

Arlington Family Connection

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



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



AFC Hosts Halloween Concert and Costume Event

by Jennifer Goebel

Arlington Family Connection presents a Halloween Concert and Costume Event with singer/songwriter David Polansky. The AFC Newsletter caught up with David and asked him about growing up musical.

Music has always been a big part of David Polansky's life. As a child, he took long car trips with his family to visit relatives, and they would sing all the way there and back. His aunt, who lived in Springfield, was a wonderful pianist who could play just about anything. His aunt's playing was always a highlight of family get-togethers.

David began trumpet lessons in fourth grade and really took to it. With sensational performances at school recitals, David was soon known throughout town as the "musical prodigy," a label he wore proudly. He began "gigging" in junior high school and never stopped. David worked his way through college playing trumpet. After he married, David went back to school to get a music degree.

David's music is frequently humorous, sometimes serious, and always clever and engaging. A talented songwriter, David has received prizes and commissions for his works, which run the gamut from children's songs about animals, junk food, ecology, and conflict resolution to adult songs about mammograms. David's lyrics deal with diverse aspects of human (and sometimes animal)



nature to which people of all ages easily relate – his fans range from preschoolers to grandparents

David visits schools, libraries, and concert halls nationwide. Because of his popular animal songs, he frequently is asked to perform at zoos and natural history museums. As part of the show, David always finds a way to involve his audience. Depending on the ages he's playing to, the audience may be asked to sing, dance, answer questions or do some on-the-spot lyric-writing. His ability to gauge his audience and engage them makes his concerts particularly fun and educational.

In addition to a busy schedule presenting children's concerts, David works as a freelance trumpet player. Because of his ability to perform everything from classical to Dixieland to church music, David is much in demand. We are excited to have him here in Arlington!

Join David for this friendly, non-scary celebration of Halloween for children 6 and under at the Gibbs Gym, 41 Foster Street in Arlington on Saturday, October 25 at 11:30 a.m. Doors open at 11 a.m. Costumes are very much encouraged, but please leave masks at home. Refreshments will be available. Admission is \$4/non-AFC member child, \$3/AFC member child; adults free.

For more information, email events@arlingtonfamilyconnection.org or call Dianna Dixon at (781) 643-6851.

Explore Arlington's Early Educational Options, Oct. 8

by Dianna Dixon and Jennifer Opp

For those of us who have embarked on a search for the right preschool or daycare for our children, we are aware that this process can be time consuming and — at times — overwhelming. Arlington Family Connection wants to ease this process for local families by hosting an "Options in Early Childhood Education" event, Wednesday, Oct. 8 from 7-9pm at the Senior Center, 27 Maple Street (behind Town Hall).

The event is free and is an impor-

tant opportunity for parents to meet local preschools, daycare centers and family childcare providers.

Also available at the "Options" evening will be a comprehensive booklet that provides standardized information on childcare available in Arlington. If you are unable to attend the event, you can order the booklet on-line after Oct. 8 through the AFC website: www.arlingtonfamilyconnection.org.

For more information, contact events@arlingtonfamilyconnection.org.



Table of Contents

Page 2	AFC News & Notes
Page 3	Peanut Allergy Help Special Needs Screenings Fun Local Places to Go
Page 4	Join a Playgroup!
Page 5	Natural Connection Calendar of Events
Page 6	Calendar, cont.
Page 7	Membership Form <i>Reminder: All memberships renew in September.</i>
Page 8	Save the Dates

Thanks to All Who Helped Make Town Day such a Success

by Betsy Lawson

Thanks so much for all the AFC members who helped make this year's booth at Town Day such a success. Our organization was able to reach out to many new (and veteran) parents in town and let them know about ways they can get connected with other families.

A few special thank you's to mention: Ruth Schmidt, membership chair, who went the extra mile to get the new brochures and membership forms printed in time. As a direct result of Town Day, AFC signed up 14 new families and more memberships arrive daily in the mail. Ruth passes along a reminder that all memberships renew in September. If you haven't already done so, please fill out the form on page 7 and send it in with your check for \$20.

Dianna Dixon, events committee chair, gets the credit for selecting the crown craft for the booth which was just perfect for kids and their parents. The two kid-sized tables were comfortably crowded all day and crowns could be spotted all along Mass Ave.

The playgroup sign-up was a big hit — thanks to Renee Lee for coordinating. For those interested in joining a playgroup, please see the article on page 4 and note that the deadline to register is Oct. 31.

Steering committee members Justine Lynch and Wendy Clarke did a great job with decorations and handling that busy first shift. Moms Kate Klapstad, Wendy Mackey-Kydd, and Sue Rock Tully all took a turn at the booth fielding questions from those eager to learn about our organization.

Ruth Schmidt and Melissa Spiers handled the busy 2pm shift and also did all the clean-up. Our gratitude goes out to Margaret Potter who lent us her tent that made everyone much more comfortable (though we lucked out with no rain, despite threatening skies). Thanks, too, to veteran member Judy Petrie who shared her ideas on how to plan and staff the event.

And, lastly, thanks to my husband, Kevin, who woke up early on his one day off to help set everything up and keep our daughter Sarah so happily occupied for much of the morning while Mommy was 'at work.' What a true family day for us!

I hope I didn't forget anyone. To have such a successful event, it takes a lot of people, energy and good cheer. Next year, anyone?

Join the AFC Steering Committee!

For more information about AFC, please contact any of the following Steering Committee members or join us at our next meeting, Tuesday, Oct. 7 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!

Wendy Clarke (781) 648-8632
wendy_clarke@us.ibm.com

Dianna Dixon (781) 643-6851
Events Committee Chair
events@arlingtonfamilyconnection.org

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

Justine Lynch (781) 648-0006
Treasurer
treasurer@arlingtonfamilyconnection.org

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

AFC Volunteers Needed to ...

... Help AFC File for Non-profit Status

Calling all accountants and non-profit experts. AFC needs to file for non-profit status to lower our mailing costs and other associated expenses. We need help going through back records and taxes as well as the application process for non-profit status. If you can help, please contact treasurer@arlingtonfamilyconnection.org.

... Boo to Bakers Out There!

Volunteers who love to bake are needed to help with the AFC Halloween event - baking, clean-up and set-up, primarily - call Dianna Dixon at (781) 643-6851 or events@arlingtonfamilyconnection.org.

... Join the Newsletter Team, Submit Articles

AFC member Jennifer Flescher Mauri began as the newsletter calendar editor last month (calendar@arlingtonfamilyconnection.org). This month, Jennifer Goebel joins us as co-editor. She will take over the remainder of the fall issues as the other co-editor, Betsy Lawson, enjoys a maternity leave with the anticipated birth of her son in October. Writers are encouraged to send submissions or queries to newsletter@arlingtonfamilyconnection.org.

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 editorial submissions to: newsletter@arlingtonfamilyconnection.org; calendar listings to calendar@arlingtonfamilyconnection.org.

Coping with a Peanut Allergy

by Catherine Glennon Murphy

This time of year is always an exciting time for teachers and students. As a teacher, I look forward to meeting my students and getting them into a routine that fosters learning. Since my son was diagnosed with the peanut allergy last summer, however, I've come to see my students differently. I wonder to myself if any of them are allergic or have special medical needs. How do they cope with it in a high school setting?

Luckily for me, my son is only two years old and I have a few years to figure out a plan before sending him off to school. For now, I need to keep Luke away from all nuts, including peanuts.

While the peanut is not actually a nut, it is often manufactured on the same machines as tree nuts (walnuts, hazelnuts, almonds, etc). Therefore, I must be vigilant and avoid all food with any type of nuts or foods that are manufactured on the same machinery as nuts.

It takes me a little longer in the grocery store now as I must read and re-read labels to make sure that manufacturers have not changed their ingredients. Total avoidance will help him to possibly outgrow the allergy, although statistics indicate that he only has a 20 percent chance.

I carry an Epi-pen and Benadryl with me at all times and call ahead if I will be visiting people who will be serving food. I purchased several copies of Dr. Michael Young's *The Peanut Allergy Answer Book* and distributed them to my parents and in-laws. I highly recommend the book for parents, caretakers, or friends of allergic children. The book is in question/answer form and is a quick reference that can be read in small segments for those of us who do not have a lot of time on our hands.

As I looked for preschools in the Arlington area I found how fortunate we are to live in a place with such an abundance of excellent choices for schools. One school

that drew me in was the Arlington Heights Nursery School because of their explicit "Nut-Free" policy.

My decision was made instantly when I walked in the door and read the sign "This is a Nut-Free School". As a parent of an allergic child, the sign meant that I could leave my child here and not worry about accidental exposure to nuts. The teachers at AHNS are all trained to use the Epi-pen and are experienced in working with peanut allergic children. Every parent receives information about the seriousness of the allergy in a Family Handbook.

I appreciate having such a place so close to my home. I understand that some schools now have peanut-free tables and that there are more and more children diagnosed with the allergy. I hope that in the near future schools can come up with a solution that does not separate these children in social situations. It is comforting to know that people are recognizing the prevalence of the allergy and addressing the issues associated with it.

For now, I feel I have it easy. Luke is two and I am in control of everything he eats and everywhere he goes. I feel fortunate to have this time to prepare our family for the adventure of a lifetime food allergy. I encourage you to read *The Peanut Allergy Answer Book* or go to the Food Allergy and Anaphylaxis Network (FAAN) website www.foodallergy.org, to get more information.

Catherine Glennon Murphy teaches ESL at Framingham High School. She lives in Arlington with her husband Jim and her children Luke, 2, and Sarah, 1.

[Editor's Note: Arlington Children's Center also has a nut-free policy. If AFC members know of other 'allergy friendly' programs in town, please let us know: newsletter@arlingtonfamilyconnection.org.]



Special Needs Screenings for Children Ages 3-5

Kathleen Fraser, early childhood coordinator for Arlington, wants to let AFC members know that the Preschool Team has moved into a space the Fox Library formerly occupied by the Board of Health. The Team provides screening, evaluation and services to Arlington families whose 3-5 year-old children have suspected or identified special needs. The team also consults with parents around a variety of typical issues. This year, there are scheduled screening dates in lieu of the former system of "rolling" screening visits. The next dates are Oct. 7 and Dec. 2.

Parents who think their child (birth dates 9/98 to 12/00) may have a special need or developmental problem may call Kathleen at (781) 316-3728 to see whether a screening should be scheduled.

Great Local Places to Visit

by Jennifer Flescher Mauri, Calendar Editor

The Decordova Museum and Sculpture Park in Lincoln is a hidden gem. The sculpture park is the perfect place to picnic and frolic – though right now they are undergoing extensive construction (this is not as nice for parents, but my kids seem to prefer the trucks to the sculptures when we went last week). 51 Sandy Pond Road, Lincoln. The first Sunday of each month there is a drop-in, exhibit-oriented activity from 2-4pm. Info: (781) 259-8355.

Drumlin Farm wildlife sanctuary is another great place! 208 South Great Road, Lincoln. Oct. 4-5, Fall Festival. 10am-4pm. Music, cider pressing, hayrides – too much to say. Space is limited! Tickets: (781) 259-2200.

Verill Farm in Concord is a great place to take kids and get wonderful local produce. They have super cute festivals each month, with food, music, and this month hay rides. Pick your own flowers now until the first frost. Pick your own pumpkins on Saturdays and Sundays, which includes a hayride to the pumpkin patch. 11 Wheeler Road, Concord. Oct. 11, Harvest Festival. Info: (978) 369-4494.

Ideas? Email: calendar@arlingtonfamilyconnection.org.

Batten down the hatches: Prepare yourself for winter— It's time to start a playgroup!



by Renee Lee

If you'd like to be in a playgroup with your child, AFC can help. We're currently taking information from people who are interested and from that compiling a list of possible playmates sorted by school district and age. We've already had lots of new friends sign up at Town Day in September. Hurry though: **sign-up ends Oct. 31!** Lists will be sent to participants by Nov. 15 and then it's up to you to contact people on your list to set up dates and times to get a playgroup started.

Questions? Here's an interview with myself about playgroups:

Q: What exactly is a playgroup?

Me: It's where a group of caregivers (mom, dad, nanny, grandma, etc.) and their kid(s) get together on a regular basis at an agreed upon date and time, often at someone's house, to play. It is *not* a babysitting cooperative where you leave your kids with someone and then they leave their kids with you and it's *not* a program sponsored by the schools.

Q: What do I get out of joining a playgroup?

Me: Playgroup is companionship for, in my instance, the moms and kids in my neighborhood. I feel like I know my neighbors better since we are in each other's houses every other week. My kid knows the other kids she will be in kindergarten with in a couple years. As our kids have gotten a little older, we have even started scheduling mom's night out. Way fun. Our conversations range from kids, spot removal, trying to find a fun Catholic church, asthma, letting go of the idea of another baby, caring for aging parents, health care, mothers-in-law, and work.



Q: Can I join a playgroup already in progress?

Me: Sorry, no. My own playgroup is way too big or we'd love to have you. Seriously, it's too difficult to keep track of playgroups over time. Playgroups change members, morph and seem to either become too large or disband as interests change. So, as with many things in life, a playgroup will take a wee bit of effort on your part. Start by contacting members on the list sent to you. You can begin with as few as two or three other caregivers to get things rolling and play from there.

Q: Last time I signed up, you got everything wrong.

Me: Sorry. I work and have kids, so all the typing is usually done when I would otherwise be sleeping. Plus, my folks have the handwriting of Martians. If you can email the info, type it or use big block letters, it will help. Please also recheck the year of your child's birth.

Q: I would like a playgroup for parents of adopted children from Russia, or other Asian kids, or Spanish speaking kids, working parents only, afternoon playgroup only or something else that is not age- or location-based.

Me: Put that in the box where you mark preferences.

Q: Where's my bloody list?

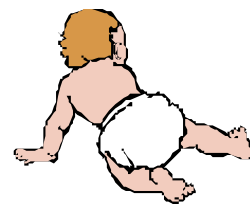
Me: Congratulations on being an organized parent and caregiver. The last playgroup run, I had more sign-ups *after* the deadline than *before*. If it was still near the deadline, I felt compelled to give people a break and revise the list, reprint it and mail it. This year, I am more out of time than usual, so I am going to have to disregard all sign-ups that arrive after the deadline.

Q: When is the deadline?

Me: Sign-up ends on Halloween, October 31 at midnight. Please try to fill in all the info, most especially school district and the age of your child and how to contact you.

Sign up by emailing the following information to playgroups@arlingtonfamilyconnection.org or by mailing it with a SASE to: Renee Lee, 4 Lehigh St., Arlington 02476.

1. Parent or caregiver who would be bringing the child to playgroup:
2. Phone number:
3. Email address:
4. Street address:
5. School district you are in or would most like to have playgroup friends in (say you live in Bishop district but want Brackett buddies since you live on the Brackett side of Mass Ave.):
6. Child's name, sex, and age (in months):
7. Playgroup preferences (i.e., age or location or adoptees or after 5pm playgroups, weekends, etc.):



The Natural Connection: *Paint Your House “Green”*

by Dianna Dixon

I need only mention, I'm sure, the smell of a newly-painted room, and all readers know exactly the overpowering odor. It's not just the smell, it's the resulting headaches, nausea and irritated lungs. Pregnant women and children are advised to stay well away from areas just painted – this cannot be good for the rest of us either.

The owner of the health-food shop where I last worked decided to put her money where her ethics lay and painted the warehouse with a natural paint (derived from certified organic materials) made from seeds. It was a beautiful indigo that was glorious to look at, smelled as good as food and was nearly safe enough to lick off the walls!

As I face my own home renovations, I am seeking the healthiest products I can find. Ordinary oil-based paints contain 40-60 percent “volatile organic compounds” (VOCs); these are paint solvents that include benzene, formaldehyde, toluene and xylene, known carcinogens and neurotoxins. Water-based latex paints are not that much better, also containing 5-10 percent VOCs such as acrylonitrile and ethylene glycol ethers that have been linked to reproductive system damage, as well as fungicides and preservatives. VOCs from paints and coatings are estimated to create *half* our air pollution, more than oil refineries and gas stations combined.

Happily, we don't need to remember and avoid all these toxins – just look for paints labeled “no VOCs” or “low VOCs”. There are many, as listed below. No need to compromise on color choices either – many of the paints can be tinted all the colors imaginable simply by adding readily available dyes. Alternative “green” varnishes, lacquers, paint stripper, shellac and exterior paints are available, too.

While quite a few companies supplying alternative

paints exist, here are the results of my research, indicating those companies I find most accessible, either because of a user-friendly website, catalog or geographic proximity.

EcoSpec by Benjamin Moore -- low VOCs

www.benjaminmoore.com

1-800-344-0400

This paint is carried by City Paint, across from Trader Joe's in Arlington Heights; (781) 643-0200.

HealthyHues -- no/low VOCs

www.healthyhome.com

(800) 583-9523

Excellent catalog offering more than just paints; very helpful customer service.

AuroUSA -- no VOCs

www.aurousa.com

(888) 302-9352

For the real green devotee: organic plant-based natural paints using no petrochemicals of any kind; colors come from earth pigments.

Genesis Odor-Free -- no VOCs

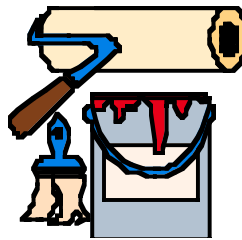
www.duron.com

(800) 72-DURON

Available at Duron Paints in Watertown, 43 Howard Street, (617) 926-0490.

Sources/further information: *Home Safe Home* by Debra Lynn Dadd; *The Organic Baby Book* by Tanya Maxted-Frost; 2002 National Green Pages; *The Green Guide* May/June 2003; Healthy Home catalog #3.

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



Calendar

Arlington Activities

Oct. 4, Saturday: Cans for Kids— Arlington Park and Recreation Department is sponsoring a can drive. Bring cans to the Gibbs School on Tufts Street. Info: (781) 316-3880.

Oct. 9, Thursday: Arlington Friends of Drama Benefit *No Way To Treat A Lady*. Fundraiser for Robbins Library. 7pm, wine, cheese, silent auction. 8pm performance. Tickets \$30, available at Robbins Library or by calling (781) 316-3203.

Oct. 15, Wednesday: Open Studios Preview Exhibit Opening Gibbs Gallery. Arlington Center for the Arts, 41 Foster Street. 6-8 pm (781) 648-6220.

Oct. 18, Saturday: Robbins Library Acting Workshop
Ages 5-10, 3-4pm. Space limited, sign-up at (781) 316-3234.

Oct. 18, Saturday: You and Me Puppets Toy Theater
Robbins Library, 2-2:45pm performance. Ages 4 and up. 3:15-4pm rod puppet making workshop for ages 4-7. Space is limited. *Sign up for workshop* beginning on Oct. 4. Numbers (free tickets) are given out that day for the performance *only* beginning at 9am.

Oct. 18, Saturday: Fox Library Fundraiser
Food, entertainment, silent auction. 7:30pm, Town Hall. \$35.

Oct. 18-19, Saturday & Sunday: Arlington Open Studios
12-5pm. Artists all around town open their studios to the public. Sponsored by the Arlington Center for the Arts, 41 Foster Street. Info: (781) 648-6220.

Calendar continues on page 6

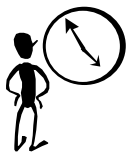
Calendar, cont.

Oct. 24, Friday: Halloween Parade on Ice
Public Skating Rink, 422 Summer Street.
2:30-4:45pm. All ages. Free. Info:
(781) 316-3880.

Oct. 25, Saturday: AFC Concert
11:30am, Gibbs Gym. See article page 1.

Oct. 25, Saturday: Halloween Party
Robbins Library, 2:15-3:15pm with
magician *The Stupendous Mr. Magichead*.
Ages 4-9. Space is limited. Numbers are
given out on day of performance begin-
ning at 9 am. Followed by a costume
parade around the library at 3:30pm and a
simple Halloween craft and snack (all
ages can join in.)

Oct. 25, Saturday: Spooktacular
Boys and Girls Club hosts a Haunted
Hike, Vittles, Eerie Obstacle Course and
Chancy Times Games. Every child must
be accompanied by an adult. 3-6 pm. Ages
3&up. \$6 per child.



Oct. 26, Sunday: FALL BACK.
Turn the clocks back! (For those
of you not sleeping through the
night yet, an extra hour is all
yours. Unfortunately we can't get
you any more sleep.)

Oct. 26, Sunday: Historic Walking Tour
Sponsored by Walking in Arlington. Pre-
register by Oct. 20. \$6/adult, \$3/child.
Info: e-mail refdesk@world.std.com or
call (781) 648-4477 (9am-9pm only).

Sing-alongs

Tuesdays Robbins Library: 10-10:30am.
Songs and singing games for ages 0-3.
Space limited, tickets are distributed
beginning 9am day of event. Call (781)
316-3234 or visit www.robinslibrary.org.

First Friday of each month Fox Library
infant & toddler sing. Songs and singing
games for ages 0-3. Call for details
(781)316-3198.

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

Storytimes

Tuesdays Fox Library. 10:30-11am ages
2&1/2 to 3; 10:30-11am ages 4-5. Call
(781) 316-3198 to sign up.

Wednesdays Robbins Library preschooler
storytime. 10-10:30am ages 3-5.

Thursdays Robbins Library toddler
storytime & craft. First 15 minutes stories,
followed by craft and playtime. 10-11am.

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

Fridays Fox Library. Lap-sit story times
for infants to age 2 1/2 begins Friday,
Oct. 31 at 10am.

Groups

Puddlestompers Monday Playgroup
Drop-in preschool playgroup meets
Mondays from 10:30am-12:30pm. We'll
take advantage of the glorious outdoors
for as long as possible, meeting at various
playgrounds and planning group field trips.
We'll move indoors for the winter to the
Fox Library Community Room (\$1/family
contribution for use of the room.) To join
the group's email list, contact: julieluacey@comcast.net or call (781) 641-0944.

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 for new mothers
with infants. Oct. dates: 10/7 and 10/21.
Info: (781) 646-9400.

Grandparents Support Group
Meets second Thursday of the month from
12-1:30pm for grandparents providing
primary childcare for their grandchildren.
Sponsored by the Arlington Youth
Consultation Center. Call (781) 316-3250
for details and to pre-register.

Arlington Fathers' Group
Tuesdays 7:30-9pm. Sponsored by
Parents Helping Parents. Free support
group for fathers who are feeling isolated,
overwhelmed, or concerned about their
anger toward their children. For location
and information, call (800) 882-1250.

Other Fun Stuff

Toddlers and Twos Drop-in gym time.
Wednesdays and Fridays 9:30-11. Gibbs
School gym. Ages 15 mos.-3 \$3 per day.
Info: (781) 316-3880.

Art Beat Drop-in studio art time
Children 4 and up. Project prices start at
\$8. 212-A Mass Ave. Monday-Friday,
10am-5pm. Info: (781) 646-2200.

Capitol Theater Movies
for caregivers with
babies. Movies chosen
weekly. Showtimes start
Mondays between 1-2pm.
\$4.50. To join the email list, contact Sarah
Bosley at sbosley@rcn.com.



Farmers Market meets Wednesdays
2-6pm in the Russell Common Parking
Lot in Arlington Center, through Oct. 22.

Full Moon Restaurant Monday night is
movie night, kids can come in pj's. 5-8pm.
Preschool-oriented kids' movies in the
play area. 138 Mass Ave. (781) 646-1404.

Family Literacy Workshops Robbins
Library. Saturdays, Oct. 25-Nov. 15, from
9:30am-11:30am. Topics include:
Foundations for Literacy, Reading at
Home, Books for Children and Writing at
Home. Space is limited. Call (781) 316-
3234 to register. Recommended for parent
with child in kindergarten or first grade.

Public Skating starts back up on Sept. 26
at the public skating rink, 422 Summer
Street. \$2 children, \$4 adults. Fridays: 11
am-1pm, 2:30-4:45pm, 7-9pm. Sundays:
9:30-11:30 am, 2-4 pm. Special public
skate Monday, Oct 13, 10am-noon. Info:
(781) 316-3880.

Regent Theatre offers great family
programs most Saturday mornings from
10:30-11:30am. \$5 for kids & seniors, \$7
adults. Tickets available at the door
starting at 9:30am, or in advance the week
before at Henry Bear's Park.

Oct. 4: Peter Gross comedian, magician,
juggler, escape artist.

Oct. 11: Peter Panic performs with a
plethora of props.

Oct. 18: Justin Roberts 2003 Parents'
Choice GOLD Award! Comic.

Oct. 25: The Jim Show amazing feats of
skill, non-stop action!

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. Group
meets for eight weeks and is free.
Sponsored by The Parent Connection at
the Beth Israel Deaconess Medical Center.
To register or for more information, call
Kristin Hicks at (617) 667-2229.

Please send your November event
listings by Oct. 20 to: Jennifer Flescher
Mauri, calendar editor, at calendar@arlingtonfamilyconnection.org.



AFC Membership/Renewal Form



New member

Renewal

Date: _____

Name: _____

Address/City/State/Zip: _____

Phone: _____ Email: _____

Spouse/Partner's name: _____

I am a/an:

Parent

Grandparent

Other _____

Educator

Child Care Provider

Health Care Provider

I would describe myself as:

Employed part-time

Employed full-time

Stay-at-home Parent

Other _____

Newsletter Delivery Preference:

US Mail

Email

Both

Please list your child(ren): (if applicable) *If you need extra space, please use the back of this form.*

Name

Gender

Date of Birth

School District: (please circle one for geographic location even if you don't have kids in school)

Bishop Brackett Dallin Hardy Peirce Stratton Thompson Out-of-Town

Areas of interest: (please check all that apply; we need participants, ideas, and volunteers)

Events/Parties

New Parent Outreach

Newsletter

Outings with Kids

Outings without Kids

Playgroups

Speaker Series / Seminars

Web Site

Other: _____

Best times for you to meet: _____

Comments: _____

To help us serve Arlington and our members better, we'd like to hear from you.

How did you hear about us? How can we best serve your needs?

Is there anything else that you'd like to tell us? *Please use the back of this form.*

Membership Fees: (all memberships renew in September)

One year membership \$20 (those starting in July or Aug. will run through the following Sept.)

Mid-year discounted membership \$10 (for those joining between February and June)

Send a gift membership (\$20 or \$10 as above) to the person below, and say it's from me!

Recipient's Name(s): _____

Address/City/State/Zip: _____

Phone: _____ Email: _____

*Please make check payable to **Arlington Family Connection** and mail it with this form to:*

Arlington Family Connection

PO Box 150

Arlington, MA 02476

*For information or questions, contact Ruth Schmidt at (781) 643-2362 or
membership@arlingtonfamilyconnection.org.*

Save the Dates!

Thursday, Oct. 2

AFC Book Club

Meets the first Thursday of every month. New members always welcome. This month's selection: *The Secret Lives of Bees*. Info: Nancy Flynn-Barvick at barvick@attbi.com.

Tuesday, Oct. 7

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 location.

Wednesday, Oct. 8

Options in Early Childhood Education

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. See related article on page 1.

Saturday, Oct. 11

AFC Goes Apple-Picking

1 pm, Shelburne Farm, 106 West Acton Rd., Stow. Gather by the tent near the parking lot where you purchase bags for pick-your-own apples (\$10/peck, \$15/half-bushel). Plan on taking a hayride around the orchard (\$2/person), picking apples and pumpkins, and enter-



taining the kids with the petting zoo (free), face painting (\$1), pony rides (\$5/person), and moonbounce (\$1 for all day). The store sells apple treats, picnic tables available. Directions: www.shelburnefarm.com or contact Ruth Schmidt at outings@arlingtonfamilyconnection.org or (781) 643-2362. Rain date: Sunday, Oct. 12, 11 am (note different time).

Saturday, Oct. 25

AFC Halloween Concert and Costume Event

11:30am, Gibbs Gym. See article on page 1 for details.

Member Outreach

Used Clothing List

I am compiling a list of used and discount clothing stores that carry children's clothing and other items for an upcoming issue of the AFC newsletter. Please email me the names, locations and any other useful information. For example, is it a place you can take your children? How is the quality of the goods? Thanks in advance. I hope this list will be of help to members. Lori Locascio at: loril@alum.mit.edu.

Parent Support Group

Interested in meeting with other parents to discuss how things are going with *us* — not just the kids? Starts mid-October. Contact: Betsy Lawson at betsy01@bellatlantic.net.

Arlington Family Connection
PO Box 150
Arlington, MA 02476

Still Haven't Renewed?

*This may be your last newsletter!
All AFC membership renewals were due in September. Please mail in the form on page 7 ASAP. Thanks!*