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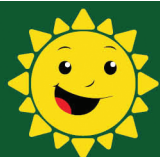
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Shepard Pratt's "Love Your Tree" poster contest, pg. **14**

Washington FAMILY

FEBRUARY
2019



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Passengers on the Durbin & Greenbrier Valley Railroad

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Please note we reserve the right to edit or refrain from publishing comments we deem inappropriate.

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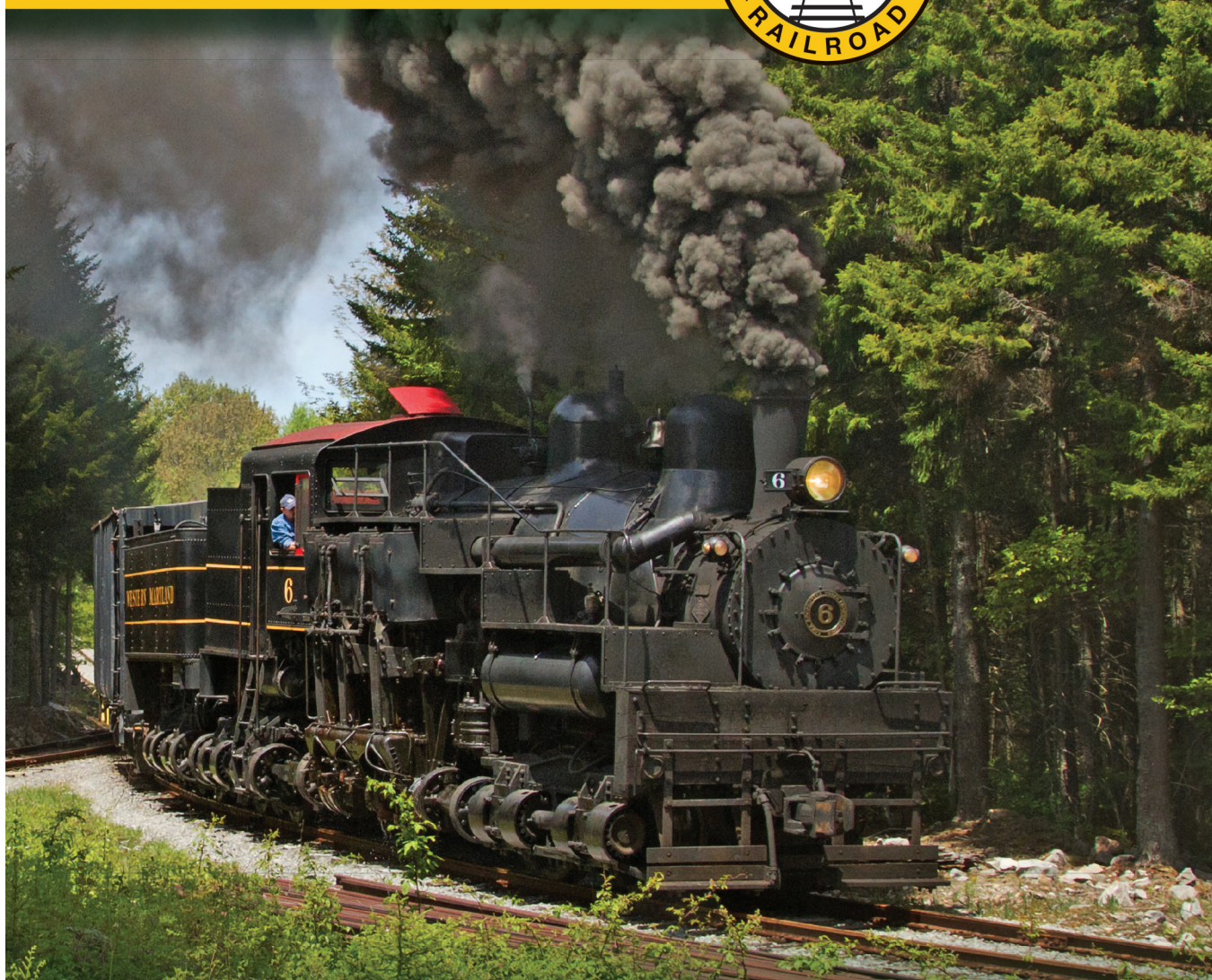
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Let's Talk About Self-Love

We live in a social media world. We post daily to friends and sometimes partial strangers. We post about what we are wearing and eating to intimate details about our home and family life. Although great for keeping friends and family “active” in our lives, this type of sharing, and ultimately comparing, can be unhealthy for our self-worth and overall mental health.

It's hard not to compare ourselves, whether unintentionally or not, to others when we peruse through social media. Perfectly arranged photos, captions, angles, filters ... it's easy to forget that everyone is showcasing the *best* aspects of their lives. You don't get to see the realistic, everyday struggles that each of us experience, but don't share online. This can bring us down and make us question ourselves, our status and our appearance.

So, in the spirit of February, the month of expressing our love to others, why not show yourself the same kind of love? Let go of poor self-talk and practice self-love. Take time to celebrate your own strengths, your own unique beauty, your health and your successes with no comparison to others. This Valentine's Day,

try and step away from social media and focus on what matters most: loving yourself and loving your family. Practice a little self-care like pampering or reading or expressing gratitude. Then, enjoy some family time like a heart-themed read aloud with one of the “Lovable Reads” on pg. 26. Or, check out our calendar on pg. 42 for some family-friendly fun. Or, more simply, just give yourself and your loved ones a big hug and celebrate your worth!

On this topic, Adranisha Stephens wrote about Sheppard Pratt's body image campaign, “Love Your Tree” on pg. 14. The campaign focuses on art therapy as a way to combat poor self-image and promote self-acceptance, asserting that “there are as many body types as there are trees in the forest, and all are beautiful.” Now that's the kind of self-love positivity we should all bring into 2019 – and keep it there.

Read on for more great content inside, from the benefits of sleepaway camp to raising healthy kids to encouraging a love of reading and much more. ■

Britni



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Washington FAMILY

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Away from the everyday



The world in which our children live is complex. Their daily schedules are often full with school, homework, team activities (athletic, academic, arts, theater, music, etc.), playdates, family visits, chores and, yes, cell phones/computers/video games.



THE BENEFITS OF SLEEPAWAY CAMP

BY GLENN SMITH

Just as we recognize and learn to accept this current world around us, we can, and should, remember a key element of physical and emotional well-being: moderation.

Moderation gives us the opportunity to sidestep overload, stress and lack of sleep — and those are just a few benefits. It gives our kids an opportunity to control the noise and control the demands on their time. It gives them permission to unplug. Unplugging from technology allows our kids to be the story, not text the story.

While fall, winter and spring are dictated by schools and schedules, the summer presents an opportunity to recharge,

energize and moderate the hectic life the rest of the year demands. It's a moment for interacting in real time, with real people, for real experiences.

Nicole M. Stern, Ph.D., a practicing licensed psychologist in D.C. notes that “camp provides a cell-phone free zone, meaning no social media, which is so freeing for these kids.”

We know that our kids live in a world that requires them to plug in maybe more than we would like. But, sleepaway summer camp presents that unique opportunity to change that part of their daily routine, even if only for a few weeks. It provides the opportunity to not only have fun — but to unplug — and

experience new activities and adventures in a safe and welcoming environment.

Plus, there are additional benefits.

Camp brings our children closer to nature, and encourages social and emotional development while encouraging independence, resiliency, empathy and adaptability. Alfred Adler, a noted philosopher and psychiatrist (1870-1937), stressed three things that are important to one's emotional health and well-being: the need to feel connected, to contribute to something beyond the individual and to feel capable. While he introduced these ideas more than 80 years ago, they are still true today.

Sleepaway camp addresses all of Adler's concepts. Children need to establish relationships and connect with peers and counselors as they navigate their day. Building friendships, learning empathy and caring for others all help create a strong emotional core. Helping clean the cabin, writing a camp song, paddling a canoe — all of these activities give kids a chance to practice contributing through teamwork and collaboration. Mastering the skill of archery or wall climbing, through practice and perseverance, strengthen feelings of confidence and capability.

Tina Payne Bryson, Ph.D., a pediatric and adolescent psychotherapist and the co-author of "The Whole-Brain Child," was interviewed in the January '14 issue of *Camping* magazine. She noted the very real physical effect of growing these social skills by stating, "Bunks are good for brains ... promoting independence, confidence, friendship-building, resilience, thriving, character, grit, etc." She further adds, "Experience changes brains ... it's like a muscle. When it's used, it grows and strengthens."

Other benefits from daily cabin activities include the development of fairness, exploration and curiosity while maximizing intellectual, moral and physical development. With ample opportunities for kids to be their best selves, camp life provides countless new experiences for fun, happy and healthy personal growth in a safe and encouraging environment with friends and caring counselors.

Sleepaway camp is not only an extraordinary gift, but a life changing experience. Children learn to persevere when challenged by unfamiliar experiences. They learn patience and confidence when connecting with others and the importance of working together for a positive shared experience.

When exploring a camp program for your child, you should consider developmentally appropriate and nurturing environments that promote self-esteem, leadership, independence,

conflict resolution and team building. Understanding the camp philosophy, leadership and culture is imperative in finding the right program for your child.

Dr. Stern explains, "Camp provides an opportunity for children to learn and to grow ... for many children this allows them to try new things, voice new opinions and do things that they may never have been exposed to."

Parents can help by choosing sleepaway camps that encourage children to experience new activities, form new relationships and integrate the camper into camp life in a nurturing, safe and fun environment.

The right sleepaway camp can be a wonderful life changing event for children — a treasured experience that lasts forever. ■

CHOOSING THE RIGHT SLEEPAWAY CAMP



Questions for Parents

According to the American Camp Association (ACA), below are some questions to ask yourself when searching for a sleepaway camp for your child:

1. What locale do I want to consider? (Mountains, oceanfront, distance from home, etc.)
2. Do I want a traditional camp that gives my child a wide-variety of experiences, or do I want to select a specialty camp that focuses on a particular activity or set of skills?
3. What size enrollment will make my child feel comfortable?
4. How structured do I want the program to be? Does my child like to have lots of choice in the activity schedule?
5. What session length will appeal to my child and to our family plans for the summer?

Questions for Camp Directors

Here are some important questions to ask camp directors before deciding on a camp:

1. Does the camp provide flexible programming and a nurturing environment?
2. Is team building a component of cabin life?
3. How are the counselors trained to handle conflict?
4. How are physical, intellectual and moral development incorporated into the camp program?
5. How does the camp optimize opportunities for independence and emotional growth?
6. What programs are in place to facilitate leadership skills?
7. How is the camp environment optimized for developing healthy self-esteem?

Glenn Smith is the owner and director of Camp Tall Timbers, an award-winning camp program, located in the beautiful foothills of the Blue Ridge mountains in High View, WV. For over 48 years, Camp Tall Timbers has been promoting independence, decision-making, socialization, skill building, confidence, creativity and self-discovery in a safe and nurturing environment.



raising *Healthy* kids

**Tips to help your child avoid
a lifetime of obesity**

BY IRENE-MYERS THOMPSON

Larger portion sizes, more fat, extra sugary beverage consumption and a trend toward more sedentary lifestyles not only contribute to problems for adults, but they also affect children. In fact, one in three children is overweight or obese.

COURTESY OF GETTY IMAGES

a ccording to the Centers for Disease Control, obese children face a greater risk of health issues while they are still young, such as high blood pressure, high cholesterol, asthma, sleep apnea, type 2 diabetes and more.

Childhood obesity is also associated with a greater risk of depression, anxiety and low self-esteem. Overweight children often find themselves the targets of bullying.

Perhaps even more troubling is the potentially lasting impact obesity can have on a child's future. Overweight or obese children are more likely to become obese adults, according to a study published in the Journal of Family Medicine and Primary Care. Obesity in adulthood is associated with heart disease, type 2 diabetes and some forms of cancer. Adults who have struggled with their weight since childhood are likely to have more severe diseases than those who became overweight as adults.

While no parent wants their child to grow up unhealthy, busy schedules can get in the way of good intentions. But starting good habits early with exercise and a smart diet is important because many find it more difficult to keep the weight off as they get older.

For a healthier diet, work on making meals that revolve around fruits, vegetables, lean meats and whole-grain products. For exercise, experts recommend 60 minutes a day for children ages five to 17. These recommendations may feel challenging, but they get easier with a little creativity.

Below are a few ideas to help your family eat healthier and move more:

Better together

A good motivation for exercise or eating healthy is to get the whole family involved. Consider a weekly dance party, jump rope contest or sack race. Try hula hooping, which the American Council on Exercise says can be a total-body workout, improving flexibility and balance while strengthening muscles. In the kitchen, let the kids pick a nutritious recipe of their choice, then have them help shop for ingredients and prepare the meal.

Call it what you want

Kids can be turned off by the words broccoli or cauliflower. To help overcome the fear of eating vegetables, call them by different names. Whether it be "the enchanted forest" or "Bob the broccoli," make it fun!

Exercises can also take on new identities — maybe next time you'll run with lions, tigers and bears.

Teach Appropriate Serving Sizes

For children, limiting all unhealthy foods is not only a challenge, but sometimes impossible. Instead, teach them appropriate portion sizes and that it is OK to treat yourself every once in a while, in moderation. Setting unrealistic expectations can create an unhealthy culture with food for your child.

Limit Screen Time

With all the new technologies, it is easy for a child to sit for hours staring at a screen. Set a daily or weekly limit on screen time and encourage your child to instead go play outside or get creative with active play.

Set Family Meal Times

Evidence shows that regular family meals have a relation to dietary quality in children. Family meals encourage more fruits, vegetables, milk and a lower consumption of fried foods. Make the time to prepare or order a healthy meal with the whole family.

Make Goals and Reward Accomplishments

Make healthy goals that can benefit your child, such as cooking more healthy meals or taking walks around the neighborhood. Revisit those goals each week to see what you have accomplished and reward your accomplishments.

Get active in your community

You and your child can improve your health by helping to make a difference in your neighborhood or city. If you're a pet lover, consider volunteering at a local shelter to walk the dogs. Help in a community garden. Pick up trash in a nearby park. Or, consider offering to mow the lawn for a neighbor in need.

While the facts say that children who are obese are more likely to be overweight as adults, it doesn't have to be a life sentence. Talk with your doctor if you're concerned about your child, and take steps to start eating right and exercising today. ■

Irene-Myers Thompson is the wellness director of UnitedHealthcare of Mid-Atlantic.

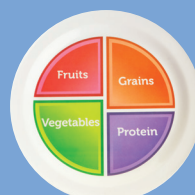
How can *obesity* be reduced?



Exercise together
Get the whole family involved



Give veggies a new name
Call it what you want



Teach appropriate serving sizes
Limit unhealthy foods



Limit screen time
Set a daily or weekly limit



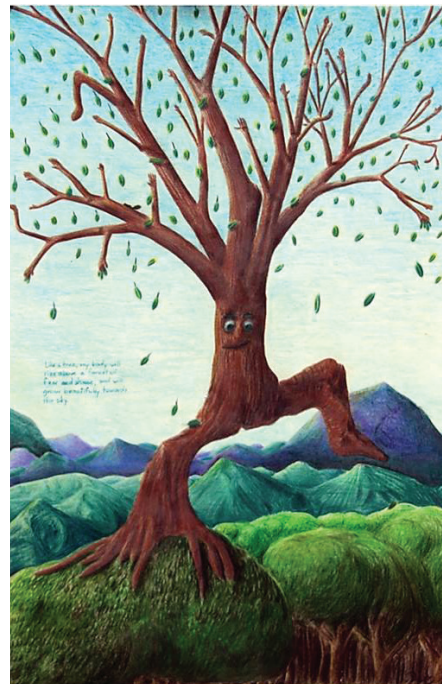
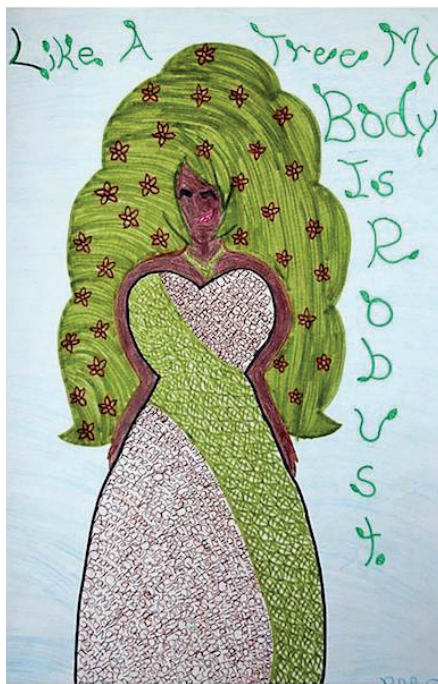
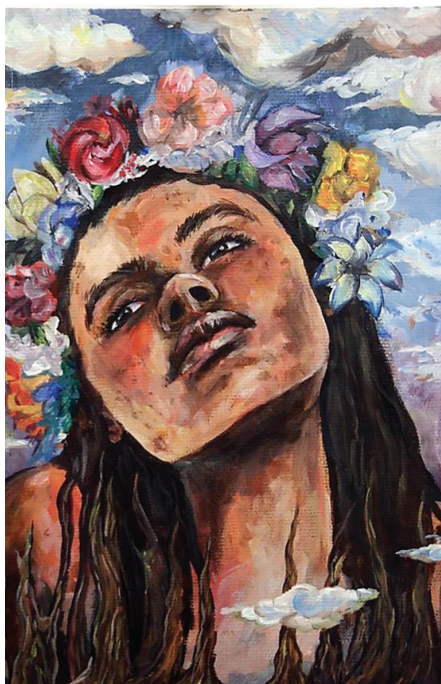
Set family meal times
Regular family meals have a relation to dietary quality in children



Make goals and reward accomplishments
Healthy goals can benefit your child



Get active in your community
You and your child can improve your health by helping in your neighborhood or city



LOVE YOUR TREE

Sheppard Pratt Campaign Focuses on Body Image

BY ADRANISHA STEPHENS

The catch phrase is clever: “Love Your Tree.” It’s the name of the annual poster campaign at the Center for Eating Disorders at Sheppard Pratt. Maybe you weren’t thinking about proactive body-image messaging before you read it, but now you are.

“Love Your Tree,” in its 12th year, is an annual campaign organized by the center as a way to reach students across the Maryland. It asserts that there are as many body types as there are trees in the forest, and all are beautiful. And it taps all age groups, from elementary, middle school, high school and even college students, encouraging them to consider their thoughts on self-image.

The program is run by Brianna Garrold, an art therapist at the center. “I stepped in to help about six years ago, and I got to shadow a couple of workshops with Julia Anderson, creator of the campaign,” Garrold says. “For the last three years, I have been traveling all over Maryland to meet students and provide

poster workshops for them. It’s been a great and fun part of my job.”

The theme was inspired by writer and activist Eve Ensler, who used the image of a tree as a metaphor in her one-woman show, “The Good Body,” which disputes societal definitions of beauty.

Anderson, an expressive art therapist with the Center for Eating Disorders since 1994, liked the imagery and developed “Love Your Tree” in 2006 to inspire creative expression through art as well as promote self-acceptance. And the program has inspired many, Garrold says, adding that art therapy is an integral part of the healing process because it can enable people

to express emotions and examine complex inner conflicts.

“Art, music and self-expression are things that kids feel really good about and usually like, especially at younger ages, before that kind of self-critical piece takes over,” she says. “Creating art can also help give students positive self-esteem. It’s about getting that snowball of positivity rolling instead of that negativity.”

This year, the center received more than 270 entries for the poster contest, which is a well-timed event: Posters selected to be used by the center will be announced in early March, and the last week of February is designated by the National Eating Disorder Association as National Eating Disorder Awareness Week.

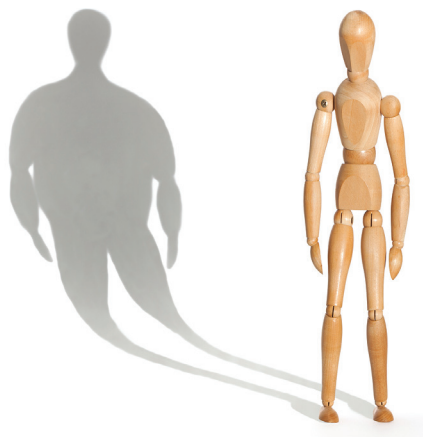
ARTWORK COURTESY OF SHEPPARD PRATT

Treating anorexia, which is characterized as self-starvation and an inability to maintain adequate body weight, seems simple at the surface: Eat and gain weight. But it's much more than that, especially for tweens and teens. More than 10 million Americans have eating disorders, which have a 10 percent mortality rate, the highest of any psychiatric illness, according to the National Institute of Mental Health.

Social media can also be a source of distress for people with eating disorders, Garrold says.

"All of the (poster) workshops start with this interactive and educational piece, where I talk to students about social media and about how we develop our perceptions about body image at a very young age," she says. "Some of the places that they are receiving these negative messages from social media are kind of sneaky and sinister. It's marketing and the way it is implemented in their lives and how all those things portray this idea for students to be unhappy about themselves."

That's where programs such as "Love Your Tree" come into play. "Their body image and self-esteem are critical to healthy development," Garrold says. And it's important to teach that lesson as early as kindergarten since self-perception can change day to day, minute to minute, she adds. Kids need to know what positively affects it and what negatively affects it.



More than 10 million Americans have eating disorders, which have a 10 percent mortality rate, the highest of any psychiatric illness, according to the National Institute of Mental Health.



After this educational piece, Garrold introduces art into the mix and the idea of having a nonverbal outlet for creative expression and self-esteem. And the kids get it.

"Art is a cool vehicle to share your message with people," she says, adding that once kids show their artwork, it can have a ripple effect that can both inspire and heal.

"If somebody sees your poster about what you like about yourself, it might inspire somebody else to then try and embrace what they like about themselves or what they feel positive about," Garrold says.

A special reception for participating artists and their families will be held in March, where many posters will receive awards and recognition.

"Every student gets their artwork recognized as an actual artist would," Garrold says. "We select one poster, and we try to call it an overall selection versus a winner. It is reproduced on a postcard that we use as a mailer at the center. Having that student's message of self-esteem and healthy body image put on this postcard is like a little beacon of hope for people." ■



Art as Therapy

Patients who struggle with eating disorders often find it difficult to use words to describe their experience. Art therapy provides a creative outlet for these pent-up emotions. Some techniques used at the Center for Eating Disorders are:

- Expressive therapy, which includes art, writing, music, gentle movement and guided imagery; Expressive therapy can also play an important role in addressing body-image distortions and fears of body changes.
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Kids and Food Allergies

- Approximately 4 percent of children and teens have food allergies, according to the Centers for Disease Control and Prevention.
- The eight most common allergenic foods are milk, eggs, fish, shellfish, tree nuts (almonds, walnuts, pecans), peanuts, wheat and soybeans, the CDC says.

Making Friends with Food

Allergies, eating disorders make food a common foe

BY COURTNEY MCGEE

Food is essential for life. But what happens when you see food as the enemy?

One mom drew the links between food allergies/feeding disorders and eating disorders. The disorders' shared perception of food as foe may be taken for granted by someone dealing with only one or the other. But Erin Konheim Mandras has confronted the challenges of both eating disorder and feeding disorder with happy successes.

Mandras was a standout collegiate soccer player at Michigan State when she began restricting certain foods from her diet in an effort to lose weight and boost athletic performance. Before long, she was consuming less and less while working out more and more, as her new habits became an unhealthy obsession and ultimately a full-blown eating disorder. She tackled that demon with professional help and retrained herself to forge a healthier relationship with food.

Back to the forefront

Throughout that journey and into marriage and motherhood, Mandras kept her struggle private. Then, 11 years after addressing her eating disorder, she found herself facing food allergies with her young son, Austin. Having had no previous exposure to food allergy symptoms, and with little Austin's inability to express what he was feeling at just 15 months old, the Mandrases were unaware that Austin's resistance to eating was due to allergies.

"Austin was diagnosed with a feeding disorder when he refused to eat solid foods. He had developed an aversion to food because he associated it with pain and discomfort, as we had been feeding him allergens all along," Mandras says. The toddler was admitted to an intensive feeding program at Mt. Washington Pedi-

atric Hospital, and the parallels hit home. "I found the irony between his condition and my past experience with an eating disorder. Though completely different, I watched him in the program and couldn't help but see similarities, physically and psychologically," Mandras recalls.

Making the connection

"My personal history with an eating disorder definitely ramped up my anxiety level significantly," she says. "When treated for an eating disorder, I was trained never to eliminate a food or restrict my diet again. So when Austin was diagnosed with five life-threatening food allergies, we had to completely give up those foods for his safety and life. Ultimately, through a lot of hard work, therapy and resiliency, both Austin and I eventually overcame our disorders." Realizing the correlation between disorders inspired Mandras to break the silence on her background with an eating disorder, to share her story with others and also to become a voice bringing more awareness to food allergies and feeding disorders in children.

Similar aversions


"People with eating disorders typically become preoccupied with food and their body weight. I was never thin enough in my mind," Mandras says. Austin, being a toddler, naturally did not have body-image issues that drove his refusal to eat. For him, it was the distress he felt when exposed to allergens that made him fearful of most solid foods. Avoiding allergens was, of course, essential to Austin's health. But not understanding which foods were bad and which were good left him resistant to nearly everything, and his lack of food intake became dangerous. ■

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Reading Intervention

What to do when your child doesn't like to read

BY ANN DOLIN



Don't worry about whether or not the book is a classic or is top-notch literature. The point is to get your child reading.

Does your child hate to read? Are you frustrated that they refuse to pick up a book, and instead, would rather play on their phone or watch TV? Are you tired of arguing about reading? If so, you're not alone. Many parents struggle with a reluctant young reader.

What most parents do with this problem is to argue. They force their kid to read as part of their homework, which turns reading into a burden and actually makes kids even more resistant to reading. If you ignore this issue now, it'll get much worse. But how do you encourage reading when it's the last thing they want to do?

Check out these six solutions below to inspire reading in even the most hesitant bookworm.

Be a Detective

The first step is figuring out what interests your child. Does your son or daughter love baseball? Looking up stats on their favorite player and reading their bios is definitely reading. And so are the articles in *Sports Illustrated for Kids*. Once you get your child hooked, take it one step further by finding related books on the subject. Check out "Katie, Batter Up!" by Coco Simon or the "Baseball Great Series" by Tim Green. These books will get your children reading without them even realizing it!

Dig into a Series

Even the most reluctant readers will latch onto a series such as "Diary of a Wimpy Kid" or engage in the short passages of "The Guinness Book of World Records." Don't worry about whether or not the book is a classic or is top-notch literature. The point is to get your child reading. And quite often, when a child enjoys a book, they'll seek out the next book in the series or another title by the same author.

Reread a Favorite Book

Did you know that students improve their reading fluency when they read a passage or book three times? Repeated readings help with automaticity, not just at that time, but down the road as well.

Moreover, comprehension and fluency are boosted when the student reads books slightly below his current reading level. If your child tends to gravitate towards easier books, allow him to do so.

Use the Five-Finger Rule

Some parents often make the mistake of choosing a book for their child that is a little harder to read than his current level.

If you're unsure if the book is too difficult, use the five-finger rule. If your child mispronounces five or more words on one page, the book is too hard. If he misses four words, reading will be a challenge, but can be done. In that case, consider reading the book together; you read two pages and your child reads one. Children will find more enjoyment in reading when you use this 2:1 ratio. If only two or three mistakes are made, the book is at the child's interest level and is A-OK. And when your youngster can read an entire page perfectly, the book is likely a bit too easy, but for some very reluctant readers, that is perfectly fine.

Unplug the Electronics

Block out time each evening for reading. That means turn off the television, put down the iPhone and tablet, and have your child sign-off Snapchat or Instagram. Similar to "D.E.A.R." in school, use 15 or 20 minutes before bedtime to "Drop Everything And Read." This is a great time to instill the love of reading without the distractions of technology.

Relax and Read without Criticizing

Take time to sit back, relax and read aloud with your kids. Take turns, laugh together and enjoy the moment. As much as possible, don't correct your child's mistakes unless they detract from the meaning of the story. As soon as kids feel pressured or judged, they're less willing to do the task at hand, like reading. When your child begins to associate reading with evening relaxation and the fun of delving into a page-turning book, he'll be more likely to read independently and for pleasure later on.

Just remember, each child is different and reading is not something to be forced or thrust upon them! Encourage reading by introducing a variety of books and materials. If you feel as though there may be more behind your child's reluctance to read, consider getting a reading tutor. ■

Ann Dolin is a former Fairfax County teacher and current founder and president of Educational Connections Tutoring, serving the D.C. area.

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703-938-7755 • 2709 Hunter Mill Road
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703-541-8083 • 42470 Rosalind Street
Ashburn, VA 20148



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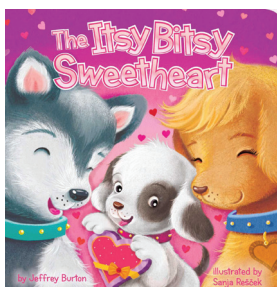
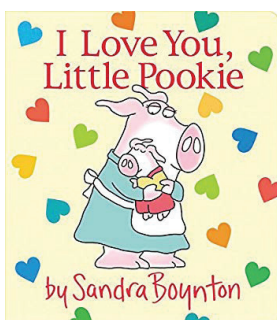
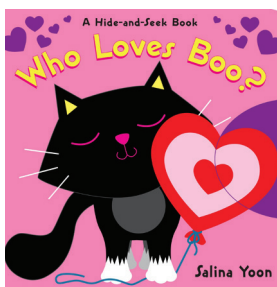
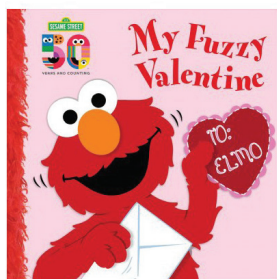
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Lovable Reads

10 New Valentine's Day Books for Kids

BY WF STAFF

Celebrate the holiday of love as a family by enjoying one of these heartfelt Valentine's Day-themed books with your little ones!

"My Fuzzy Valentine Deluxe Edition"

by Naomi Kleinberg

Ages: Baby-3. Celebrate Valentine's Day with Elmo and find out which of his Sesame Street friends sent him a beautiful Valentine's Day card. Full of super-fuzzy, fun-to-touch pages, little ones will love leafing through the pages visiting with Elmo, Grover, Cookie Monster, Baby Bear, Bert and Ernie.

in each family's life is the love the family members share.

"I Love You, Little Pookie"

by Sandra Boynton

Ages: 2-4. This is a sweet and simple board book that offers a declaration of unwavering love from Mom to her wonderful child. It's an affectionate and heartfelt celebration for Valentine's Day and every day. Read along as Pookie's Mom shares that the best way to say, "I love you" is simply to say it.

"Who Loves Boo?"

by Salina Yoon

Ages: Baby-3. Celebrate Valentine's Day with Boo the cat! "Who Loves Boo?" is a guessing game in board book form. Search for Boo's heart among heartfelt gifts and find something unexpected instead. Each page offers a hint of the heart, but it isn't until the last page that readers will see the valentine given to Boo by his loving friends.

"The Itsy Bitsy Sweetheart"

by Jeffrey Burton

Ages: 2-4. This book is an adorable Valentine's Day twist on the popular nursery rhyme, "The Itsy Bitsy Spider!" The itsy bitsy sweetheart spreads holiday cheer as she makes Valentine's Day cards for her family and friends! Little ones will love this sweet and catchy read-along.

"Love Makes a Family"

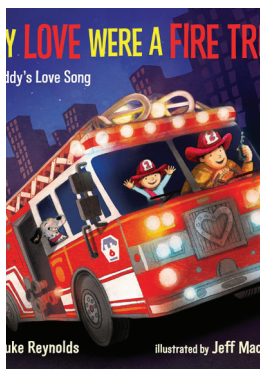
by Sophie Beer

Ages: Baby-3. This fun, inclusive board book celebrates the one thing that makes every family a family: Love! Love is baking a special cake. Love is lending a helping hand. Love is reading one more book. In this book, many different families are shown in happy activities, from an early-morning wake-up to a kiss before bed. Whether a child has two moms, two dads, one parent, or one of each, this book demonstrates that what's most important

"Love"

by Stacy McAnulty

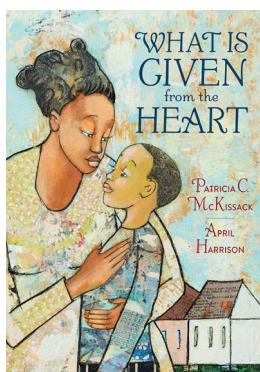
Ages: 2-4. What is love? Can you only express it in fancy meals, greeting cards and heart-shaped chocolates? Kids will find love everywhere in this delightful book. It can be found in everyday moments such as baking cookies with grandma, notes from Mom in your lunchbox or a family singing together on a car trip. And, this book proves it isn't always what you expect!



"If My Love Were a Fire Truck: A Daddy's Love Song"

by Luke Reynolds

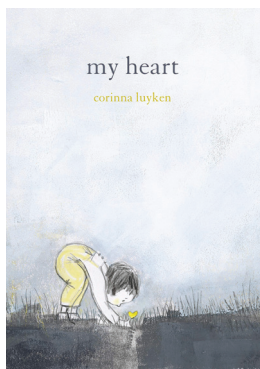
Ages: 3-7. The bond between a father and his son is as powerful as a rocket ship blasting into space, a giant whale splashing across the ocean, and booming, colorful fireworks lighting up the night sky. Celebrating that one-of-a-kind relationship between Dad and his favorite little guy, this book is a rhyming love song from fathers to sons.



"What is Given from the Heart"

by Patricia C. McKissack

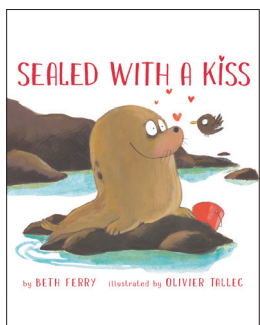
Ages: 4-8. It's been a rough couple of months for James Otis and his mama. But his mama always says as long as they have their health and strength, they're blessed. One Sunday before Valentine's Day, Reverend Dennis makes an announcement during the service — the Temple's have lost everything in a fire, and the church is collecting anything that might be useful to them. James thinks hard about what he can add to the Temple's "love box" and decides that giving from the heart is what matters most.



"My Heart"

by Corinna Luyken

Ages: 4-8. This picture book is about caring for your own heart and learning to live with kindness and empathy. "Some days your heart is a puddle or a fence to keep the world out. But some days it is wide open to the love that surrounds you." With lyrical text, this book empowers readers to listen within, love and learn about self-acceptance.



"Sealed with a Kiss"

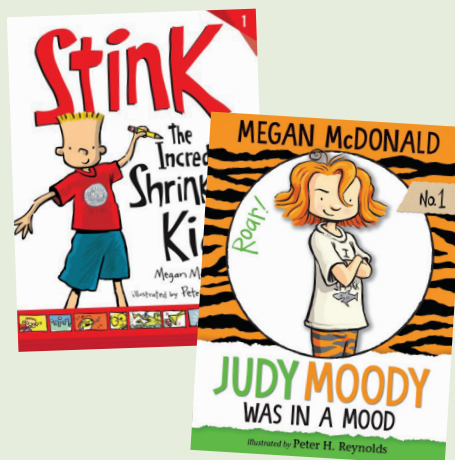
by Beth Ferry

Ages: 4-8. What's a seal to do when she's new to the zoo? Make new friends, of course! But when the other animals aren't so friendly, a wise sparrow inspires them to surprise Seal with a special treat. Full of heart and humor, this story of friendship and forgiveness is full of giggles and fun — and perfectly timed for Valentine's Day. ■

Happy Birthday, Megan McDonald!

Each month, we celebrate a birthday of literary significance.

When Megan McDonald took her first writing class, her professor told her to go home and rip up her poems — because, in fact, she was meant to be a prose writer. McDonald took that advice, took to writing fiction and has been entertaining children and their parents for many years with the tales of her ever-dramatic, every girl heroine Judy Moody and her young brother, Stink. McDonald grew up in Pittsburgh, the youngest of five daughters, and her childhood adventures have often inspired and informed her Judy stories. They have become so well known that readers may not know McDonald has written 20 other titles, none of them about the Moody family. Her latest book, "Judy Moody and the Right Royal Tea Party," came out this past fall. ■



It's time to nominate your favorite Mom for...



Moms of the Year 2019

Honor that special mother who does so much for her family and community by nominating on
washingtonFAMILY.com
February 1 through February 14


Online voting for the nominees will take place
in March

The Moms of the Year will be featured
in the May issue.

Join the fun on social media for:
Moms of the Year updates
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 washingtonfamily.com

*For more information about Moms of the Year
call Britni Petersen 301-230-6696
or email BPetersen@midatlanticmedia.com*



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Celebrate Black History Month in D.C.!

BY ADRANISHA STEPHENS

BLACK HISTORY MONTH



Martin Luther King, Jr.

Black History Month is celebrated throughout the D.C. area in many unique ways; there's theatre, dance, music, visual arts and so much more you can choose to enjoy with your family.

Check out some ways to celebrate this month with a few art and culture events commemorating and honoring the history and contributions that African Americans have made to the U.S.

Alvin Ailey American Dance Theater

Feb. 5 – 10

The Alvin Ailey American Dance Theater will bring the power of dance to its 60th anniversary gala, showing all the signature classics. Proceeds will benefit Ailey's D.C. programs, including the creation of new works, arts-in-education activities and scholarships. *The Kennedy Center, D.C. Tickets start at \$49, kennedy-center.org.*

Emancipation Proclamation Family Activities

Feb. 11 – 16

Are there any history buffs in your family? If so, don't miss your chance to view the original Emancipation Proclamation and learn more about this important document through hands-on discovery with your family and friends. *National Archives, D.C. 10 a.m.-4 p.m., Free, archives.gov.*

Kalanidhi Dance

Feb. 23, 24

Set to an original score, experience the four aspects of expressive movement of Kuchipudi: heritage, freedom, storytelling and community. *Dance Place, D.C. Tickets start at \$15, Saturday, 8 p.m. Sunday, 4 p.m., danceplace.org.*

Urban Bush Women

Feb. 16, 17

Experience crafted personal narratives blended through dance-theater style conversations. Costume design by DeeDee Gomes, projection design by Nick Hussong and lighting design by Xavier Pierce, "Hair & Other Stories" explore startling perceptions of beauty, identity and race in the current age. *Dance Place, D.C. Tickets start at \$15, danceplace.org. Check website for times.*

A Right to the City

Through April 20, 2020

Explore the rich history and learn about neighborhood change in the nation's capital. The exhibition tells a tale of local D.C. residents who reshaped their neighborhoods in many unique ways. *Smithsonian Anacostia Community Museum, D.C. Free, anacostia.si.edu. Check website for times.*

Madre Africa - African Heritage in Latin America

Feb. 5

Learn how African cultures influenced and inspired new rhythms, instruments and musical styles, such as candombe, festejo, tango and salsa. Audience members even get the chance to join the group on stage to try instruments and dance steps. *Publick Playhouse, Cheverly, MD. Tuesday, 10:15 a.m. & Noon, \$6-8, arts.pgpark.com.*

One Year: 1968, An American Odyssey

Through May 19

The show relies on roughly thirty portraits in exhibition form to tell the story of 1968, with representations of Martin Luther King Jr., Robert F.

Kennedy, Lyndon B. Johnson and Richard M. Nixon. There are also walls lined with portraits of cultural figures such as Peggy Fleming, Arthur Ashe, Aretha Franklin, Jimi Hendrix and Janis Joplin, to name a few. *Smithsonian National Portrait Gallery, D.C. Free, npg.si.edu. Check website for times.*

Voices from the Past:

Sissieretta Jones

Feb. 17

This annual Black History Month series will team up with the Coalition for African Americans in the Performing Arts (CAAPA) to dedicate and remember the legacies of lesser known Black musicians, starting with Sissieretta Jones, who is best known as one of the first African Americans to perform at Carnegie Hall in New York City in 1892. *Montpelier Arts Center, Laurel, MD. Free, 4 p.m., pgparks.com.*

Momma's Safe Haven's 6th Annual "DC'S YOUTH HAS TALENT" Black History Show

Feb. 23

The 6th annual black history talent show organized by Momma's Safe Haven, a local nonprofit organization, will give youth an opportunity to display their talents on stage in front of friends, family and community members. Momma's Safe Haven was founded to encourage self-love, higher education and self-employment by offering a wealth of support and resources. *Charles Hart Middle School, 601 Mississippi Ave., S.E., D.C. Noon-3 p.m., Free, mommassafehaven.org.*

Women's History Walking Tours

Feb. 2

In this interactive walking tour, experience D.C. from a whole new perspective. Choose from seven options including a book talk featuring local authors who are passionate about the nation's capital. *Check website for locations. \$35, 9:30 a.m.-5 p.m., atourofherown.com. ■*

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 -THE NEW YORK TIMES

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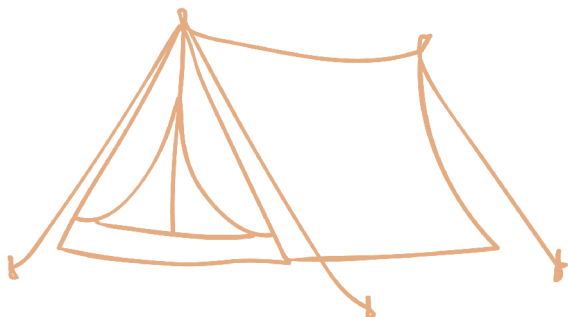
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2019 Summer Camp Guide

With each new milestone that our children reach comes the need for information to guide them (and us) through this stage. This is particularly true when our children are old enough to attend summer camp. How do we know which camp is right for them? In an education-centered community like ours, there can be a lot of options — where do we even get started? Right here, actually, with these listings. Read about these camps, what they offer and the ages they serve. Then visit their websites to learn more. On our website, WashingtonFamily.com, you can find even more listings to help you in your search. Be sure to check back on our website and in our magazine in upcoming months for more stories and helpful tips. Good luck! Here's to a great summer.



OVERNIGHT CAMPS

CAMP HORIZONS

Ages: 6-16
camphorizonsva.com; camp@horizonsva.com
 540-896-7600; 3586 Horizons Way, Harrisonburg, VA
 Residential Camp, Boys & Girls, Teens, Sibling Discount, Arts and Crafts, Cooking, Dance, Drama/Theatre, Hiking, Horseback Riding, Music, Overnight Camping, Photography, Swimming.

CAMP TALL TIMBERS

camptalltimbers.com
info@camptalltimbers.com
 301-874-0111
 1115 Reflection Lane, High View, WV
 Residential Camp, Teens, Sibling Discount, Transportation, Arts, Boating, CIT Program, Dance, Drama, Educational Activities, Field Trips, Gymnastics, Hiking, Horseback Riding, Martial Arts, Overnight Camping, Swimming.

RANDOLPH-MACON ACADEMY SUMMER PROGRAMS

Ages: Rising sixth through twelfth grade for residential; rising fifth through twelfth for day
 540-636-5484
rma.edu/summer; admission@rma.edu
 200 Academy Drive, Front Royal, Virginia
 Residential Camp, Teens, Educational Activities, Field Trips, Music.

BURGUNDY CENTER FOR WILDLIFE STUDIES

Ages: 8-15
burgundycenter.org
 703-842-0470
 Capon Bridge, WV
 Swimming.

DAY CAMPS WASHINGTON, D.C.

BEAUVOIR SUMMER - BEAUVOIR, THE NATIONAL CATHEDRAL ELEMENTARY SCHOOL

Ages 3-11; CIT program for grades 6 to 12
beauvoirschool.org/summer;
beauvoirssummer@cathedral.org
 202-537-6485
 3500 Woodley Rd., N.W., Washington, D.C.
 Day Camp, Boys & Girls, Extended Day, Arts and Crafts, CIT Program, Dance, Drama/Theatre, Educational Activities, Field Trips, Music, Swimming

DAY CAMPS MARYLAND

CAMP LEVINE - LEVINE MUSIC SCHOOL

Camper Age: 3 1/2-12
 Teen Apprentice Age: Rising 7th-12th Graders
levinemusic.org/camp-levine; camp@levinemusic.org
 202-686-8000
 The Music Center at Strathmore, 5301

Tuckerman Ln., North Bethesda, MD
 Teens, Sibling Discount, Extended Day, Arts, CIT Program, Dance, Drama, Educational Activities, Music.

CAMP SHEEO - SHEEO ACADEMY

Ages: 7-16
beasheeo.com/camp
contact@BEaSheEO.com
Check website for various locations in Maryland

866-697-4336
 Girls only, Teens, Educational Activities
 German International School Washington, D.C. Summer Classes
giswashington.org/glc
 8617 Chateau Dr., Potomac, MD
 Educational Activities.

GERMAN INTERNATIONAL SCHOOL WASHINGTON, D.C. SUMMER CLASSES

giswashington.org/glc
 8617 Chateau Dr., Potomac, MD
 Educational Activities.

GLEN ECHO PARK AQUARIUM

Ages: 4-7, 8-12
gepaquarium.org
info@gepaquarium.org
 301-955-6256; 7300 MacArthur Blvd., Glen Echo, MD
 Arts, Educational Activities, Hiking.

IMAGINATION STAGE SUMMER CAMPS

Ages: 3 1/2 -18
imaginationstage.org/camps/summer-camps;
registration@imaginationstage.org
 301-280-1660; 11325 Seven Locks Rd Suite 255, Potomac, MD
 Drama, Theatre.

INTERNATIONAL SCHOOL OF MUSIC

Ages: 3-12
ismw.org
info@ismw.org
 301-365-5888; 11325 Seven Locks Rd Suite 255, Potomac, MD
 Drama, Music.

KIDS FIRST SWIM SCHOOLS

Ages: 2 months-Adults
kidsfirstswimschools.com
contact@kidsfirstswimschools.com
 Check our website for a list of all 35 locations.
 Educational Activities, Sports, Swimming.

MAD SCIENCE

Ages: 6-11
dc.madscience.org
 301-593-4777, 703-536-9897
 Educational Activities.

SILVER STARS GYMNASTICS

Ages: 3 1/2-15
gosilverstars.com
classregistration@gosilverstars.com
 301-589-0938
 2701 Pittman Dr., Silver Spring, MD

301-352-5777
14201 Woodcliff Ct., Bowie, MD
Gymnastics.

SPRING BILINGUAL MONTESSORI SUMMER CAMP

Ages: 2½-6
spring-bilingual.org
info@spring-bilingual.org
301-962-7262; 3514 Pliers Mill Rd., Kensington, MD
Sibling Discount, Extended Day, Arts, Educational Activities.

SPRINGDALE PREPARATORY SUMMER PROGRAM

Ages: 6-16
springdaleps.org
johnny.graham@springdaleps.org
855-405-8600
500 Main St., New Windsor, MD
Residential Camp, Teens, Sibling Discount, Transportation, Arts, Computers Cooking, Dance, Drama, Educational Activities, Field Trips, Hiking, Music, Overnight Camping, Photography Special, Sports - Extreme, Swimming, Travel.

BARRIE CAMP

Ages: 4-14
barrie.org; camp@barrie.org
301-576-2815; 13500 Layhill Rd., Silver Spring, MD
Day Camp, Boys & Girls, Teens, Sibling Discount, Extended Day, Transportation, Arts and Crafts, Boating, CIT Program, Drama/Theatre, Educational Activities, Field Trips, Horseback Riding, Martial Arts, Overnight Camping, Swimming.

BASIS INDEPENDENT SUMMER

Affiliation: BASIS Independent McLean
8000 Jones Branch Drive
McLean, Virginia 22102
(703) 854-1253
mclean-summer@basisindependent.com
basisindependent.com/summer

Ages: 2 - 18

Camp Type: Day Camp, Boys & Girls, Teens, Arts and Crafts, Dance, Drama/Theatre, Educational Activities, Field Trips, Music

BRETTON WOODS

Ages: 4-17
BWRC.org; camp@BWRC.org
301-948-3357; 15700 River Rd., Potomac, MD
Day Camp, Boys & Girls, Teens, Sibling Discount, Extended Day, Transportation, Arts and Crafts, Boating, CIT Program, Educational Activities, Hiking, Extreme Sports, Swimming.

CAMP KATAN AT B'NAI ISRAEL SCHILIT NURSERY SCHOOL

Ages: 2-5
bnaiisraelcong.org/education/schilit-nursery-school/camp-katan/
nancyG@bnaiisraelcong.org
301-816-5578

6301 Montrose Rd., Rockville, MD
Day Camp, Arts and Crafts, Boys & Girls, Sibling Discount, Extended Day, Yoga

CAMP LEVINE - LEVINE MUSIC SCHOOL

Camper Age: 3 1/2-12
Teen Apprentice Age: Rising 7th-12th Graders
levinemusic.org/camp-levine
camp@levinemusic.org
202-686-8000
The Music Center at Strathmore, 5301 Tuckerman Ln., North Bethesda, MD
Teens, Sibling Discount, Extended Day, Arts, CIT Program, Dance, Drama, Educational Activities, Music.

CAMP SHEEO - SHEEO ACADEMY

Ages: 7-16
beasheeo.com/camp
contact@BEaSheEO.com
Check website for various locations in Maryland
866-697-4336
Girls only, Teens, Educational Activities

CONGRESSIONAL SCHOOL

Ages: Infants-Grade 8
congressionalschool.org; gherbst@congressionalschool.org
703-533-1064; 3229 Sleepy Hollow Rd., Falls Church, VA
Educational Activities

GLEN ECHO PARK AQUARIUM

Ages: 4-7, 8-12
gepaquarium.org
info@gepaquarium.org
301-955-6256; 7300 MacArthur Blvd., Glen Echo, MD
Arts, Educational Activities, Hiking.

IMAGINATION STAGE SUMMER CAMPS

Ages: 3 ½ -18
imaginationstage.org/camps/summer-camps; registration@imaginationstage.org
301-280-1660; 4908 Auburn Ave., Bethesda, MD
Drama, Theatre.

INTERNATIONAL SCHOOL OF MUSIC

Ages: 3-12
ismw.org
info@ismw.org
301-365-5888; 10450 Auto Park Ave., Bethesda, MD
Drama, Music.

KIDS FIRST SWIM SCHOOLS

Ages: 2 months-Adults
kidsfirstswimschools.com
contact@kidsfirstswimschools.com
Check our website for a list of all 35 locations.
Educational Activities, Sports, Swimming.

THE LANGLEY SCHOOL SUMMER STUDIO

Affiliation: The Langley School
1411 Balls Hill Road
McLean, VA 22101

Camp Type: Day Camp, Boys & Girls, Extended Day, Transportation, Arts and Crafts, Computers Cooking, Dance, Educational Activities, Field Trips, Gymnastics, Hiking, Photography Special, Sports - Extreme

MANOR MONTESSORI SUMMER CAMP

manormontessori.com/summer-camp
10500 Oaklyn Dr., Potomac, MD
11200 Old Georgetown Rd., Rockville, MD
5450 Massachusetts Ave., Bethesda, MD
Educational Activities, Arts, Music, Swimming, Sports.

SILVER STARS GYMNASTICS

Ages: 3 ½-15
gosilverstars.com
classregistration@gosilverstars.com
301-589-0938
2701 Pittman Dr., Silver Spring, MD
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14201 Woodcliff Ct., Bowie, MD
Gymnastics.

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Ages: 2½-6
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info@spring-bilingual.org
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Ages: 6-16
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855-405-8600
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Ages: 8-15
TeensToGo.ORG; manish@TeensToGo.ORG
301-540-4356
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Day Camp, Teens, Sibling Discount, Field Trips, Travel.

VALLEY MILL CAMP INC.

Ages: 4-14
valleymill.com; valleymill@valleymill.com
301-948-0220
15101 Seneca Rd., Darnestown, MD
Day Camp.

YOUNG ARTISTS OF AMERICA'S SUMMER PERFORMING ARTS INTENSIVES

16923 Norwood Rd
Sandy Spring, MD 20860
Camp Type: Residential Camp, Boys & Girls, Teens, Transportation,

Dance, Drama/Theatre, Music

YOUNG ARTISTS OF AMERICA'S SUMMER PERFORMING ARTS INTENSIVES

5301 Tuckerman Lane
North Bethesda, MD 20852
Camp Type: Day Camp, Boys & Girls, Dance, Drama/Theatre, Music

DAY CAMPS VIRGINIA

ART CAMP AT THE ART LEAGUE

Ages: 5-1,8-11, 12+, Teens
school@artleague.org
theartleague.org/content/art_camp
703-683-2323
305 Madison St., Fairfax, VA
Day Camp, Teens, Arts and Crafts

BROOKSFIELD SUMMER CAMP

Ages: 3-10
brooksfildschool.org
camp@brooksfildschool.org
703-356-5437 ext. 2; 1830 Kirby Rd., McLean, VA
Extended Day, Arts, CIT, Cooking, Dance, Educational Activities, Field Trips, Hiking, Horseback Riding, Music, Sports, Swimming, Yoga.

BURGUNDY FARM SUMMER DAY CAMP - GRACE EPISCOPAL SCHOOL

Ages: 4-16
burgundyfarm.org/summer-programs;
admissions@graceschoolalex.org
703-549-5067
Alexandria, VA
Arts and Crafts.

CAMP ACHVA POWERED BY JEWISH COMMUNITY CENTER OF NORTHERN VIRGINIA

Ages: K-10
jccnv.org/camp
8900 Little River Turnpike, Fairfax, VA
703-537-3091
Teens, Extended Day, Transportation, Arts, CIT Program, Dance, Drama, Field Trips, Gymnastics, Martial Arts, Music, Needs Sports, Swimming, Yoga.

CAMP LEVINE - LEVINE MUSIC SCHOOL

Camper Age: 3 1/2-12
Teen Apprentice Age: Rising 7th-12th Graders
levinemusic.org/camp-levine,
camp@levinemusic.org
202-686-8000
1125 N. Patrick Henry Drive, Arlington, VA
Teens, Sibling Discount, Extended Day, Arts and Crafts, CIT Program, Dance, Drama, Educational Activities, Music.

CAMP MSNV - MONTESSORI SCHOOL OF NORTHERN VIRGINIA
msnv.org/page/programs/summer-camp
703-256-9577
6820 Pacific Lane, Annandale, VA
Extended Day.

CAMP SHEEO - SHEEO ACADEMY

Ages: 7-16
beasheeo.com/camp
contact@BEaSheEO.com
Check website for various locations in Virginia
(866) 697-4336
Girls Only, Teens, Educational Activities.

ENCORE STAGE & STUDIO - IT'S ELEMENTARY

Ages: 4-9
encorestage.org; info@encorestage.org
703-548-1154; 5800 Washington Blvd.,
Arlington, VA
Day Camp, Boys & Girls, Drama/Theatre.

ENCORE STAGE & STUDIO - SCENES FOR TEENS

Ages: 8-12
encorestage.org
info@encorestage.org
703-548-1154; 4000 Lorcom Ln., Arlington, VA
Extended Day, Dance, Drama.

ENCORE STAGE & STUDIO - STAGE DOOR & TECH CAMP

Ages: 11-15
encorestage.org
info@encorestage.org
703-548-1154; 200 S. Carlin Springs Rd.,
Arlington, VA
Teens, Extended Day, Dance, Drama.

FAIRFAX COLLEGIATE SUMMER PROGRAM

Ages: 8-14
fairfaxcollegiate.com
703-481-3080; 722 Grant St., Ste. J,
Herndon, VA
Sibling Discount, Extended Day, Arts,
Computers, Educational Activities,
Photography

HARMONIA SCHOOL OF MUSIC & ART

Ages: 4-18
harmoniaschool.org
harmonia@harmoniaschool.org
703-938-7301; 204-F Mill St., N.E., Vienna, VA
Teens, Sibling Discount, Extended Day, Arts,
Drama, Music.

INSTITUTE FOR THE ARTS

Affiliation: Fairfax County Public Schools
8270 Willow Oaks Corporate Drive
Fairfax, VA 22031
Camp Type: Extended Day, Transportation,
Arts and Crafts, Dance, Drama/Theatre,
Educational Activities, Music, Photography
Special, Yoga

KIDS FIRST SWIM SCHOOLS

Ages: 2 months-Adults
kidsfirstswimschools.com
contact@kidsfirstswimschools.com
Check our website for a list of all 35 locations.
Educational Activities, Sports, Swimming.

KIDREALM POKEMON SUPERSMASH MINECRAFT CAMP

Ages: 6-12
kidrealm.com; kidrealm@gmail.com
Arlington, VA
703-283-5818
Day Camp.

THE LANGLEY SCHOOL SUMMER STUDIO

Affiliation: The Langley School
1411 Balls Hill Road, McLean, VA 22101
Camp Type: Day Camp, Boys & Girls,
Extended Day, Transportation, Arts and
Crafts, Computers Cooking, Dance,
Educational Activities, Field Trips,
Gymnastics, Hiking, Photography Special,
Sports - Extreme

CAMP MSNV

Ages 3-12
www.msnv.org/page/programs/
summer-camp
(703) 256-9577
Montessori School of Northern Virginia
6820 Pacific Lane Annandale, Virginia 22003
Day Camp, Boys & Girls, Drama/
Theatre, Field Trips.

MASON GAME & TECHNOLOGY ACADEMY - GEORGE MASON UNIVERSITY

Ages: 9-18
mgta.gmu.edu; mgta@gmu.edu
703-993-7101
10900 University Blvd., Bull Run Hall 147,
MS 112, Manassas, VA
Teens, Computers, Educational Activities.

MONTESSORI SCHOOL OF NORTHERN VIRGINIA - CAMP MSNV

Ages: 3-12
msnv.org/page/programs/summer-camp
703-256-9577
6820 Pacific Ln., Annandale, VA
Day Camp, Drama/Theatre, Field Trips.

PERFECT POINT DANCE STUDIO

Ages: 3-11
perfectpointe.com
staff@perfectpointe.com
703-533-8830; 2499 N. Harrison St.,
Ste. I-LL, Arlington, VA
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hbeats.com; staff@hbeats.com
703-440-9000; 8060 Rolling Rd.,
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CIT Program, Dance, Drama, Gymnastics,
Martial Arts, Music.

PINECREST PAVILION AT PINECREST SCHOOL

Ages: 4-12
pinecrestschool.org
camp@pinecrestschool.org
703-354-3446; 7209 Quiet Cove,
Annandale, VA
Sibling Discount, Extended Day, Arts,
Computers, Cooking, Drama, Educational
Activities, Field Trips.

RANDOLPH-MACON ACADEMY SUMMER PROGRAMS

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rma.edu/summer
admission@rma.edu
540-636-5484
200 Academy Drive, Front Royal, Virginia
Residential Camp, Teens, Educational
Activities, Field Trips, Music.

RESTON MONTESSORI SCHOOL

Ages: 3-9
restonmontessori.com
office@restonmontessori.com
703-481-2922; 1928 Isaac Newton Sq. West,
Reston, VA
Extended Day, Arts, Field Trips.

ROBOTICS SUMMER CAMPS

Ages: 6-16
robotworkscademy.net
robotworks@cox.net
703-364-5418; 8992 Fern Park Dr.,
Ste. 2, Burke, VA
Sibling Discount, Computers,
Educational Activities.

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Vienna, VA
Educational Activities.

SPORTS CAMP

14849 Persistence Drive
Woodbridge, VA 22191
(571) 306-3285
competitiveedgeva.com
info@competitiveedgeva.com

Ages: 6-13
Camp Type: Day Camp, Boys & Girls,
Extended Day, Dance, Field Trips,
Needs Sports

SPORTROCK CLIMBING CAMPS - SPORTROCK CLIMBING CENTERS

Ages: 6-16
sportrock.com/camps; jeff@sportrock.com
703-212-7625
5308 Eisenhower Ave., Alexandria, VA
Day Camp, Teens, Extended Day,
Educational Activities, Field Trips,
Sports - Extreme, Travel.

STEAM IN SPACE

Affiliation: Academy of Christian Education
10800 Parkridge Blvd
Suite 150
Reston, Virginia 20191
(703) 471-2132
info@myschoolace.com
http://www.myschoolace.com
Ages: 3 year olds - 6th grade
Camp Type: Day Camp, Boys & Girls, Sibling
Discount, Extended Day, Arts and Crafts,
Educational Activities, Field Trips, Music

SUMMER ARTS AT MASON

Affiliation: George Mason University
Fairfax, VA 22030
Camp Type: Day Camp, Boys only, Girls only

SUMMER DANCE CAMP/ INTENSIVE AT THE CENTER FOR BALLET ARTS

Ages: 3-Adult
thecenterforballetarts.com
ctrballetarts@aol.com
703-273-5344; 3955 Pender Dr.,
Ste. 105, Fairfax, VA
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info@travelingplayers.org
703-987-1712, The Madeira School, 8328
Georgetown Pike, McLean, VA
Teens, Sibling Discount, Transportation,
Drama, Hiking, Swimming, Travel.

WESTMINSTER SCHOOL (CAMP GRIFFIN)

Ages: 3-14
Camp Griffin at Westminster School
westminsterschool.com
campgriffin@westminsterschool.com
703-340-7268; 3819 Gallows Rd.,
Annandale, VA
Teens, Sibling Discount, Extended Day,
Arts, Cooking, Dance, Drama, Educational
Activities, Field Trips, Hiking, Martial Arts,
Music, Sports, Swimming, Yoga.

YMCA FAIRFAX COUNTY RESTON

Ages: 3-15
ymcadc.org/locations/ymca-fairfax-county-
reston; Ben.runyon@ymcadc.org
703-652-8006
12196 Sunset Hills Rd., Reston, VA
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www.bnaisraelcong.org/nurseryschool

Nancy Goldberg, Director
 301-816-5578, nancyg@bnaisraelcong.org

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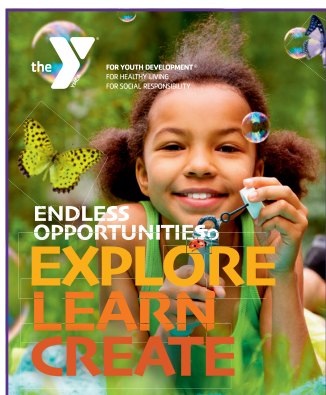
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THE ARTS ISSUE

MARCH HIGHLIGHTS ...

- + Our Annual Entertainment Guide!
- + Open House Dates and Summer Camps
- Early Music Education and Cognitive Development
- Local "Youth Art Month" Events & Activities
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2019 Open House Guide

Are you looking for a private school for your children? An open house is a great way to get to know a school's values and academics. Check out the open house dates in this guide to help you in your search for the perfect school for you and your family!

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beauvoirschool.org;
margaret.hartigan@cathedral.org

202-537-6493
3500 Woodley Rd., N.W.,
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Grades: PreK-3rd
Open House:
Call to schedule a tour.

MARYLAND

THE BETHESDA MONTESSORI SCHOOL

bethesdamontessori.com;
admissions@
bethesdamontessori.com
301-986-1260
7611 Clarendon Rd., Bethesda, MD

Ages: 3-6
Open House:
Call to schedule a tour.

FEYNMAN SCHOOL

feynmanschool.org;
admissions@feynmanschool.org
301-770-4370
11810 Falls Rd., Potomac, MD

Grades: PreK-8
Open House:
Call to schedule a tour.

Rollingwood Campus (Elementary):

3200 Woodbine St., Chevy Chase, MD
301-907-3265

Open House:
Call to schedule a tour.

Bradley Campus (Maternelle, Preschool):

7108 Bradley Blvd., Bethesda, MD
301-767-1683

Open House:
Call to schedule a tour.

SPRING BILINGUAL

MONTESSORI ACADEMY
spring-bilingual.org;
info@spring-bilingual.org
301-962-7262

3514 Plyers Mill Rd., Kensington, MD
Ages: 2 ½-6

Open House:
Call to schedule a tour.

SPRINGDALE PREPARATORY SCHOOL

springdaleps.org; admissions@
springdaleps.org
443-671-0050

500 Main St., New Windsor, MD
Grades: 5-12

Open House:
2019: Feb. 9, March 9, April 6, May 18,
1-3 p.m.

VIRGINIA

BASIS INDEPENDENT MCLEAN
mclean.basisindependent.com;
mclean-info@basisindependent.com
703-854-1253

8000 Jones Branch Dr. McLean, VA
Ages: 2 - Grade 12

Open House:
Call to schedule a tour.

BROOKSFIELD SCHOOL

brooksfieldschool.org;
brksfield@aol.com
703-356-Kids

1830 Kirby Rd., McLean, VA
Ages: 2-6

Open House:
Call to schedule a tour.

MONTESSORI SCHOOL OF CEDAR LANE

preschoolmontessori.com;
info@cedarlanemontessori.com
703-560-4379

3035 Cedar Ln., Fairfax, VA
Grades: PreK-K

Open House:
Call to schedule a tour.

MONTESSORI SCHOOL OF MCLEAN

mcleanmontessori.org
703-790-1049

1711 Kirby Rd., McLean, VA
Ages: 2 ½-12

Open House:
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MONTESSORI SCHOOL OF

NORTHERN VIRGINIA
msnv.org; info@msnv.org
703-256-9577

6820 Pacific Ln., Annandale, VA
Ages: 2-12

Open House:
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NYSMITH SCHOOL FOR THE GIFTED

nysmith.com;
ebalberde@nysmith.com
703-713-3332

13625 Eds Dr., Herndon, VA
Grades: 3 Yrs-Grade 8

Open House:
2019: Feb. 21

PINECREST SCHOOL
pinecrestschool.org;
admissions@pinecrestschool.org
 703-354-3446

7209 Quiet Cove, Annandale, VA

Ages: 3-12

Open House:

2019: Feb. 10, 1-4 p.m.;

Mar. 10, 1-4 p.m.

SAINT ANN CATHOLIC SCHOOL
stann.org; stann@stann.org
 725-525-7599

980 North Frederick St.,
 Arlington, VA

Ages: PK3-4 years & K-Grade 8

Open House:

Call to schedule a tour.

RANDOLPH-MACON ACADEMY
rma.edu; admission@rma.edu
 540-636-5484

200 Academy Dr., Front Royal, VA

Grades: 6-12

Open House:

2019: Jan. 21, 10 a.m. and 1 p.m.;

Feb. 18, 10 a.m. and 1 p.m.;
 March 24, 2 p.m.; April 28, 2 p.m.

RESTON MONTESSORI SCHOOL
restonmontessori.com;
office@restonmontessori.com

703-481-2922

1928 Isaac Newton Sq. W, Reston, VA

Ages: 3 months-12 years

Open House:

Call to schedule a tour.

WESTMINSTER SCHOOL
westminsterschool.com;
admissions@westminsterschool.com

703-256-3620

3819 Gallows Rd., Annandale, VA

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www.langleyschool.org/summer-studio

THE LANGLEY SCHOOL
summer
studio



Teaching and raising boys in the aftermath of the #MeToo movement is a process toward thoughtfulness through conversation.

Hamlet and #MeToo

An English teacher reflects on conversations in his all-male classroom.

BY JOSEPH LA BELLA

I've been teaching "Hamlet" recently — Shakespeare's play about the murder of the title character's father by his brother and the fallout as Hamlet is rendered maddened both by the truth and his task to "revenge [this] foul and most unnatural murder." Perhaps the most unfortunate victim of the play is Ophelia, who is used by her father, battered by her boyfriend (Hamlet) and drowned in a stream in what is presumably a suicide. The conversations that emerge from my students — all high school-age boys — because of this text are powerful, transformative and often incredibly uncomfortable. Does Ophelia deserve her fate? Every year, a student feeling particularly cozy and confident will explain why Ophelia deserves her doom. Then everyone pauses, though not very long. Most of the students shrink, glancing at neighbors and predicting the coming argument. Some settle in and perk up, ready to mix it up. Talk about a teachable moment. The challenging conversation that ensues is frustratingly essential for a better world.

Raising two young daughters, I feel fortunate to be parenting in our present world. Finally, our American society seems ready to confront the pain that has been the historic female sexual experience. The #MeToo movement has provided a platform for voices long silenced, scared and shamed. Although the revelation of these painful truths is tough, the promise of the future is invigorating. We should strive for a world where vulnerable people do not have to fear sexual assault; I refuse to believe this goal is unrealistic. Through this context, it is incumbent upon me to seize any opportunity to address misogyny or inequality within my all-male classroom — if for no other reason than to cultivate a safer world for my daughters.

My students recognize that my classroom is a sacred place where we suspend judgement, operate under the presumption of goodwill, and communally search for deeper truths through the written word. This can be glorious; it can also be disastrous. But from day one, we agree to put in the work. All of us. We must always be open to new perspectives, or we risk reaffirming archaic ways of viewing the world.

Many teachers enjoy the luxury of avoiding the world outside school because their academic subject doesn't interface much with current events. This is not so in a high school literature class

where we spend our time reading other peoples' stories and reflecting on the implications of them. Is Victor Frankenstein an admirable scientist? How are we all like Dr. Jeckyl?

I've taught "Hamlet" for years, yet in the aftermath of the #MeToo movement, I've been struggling through it. Everywhere you look in this play, women are repressed, abused and victimized. Does the literary canon justify its exposure of destructive gendered relationships to impressionable, malleable young minds? That might be an unfair question. Maybe the more important question is: How can I help the young men I teach avoid Hamlet's missteps?

Undoubtedly, these days my students find themselves in a much more complex world than Hamlet's, where consent wasn't really much of a question. For so long we've acquiesced to the reality of female subordination that it has been ingrained in our experience of the world, from Ephesians, "Wives, submit to your own husbands, as to the Lord," to our present fight over women's reproductive rights and remarks from politicians like Missouri Congressman Todd Aiken, who said, "If it's a legitimate rape, the female body has ways to try to shut that whole thing down." For too long, we've espoused the notion, "boys will be boys" to excuse, if not legitimize, the damage young men leave in their wake as merely a function of the growing process rather than a cultural or ideological misalignment.

Thankfully, this old order is crumbling, but we must help our young boys navigate this new world for which the map is still being made. Some of my most thoughtful students come to me expressing deep romantic anxiety, not about saying the right thing but about knowing how to obtain authentic consent and avoiding the physical/psychological damage that was previously unacknowledged. What a heavy burden for a developing adolescent mind!

The 21st-century educator has become the coach who guides students through their experience of the world, helping them to think critically and reflect on their assumptions. In this way, teaching and raising boys in the aftermath of the #MeToo movement is a process toward thoughtfulness through conversation. We must provide boys with safe space to express their thoughts and the composure to guide them accordingly. ■

Joe La Bella is an English teacher at Loyola Blakefield in Towson.

{ february }

FRIDAY 1

Washington Golf and Travel Show

11 a.m. | Adults, \$12; Children 12 and under, **FREE**. See the east coast's largest presentation of golf equipment, apparel and accessories all under one roof. In addition to great buys, you can also plan your next golf vacation! Both local and national golf resorts will be on hand to help with travel plans. Other show features include a manufacturer's demo range, several contest and competitions, stage presentations, celebrity appearances, free one-on-one golf lessons and more. Dulles Expo & Conference Center, Chantilly, VA.

SATURDAY 2

Heathers the Musical: School Edition

2 & 7 p.m. | \$12. Longing for a way to fit in, Veronica Sawyer persuades the Heathers to let her into the most exclusive group of mean girls in school. Life goes on for Veronica and the Heathers as they torment the lives of everyone at Westerberg High. Everything comes to a sudden halt when handsome and mysterious, Jason "JD" Dean rolls into town. Veronica instantly falls for his act, creating a Bonnie & Clyde-esqe romance. The couple then concocts a sinister plan to eliminate the evil cliques that plague their school. Kogelman Thrust Theatre, Alexandria, VA.

SUNDAY 3

FREE 16th Annual Lunar New Year Celebration

1 p.m. Fair Oaks Mall presents their 16th annual Lunar New Year Celebration honoring the "Year of the Pig." This event is unlike any in the region with a traditional dragon dance, cultural dances from various countries, martial arts demonstrations and authentic craft-making. Fair Oaks Mall, Fairfax, VA.

MONDAY 4

FREE Baby Story Time

10:30 a.m. Story times are more than just books! They're interactive experiences that engage children with short stories, action rhymes, songs and finger plays. This story time event focuses on pre-reading skills that all children need to become good readers. Central Community Library, Manassas, VA.

WEDNESDAY 6

FREE S'mores Wednesday's

5 p.m. Stop in at Abbott's Frozen Custard in Sterling to pick up a free s'more kit to roast on the Cascades Overlook Town Center's open fire pits in the plaza. Enjoy a nice winter evening being fireside with family and friends. Cascades Overlook Town Center, Sterling, VA.

THURSDAY 7

Maple Sugaring Days

3 p.m. | \$7. February is Maple Sugaring Month at Brookside Nature Center. Experience an American tradition — maple sugaring! Watch the entire maple

sugaring process from start to finish. See sap drip from trees and taste it. Watch them boil it down into sweet maple syrup, then sample a tasty treat. Join in the fun and activities and learn something new at this family-friendly program. Brookside Nature Center, Wheaton, MD

FRIDAY 8

Huckleberry Finn's Big River

7 p.m. | \$20. World premiere co-production with The Lyric Theatre of Oklahoma based on the classic by Mark Twain. This timeless classic sweeps us down the mighty Mississippi as the irrepressible Huck Finn helps his friend Jim, a slave, escape to freedom at the mouth of the Ohio River. Touching and timeless, this tale of friendship against all odds is recreated for young audiences as two best friends demonstrate the power of changing the world. Adventure Theatre, Glen Echo, MD.

Family Game Night

7 p.m. | \$2. Let loose with board games and more at open play community game nights. Families

can play together, challenge new opponents or explore giant games. Concessions will be available for purchase. Ages 3+. Casey Community Center, Gaithersburg, MD.

SATURDAY 9

Anatole: Mouse Magnifique

1:30 p.m. | \$17-\$35. In this whimsical musical adventure, Anatole, the best cheese-taster in France, and his best friend Gaston set out to save the Duval cheese factory. Yet, they discover something much scarier than moldy Brie lurking in the tasting room. Can Anatole outsmart the hungry predator and save the factory? Join Anatole, Gaston and a chorus of dancing cheeses to find out! Ages 4+. Imagination Stage, Bethesda, MD.

SUNDAY 10

FREE Discovery Days: Coins & Stamps

11 a.m. Spend the afternoon learning about stamps, coins and currency. These are magical things to both collectors and non-collectors. They are art in

2019 LUNAR NEW YEAR PARADE

Feb. 10 | 1 P.M. | FREE



Join D.C. mayor Muriel Bowser in the 2019 Lunar New Year Parade to celebrate the "Year of the Pig!" The event features traditional and colorful performances such as a lion dance and a Kung Fu exhibition, and ends with an exciting firecracker finale. Chinatown, D.C.

DISNEY ON ICE: WORLDS OF ENCHANTMENT

Feb. 14-Feb. 19 | \$15-\$65 |

Check disneyonice.com for showtimes



Enter the world of Disney magic live on ice with four of your favorite stories! See Lightning McQueen, Mater and the Disney Pixar's Cars race across the ice! Dive into undersea fun with Ariel in The Little Mermaid's kingdom. Experience the adventures of Buzz, Woody and the Toy Story gang as they race for home. Join sisters Anna and Elsa, Olaf and Kristoff from Disney's Frozen as they learn true love comes from within. From wheels to waves, icy wonderlands to infinity and beyond, your family's beloved Disney moments will come to life. Capital One Arena, Washington, D.C.

miniature, providing a window to another place and telling us about the past. The International Society of World-Wide Stamp Collectors will be on hand to answer questions and will have stamps and information about collecting to take home. Volunteers from the National Postal Museum will demonstrate how to prepare stamps for collecting albums. Gaithersburg Community Museum, Gaithersburg, MD.

MONDAY 11

Music & Motion

10:30 a.m. Come and experience all the fun that Music & Motion brings! Each session offers a variety of music, dancing and other movement activities you're sure to enjoy. Central Community Library, 8601 Mathis Ave., Manassas, VA.

TUESDAY 12

Annual Gymboree Sweetheart Party

5 p.m. | \$15-20. Calling all

sweethearts! Join Gymboree at their annual Sweetheart Party to celebrate fun and friendship. Bring the whole family to enjoy sweet play activities, heartfelt arts and crafts, music, snacks, sweet treats and tons of hugs. Ages: Baby-5. Gymboree Play & Music Columbia, Columbia, MD.

WEDNESDAY 13

Daddy Daughter Valentine Ice Skate

6 p.m. | \$30. Make Valentine's Day extra special by coming out to ice skate with your daughter! Start a tradition and attend the 5th Annual Daddy Daughter Valentine Ice Skate at the Talbot County Community Center. Enjoy a night full of fun, excitement, skating with refreshments, live DJ, door prizes and photo opportunities! Talbot County Community Center, Easton, MD.

THURSDAY 14

FREE Family Valentine's Day Party

4 p.m. Join the Glencarlyn crew to celebrate this festive day of love. Have fun celebrating Frederick Douglass' birthday, creating Valentine's Day cards and eating some sweet treats. Glencarlyn Branch Library, Arlington, VA.

FRIDAY 15

Family Fun Bingo

7 p.m. | \$5-\$10. Come out to The Old Firehouse for an evening of family fun! Enjoy some rounds of bingo with other local families while munching on free popcorn. Winners get to take their pick of prizes! The Old Firehouse, McLean, VA.

SATURDAY 16

FREE African American Children's Book Fair

Noon. If you are interested in exposing your children to culturally-appropriate books, look no further than the book fair at the Alexandria Black History Museum. The fair features authors who write books specialized for children and families of African American descent, and has been organized by acclaimed author J.D. Wright. Alexandria Black History Museum 902 Wythe St., Alexandria, VA.

SUNDAY 17

FREE AAAS Family Science Days

5 p.m. Hosted by the AAAS, Family Science Day is an event which allows children to participate in a wide-variety of activities that will immerse them in the sciences. This event will have interactive booths that invite participation from kids K-12 and their families, showcasing how different various aspects of the sciences can be. There will also be a live stage show, which will give your children the opportunity to talk to real scientists and ask them all the questions they would like. Washington Marriott Wardman Park, Washington, D.C.

MONDAY 18

FREE Henry's Bear Park Story time in College Park

11:30 a.m. From "once upon a time" to "happily ever after," story time at Henry's Bear Park will take both you and your little ones on a wistful adventure. Entertain your minds while generating creativity with one of Henry Bear's friends. Henry's Bear Park 736 Hope St., College Park, MD.

TUESDAY 19

Disney's DCappella in Washington

8 p.m. | \$33- \$73. If you or your little ones love the soundtracks to your favorite Disney classics and a cappella, then Disney's DCappella is for you. DCappella is Disney Music Group's new a cappella singing group that was formed after a nationwide search for the best talent in a cappella and stage. Warner Theatre, Washington, D.C.

WEDNESDAY 20

FREE Learn and Write at Southwest Library

6:30 p.m. If you or your children are interested in improving writing, listening to published authors and book shopping, the Southwest Library's Learn and Write Series is the perfect event. By joining this community of writers, you will open yourself and your middle schoolers to the creative possibilities of the written word. Southwest Library 900 Wesley Pl., Washington, D.C.

THURSDAY 21

Cirque Mechanics – “42FT – A Menagerie of Mechanical Marvels”

7 p.m. | Kids, \$15; Adults, \$30. General Cirque Mechanics latest spectacle brings the world of vintage circus to life in this marvelous tribute. Get ready for the old working of the circus, picture gears and canvas, pulleys and sawdust. This show is sure to keep everyone of all ages on the edge of their seats and ready for action and excitement. 20 W. Patrick St., Frederick, MD.

FRIDAY 22

Winter Workshops at the Arts Barn: Jewelry Intensive Beaded Wrap Bracelet

1:30 p.m. | \$35. Take your tweens to the Arts Barn for an opportunity to learn about creating intricate and elegant beaded wrap bracelets. A professional artist, Dareya Cohen, will guide you and your loved ones through the process, so no experience is necessary. Arts Barn, Gaithersburg, MD.

SATURDAY 23

Wild Winter Lego Bingo in Frederick

4:30 p.m. | \$15. There will be tons of Lego sets up for grabs at Wild Winter Lego Bingo. This fun-filled evening gives you and your kids the opportunity to play bingo together for the chance to win awesome Lego-themed prizes. Players of all ages are welcome. Lewistown Volunteer Fire Company, Frederick, MD.

The Okee Dokee Brothers in McLean

1 p.m. | \$15-\$20. The Okee Dokee Brothers are four-time winners of the Parent's Choice Awards, three-time Grammy nominees and one-time Grammy Award winners for their americana folk music. The aim of their music is to inspire children and their parents to get outside and get creative, a passion they developed in the outdoors. The Alden, McLean, VA.

BIG APPLE CIRCUS

Feb. 14-March 24 | \$15-\$65 | Check bigapplecircus.com for showtimes



Children will love the wildly creative acts of strength at this year's show, featuring performers bouncing off the walls in trampoline acts, double-wide trapeze acts with seven high-flying performers and two catchers, a gravity-defying horizontal juggling act and, of course, the beloved rescue horses and dogs. National Harbor, MD.

SUNDAY 24

FREE Family Fun Concert: The Sorcerer's Apprentice in Riverdale

2:30 p.m. Join the U.S. Army Field Band Woodwind Quintet for a wonderful performance of Paul Dukas' The Sorcerer's Apprentice. Enjoy the renowned classic, made famous by Disney's Fantasia, starring the one and only Mickey Mouse. Kids will have the opportunity to meet the musicians and see their instruments, and parents will be able to mingle and enjoy refreshments with the band after the show. Riversdale House Museum, Riverdale, MD.

MONDAY 25

Little Hands on the Farm Winter

9:45-10:30 a.m. | \$8. Take advantage of the last day of Little Hands on the Farm at the Visitor Center classroom at Frying Pan Farm Park. This session will teach

your children about farm chores, farm life and will let your kids play games, read stories and do various crafts. Each session is 45 minutes long and will give your little ones the opportunity to make new friends. Frying Pan Farm Park, Herndon, VA.

TUESDAY 26

StoryTime Station

11 a.m. | \$3. The Gaithersburg Community Museum presents "StoryTime Station," a 45-minute reading program tailored to keep your 3 to 6-year-olds enamored by books. To make your reservation, contact the Museum. Gaithersburg Community Museum, Gaithersburg, MD.

WEDNESDAY 27

Flying Dog Film Series Presents: The Princess Bride

7:30 p.m. | \$5-\$7. As a part of their Flying Dog Film Series, the Weinberg Center presents: "The Princess Bride." "The Princess

Bride" (rated PG!) is a wonderful storybook fairytale that is sure to entertain the whole family. However, the best part about this movie series is that it allows parents to enjoy a happy hour starting at 6:30 p.m. before the movie. So sit back, sip a cold beer and watch your kids enjoy movie magic. The Weinberg Center, Frederick, MD.

THURSDAY 28

Babes in a Backpack

9:30 a.m. | \$2. Babes in a backpack is an amazing hiking experience designed for parents with young children. It allows parents to make new friends, experience nature and share memories with their little ones while carrying your kids through the hike. It is an experience that you will want to do again and again. Black Hill Visit Center, Boyds, MD. ■

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