

# Arlington Family Connection

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



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www.arlingtonfamilyconnection.org



## Good Things for Preschoolers: A Note from the Preschool Team

by Kathleen Fraser

At the close of the school year, we on the Preschool Team at the Fox Library have seen nearly two hundred young children for screening, evaluation, therapy, special education, and consultation. We are again exhausted, delighted, and enriched by the memories you and your children have given to us. Your children have made good progress and most of them are on their way to kindergarten programs. While we like to think we help, we know that children who do well owe their gains to parents and caregivers who try new approaches, practice new skills, and keep working on the impossible task of being consistent.

We'd like to share with you some of our "professional wishes," things we wish we saw more often that can help your child blossom.

### We'd like to see children:

- Off the pacifier by twelve to eighteen months, two years at the latest: We see too many children for whom this kind of sucking exacerbates speech problems.

- Out of the stroller by thirty-six months: Use a wagon or stand-up tandem stroller if you need to walk miles. We see too many children with weak upper bodies, poor posture, sleep problems, and eventually poor pencil grip and reduced attention. Upright exercise is excellent preparation for school.
- Eating "real" food as soon as possible: Convenience foods and liquid nutrition do not help children to understand nutrition or to expand oral motor skills.
- Napping or sleeping alone by the end of toddlerhood (two and a half or three years): Self-soothing is a key early skill, probably more important in the long run than most others. We know that family sleeping is inevitable for many children, but the *ability* to put yourself to sleep and enjoy rest is magical and leads to all kinds of other personal social and attention skills.
- Underexposed to media before kindergarten.: Enlightened pediatricians recommend *no* television, videos, and computers before age two and very limited exposure thereafter (thirty minutes per day with longer programs seen in short segments). Early childhood specialists from the Boston and Northeast Department of Education regions report a frightening increase in the number of children with speech, language, conversational, and social delays. Data

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## Habla Español? Parlez-Vous Français? Well, Why Not?

by Jenny Brown

Wouldn't it be nice if you and your kids spoke a second language? But why stop there? Why not speak seven—or more—languages as a family? At the Hippo Family Club, people gather to learn as many as eighteen different languages at once, including French, Spanish, Mandarin Chinese, German, Korean, Hindi, Russian, and Malay. The philosophy behind the club is that it's actually easier to learn many languages at once than to learn just one.

The classroom is far from a typical schoolroom. On a typical day at one of the

Belmont clubs (one of four in the Boston area), six adults and a five-year-old girl stand in a circle. The facilitator, Elizabeth Victor, pops a CD in the stereo and the room erupts with song. Performing an organized dance, the students circle the room singing, easily jumping from language to language. Games follow. In one, a bean bag is tossed from person to person and the recipient must say a greeting or farewell; "*Ciao*," "*guten morgen*," "*a bientôt*," and "*konichiwa*" sound from across the room. After games,

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# News from the AFC Steering Committee

## Make Some Kindergarten Connections!

If you have a child starting kindergarten in the fall and you are interested in meeting the families of other children entering kindergarten in your school district (or at your chosen private school), please contact the following people who have volunteered to coordinate get-togethers for your school.

- **Bishop:** Sarah Wilkinson, 781-648-4959 or [swilkinson@aol.com](mailto:swilkinson@aol.com)
- **Brackett:** Kris Newton, 781-641-4211 or [knewton@rcn.com](mailto:knewton@rcn.com)
- **Dallin:** Laura Chapman, 781-643-4252 or [chapmanlauraa@yahoo.com](mailto:chapmanlauraa@yahoo.com)
- **Hardy:** Linda Madsen, 781-641-4691
- **Stratton:** Lisa Santoro, 617-312-2302 or [lsantoro@world.std.com](mailto:lsantoro@world.std.com)
- **Thompson:** Nina Fischer, 781-648-8533 or [nina@matchups.com](mailto:nina@matchups.com)
- **Belmont Day School:** Margaret Potter, 781-641-0260 or [mpotter@alum.wellesley.edu](mailto:mpotter@alum.wellesley.edu)
- **St. Agnes:** Bettina Velona, 781-641-7478 or [jebena69@aol.com](mailto:jebena69@aol.com)

## 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, July 28 at 7 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

Tel 781-648-2341  
[workingmoms@arlingtonfamilyconnection.org](mailto:workingmoms@arlingtonfamilyconnection.org)

### Karen Donovan, Webmaster

Tel 781-777-1011  
[webmaster@arlingtonfamilyconnection.org](mailto:webmaster@arlingtonfamilyconnection.org)

### Justine Lynch, Treasurer

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

### Betsy Lawson, Newsletter

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

### Ruth Schmidt, Membership & e-Bulletin Board

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

A Kindergarten Connection volunteer is still needed for the Peirce school. If you have a child entering Peirce in the fall and would like to help other families meet one another, please consider being the contact person. The job has traditionally involved organizing "meet at the playground" events for families, but it is not limited to that; do whatever you are interested in! For questions or to volunteer, please contact Ruth at [outings@arlingtonfamilyconnection.org](mailto:outings@arlingtonfamilyconnection.org) or 781-643-2362.

## ▣ AFC Needs Your Help! ▣



### AFC Outings Coordinator

We need one or more members to fill a vacant position in the organization: volunteers are needed to arrange and lead outings both with and without children. Any commitment, from one outing to many, would be greatly appreciated so that this fun service can

continue! For more information please contact Ruth at 781-643-2362 or [outings@arlingtonfamilyconnection.org](mailto:outings@arlingtonfamilyconnection.org).

### AFC Volunteers Needed for Website Contributions

Take a look at our evolving website at [www.arlingtonfamilyconnection.org](http://www.arlingtonfamilyconnection.org). There have been a lot of new changes recently, including our redesigned home page with Upcoming Events and a very exciting redesigned Resources section. Our Resources section is currently organized by Parenting, Things to Do, Schools/Camps/Education, Toys/Books/Clothing, Health and Safety, and Other. It's a great opportunity to pull together interesting information that can be shared with the entire AFC community. HTML experience is not a requirement but could be helpful. In addition, it would be helpful to have some volunteer with some basic graphics design/editing experience. We need one or more members to help web director Karen Donovan collect material for and update the website. Contact Karen at 781-777-1011 or e-mail her at [webmaster@arlingtonfamilyconnection.org](mailto:webmaster@arlingtonfamilyconnection.org).

### Options in Early Childhood Education Booklet and Event Coordinators

We need one or more members to fill a vacant position in the organization: volunteers are needed to update, publish, and fill orders for AFC's extremely useful and popular booklet, *Options in Early Childhood Education*, a complete listing of Arlington's preschools and licensed family child care providers. We will also need members to organize, publicize, and run our annual Options event in the fall, at which parents can meet representatives from each of Arlington's preschools and many of the local family childcare providers. For more information please contact Ruth at 781-643-2362 or [info@arlingtonfamilyconnection.org](mailto:info@arlingtonfamilyconnection.org).



## Thanks to This Month's Newsletter Team!

Jenny Brown, articles; Lisa Cunniff, layout  
Amy Speare & Lillian Johnson, calendar

## A Note from the Preschool Team

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indicates that this is directly related to early experiences with videos, DVDs, and television. Even the best computer games pose developmental dangers to young children.

- Overexposed to physical and independent play: Preschool teachers can tell you how important play is to growth, especially to intellectual development. Elementary school staff can tell you that children who are comfortable on the playground tend to also be comfortable in the classroom and successful overall. Well-played children are usually well rested, too.
- Protected from grown-up stresses: Young children thrive on routines, familiar environments, limited transitions, well-known caregivers, and "need to know" information. Exotic trips, multiple caregivers, restaurant foods, and broken schedules are all risky for little ones. Oversharing details about family issues (moving, jobs, fertility, illness, finances, etc.) may seem right, but very young children can't process them. We're finding through research that the old nursery tales with warm baths, bland suppers, and reassuring stories had some merit!
- Given "choices and no choices": Young children need to feel powerful *and* safe. Their grown-ups, too, need to feel in control (well, somewhat in control!) and safe. We see many children who can't make realistic choices. How much to eat, when to use the toilet, whether to have juice or milk, and which book to read are all fair choices to leave up to a young child. Holding hands in parking lots, going to bed at bedtime, not hitting or hurting, and staying seated in vehicles are not choices at all. It is



surprising and wonderful that little children are equally delighted by their own choice domains and by the limits and rules they are learning. Any preschool teacher will tell you about the "enforcer stage" in which children start to notice and inform on misbehavior in their peers! Kindergarteners who have lived with "choices and no choices" do much better with ordinary and special challenges.

- Expected to share only gradually, especially you: Thank goodness Dr. Phil put sharing to rest for twos and young threes. It is too much to share your toys and space with others until you have done sharing bit by bit! It is also too much to share Mom, Dad, or Nanny with constant distractions until you're really on your feet. We see young children who stop their play with therapists when a phone rings in the library. They *expect* their time with us to be interrupted. A period of unbroken time together (awake!) for child and parent could well be the most important thing you can arrange for your preschooler. Luckily, a quarter-hour is an eternity for young children, so it shouldn't be too hard to arrange!

Now that we've had some closure on 2003-04 for ourselves, we thank you for calling, coming in, waiting, filling out forms, and coping with the rules of our new space. We also thank you for sharing your little ones who came in with mixed-up sounds or fierce tempers or fleeting attention or fears or shaky balance, and left with better skills, a bit more focus, a confident grin and swagger, and a chunk of our hearts.

We look forward to the next year as the 2001 crop of babies comes of age.

*Kathleen Fraser is the Early Childhood Coordinator for the Town of Arlington at the Fox Library. Contact her if you need assistance with your child at 781-316-3728 or kfraser@arlington.k12.ma.us.*

### 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 reserves 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).

### August Issue Deadlines

Calendar July 12; Articles July 19

### An AFC Success! A Thank You from the AFC Community Service Committee

Thanks to all who donated young childrens' books to the first Arlington Family Connection Book Drive held in April. We are pleased to report that we were able to donate a box of books to each of the following recipients: Fox Library, Tots and Twos, Puddlestompers, Cradles to Crayons, and Menotomy Preschool.

We appreciate your support!  
Please think of setting aside any  
books for us again next year!

# Thank You, Worms!

by Melissa Lucius

I finally did it: I started composting. For years, I've religiously separated all the paper, plastic, and glass from the rest of the trash and diligently put the recycle bins out by the curb every other week.

But composting always seemed so hard and so complicated. Turns out, it really wasn't so hard after all. I've learned that in life there is setup and maintenance. It's the setup that's hard, but once you get over that hump, maintenance is relatively easy.

First of all, you ask, "What is composting?" Composting is a way to "recycle" food waste, such as apple cores, potato peels, and eggshells. You toss this stuff into your backyard compost bin, add some old leaves and grass clippings, stir it up once in a while, and let the earthworms do their thing.

Composting creates a rich, soil-like material that is great for gardening, as it can be used to fertilize and nourish soil. This food waste is thus taken out of the waste stream, reducing the amount of trash that makes it to the landfill. Sure, food waste also decomposes in the landfill, but if it's sealed in a plastic trash bag, it's not doing any good: it's not being turned back into soil, and it's taking up landfill space.

You can get a compost bin from the Town of Arlington for \$30, much cheaper than you would get in a store. Just see Ruth in the Department of Public Works office (781-316-3108). You also get a neat little information wheel that tells you what you can and can't compost. Then just put the bin in the backyard. It's covered so that birds and squirrels can't get into it, but it has small holes to let air circulate. Earthworms, soil's best friends, slither in through the

ground, munch up all the goodies, then poop it back out. A little grody, but this is how it works. The hardest thing about it is finding a container and a place in your kitchen to store things in the interim, since you don't want to go to the compost bin every time you have to throw away some old corn husks. I usually bring a bucket full of pre-compost around to the backyard about once a week.



Recycling has turned into a kind of game at our house: whenever there's something to throw away, Amanda (my four year old) tries to figure out where it goes. In the bag for recycled paper? In the bag for plastic and metal? In the can for plastic bags? In the compost bin? Or, "Aw mommy, it has to go in the landfill bin! Let's see if we can recycle everything, and never

throw anything in the landfill bin!" Won't that be a great day!

Fat earthworms, which used to be cause for jumping into my arms and emitting squeals of terror, are now something to be celebrated. Amanda says, "Thanks, earthworm, for making such nice dirt for plants and trees to grow in!"

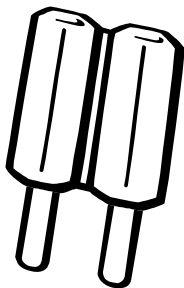
Now that summer's here, we'll all be throwing away plenty of watermelon rinds. Why not put them to good use and reduce the amount of trash in the waste stream at the same time?

For more information, visit <http://vegweb.com/composting/> and [www.town.arlington.ma.us/Public\\_Documents/ArlingtonMA\\_DPW/FAQs](http://www.town.arlington.ma.us/Public_Documents/ArlingtonMA_DPW/FAQs).

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

## Recipe for a Cool Summer

*Submitted by Ruth Smolash*



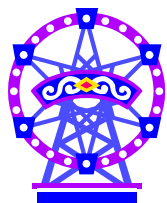
Way Easy Healthy Homemade Yogurt Popsicles  
This recipe makes eight popsicles.

Combine half a can of frozen concentrated juice (something sweet, like grape or peach, thawed enough to pour) with enough plain yogurt to total two cups. You can do this by pouring the juice concentrate into a large measuring cup and adding yogurt until it reaches two cups. Mix, pour into popsicle molds, and freeze. Presto!

*If you have a fun idea (a recipe, a game, a household or work tip, etc.), please send them to [newsletter@arlingtonfamilyconnection.org](mailto:newsletter@arlingtonfamilyconnection.org).*

# Calendar

## Special Events for Families



### Lexington Lions Club Carnival

June 30 – July 4. Center Playground, Worthen Rd., Lexington. Wed.-Fri. 6-11pm; Sat. 12noon-11pm; Sun. 1-11pm. **Sat. July 3 fireworks at 9:30pm.** \$1

admission, children under 6 free; additional cost for rides, fun house and games. Info: [www.lexingtonlions.org](http://www.lexingtonlions.org)

### 10<sup>th</sup> Annual Children's Day

Thurs. July 1, 10am-3pm. Boston City Hall Plaza. Boston Harborfest hosts a day for children ages 3-10 to celebrate the nation's birthday. Wayne Potash & Music Fun Band, Boston Duck Tours, and the New England Aquarium are just a few of the local entertainers. Balloons, face painting, music, jugglers, magicians and more! Free. Info: 617-227-1528, [www.bostonharborfest.com](http://www.bostonharborfest.com)

### SteveSongs Concerts

Come see area native Steve Roslonek perform children's music. Info: 866-KID-SONG, [www.stevesongs.com](http://www.stevesongs.com)

Thurs. July 1, 4pm. Cary Memorial Library, 1874 Mass. Ave., Lexington. Free. Registration req'd. Info: 781-862-6288.

Wed. July 14, 11am. Belmont Library, 336 Concord Ave., Belmont. Free. Info: 617-489-2000.

Sat. July 17, 11am-1pm. With the Mighty Acorn Children's Project. Regent Theatre, 7 Medford St., Arl. \$7 in advance; \$10 at the door. Info: 781-646-4849.

Sun Aug. 8, 4pm. Mother to Mother Event. Burlington Common, Burlington. Free.

### Sandcastle Contest

Wed. July 7, 9am. (Rain date Thurs. July 8) Reservoir Beach, Lowell St., Arl. Build a sandcastle to be judged at 9:45am. Prizes awarded. Ages 5+. Gen. Ad. \$4. Info: 781-316-3880.

### Arlington at Night Summer Concert Series

Every Wed. in July, 6:30-8:30pm. The Jefferson Cutter House Lawn (intersection of Mass. Ave. and Rt. 60). Rain date: the following evening.

July 7: Jump City Band

July 14: Dennis Brennan Band

July 21: Revolutionary Snake Ensemble

July 28: Entre Amigos

Free, all ages. Info: 781-643-4600.

### Henry Bear's Park Children's Book Series.

Thurs. July 8, 11:00am. 361 Huron Ave., Cambridge. Bring the kids! Bring your books for signing and meet author Karen Jo Shapiro. Info: 617-547-8424, [www.henrybear.com](http://www.henrybear.com)

### Shakespeare in the Park

Two Gentlemen of Verona at Menotomy Rocks Park, Jason St., Arlington. Sun. July 11, 6pm. This fast-paced, interactive performance will run about 90 mins. w/o intermission. Suitable for preschool age children. Come early, bring a picnic, a blanket or a chair and purchase lemonade and dessert to help support the event. Free, sponsored by the Arlington Center for the Arts, the Friends of Menotomy Rocks Park, the Friends of Robbins Farm Park, a grant from the Arlington Cultural Council, and the generosity of the audience. In the event of heavy rain, event will be rescheduled. Info/rain: 781-648-6220, [www.acarts.org](http://www.acarts.org)

### Circus Smirkus

Fri. July 16, 12pm & 7pm; Sat. July 17, 2pm & 7pm; Sun. July 18, 11am & 4pm. Middlesex School, 1400 Lowell Rd., Concord. Enjoy a one-ring circus performed by children ages 10-18. Admission \$15, advance sale in June at

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## The Hippo Club

*(continued from page 1)*

students recite along with a story CD to practice their pronunciation. Sharing time allows each person to speak in a language of his or her choosing. Students can tell a story, describe pictures, or talk about whatever comes to mind.

The Hippo Club (which not only refers to the animal but is also a Japanese pun) was founded in 1981 in Japan when the president of the Institute for Language Experience, Experiment, and Exchange realized that the more traditional ways of learning a language—listening to a lecture, writing, and memorizing—weren't working. He designed a program in which students listen to stories and songs that encompass everyday language on CDs. The languages are mingled together; on one tape a story has each paragraph in a different language. A French song can follow a Portuguese one which comes after an Indonesian song. Students therefore learn language as a baby does, by hearing the sounds over and over, eventually grasping the gist of the words. "First we catch the natural rhythm and melody of language," Elizabeth explained. "Meaning comes after. Openness to all languages and all people is stressed." What is learned from the tapes is reinforced at weekly meetings as students practice with each other. Those who wish to take their learning even further can try a homestay with Hippo members from clubs in Mexico, Japan, Korea, and Taiwan.

Children are not just welcomed in the club, but encouraged.

Sarah, the mother of five-year-old Morgan, raved at how much her daughter has learned. They even experienced homestays together in Mexico and Japan. "The earlier children are exposed to new languages, the better," Sarah said. Equally impressive is how much Sarah has learned, proving even monolingual adults can absorb new languages.

The price of the club is similar to gym membership fees: there's a \$50 registration fee and a two-person family is \$84 a month and a three-person family \$91 a month (other rates apply for different size families). Students are required to purchase a large set of tapes or CDs, which cost \$500, however this can be paid over time. Fees for this nonprofit group are used to produce the tapes and for club expenses. Interested families are welcome at monthly open houses.

For more information, visit [www.lexlrf.org](http://www.lexlrf.org). To RSVP for the open houses, call 617-489-5800 or e-mail [hippo@lexlrf.org](mailto:hippo@lexlrf.org). Open houses for July are:

Cambridge: Monday, July 12, 6:30 p.m.

Belmont: Wednesday, July 14, 5:15 p.m.

Brookline: Thursday, July 15, 5:15 p.m.

Belmont: Saturday, July 17, 3:15 p.m.

*Jenny Brown is the mother of one, a freelance writer, and one of the editors of the AFC newsletter. She welcomes your feedback at [jennybrown@gmail.com](mailto:jennybrown@gmail.com).*

# Calendar

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Catch a Falling Star in Lexington. All ages. Info: 800-532-7443, [www.circussmirkus.com](http://www.circussmirkus.com)

## Payson Park Music Festival - Kiddie Concerts

Payson Park, Payson Rd. at Elm St., Belmont. Free. Co-sponsored by the Belmont Rec. Dept. Bring a blanket or lawn chair and a picnic if you wish. Fri. July 23, 12pm, Teddy Bear Picnic; Fri. Aug. 6, 12pm, The Frog Prince. Info/rain: [www.ppmf.org](http://www.ppmf.org)

## Robbins Library "Craft Fair"

Wed. July 28, 10-11:30am on Robbins House Lawn. Bring and buy clever creations and treats! In cooperation with Arl. Rec. Dept. Info: 781-316-3234.

## Magical World of Make-Believe

June 16 to August 27, Robbins and Fox Libraries Summer Reading Program with a "fantasy" theme. Sign up and read for fun anything you enjoy! All ages of readers and "listeners" are encouraged to register for the program, collect a reading chart, colorful bookmark, and take part. The goal is to read or listen for at least one hour per week for the 10 weeks of summer. Everyone who completes the chart may choose a free book plus other small prizes. As you read, mark your progress by adding wizards and fairies to the magical library land. Info: 781-316-3234.

## Sing-alongs

Note: There are no sing-alongs at Robbins Library or Fox Library for the month of July.

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

**NEW! Thursday, July 8.** Pottery Barn Kids at the Burlington Mall. Shows at 10:30 and 11:30 am with Robert the Guitar Guy. Free, for children of all ages. Info: 781-221-5833.

## Second and fourth Friday of the month.

Sing-along with Diane Taraz. 10-10:30am, Calvary United Methodist Church, 300 Mass Ave, Arlington. \$1. Note: There will be no performance on Aug. 27. Info: [www.dianetaraz.com](http://www.dianetaraz.com)

## Saturdays

11am. Stellabella Toys, 1360 Cambridge St., Inman Sq., Cambridge. Children of all ages are invited to join local musicians to sing songs and play games. Free. Info: 617-491-6290.

## Storytimes/Playtimes

Note: The Robbins Library will be closed on Saturdays in July and August.

## NEW! Robbins Library Play Times

Mondays, July 12, 19 and 26, 10am-12pm. Toddlers and preschool age children are invited to get together for a play time with extra toys and simple craft activities. Info: 781-316-3234.

## Robbins Library Storytime

Wednesdays, 10:30-11:15am. Drop in stories and craft (crowns, wands, dragon tails and creature mobiles). Ages 4-8. Info: 781-316-3234.

## Henry Bear's Park

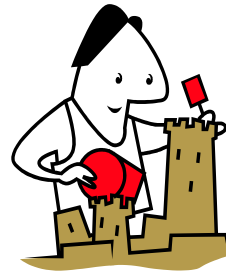
11am Thursdays at Arlington and Cambridge locations. Free. 685 Mass. Ave., Arlington. Info: 781-646-9400. 361 Huron Ave., Cambridge. Info: 617-547-8424.

## Other Fun Stuff

### Special Note!

**Arlington Reservoir Beach, Lowell St.**

*The opening has been delayed until water levels return - estimated late June - early July. Call the Arlington Rec. Dept at 781-316-3880 for details.* Once open,



the Reservoir will be open until Aug. 29. Hours: June & July 10am-8pm Aug. 10am-7pm. The beach provides: lifeguards on duty, a clean sandy beach area, filtered, chlorinated, and aerated water, daily water quality testing, bathrooms, changing area, and outdoor showers. Also vending machines and picnic tables. Enjoy a stroll along the walking trails, bird watching, or fishing. Free parking. Season Passes for Arl. residents: \$35/adult, \$20/child (ages 1-17). Family season passes Arl. residents: \$100 for 2 adults, 2 children + \$10 for each additional child. (Season passes available to non-residents for a higher fee.) Daily passes: \$4/day (Mon-Fri), \$6/day (weekends & holidays). Purchase season passes at Arlington Rec Office, 422 Summer St., 781-316-3880.

## Spray Pool at Thompson School,

North Union St., Arl. Open until Aug. 29, daily 10am-7pm, weather permitting. Free. NO bathroom facilities. Adjacent to fun playground. Info: 781-316-3880.

## 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., Arl. To join the email list send an email to [BabyFriendlyMovies-](mailto:BabyFriendlyMovies-)

[subscribe@yahoo.com](mailto:subscribe@yahoo.com); for more info visit <http://groups.yahoo.com/group/BabyFriendlyMovies>.

**Puddlestompers Monday Playgroup** has moved outside and will be at various local playgrounds and planning field trips for the summer. Mondays, 10:30am-12:30pm. Drop-in pre-school playgroup. In the case of extreme weather, meets in the Fox Library Community Room, Arl. (\$1/family donation requested). To join the group's email list, contact 781-641-0944 or [JulieLucey@comcast.net](mailto:JulieLucey@comcast.net).

## NEW! Puddlestompers Nature Classes

Outdoor nature program for ages 2 to 5. Two 5-wk summer sessions will be held on Thursday mornings at various locations in Arlington, June 24-July 22 and July 27-Aug. 26. A portion of the tuition is donated to Arlington's conservation and open space organizations. For registration form and more information visit [www.puddlestompers.com](http://www.puddlestompers.com) or call 781-449-0776.

## Beyond Arlington

**NEW! Insect Invasion at Garden in the Woods** 180 Hemenway Rd., Framingham. Sat. July 17 thru Sun. Oct. 17. All ages. \$7/ adult, \$5/ages 6-18. Info: 508-877-7630, [www.newfs.org/garden.htm](http://www.newfs.org/garden.htm)

## Babes in the Woods

Middlesex Fells every Tuesday, 10-11:30am. Strolls and hikes through the park. Free. Info: 781-396-8994, [www.fells.org/babes.html](http://www.fells.org/babes.html)

## Memorial Drive Sundays

Every Sun. through Nov. 14, Memorial Drive in Cambridge is closed to traffic 11am-6pm. Bring your bike (tricycle, trail-a-bike...), stroller, rollerskates, scooter, running shoes or walking feet to take advantage of this magnificent parkway along the Charles River.

**Rattle at the Brattle**, baby-friendly film series. Wednesday afternoons 1-3pm, 40 Brattle St., Harvard Sq., Cambridge. Free. Film schedule only available at box office or by joining the email list. For more info or to join the list: [parents@brattlefilm.org](mailto:parents@brattlefilm.org).

## Local Attractions

### The Discovery Museums

177 Main St., Acton. Two separate but complementary buildings filled with exciting, interactive exhibits for children of all ages. Check their calendar for many special programs. Gen. admission: One museum \$8/child or adult; two museums \$12/child or adult, Info: 978-264-4200, [www.discoverymuseums.org](http://www.discoverymuseums.org)

### Drumlin Farm Wildlife Sanctuary

208 South Great Rd, Lincoln. Explore the

(Continued on page 7)



**New Member**    **Renewal**   **Date:**

**Names:**

**Address, Zip:**

**E-mail:**

**Phone:**

**Please list your children:**

**Name**

**Gender**

**Date of Birth**

**I am a:**

**Parent**

**Grandparent**

**Health Care Provider**

**Educator**

**Child Care Provider**

**Other**

**I am:**

**Stay-at-home Parent**

**Employed full-time**

**Employed Part-time**

**Other**

**Newsletter Delivery Preference:**

**US Mail**

**E-mail**

**Both**

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

**Bishop**

**Brackett**

**Dallin**

**Hardy**

**Peirce**

**Stratton**

**Thompson**

**Other**

**Areas of Interest:**

**Events/Parties**

**New Parent Outreach**

**Newsletter**

**Outings w/ Kids**

**Outings w/o Kids**

**Seminars**

**Playgroups**

**Web site**

**Other:**

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

**One-year membership \$20 (joining July-January)**

**Mid-year membership \$10 (joining Feb-June)**

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](mailto:membership@arlingtonfamilyconnection.org)*

## Calendar

(Continued from page 6)

fields and forest and visit the farmyard. Weekly programs for kids. Gen. admission: members free, \$6/non-member adult, \$4/non-member child (3-12). Info: 781-259-2200, [www.massaudubon.org/Nature\\_Connection/Sanctuaries/Drumlin\\_Farm](http://www.massaudubon.org/Nature_Connection/Sanctuaries/Drumlin_Farm)

### Franklin Park Zoo Dinosaur Kingdom

One Franklin Park Rd., Dorchester. Interactive and educational family exhibit. Through 9/6/04, \$3 in addition to gen. admission. Info: 617-541-5466, [www.zoonewengland.com](http://www.zoonewengland.com)

### Habitat Wildlife Sanctuary

10 Juniper Rd, Belmont. Trails wind through forests, across meadows, around 2 ponds, and wetlands. Also fun programs for kids. Gen. admission: members free, \$4/non-member adult, \$3/non-member child. Info: 617-489-5050, [www.massaudubon.org/Nature\\_Connection/Sanctuaries/Habitat](http://www.massaudubon.org/Nature_Connection/Sanctuaries/Habitat)

### Harvard Museum of Natural History

26 Oxford St, Cambridge. Sat. programs for kids age preschool to 1<sup>st</sup> grade. Gen. admission \$7.50/adult, \$5 children 3-18. Info: 617-495-3045, [www.hmn.harvard.edu/education/kids.html](http://www.hmn.harvard.edu/education/kids.html)

### Swan Boats in the Boston Public Garden

Hours: (weather-permitting only) Until Labor Day: Daily 10am-5pm After Labor Day: Mon-Fri 12-4pm, Sat-Sun 10am-4pm; \$2.50/adult, \$1/child (2-15). Info: 617-522-1966, [www.swanboats.com](http://www.swanboats.com)

### Take a Walk at Gore Place

52 Gore St., Waltham. This program provides young visitors and accompanying adults with

an activities backpack designed to help them explore the open spaces and hidden places on the 45-acre estate. Visitors will explore the brook, visit farm animals, and discover the gardens while drawing from the materials (magnifying glass, binoculars and activities booklet) provided in a backpack. Materials are designed for children 3-9 years old; just ring the bell at the Mansion to rent your backpack for \$5 and begin your exploration. Hours: Daily 11am-3pm. Free parking. Info: 781-894-2798, [www.goreplace.org](http://www.goreplace.org)

## Benefits

### Kans for Kids

Sat. Aug. 7, 10am-1pm. Donate clean returnable bottles and cans to benefit Arlington Recreation's Youth Activities. Gibbs School on Tufts St., Arl. Info: 781-316-3880.

### PTO Thrift Shop for the Arlington Public Schools.

Open Tues. 9:30am-1:30pm and Wed. 4-8pm. Located in the basement of the Fox Library at 175 Mass. Ave., E. Arl. Gently-used clothing for all ages, toys, books, housewares, and more. Volunteers needed during store hours and for donation processing. Contact Toni Langerman at [krausman2@rcn.com](mailto:krausman2@rcn.com) or 781-641-9969. [www.ptothriftshop.com](http://www.ptothriftshop.com)

## Groups

### La Leche League

La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing education, information, support, and encouragement to women who want to breast-feed. Free. The Arlington league has monthly meetings on Tuesdays at 7:30pm. Info: Heather (781) 648-2988, <http://home.comcast.net/~jrsladkey/lll/index.html> Neighboring towns also have leagues with

monthly meetings. Refer to [www.llusa.org/MARIVT/Massachusetts.html](http://www.llusa.org/MARIVT/Massachusetts.html) for a listing of Mass. Leagues.

### New Mothers' Drop-in Group

Every other Tues. (7/13, 7/27) 9:30-10:30am, Henry Bear's Park, 685 Mass Ave., Arl. Free, informal drop-in group for new mothers with infants. Info: 781-646-9400.

### New Mothers' Group

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

### Older First-time Moms' Group

Third Wed. of 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. Info: 781-674-2029.

### New Mothers' Drop-in Group

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

### Grandparents' Support Group

Second Tues. of the month, 12-1:30pm. For grandparents who are primary caretakers of their grandchildren. Free, sponsored by the Town of Arlington. Info: 781-316-3410.

### 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



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# Save the Dates!

## Sunday, July 4

### Independence Day Celebration at Robbins Farm Park

Featured performance by the John Penny Band from 7-9pm followed by big TV screen coverage of the Pops concert and fireworks from the Esplanade in Boston. All ages.

Info: [www.robbsfarmpark.org](http://www.robbsfarmpark.org)

## Wednesday, July 7

### AFC Mom's Movie Night

Join us for a movie at the Capitol Theater, East Arl. (7pm-ish), followed by a casual gathering for ice cream in the theater's parlor. An e-mail will be sent several days prior announcing the movie title, time, and other details. For more info contact Janet at 781-643-4842 or [jbgascoigne@rcn.com](mailto:jbgascoigne@rcn.com).

## Thursday, July 8

### AFC Book Club

Meets first Thurs. of every month (except for July, due to the holiday). For more info contact Gail Zyla at [gail@zyla.com](mailto:gail@zyla.com). This month's book is *The Professor and the Madman* by Simon Winchester.

## Saturday, July 17

### Working Moms Group

10:30am-12pm, for a casual discussion forum. Arlington Senior Center, 27 Maple St. There will be an additional social outing every month. For questions or to join the mailing list, please contact [workingmoms@arlingtonfamilyconnection.org](mailto:workingmoms@arlingtonfamilyconnection.org) or call Wendy at 781-648-2341.

## Wednesday, July 28

### AFC Steering Committee Meeting

7pm. Open to all members. For the meeting's location, contact Ruth Schmidt at 781-643-2362 or [info@arlingtonfamilyconnection.org](mailto:info@arlingtonfamilyconnection.org).

## Friday, August 6

### AFC's 3rd Annual

### "Pizza at the Playground"

5:30-7:30 pm, bring your family and friends to Spy Pond Playground for free pizza, playground fun, and to meet other AFC members. This is also a good opportunity to renew your AFC membership and to

introduce non-member friends to AFC. (All memberships renew in September for \$20/year.) Please RSVP with # attending to Ruth at [outings@arlingtonfamilyconnection.org](mailto:outings@arlingtonfamilyconnection.org) or 781-643-2362 so that we know how much pizza to order. (Rain date: Friday, Aug. 13.)

## Various Thursdays

### Robbins Library Family Picnic Concert Series -

Bring a blanket and a picnic and enjoy music under the stars. Concerts are on Robbins House Lawn behind the library. Free, provided by the Russell Fund.

Thurs. July 15, 6pm – Sulinha's Trio

Thurs. July 22, 6pm – Margot Fox (AFC member and family favorite!)

Thurs. Aug. 12, 6pm – Grand Finale with Ben Rudnick & Friends.

Info/rain: 781-316-3234.