

Arlington Family Connection

supporting children age six and under and those who care for them



Volume II, Issue 6 * September 2003
www.arlingtonfamilyconnection.org



What do you mean *only* child?

by Dianna Dixon

My daughter is three, but I only realized a few months ago that I am raising an only child. Part of the delay is because I know all about the only child: they are spoiled, they don't know how to share, they are lonely, they are socially awkward, they grow up before their time and are just generally odd. Did I mention everything?

My realization was upsetting to me. It wasn't fair to my daughter – “everybody else” has a sibling or two. She'd have no one with whom to share the secrets and sadness of growing up, no one with whom to gang up against tyrannical parents. She alone would have to deal with our aging and eventual passing. I felt afraid, too – how will I handle raising an only child? Am I up for the challenges? Will I mess her up?

I asked *everyone* about raising an only child, and slowly the gloominess lifted. Many adult only children defended their status – “I turned out alright” – telling me that the full attention of loving parents was a gift not a curse. Helpful suggestions were made: stay close with cousins or another only-child family and consider a pet.

While I know this does not compensate for lack of a

sibling – incomparable, actually – I am now focusing fully on the pros of having an only child. This positive attitude has to be better for my mental health and that of my family. So, my list of benefits includes:

- * no more sleepless nights (not until the teens, anyway)
- * freedom to focus on one beloved offspring rather than attention being divided
- * I can take one anywhere – plane, train, bike, boat
- * more money for lessons, schooling, special vacations
- * two-on-one is great odds

Coming to terms with the idea of an only child has been a process and the process continues. Like any mother, I love talking to other parents about our children, sharing tips and insight. And I expect the learning will go on for at least another 20 years, as it would for any parent.

Ed. Note: AFC is sponsoring a workshop on “Raising The Only Child” in September. See Save the Dates on page eight for details.

AFC Forms Steering Committee: Members Encouraged to Join

by Betsy Lawson

Being a parent is all about change. Arlington Family Connection, being a group of parents and children, is no different. Since its ‘conception’ in 2001 as a social network for a few families in town, AFC has lived a robust infancy and is now exploring its rough-and-tumble toddlerhood as we enter our third year.

As our ranks grow close to 350 families, we're encouraging new members to get involved in AFC's planning and direction. Veteran leaders — their children now older and their lives nudging them in new and different directions — are stepping aside to make way for other members to take the reins. It is with gratitude that we thank departing board members Diane Hebert-Farrell, Jennifer Opp, Margaret Potter and

Melissa Spiers. Their contributions to AFC have been heartfelt and invaluable. We will miss you.

Knowing that carving out adult time is not easy for new parents, the AFC leadership structure is shifting to an open ‘Steering Committee’ format that hopes to encourage member participation on a per-project basis as your schedule (and energy!) allows. The monthly meetings are open to any AFC members interested in making suggestions for future activities, discussion topics, or groups to be formed under the AFC umbrella. Feel free to contact any of the Steering Committee members listed on page two with your ideas and suggestions. See *Save the Dates* on page eight for our Sept. 9 meeting information. We look forward to hearing from you!

Table of Contents

Page 2	Steering Committee News
Page 3	Why Buy Organic? <i>Mom, I'm Hungry!</i>
Page 4	Our <i>Balancing Act</i> Arlington Childcare Options
Page 5	The Natural Connection Skyline Park Construction Juicebox Wings
Page 6	Calendar of Events
Page 7	Membership Renewal Form
Page 8	Save the Dates

October Newsletter Deadline

Interested in writing for the AFC newsletter? The next deadline is Sept. 12 for articles, Sept. 20 for calendar items.

Email: newsletter@arlingtonfamilyconnection.org.

Outings Coordinator Ruth Schmidt Joins Steering Committee

New Steering Committee member Ruth Schmidt has been with AFC for the past six months as the outings coordinator and she has recently taken on the additional role of membership liaison.

Ruth has lived in Arlington for the past 18 years, seven of those as a parent. A native of Northern California, she came east to attend Wellesley College. She went on to earn a PhD in Molecular Biology at Harvard University, which is also where she met her husband, Steve Roels. Ruth did her postdoctoral work at Myco (now Millennium) Pharmaceuticals in Cambridge and then happily left it all to become a full-time mom.

Ruth has three children: Brian, 7 (a second-grader at the Stratton School), Eric, 4 1/2, and Megan, 2 1/2. Ruth's other loves include gardening and animals — she has been known to nurse abandoned baby squirrels back to health and to provide foster care for stray rabbits through her involvement with the Massachusetts House Rabbit Society. Her family's full-time pet companion is Elsa, a yellow labrador retriever.

Ruth has been thrilled with the enthusiastic attendance

at recent AFC outings such as the ice cream trip in July and the pizza party in August — this has truly proven to be a large part of the *Connection* in Arlington Family Connection.

Ruth welcomes ideas from members on new activities and trips that can be taken with or *without* children, or previous outings you'd like to see repeated. She also welcomes volunteers to help lead outings, so that AFC can offer more each month to our members and their friends. Please feel free to contact her at outings@arlingtonfamilyconnection.org.

In her role as membership liaison, Ruth is running the current membership drive as well as updating and enhancing the member database. She sends her thanks to everyone who has already renewed — as well as a gentle reminder to others to please fill out the membership form on page seven and send it in as soon as possible. Ruth is updating the membership files, so even if you've filled out the form before, please take a few minutes to do so again. All membership questions can be directed to Ruth at membership@arlingtonfamilyconnection.org.

For more information about AFC, please contact any of the following Steering Committee members or join us at our next meeting, Tuesday, Sept. 9 at 8pm. Contact anyone below for the meeting's location. All Steering Meetings are open and AFC members are encouraged to attend. We will be planning future events and discussing issues of interests to Arlington families. We'd love to hear from you!

Dianna Dixon (781) 643-6851
Events Committee Chair
dianna_dixon@hotmail.com

Betsy Lawson (781) 646-5812
Newsletter Editor
newsletter@arlingtonfamilyconnection.org

Justine Lynch (781) 648-0006
Treasurer
lynchfam4@attbi.com

Ruth Schmidt (781) 643-2362
Outings Coordinator and Membership Liaison
outings@arlingtonfamilyconnection.org

Arlington Family Connection
PO Box 150
Arlington, MA 02476
www.arlingtonfamilyconnection.org

AFC Volunteers Needed to ...

... Staff Booth at Town Day Sept. 9

Join other AFC members and meet other families in town by spending an hour or so at the AFC booth at this year's Town Day on Saturday, Sept. 13. We'll have a craft for kids and AFC literature to hand out. To sign up, please email: info@arlingtonfamilyconnection.org. See you there!

... Lead New Working Moms Group

Pamela Harlem, AFC's leader of the New Working Moms Group, is moving to California! We'll miss you, Pamela, best wishes. Before she leaves, Pamela would like to find one or more moms who will commit to continuing the much-valued group. Please contact Pamela at: pharlem@partners.org or call (781) 648-9034. Thank you.



Editorial policy

The **Arlington Family Connection** (AFC) newsletter is published monthly and is free with membership. Published articles reflect the views of the respective authors and do not necessarily represent the views of AFC. Childcare, healthcare and legal information is provided for informational purposes only. It is not intended as a substitute for medical or professional advice. Always consult your own healthcare provider for any decisions relating to your child's well being.

Copyright remains with the individual author for bylined articles. All other materials are copyright Arlington Family Connection, 2003. Permission is granted to reproduce articles for which copyright is held by AFC provided appropriate credit is given and no fee is charged. The AFC newsletter accepts submissions from AFC members on issues relevant to families with children six and under. The editorial board reserved the right to refuse submissions for any reason. Send submissions to: newsletter@arlingtonfamilyconnection.org.

Why Buy Organic?

by Melissa Lucius

Isn't it nice when you can go to the grocery store and shop on auto pilot? Except for a few things, I pretty much buy the same things every week, and I don't even have to think twice about it. So you can imagine my resistance to buying organic: this meant that I had to overcome a brand new learning curve and, heaven forbid, change my habits!

But it really wasn't that hard, and now, buying organic is just as much of a habit as not doing so a year ago.

Why buy organic? You've heard it already, and I'll repeat it here: spraying crops with pesticides and injecting animals with drugs (antibiotics and hormones) is not healthy for the people who eat what comes from these crops and animals. The effects of these artificial substances are either negative or unknown. There is a lot more of this spraying and injecting going on now than when we were kids, and no one knows what effects the current spraying and injecting will have on our children. Let's not risk it.

Spraying crops with pesticides and injecting animals with drugs is not a sustainable system. Yes, it's more profitable in the short run to do these things. But in the long run, the pesticides end up killing off the pests, but help create a mutation or a stronger breed of pests, which will eventually require an even stronger pesticide. Plus, some pesticides kill off harmless flora and fauna. I don't want my kids growing up eating apples full of chemicals in the name of cheaper produce.

How can we promote a healthier system? Short of running for office and changing the laws, we can at least vote with our dollars. Every dollar that we spend supports



something in a small way. When you buy non-organic produce, you give farmers the green light to keep spraying the crops with dangerous chemicals. When you buy organic, you make it possible for the organic farmer to give us more natural, healthy produce. Sure, it's only a few dollars. How can it make a difference? It can if we *all* cast our vote for the earth.

Yes, organic foods cost more. But you don't necessarily have to go 100 percent organic. Maybe just try one item at a time. Going organic on just dairy, or just produce, or just meat will already make a huge difference. This way, you can vote for the earth with at least some of your dollars, and take care of your family's health at the same time.

Or think of it this way: buying organic dairy, produce and meat every time you shop will probably cost about the same as a trip to McDonald's or a few video rentals. Why not put the money where it will make a difference instead? Try viewing it as an investment, and know that if we support organic farming, the prices will eventually come down.

Even if you put just one organic product in your cart this week, I thank you for making a difference in our future and in our children's future. And if you've already jumped on the organic bandwagon, spread the word! Tell your friends that they can find plenty of organic products at Trader Joe's, Stop and Shop, Wild Oats and Whole Foods.

Melissa Lucius has two daughters, ages 3 1/2 and 7 months, and is a project manager at a software consulting company. Please send any feedback you have to mrlucius@netzero.net.

Mom, I'm Hungry!

Another option in food delivery *Cooking From the Heart*

by Margit Griffith

Who among us couldn't identify with last month's article on local restaurants that deliver dinner — dare I say — salvation?

After the birth of our first child two-and-a-half years ago, my husband and I counted on many of these places to provide a meal when I just couldn't get something together and he was too tired to try. After a serious look at our budget, however, we were surprised and dismayed to find that we were counting on these places a little too much. We were also concerned about the nutritional value of the foods we were choosing at the last minute. We knew we had to do some belt tightening, in more ways than one. Then a friend suggested a personal chef service called *Cooking From the Heart*.

We laughed and thought, "Yeah, right - do we look like the kind of folks that could afford a personal chef?" After

checking out the web site, we were shocked that we would actually be saving money and eating better by using the service. Here's how it works:

Toward the end of each month, we receive the next month's menu of dinner choices - usually a selection of five or six dishes per week (folks can also order week-by-week). Meals for each week are delivered on Wednesdays.

All meals start as vegetarian, but you can add meat and/or make special requests like no nuts or dairy, etc. We pay \$16 for a dinner, with meat, for two. Compare this to your latest Chinese take-away bill! The only requirement is that you order at least \$45 worth of meals for each week - but that's three nights for two. The meals arrive cooked and just need to be heated in the microwave or conventional

Please continue on page 4

Our *Balancing Act*: What Wise Women Write

by Robin Schoenthaler

Recently I asked a number of Arlingtonians (and others) what their “soundbite” philosophies and insights were about attempting to live a full and rich life, reasonably well balanced, in the midst of these crazy times.

I’ve compiled some of the results which I used on a panel on Work/Life Balance at a Women’s Leadership Conference earlier this summer. I thought I’d share it here:

Number one: You can do it all -
you just can’t do it all at once.

- * To everything, there is a season.
- * Don’t sweat the small stuff (it’s all small stuff).
- * This too shall pass.
- * Stop saying should.
- * Learn to say No. Start with “Not today.”
- * Listen to yourself.
- * Let go of the guilt.
- * Guilt is a waste of neurons.
- * Guilt is an idiotic response to idiotic expectations.
- * How about a little humor?
- * Is this worth going gray over?
- * Are we having fun yet?
- * Are we there yet?
- * Why aren’t I laughing?
- * Have I laughed at any point in the last three hours?
If not, why not?
- * You are in charge of your life.
- * Only make commitments you can keep.
- * Choose your battles.
- * Sleepiness is more important than cleanliness.

- * Try hard, really hard, to lower your ridiculous standards.
- * My favorite housekeeping method is to sweep my rooms with a glance.
- * When under extreme stress, take an evening off every single week. When under no stress, take a mental health day off every single month.
- * Nobody will thank you for running yourself into the ground.
- * Nobody on their deathbed has ever been known to say “*I wish I had spent more time at the office.*”
- * “Please place the oxygen mask on your own face prior to assisting the children around you.”
- * The best thing I can do for my child is to take very good care of her mother.
- * *Ya gotta* mother the mother.
- * Ain’t nobody happy if mama ain’t happy.
- * Self-care is not a luxury item.
- * Pay for anything that will make your life easier ... time is money.
- * Outsource what you can, and don’t look back.
- * Pay attention to your own “core competencies.”
If you hate doing something, give the task away.
If you love doing something, keep it.
- * Buy services, not things.
- * Get help from everyone in your village: your family, paid providers, other children, neighbors, co-workers. Don’t be afraid to ask for it.
- * Make time for your own solitude and enjoy it.
- * Always, always have two spare sets of keys.
- * If all else fails, persistence prevails.

Mom, I’m Hungry

continued from page 3

oven and are there and ready to go when you are. No last minute choices to make (that can lead to nutritionally questionable selections) and no waiting.

And the selection and portion size are great! In the summer, there is always a salad to choose from which makes a nice hot-weather dinner. There are crowd pleasers like Shepherd’s Pie and Super Mac and Cheese. A chicken or tofu cutlet dish is offered each week and there is always at least one selection that expands our palates.

We order two meals for two a week and a friend of ours, who lives outside of the delivery area, orders

her meals with us, so we easily reach the \$45 mark. I’m often home when the food is delivered, but I have also left a cooler outside and I know that they will take a key to deliver right to your fridge.

When it comes to the end of the day and I’m tired from chasing David around, nothing beats a home-cooked meal that someone else has prepared.

Cooking From the Heart has a web site you can check out at www.cookingfth.com. Robin

can answer any questions you may have via email cookingfth@aol.com or phone (781) 293-8422. We hope you find this service as wonderful as we do.



Looking for Arlington preschool/childcare?

Come to AFC’s “Options in Early Childhood Education” evening, Wednesday, Oct. 8, 7-9pm at Arlington’s Senior Center, 27 Maple St., (behind Town Hall). Meet representatives from each of Arlington’s preschools and many family childcare providers.

Available that night will be the 2003-04 edition of the “Options” booklet, a complete listing of the Arlington preschools and licensed family childcare providers. For those unable to attend, to order a copy of the booklet visit the AFC website at www.arlingtonfamilyconnection.org.

For questions about the event or booklet, contact dianna_dixon@hotmail.com.

The Natural Connection: *Bleach — or Bleuch?*

by Dianna Dixon

My job, as an older child, was to clean the family bathroom every Saturday morning. While most of the unpleasant details are forgotten, I do remember using bleach – pure Clorox, no doubt – liberally, in every corner of the room.

While I have long been using “green cleaners”, it is only recently that I have become aware of chlorine – the active ingredient in most bleaches – as a problem. Every supermarket in the land, every household in the country has bleach around somewhere. Paper products, textiles and pools are whitened with chlorine. Questioning bleach/chlorine seems un-American!

Yet question we must. Far from being America’s innocuous household helper, chlorine is something we should stop using right now. The presence of chlorine in ordinary household cleaning products and paper goods represents a serious household hazard and one of the biggest stumbling blocks to the creation of a healthy home.

Chlorine is a poisonous toxin that at high enough concentrations can cause permanent physical damage and even death. Even at low concentrations, chlorine is corrosive and a strong irritant to the lungs and mucous membranes. Chlorine-containing household cleaning products are designed specifically to be sprayed into the air and applied to surfaces in the home, spreading chlorine throughout the house. In addition, chlorine can readily combine itself with other materials present in the home environment to form new toxic substances. We’ve all heard the admonition never to mix chlorine (or products that contain chlorine) with ammonia because the resulting chemical reaction will create a poisonous gas.

Chlorine is a building block of compounds called

organochlorines, a group responsible for further environmental threat. Organochlorines (“dioxin” is one well known) are very effective at spreading throughout the global environment and every human being on the planet now carries organochlorines in his or her body. Scientists believe that when organochlorine molecules enter the body, they mimic hormones, the natural substances that regulate our bodies’ many functions. Abnormalities in the reproductive and immune systems are not uncommon. Similar problems in wildlife populations have been definitively traced to this type of pollution.

Let’s have some good news here!

Ordinary consumers can help reduce chlorine in the environment. Choose cleaning products without chlorine and chlorine compounds. Choose unbleached paper products, especially for intimate uses, like bathroom tissue, tampons, diapers, even coffee filters. (Whole Foods Market and Wild Oats and even Shaw’s and Stop & Shop are carrying “green” product lines.) Filter the water coming into the house, the drinking water and the bath/shower water, as much is absorbed through the skin (www.gaiam.com has a good selection of filters). Heat food in glass or ceramic containers as plastic contains organochlorines. As pesticides are often chlorine compounds, eat organic and/or clean produce well. Chlorine is one toxin we can easily do without.

For more information on chlorine, chlorine alternatives and chlorine-free products, see www.seventhgeneration.com, www.thegreenguide.com and www.chlorinefreeproducts.org.

Dianna Dixon is a UK-trained and licensed homeopath practicing in Arlington.



Robbins Farm’s Skyline Park Still Under Construction

Although much progress has been made, the playground at Skyline Park along Eastern Avenue is still not yet open — to everyone’s dismay. The big slide doesn’t have a landing mat and one of the biggest issues is getting the grass to take so that the playground doesn’t become a mudground.

While the site remains under construction, with the fence surrounding it, people need to stay out — no matter how tempting the new equipment might look. AFC will send out an email to members to publicize the official opening and field day when they are scheduled.

Juicebox Wings

by Ruth Schmidt

Everyone loves juiceboxes, but dislikes the mess when their youngsters inevitably squeeze the juice out by accident while trying to hold a freshly-opened box. We gave juicebox holders a try, but they were one more thing to lug around and they were never with us when we needed them.

Now we use a built in solution to this problem. Up near the top, on either skinny side of the juicebox, there are triangular “wings” that were folded down in the process of shaping the cardboard into a box. If you lift these up so that they point out horizontally, they give your child something to hold onto. This works great for my 2-year old.

On-going Activities



Groups

New Mothers' Drop-in Group: Thursdays, 10-11:30am, Calvary United Methodist Church, 300 Mass Ave. Free, nonsectarian, facilitated group. All new parents are welcome with their babies. Sponsored by Jewish Family and Children's Services. Info: (617) 558-1278.

New Mothers' Drop-in Group: alternating Tuesdays, 9:30-10:30am, Henry Bear's Park, 685 Mass Ave. Free, informal drop-in group. Info: (781) 646-9400.

Older First-time Moms Group: third Wednesday of each month, 7-9pm, various Arlington locations. Social and support discussion group for first-time moms in their late 30s/40s in the Boston area. The group is free, but a \$1 donation is suggested. Info: (781) 674-2029.

Grandparents Support Group: meets second Thursday of the month from 12-1:30pm for grandparents providing primary care for their grandchildren. Sponsored by the Arlington Youth Consultation Center. Info: (781) 316-3250.

Arlington Fathers' Group: Tuesdays 7:30-9pm. Sponsored by Parents Helping Parents, this is a free support group for fathers who are feeling isolated, overwhelmed, or concerned about their anger toward their kids. Info: (800) 882-1250.

Classes

Arlington Boys & Girls Club offers a variety of classes for all ages including tot-doodle art classes, gym, swim and cooking. **Play With Me Musically** will be offered Tuesdays 9-9:30am for caregivers and children (ages 15-36 mos.) The class will include: finger plays, movement, instrument and caregiver/child interaction to familiar and new musical selections. At the end of September **Baby Talk** will be offered on Tuesdays for 90 minutes as a drop-in for caregivers and infants (birth-1 yr.). This group will provide a relaxed environment in which to socialize, allow infant to play with age-appropriate toys and provide a forum for discussion among new and experienced caregivers; \$3/visit. To register or to view the lengthy listing of Club events, visit: abgclub.org or call (781) 648-1617.

Kindermusik Village Class for newborns to 18 months – a delightful interplay of movement, singing and simple instruments – is starting at Sunrise Assisted Living, 1395 Mass. Ave in Arlington. Special eight-week unit begins Sept. 20 (demo class on Sept. 13 – call to sign up). Classes Saturdays from 9:15-10am; \$160

for 16 45-minute sessions, plus \$80 registration/materials fee. Kindermusik: 781-454-6310.

Arlington Parks and Recreation offers a variety of activities for children of all ages. They promise a fall schedule ready by the end of August. Arlington Parks & Recreation, 422 Summer Street, Arlington, MA 02474. (781) 316-3880 www.town.arlington.ma.us/recnws.htm

Sing-alongs



Sing-along with Diane Taraz: second and fourth Friday of the month, 10-10:30am, Calvary United Methodist Church, 300 Mass Ave, admission \$1. Info: www.dianetaraz.com.

Robbins Library: Tuesdays 10-10:30am. Join Liz Buchanan or Sulinha for songs and singing games for infants and toddlers. Space limited by room capacity; tickets are distributed from 9am on the day of the event. Call (781) 316-3234 or visit www.robbinslibrary.org

Storytimes

Robbins Library stories for toddlers 18 months-5 years will be scheduled in September. Call (781) 316-3234 or visit www.robbinslibrary.org.

Storytime at Henry Bear's Park 685 Mass Ave, Thursdays 11am. Info: (781) 646-9400.

Other Fun Stuff

The AFC Book Club meets the first Thursday of the month. New members always welcome. This month's selection: *Girl With a Pearl Earring*. Info: Nancy Flynn-Barvick at barvick@atbi.com.

Movies at the Capitol Theater for caregivers with babies. Movies chosen weekly. Showtimes Mondays between 1-2pm, depending on the movie. Admission \$4.50. To join the email list, please contact Michelle Krawchuck at amichuk@mindspring.com.

Drop-in studio art time daily at Art Beat for children 4 and up. Project prices start at \$8. 212A Mass Ave; Monday-Friday 10am-5pm.

The Regent Theatre has family programs most Saturday mornings from 10:30-11:30am. \$5 for kids & seniors, \$7 adults. Sept. 20-Ben Rudnick and Friends. Sept. 27-TBA. Tickets: (781) 646-4TIX or www.regenttheatre.com.

Farmers Market Wednesdays 2-6pm in the Russell Common Parking Lot in Arlington Center.

Events at Full Moon Restaurant: Monday's from 5-8pm is movie night at the Arlington restaurant, 138 Mass Ave. Preschool-oriented movies are shown in the play area. Full Moon also offers cooking classes for 6-10 year-olds. Sept. 16, 5pm, kids cook a Harry Potter dinner. Call for reservations. (781) 646-1404.

Beyond Arlington

New Mothers' Group: Wednesdays, 10-11:30am, Beth Israel Deaconess & Children's Hospital Medical Care Center, 482 Bedford Street, Lexington. Meet other new moms and babies and talk about the joys and challenges of motherhood. This group meets for eight weeks and is free. Sponsored by The Parent Connection at the Beth Israel Deaconess Medical Center. Info: Kristin Hicks at (617) 667-2229.

The Music Man: Fun hour of sing-a-long music at various Finagle-A-Bagel shops. Visit Finagleabagel.com for schedule and locations.

Barefoot Books in Cambridge just won the *Best of Boston 2003* – it is beautiful! The store's September schedule isn't out yet, but it certainly looks like a dreamy place for storytime, with special guest storytellers. Visit Barefootbooks.com.

Babes in the Woods

Tuesdays, 10-11:30am. Come for a walk at the Middlesex Fells, more than 2,000 acres of protected woods with hiking trails, ponds and wildlife. Alternate weekly between strolls and hikes. Kids of all ages welcome. Free. Info: www.fells.org/babes.html or call (781) 396-8994.

Want to publish an item in the next AFC Newsletter?

The deadline for the October issue of the AFC newsletter is Sept. 12 for articles, Sept. 20 for calendar items.

A big thank you goes out to AFC member Jennifer Flescher Mauri who is the newsletter's new Calendar Editor. If you know of a special event to share with other Arlington families, please let Jennifer know via email. All newsletter submissions should be sent to newsletter@arlingtonfamilyconnection.org.

Save the Dates!

Thursday, Sept. 4

AFC Book Club

Meets the first Thursday of every month. New members always welcome. This month's selection: *Girl With a Pearl Earring*. Info: Nancy Flynn-Barvick at barvick@attbi.com.

Saturday, Sept. 6

Yard Sale

11am- 2pm, in front of Arlington High School, 865 Mass Ave. Clothing, toys, books, household items, and more. Proceeds to benefit Arlington PTOs. Rain date Sept 20. Info: Mary Ellen De Natale at (781) 641-4871 or Toni Langerman at krausman-2@rcn.com.

Tuesday, Sept. 9

AFC Steering Committee Meeting

8pm. Join other AFC members to plan and organize future events, outings and discussion topics. Meetings open to all. Email info@arlingtonfamilyconnection.org for Arlington Heights location.

Saturday, Sept. 13

Arlington Town Day

Hope for good weather and join the family-oriented fun in Arlington Center. Please consider volunteering at the AFC booth for an hour or two. It's a great way to meet other members and encourage others to join. To sign up, email info@arlingtonfamilyconnection.org.

Tuesday, Sept. 23

AFC Discussion - *The Only Child*

7:15-9pm, Arlington's Senior Center 27 Maple St. (behind Town Hall) Facilitated discussion on raising the only child. Info: dianna_dixon@hotmail.com.

Thursday, Sept. 25

AFC Tours Wilson Farms

10am, 10 Pleasant St., Lexington. Free tour of the farm for 3-6 year old children and their parents. Meet outside store entrance in the farm stand area. Limited to no more than 25 people, so please contact Ruth Schmidt no later than Sept. 17 to reserve your space: outings@arlingtonfamilyconnection.org or 781-643-2362.



Arlington Family Connection
PO Box 150
Arlington, MA 02476

Renewed your membership?

All AFC memberships renew in September. Please mail in the form on page 7 ASAP. Thanks!