

# Arlington Family Connection

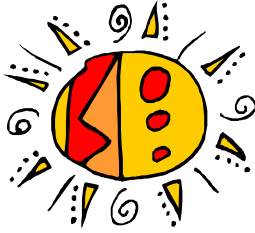
Supporting children age six and under and those who care for them



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[www.arlingtonfamilyconnection.org](http://www.arlingtonfamilyconnection.org)



## Spanish Fiesta Comes to Town



Join your friends and neighbors at one of the best concerts of the year March 14, when Rounder recording artists *Sol y Canto* and indigenous Andean band *Sumaj Chasquis* heat up the Regent Theatre for the finale to the townwide Spanish Fiesta weekend. The concert is at a family-friendly 3 pm and the bands will be joined by a dozen members of the Arlington Elementary Select Chorus. For more on the bands and the concert, see [www.regenttheatre.com/events/fiesta.htm](http://www.regenttheatre.com/events/fiesta.htm) or call the box office at 781-646-4849.

### Special Fiesta Offer for AFC Members

If you are an AFC family and purchase three or more concert tickets (available in advance at the Regent Theatre box office), you'll get a free crafts activities pass or food pass (\$3 value) for the Fiesta at Town Hall on Saturday, March 13. Tickets are \$15 adults, \$10 children. You may also purchase concert, raffle and Fiesta crafts & food passes at Crossroads Trade, 669 Mass. Ave. (781-646-3939). Proceeds from Fiesta weekend events will benefit the Elementary Spanish Fund for teacher professional development, enrichment and classroom materials.

### Fiesta Weekend Schedule

**All week:** Exhibits and Fiesta Information at Robbins Library and Crossroads Trade, Arlington Center. **Friday, March 12:** Movie Night, Bishop School gym (25 Columbia Road), 4-8 pm. Films and cartoons will be in Spanish or about Hispanic cultures, with subtitles. Refreshments sold. **Saturday, March 13:** Latin American Fiesta, Town Hall, 10 am - 2 pm. Come and enjoy music, demonstrations, and performances; also a book & CD sale, Spanish market and more. Admission is free; nominal charge for food and hands-on crafts activities. **Sunday, March 14:** Latin bands extraordinaire Sol y Canto and Sumaj Chasquis, Regent Theatre, 3 pm with members of Arlington Elementary Chorus. A memorable multicultural musical event! Information: [www.arlingtonspanish.org](http://www.arlingtonspanish.org) or (800) 879-5693.

## Gold's Gym Says 'No' to Nursing in the Nursery

by Betsy Lawson

"Mommy can't nurse Timmy at the gym," my 3-year-old told my husband when we returned from Gold's Gym last month. "Why Mommy?"

Why indeed?

It was one of those horribly frigid January mornings and my newborn was crying as we were taking off our coats and settling into the childcare room at Gold's. "Nursing will make him feel better," I said to my daughter.

The childcare worker overheard me and said I would have to go to the tanning room if I wanted to nurse. I asked her to repeat herself because in my three years at the gym, I had never heard of such a rule. I was stunned. When I just had one child, I didn't question going to the tanning room that the gym offers for breastfeeding mothers. I thought of it as a courtesy because it was quieter than the room with all the kids. I didn't know nursing mothers *had* to go there.

But now with two children, it's a logistical nightmare getting both kids to the tiny tanning room

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## News from the AFC Steering Committee

### AFC Newsletter is a Volunteer Effort

The AFC newsletter is put out monthly by a host of volunteer writers and editors. Our thanks go to Jennifer Goebel and Charlotte Pierce for putting out great issues this winter. This month, AFC member Lisa Cunniff joined Betsy Lawson as co-editor; Amy Speare and Lillian Johnson put together the ever-popular calendar. Ruth Schmidt, as always, was invaluable in gathering material and proofreading the copy. Writers, editors and graphic designers are encouraged to join in. Please send submissions or queries to:  
[newsletter@arlingtonfamilyconnection.org](mailto:newsletter@arlingtonfamilyconnection.org) or  
[calendar@arlingtonfamilyconnection.org](mailto:calendar@arlingtonfamilyconnection.org)

**The deadline for articles for the April issue is March 12; calendar listings March 19. Let us hear from you!**

### Volunteers Needed for AFC Outings

We need one or more volunteers to take over the job of coordinating fun daytime outings for members and their children; also nighttime outings for grown-ups only. Outings are a great way for AFC families to connect, and we'd hate to see this feature disappear! Please contact Ruth at [outings@arlingtonfamilyconnection.org](mailto:outings@arlingtonfamilyconnection.org) or 781-643-2362.

### Working Moms Group Formed

The kick-off meeting of the Working Moms Group met Saturday, Feb. 21, to share experiences and exchange ideas about how best to balance work and family. For more information, please contact Wendy Clarke at 781 648-2341 or [workingmoms@arlingtonfamilyconnection.org](mailto:workingmoms@arlingtonfamilyconnection.org).

### 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, Wednesday, March 3, at 8 pm. 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 interest to Arlington families. If you would like to get more involved with AFC, or if you have a special interest you would like to see us pursue, please come to a meeting!

**Wendy Clarke, Clerk**, 781-648-2341  
[workingmoms@arlingtonfamilyconnection.org](mailto:workingmoms@arlingtonfamilyconnection.org)

**Karen Donovan, Webmaster**, 781-777-1011  
[webmaster@arlingtonfamilyconnection.org](mailto:webmaster@arlingtonfamilyconnection.org)

### Betsy Lawson, Newsletter

781-646-5812  
[newsletter@arlingtonfamilyconnection.org](mailto:newsletter@arlingtonfamilyconnection.org)

### Justine Lynch, Treasurer

781-648-0006  
[treasurer@arlingtonfamilyconnection.org](mailto:treasurer@arlingtonfamilyconnection.org)

### Ruth Schmidt, Outings & Membership

781-643-2362  
[outings@arlingtonfamilyconnection.org](mailto:outings@arlingtonfamilyconnection.org)  
[membership@arlingtonfamilyconnection.org](mailto:membership@arlingtonfamilyconnection.org)



**SAVE YOUR OLD BOARD BOOKS!**

The AFC Community Service Committee will be collecting board books for a charity drive in April. Watch your April newsletter for details or contact [info@arlingtonfamilyconnection.org](mailto:info@arlingtonfamilyconnection.org).

**The PTO Thrift Shop for the Arlington Public Schools** is now open for business! The shop is located in the basement of the Fox Library at 175 Mass. Ave., at the corner of Mass Ave and Cleveland Street in East Arlington. Regular hours are: Tuesdays, 9:30am-1:30pm Wednesdays, 4-8pm. The shop is brimming with gently-used clothing for all ages, toys, books, housewares, and more. All proceeds to benefit Arlington's nine public schools through the parent/teacher organizations. Please come and shop!

**FOR SALE**

Donations of items to sell are accepted on the last Wednesday of the month 4-8 pm (March 31, April 28, etc.) or by appointment. Please note that the shop is run entirely by volunteers, and we could really use your help both during store hours and at other times for processing donations. For more information about the shop or to volunteer or make an appointment for donations, please contact: Toni Langerman at [krausman-2@rcn.com](mailto:krausman-2@rcn.com) or 781 641-9969.

### 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, 2004. 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](mailto:newsletter@arlingtonfamilyconnection.org); calendar listings to [calendar@arlingtonfamilyconnection.org](mailto:calendar@arlingtonfamilyconnection.org).

# Look At All Those Trees Full of Toilet Paper...

By Melissa Lucius



Kids are so curious at this age, aren't they? "Mommy, how did I get in your tummy? Why can't I fly like a bird? What does God look like?"

Plus, they're like little sponges, ready to absorb any new tidbit of information. Now that my daughter is almost 4, we have a lot of conversations about the things that we use, where they come from, and where they go after we throw them away. It's a great way for her to learn about the environment and how she fits into it, and it raises her awareness about our natural resources. At this age, kids are still so close to nature and have an inherent appreciation for it, so it's a great time to solidify that appreciation. I thought I'd share some of the things we've talked about.

and makes people sick. That's one of the reasons we don't have an excessive amount of plastic toys. We also like toys that last forever, like books and blocks. Or things that you can use up, like crayons.

## About meat

This is a tricky one. Amanda knows that we eat chicken, and that the chicken we eat is the same kind of chicken that we see at Drumlin Farm. That hasn't freaked her out yet, but it's sure to come. In the meantime, we talk about how chickens and cows and pigs need food and water to grow, just like we do. And they poop just like we do too. Farmers have to use a lot of land and water to grow all that food for the animals, and all the poop goes into the ground and into the water. Eating red meat causes almost twice as much water pollution and requires 12 times more land use than eating chicken. I'm not ready to declare myself a vegetarian (although we only eat red meat every few months), but we eat a lot more fish and poultry than red meat.

## About paper

Kids want to know how things fit together in the world. I like to give my kids a complete picture of where things come from and where they go. This way, she can gain an appreciation of the earth and all its resources, and how we all have an effect on our world. However, we still haven't tackled the question about how she got in my tummy before she was born - that will have to wait a few years!

-- Melissa has two daughters and is a project manager at a software consulting company. Please send any feedback you have to [mrlucius@netzero.net](mailto:mrlucius@netzero.net).

## About plastic

When Amanda was going through potty training, she used practically half the roll of toilet paper every time she sat down to try. I explained to her that toilet paper is made from trees, and that the more toilet paper you use, the more trees you have to cut down to make more toilet paper. We really like trees because they're pretty, shady, and make a good home for birds. Wouldn't it be sad if we had to cut them all down? The best we can do is to use only as much toilet paper as we need, for the sake of the trees. (OK, maybe she didn't fully grasp the concept... one day we were in the car on the highway, and as she was looking out the window, she said, "wow, look at all those trees full of toilet paper!" At least she got the point.) The same goes for coloring paper (we use old scrap paper, and both sides), paper towels (we use them sparingly), kleenexes (a handkerchief is a nice alternative), you name it.

## 'These Just In'

### Additional Calendar Events

#### Special Event for Families:

Belmont World Film's Family Festival  
 March 26-28 at Studio Cinema, 376 Trapelo Rd., Belmont.  
 3/26, 7pm - Performance by comedic stuntman Etienne (\$5)  
 3/27, 10:30am & 1pm - Animation for Ages 3-8 (2 different programs, \$3 ea)  
 3/28, 7pm - *The Butterfly* (France, rated G, \$6)  
 For more info visit [www.belmontworldfilm.org](http://www.belmontworldfilm.org) or call 617-484-3980.

#### Seminars and Open Houses:

Stand for Children  
 Sunday March 28, 3-5pm, Calvary Church, 300 Mass. Ave.  
 Give Arlington's children a lasting voice; join us for a town-wide introduction of Stand for Children's Arlington Chapter. Childcare provided! For info, contact Meg Ansara at [meg@stand.org](mailto:meg@stand.org) or 617-817-0455; visit [www.stand.org](http://www.stand.org)

## Hello...Is there anybody out there?

By Bettina Velona

This winter, my 4 1/2 year-old daughter Nina and I have been outside almost every day. We skate on ponds, go sledding and skiing, play in the snow, take walks, track animal foot-prints, play at the playground, and even go biking. We truly enjoy it and it makes us feel good. However, it often seems as if we're the only human beings left on earth.

I see people spending a tremendous amount of time complaining about winter: how cold it is and how they wish they were somewhere warmer. The media constantly remind us about the 'miserable' situation we're in. Schools close because of snow and cold temperatures. (Even our preschool, where kids have to walk one block at the most from the car to the door). Most people seem to go outside only when absolutely necessary, without a smile on their face and with shrugged-up shoulders. I'd like it if you'd join us and let me tell you why.

The Buddha taught: our struggles in life come from desiring things to be a certain way. According to him, enlightenment and relaxation come from observing and accepting things the way they are.

Being outdoors induces good mood and helps our bodies stay healthy. The ultraviolet light helps us suppress melatonin, the hormone that induces sleep. Moving our bodies has the

same result, plus it supplies our body with increased serotonin, a mood enhancer. In the winter, we need a strong immune system to protect our bodies from cold and flu viruses that propagate indoors. Exposing our bodies to fresh air is one way to keep it strong. Studies have shown that children who are outside a lot in winter get sick much less than kids that are kept inside. When our bodies are exposed to temperature changes, the body becomes more hardy because blood vessels get used to cold temperatures and immune cells get activated for germs.

So, my suggestion is to stop fighting winter and get enjoyment out of it by accepting it for what it is. Dress appropriately and I promise you, it will be fun – and good for your health! After all, Mr. Winter is not a bad guy.

*Bettina has one daughter and is a free-lance writer living in East Arlington. Please send any feedback you have to [Jebena69@aol.com](mailto:Jebena69@aol.com).*



### Say 'Yes' to Nursing in the Nursery (Continued from page 1)

to nurse my son maybe one, two or three times during my stay at the gym (he's a cluster feeder). My older child, of course, wants to come along and, as you can imagine, it takes forever to prod a preschooler through such an interesting place as a gym — all the while carrying a crying baby who only needs a short time of nursing to settle back down. Why not a few minutes of discreet nursing in one of the comfortable rocking chairs in the nursery as my daughter continues to play uninterrupted?

After nursing Timmy in the cramped tanning room, I spoke with the owner. He then called the director of childcare and she said that some parents had objected to their children seeing babies nurse. The policy as it stands seems to placate those parents who are uncomfortable with breastfeeding at the expense of nursing mothers and their babies. I can certainly understand being asked not to nurse in the middle of the gym floor, but to be banished from the area designated for the care of children seems heartless — and discriminatory. I asked the gym to reconsider 'No Nursing in the Nursery' but they said, again, other parents had complained.

So I canceled my membership.

I do not want to vilify the gym owners or childcare staff if they are simply responding to the vocal wishes of members who are uncomfortable with nursing in a nursery. It is my belief, however, that there are more parents who are Gold's Gym members who would be horrified to hear that this is the gym's official policy.

I hope you'll speak up. I would like to see nursing allowed in the nursery and I would like to rejoin the gym. I miss my workouts. I can't, however, in good conscience financially support a business that institutes such an anti-nursing policy. I wrote about this on the cancellation form, but no one has contacted me from Gold's Gym. I guess losing one client doesn't mean much. Perhaps hearing from a whole lot of clients who disapprove of this policy could make a difference.

*Betsy Lawson is a freelance writer and mother of two living in Arlington Heights. She is also one of the volunteer editors of this newsletter. She welcomes your comments at [betsy01@bellatlantic.net](mailto:betsy01@bellatlantic.net).*

# Calendar

## Special Events for Families

### The Emperor's New Clothes

Sun. March 7, 2:30pm, Once Upon A Time Participatory Theatre, Peirce School, 170 Temple St, Newton. The audience is given an opportunity to express themselves creatively and to feel actively involved in the "telling" of the story. Suitable for children ages 3-8. \$12/adult, \$10/child. Info 617-868-7687, [www.families-first.org/upcoming-182.asp](http://www.families-first.org/upcoming-182.asp)

### New England Spring Flower Show

March 13-21, Bayside Expo Center, Boston. Sun. 10am-5:30pm, Mon-Sat. 10am-9pm. Adults \$17-\$20, Children (ages 4-12) \$7.

**Children's Festival.** Fri. March 19, 4:30-8pm, offers fun, hands-on educational activities that involve children in the wonders of gardening and our natural environment. Includes crafts, storytelling and horticulture for kids. Info: 617-933-4900 or [www.massshort.org](http://www.massshort.org)

### Sparky's Puppets: "Lunchbox Tales"

Sat. March 13, 2pm, National Heritage Museum, 33 Marrett Rd., Lexington. Classic fables delightfully retold by Sparky Davis and her handmade puppets. \$8/adult, \$6/child. Info: [www.monh.org](http://www.monh.org) or 781-861-6559.

### Family Folk Chorale Concert

Sun. March 21, 2pm, National Heritage Museum, 33 Marrett Rd, Lexington. Join Boston's leading intergenerational chorus as they sing classics by Elvis, Dylan and the Beatles. \$8/adult, \$6/child. Info: [www.monh.org](http://www.monh.org) or 781-861-6559.

### Sunshine Nursery Children's Fair

Sat. April 3, 10am-1pm. Sunshine Nursery School, 630 Mass. Ave, Arlington Center (Unitarian Church Building). Raffles, games, food, arts & crafts, and more. Free. Including 11-11:45am, **Magic show by Bonaparte**, Boston's hottest magician! \$1/person. Info: 781-646-1630.

### A Musical Concert and Fun Fair,

part of the New Philharmonia Family Discovery series. Sun. April 4, 12:30pm pre-concert activities, 1:30pm concert, followed by the New Phil Instrument Petting Zoo. Sorenson Center at Babson College, 231 Forest St., Wellesley. \$14/adults, \$8/students. Info: 617-527-9717, [www.newphil.org/index.htm](http://www.newphil.org/index.htm)

## Sing-alongs

**Mondays.** Finagle a Bagel in Burlington, 91 Middlesex Turnpike, 5:30-6:30pm. Ed Morgan performs a selection of fun original and classic children's songs. Free. 781-273-6500, [www.finagleabagel.com](http://www.finagleabagel.com)

### Tuesdays (except Mar. 3)

\*Fox Library: 10-10:30am. Songs and singing games for ages 0-3 with Liz Buchanan or Sulinha. Space limited, tickets are distributed beginning 9am day of event. Call 781-316-3198 or visit [www.robbslibrary.org](http://www.robbslibrary.org) (\*Robbins Community room damaged by water leak, temporary schedule change.)

### Second and fourth Friday of the month.

Sing-along with Diane Taraz. 10-10:30am, Calvary United Methodist Church, 300 Mass Ave, \$1. Info: [www.dianetaraz.com](http://www.dianetaraz.com)

## Storytimes

### Mondays

Toddlers at Robbins Library, 10:30-11:30am. Drop-in for children ages 18 mo. to 3 yrs with an adult. Stories, rhymes and fingerplays for first 15 mins, followed by play, a simple craft, and socializing. Info: 781-316-3234

### Tuesdays, March 23 through April 13.

Drop-in stories at Fox Library for 3-5 yr. olds at 10am. Info: 781-316-3198

### Wednesdays

Preschoolers at Robbins Library, 10:30-11am. Drop-in for ages 3-5 with an adult or alone, but adult must remain close by in the library. Longer stories, rhymes, games and fingerplays.

### Thursdays, March 18-April 15

Lap-sit program at Fox Library, 10am. Drop-in for babies and up to age 2 1/2 with an adult. A brief story and lap game followed by play and socializing.

### Thursdays

Henry Bear's Park, 11am, free. 685 Mass Ave., Arlington. Info: 781-646-9400

### Thursday, March 18, 10:30am

National Heritage Museum, 33 Marrett Rd., Lexington. "What's in the Box?" Decorate a play lunchbox after listening to stories about

lunch and seeing the exhibition "Lunch Box Memories". Ages 4 & under. \$3/child. Info: [www.monh.org](http://www.monh.org) or 781-861-6559.

## Other Fun Stuff

### Toddlers and Twos

Drop-in, indoor gym time sponsored by the Arlington Recreation Dept. Wed. and Fri. 9:30-11am., Gibbs School gym. Ages 15 mos.-3 yrs, \$3/day. Info: 781-316-3880.

### Parent and Tot Connection

Hosted by the Arlington Boys and Girls Club, Fridays 9:30-11am. Drop-in playgroup for toddlers and preschoolers with caregiver. Consists of age-appropriate play activities, crafts, stories and music. Free, supported by a grant to Community Partnerships for Children. Info: 781-648-1617.

### Puddlestompers Monday Playgroup

Drop-in preschool playgroup, 10:30am-12:30pm. Meets in the Fox Library Community Room in the winter (\$1/ family contribution for use of room); and outside when the weather is nice. To join group's email list, contact [JulieLucey@comcast.net](mailto:JulieLucey@comcast.net) or call 781-641-0944.

### Art Beat Weekend Workshops

Drop in Sat. 3-5pm to do a different themed craft each week. For ages 4 and up, prices \$10 and up. 212-A Mass Ave., Arlington. Info: 781-646-2200 or [www.artbeatonline.com/workshops.htm](http://www.artbeatonline.com/workshops.htm)

### Capitol Theater Movies for caregivers with babies.

Mondays, new movie chosen weekly starting between 1-2pm, \$4.50/ adult. Nursing, bottle feeding, fussing, and changing diapers is strongly encouraged and never frowned upon! 204 Mass Ave., Arlington. To join the email list send an email to [BabyFriendlyMovies-subscribe@yahoogroups.com](mailto:BabyFriendlyMovies-subscribe@yahoogroups.com); for more info visit <http://groups.yahoo.com/group/BabyFriendlyMovies>

### Full Moon Restaurant

Monday nights, 5-8pm. is movie night - kids can come in pajamas. Preschool-oriented kids' movies in the play area. 138 Mass Ave., 781-646-1404.

### Public Skating

422 Summer St, Veteran's Memorial Sports

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# Calendar

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Center. \$2/child, \$4/adult. Fri.: 11am-1pm, 2:30-4:45pm, 7-9pm. Sun.: 9:30-11:30am, 2-4pm. Thru mid-April. Info: 781-316-3880.

## Regent Theatre

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

Mar. 6: Margot Fox (family folk music)

Mar. 13: The Lucky Show (magic)

Mar. 20: Airborne Comedians (acrobats)

Mar. 27: The Fool of the World and the Flying Ship (folk tale w/ wind quintet)

Apr. 3: Etienne (comedy, stunts)

Please call 781-646-4849 or visit

[www.regenttheatre.com/events/family\\_fun.htm](http://www.regenttheatre.com/events/family_fun.htm) for more information.

## Beyond Arlington

### Babes in the Woods

Strolls and hikes through the Medford Fells every Tuesday, 10-11:30am. Free. For maps, schedules or info call 781-396-8994 or visit [www.fells.org/babes.html](http://www.fells.org/babes.html)

### Belmont KidSpace

Indoor playspace for ages 5 and under. \$30 family season pass (thru May) or \$3/day. 365 Belmont St, Belmont. Hours: Mon & Thurs 1-5pm; Fri 5-8pm; Sat 9am-12pm; 2<sup>nd</sup> & 4<sup>th</sup> Sundays 2-5pm; 3<sup>rd</sup> Sunday 2-5pm for special-needs families. For info call 617-484-8697 or visit [www.belmontkidspace.org](http://www.belmontkidspace.org)

### SHIP AHOY Sat. Morning Theatre

10:30am, Concord Youth Theatre, 40 Stow St., Concord. For ages 3 & up, tickets \$5 at door. Concord Youth Theatre actors will inspire you with their new and improved versions of familiar children's stories, complete with ample opportunities for audience participation. Schedule:

March 6: Little Red Riding Hood

March 13: Three Little Pigs

March 20: Alice in Wonderland

March 27: Jack and the Beanstalk

April 3: Cinderella

Info: 978-371-1482.

[www.concordyouththeatre.org](http://www.concordyouththeatre.org)

**Rattle at the Brattle**, baby-friendly film series. Wednesdays 1pm, \$9, Harvard Square. For film schedule/info, visit [www.brattlefilm.org/parents.html](http://www.brattlefilm.org/parents.html) or join the email list by sending an email to [parents@brattlefilm.org](mailto:parents@brattlefilm.org).

### Somerville Theater movies for caregivers with babies.

Tuesdays 1:15pm, \$4, Davis Square. Info: 617-625-4088.

### Winter Walks for Kids at Gore Place

52 Gore St., Waltham, through March 13. Mon-Fri 10am-3pm; Sat. 3/6, 3/13 only, 12-3pm. Explore the open spaces and hidden places on the 45-acre estate. Clad with rented activity backpacks and snowshoes, children (ages 3-9) and their accompanying adults can search for animal tracks, identify trees without leaves, play a scavenger-hunt game and visit the animals at the farm. *Ring the bell at the mansion to begin your adventure.* One-hour rental fees: \$5 for backpack plus child's snowshoes, \$4-5 each add'l pair of snowshoes. Reservations recommended, call 781-894-2794. [www.goreplace.org](http://www.goreplace.org)

### Harvard Museum of Natural History

26 Oxford St, Cambridge. Sat. programs for kids age pre-school to 1<sup>st</sup> grade. Info: 617-495-3045, [www.hmnh.harvard.edu/education/kids.html](http://www.hmnh.harvard.edu/education/kids.html)

### Habitat Wildlife Sanctuary

10 Juniper Rd, Belmont. Trails wind through forests, across meadows, around 2 ponds, and wetlands. Weekly programs for kids. Info: 617-489-5050, [www.massaudubon.org/Nature\\_Connection/Sanctuaries/Habitat/index.php](http://www.massaudubon.org/Nature_Connection/Sanctuaries/Habitat/index.php)

### Drumlin Farm Wildlife Sanctuary

208 South Great Rd, Lincoln. Explore the fields and forest and visit the farmyard. Weekly programs for kids. Info: 781-259-2200, [www.massaudubon.org/Nature\\_Connection/Sanctuaries/Drumlin\\_Farm/index.php](http://www.massaudubon.org/Nature_Connection/Sanctuaries/Drumlin_Farm/index.php)

### Ecotarium

222 Harrington Way, Worcester. Nurture young children's curiosity and wonder with hands-on exploration of real things. Monthly programs. March 6, "*Do your friends have feathers?*" Info 508-929-2700, [www.ecotarium.org](http://www.ecotarium.org)

## Benefits

**"Sunshine in the Evening"** auction fundraiser to benefit Sunshine Nursery School. Fri. March 5, 7-11pm at Sons of Italy, 19 Prentiss Rd. Hors d'oeuvres, cash bar, desserts, and DJ. \$15/person, \$25/couple. For more details call the school at 781-646-1630. For a list of donated items please see [www.sunshinens.org](http://www.sunshinens.org)

### Kans for Kids

Sat. April 3, 10am-1pm. Donate clean returnable bottles and cans to benefit Arlington Recreation's Youth Activities. Gibbs School on Tufts St. 781-316-3880.

## Seminars and Open Houses

### Developing Anti-Bias Attitudes in Children

part of the Lesley Ellis School Parent Education Series. An interactive conversation facilitated by educator Ellen Wolpert: When do children start to notice differences and begin to discriminate based on differences? How can we help children think critically about the messages they receive from books, peers, videos, television, etc? Thurs. March 3, 7:30pm, 41 Foster St., Arlington. Free, open to the public. To register or for more info, please contact Tricia Moran at 781-641-1346.

### The Childhood Roots of Adult Happiness: Five Steps to Help Kids Create and Sustain Lifelong Joy.

Thurs. March 3, 7-9pm, Ottoson Middle School. For parents of students in Grades K-12. Author and psychiatrist Ned Hallowell, M.D. presents the basic ingredients for the kind of a childhood that will most likely lead to a happy and satisfying adulthood, from his book of the same title. A Parent Education Forum sponsored and funded by the Arlington Public Schools Health Education Dept. and others. Free, but donations are accepted. More info: 781-316-3570.

**IEPs**, part of the Special Education Parent Advisory Council (SpedPAC) workshop series. Thurs. Mar. 18, 7-9pm, Brackett School, 66 Eastern Ave. Free. Includes a walk through the Individualized Education Program (IEP), with emphasis on IDEA '97 and the latest MA Special Education Regula-

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## AFC Membership/Renewal Form



New Member     Renewal

Date:

**School District** (for geographic location):

Bishop                  Brackett                  Dallin  
Hardy                    Peirce                    Stratton  
Thompson              Other/Out of Town

**Name(s):**

Address, Zip:

E-Mail:

Phone:

**Areas of Interest:**

Events/Parties    New Parent Outreach  
Newsletter        Outings with kids  
Playgroups        Outings w/o kids  
Seminars            Other

**Please list your children:**

Name \_\_\_\_\_ Gender \_\_\_\_\_ Date of Birth \_\_\_\_\_

**Membership Fees:** *All memberships renew in Sept.*

One year membership \$20 (joining July-Jan)

Mid-year membership \$10 (joining Feb-Jun)

**Please circle all that apply**

**I am a:** Parent                  Child Care Provider                  Educator  
Grandparent                  Health Care Provider                  Other

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

Arlington Family Connection  
PO Box 150  
Arlington, MA 02476

**I am:** Employed full-time                  Stay at home Parent  
Employed part-time                  Other

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

**Newsletter delivery preferences:**

US Mail                  E-Mail                  Both

## Calendar

(Continued from page 6)

tions, access to the general curriculum, and writing curriculum-based annual goals. Presented by Federation for Children with Special Needs ([www.fcsn.org](http://www.fcsn.org)). Contact Trish if you plan to attend or wish to join the SpedPAC email list: 781-641-0182 or [t\\_rolovsky@hotmail.com](mailto:t_rolovsky@hotmail.com)

### Learning – A Matter of Style

Wed. March 24, 7-9pm, Arlington High School Media Center. For parents of all ages. This fun and informative workshop will show how knowledge of learning styles – your own, your children's, or your students' – can positively affect teaching, learning, communication, and appreciation of one another. Participants will assess their own styles on a short self-assessment, and through discussion and small group activities, deepen their understanding of style theory. A Parent Education Forum sponsored and funded by the Arlington Public Schools Health Education Dept. and others. Free, but donations are accepted. 781-316-3570.

## Groups

### Baby Talk Drop-In Group

Tuesdays, 10:15-11:30am in the Teen Room at the Boys & Girls Club. For parents/caregivers and their babies, birth to 18 mos. Come socialize while your infant or toddler plays with age appropriate toys. \$3/visit. Runs through May 25. Info: 781-648-1617.

### 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

Every-other Tues. (3/9, 3/23, 4/6...), 9:30-10:30am, Henry Bear's Park, 685 Mass Ave. Free, informal drop-in group for new mothers with infants. Info: 781-646-9400.

### New Mothers' Group

Wednesdays, 10-11:30am, Beth Israel Deaconess & Children's Hospital Medical Care Center, 482 Bedford St., Lexington. Free, group meets for eight weeks. To register call Kristin Hicks at 617-667-2229.

### Older First-time Moms' Group

Meets in Arlington third Wed. every month, 7-8:30pm. Social and support discussion group for first-time moms in their late 30's and 40's in the Boston area. Free, \$1 donation suggested. 781-674-2029 for location.

### Grandparents' Support Group

Second Tues. of the month, 12-1:30pm. For grandparents who are primary caretakers of their grandchildren. Sponsored by the Town of Arlington. Call 781-316-3410 for more information.

### 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.

## **Arlington Family Connection**

PO Box 150

Arlington, MA 02476

# Save the Dates!

### **Wednesday, March 3**

#### **AFC Steering Committee Meeting**

8pm. Open to all members. For the meeting's location, contact Ruth Schmidt at 781-643-2362 / [info@arlingtonfamilyconnection.org](mailto:info@arlingtonfamilyconnection.org).

### **Thursday, March 4**

#### **AFC Book Club**

Meets first Thurs. of every month. For more info contact Gail Zyla at [gail@zyla.com](mailto:gail@zyla.com). This month's book is *The Samurai's Garden* by Gail Tsukiyama.

### **Tuesday, March 9**

#### **AFC Seminar:**

#### **Coping With Food Allergies**

7:30-9pm at the Arlington Senior Center, 27 Maple St. (behind Town Hall). Does a member of your family have a serious food allergy? Does your child have friends with food allergies? Do you encounter food-allergic children in your job? Our speaker, Theresa Normile, R.N., is the founder of Food Allergy Counseling and Teaching Services; her mission is to help parents of children with food allergies cope with the challenges they face. The presentation will cover the following: how to read food labels to identify com-

mon allergens, how to take a child with food allergies out to a restaurant, how to create a safe environment for a play date and how to identify common symptoms of an allergic reaction. Join us for what promises to be a very informative evening - and bring a friend! Free. Space is limited; please pre-register by contacting Catherine Murphy at 781-641-1559 or [cgmurphy7@yahoo.com](mailto:cgmurphy7@yahoo.com).

### **Saturday, March 13**

#### **Fiesta!!**

Latin American Fiesta, Town Hall, 10am-2pm. Come and enjoy music, demonstrations and performances; also a book & CD sale, Spanish market and more. Admission is free; nominal charge for food and hands-on craft activities. Info: 800-879-5693. [www.arlingtonspanish.org](http://www.arlingtonspanish.org)

### **Sunday, March 14**

#### **Fiesta Concert**

3pm, Regent Theatre: Rounder recording artists Sol y Canto and Andean band Sumaj Chasquis, joined by members of the Arlington Elementary Select Chorus. Reserved seating tickets \$15/adults, \$10/

children; available in advance at the Regent Theatre (7 Medford St., 781-646-4849) and Crossroads Trade (669 Mass. Ave., 781-646-3939).

[www.regenttheatre.com/events/fiesta.htm](http://www.regenttheatre.com/events/fiesta.htm)

### **Tuesday, March 16**

#### **AFC Mom's Movie Night**

Join us for a movie at the Capitol Theater (7pm-ish), followed by dessert and discussion at Flora. An e-mail will be sent a couple days prior announcing the movie title, time, and other details. No reservations needed. For more info contact Janet at 781-643-4842 or [jbgascoigne@rcn.com](mailto:jbgascoigne@rcn.com)

### **Wednesday, March 24**

#### **AFC Meets at Kids Playground**

10am-12noon, Kids Playground Indoor Play Space, 15 Normac Rd., Woburn, 781-935-2300. \$8/child, \$3/adult. No reservations required - just come and play: Toddler Town, Tubes n' Tunnels, Kids Village, and Mini-Golf! Full snack bar (no outside food allowed). For directions or more information, visit [www.kidsplayground.com](http://www.kidsplayground.com), email [outings@arlingtonfamilyconnection.org](mailto:outings@arlingtonfamilyconnection.org) or contact Ruth at 781-643-2362.