

ALL AT A REASONABLE PRICE
(718) 441-5764
(718) 441-7796
www.allinoneentertainment.com

Clowns • Magicians • Cartoon Characters
DJ Service • Arts & Crafts
All Types of Bounce • Face Painting Sand/
Spin Art • Balloon Artists
Private Events • and much more!!!

WEEKDAY SPECIAL STARTS AT \$900
PARTY ROOM AVAILABLE
95-25 Jamaica Ave, Woodhaven, NY 11421

Community Marketplace

CUSTOM GREETING CARDS

Springze.com

Designer Customized Birth Announcements, Invitations, Cards and much more.....

MUSIC LESSONS

Helen's Notes

Teacher of Piano, Flute and Violin lessons
All Ages from 5 to 90 • Beginner to Advanced
Training for NYSSMA • College Scholarships
College Auditions

Helene Silverman • 516-474-6181
www.helenesnotes.com
All Styles of Music

PERSONALIZED LABELS

Labels that stick with your kids and their stuff!

EXTRA TOUGH, colorful and fun labels, perfect for labeling all your kids' stuff. Laundry, dishwasher and microwave safe!

Personalize Them With Your Child's Name And A Fun Icon! Available In

- Sticker Labels • Iron-Ons
- Shoe Labels • Bag Tags

Perfect for Back-to-School.
Order Today!

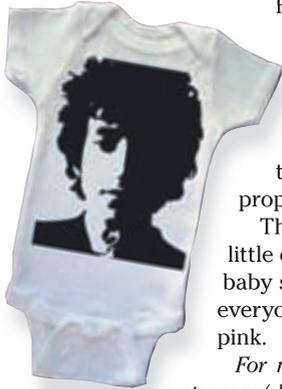
www.melissad.lovablelabels.ca
516.543.9444

New & Noteworthy

Lay, baby, lay

Finally, Bob Zimmerman's face can be plastered on your baby!

With onesies and T-shirts from Truly Sanctuary, the likeness of the mans more commonly know as Bob Dylan, along with those of Elvis Presley and Michael Jackson, are recreated in bold black and white graphics for the world to see.



For more colorful flare, there's a band onesie for Wilco, as well as a smiling ice cream cone that's the most child-appropriate.

They're great for your little one, or for your next baby shower. Because not everyone's into blue and pink.

For more info, visit www.etsy.com/shop/trulysanctuary.

Bathtime gets sweeter

You don't wash you child's face and hair with just any soap or shampoo. That's where products like Baby Oh Baby come in.

These organic, herbal shampoos, body wash, and lotions for babies are made with natural ingredients that will gently clean your newborn — and avoid tears in the process.

Though nothing can beat



that newborn smell, the products also have a soft natural scent derived from an oil blend of lavender, chamomile and orange.

For when your little one gets older, she can move on to Rainbow's kids line, which include shampoo, soap, hand sanitizer and, just for fun, bubble bath.

For more information, visit www.rainbowresearch.com.

For budding green thumbs

Need some "help" in the garden? Have your little one get an lesson in ecology thanks to this handy gardening tool set for children from Wrapables.

With these kid-sized shovels and picks, your child can easily dig up dirt, plant seeds, water the soil, and watch the plants come to life.

The tools can be stored and carried in a colorful nylon case, so you won't misplace a thing.

For more information on the Sagaform Kids Gardening Tool Set, visit www.Wrapables.com.



Money in the bank

Feed the pig!

It's never too early to start saving, and, with these personalized piggy banks, it's never been cuter.

With these — of course — pig-shaped banks, the pennies can start adding up.

Your child can make it her own too, by personalizing it with her name choosing from among 16 col-

ors for the name and polka dots, from apple green to sunshine yellow, as well as adding a bow or bow tie as she see's fit.

Just avoid the classic move of breaking the bank once it's all full; these little piggies are too precious to destroy.

For more info, visit www.etsy.com/CherryBlossomPaperCo.

Just in time

You might be a ways away from teaching your child how to tell the difference between the minute hand and the hour hand, but it's never too early to start. Besides, these clocks are too cute to pass up.

The designs perfectly evoke childhood, from the zoo animals of one, to the whimsy of a girl blowing a dandelion in another. Other graphics on these Kona Interiors-designed timepieces, include vibrant, multi-colored stripes, fairy tale-like castles, trucks, cute forest scenes, and flowers, perfect for many personalities.

The frames and hand colors can also easily be changed to match



your existing little one's theme. It'll be a piece you can treasure throughout childhood.

For info, visit www.etsy.com/shop/KonaInteriors.



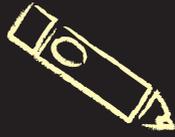
The new issue of
Long Island Special Child
Is Now Available!

Please call 718-260-8336
or email us to get more info,
find out where you can pick up a copy,
have a copy mailed to you, or get distribution.

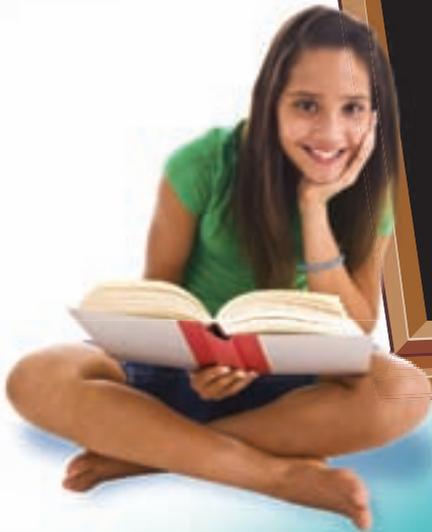
To advertise call 718-260-4554
family@cnglocal.com

SHOP BACK TO SCHOOL AT  green acres

Today's Lesson...



Values!



Gift Card VALUES!

EARN UP TO A **\$30** BONUS GREEN ACRES GIFT CARD!

SHOP: August 25 – September 15, 2010 at Green Acres stores

SPEND: \$100, GET A BONUS \$10 GREEN ACRES GIFT CARD!

\$200, GET A BONUS \$20 GREEN ACRES GIFT CARD!

\$300, GET A BONUS \$30 GREEN ACRES GIFT CARD!

BRING: Your filled-in coupon form below with your Green Acres store receipts to the Customer Service Center by September 15, 2010 to receive your Bonus Gift Card! The more you shop, the more you get! (Up to \$30 Gift Card)

PLUS – Your completed coupon form automatically enters you for a chance to win a \$500 Green Acres Gift Card!*

*No purchase necessary to enter \$500 gift card drawing. For complete details visit greenacresmallonline.com.

GIFT CARD COUPON/ ENTRY FORM

SHOP: August 25 – September 15, 2010 at Green Acres stores

SPEND: \$100, GET \$10 BONUS GREEN ACRES GIFT CARD!

\$200, GET \$20 BONUS GREEN ACRES GIFT CARD!

\$300, GET \$30 BONUS GREEN ACRES GIFT CARD!

VALID AUGUST 25, 2010 – SEPTEMBER 15, 2010

Name _____

Address _____

City _____ State _____ Zip _____

Email _____ Phone _____



This coupon and Green Acres store receipts dated 8/25/10 – 9/15/10 must be presented at the Customer Service Center by 9/15/10. Excludes purchase of Green Acres Gift Cards and any previous purchases. Additional restrictions may apply. See greenacresmallonline.com for details. Limit one offer per person.



The VALUE of Reading!

Help the Green Acres Book Drive! Drop off new or slightly used books at the customer service center.



Learning Green VALUES!

Look for energy AND money saving tips at Green Acres during our Back-to-School Value Days.

 green acres

2034 Green Acres Mall, Valley Stream NY

greenacresmallonline.com 516-561-1157