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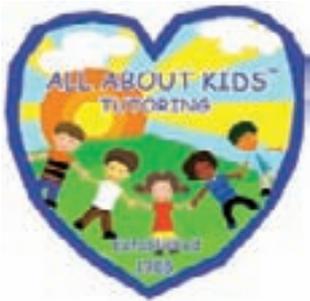
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## Hidden danger

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LONG ISLAND

# Family

# September 2010

## Letter from the publisher

**S**ummer is just about over and the kids are going back to school. How quickly it all goes. Everyone I talk with feels that the film of our lives has been put on a fast-speed cycle. Did time used to move more slowly



or was it only our imagination? Now the rush is on to buy supplies and clothes and to begin another year of juggling school, and after-school for most parents. This issue presents a special section to help you see many of the possibilities that are available in your communities. Dance, sports, music, martial arts, and supplementary learning programs or tutoring are just some of the offerings. Make sure you sign your kids up for something, because the benefits are priceless. Whether it's learning to operate on a team or an individual discipline, they are sure to build self-esteem and to expand in ways that will enhance their overall development.

This issue is loaded with helpful columns and articles, and we are proud of our contributing writers and their fine efforts. In particular this month, we focus on the serious and tragic reality of driveway deaths in our suburbs and in our city communities where driveways are prevalent. This is both a local and national issue and deserves the involvement of every caring person to see that laws are changed and that cars are equipped with the necessary hardware to make these accidents come to an end. You, too, can get involved, and organizations are mentioned that could use your input and assistance.

September is usually quite a glorious month. We typically have what they still call "Indian Summer" days, and it's a terrific time to use weekends to see surrounding scenery, or to visit our parks, preserves, beaches, playgrounds, or to be a sideline parent watching your kids on the soccer fields, ball fields, or swimming laps. Have fun with your kids and have a great month. We hope you enjoy this issue as much as we did while putting it together.

Thanks for reading!

Susan Weiss-Voskidis, Publisher



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## NEWBIE DAD

BRIAN KANTZ

# Strange bedfellows

## Two boys in the same bedroom equals mayhem

**W**e own a three-bedroom house. Therefore, simple mathematics (and believe me, that's all the math I can handle) dictates that our two boys should have their own rooms. Lucky dudes, I know. And that's the way it was — until recently. We just couldn't leave well enough alone.

You see, one day, some friends began extolling the virtues of having younger children share a bedroom. Their kids loved the set up, they said. Sharing a bedroom allowed

his cell — whoops, I mean bedroom — and one of us take the 3-year-old to his. Once they were each in bed, that was it. Nighty-night, sleep-tight, don't let the bedbugs bite, and my wife and I had the rest of the night off.

But was this routine denying our boys essential bonding time? Were they missing out on vital life lessons? Would it be our fault if our two boys grew up as perfect strangers?

How could we be so cruel, forcing them to have their own bedrooms!

We also began thinking of the space benefits that such a move would provide. We could use the third bedroom as a nice guest room. Or outfit it as a home office. It could be a very utilitarian space.

So, after mulling the idea around a bit — and envisioning our boys bonding blissfully over their shared estate — my wife and I decided that we should give it a try. They would share a bedroom.

"Boys, your mom and I think it would be a great idea if you..." I couldn't even get the sentence out of my mouth before pandemonium erupted.

The kids began jumping up and down and, get this, hugging. They absolutely loved the idea. Little did I realize at that moment what was to come. I should have seen it in their scheming eyes.

The next day, we moved the older boy's bed into the younger one's room. Despite our strict, no jumping on the bed — except in a hotel — rule, Thing 1 and Thing 2 immediately hopped onto their respective mattresses, bounced straight up and down a few times, and then started jumping from bed to bed. Back and forth, back and forth, back and forth... and back and forth.

Next, the pair sprinted into the momentarily spare bedroom and quickly put dibs on the space as their new playroom. They started hauling their stuff in like a couple of squatters. Pretty soon, an infrastructure had

been established (toy train tracks ran from one end of the room to the other) and a full-court Fisher Price basketball court was seeing some furious "little boys can't jump" action.

The brothers' teamwork didn't stop there. Their first night together — and pretty much every night since — they collaborated on some world-class bedtime stall tactics. Gotta read one more story. Gotta go to the bathroom again. Gotta get a drink of water. Then the other one starts — he's gotta read one more story, go to the bathroom again and get a drink of water.

Once the lights go out and my wife and I go downstairs, the late-night comedy routine begins. I must admit, it's better than Conan. Knock-knock jokes are a favorite, even though 99 percent of them make no sense whatsoever. Knock-knock. Who's there? Pillow. Pillow who? Pillow who drinks orange juice. (Wild laughter ensues.) Knock-knock. Who's there? Blanket. Blanket who? Blanket who drinks orange juice. (More laughter.)

Once the boys finally do fall asleep, even stranger things happen. When we check on them in the middle of the night, we'll find that they've switched beds, or one is in bed and the other is on the floor, or they are in bed together stacked up like firewood, or they are in bed together with one sleeping with his head on the pillow and the other one turned around with his dirty feet on the same pillow. When I see this, I just shake my head and go back to bed.

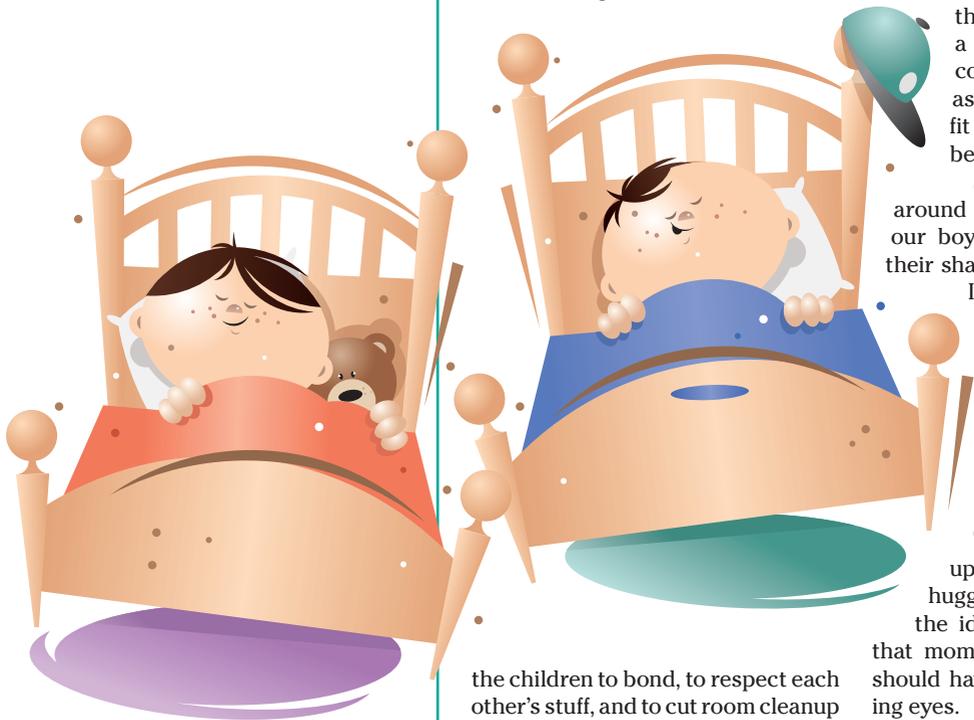
My dad used to have a saying about me and my three brothers:

"You're good boys when you're sleeping, but when you're awake, you're rascals."

Well, I suppose I need to revise that one for my own kids:

"You're good boys when you're awake, but when you're sleeping, you're rascals."

*Brian Kantz has to admit it: using a spare bedroom for full-court mini-basketball is way better than using it for a home office. Visit Brian online at [www.briankantz.com](http://www.briankantz.com) or drop him a note at [theneubiedad@yahoo.com](mailto:theneubiedad@yahoo.com).*



the children to bond, to respect each other's stuff, and to cut room cleanup time in half. The arrangement had wonderful benefits for the parents, too, our friends claimed. In sharing a bedroom, the kids practically put themselves to sleep each night and the siblings comforted each other — instead of automatically hightailing it into mom and dad's bedroom when they heard a bump in the night.

Although our "state penitentiary" approach to the bedtime routine had been working like a charm, my wife and I let a tiny little shadow of parental doubt creep in. We had successfully negated any opportunity for nighttime mischief by having one of us take our 5-year-old boy directly to



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## LIONS AND TIGERS AND TEENS

MYRNA BETH HASKELL

# Post-grad minefield

## Get a handle on your teen's college search

**M**y son is now a junior in high school. You know what that means — it's time to start thinking about college. I'm overwhelmed, plain and simple. My son even knows what he is going into, and I'm still frazzled. It's a daunting task and one I'd love to find reason to avoid, but my son needs my assistance and support with his search.

I've learned that a good place to start is with other parents and students who have already gone through the process. There is a plethora of information on the Internet, so one can easily get more confused. Find out the sources others deemed most beneficial.

### Put it in perspective

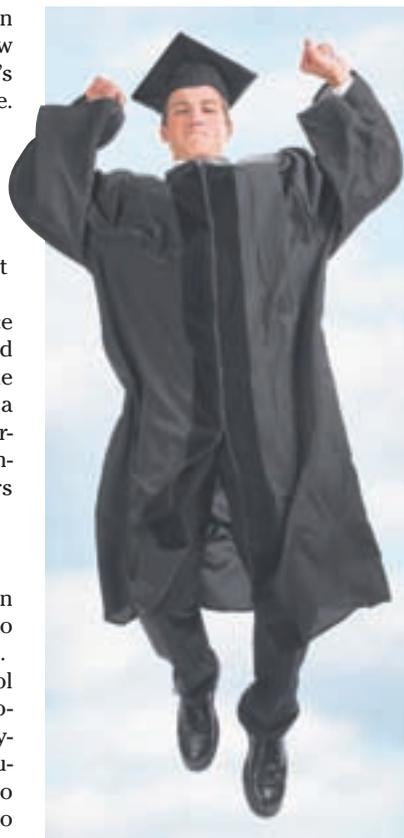
Your teen's search should be an exciting and gratifying experience, so don't put too much pressure on him.

"When parents cannot control their anxiety, the college search process becomes miserable for everyone," says Bruce G. Hammond, coauthor of "Fiske Guide to Getting into the Right College" and "Fiske What to Do When for College" (Sourcebooks, Inc. 2007). "Parents must remember that attending a particular college will not make or break a young person's future. A young person's life trajectory will have much more to do with what happens after they get to college than with which one they attend."

### Narrow it down

Many believe that narrowing down your choices by location is a necessary first step. Does your teen want to be close to home or does he want to experience life someplace else? Will he want to be part of a large school community or a small one? Does he prefer a serene, rural environment or an urban lifestyle? You'd be surprised how much you can narrow your choices just on location alone.

Next, find the right academic fit. Many websites provide you with various search options, such as specific majors. If your teen is unsure of his



course of study, look at schools with a variety of choices in majors, rather than colleges that specialize in a few areas. Don't get stuck in cyberspace, either. Consult a variety of sources — counselors, teachers, alumni, and guides.

### Financial restrictions

Don't automatically disregard colleges which you deem "unaffordable" at first glance. For instance, you might consider a community college for the first two years. Successful community college graduates are often offered scholarships for their next two years at some universities.

As you look into financial aid, don't forget to pursue merit scholarships.

"The vast majority of money for college comes via the institution where the student chooses to enroll," Hammond explains. "Colleges use scholarships to offer discounts to students they are particularly in-

terested in. Students should keep in mind their odds of getting a scholarship are best when they are at or near the top of the applicant pool."

### Make the most visits

Try to narrow down the list to about seven to 10 colleges. Be sure to include colleges where acceptance seems certain. Campus visits are the next step. You might find that your teen just doesn't like the vibe at a particular school, but this is what the college visit is all about! Talk to students on campus and ask them what they like most (and least) about the school.

"Students should take a comparative approach to college visits," advises Hammond. "Identify a few important criteria, and look for the same things at each place. Record your impressions soon after you leave."

The college search can be tough, but following these steps can make it a lot easier.

### Tips and tales

"Students should close their eyes and picture an ideal college campus. Is it a large or small campus? Is it near a big city or in a small college town? If they know what they want to study, are there special opportunities offered?"

*Marisa Merlino, Director of Guidance, Hyde Park Central District*

"Search for information on high school websites under 'Guidance' — not just your local school's website! Check out video tours on websites — try [youiversitytv.com](http://youiversitytv.com)."

*Patty Johnson, Salt Point, NY*

### Share your ideas

#### Upcoming topic:

What to do if your teen doesn't want to be seen with you in public.

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

*Myrna Beth Haskell is a feature writer and columnist specializing in parenting issues and children's development. She is the mother of two teenagers.*



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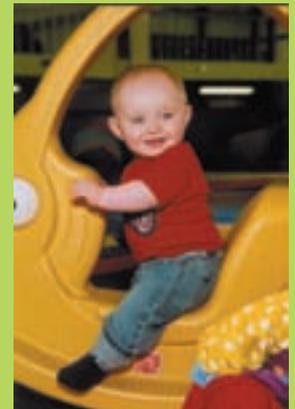
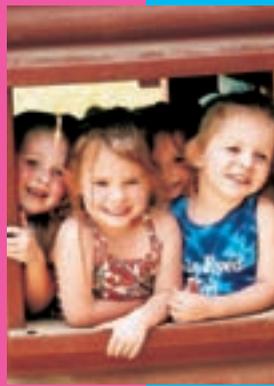
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# Heading back!

Get smarter  
about back  
to school  
this year

BY CAROLINE A. SHEARER

**T**he first day of school brings with it big changes from the carefree times of summer. Days that were filled with swimsuits, picnics in the park and cartoons now will be stacked with classroom routines, after-school activities, and homework. With all the upcoming energy and excitement that are sure to be part of a brand new school year, we've laid out a few tips to help kids and parents prepare.

## Day in, day out

Transition kids to the new school year by starting a new bedtime at least two weeks before school. It also can be helpful to practice the morning routine, particularly if kids will have trouble eating a healthy breakfast.

"A lot of children don't feel like having breakfast in the morning because they are not used to getting

up that early," explains kindergarten teacher Cathy Kietlinski, who knows a few things about the first day of school — she has brought in a new school year for her students 26 times.

On the first day of school, it's very important that parents notify their children's new teachers how they will be getting home the first day and all subsequent days.

"As long as we know where they are supposed to be, we will get them to the right place," says Kietlinski.

For home preparation, she says it is beneficial for parents to create a space strictly for children's school items — like backpacks and lunch boxes — so kids can get everything ready to go the night before, including the next day's clothing.

"It will save a lot of stress on the parents if they have everything prepared."

Having a set location for school items helps you in the long run.

"Have one spot where your child puts their papers for you to see or their agenda for you to sign, and then you'll always know to look for it. Little things like that can really help out," says Patricia Detrich, an 11-year teaching veteran.

The third grade teacher says parents need to help kids learn organization skills.

"Students need a lot of help at the beginning of the year to stay on top of this. Once school starts, kids have materials and folders and books and papers that need to be signed. The kids who are the most successful with that have parents who check their backpack every day or ask them for papers that need to be signed," she explains.

In addition to organizational concerns, Detrich thinks it is important to prepare kids for some of the social issues they may face.

"One of the most important messages parents can convey is to help your child learn personal responsibility. It is very important for students to learn that they can make decisions for themselves, to do the right thing, to not get involved in certain behaviors they might see, and to not prolong conflicts. I have found that, for some students, it is difficult to take responsibility for their own actions. They want to blame other kids; they try to point fingers."

Another way to keep kids prepared for school through the summer is to ensure they continue to read.

"Reading needs to be all summer long," says Detrich. "Kids who don't read during the summer don't keep up with certain reading skills — they might be starting out the next grade level a little bit behind their peers. Some parents think it's time to take a break from reading in the summer, but research shows that kids who read a lot tend to be the best readers," and, in turn, tend to be the most successful at performance tests. She says kids should read a variety of texts — fiction and non-fiction books and also children's magazines.

## Focusing on safety

**W**hether kids are walking to the bus stop or to school or riding a bicycle, one of the most basic safety rules is never to travel alone. There is strength in numbers, even in small kids. Predators look for the lone sheep, the most vulnerable person. Lots of times they will bypass a group of kids to get to one that is walking alone.

While "Stranger Danger" is often used as a catch phrase, it can be better to teach about situations. Try to show kids to be aware of the situations and actions that are out of the ordinary. Is it normal for an adult to ask a child for help? No, it's not. If kids are approached by someone asking for directions, for example, they should go back the opposite way.

It's also important to teach children to follow their instincts. If

something feels uncomfortable or not right, kids should be taught to distance themselves, even if potential danger doesn't seem physically close. If your child is waiting for the bus and there is a guy waiting on the other side of the street and your child feels uncomfortable, that is enough. That is when the child needs to go home or go somewhere and tell an adult. There is no set distance — the distance is when the child feels uncomfortable. He needs to learn to listen to his inner voice.

Parents, in response, must listen to children's concerns. If they've got a fear about a person, it's usually legitimate. The instinct is to have natural fear or a natural inclination that something is not

right. So many times we don't pay attention to that or downplay it. We need to cultivate that instinct trust in our children.

With children who stay home alone after school, it is important they be taught to lock the door immediately upon arrival and that it is never okay to open the door or window. Children also should be taught how to use 911 and should know to call from a home phone, rather than a mobile phone. This is because home phones are more likely to automatically show a location when 911 is called.

When kids get sick, a parent or a designated adult will need to pick them up from school. Make sure there are several contacts listed for students, and be sure to keep work, home, and mobile phone numbers updated at the school office.

Top  
Tips



## Young ones

Kietlinski says there are certain preparations younger kids — like her kindergarteners — need to make.

“Children should practice dressing themselves so they can learn to manage snaps, buttons and zippers,” she says. “Also, they should be able to take care of all their own toileting needs, including washing their hands with soap after they go to the restroom.”

To make things smoother in the cafeteria, children should practice opening the containers or baggies they plan to use in their school lunches.

And Kietlinski says it is good to prepare kids to leave at home any sentimental items they may be used to carrying.

“They may have a cuddly or stuffed animal they like to carry, but the child needs to learn to leave their special toys or cuddlies at home. That can be a really difficult hurdle for some children.” Kietlinski also suggests parents label personal items that will be brought or worn to school, such as lunch kits, backpacks, jackets, and sweaters.

Parents should let the teacher take care of the child’s needs at this point.

“There will occasionally be a few tears at the beginning of a new school year,” she says of young kids. “Parents should give their child a reassuring hug and a kiss, and then

they need to leave. Otherwise, the parents’ body language is saying they are worried and unsure about leaving the child in the classroom.”

“Any good teacher is going to contact you immediately if there is a major problem.”

## A fresh start

The end of summer is the perfect opportunity for kids to transition themselves to a better year.

“Summer break, I like a clean slate so you can start fresh in the new school year and leave behind the stuff that didn’t really work well for you in the last year. August is always a really cool transition time, when they are gearing up to think about school in a new way and just getting out of the relaxation frame of mind,” says Annie Drake, a licensed marriage and family therapist.

Once kids reach about fourth grade, Drake suggests taking them on an out of town trip in August and asking them, “If there was a rumor about you this year at school, what would you like the rumor to be?”

Keeping in mind rumors can be positive, their answers may range from, “She is really sweet” to “He’s not as geeky as last year” to “She’s so smart or getting such good grades.” Parents then can talk with their kids about how they might achieve this. It can be shedding the glasses, working out a study plan, finding ways to make new friends, or trying a new style of haircut or clothing.

“By taking them out of town, they

are able to dream a little bit more, especially if they’ve had a rough year the year before — with kids picking on them or if they had a rough time with grades. They can overcome those limitations when they get that break. Kids can transition to thinking, ‘I can have a new mindset about me.’” She says many times, kids will live up to their expectations.

## Extracurriculars

A question many parents and kids face with a new school year is how many sports and extracurricular activities to juggle.

Parents should let kids participate in as many as they can handle — to a certain extent.

“You want them to participate in as many different things as possible. That way they can find out what their interests are and what they are good at — you never know until you try,” suggests Middle School Athletic Coordinator Josh Brevard.

Brevard does feel, however, that kids should be involved in only one activity at a time.

“Where I see kids get in to trouble is if they are involved in three different things at a time.” When they have a full day of school, then football from four to six, followed by a bite to eat, and then soccer from seven to nine, that may be too much, he says.

Instead, activities should be at a level “where the kids do not get burned out on sports and so it doesn’t

get too competitive for them.”

“Be careful about pushing your kid too hard. I see a lot of kids who get pushed too hard in junior high and high school so they can get a scholarship, but by the time senior year comes around, they are burned out and no longer want to play,” he cautions.

And sports do more for kids than just get them physically active.

“It’s always my belief that an active kid gets many benefits academically and socially. They’ve shown that sports actually help stimulate the brain, and the kids who are more active tend to make better grades,” the football, basketball, track and tennis coach says.

“Their social interaction with the other kids is huge. A lot of them get discipline, and they learn responsibility. They also learn teamwork, and they learn leadership. That is the main benefit of sports — we try to get them healthy and fit, but also our goal is to mold them to be young men and women who are beneficial to society. If they are active and involved, then they are being healthy, instead of being somewhere and doing something they shouldn’t be.”



## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

# Panic at the table

## Food allergies less common than thought

**T**he alarm over food allergies has changed day care and schools enormously. “No peanut zones” are commonplace in the lunchroom, while snack ingredient lists are subject to scrutiny by wary parents and teachers.

Yet, the number of children with food allergies may not be as large as we think.

According to a federally commissioned study published in the May 10 issue of the *Journal of the American Medical Association*, the true incidence of food allergies is only about eight percent in children. It’s even less in adults — less than five percent. Yet, about 30 percent of people believe they have food allergies.

Researchers from VA Palo Alto Healthcare System and Stanford University pored over more than 12,000 allergy research studies, published between January 1988 and September 2009. Surprisingly, they concluded that only 72 studies were properly conducted to yield accurate conclusions.

Other findings in the study:

- Despite popular belief, breastfed infants do not suffer fewer allergies.
- Using probiotics along with breast milk, hypoallergenic formula, or both, may help prevent food allergies. But their effects on their own are not clear.
- Withholding eggs during the first year of life is not necessary.
- Food challenges, skin prick testing and blood tests for IgE antibodies all have a role to play in making



**Q: Just how many kids are affected by peanut allergies?**

**A:** The percentage of children with peanut allergies more than tripled — from 0.4 percent to 1.4 percent — since 1997, according to a new survey of 5,300 households published in the *Journal of Allergy and Clinical Immunology*.

allergic reactions. Luckily, many children outgrow allergies to milk and eggs. But severe allergies to foods like peanuts, some fish, and shrimp can last all their lives.

Please note that I am not stating that parents are making up the symptoms and severity of their children’s food allergies. I

am simply reporting on a surprising peer-reviewed study published in a respected medical journal.

Raising a child with food allergies adds even more expense and effort to your role as parents. Very soon, an expert panel of the National Institute of Allergy and Infectious Diseases will provide guidelines defining food allergies and giving criteria for diagnosis and management.

Hopefully, this will make your life just a little easier.

The information provided in this article is not intended to substitute for the advice of a medical doctor.

### Helpful websites

**Kids with Food Allergies:** [kidswithfoodallergies.org](http://kidswithfoodallergies.org)

**Food Allergy Initiative:** [faiusa.org](http://faiusa.org)

**Food Allergy and Anaphylaxis Network:** [foodallergy.org](http://foodallergy.org)

*Christine M. Palumbo is a registered dietitian in suburban Chicago. She is a mother of three, only one of whom suffers from food allergies. Send your questions and column ideas to her at [Chris@ChristinePalumbo.com](mailto:Chris@ChristinePalumbo.com) or call (630) 369-8495.*

a diagnosis. But no one test is sensitive or specific enough to be recommended over the other tests.

• While elimination diets are the mainstay of treatment, researchers could only find one randomized controlled trial — one of the most reliable study types — of an elimination diet. Part of the problem is that a randomized, controlled trial for serious life-threatening food allergy reactions is not only unnecessary, but unethical.

• It’s not clear whether or not food allergies are increasing.

Why is there so much confusion?

Food allergy and food intolerance often get mixed up. Only allergies involve the immune system. Food intolerance is more common than food allergy and occurs when the digestive tract cannot properly break down food. For example, the inability to digest the milk sugar, lactose, is an intolerance.

The most common food allergies are to proteins in cow’s milk, eggs, peanuts, wheat, soy, fish, shellfish and tree nuts. Peanuts and tree nuts are the leading cause of severe food

## Watermelon-Blueberry Ice Pops

Makes about 10 three ounce pops.

### INGREDIENTS

- 3 ¾ cups chopped seedless watermelon
- 2 tablespoons lime juice
- 1-2 tablespoons sugar
- 1 cup fresh blueberries

**INSTRUCTIONS:** Puree watermelon, lime juice and sugar in a food processor or blender until smooth. Divide

blueberries among small paper cups or freezer-pop molds. Top with the watermelon mixture. Insert sticks and freeze until completely firm, about 6 hours. Dip the molds briefly in hot water before unmolding.

**NUTRITION FACTS:** 30 calories, 0 grams fat and cholesterol, 8 grams carbohydrate, 0 grams protein, 1 gram fiber, 1 milligram sodium

Recipe from [eatingwell.com](http://eatingwell.com)

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## 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](mailto:gifted@cwpost.liu.edu) • website: [www.liu.edu/GiftedYouth](http://www.liu.edu/GiftedYouth)

## Fall Activity

### DIRECTORY

#### DANCE

##### Berest Dance Center

12 South Washington Street, Port Washington; 516-944-6687 or [www.berestdance.com](http://www.berestdance.com)

Berest Dance Center features the nationally acclaimed Story Dance™ sensory/tactile/motor approach to movement for young children developed by Olga Berest, young children develop the ability to dance creatively by the association of movement to props connected to storytelling.

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#### MARTIAL ARTS

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271 West Main Street, Bayshore  
631-206-3656 or [www.bayshoremartialarts.com](http://www.bayshoremartialarts.com)

The Heijoshin Dojo has proudly been serving the community for 15 years. In addition to teaching personal protection and safety, our goal as a Martial Arts Academy is to help each and every student reach their highest potential both in and out of the school. We instill a strong mindset of self discipline combined with great physical fitness in order to improve ourselves and thereby improve the lives of those around us. Values such as respect, integrity and honor are the characteristics we strive to impart through martial arts training. Our ultimate goal is to spread these ideals throughout our community and make a real difference by giving our students these core values of positive self development.

#### MULTI-LINGUAL

##### The Language Workshop For Children

In Manhasset, Manhattan, and New Jersey; 800-731-0830 or [www.languageworkshopforchildren.com](http://www.languageworkshopforchildren.com)

Offers French, Spanish, Italian and Chinese for Tots (6M-3Y) and Children (3-9Y). The LWFC's spacious facility on Plandome Rd, Manhasset offers a happy, child-friendly environment for children to magically acquire a new language through the LWFC's own vocabulary building songs, enriching games, stories, and age-appropriate activities. LWFC materials won six major children's educational media awards. The LWFC also offers Language Immersion Preschool, Camps and FREE EVENTS. Since 1973, Francois Thibaut's instructors have taught tens of thousands of children by carefully combining structured curriculum with a child's innate love of play and humor. CNN called Francois Thibaut "one of a very few experts in teaching languages to small children." Every session, students get a new professionally printed, colorful "Songs & More" Workbook/CD set (plus older children get a LWFC Storybook for older too).

#### MUSIC

##### Lynbrook Music Center

302 Broadway Lynbrook; 516-872-6527 or [www.lynbroomusiccenter.com](http://www.lynbroomusiccenter.com)

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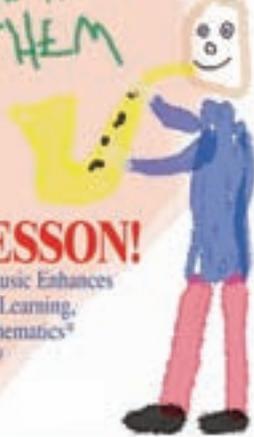
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Since 1988, All About Kids Tutoring has helped students, parents, and educators achieve their very best results at every stage of the educational journey. All About Kids Tutoring provides superior tutoring services for all students grades K-12. We tutor children and support their families in schools and homes across Long Island, the 5 Boroughs of NYC, and Westchester. Your child will be on the path to a positive learning experience with our dynamic teachers. All About Kids' tutors are all New York State Certified Teachers with fingerprint clearance,

*Continued on page 13*

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# Fall Activity

## DIRECTORY

Continued from page 10

who maintain a high level of professionalism. All About Kids Tutoring offers small group tutoring services in schools with their peers, and one-on-one instruction in homes, community centers and libraries. We offer both Private Tutoring Services and Supplemental Educational Services (SES, as defined in the Federal "No Child Left Behind Act").

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Hofstra University's Reading/Writing Learning Clinic at the Joan and Arnold Saltzman Community Services Center is dedicated to providing state-of-the-art literacy support services for children, adolescents and adults who seek to develop their abilities and confidence as readers and writers in a safe and supportive environment. Instructional services are designed to foster literacy growth and allow learners to take risks as they develop their proficiency as readers and writers. All professional services are provided by New York state certified teachers, who offer parents straightforward advice about how to support their children's literacy growth. The Literacy Program

at Hofstra's Reading/Writing Learning Clinic provides the perfect balance of instructional support to keep your child engaged in relevant literacy experiences.

Our goals are to:

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### The Long Island University Center for Gifted Youth

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## OUR RELATIONSHIPS

JOAN EMERSON

# Baby makes stress

## How does a child affect you and your spouse?

**A** new baby plus a new marriage equals major stress for both partners — and yet there's no guide available for first-time parents to help deal with this joyous and difficult time.

Until now.

From watching and hearing about these situations with family, friends, and clients — while remembering my own experience — I have seen that, along with the love, joy and wonder of watching a new life begin, stresses on the relationships between new mom and new dad are typical.

Yet, I also get the sense that it takes everyone by surprise.

It will be the goal of this column to discuss the conflicts that typically emerge during this time, and provide some of the tools needed to keep couples' connection intact and help new parents:

- Create a safe, loving place to reveal themselves and learn about their partner.
- Build a solid, reliable, loving relationship.
- Maturely work through the throes of the inevitable periods of disappointment and anger.

The July 12 edition of New York Magazine cover story "I Love My Children. I Hate My Life," described study upon study showing the stress of raising kids and the effect those children have on the relationships of the married individuals. Indeed, studies show that children reduce marital satisfaction and adversely affect relationships, with the hardest period being the baby-toddler stage. A walk to a nearby Barnes and Noble helped explain why that is the case.

In the "Relationships" section, there are shelves of books by theorists whose names we all know about how to work on creating suc-

cessful marriages. But there is nothing dedicated to the difficulties of new parenthood.

In the "Raising Your Children" section, there are the "What to Expect..." books along with topics like "how to talk to your child," and "advice to dad to let mom sleep and learn how to change diapers." But there is nothing directed at safeguarding a marriage after a child is born.

We all know that along with the warmth and pleasure associated with the new baby, there's a 'hold on for dear life' experience for at least the first six months: a period plagued with worry, lack of sleep, total unpredictability of the baby's behaviors and needs, insecurities, postpartum emotionality, differences in parenting approach, changes in roles, surprises and sometimes disappointments with the other parent's coping style.

It isn't until the child reaches the 6- to 12-year-old stage that marriages begin to bounce back to mom and dad remembering that they are also husband and wife.

So what can we do about the mar-

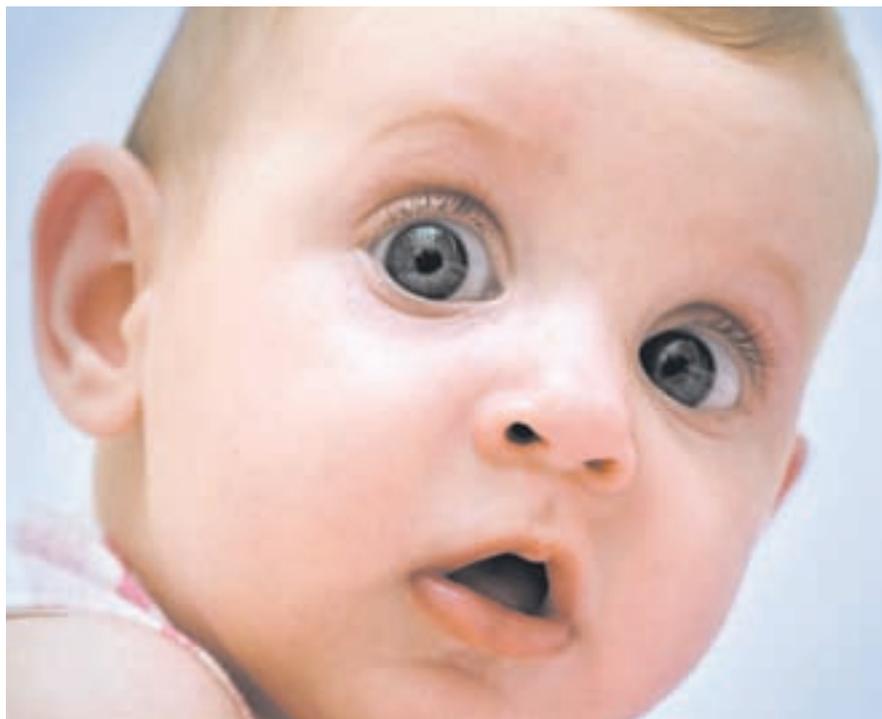
riage in the meanwhile?

One of the upsides that can evolve during this young-family phase of marriage is that partners will, for better and worse, really get to know new each other, as that time of euphoria during which we saw each other through the rosiest of colored glasses has passed. Instead, we can use this time to create a safe environment in which to reveal our hopes, fears, difficulties, secrets, disappointments, and wishes.

Sharing these most private vulnerabilities with each other and receiving empathy and reassurance are the building blocks of a strong bond between partners and lead into a stage of mature, safe and dependable love.

Next time we'll discuss one of the most basic rules for successful communication: being effective in expressing one's feelings, while giving your partner the feeling that they've really been heard and understood.

*Joan Emerson is a New York psychologist who specializes in couples therapy. You can learn more about her by visiting her Web site at [www.JoanEmerson.com](http://www.JoanEmerson.com)*



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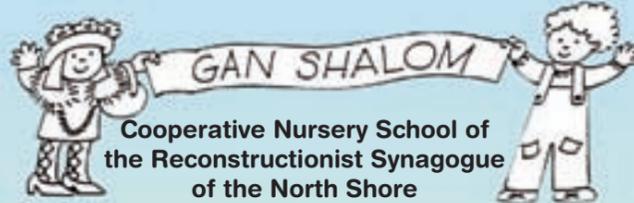
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## LONG ISLAND FOCUS

# Port Washington's got it all

## Nautical charm abounds in this historic North Shore hamlet

BY COURTNEY DONAHUE

With flowers and benches dotting its tree-lined thoroughfares and a wide variety of shops ranging from small boutiques to art galleries, Port Washington, on the northern shore of Long Island in Nassau County, is the epitome of a small town close to a big city.

It all began with the Matinecock Indians, who called the town "Sint Sink" or "place of many stones."

In 1643, the land was "sold" to several English families from Stamford, Connecticut for a mix of kettles, wampum, lead, gun powder, cloth and clothing. The new owners called the land "Cow Neck," after the common pasture they all used. Later, they changed the name to Cow Neck Village and established dairy farming and fishing ventures.

During the mid 1800s, shellfishing became an important industry, as did sand mining. A ferry began service to New Rochelle, NY in 1753, and a stagecoach began shuttling residents into New York City in 1830. By 1898, the Long Island Rail Road established a station here.

Today the hamlet of Port Washington includes the communities of Baxter Estates, Manorhaven, Port Washington North, Sands Point, Beacon Hill, Beacon Hill Colony, Manhasset Isle, New Salem and northern Flower Hill — all of which share the same zip code, school and library districts. It is located just 17 miles from New York City, and is easily accessible by car, train or boat and has a population of 15,215, according to the 2010 census.

### Events

Every year, residents are treated to the Memorial Day Parade, that marches down Main Street and straight on to John Philip Sousa Memorial Band Shell, where the towns chamber of commerce gives away flags to those watching the parade.

With a rich nautical history, Port Washington honors its waterfront and heritage annually with the HarborFest Dock Day. The day is full of family fun, with a pirate show, a children's fun park, model boat regatta, farmers market, live music and cruises on Manhasset Bay.

Another event honoring Port Wash-



The launching pad for kayaks at Port Washington town dock.

ington's history is the annual Cow Neck Country Fair, held this month. Cow Neck being one of the area's former names, the day includes pony rides, petting zoo, kids' activities, a Civil War-era fife and drum, antiques, crafts, and live music.

Port Washington pride culminates in April with the annual "Cleen Green Main Street" — when residents come out to make a difference and take care of their main street by sweeping sidewalks, picking up litter and planting trees and flowers.

One of Long Island's oldest and largest feasts is the Grande Festa Italiana — held in Septmeber — with rides, games, food live entertainment and a casino.

### Around town

Shopping in Port Washington is always a pleasant experience with marketplaces, grocery stores, delis, clothing

shops, florists, bookshops, toy stores and jewelry stores.

There are also a myriad of activities to do, including boat rentals and lessons, camps, exercise and fitness programs, golfing and country clubs, movie theaters, skating and tennis.

If you're hungry, Port Washington has several delicatessens on Main Street, along with bagel shops, pizzerias and cafes. Sit-down restaurants cater to virtually every taste and budget. Some overlook Manhasset Bay and offer outdoor dining during warm weather.

### Education

Port Washington is served by several public elementary schools: John J. Daly Elementary School, Manorhaven Elementary School, Guggenheim Elementary School, South Salem Elementary School, and John Philip Sousa Elementary School.

Middle school students are served by Carrie Palmer Weber Middle School and high school students go to Paul D. Schreiber High School.

Private schools include St. Peter of Alcantara School (junior high) and Vincent Smith School (elementary starting at fourth grade, junior and high school).

Helpful for parents might be the Parent Resource Center (PRC), a parent CO-OP that offers members classes for pre-school aged children (with and without their parents), social gatherings and field trips for the whole family, workshops for parents, drop-in playtime (with parents), drop-off baby-sitting and a myriad of resources for the whole family.

### Places of worship

Port Washington is home to many churches and synagogues.

Roman Catholic churches include Our Lady of Fatima, St. Mary Congregation, St. Peter of Alcantara and Bible Church Port Washington.

Other churches include St. Stephen's Episcopal Church, Lutheran Church of Our Savior, First Church of Christ Scientist Por Washington and United Methodist Church of Port Washington.

Synagogues include Temple Beth Israel (Conservative), The Community Synagogue (Reform), Port Jewish Center (Reform) and Chabad of Port Washington.

### Rich history

Today, history buffs can visit historic homes and browse through the local collections of the renowned Port Washington Public Library.

The Port Washington Public Library was started in 1892 and has 380,000 visitors annually. It also features a local history center with 48 special collections that include artifacts, manuscripts, pictures, and letters.

Also fun to explore is the Sands-Willets House, located in the Incorporated Village of Flower Hill, in the town of North Hempstead, Nassau County. The house is a typical historic Long Island farmhouse built in the 1700s. It is now a museum and educational center.

The Sands-Willets House is named for two distinguished Long Island families. The Sands family — merchants, farmers, and Patriot leaders — lived in the house from 1715 to 1845. The Willets family — prominent in Quaker affairs — owned the homestead from 1845 to 1967.

The oldest part of the house, the colonial kitchen, is believed to have been built by the Sands family around 1735. The Sands were among the original settlers of nearby Sands Point, seven of whom served in the Revolutionary War.

In 1845 Edmund Willets, a prominent Quaker and abolitionist, purchased the property and added the Greek-revival style to the house.

It is now maintained by the Cow Neck Peninsula Historic Society, which holds guided tours.



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## FAMILY HEALTH

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

# Get to school safely

**A**s the new school year begins, one of the most important things to focus on is how your child will get to and from school. Sadly, motor vehicle accidents are the leading cause of death for children over 3-years of age — whether they walk, cycle or ride to school. Children are at high risk because of their size, their easy distractibility and their lack of judgment in traffic situations. Here are some safety tips to help minimize the risk to your child.

### Walking to school

- Make sure your child takes a safe route to school, preferably with

well-trained adult crossing guards at every intersection.

- Be realistic about your child's pedestrian skills. Because small children are impulsive and less cautious around traffic, carefully consider whether your child is ready to walk to school without adult supervision.

- If your children are young or are walking to a new school, walk with them the first week to make sure they know the route and can do it safely.

- Bright-colored clothing will make your child more visible to drivers.

- In neighborhoods with higher levels of traffic, consider starting a "walking school bus," in which an

adult accompanies a group of neighborhood children walking to school.

### Riding a bike

- Always wear a bicycle helmet, no matter how short or long the ride.

- Ride on the right side of the street, in the same direction as auto traffic.

- Use appropriate hand signals.

- Respect traffic lights and stop signs.

- Wear bright-color clothing to increase visibility.

- Know the "rules of the road." You can find them at [www.aap.org/family/bicycle.htm](http://www.aap.org/family/bicycle.htm)

### On the school bus

- If your child's school bus has seat belts, make sure your child uses them.

- If your child's school bus does not have seat belts, encourage the school to buy or lease buses with that do.

- Wait for the bus to stop before approaching it from the curb.

- Do not walk around on the bus while it is in motion.

- After getting off the bus, check to see that no traffic is coming before crossing the street.

- Always remain in clear view of the bus driver.

- Children should always

board and exit the bus at locations that provide safe access to the bus or to the school building.

### In the car

- All passengers should wear a seat belt or use an age- and size-appropriate car safety seat.

- Your child should ride in a car safety seat with a harness as long as possible and then ride in a belt-positioning booster seat. Your child is ready for a booster seat when she has reached the top weight or height allowed for her seat, his shoulders are above the top harness slots, or her ears have reached the top of the seat.

- Your child should ride in a belt-positioning booster seat until the vehicle's seat belt fits properly (usually when the child reaches about 4' 9" in height and is between 8- to 12-years of age). This means that the child is tall enough to sit against the vehicle seat back with his legs bent at the knees and feet hanging down and the shoulder belt lies across the middle of the chest and shoulder, not the neck or throat; the lap belt is low and snug across the thighs, and not the stomach.
- All children under 13-years of age should ride in the rear seat of vehicles. If you must drive more children than can fit in the rear seat (when carpooling, for example), move the front-seat passenger's seat as far back as possible and have the child ride in a booster seat if the seat belts do not fit properly without it.

- Remember that many crashes occur while teen drivers are going to and from school. You should require seat belt use, limit the number of teen passengers, do not allow eating, drinking, cellphone conversations or texting to prevent driver distraction; and limit nighttime driving and driving in inclement weather. Familiarize yourself with your state's graduated driver license law and consider the use of a parent-teen driver agreement to facilitate the early driving learning process. For a sample parent-teen driver agreement, see the last two pages of the AAP Policy Statement, "The Teen Driver."

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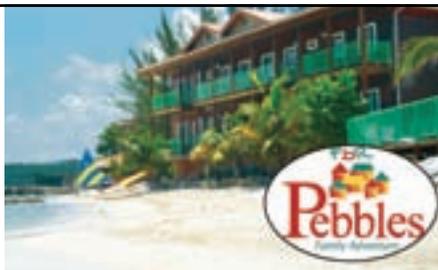
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# Hidden danger in the suburbs

## Preventing the tragedy of driveway backovers

BY RISA C. DOHERTY

**E**ach time a child is run over and killed in a driveway, it is a tragedy. Whenever I read about it, like most people, my heart breaks, I cringe, and wonder how the family members of the precious child manage to move on with their lives.

Driveway backovers are all too common in suburban America, and New York is no exception. Yes, it happens here. And it keeps happening here, as well as throughout the country.

Fifty children are backed over each week in the United States, according to KidsandCars.org, a national Kansas-based organization dedicated to preventing injuries and death to children in and around motor vehicles.

“A young child does not possess the cognitive ability to know daddy can’t see him,” says Janette Fennell, the group’s founder and president. “People need to grab onto [the fact] that they literally can’t avoid hitting something [they] can’t see.”

With sport utility vehicles and mini vans seemingly getting bigger and bigger — statistics show that the bigger they are, the larger the blind zone.

With most big cars, the average blind zone is 7- to 8-feet wide and 20- to 30-feet long. Good Morning America tested the span of the blind zone and found that 24 toddlers could be behind a car at the same time, completely undetected. Fennell finds it paradoxical that most people would not buy a car if they could not see 20- or 30-feet in front, but would drive a vehicle with such a large rear blind zone.



### Case studies

In 2002, 2-year-old Cameron Gulbransen was killed when his father accidentally ran him over as he backed out of his driveway in Syosset in Long Island. Dr. Greg Gulbransen, a pediatrician, checked his mirrors and turned to look over his shoulder, but still could not see his son, who Gulbransen thought was

sleeping, but had left the house unbeknownst to his parents.

In 2004, Bill Nelson and Adriann Rashdorf-Nelson, of Dix Hills, Long Island, lost their son, Alex, when he was backed over by a relative.

“It is every parent’s nightmare to see their child die,” says Nelson. When asked how he deals with people who blame the parents and-or the driver for the child’s death, he



A rear camera can help you see anyone who may be in your blind zone.

calmly indicates "it is human nature to place blame on someone because [of the fear] that it will happen to you." He tries not to second guess the choices that were made that day.

"We are not calling these accidents anymore," says Rashdorf-Nelson. "Children are impulsive."

The Nelsons created their own website, [alecsrunli.com](http://alecsrunli.com), and hold an annual run in their son's memory, which attracts almost one thousand participants and spectators each year. The Nelsons also used money they raised to build the Alec William Nelson Memorial Playground in Huntington Station.

In 2005, Susan Auriemma put her car in reverse and started to back out of her driveway, in Manhasset, Long Island, but stopped when she heard her daughter, Kate, screaming. Kate, who miraculously survived, had gotten out of the house and away from the babysitter and placed herself right in the blind zone in the split second after Auriemma had gotten out of the car just to check that no one was behind her.

Now Auriemma, co-chair of the Coalition for a Safer Manhasset, wants people to know that if it can happen to her, it could happen to anyone.

She believes that redundant layers of safety will keep children safer. She recommends keeping vigilant, utilizing available technology, and educating parents and children alike about the dangers of moving vehicles. She believes people need to understand that it is not just about supervision, but about the issue of rear visibility.

### New legislation

After looking at the list of driveway backovers, I noticed the seemingly higher rate of occurrences on Long Island. Auriemma agreed that

it is a serious problem.

Several significant laws have come out of these tragedies. Alec's Law, first passed in Suffolk County in 2006 and then in Nassau County shortly thereafter, requires that the county government have a website on which it posts child safety information in relation to SUVs, and requires car dealers to distribute pamphlets with such information.

The Nassau County website is not currently running. According to Legislator Wayne Wink's office, there have been technical difficulties and he will continue to follow up.

In February of 2008, after a little more than three years of work by dedicated safety advocates, President Bush signed the Cameron Gulbransen Kids Transportation Safety Act of 2007, which will require safety technology that expands the driver's field of view be standard in all cars. The Act will also require the Secretary of Transportation to provide the public with information about the danger to children in regards to cars even in a non-crash, non-traffic situation. But, until the Department of Transportation has completed its work in this area, there are no new rearview safety requirements.

### Protect yourself

There are quite a few ways in which you can protect your and other people's children.

Backup cameras come standard in many high-end model cars. For those who do not already have one, a backup camera, costing less than \$100 or a "rear view safety lens" costing about \$20, are available online. But safety specialists stress that this technology does not take the place of getting out and walking around your vehicle.

Teach your child that a parked car might move and the driver might not be able to see him, to never play near vehicles and keep the toys and sports equipment off of the driveway.

Many people feel so terrible when hearing about the loss of these children, but can do something very simple to help others: they can talk about this with friends and neighbors to raise their awareness. People need reminding. And people like Fennell, the Nelsons, and Auriemma are making great efforts to save lives and by sharing their information with others.

You can join their ranks.

For more information, visit [www.KidsandCars.org](http://www.KidsandCars.org).

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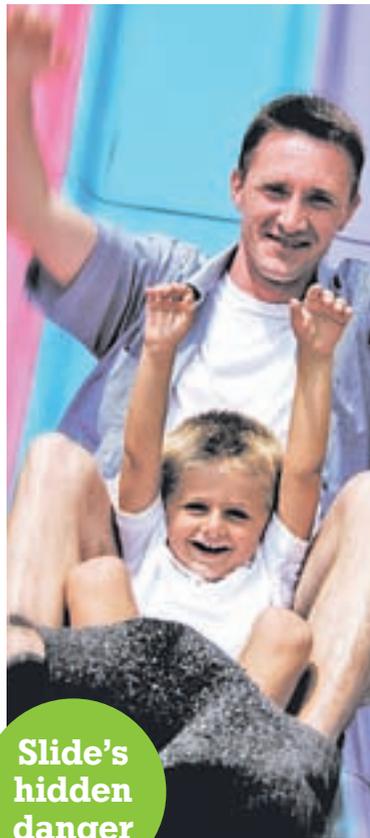


## WHITE PLAINS OCTOBER 21 - 24





**Cavities  
and  
body fat**



**Slide's  
hidden  
danger**



**Sixth  
graders'  
obesity**



**Watch  
your  
glucose**

# Surprising health facts

According to a new study, nearly seven percent of sixth-graders across the U.S. are severely obese.

**BY KATHY SENA**

## **Sixth grade obesity**

Severe obesity becoming more common in sixth graders — and many parents don't recognize it.

Nearly seven percent of sixth-graders across the U.S. are severely obese, according to a new study appearing online in the *Journal of Adolescent Health*, which tested 6,365 middle-school children during health screenings at 42 middle schools in across the country.

The increasing rate of severe obesity in children requires particular attention “because it is associated with high rates of risk for diabetes and cardiovascular disease as children get older,” says Marsha Marcus, PhD, lead study author and head of the Eating Disorders Program at Western Psychiatric Institute and Clinic, University of Pittsburgh Medical Center.

Doctors define severe obesity differently in children than they do in

adults. In children, the measurement used is a percentile of body mass index (BMI) for age and sex. For this study, researchers considered children with a BMI in the 99th percentile to be severely obese — and 6.9 percent of students fell into this category.

“The findings of this study are alarming because it shows there are even more children than we realized at medical risk due to excess weight,” says Marlene Schwartz, PhD, deputy director of the Rudd Center for Food Policy and Obesity at Yale University.

“In both situations, I have been surprised that some children who are severely obese according to their BMIs do not always look heavy. As a culture, we have become used to seeing heavier children so the visual norm has shifted. Because of this, many children are at risk of not receiving help since their parents do not see them as obese,” adds Schwartz, who

has worked with children in both clinical and research settings.

While no simple answer exists, “Parents need to talk to their children's doctors and seek treatment for children with severe obesity,” Marcus says.

## **Insulin sensitivity and high blood sugar during pregnancy**

Children of mothers whose blood glucose level was high during pregnancy are more likely to have low insulin sensitivity — a risk factor for type-two diabetes — even after taking into consideration the children's body weight, a new study shows. The results were presented recently at the Endocrine Society's 92nd Annual Meeting.

“We know that children born to women with type-two diabetes or gestational diabetes, or who have high blood sugar during pregnancy, are at risk of becoming diabetic

themselves," says study co-author Paula Chandler-Laney, PhD, a post-doctoral fellow at the University of Alabama at Birmingham. "This study suggests that the children's increased risk appears to be due, at least in part, to their prenatal exposure to relatively high maternal blood glucose."

Chandler-Laney and her colleagues studied children ages 5-10 and measured the children's sensitivity to insulin, the hormone that regulates sugar in the blood. They also evaluated the pregnancy medical records of the children's mothers to determine maternal blood-sugar concentration during the oral glucose-tolerance test.

The researchers found that the higher the mother's blood sugar levels during pregnancy, the lower her child's insulin sensitivity. Low insulin sensitivity is a major risk factor for type-two diabetes.

Obesity lowers insulin sensitivity, but the children's reduced insulin sensitivity was independent of their amount of body fat, the authors reported.

None of the children had high blood sugar, but puberty would further lower their insulin sensitivity, she notes.

"High maternal blood glucose during pregnancy may have lasting effects on children's insulin sensitivity and secretion, potentially raising the risk for type-two diabetes," Chandler-Laney says. "Obstetricians, pediatricians and pregnant women should all be aware of the potential far-reaching consequences that elevated blood sugar during pregnancy can have on children's health."

### **Unforeseen playground dangers**

I'm betting most of us have done it: gone down a playground slide with our child on our lap. What's the harm, right?

But according to a new study published in the Journal of Pediatric Orthopaedics, 13.8 percent of tibia (shin) fractures in U.S. kids were the result of the child going down a slide on an adult's lap. The injury occurs when the child's leg gets stuck in one place while the adult and child continue to move down the slide.

### **Cavities and body fat**

Preschool children with tooth decay may be more likely to be overweight or obese than the gen-

eral population and, regardless of weight, are more likely to consume too many calories, a new study indicates.

"Poor eating habits may play a role in both tooth decay and obesity in preschoolers," the study's lead author, Kathleen Bethin, MD, PhD, says.

"Dental decay is the most common chronic disease of childhood, and obesity in youth is a growing problem. To prevent these problems, the dentist's office may be an important place to educate families about nutrition," says Bethin, a pediatrician at Women and Children's Hospital of Buffalo and an associate professor of pediatrics at the University of Buffalo in New York.

With funding from the New York State Department of Health, the doctors at the Women and Children's Hospital of Buffalo and University of Buffalo studied the relationship between poor dental health and excess weight in 65 children ages 2 to 5 years. All children needed dental work due to decay and had their dental procedure and blood work performed while they were under anesthesia.

Each child's height and weight were measured before the procedure to calculate the BMI. Also, the child's parent or guardian completed a questionnaire about the child's recent average daily food consumption.

Almost 28 percent of the children were overweight or obese, compared with an estimated 21.2 percent in the general U.S. population. Those children, who's BMI was high for their age (at the 85th percentile or above), already had much higher total cholesterol levels than their healthy-weight counterparts, Bethin reports.

The questionnaire showed that both the normal-weight and overweight children consumed more calories per day than recommended for their age (1,440 and 1,570 calories respectively). Seventy-one percent of the children consumed more than 1,200 calories per day, although the daily recommended caloric intake ranges from 1,000 to 1,400 calories depending on age and gender of the child.

*Kathy Sena is a freelance journalist specializing in health and parenting issues and is the mother of a 14-year-old son. Visit her blog at [www.parent-talktoday.com](http://www.parent-talktoday.com).*

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## TWICE THE ADVICE

JACQUELINE AND  
KERRY DONELLI

# Brat attack!

## What to do when your best friends' kids misbehave

**Dear Twins,**

My husband and I have been best friends with another couple since high school, and now they have two children and we have three. They quite often invite our entire family over for dinner, and of course, we reciprocate. The difference is that we have taught our children to have table manners, and you'd think their kids were raised in a barn. They scream and yell at the table, fight, reach across other people's plates for food, spit, and even throw food! And their parents barely say a word! We're such close friends with the parents that I don't want to make waves. How do I handle this?

— *Boiling Mad*

**Kerry says:** I would suggest one of three things. Option one: tell your friend that because the kids (it is not necessary to point out it's only hers) get rambunctious, why don't the adults have dinner alone from now on; thus whosever's turn it is to bring the kids, will instead hire a babysitter, and whoever is serving will feed the kids in advance. Option two: go out to dinner; after all, you are adults and can't possibly always want to have adult conversations in front of your children (and I bet the children don't much care for it either). Option three: tell your friend you think it's a better idea for the kids to eat together at a separate table in a different room so you can enjoy each other's company in peace.

**Jacqueline says:** The truth is, there is not much you can do when



your friends raise brats, and maintaining your friendship can often be hindered by them. The "Who raised these kids?" syndrome will invariably continue to the end of time. If you tell your friends that they are not raising their kids properly, it will invariably end up in a fight and could end your friendship. So it's just not worth it. I would take some of Kerry's suggestions, especially the last. Have the food-throwing youngsters sit at another table in another room even. Make general announcements to all the kids like, "OK troop, food stays on the table tonight," to open up the eyes of the kids — and the parents — that it is not OK to have a food fight in your home.

**Dear Twins,**

My husband and I invited three couples over for a sit-down dinner

on a Saturday night. We knew two of the couples very well, and the third couple had just moved into our neighborhood, and we wanted to get acquainted. When I called the third couple, I invited the wife and husband, saying it would be a late dinner, and to arrive at 9 pm for cocktails before dinner. Well, everyone arrived at 9, but to my astonishment, the third couple brought their two boys, ages 7 and 9! I didn't know what to say, and I wasn't prepared for children! My OWN children were in bed, and these two go rushing into their bedrooms trying to wake them. It became a madhouse, and the dinner was a fiasco. What should I have done?

— *Angry Neighbor*

**Jacqueline says:** Why people would bring kids to an invite-only dinner is beyond me. Perhaps they assumed that, since you have kids, theirs were welcome. Whatever the case, when they showed up at the door with them, there wasn't much you could do. The polite thing would be to allow the boys to join you after letting the parents know you weren't expecting kids. But making a scene at that point — or asking them to leave — is far worse. Don't be a doormat, either. Let their children know your kids' bedrooms are off limits. Enjoy the evening and go with the flow. What's the point of being uptight? They

may even become good friends if you don't throw them out. However, for the next invite — if there is another — let them know it's adults-only.

**Kerry says:** I agree with Jacqueline. It's petty to still be spewing over the couple that brought their kids over for dinner. Aren't there more serious things to be worried about? Yes, they are complete morons for not realizing that this was not a function for kids and that their children were clearly not invited; nonetheless, couldn't you just go with the flow and order a pizza and let the kids play upstairs? Out of a variety of disasters that would horrify me, this one's at the bottom of the list. If you ever decide to invite this couple again, which I doubt you will, let them know it's a dinner for adults only. Now stop sweating the small stuff.

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

# It figures

BY CYNTHIA WASHAM

## DIGITAL DATA



**34** Percent of video-game players who are adult women.

**18** Percent who are boys ages 12-17



**8.5** Percent of children believed to be addicted to video games to the degree that it disrupts their ability to function socially, academically and in other ways.



**1,956** Average number of text messages sent or received each month by an American teen

**63** Percent of parents with a gaming console who consider video-game playing a positive activity for their children

## SCHOOL STATS



**26** Percent of U.S. school children who consider physical education their favorite subject.

**3** Percent who feel the same way about a foreign language.

**19** Percent of higher students who've had four or more years of a foreign language score on the reading, writing and math sections of the SAT, compared to students with a half year or less.

**44** Percent of American high-school students who study any foreign language.

**More than 90**

Percent of European high-school students who study at least one foreign language.



**33** Percent of American children, ages 6-11, who take after-school lessons in such disciplines as dance, art, computers and religion.



**More than 1,200**

Number of state legislators nationwide who visit classrooms each year to discuss the legislative process with students.



**10** Number of years since they've been doing so under the America's Legislators Back to School Program.

Source: 1UP, Marketingvox.com, The Oregonian, Scholastic, Early-advantage.com, Euractiv.com, Districtadministration.com, Infoplease.com, National Conference of State Legislatures

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**Sailing away:** Long Island Maritime Museum, 86 West Ave. near Shore Road; (631) 447-8679; limm@limaritime.org; www.limaritime.org; Mondays – Saturdays, 10 am to 4 pm, Sundays, 12–4 pm, \$4 (\$2 children and seniors).

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

**History of heroes:** Francis X. Pendl 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, Now – Tues, Dec. 28; \$4 (\$3.50 children).

Hands-on showcase featuring a gooseneck handdrawn and operated waterpump dating back to 1832.

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

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

**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.



## Sesame Street Live

Calling all super heroes! Super Grover needs your help — and it's Elmo and the Fabulous Five to the rescue when a new "Sesame Street Live" musical production comes to Long Island this month.

Join Elmo, Zoe, Abby Cadabby, Telly Monster and Zoe's pet rock, Rocco, for "Elmo's Healthy Heroes" at Nassau Coliseum from Sept. 16 through Sept. 19.

When Super Grover loses his super powers, Sesame Street needs a hero. Good thing Elmo and his team of Healthy Heroes are here. Teaching lessons of healthy habits through song and dance, Elmo, Abby Cadabby and other Sesame Street friends explore exercise, nutrition, sleep and hygiene — all in a quest to put the "super" back in Super

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

Grover.

The show features an array of popular songs, including renditions of "Old MacDonald," "Splish Splash," "Twinkle, Twinkle Little Star" and "Sunny Days."

And like television's "Sesame Street," each "Sesame Street Live" production wouldn't be complete without a lesson for all. In this case, kids will learn the value of healthy habits that they can use long after the show ends. Adults will already be in the know, but can still enjoy a visit from the Sesame Street gang.

*Sesame Street Live "Elmo's Healthy Heroes" at Nassau Coliseum [1255 Hempstead Turnpike near Glenn Curtiss Boulevard in Uniondale, (516) 794-9300], Sept. 16–19. Tickets \$18.50–\$103.50. For info, visit [www.sesamestreetlive.com](http://www.sesamestreetlive.com)*

all penguin species alive today, the emperor penguin. There are also interactive and hands-on 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.

## 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](mailto: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!

**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.

**Family Night:** Barnes & Noble, 1542 Northern Blvd. (516) 365-6723; Wednesdays, 7:30 pm, Now – Wed, Dec. 29; 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, Now – Wed, Dec. 29; \$7.

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

**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.

**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

*Continued on page 28*

# Going Places

Continued from page 27

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, Now – Sat, Dec. 18; \$5 (\$3 children under 14).

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

**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, Now – Sun, Dec. 26; \$2 (50 cents children).

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

**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, Now – Sun, Dec. 26.

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

**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.

**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.

**“Dracula the Musical”:** Theater Three, 412 Main Street; 631-928-9100; Saturday, Sep. 11, 8 pm; Sunday, Sep. 12, 3 pm; Friday, Sep. 17, 8 pm; Saturday, Sep. 18, 8 pm; Friday, Sep. 24, 8 pm; Saturday, Sep. 25, 8 pm; Sunday, Sep. 26, 3 pm; Friday, Oct. 1, 8 pm; Saturday, Oct. 2, 8 pm; Sunday, Oct.

3, 3 pm; Friday, Oct. 8, 8 pm; Saturday, Oct. 9, 8 pm; Sunday, Oct. 10, 7 pm; Wednesday, Oct. 13, 2 pm; Friday, Oct. 15, 8 pm; Saturday, Oct. 16, 8 pm; Thursday, Oct. 21, 8 pm; Saturday, Oct. 23, 8 pm; Sunday, Oct. 24, 3 pm; Thursday, Oct. 28, 8 pm; Friday, Oct. 29, 8 pm; Saturday, Oct. 30, 8 pm; \$15–\$28.

For mature audiences.

## WED, SEP. 1

**Learning with Sign Language:** Barnes and Noble, 1542 Northern Boulevard; (516) 365-6723; store-locator.barnesandnoble.com/event; 10:30 am; Free.

For children.

## FRI, SEP. 3

**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.

## SAT, SEP. 4

**Pre-K mock test:** Kent Prep, 194-11 A Northern Boulevard; (718) 423-5757; www.kentprep.com; 9 am; Free.

A special gifted and talented preparation course will be available for qualified students. Registration required.

## SUN, SEP. 5

**Nature hike:** Alley Pond Park, 76th Ave. & Springfield Blvd. 10 am; Free.

Learn about the largest tree on Long Island, the Alley Giant.

**Family Sunday:** Nassau County Museum of Art, One Museum Drive; (516) 484-9337; www.nassaumuseum.org. 1 pm; Free with museum admission.

Docent-led family walk-through of the exhibition and supervised art activities for the whole family. Reservations required.

**Volunteers/ Jerry Lewis telethon:** Pledge Center- Ruth S. Harley University Center of Adelphi University, 1 South Ave. (516) 358-1012; www.american-towns.com/ny/gardencity/news/volunteers-needed-at-the-2010-jerry-lewis-mda-telethon-pledge-center-734538; 9 pm–1 am; Free.

Needed during the Telethon to help answer phone and prepare mailings - pre-registration required.

## MON, SEP. 6

**Volunteers/ Jerry Lewis telethon:** Noon–4 p.m. and 4 pm–8 pm. Pledge Center- Ruth S. Harley University Center of Adelphi University. See Sunday, Sep. 5.

## WED, SEP. 8

**Learning with Sign Language:** 10:30 am. Barnes and Noble. See Wednesday, Sep. 1.

## SAT, SEP. 11

**Animal Care Trainee:** Alley Pond Environmental Center, 228-06 Northern Blvd. 718-229-4000; www.alleypond.com; 10 am–noon; \$12 (\$16 non-members).

For children 9 – 12 - Limited to 12 participants.

**Star gazing:** Alley Pond Environmental Center, 228-06 Northern Blvd. 718-229-4000; www.alleypond.com; 7:30–9:30 pm; \$10 (\$12 non-member; \$7 children 7-12).

Astronomer Mark Freilich leads you through the stars.

## SUN, SEP. 12

**Fall Harvest and Seafood Festival:** Captree State Park, 1 Rescue Road; (631) 669-0449; 11 am–5 pm; Free (\$8 vehicle use fee).

Fresh fish and produce plus children's activities including crab races, boat rides, interactive pirate shows and pony rides.

**Family Bar-B-Que:** Camp Pa-Qua-Tuck, Two Chet Swezey Road; (631) 878-1070; www.camppaquatuck.com; Noon; \$10 general admission plus (\$30 duck dinner; \$25 chicken dinner).

All day picnic with hayrides, food, clowns and bouncy rides.

**Family Sunday:** 1 pm. Nassau County Museum of Art. See Sunday, Sep. 5.

**Gardening tour and workshop:** Long Island Museum, 1200 Route 25 A; (631) 751-0066 x212; www.longislandmuseum.org. 2 pm; \$12.

Chris Stadmeyer from Garden of Eve Organic Farm leads a virtual tour of the farm. All participants in the workshop will plant seeds to take home. Pre-registration required.

## TUES, SEP. 14

**Teen meeting:** Mid-Island Y JCC, 45 Manetto Hill Road; (516) 822-3535; www.miyjcc.org; 7–7:45 pm; Free.

Teens in grades 9 through 12.

**Poetry night:** Barnes and Noble, 1542 Northern Boulevard; (516) 365-6723; store-locator.barnesandnoble.com/event; 7:30 pm; Free.

Poet's Performance Association.

**Diana Ross:** Tilles Center, CW Post Campus, Route 25 A; (516) 299-3100 or (800)745-3000; www.tillescenter.org; 8 pm; \$149.50; 99.50; 69.50.

Programs at Tilles Center are supported in part by the New York State

Council on the Arts. Long Island University's Tilles Center for the Performing Arts is located on the C.W. Post Campus, Route 25A in Brookville. ###.

## WED, SEP. 15

**Learning with Sign Language:** 10:30 am. Barnes and Noble. See Wednesday, Sep. 1.

**Teen meeting:** 7–7:45 pm. Mid-Island Y JCC. See Tuesday, Sep. 14.

## THURS, SEP. 16

**Tour, Midshore Mother's Center:** Midshore Mother's Center, 610 Carmans Rd. (516) 694-MOMS (6667); www.midshoremotherscenter.org; 10 am–noon and 7:30 pm; Free.

Moms enjoy refreshments, experience a discussion group and try out a Mommy & Me group. Children are welcome.

**Sesame Street Life - "Elmo's Healthy Heroes":** Nassau Veterans Memorial Coliseum, 1255 Hempstead Turnpike; (800) 745-3000; @ www.nassaucoliseum.com; 7 pm; \$103.50 (VIP Sunny Seats), \$58.50 (Gold Circle), \$43.50, \$28.50 & \$18.50.

Join Elmo and the gang.

**Teen meeting:** Mid-Island Y JCC, 45 Manetto Hill Road; (516) 822-3535; www.miyjcc.org; 7–7:45 pm; Free.

Children in grades five through eight.

## FRI, SEP. 17

**Sesame Street Life - "Elmo's Healthy Heroes":** 10:30 am and 7pm. Nassau Veterans Memorial Coliseum. See Thursday, Sep. 16.

## SAT, SEP. 18

**Young Chefs- Edible Solar System:** Alley Pond Environmental Center, 228-06 Northern Blvd. 718-229-4000; www.alleypond.com; 10:30 am–noon; \$15 (\$19 non-members).

For children 7 to 10. All materials included. Limited to 8 participants.

**Sesame Street Life - "Elmo's Healthy Heroes":** 10:30 am, 2 pm and 5:30 pm. Nassau Veterans Memorial Coliseum. See Thursday, Sep. 16.

**Talent show:** Cross Island YMCA, 238-10 Hillside Ave. (718) 479-0505; www.ymcanyc.org; 1 pm; \$10, (\$5, children five-12; Free, Children under five; \$5 Parents Booster in program).

Auditions, register on line.

**Crawling Critters:** Alley Pond Environmental Center, 228-06 Northern Blvd. 718-229-4000; www.alleypond.com; 1:30–2:30 pm; \$11 (\$15 non-members).

For children 4 – 5. Limited to 12

# Going Places

participants.

## SUN, SEP. 19

**Open House:** Friedberg JCC, 15 Neil Court; (631) 634-4170; [www.friedbergjcc.org](http://www.friedbergjcc.org); 11 am–2 pm; Free.

Tour the indoor pool, preview fall classes food and giveaways.

**Sesame Street Life - "Elmo's Healthy Heroes":** 1 and 4 pm. Nassau Veterans Memorial Coliseum. See Thursday, Sep. 16.

**Teen meeting:** 5 pm. Mid-Island Y JCC. See Thursday, Sep. 16.

## TUES, SEP. 21

**Holiday workshop:** Mid-Island Y JCC, 45 Manetto Hill Road; (516) 822-3535; [www.miyjcc.org](http://www.miyjcc.org); 6:30 pm; \$20 (\$30 non-members).

Sukkah: Big & Small for children two to five with parent.

**Auditions:** Theatre Three, 412 Main Street; (631) 928-9202; [www.theatrethree.com](http://www.theatrethree.com); 7 pm; Free.

Casting young People, ages eight to 17 for a production of A Christmas Carol to be performed in December.

## WED, SEP. 22

**Learning with Sign Language:** 10:30 am. Barnes and Noble. See Wednesday, Sep. 1.

## FRI, SEP. 24

**Game night:** Barnes and Noble, 1542 Northern Boulevard; (516) 365-6723; [store-locator.barnesandnoble.com/event](http://store-locator.barnesandnoble.com/event); 7 pm; Free.

Learn how to play Loaded Questions for teens.

## SAT, SEP. 25

**KinderMusik and Suzuki:** Reformed Church, 90 Plandome Road; (516) 627-7052; [milgirls@aol.com](mailto:milgirls@aol.com); [www.milmusic.com](http://www.milmusic.com); 9:30 am–12:30 pm; Free.

For children 18 months to eight years old. Reservations required.

**Fall festival:** Wildwood State Park, Hulse Landing Road; (631) 321-3510 or (631) 929-4314; <http://www.nyspark.com>; 11 am–4 pm; \$10 vehicle use fee.

Pie eating contest, entertainment, juggling show, pony rides, magic show, petting zoo, and a craft fair.

**Little Neck Bay festival:** Alley Pond Environmental Center, 228-06 Northern Blvd. 718-229-4000; [www.alleypond.com](http://www.alleypond.com); 11 am–3 pm; Free.

## SUN, SEP. 26

**Tour:** Mid-Island Y JCC, 45 Manetto Hill Road; (516) 822-3535; [www.miyjcc.org](http://www.miyjcc.org);



## Rubin Museum for kids

**E**arly Childhood and Family Learning Programs at the Rubin Museum of Art in Manhattan allow children and parents to experience art together.

Family Days at the museum are held twice a year. This year's International Day of Non-Violence celebrates the birthday of Mohandas "Mahatma" Gandhi, leader of the Indian independence movement and pioneer of the philosophy and strategy of nonviolence.

Word Play and Gallery Exploration, for children 1- to 6-years-old,

are offered throughout the year.

Children must be accompanied by at least one adult at all times.

*Tickets are \$10 per child (\$5 for children of RMA members); Free for accompanying adults, children 1-year and younger, and Cool Culture members. Tickets include gallery admission; Gallery admission is free every Friday from 6-10 pm.*

*Gallery admission is free for seniors (65 and older) on the first Monday of every month.*

*Rubin Museum of Art, 150 West 17 Street, between 6th and 7th avenues; (212) 620-5000 X.344. For more information visit [www.rmany.org](http://www.rmany.org);*

10:30 am; Free.

Learn about the Kids in Special Services programs and what is available.

**Family Sunday:** 1 pm. Nassau County Museum of Art. See Sunday, Sep. 5.

## TUES, SEP. 28

**Holiday workshop:** Mid-Island Y JCC, 45 Manetto Hill Road; (516) 822-3535; [www.miyjcc.org](http://www.miyjcc.org); 6:30 pm; \$20 (\$30 non-members).

All About Simchat Torah: for children two to five with parent.

## WED, SEP. 29

**Learning with Sign Language:** 10:30 am. Barnes and Noble. See Wednesday, Sep. 1.

## SAT, OCT. 2

**Fundraiser:** Oceanside High School,

3160 Skillman Ave; (516) 603-5520 or (516) 594-2336; 7:30 pm; \$25.

Concert performed by the Strawberry Fields Tribute Band.

## SUN, OCT. 3

**Pretzel making:** Cold Spring Harbor Whaling Museum, 279 Main Street; (631) 367-3418 X17; [www.cshwhaling-museum.org](http://www.cshwhaling-museum.org); 2 pm; \$8 (\$3 members).

Learn about the history of pretzels and find out how yeast and molds, including ocean molds, work. RSVP required.

## MON, OCT. 4

**Monday Minnows:** Cold Spring Harbor Whaling Museum, 279 Main Street; (631) 367-3418 X17; [www.cshwhaling-museum.org](http://www.cshwhaling-museum.org); 1:30 pm; \$4 for adult and tot; (free-members).

Stories, crafts and play for pre-

schoolers.

**Working Mom's Support Group:** Mid-Island Y JCC, 45 Manetto Hill Road; (516) 822-3535; [www.miyjcc.org](http://www.miyjcc.org); 8–9 pm; Free.

## WED, OCT. 6

**College workshop:** Friedberg JCC, 15 Neil Court; [aschiller@friedbergjcc.org](mailto:aschiller@friedbergjcc.org); [www.friedbergjcc.org](http://www.friedbergjcc.org); 7:30 pm; \$5.

Dr. Rachele Wolosoff offers an insightful look at the college search process for parents and students.

## THURS, OCT. 7

**Seminar:** Mid-Island Y JCC, 45 Manetto Hill Road; (516) 822-3535; [www.miyjcc.org](http://www.miyjcc.org); 7–9 pm; Free.

"Healing with Music" with Dr. Jill Rabin of North Shore-LIJ Health System.

## SAT, OCT. 9

**Writer's workshop:** Barnes and Noble, 1542 Northern Boulevard; (516) 365-6723; [www.barnesandnoble.com](http://www.barnesandnoble.com); 11 am; Free.

Linda Frank, author of "The Madonna Ghost," provides helpful hints to student novelists plus signing copies of her book.

**Talent show:** Cross Island YMCA, 238-10 Hillside Ave. (718) 479-0505; [www.ymcanyc.org](http://www.ymcanyc.org); 6:30 pm; \$10, (\$5 children five-12; Free, Children under five; \$5 Parents Booster in program).

## SUN, OCT. 10

**Meet Madeline:** Barnes and Noble, 1542 Northern Boulevard; (516) 365-6723; [store-locator.barnesandnoble.com/event](http://store-locator.barnesandnoble.com/event); 11 am; Free.

Hear some funny stories.

**2010 Walk for Food Allergy:** Eisenhower Park, Parking area 6/6A, Hempstead Turnpike; (800) 929-4040; Noon; Call for fees.

Create a team, join a team, or register as an individual - 3 miles. Restrictions: No pets, glass bottles, bikes, roller skates, or skate boards. Baby strollers and wagons are welcomed.

**Craft workshop:** Cold Spring Harbor Whaling Museum, 279 Main Street; (631) 367-3418 X17; [www.cshwhaling-museum.org](http://www.cshwhaling-museum.org); 2 pm; \$6 (\$5 children, 5-18).

Guy DeMarco demonstrates the art of ship in a bottle building.

**Village tour:** Cold Spring Harbor Whaling Museum, 279 Main Street; (631) 367-3418 X17; [www.cshwhaling-museum.org](http://www.cshwhaling-museum.org); 3 pm; \$8 (\$3 members).

Light rain or shine. Approximately 45 min.



## GROWING UP ONLINE

CAROLYN JABS

# Keep kids focused

**C**oncentration is the ability to focus your own attention, and everyone agrees it's crucial to success at school and work. Now educators are worried that the ability to concentrate is eroding under the relentless barrage of random messages from cellphones and social media. They are right to be concerned. Brain research shows that the hippocampus, the part of the brain devoted to storing and recalling information, isn't engaged when a person is distracted.

Smart parents won't necessarily try to discourage a child's enthusiasm for interactive media. Instead, the beginning of the school year is a great time to establish routines that promote concentration — even

— will begin to understand that attention, like money, is a finite resource. You can squander it on shiny doodads that don't mean much, or you can save it to spend on something that really matters. Often, our culture sends kids the message that distraction is fun and concentration is drudgery. Parents have to counter that with the idea that concentration puts a person in control of what his brain is doing while distraction turns that control over to others. Here are other ways to get that message across:

### Budget tech time

Obviously, video games, social networking and other interactive pastimes have an important place in the lives of kids. They just shouldn't be available 24/7.

- Establish tech-free times when kids do homework and engage in other activities that require concentration.

- Encourage older children to post an away message that says they won't be available. Make a humorous sign — "Student at work. Quiet Please!!" — to minimize interruptions from other family members.

- Find your own off-line tasks so you can work side-by-side with your child.

- Make a point of turning off your own cell-phone so you can write a thank you note, balance the checkbook or read a report.

- Design a tech free work space. Be sure your child has access to a workspace where the tools needed for schoolwork (paper, dictionaries) are close at hand and distractions (video games, snacks) aren't visible.

- Provide good lighting and a chair that's the right size for your child. Many children will protest that they need the Internet for every assignment, but that's not usually the full story. Some work — math problems, reading — will actually go faster if the child is away from the screen.

### Find 'prime time'

Most adults know when they are sharpest during the day. Encourage your child to experiment with different study times. Some children will be most able to focus right after

school when the lessons of the day are still fresh while others will do better after a snack or a sports practice or even a session of social networking. Still others will get homework done in half the time if they get up early and do it first thing in the morning. Help your child identify — and protect — the time when he or she is most able to concentrate.

### Chunk the work

Although it may be obvious to parents, students often don't know how to divide homework into manageable portions. The idea of writing an entire report may be paralyzing. It's easier to focus if you limit your attention to a paragraph about a specific topic. Older students may do better with a timetable that includes incentives — 30 minutes of homework earns 10 minutes of social networking. Just be sure to set a timer, so homework resumes again after 10 minutes!

### Make a game of it

Many classic, offline games require focused attention. Remember Memory, the matching game that requires players to remember where to find pairs of cards? Or, try the old party game of assembling a tray full of random objects. Have everyone look at the tray, then cover it and write down as many things as you can remember. Scrabble and card games are also enjoyable family activities that reward concentration.

Technology isn't the only reason children have trouble concentrating. Health problems, lack of sleep, too little exercise, stressful relationships and even poor nutrition can also make it hard for kids — and adults — to pay attention. Still, encouraging your children to make deliberate decisions about how to allocate brain power is one of the best ways to you can assure their success during the school year — and beyond.

*Carolyn Jabs, M.A., 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 website, [www.growing-up-online.com](http://www.growing-up-online.com).*

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for kids who love the distraction of media in all its many forms. One of the best ways to help children grasp the value of attention is to give them yours. When you're doing something with your child, don't allow yourself to be distracted by your cell-phone or computer. Focus full attention on what your child is saying or what you are doing together. Make deliberate decisions about when you're available for phone calls, when the television is on and how long you'll spend on social media.

Children who grow up with the benefits of parental attention — and limits on attention-draining activities

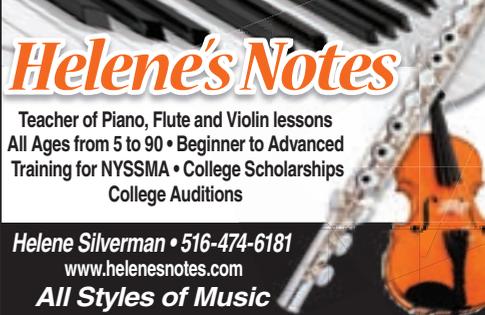
# Community Marketplace

## CHILD CARE



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 Hope Lutheran Church - Selden  
**Programs for 3 & 4 year olds - OPEN REGISTRATION**  
 Come Visit - Meet our Staff, browse our classroom,  
 paint a picture, read a story!  
 (FREE Registration with mention of this ad.)  
**46 Dare Road, Selden 631-732-2511**

## MUSIC LESSONS



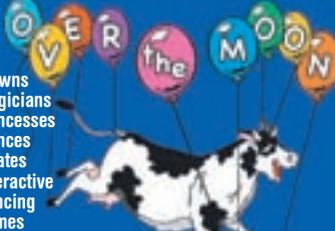
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# PARTY PLANNERS



**OVER the MOON**

- Clowns
- Magicians
- Princesses
- Princes
- Pirates
- Interactive Dancing
- Games
- Face Painting
- Balloon Twisting
- Juggling
- Stilt Walking
- Sand Art
- Holiday Parties
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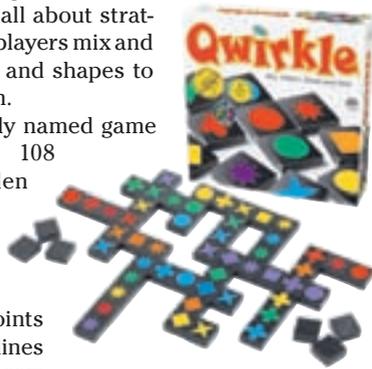
# New & Noteworthy

## For your next game night

Keep this one in mind for the next family game night.

Qwirkle is all about strategy, wherein players mix and match colors and shapes to score and win.

The quirkily named game consists of 108 thick wooden blocks with six shapes in six colors. Players score points by building lines that share a common attribute — either a color or a shape. The player with the highest score after all of the tiles are placed wins the game, and bragging rights



for the next week's game night.

Although the game is quickly learned, it soon becomes apparent that strategic thinking is crucial to scoring high. The challenge of Qwirkle is logical and clear enough to engage kids, but complex enough to keep adults in the game. And since the simple play requires no reading, the whole gang can play.

*Qwirkle is for two-four players, ages 6 and up. For info, visit [www.readerscatalog.com](http://www.readerscatalog.com).*

## Building their ABCs

This toy is perfect for blockheads.

With the ABC Flyer, your little one can build while learning the letters of the alphabet.

The toys are not just great fun, but a great way to develop language, arithmetic, fine motor

skills and more. Keep them all together on the pull-toy wagon, which provides tidy storage

for all the pieces.

Each multicolored letter block is handcrafted and include a different animal picture. They're made from Michigan basswood and brightly colored with child-safe inks, and are the perfect size for small hands.

The sets come in eight different languages, including English, Russian, Hebrew, Greek, Italian, French, Spanish and Chinese, so no matter the language, you can likely find your alphabet.

*For information on the ABC flyer, visit [www.readerscatalog.com](http://www.readerscatalog.com).*



## Art that sticks

Sometimes a wall just needs to be dressed up a bit, and LTL Prints have the perfect art for the job.

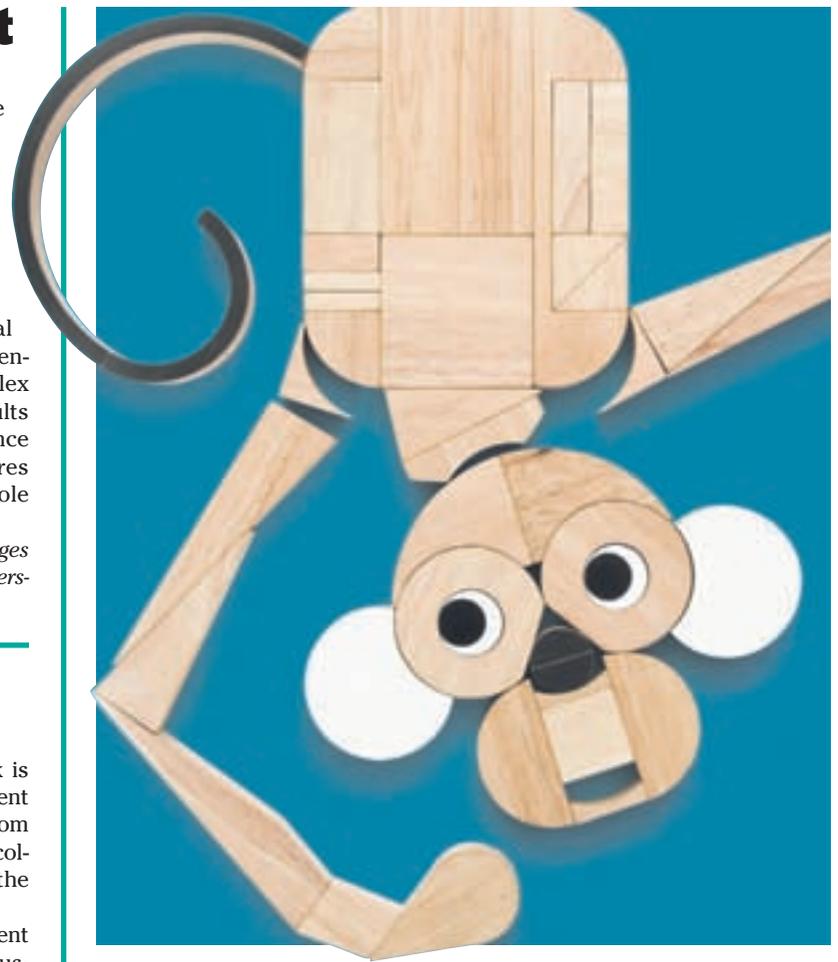
Yiyang Lu, whom Twitter fans may recognize as the illustrator of the site's famous "Fail Whale" icon, has crafted colorful, fanciful wall art that can be stuck to walls, windows and even ceilings.

The cartoon-ish designs range from whales spouting birds into a heart-shape formations to round elephants with jester-like prings to even a giant light bulb — a constant encouragement for your child to think big.



The sets are self-adhesive and can be removed and rehanging many times without damaging walls, so don't worry if your little one keeps changing his mind where to hang it.

*For more information on Yiyang Lu's wall art, visit [www.ltlprints.com/yiyang](http://www.ltlprints.com/yiyang).*



## Things are shaping up

If your child can think it, he can probably make it with PlayShapes.

The geometric wooden shapes can be arranged or stacked to produce hundreds of 3D creations.

The simplicity of the product — made from rubberwood — and clarity of design enables children and adults alike to fully engage in the joy of the creative process. And, if you make a mistake,

you can easily start over again.

For those who need a little inspiration, each set of 74 blocks comes with a sheet of copying pre-made designs, from clowns to monkeys to genies. Whatever floats your boat (you can make that, too).

*For more information on PlayShapes, e-mail [info@neo-utility.com](mailto:info@neo-utility.com) or visit [www.millergoodman.com](http://www.millergoodman.com).*

## Chalk fun

Waiting for dinner has never been more fun.

With Chalk It To Me's chalkboard placemats, your child can doodle away as you prepare his meals. And they can be used every meal — just draw, wipe off and draw again. You too can get in on the fun by playing tic-tac-toe, or leaving message for



in the morning wishing good luck on a test or a happy birthday.

The items come in a set of four, perfect for parties or playdates, and come with 12 pieces of chalk and a sponge eraser.

*For more information, visit [www.uncommongoods.com](http://www.uncommongoods.com).*

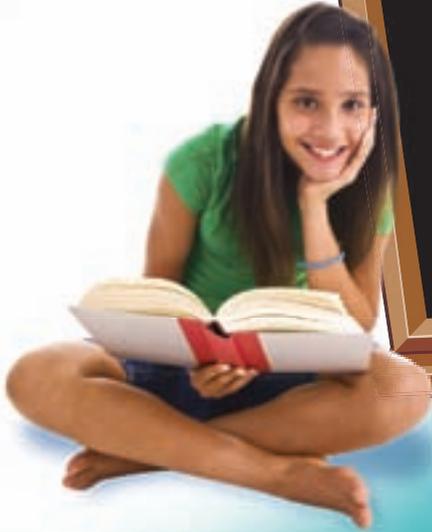


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