Atlanta's No. 1 Parenting Magazine

www.atlantaparent.com

10 Sweet Ways to Say I Love You

Accessible Atlanta

Challenges and Progress

Take our Black History Month Quiz February 2012

Start

Packing:

Overnight Camp Guide

atlanta

Don't Miss Our Camp Expo on Sunday, February 12

BENE EXP

Overnight Camps • Day Camps • Summer Programs

Presented by Atlanta Parent Magazine

FOR SUMMER CAMP! GET READY Jump into the action and learn about all

sorts of fun camps, including:

- Sports
- Arts
- Science Horseback riding
- Gymnastics
- Computers Meet camp representatives, view camp

DVDs, and collect camp brochures!

February 12 Sunday, 1 pm - 4:30 pm

Town Center Mall Kennesaw

March 17 Saturday, 11 am - 4 pm Perimeter Mall Atlanta FREE

Admission!

Atlanta Parent Magazine, providing Atlanta families with camp information for over 29 years. To Exhibit Contact Kaitlyn Morris at 678-222-1911 or Kmorris@atlantaparent.com www.atlantaparent.com

What if I fall? What if I make a mistake? What if they get mad at me? What if I get hurt?

Are worries and anxiety holding your child back?

Chronic worry and anxiety can affect how your child functions in daily life. If you're concerned about your child, please consider The Children's Anxiety Research Study.

Your child may be able to participate in this study if he/she is 7 - 17 years old, and has been diagnosed with, or shows symptoms of generalized anxiety disorder, such as:

- · Worrying too much about family, friends, and school
- · Worrying that something bad might happen
- · Having a hard time paying attention
- · Having trouble falling asleep or waking up in the middle of the night
- · Feeling irritable or tense
- Feeling restless
- · Tiring easily

Participation is voluntary and will last up to 8 months. All investigational medication, study-related evaluations and tests will be provided to qualified participants at no cost. Call today for more information:

Institute for Behavioral Medicine

770-319-8025

Reference: The Children's Anxiety Research Study www.StudyForChildren.com Infants through 12 years • Drop In • Before & Atter School Programs

Where discovery is a daily activity

SUMMER CAMP

- Days Full of Activities and Fitness

- Nutritious lunches and healthy snacks provided.

www.DiscoveryPoint.com

SPECIAL OFFER!

waived at participating centers when you mention this ad.

www.jumpstartgym.com

Franchise Opportunities Available • 1-800-622-7599

* Offer expires 2/29/12. Not valid with any other offer. Please call or visit a center near you far availability and details, www.discoverypoint.com/ad-into

A great place to

Child Development Center

GROV

"Helping families provide their children with strong emotional, social and physical foundations for them to jump start their futures."

CLASSES

Just You & Me Kid (3mos-3yrs) Preschool Gymnastics (3-5yrs) Recreation Gymnastics (K+) Tumbling (2nd Grade +) Mighty Mites (2-8 yrs)

Phone: 404-252-JUMP (5867) info@jumpstartgym.com 5920 Roswell Rd Suite C208 Sandy Springs, GA 30328

Dance (3yrs-Adult) Kidz Golf 101 (3-7yrs) Fit Body Boot Camp (AM & PM) Camps (Spring & Summer) Parents Night Out (4-13yrs) Birthday Parties (3yrs +)

Jump

gymnasium

Start



www.atlantaparent.com

On the Cover: Cover Kid Cameron Chappell, 7, of Johns Creek. Photo by Liz Blount. Studio 7 Photography.



Features

Vol. 29 Number 2

14 **Be My Valentine**

Make a brownie heart or a paper love bug. Try these and other easy ways to celebrate with your family.

16 What It Means to Love Someone

Model a grown-up relationship, and show your spouse your love in front of the kids.

18 **Teachable Moments**

Five Atlantans, including Gov. Nathan Deal and his wife Sandra, share their thoughts on Black History Month. Plus, take our Black History Quiz.



38 Going Places (More) Easily

ebruar

Getting around Atlanta on crutches or in a wheelchair is often challenging, but businesses and attractions are striving to accommodate their special guests.

50 Learning? Let's **Count the Ways**

Does your child learn by hearing, seeing, or doing? Take our quiz and use these strategies for school work.

23 Overnight Camp Guide

New ideas make camps even more fun, plus our giant list of overnight camps will help you pick a great one for your child. _____

Departments

- 8 **Publisher's Note**
- 10 News You Can Use
- 14 **Community Corner**
- 82 Humor in the House Kitty-Child

Family Fun Guide

- 59 Not-to-Miss Events
- 60 Eating Out: Stone Soup Kitchen **Hot Bowling Deals**
- 61 Free Fun: Fire Station Museums
- 62 Review: Snow Mountain
- Review: Apollo Theater Exhibit 64
- 65 **Circus Fever**
- 66 **Rug Rat** Romp: Turtle Tours **Playground:** Centennial **Olympic Park**



- 68 **February Calendar**
- 70 Valentine's Day Events
- 73 **Black History Month Events**

Don't Miss Atlanta Parent's Camp Expo, February 12 at Town Center Mall.













If YES then consider volunteering for a clinical research study conducted at Emory University. This clinical trial is for children 1–5 years of age, who suffer from wheezing.

We are trying to see if giving an antibiotic (azithromycin) for upper respiratory infections will help improve asthma symptoms and lower the incidence of more serious lower respiratory infections in preschoolers. You may be asked to participate for as long as **one year** (52 weeks) in this study.

Contact: Shanae Wakefield 404-727-5176 slwakef@emory.edu or Denise Whitlock 404-712-1773 drwhitl@emory.edu

Study Includes: • Pulmonary evaluation • Physical exam (by a MD) • Study drug • Compensation for time and travel





Atlanta's Award-Winning Parenting Publication

PUBLISHER	Liz White lwhite@atlantaparent.com
ASSOCIATE PUBLISHER	Laura Powell lpowell@atlantaparent.com
EDITOR	Julie Bookman editor@atlantaparent.com
BUSINESS DEVELOPMENT MANAGER	Amy Smith asmith@atlantaparent.com
ACCOUNT EXECUTIVES	Julia Sparks jsparks@atlantaparent.com
	Andi Levine alevine@atlantaparent.com
	Stacy LaVictoire slavictoire@atlantaparent.com
EDITORIAL ART DIRECTOR	Sheri Taylor-Emery creative@atlantaparent.com
PRODUCTION MANAGER	Natalie Thavenot apads@atlantaparent.com
STAFF WRITER	Alexi Wilbourn calendar@atlantaparent.com
EDITORIAL PRODUCTION ARTIST	Robin Mintz rmintz@atlantaparent.com
COPY EDITOR	Glenn Emery
OFFICE COORDINATOR	Caroline Ward cward@atlantaparent.com
ADMINISTRATIVE ASSISTANT	Marie Phelan mphelan@atlantaparent.com
SPECIAL EVENTS COORDINATOR	Kaitlyn Morris kmorris@atlantaparent.com
MARKETING MOM	Felicia Barman

Atlanta Parent magazine is published monthly by Atlanta Parent, Inc., 2346 Perimeter Park Drive, Atlanta, Georgia 30341. Telephone 770-454-7599, Fax 770-454-7699.

Atlanta Parent magazine is available free of charge at more than 1,000 locations throughout the metro Atlanta area. First class subscription only \$30 per year. Subscription orders must include check or money order made out to Atlanta Parent magazine.

Atlanta Parent magazine welcomes letters, articles, artwork and photographs from its readers and the community. Atlanta Parent magazine is not responsible for the return of unsolicited materials.

All rights reserved. Any reproduction in whole or in part, is prohibited without written permission.

© Atlanta Parent, Inc. 2012



www.atlantaparent.com

Opens February 4!

FREE FOF MEMBERS!

e e

Wildlife RESCUE

Learn how waterfowl are being saved from oil spills, become a "panda matchmaker," and see how orphaned elephant calves and baby orangutans are being raised and released back into the wild. **Wildlife Rescue** helps you join the cause and experience the innovative science supporting these achievements.

Plan your visit at fernbankmuseum.org/wild.

FERNBANK® MUSEUM OF NATURAL HISTORY

Sponsored locally in part by The Isdell Family.



SUDBURY ONTARIO CANADA



Limited FREE Parking **MARTA Accessible**



Advance purchase is highly recommended. Season supported in part by: Fulton County Arts Council, Georgia Council for the Arts, National Endowment for the Arts, City of Atlanta Office of Cultural Affairs

Publisher's Note



Accessibility Challenges

We take for granted our everyday activities, like running upstairs to roust the kids out of bed, then racing them out the door to the minivan to drive to school.

Most of us have never had to struggle to get a wheelchair out of a van or into a too-small rest room stall. We've not had the stress of looking for a parking space only to find access to the ramp area blocked by another car or shopping cart, or worse, finding that a sporty convertible with no special permit is taking the space we need.

Accessibility for children and adults with restricted mobility is an issue close to my heart, and the subject of a feature story in this issue (page 38).

I learned the difficulties first-hand as a teenager, volunteering at a summer camp for children with cerebral palsy. Many of the kids used wheelchairs or walkers. When we'd take them on field trips, getting them into the van and to the location was just the start. Often, we'd face barriers able-bodied people never even notice - a few steps up to the entrance of a building, a turn radius too narrow between a hallway and the rest room, tables too close in a restaurant.

Thanks to the Americans with Disabilities Act and more awareness, accessibility has improved in the past 30 years. The places where we spend our day-to-day lives, such as businesses, schools and supermarkets, and the places we go for leisure, the restaurants, entertainment venues and attractions, do a better job of accommodating those who can't get around as easily as the rest of us.

Atlanta does fairly well overall, but parents who face these issues daily and people who themselves are disabled or caring for a relative who has lost mobility see a lot of room for improvement.

We gain a different understanding when we experience limited mobility ourselves when a broken leg or twisted ankle is healing, or we assist a family member who uses a walker or wheelchair. That heavy glass door is easy to breeze through - except when you're on crutches or pushing a wheelchair. Those electric carts at supermarkets are great, unless your mother can't stand up to reach the top shelves.

Most of us at some point will experience mobility issues. So show a little empathy. That means never parking in a spot designated for those with disabilities, or leaving a grocery cart in the way. Ask a shopper if you can reach a top shelf for them, hold the door for someone. They'll appreciate your concern, and you might need the favor returned someday.

Liz White

How to Reach us:

E-Mail lwhite@atlantaparent.com

The Old Fashioned Wav 2346 Perimeter Park Drive

Fax 770.454.7699

Telephone

770.454.7599

Website www.atlantaparent.com

We welcome your views and comments. Letters that appear in the magazine may be edited for content and space

Atlanta, Georgia 30341

www.atlantaparent.com





Yuppy and Puppy Love

33

Percent of married parents who go out on a date at least once a month

20

Percent who never go out on a date

55

Percent who say they wish they were intimate more often

More than 200,000

Number of Valentine cards, destined for other places, that are first mailed to Loveland, Colorado, for the city's famous postal cancellation

62

Percent of the U.S. population with at least one pet

55,000

Number of "granddog" items sold on CafePress.com

Seasonal Stats

\$.25

Annual fee Boy Scouts paid in 1913, three years after the organization's Feb. 8 founding

> \$15 Annual fee today

2009

Year Anthony Thomas was named the 2 millionth Eagle Scout

181

Number of former Boy Scouts who became astronauts

\$1 million

Amount an amateur filmmaker will win for creating the most popular Doritos or Pepsi MAX commercial to air during the Super Bowl, Feb. 6

20

Percent increase in sales of antacids immediately after the Super Bowl

Sources: Areyouromantic.com, Capper's, Newsweek, Scouting.org, Crashthesuperbowl.com, CBSNews.com



Perimeter Plastic Surgery

www.perimeterplasticsurgery.com

- Read Dr. Mark Deutsch's Credentials
- See Before and After Pictures
- Mommy Makeover Details
- Liposuction, Tummy Tucks
- Breast Implants
- Breast Reductions
- Facial Plastic Surgery

ACTUAL PATIENT

Free

Consultation

in February

code AP1



Patient - Before



Inspired by 1 Inner Beauty

Perimeter Plastic Surgery

Mark F. Deutsch, MD, FACS Board Certified by the American Board of Plastic Surgery

(770) 461-4824 Atlanta/Fayetteville

www.perimeterplasticsurgery.com

"Like" us on facebook

News You Can Use by Alexi Wilbourn

Chick-fil-A's New Kids' Meals and More

water.

ries. Kids' beverage options now also include

while, Chick-fil-A's new chicken tortilla

soup is available through March 31.

A medium cup of the creamy soup

(230 calories) costs \$2.69.

one percent milk, 100 percent apple juice, lemonade and

The chicken restaurant is also working to reduce

sodium across its entire menu, including a 40 percent

sodium reduction in its chargrilled chicken filet. Mean-

CHICK-FIL-A IS TOUTING a new healthy alternative on its kids' menu. The chain is now advertising the option of grilled chicken nuggets, along with the more common fried versions. (Reportedly, grilled nuggets have always been available by request.) A four-count package of the nuggets rings in at 80 calories and one gram of fat. This move marks the first time that a national fast-food chain has offered a grilled entrée as part of the kids' menu.

In addition, kids can now order applesauce or a fruit cup instead of fries, curbing both fat content and calo-

Multitasking Moms

IT'S PROBABLY NOT NEWS to mothers, but working moms spend about 10 more hours per week multitasking than do working fathers, according to a recent study from the American Sociological Review. The multitasking for mothers is more likely to involve housework or childcare activities, while multitasking fathers are more likely to engage in other activities, such as talking to a third person or engaging in self-care, the study says.

The study revealed that multitasking is often a negative and stressful experience for moms, though not for dads. The nudge from researchers? Men should step up and help their wives with housework and chores.

Cellphones Bring Families Closer

THAT SMART PHONE in your pocket may be key to keeping your family together. Eightyfive percent of 1,005 women polled said that mobile devices help families feel closer when they're apart, according to a recent survey from CTIA - The Wireless Association. Mobile devices were also deemed useful for coordinating schedules (70 percent of votes) and keeping the family informed about each other's activities (80 percent). It may seem counterintuitive, but 45 percent of the women surveyed said that wireless devices help the family spend more time together.

Websites Worth Visiting



Make dinnertime easier with this site, which helps you plan menus for the family. The free membership allows you to select your local grocery stores, set food preferences and print the grocery list. It will even compare store sales to help save you money.

Did You Know?

pounds of chocolate.

Source: Nielsen

zocdoc.com

Put away the phone book; this site allows you to search doctors in your area that accept your insurance provider. You can also book appointments online and read reviews from other patients.



The Votes Are In!

TODDLERS AND TIARAS was voted "Worst Reality Show of 2011" on SodaHead.com. The dewdrop-sized divas received 32 percent of the vote, while Kourtney and Kim Take New York took 26 percent. Next in the rankings were Jersey Shore (23 percent), Teen Mom (12 percent) and the Real Housewives series (7 percent).





Great Backyard Bird Count

This year marks the 15th annual Great Backyard Bird Count, taking place Feb. 17-20. This four-day event enlists the help of citizen scientists (that means you!) to help count birds and track bird populations across North America.

Researchers at the Cornell Lab of Ornithology and the National Audubon Society are able to learn more about birds and how to protect them through your observations. Last year, more than 92,000 bird count checklists were turned in, creating North America's largest instantaneous snapshot of bird populations ever recorded.

Participation in this event is free, with no registration needed. The instructions: watch and count birds for at least 15 minutes on any day of the count, then enter your results at birdcount.org.

Common Birds of Atlanta

While your family is counting birds, keep an eye out for these common feathered friends.

Brown Thrasher: state bird of Georgia; slender bill; gray face; yellow eye; white under parts with heavy black streaking; often found in dense vegetation.

Eastern Bluebird: bright blue upper parts; orange-red throat; white belly; often found in parks, gardens and perching on fences.



■ American Robin: broken eye ring; dull red breast and bellow; streaked throat; thin yellow bill; common in residential areas.

Red-winged Blackbird: permanent Atlanta resident; bright red patch on wings bordered by yellow; sharply pointed bill; often found in flocks with other species of blackbirds.

Northern Cardinal: males have bright red feathers; black around the base of bill; found in a variety of habitats, often with dense underbrush. *Source: Fernbank Science Center*

Count with Others!

Chattahoochee Nature Center

Feb. 17-20. Fri., Sat., Mon., 10 a.m.-5 p.m.; Sun., noon-5 p.m.

Kids of all ages can stop by the Nature Exchange to learn how to participate in the program, then kids can make a backyard bird feeder. 9135 Willeo Rd., Roswell. 770-992-2055. Adults, \$8; Ages 3-12, \$5; younger than 2, free.

Chattahoochee River National Recreation Area Feb. 18, 9 a.m.-noon

An Atlanta Audubon Society naturalist will lead a walk, providing tips on how to identify bird species. Wear hiking shoes and bring binoculars, a notebook and camera. Ages 7 and older. Walks at 9:15, 10:15 and 11:15 a.m. 301 Johnson Ferry Rd., Marietta. 678-538-1200. Pre-register. \$3 park entrance fee.

Dunwoody Nature Center

Feb. 18, 9 and 10:30 a.m., and Feb. 20, 10 and 11:30 a.m.

Birding lessons for adults and children will cover species identification, observation, and how to enter the tally on the birdcount website. Free. 5343 Roberts Dr., Dunwoody. 770-394-3322.



The Critical Difference is Critical

Low student to teacher ratios, program customization, qualified teachers, and critical thinking make E.nopi the critical choice.



Call today to schedule a diagnostic test.

More information at www.enopi.com Preschool - High School

Alpharetta (678.318.3535 ext.1) | Milton-Crabapple (678.636.9773) | Dunwoody (770.744.2345) | East Cobb (770.578.6317) | James Creek (678.221.4231) | Midway-Forsyth (404.455.6791) | Peachtree Corners (678.291.0907) | Sugarloaf (678.379.7946) | Cumming (404.91.enopi)| Johns Creek (770.442.1655) | Suwanee (770.904.6820) by Alexi Wilbourn



Free Pancakes at IHOP

GOBBLE UP FREE PANCAKES and help local charities with IHOP's National Pancake Day on Feb. 28 from 7 a.m. to 10 p.m. Guests will receive a free short stack of the chain's signature buttermilk pancakes as a thank you for their patronage. In return, consider leaving a monetary donation to benefit Children's Miracle Network Hospitals and other local charities. Purchase a \$5 "Miracle Balloon" and receive a coupon for five bucks off your next visit with \$20 purchase.

The restaurant has raised almost \$8 million for charity over the past six years and hopes to raise an additional \$2.7 million from this year's event. Over four million free pancakes were served last year! Find an IHOP near you at ihop.com and learn more about the fundraiser at ihoppancakeday.com.

Benefit: Fashion Uncorked 2012

DON'T MISS what is promised to be the must-attend charitable fashion event of the Spring 2012 season. Fashion Uncorked is a Project-Runway style competition for Georgia's top fashion talent. This fundraiser benefits Easter Seals North Georgia, an organization that assists kids with disabilities and special needs.

The event, hosted by WSB-TV's Monica Pearson, will also include a wine tasting from Barefoot Wine, nibbles from local restaurants and a silent auction. Fashion designs will be inspired by the nature surrounding the venue – the Gwinnett Environmental & Heritage Center – and high-end fashion jewelry by Theresa Howard. 2020 Clean Water Drive, Buford. Tickets, \$25-\$75. For tickets and more information, visit fashionuncorked.com.



Win a Scholarship from Build-A-Bear

TEN EXTRAORDINARY KIDS making a difference in their community will be selected as Build-A-Bear Workshop's 2012 Huggable Heroes. The winners will each receive \$10,000 (\$7,500 education scholarship and \$2,500 donated to a non-profit charity of their choice). They will also receive a trip for two to the company's headquarters in St. Louis to participate in a professional photo shoot, take part in a community service project and be celebrated for their work.

Kids, ages 8 to 18, can pick up an entry form at Build-A-Bear Workshop stores nationwide, or be nominated online at buildabear.com/huggableheroes. Deadline to enter: Feb. 27.

Do you know a do-gooder?

IF YOU KNOW of an adult, youth or organization that deserves to be profiled, please e-mail editor@atlantaparent.com.



App for Volunteers

FIND A SERVICE-PROJECT near you with Volunteer-Match, a free app for your iPhone. You'll be able to see which organizations may need a few extra hands, as well as organize your results by date. Reviews from previous volunteers will help you decide if the opportunity is the right fit for you and you can share your activities with family and friends. Download the app from iTunes.

Atlanta Dance Marathon

PUT ON YOUR DANCING SHOES and participate in the first ever dance marathon for Children's Healthcare of Atlanta. Participants will be standing and dancing for 13.1 hours to raise money for the patients at Children's. The event will be held at Zoo Atlanta. Just \$15 gets you a spot in this sure-to-be-memorable event. Register by March 2 at helpmakemiracles.org. *Details:* March 3. 8:45 a.m.-10 p.m. 800 Cherokee Ave. SE, Atlanta. 770-656-6740.



WHAT ARE YOU **DOING THE NEXT 10 SATURDAYS?**

Become a Dental Assistant in your spare time!

- Led by a team of working dental professionals in a professional environment with modern digital radiology.
- 10 Consecutive Saturdays Instruction times make it easy to learn on "off time"
- Licensed by GA, TN and AL Higher Education Commission.
- National accreditation by NACS
- Tuition loans Available

The Dental Staff School is now offering cross training courses that include Front Office Administration and Orthodontic assisting in order to better train tomorrow's leading dental assistants. Please visit our website for more information.

Our Dental Assistant Course is the right choice for you:

- are looking for a new career direction...
- aren't satisfied in your present entry level job...
 - need flexible working hours while vou finish school...





NOW SERVING EAST COBB!

WellStar Medical Group

welcomes two new practices to East Cobb!

PEDIATRICS

770-578-2868

- · Same-day sick appointments and extended hours
- Comprehensive healthcare for newborn to 18 years
- · Meet and greets available for parents to meet the physicians
- Complimentary "teddy bear" check-ups



MPH MS

Pediatrics



Eva Monte McGuire, M.D., FAAP Pediatrics 5 1

Susan Staviss, M.D., EAAP Pediatrics

FAMILY MEDICINE, INTERNAL MEDICINE AND PEDIATRICS 770-973-2272

- Same-day sick appointments
- Adult, child and newborn well-exams
- Blood pressure, high cholesterol and diabetes management -
- Transition of adolescents from childhood to adult care





Mitzi Rubin, M.D., FAAP Family Medicine



3939 Roswell Road, Marietta GA 30062 ★ wellstar.org ★ 770-956-STAR

11/11

How Sweet It Is! 10 Ways to Put a Little Heart into Valentine's Day

Compiled by Alexi Wilbourn and Julie Bookman

Don't get lost amid the flurry of conversation hearts, chocolatecoated strawberries and Valentine's Day cards that whistle and sing. Find a unique way to say "I care about you" or "I love you" to those certain someones. We've rounded up some ideas.

Ways to Say "I Love You"

Stumped on how to tell someone, "I love you"? Say it in a foreign language! Here are 10 to get you started. You can have fun around the dinner table with this.

Dutch: Ik hou van jou. French: Je t'aime. German: Ich liebe dich. Greek: S'ayapo. Italian: Ti amo. Latin: Ego te amo. Serbian: Volim te. Swahili: Mimi nakupenda. Yiddish: Ikh hob dikh lib. Zulu: Ngi ya thandela wena.



Paper Love Bugs

Instead of a traditional card, write your Valentine's Day wishes on the wings of this cute little guy.

Materials: Empty toilet paper tube; pink or red paper; scissors; glue; pipe cleaners; paint (pink or lavender); pen, marker, crayons or pencil.

Paint the empty tube to make the bug's body. Cut two large hearts from construction paper and attach

these with tape or glue on either side of the body as wings. Draw a face on the painted tube. Use two pipe cleaners for antennae. Try making them curly or accordion-style for

more quirk. Source: crafts.kaboose.com





Glazed Brownie Hearts

You only need a simple brownie mix, frosting and a strong heart-shaped cookie cutter to make these chocolatey Valentine's treats.

1 box (1 lb. 2.4 oz.) Betty Crocker Original Supreme Premium brownie mix; water, vegetable oil and egg (called for on brownie mix box)

1 cup Betty Crocker Rich & Creamy chocolate frosting (from 16-oz. container) Betty Crocker Decorating Decors multicolored candy sprinkles or colored sugar Pink and red candy sprinkles (or other decorative elements as desired)

Heat oven to 350 degrees (325 degrees for dark or nonstick pan). Line bottom and sides of 9-inch square pan with foil. Grease bottom only of foil with shortening or cooking spray. Make and bake brownie mix as directed on box. Cool completely, about 1 1/2 hours.

Using foil to lift, remove brownie from pan; remove foil. With deep 2 1/2-inch heartshaped cookie cutter, cut 10 brownies. Place brownie hearts on a cooling rack or waxed paper.

In microwavable bowl, heat frosting, uncovered on high 10-20 seconds. Stir; frosting will be thick and spoonable. (Don't boil.) Carefully spoon melted frosting over brownies to glaze. Let excess drip down sides. Before frosting sets, add sprinkles, etc.

Want pink? In a microwavable bowl, mix 3 tablespoons Betty Crocker Rich & Creamy vanilla frosting and enough red food color to make pink frosting instead of chocolate. Microwave on high 10 seconds. Drizzle over chocolate brownie hearts, then decorate. *www.bettycrocker.com*



Friends Forever by Beatrix Potter (Frederick Warne & Co., ages 3-5, \$6.99)

Often, the best children's books are the short and sweet ones that simply melt your heart. We love this wise and warm gem about friendship. There's a valentine at the end – intended just for the young one on your lap.



www.atlantaparent.com

Pink It Up!

Oh, the miles and smiles you can get out of a tiny bottle of red food coloring. For Valentine's Day, pink up your breakfast: Add a couple of drops into plain or vanilla yogurt, or into the milk that will be poured into your child's cereal bowl. Add a few drops into your pancake or waffle batter (and while you're at it, try pouring them into heart shapes – and add strawberry syrup). What else can you give a pink tint? The oatmeal? The cream cheese for bagel or sandwich? Pink rice at dinner? Hmm, we're not so sure about that!

A Heartfelt Surprise

Leaving an anonymous Valentine's Day gift on someone's doorstep is a centuries-old British

tradition. Why not try it? Do you have a kind neighbor you might like to surprise? Or a family that's special to your family? On February 13, help the kids decorate one or more bags. Fill bags with a few choice treats and trinkets – perhaps a single flower, a candle or small heart-shaped soaps. Consider including a poem. Then add a "Happy Valentine's Day!" or "Just to say we like you!" message – but don't sign it. (In Merry Olde England, the message would likely have been: "Good-morrow to you, Valentine.")

This is an anonymous gift you will drop off on the recipient's porch after dusk. Ring the doorbell, but only if you can scram before anyone sees you!

Avoid expense. Keep it sweet and simple. It's the little things in life that count.



Pretty Valentine Heart

Debra Baker Steinmann, a Northlake area mom of two daughters, has made these hearts over the years, ever since she made them as a leader with Girl Scout Troop 4711. She's given them as valentines by adding a note on the back, and has also used a small tree branch as a centerpiece by attaching several hearts to it. All ages can have fun with this simple activity. Best: You may already have most of what you need.

Materials: Card stock paper; white glue; hole punch; 12-inch ribbon for hanger; glitter/sequins; colored paper; plastic flowers and other decorations.

Suggestion: Incorporate old photos or images clipped from glossy magazines.

Cut out valentine from card stock.

Punch hole

Use glue – and your imagination – to create a collage on your heart; let glue dry. String ribbon through hole.

Easy-Peasy Heart Garland

For about \$2 at stores such as Walmart, you can buy a package of six "glittery hearts" in different sizes. (Or make them yourself using heavy paper and glitter.)

Materials: Glitter hearts (six to a package – buy two or more packages, depending on the desired length of garland); pretty ribbon such as a red or pink plaid pattern (two or more yards, depending on length).

Make two slits on either side of each heart – and on the upper part of each side. String ribbon through the hearts, so the

ribbon is behind each heart, then goes over



each heart at the side to reach the next heart. Ta-da! That's all! Hang your garland(s) and enjoy!

Optional: Before making slits, cut/trim your hearts if you want to create less standard shapes (such as if you want to add skinny hearts).

Source: V and Co. (VanessaChristenson.com)

Bite-Size Hugs and Kisses Cookies

Store-bought sugar cookie mix Frosting Pink food coloring Red food coloring Square fondant cutter (about ½ inch) Circle fondant cutter (about ½ inch) 2 disposable frosting bags 2 couplers 2 rubber bands 2 size "3" tips



Step One: Make Cookies

Prepare dough and refrigerate according to recipe. Roll out and cut out squares and circles with the fondant cutters and bake according to the recipe. Let cool completely.

Note: When using store-bought cookie mix to make decorated cut-out cookies, be sure to follow the recipe on the box for "rolled" cookies – not "drop" cookies.

Step Two: Decorate

Tint some of the frosting red and some

pink. Prepare two frosting bags with the couplers and size "3" tips. Fill one with red and one with pink; tie closed with rubber bands. Pipe "X" on the squares and "O" on the circles. Let dry overnight if packaging.

Step Three: Package Cookies

Package in any cute container you like! *Recipe from Meaghan Mountford, author of 'The Decorated Cookie' blog and the new book, Sugarlicious: 50 Cute and Clever Treats for Every Occasion

OREO Truffles

Decorate these chocolate delights with pink and red sprinkles.

 1 pkg. (8-oz.) cream cheese, softened
 1 pkg. (16.6-oz.) OREO cookies, finely crushed
 2 pkgs. (8 squares each) Baker's semi-sweet chocolate, melted

Mix cream cheese and 3 cups cookie crumbs until well blended. (Tip: you can use a food processor to save yourself some work.)

Shape into 48 (1-inch) balls. Dip in melted chocolate; place on waxed paper-covered baking sheet. Sprinkle with remaining cookie crumbs.



Refrigerate 1 hour or until firm. Store in tightly covered container in refrigerator. Source: kraftrecipes.com



Ways to Show Kids What Grown-Up Love Looks Like



by Heidi Smith Luedtke, Ph.D.

y 4-year-old was crestfallen when I told him he we can't get married. "I'm already married to Daddy," I explained. "Really?" he whined. Unrequited romance is (apparently) difficult at any age.

My son's misunderstanding made me think: maybe my husband and I don't do enough to show our love for each other. Most days, we take turns doing household chores. Sometimes we argue. In front of the kids, we're more like coworkers than sweethearts.

Parents' words and actions teach kids how to show interest and express love, and what it means to be in a committed relationship. If your kids' love lessons come from Hollywood movies or YouTube, you might want to make your displays of affection more public.

"Keeping things simple is often the way to teach the most complicated things," says Harriet Lerner, Ph.D., clinical psychologist and author of Marriage Rules: A Manual for the Married and Coupled Up (January 2012, Gotham). Read on for 12 ways to show kids what real love looks like.

• Spend time together. If the only together time you get with your spouse happens after the kids go to bed, they don't see your interactions. Take an interest in your spouse's hobby even if it isn't your idea of fun. Shovel the driveway or go grocery shopping as a team. Kids need to see parents collaborate, negotiate and just hang out together.

• Listen. Set aside distractions when your spouse wants to talk. "Listening with an open heart is one of the greatest gifts we can give to our spouses and ourselves," says Lerner. Let go of the need to be right. Love means truly hearing your partner's position.

• **Picture it.** When was the last time you and your spouse were photographed without the kids? Display images of your wedding and fun times you've shared to remind kids you are a couple, not just coparents. Sneak into the photo booth at the mall, and get a kissy photo while you're at it.

• **Take note.** Write a love note to your spouse and put it near his seat at the dining room table or on the kitchen counter near his car keys. Express what you love about him in 20 words or less. Sign it "XOXO." Let your kids see you gush.

• Say "I Love You." You love your partner and he knows it. But how often do you say those three words? Verbal affirmations highlight your feelings for each other and build good will. Studies by marriage researcher John Gottman, Ph.D., show happy couples have a 5:1 ratio of positive to negative interactions.

Small exchanges add up to big - and longlasting – love.

• Give gifts. Don't wait until your partner's birthday. And don't reserve flowers or backrubs for "I'm-so-sorry" situations. A new travel mug or sweet treat is a welcome gesture any day. Gifts are more meaningful when they're unexpected.

Serve gladly. Pick up the dry cleaning or bring your spouse coffee with a warm smile. Helpful actions are daily ways to show we care. Point out acts of service your partner does so the kids know kindness flows both ways.

Hold hands. Physical affection doesn't have to be R-rated. Give your beloved a hug or hold hands in the car. Kiss hello, goodbye and goodnight. Touch is a powerful way to stay connected. Going public with your display proves sex isn't the only way to embody affection.

Make compliments. You praise your children when they achieve important goals or act like civilized creatures during dinner. Give your spouse some sugar, too. "Surprise your partner with a compliment at the very moment he's expecting to hear a criticism," Lerner urges. Doing so increases your ability to have productive, healthy exchanges about areas of concern.

Apologize. Respond to disagreements or mistakes with a genuine apology. "That can go a long way toward restoring a sense of connection and well-being in the relationship," Lerner says. Show maturity to both your spouse and your kids by accepting responsibility.

• **Open up.** Recall the conversations you had with your partner before you had kids? Spend an hour a week over coffee or cocktails just dishing about what's going on in your world. Make a commitment: no talk of chores, finances or parenting during this dialog.

• Be grateful. Thank your spouse for sharing the last piece of chocolate cake, for putting gas in the car, and for letting you vent about your mother. Acknowledging ways your partner enriches your life tunes you in to what's good in your marriage and makes love grow.

Showing your love through everyday actions teaches kids skills they will need to build healthy romantic relationships. It will strengthen your marriage and rev up romance. Give the kids something to talk about.



www.atlantaparent.com



We Mean it!

Join us February 8th and March 7th for our Cosmetic Days' savings on Botox[®], Dysport[®], laser treatments, and more!

Skin Care & Cancer Prevention

- · Skin Cancer Body Check
- · Mole Removal
- · Mohs Skin Cancer Removal
- · Psoriasis Treatment
- IsoLaz[™] Acne Treatment
- Birthmark Removal
- \cdot Hair Removal
- · Eczema Therapies (Pediatric and Adult)
- · Laser Tattoo Removal
- · Chemical Peels
- Custom Facials

Vein Elimination

- Veinwave[™]
- \cdot Sclerotherapy
- \cdot Laser Spider Vein Reduction
- · FotoFacial® IPL

Liposuction Surgery

SlimLipo™ (Laser Liposuction)
 Tumescent Liposuction

Connect with us on Facebook and Twitter!

The Medical Quarters, Suite 190 5555 Peachtree Dunwoody Road NE Atlanta, GA 30342 Fat Reduction & Skin Firming

- Exilis
- · CoolSculpting®
- Ulthera®

Wrinkle Reduction

- · Botox[®], Dysport[®]
- Facial Fillers (Juvéderm®, Radiesse®, Perlane®, Sculptra®)
- PRP Fat Transfer
- Blepharoplasty (Eyelid Surgery)
- · Fraxel[®] Laser Treatment
- · DOT Therapy SmartXide Laser

Hair Loss

- · Red Light LED Therapy
- $\cdot \operatorname{Botox}\nolimits^{\circledast}$ for Hair Loss
- Hair Transplant Surgery
- (Follicular Unit Grafting)
- \cdot Non-Surgical Hair Restoration Therapies



Learn more by visiting dermatlanta.com or call (404) 496-5527 8 centers for your skincare needs



In Their Words: Black History Month

compiled by Julie Bookman

Atlanta Parent magazine asked several Atlanta-area parents, including Gov. Nathan Deal and his wife Sandra, to share their thoughts about the significance of a month Americans have observed since 1976.

Here are their responses to the question, "How is Black History Month meaningful to you, and what is your hope for its significance to your children and theirs?"



Trudy McLeod of Buckhead is past president and now social chair of the Atlanta chapter of Mocha Moms, a support and activities group for moms of color who do not work outside the home. She and husband Gregory are parents to daughters Gabrielle, 5, Riley, 3, and Gracyn, 1.

Our children are first-generation Americans because my husband and I were both born in Jamaica. Black History Month is not something we grew up with. But here, living in Atlanta, I see this month as an opportunity to learn about a rich history in which a number of black cultures have melded together to create one culture. We may be one race, but we have many cultures, and so this month is an opportunity to learn about the history of the vital role that African-Americans have played in American history.

In our home, our children get their history. This month, our Mocha Moms group will be going to the Alvin Ailey dance performance and I'll be taking my daughters, and we're planning a trip to the Auburn Research Library downtown.

I want to encourage families to utilize the resources and the venues that are here, from the Martin Luther King Jr. Center to the Apex Museum. Even if you can't go to these things in February, find some time, because you don't want to pay attention to your history just one month of the year.



Kate Whitman is vice president of public programs for the Atlanta History Center, and the mother of Joshua, 18 months old.

The African-American experience is the central story of Atlanta. From Reconstruction to the civil rights movement and dealing with race relations, and from the Jim Crow era to the formation of black colleges, it's all an important part of the story that has structured this city. Still today, Atlanta is a mecca for black industry, from entertainment to publications and corporations.

I think it's important to have a month when we look at the untold stories and contributions of everyday African-Americans. We know about Martin Luther King Jr., and his contributions, but what about the children who were part of the civil rights movement, and other everyday people? I think that's why people revere Rosa Parks so much, because she was just an ordinary person who took a big stand. Her story is a reminder than anyone, really, can have an impact on history.

It is important that my son know his history. I think it is hard for kids today to imagine an Atlanta that was segregated, and yet it was not very long ago that Atlanta schools were. I hope that he does not take for granted that the multicultural city he lives in was made possible by brave men, women and children who were willing to fight for what is right.

Barbara Catledge Hall, mother of three, is a career advisor for Fulton County Schools' talented and gifted department. Her great-great grandmother was a slave in Alabama.

istory is "his" story, and the "his" has traditionally not meant black people. Now there is more of our history written by us, so that's great. Still, it's important to keep our story alive, what we've passed on orally, for future generations. It's hard for the younger generations to relate unless its through the social media f



unless its through the social media they're familiar with.

Black History Month is important because it helps me to remember. My world is black and white, but it's also not. I am open to the global world. I think it's important to take time to celebrate who we are and where we came from and where we are going. Because if you don't know your history, then your future is blurred.

Gov. Nathan Deal and first lady Sandra Deal have four adult children and six grandchildren.

he state of Georgia boasts a proud heritage of African-American achievement. We are home to African-American titans of political leadership, artistic creation, academic scholarship and economic development. Georgia has the largest representation of African-American representatives in its state Legislature, and sent more African-Americans to the U.S. House of Representatives than any other state.

African-American innovators in music. literature and visual art have influenced cultures throughout the world. Our historically black universities, such as Morehouse, Spelman and many others, have educated the minds and improved the lives of countless graduates. Georgia is home to a number of African-American enterprises



that are key players in the global economy.

The contributions that African-Americans have made to the state of Georgia and society at large are invaluable and deserve appreciation. Black History Month should not just be a month of reflection and homage, but a month of education and enlightenment.

Cynthia Tucker is a Pulitzer Prize-winning syndicated columnist and a Visiting Professor of Journalism at the University of Georgia's Grady College. She lives in Atlanta with her 3-year-old daughter, Carly.

y 3-year-old, Carly, was just a month old when President Barack Obama was inaugurated. As my mother and I watched the festivities on television, taking turns holding my precious newborn, we envisioned the nation in which my little girl would grow up. We talked about a future in which the election of a black president is no longer, by itself, noteworthy; in which black men and women are well represented in the nation's highest offices; in which the sight of black children cavorting on the White House lawn would no longer be unusual.





In that future, Black History Month wouldn't be necessary because the history of black Americans would have been fully integrated into the history of America. In elementary school social studies classes and high school civics classes, students would learn about black cowboys, black soldiers and black inventors as they learned the significant chapters in the national story.

For now, Black History Month remains a crucial device for teaching students the too-often neglected stories about the contributions of black Americans. By the time Carly has her own children, I hope it's no longer needed.





If you can you persuade your 3-year old to eat BrusselSprouts... We want to talk to you. Now interviewing for Advertising Sales Representatives.

Send us a cover letter explaining why you are the sales person we need at Atlanta Parent along with your resume to LWhite@atlantaparent.com





Black History Month Read&Watch

Take a few hours to honor Black History Month by diving into a good book – and a new DVD we like that features the rich storytelling voice of James Earl Jones.

Ellen's Broom

by Kelly Starling Lyons (Penguin Young Readers Group, \$16.99) Ages 5-8

Have you ever heard the term "jumping the broom" but always wondered its



significance? This enlightening and inspirational tale sheds light on the origin of this traditional African-American wedding custom. We see history in the making as little Ellen's parents are finally given the opportunity to legally recognize their marriage, originally only symbolized by jumping over a special broom.

The Boy Who Harnessed the Wind

by William Kamkwamba and Bryan Mealer (Dial Books for Young Readers, \$16.99) Ages 6-8

Witness the moving real-life success story of a teenage boy named William and his struggle to help his village overcome a drought in Malawi, Africa. The book's vivid imagery and



occasional use of African words throughout will draw readers into William's quest to turn trash into treasure as he cleverly figures out how to construct a windmill to generate "electric wind." At the end of the day, William's perseverance is sure to pay off.

■ The Mighty Miss Malone by Christopher Paul Curtis (Random House Children's Books, \$15.99) Ages 9-12

This award-winning author delivers an adventurous period piece set during the Great Depression where we follow



the journey of spunky 12-year-old Deza Malone. Family definitely comes first as Deza, her mother, and her brother endure many ups and downs to make their family whole again while searching for her father.

Why Mosquitoes Buzz in People's Ears ... and More African Folk Tales (Scholastic Storybook

(Scholastic Storybook Treasures, \$14.95) Ages 4-8 This DVD of award-winning

stories is narrated by famous



voices, including James Earl Jones. You'll hear African folk tales such as "Why Mosquitoes Buzz in People's Ears" and "Not So Fast Songololo." Kids even have the option to read along with the stories. The five stories that unfold in this collection center on themes such as cooperation, friendship and problem-solving.

– Felicia Barman

Black History Month

by Alexi Wilbourn

Black History Month has been celebrated in the United States for the past 46 years. We've put together some quick facts and a couple of quizzes. Why not sit down with your family and brush up on your knowledge of African-Americans who have made a difference in our world?



Black History Month began as Negro History Week in 1926.

February was chosen so that the celebration coincided with the birthdays of Frederick Douglass and Abraham Lincoln.

Gerald R. Ford was the first president to officially recognize Black History Month.

Hot Spots

Atlanta is home to some of the nation's richest black history. Here are places to

District: Take a walking tour through this historic African-American neighborhood, which is gradually being restored and commercialized. Between Courtland Street and I-75/85 in downtown Atlanta, 404-478-7820.

Luther King Jr.'s birthplace, view exhibits and more. Daily, 9 a.m.-5 p.m. 449 Auburn Ave. NE. Atlanta, 404-526-8900, Free,



Hammonds House Museum: Offers exhibitions of African-

American art. Tues.-Fri., 10 a.m.-6 p.m. Sat.-Sun., 1-5 p.m. 503 Peeples Street SW, Atlanta. 404-752-8730. Adults, \$4;

displaying and chronicling the achievements of African-American culture. Tues.-Sat.,



campbook

Wall

Photos (139)

Happy Campers

Notes

🕼 Friends

🗊 Info

Search

Home Profile Account

F Poke

Send Message





Visit our website www.riverviewcamp.com * Call for a free DVD and catalog 1-800-882-0722

0



Riverview Camp for Girls



Cassidy E. Camp Riverview is my favorite place EVER!!! Riverview is better than Disneyworld!!!

5 minutes ago The Source of Source o



Riverview Camp for Girls

Hey Girls! Don't forget to remind all your friends that we've put together everything you're looking for in a perfect camp setting! Recognized as one of the Southeast's best all-around camps for girls, Riverview is an oasis of fun, friends and happiness...Exciting activities include: Riding, Heated Pool,

Tennis, Canoeing, Ropes Course, Climbing Tower, Golf, Dance, Stomp Dance, Outdoor Skills Class, Sports, Soccer, Beach Volleyball, Basketball, Riverview Refinement, CIT Program, Campfires every night, optional trips and more! Camp and items needed for camp make great gifts for Birthdays, Christmas, Easter, and other gift occasions! For Girls ages 6 to 16! Spring and Fall Mother-Daughter Weekends, One and two-week sessions...waiting lists start early sign up soon! Applications are on-line...www.riverviewcamp.com!

በረጉ 531 people like this 11 minutes ago



Raina K.

Riverview is literally my favorite place on planet earth, the gifts that I have gotten from coming here are just the most amazing gifts I could ever ask for !! I have a really high self-esteem and self-confidence that I never would have gotten if it wasn't for the encouragement and love that I get showered

with when I come to Riverview. I feel so much closer to God thanks to all the guidance of my counselors, all the campfires, morning watches and all the amazing stuff that gets poured into me every single day! I would encourage everyone to come because it's just the best place ever!! Camp for me is not just camp it's a family and a home and I never want to stop coming!

36 minutes ago

89 people like this

Abby and Alex H.

View all 7 comments



Write a comment...

We have been coming to camp for 7 years! Alex was here for 6 weeks this summer!! We can't wait for our little sister to be old enough to come!! She will be there this summer and we are so excited to watch her grow up camping just like we did!

Pearson L.

Carreigh B.

Kate G.



Alex D.

Regan E.



Elizabeth H.



Camry D.

Beth W.

Bethany B.







CAMP GUIDE

It's time to start looking for summer camps!

Camp **2012**

SUMMER CAMP

Number of years camps have operated in the United States.



Finding the perfect fit for your child's few special weeks at summer camp takes ample research. Ask yourself these questions before making a selection.

Location:

Close to home or a plane ride away? The *Parent Trap* twins traveled across the country and overseas to go to camp... how far is right for your child? Do you want to keep them nearby? In the same state?

Setting:

Strong swimmers may prefer a lakeside setting, while mini-mountaineers would rather be in Blue Ridge. What's your child's preference for physical surroundings?

Size and gender:

Small, single-gender camps foster close relationships with fewer friends, while larger, co-ed camps make for more exciting games of capture the flag. Your child's age may play a role in preference.

Focus:

Does your child want an atmosphere with a single-sport focus or just good old-fashioned summer camp fun? Decide which factors are most important to you and your child.

Think about what daily camp life should include: Religion? Art? Academics?

Cost:

Can you finance camp and a family vacation without breaking the bank? First discuss how much you want to spend per week on your child's summer camp experience and explore options in your price range. Be sure to factor in travel to and from camp, whether you'll need to purchase supplies or uniforms, and the camperto-counselor ratio for each camp.

– Melanie Wagner

THE NUMBER OF CAMPS OWNED BY NON-PROFIT ORGANIZATIONS.

The range of fees to attend camp per week.

of \$10 nd \$80

Percentage of parents

who say their children made new friends.



Source: American Camp Association

Camp 2012

he number of children and adults that attend camp each year.

Tips for the First-Timer

Some children are ready for overnight camp as young as age 5 or 6, but others may need to wait a few years before they're away from home for a week.

If your child is fairly self-reliant and comfortable in new surroundings, he's ready for overnight camping. If he's never spent the night away from home, a few sleepovers with friends might help prepare him.

A few camps let you test before you commit to a full week or more. The Girl Scouts, for instance, offer a three-day camp, a two-night Mom and Me camp, and longer camping experiences in the summer, all open to Scouts and non-Scouts. Camp Westminster, a Presbyterian-sponsored camp in Conyers, offers two three-night mini-camps for first-timers, regardless of church affiliation.

"First time campers can find just the right

amount of excitement with a Short Stop session offered at our Girl Scout Camp properties like Camp Meriwether," says Debbie McDowell Tate, outdoor program manager for Girl Scouts of Greater Atlanta. "In three action-packed days, girls can try out canoeing, hiking, games, swimming, and s'mores by a campfire.

Experts say your child might be the best judge of whether he or she is ready for camp.

You can help your child get excited about the experience and involve him in picking out a camp with activities he would enjoy. And it's important to em-

phasize all the reasons your child will love it – fun activities, new friends, new skills, a bit of independence – and not whether he'll miss his parents.

Nancy Jones, camp director at Valley View Ranch in North Georgia, says it best with four simple words: "Homesickness starts at home." She says that parents often transfer their own worries about camp onto their children. Before camp, give your kids a hug and kiss and tell them they will have a wonderful time, Jones says.

Other camp directors speak of the importance of mail – both email and snail mail, depending on your camp's policy. It makes kids happy to receive letters from home, directors say.

If you can visit the camp ahead of time, it lessens the anxiety level, too, directors say. If it's not possible to visit, scour the camp's website for videos and photos so the camp will seem familiar.

Choosing a camp that's close to your home is a good idea to reassure your first-time camper. Experts also recommend that beginning campers try a short-duration camp, perhaps one or two weeks.

First-time campers might want to bring along a photo from home, plus some games or books – if the camp allows it – to share with the new friends they'll make.

Angela Sullivan, camp director at Camp Chatuga in Blue Ridge, SC, suggests firsttimers should have a few icebreaker questions in mind to get conversations started with new friends. She also reminds them, "Be a friend to get a friend."

Most children get over any initial nervousness about overnight camp within a few hours, after they start making friends and having fun. – Amanda Miller Allen



Camp 2012

TODAY'S CAMPS: Not Just Crafts and Campfires

by Alexi Wilbourn

oasted marshmallows, campfire songs, tug-of-war or flashlight tag – some things about overnight camp never get outdated. But as new generations embrace a decade of technology, gadgets and gizmos, many camps are incorporating modern activities into the mix, with everything from camp gardens to iPads.

"Camps are consistently evaluating and re-evaluating their programming to meet the needs of today's kids," says Katie Johnson, executive director for the American Camp Association, Southeastern. "Even the most traditional camps, steeped in years of tradition, are working to provide new initiatives and innovative programs in an effort to maintain traditions of the past, but to find that balance with new programs as well."

Here are some of the changes overnight camps are making to adapt their programming to today's kids' lifestyles.

Camp Cherokee in Kings Mountain, SC, is offering a Night Owl camp, where kids sleep late in the morning so they can be brighteyed for nighttime activities. These middleschoolers will take part in astronomy projects and stargazing, among other activities. And the campers will be using the star charts on donated iPads to enhance the experience.

Mini-mission trips are another twist on



Camp High Harbor





Camp Skyland

activities at Camp Cherokee. Last year, kids journeyed to a nearby city to volunteer at men's and women's shelters; they cooked, cleaned and served dinner to the community.

Campers at Camp Toccoa in North Georgia also will be participating in service projects. The camp began offering an original "Leave Your Mark" service activity a few years ago. The program allows kids to make a visible impact on the camp without harming property with graffiti and name carvings. Campers clean trails, paint buildings and build bridges.

At Camp Woodmont on Lookout Mountain, campers can develop their green thumbs with the camp's new vegetable garden. They can harvest lettuce, carrots, beans and bell peppers, and then take a bite out of their hard work at the dining hall. In arts and crafts class, campers last summer created scarecrows to protect the garden's bounty and painted the garden fence.

"Kids nowadays are not exposed to gardening so this is unique for them," camp director Alyson Gondek says. "They can pick things out of the garden and say, 'Wow, I can eat this.""

Inspired by the popular NBC game show,

.....

"Camps are consistently evaluating and re-evaluating their programming to meet the needs of today's kids."

Katie Johnson, executive director for the American Camp Association, Southeastern.

Camp 2012

Valley View Ranch created a game this year called "Minute to Win It: Campstyle." The camp of 60 girls divides into two opposing teams and attempts to complete random challenges. Whether the challenge requires bouncing a ping-pong ball into a cup or stacking empty cans so that they don't topple over, the game has been a hit with campers.

Campers pick the session's new electives at Skyland Camp for Girls in Clyde, NC. The camp offers more electives than it intends to run and lets the campers rank their favorites, Director Sherry Brown says. This year, geocaching, yoga and a low ropes course have made the cut.

Some trendy electives have had such popularity that they were added to the list of required activities. "Gleeks" and *American Idol* fans everywhere can rejoice at the addition of musical theater to the Skyland daily schedule. Each girl participates in some form or fashion to create a show that's performed at the conclusion of camp.

In the spirit of keeping up with the trends, YMCA Camp High Harbor, which has two sites, Lake Burton and Lake Allatoona, is constantly updating programs to keep kids coming back. The water sports program, once only consisting of traditional sports such as water skiing, now includes the popular wakeboarding, knee-boarding and surfing.

"You find the hottest thing that kids are doing and incorporate those into the older program," says Executive Director Ken O'Kelley.

Some camps even specialize – whatever your child's interest, there's probably a camp with that focus that he can attend. Kids can now register for space camps, gaming camps, marine science camps, adventure camps and

www.atlantaparent.com

ballet camps, to name just a few. Intrigued by all the options? Be sure to see our extensive camp listings in this issue.

When it comes to registration and administration, camps have moved into the electronic age. Online registration and e-newsletters from camps are becoming the standard, and some camps are taking technology further. To reach out to the techsavvy generation, many camps are dabbling in social media.

Camp Toccoa, for example, has begun using Facebook and Twitter as part of its marketing campaign. In addition to using Facebook, Deer Run Retreat in Tennessee is looking at the potential of USTREAM, a site that allows users to broadcast live video to the world, for daily testimonials from the campers. Valley View Ranch uses a program called Bunk1, which allows parents to send e-mails to their daughters and view photo galleries from the current camp session to see what their campers have been doing.

"This day and time, you have kids with a variety of interests, and at an overnight camp, we have the opportunity to use the features and assets of our site to our advantage," O'Kelley says of the modern program offerings. "You could honestly offer a general program only, but once I've been to camp two or three years, I don't want to do the same thing again."

Although programs and activities may be changing with the times, the spirit of camp remains the same. Overnight camp is about giving kids the opportunity to enjoy their summers, be themselves and make lasting friendships, directors say. So whether your kid is getting his hands dirty in arts and crafts class or trying his hand at surfing, you can bet that the memories and friendships will always stay with him.



Camp Cherokee





Every Girl Deserves a Girl Scout Summer!

5 Camp Locations! • Overnight & Day Programs • For EVERY Girl!

Girl Scout Camp is not just for current Girl Scouts—it's for all girls grades 1 to 12 who want to join in the fun. Visit www.girlscoutsummer.com or call 770-702-9136 or 770-702-9140 to learn about all the sessions, activities and magic that a Girl Scout Camp experience has to offer each and every girl!





Camp 2012



February 2012 | Atlanta Parent 27

Atlanta Parent's Camp Preview

Cub Creek Science Camp

Feed monkeys, pet kangaroo, hang out with a herd of miniature horses, take classes in veterinary medicine, animal care, survival skills, crime science, zip line, pottery, archery, culinary science, swimming, crafts and more. Over 200 beautifully forested acres are home to one of the most unique summer camps in the country. Cub Creek Science Camp is the only camp with its own zoo. In addition to all the traditional camp activities, Cub Creek Science Camp offers



more opportunities to interact with animals than anywhere else. Many campers join the "100 Animal Club" while at camp, which means that the camper has seen, touched and learned about over 100 species of animal during their stay.

Camp offers a 4:1

student / teacher ratio to ensure that campers have the time of their lives, while always being supervised and safe. In addition to over 100 camp activities to choose from, the spacious, air-conditioned cabins and delicious meals are the campers' favorite amenities.

Many campers fly into the St. Louis Airport and are met at their gate by Cub Creek's friendly staff, who will then escort them to camp.

Request your free brochure at MyAnimalCamp.com

.

Girl Scouts

You don't have to be a Girl Scout to experience Girl Scout Camp, it's for all girls grades 1-12 who want to join in on the fun! With five properties located throughout Greater Atlanta, there's a camp near you with a wide variety of programs available for a first time camper or a bold adventurer including watersports, crafts, horseback riding –even challenge courses and rock wall climbing! Each camp offers a unique picturesque setting with hardwood or pine forests, natural streams, wildflowers, bamboo forests, and water features.



Two-night, three-night, week-long, and 7-10 day sessions are available for overnight and day campers. Special sessions are offered for moms and daughters, adventure travel, field trips, overnight trail rides and more! A Girl Scout Summer gives each camper the opportunity to build her courage, confidence and character through creative activities in a welcoming camp community that is staffed with caring adults. As Girl Scouts celebrates its 100th Anniversary, there's no better time to give your daughter a Girl Scout experience with a summer of memories that lasts a lifetime. We invite you to visit www.girlscoutsummer.com or call 770-702-9136 or 770-702-9140 to learn about all the sessions, activities and magic that Girl Scout Camp has to offer each and every girl!

Deer Run Christian Camp

Deer Run Christian Camps is one of the premier summer camps in the southeast – located just 35 miles south of downtown Nashville on 100 acres of wooded Tennessee hills! The 6-night camps are Sunday afternoon through Saturday mid-morning and include Preteen Camp (grades 3-5), Middle School Camp (grades 6-8), and High School Camp (grades 9-12). With over 20 years experience, the camp director recruits committed, mature, servant-hearted college-age summer



staff who care about kids. Campers come from the southeast region to enjoy a wide range of camp activities including horseback riding, waterfront fun (swimming, zip line, 100' waterslide, aqua park, blob, kayaks), rock climbing, ropes courses, paintball, hiking, crazy games, wiffle ball, archery, BB guns, Bible study, skits, great worship bands and a speaker each night.

Campers build lifetime friendships while developing character, confidence, and integrity in a Christ-centered environment. Deer Run's food service has been rated among the best in the country! Deer Run can help with overnight accommodations for parents who want to stay in the area and offers airport shuttle service for campers if needed. There are two open house dates in the spring for visiting the camp and meeting some of the summer staff. For more information visit, http://Camp.DeerRunRetreat.org or call 615-794-2918.

.

iD Tech Camps

Take hobbies further and gain a competitive edge at iD Tech Camps! Since 1999 over 130,000 students worldwide have immersed in hands-on learning to create iPhone apps, programs with C++ and Java, video games, websites, movies, 3D models, ad designs, robots, and



more. Beginner to advanced students ages 7-17 enroll in these fun and challenging, weeklong, day and overnight summer camps held at 60+ prestigious universities nationwide including Emory, Vanderbilt, Princeton, Stanford, and others.

Students engage in personalized curriculum with a small group of peers (guaranteed 8:1 ratio) to optimize learning and social experiences. Many iD alumni have gone on to do something BIG! They've done impressive things like sell their iPhone apps to raise money for college, create websites for local businesses, and write programming books. Learn firsthand how you can develop hobbies and interests into so much more. Accredited Continuing Education Units are available to help build a portfolio for college.

Also for 2-weeks ages 13-18 immerse in specialized, precollege, overnight summer programs at iD Gaming Academy (held at Emory), iD Programming Academy (held at Duke) and iD Visual Arts Academy (filmmaking and photography).

Visit internalDrive.com for more information and to register online. Or call 1-888-709-TECH (8324) to speak to a Program Advisor who can recommend a customized summer schedule to develop a student's interests.

Atlanta Parent's Camp Preview

Riverview Camp

Atop breathtaking Lookout Mountain, only 2 hours from Atlanta, find a paradise of fun, friends and adventure for girls ages 6 to 16. With over 15 activity choices and recreational opportunities, campers and parents alike will be pleased with the choices and quality of the programs.



Enjoy Riverview's exceptional riding program, directed by equestrians from Auburn University Equestrian Team, with no additional fees! There is something for everyone including: swimming, heated pool, ropes course, tennis, canoeing, golf, archery, rifle range, sports, basketball, climbing tower, CIT program, Chorus, Drama, Voice and Music. Riverview offers both one and two-week sessions, or longer stays are available. Each cabin includes its own bathrooms and showers.

The Staff of Riverview is comprised of many collegeage counselors who have camped with Riverview and who understand the importance of nurturing and caring for each camper! Owners, Susan and Dr. Larry Hooks have been Camp Directors since 1983. Assistant Director Donna Bares has been on staff with the Hooks since 1987. The full-summer staff is certified in Red Cross First Aid and CPR, with two or more nurses and a physician on staff. Riverview is a member of Christian Camping International and is accredited by American Camping Assoc. Call 1-800-882-0722 for a free DVD or visit www.riverviewcamp.com to view DVD's on line!

Camp Woodmont

A top cool, breezy Lookout Mountain in Northwest Georgia is an ACA accredited camp where your child will feel secure, welcome, and reassured. The limited enrollment, warm Christian atmosphere, caring counselors, and convenient camp lay-out give your camper a feeling of acceptance, belonging and appreciation.



The Bennett family gets to know each and every camper on a close personal basis; their two generations of family management and over 60 years combined experience makes for a highly supervised program and an intimate, meaningful experience for campers.

"The Camp Woodmont program strives to provide a family-type atmosphere within the camp group where each child feels a sense of belonging as a valued member of our camp's community", says director Alyson Gondek, "most parents want their

child to learn self-reliance, responsibility, independence, and how to get along with others in a close-knit group; our program is designed to provide children with those type of learning experiences."

¹The 2012 season offers one and two-week sessions for boys and girls ages 6-14 starting June 3rd. Call 706-398-0833 or see www.campwoodmont.com for dates, rates, pictures and more information. Come to the Open House Sunday, May 20th, 2-5 pm to tour the facilities and meet the staff.

YMCA Camp Thunderbird

Since 1936 YMCA Camp Thunderbird has provided thousands of kids an unforgettable experience that includes adventure, fun, and friendship! Camp Thunderbird has nationally recognized water programs, including:



wakeboarding, water skiing, sailing, kayaking, canoeing, water slides and "the Blob". We offer 28 land activities including horseback riding, high and low ropes courses, sports, and crafts.

A merican Camping Association accredited including a 4:1 camper to counselor ration provides an excellent environment for safety and growth. Staff members complete 70 hours of training in order to give proper instruction and create a safe, challenging and

fun environment. Counselors facilitate the growth of self respect, the learning of new skills and the building of lifelong meaningful relationships.

Located on beautiful Lake Wylie, SC, our 100-acre camp is 20 minutes south of Charlotte, N.C. and just 4 hours from Atlanta. Camp Thunderbirds 1.7 mile shoreline provides the ideal backdrop for life changing experiences. One and two week sessions are offered for boys and girls ages 7-16.

Call 800-732-3855 for more information or visit www.campthunderbird.org



Camp 2012

Overnight 2012 camp guide 2012

The search for the perfect summer camp adventure for your child starts here. Our sampling of overnight camps features programs across the South and beyond. There's a camp for all interests, including everything from the traditional camp experience to academic and outdoor adventure programs.

Alabama

Camp Chandler. Montgomery. Co-ed, ages 5-16. Three- and four-day sessions. One-week and multiple-week sessions. Water skiing, horseback riding, swimming, archery, sports and more. 334-229-0035. campchandler.org.

Camp Cosby-YMCA. Alpine. Co-ed, ages 6-16. Three day and one-week sessions. Over 20 activities: horseback riding, minibikes, tubing, wake boarding, the blob, and Alpine tower. Expedition adventure trips. ACA accredited. 800-852-6729. campcosby.org.

Camp Laney for Boys. Mentone. Boys, ages 8-14. One (2nd-3rd grade only) - and two-week sessions. Ropes course, horseback riding, canoeing, riflery, archery, tennis, mountain biking, and team sports. ACA accredited. 256-634-4066. camplaney.com.

Lookout Mountain Camp for Boys. Mentone. Boys, ages 7-15. Two-, four-, six- and eightweek sessions. Traditional camp with activities such as: water sports, fly fishing, diving, canoeing, zip line, archery. 256-634-4758. lookoutmountaincamp.com.

Lyman Ward Summer School Program and Adventure Camp Camp Hill. Boys, grades 6-12. Four-week session and two-week adventure camp. L.W. Military Academy academic program includes on-campus and evening and weekend activities . Adventure camp includes rafting, caving, repelling, swimming, hiking and more 800-798-9151. lwma.org.



ID Tech Camps

Riverview Camp for Girls. Mentone. Ages 6-16. One-and two-week sessions. Located atop Lookout Mountain. Traditional program offering more than 25 activities including horseback riding, ropes course, tennis, gymnastics, canoeing, and more. 800-882-0722. riverviewcamp.com.

Camp Skyline. Mentone. Girls, ages 6-16. Oneand two-week sessions. Located on top of Lookout Mountain. Campers select six from more than 20 different activities. Founded 1947. 800-448-9279. campskyline.com.

U.S. Space Camp. Huntsville. Co-ed, ages 9-18. Three-day to six-day sessions and parent/child weekend camps for ages 7-14. Space Camp, Aviation Challenge or the new X-Camp. 800-637-7223. spacecamp.com.

Camp Winnataska. Pell City. Co-ed, ages 6-15. One-week sessions. Horseback riding, canoeing, swimming, crafts, night activities, ropes courses. 205-640-6741. winnataska.org.

Florida

Circle "F" Dude Ranch Camp. Lake Wales. Co-ed, ages 6-18. Two- and three-week, ten-day sessions. Horseback riding, sailing, paintball, waterfront double zip line with rock climbing wall and more. 863-676-4113. circlefduderanchcamp.com.

Camp Dovewood. O'Brien. Girls, ages 7-16. Oneand two-week sessions. Combination three week sessions Christian bases, Horse-focused, English, Western and dressage riding, overnight trips, swimming, and over 24 activities. 386-935-0863. campdovewood.org.

Camp 2012

Everglades Youth Conservation Camp. West Palm Beach. Co-ed, ages 8-14. One-week sessions. Operated by Florida Atlantic University. Outdoor skills, ecology, wildlife encounters, fishing, archery, mud hikes, canoeing and more. 561-686-6600. pinejog.fau.edu.

IMG Academies. Bradenton. Co-ed, ages 8-18. Weekly sessions. Instructional programs offered in tennis, golf, soccer, baseball, basketball, football, lacrosse and performance training. 941-755-1000. imgacademies.com.

Camp Indian Springs-YMCA. Crawfordville. Co-ed, ages 8-14. One-week sessions. Traditional camp with canoeing, riding, archery, swimming, extreme skateboarding, paintball and more. Christian setting. ACA Accredited. 850-926-3361. campindiansprings.org.

Camp Kulaqua. High Springs. Co-ed, ages 7-17. One-week sessions. Bible adventure, archery, canoeing, gymnastics, horsemanship, go-carts and zoo management. 386-454-1351. campkulaqua.com.

Seacamp. Big Pine Key. Co-ed, ages 12-17. 18-day sessions. Marine science, scuba, sailing, wind surfing and more. 877-732-2267. seacamp.org.

SeaWorld and Busch Gardens Camps. Orlando and Tampa Bay. Co-ed, grades 5-College. One-week sessions. Campers enjoy behind the scenes, hands-on experiences with amazing animals like dolphins and giraffe. All while making memories, learning about careers and having fun! 866-468-6226. seaworld.org/ camps.

Camp Winona-YMCA. Deleon Springs. Co-ed, ages 7-16. One (five-day)- and two-week sessions. Archery, canoeing, ropes course, sailing, paintball and more. 386-985-4544. campwinona.org.

Georgia

Adamah Adventures. Atlanta. Co-ed, ages 6-14. 18-day sessions 7-11th grade. 1 week 5th-6th grade. Outdoor adventure treks for Jewish teens. Hiking, rock climbing, caving, rafting and more in the Blue Ridge Mountains, North Carolina or Pacific Northwest. 404-297-4914. adamahadventures.ora.

Athens "Y" Camp for Boys/Camp Chattooga for Girls. Tallulah Falls. Ages 7-16. One-week sessions. All sports, zip line, lake activities and more. Horseback riding for girls. Outdoor adventure program for older campers. Adventure Travel camp. Boys: 706-754-6912; girls: 706-754-3329. athensycamps.org.

Athens YWCO Camp. Clarkesville. Girls, ages 6-16. One- and two-week sessions. Horseback riding, swimming, dance, sports, crafts, drama and more in a Christian setting. Horseback Specialty and leadership program. ACA accredited. 706-754-8528. athensywcocamp.com.

Atlanta Ballet Centre for Dance Education. Atlanta. Co-ed, ages 8+ for day camps. Co-ed, ages 11+ for intensive programs. One-, threeand five-week sessions. Intensive resident courses available to intermediate and advance students in ballet, jazz, modern and flamenco. Audition required. 404-873-5811, ext 212. atlantaballet.com

Atlanta Resident Camp. Lake Allatoona. Co-ed, ages 8-12. One-week sessions. Canoeing, team building and hiking. Through the City of Atlanta. Open to Atlanta residents and non-residents. 404-392-3366. atlantaga.gov.



Athens YWCO Camp

Atlanta Workshop Players "Destiny" Performing Arts Camps. Brenau University. Co-ed, ages 7-18. One- and two-week sessions. TV/film acting, theatre, dance, musical theatre and performances, audition for top agents and casting directors. Produce a full show. 770-998 8111. atlantaworkshopplayers.com.

Blue Ridge Camp. Mountain City. Co-ed, ages 7-16. One, two, four, six and eight-week sessions. 48 elective style activities in the areas of athletics, aquatics, outdoor adventure and cultural arts. 954-450-4252. blueridgecamp.com.

Calvin Center. Hampton. Co-ed, grades 1-12. One-week sessions. Christian camping since 1960. Residential camping, adventure and horse camps. High School Leadership. ACA accredited. 770-946-4276. calvincenter.org.

Camp Barney Medintz. Cleveland. Co-ed, ages 8-16. Two- and four-week sessions. Activities include water skiing, horseback riding, mountain biking, theater and more. Jewish values. 770-396-3250. campbarney.org.

Camp Cherokee. White. Co-ed, ages 6-18. Three day, one-week sessions. Christian camp on Lake Allatoona with canoeing, arts and crafts, Bible study, white water rafting and more. Also offers day camp. 877-647-8542. cherokeeretreatcenter.com.

Camp Harmony Dude Ranch for Kids. Cumming. Ages 5-15. One-week sessions. Experience riding from trails to jumping to racing, and even driving a cart! Day camp also offered. 678-755-8726. floweredrockfarm.com.

Cohutta Springs Youth Camp. Crandall. Co-ed, ages 7-18. One-week sessions and family camp. Archery, basketball, biking, canoeing, creative arts, drama, golf, gymnastics, horsemanship, nature, rock climbing, sports, videography, water sports. 706-602-7346. cs-yc. com.

Cousin Trips. Trip location(s) TBA. Co-ed, ages 12-16. One-week session. A unique summer experience for young travelers with Interactive, educational and life enhancing fun. 678-549-4775. CousinTrips.com.

Creation Encounters Camp. Cleveland. Co-ed, ages 12-15. One-week session. Christ-centered learning experience through hands on animal interaction. Learn about animal diet, vet care, and enrichment for animals at the zoo. 706-348-7279. creationencounters. homestead.com.

RE YOU READY FOR THE SUMMER OF A LIFETI

WinShape Camps creates unforgettable overnight and day camp experiences for and girls of all ages through exciting programs designed to sharpen their character, deepen their faith and grow in their relationships with others.

WINSHAPE CAMPS FOR BOYS & WINSHAPE CAMPS FOR GIRLS WinShape Camps for Boys offers one-week and two-week overnight experiences at Mt. Berry, and WinShape Camps for Girls allows campers to choose between a one-week overnight camp at Young Harris, and a two-week overnight

FOR MORE INFORMATION, VISIT WINSHAPECAMPS.ORG OR SEND AN camp at Mt. Berry. EMAIL TO INFO@WINSHAPECAMPS.ORG.

WINSHAPE CAMPS FOR COMMUNITIES

WinShape Camps for Communities is a weeklong day camp experience that takes place in various communities throughout the nation. Each summer, WinShape Camps partners with local churches and faith-based organizations to offer thousands of campers a week full of fun, faith, fellowship and adventure.

- · Powder Springs
- Cartersville
- Macon
- Fayetteville
- Becatur Tyrone
- Marietta
- And many more...

FOR MORE INFORMATION, VISIT US ONLINE OR SEND AN EMAIL TO COMMUNITIESINFO@WINSHAPE.ORG



DON'T MISS OUT ON YOUR CHANCE TO SEND YOUR SON OR DAUGHTER TO WINSHAPE CAMPS WHERE THEY ARE SURE TO HAVE THE SUMMER OF A LIFETIME.

REGISTER ONLINE TODAY! WWW.WINSHAPECAM

Camp 2012

CREATED BY S. TRUETT CATHY.

ار انها عاما

A Great Summer Camp Experience

Kids Love The Sports, Horseback Riding, Aquatics, Nature Study, Climbing Wall, Crafts, Hiking, Archery, Drama, Challenge Course, Campouts, and Much More!

- Limited Enrollment Close Family-Like Atmosphere
- Campers feel secure, welcome, and grow in confidence

2 generations of





Located in Cloudland, GA on cool, breezy Lookout Mountain just two hours north of Atlanta

One/Two Week Sessions Boys/Girls 6-14

CALL: (706) 398-0833

www.campwoodmont.com





ANGUAGE ACADEMY WOFFORD

immerse yourself!

Overnight Camp Guide 2012

Darlington Summer Camps. Rome. Co-ed and single gender, ages 2-18. Sessions vary by camp. Summer Scholars Program. Specialty Sports Camps include soccer, tennis, lacrosse, fencing and more. 800-368 4437. darlingtonschool.org

Dixie Camps for Boys and Girls. Clayton. For boys and girls ages 6-16. One-, two-, three-, fourand seven-week sessions. Traditional camp with sports, water activities, arts and more. 706-782-3717. campdixie.org.

Emagination Computer Camp. Atlanta. Co-ed, ages 8-17. One-Two-week sessions. Video Game Design, Web Design, 3-D Animation. Build robots and RC Cars. Explore programming. Sports and recreation. 877-248-0206. computercamps.com.

Encore Music Camps. Atlanta and Milledgeville. Co-ed, ages 10-16. Orchestra Camp, Emory University, July 8-12. Band Camp, Georgia College, Milledgeville, July 8-12. Choir Camp, Emory University, July 15-19. A musical experience with rehearsals and master classes, with a blend of recreational activities. Camp closes with concert performances. Band: 770-914-8866; Orchestra: 404-988-1245. Choir Camp: 404-988-1245 encoremusiccamps.com.

ID Tech Camps. Emory University. Co-ed, ages 7-17. One-week sessions. Create movies, video games, websites, robots, apps and more. 888-709-8324. internaldrive.com.

Camp Juliette Low. Cloudland. Girls, ages 7-17. One- and two-week sessions. Traditional camping and outdoor living atop Lookout Mountain. ACA accredited. 770-428-1062. cjl.org.

Camp Kaleo. Forsyth. Boys, ages 6-18. Threeday and one-week sessions. A Christian camp in a wilderness setting. 770-936-5255. campkaleo. org

Linda's Riding School. Convers. Co-ed, ages 6 and up. Overnight and one-week sessions. Horseback riding, swimming and Friday Horse Show. Day camp also offered. 770-922-0184. lindasridingschool.com.

Joe Machnik's No.1 Goalkeeper Camp & Striker Camp. Rome. Co-ed, ages 8-18. Four- to twelve-day sessions. Located at the Darlington School; 706-378-3706. no1soccercamps.com.

National Computer Camps. Atlanta. Co-ed, ages 8-18. One- and two-week sessions. Video game design, AP programming, networking, software applications and web design. Optional sports program. 203-710-5771. nccamp.com.

Camp Pine Valley. Meansville. Open to all girls, ages 5-17. Half-week, one-week and weekend sessions. Traditional camping and outdoor summer program. Girl Scouts of Pine Valley. 770-227-2524. girlscoutsofgreateratlanta.org.

Riverside Military Academy. Gainesville. Boys, ages 12-18. Four-week sessions. High Adventure Camp. Test physical endurance, explore area rivers, hike in Blue Ridge Mountains, learn rafting, rapelling, marksmanship and leadership skills. 800-462-2338. riversidemilitary.com.

Sports Broadcasting Camp. Atlanta. Co-ed, ages 10-18. July 16-20. Overnight or day. Learn from the pros. Make reporting, play-by-play and sports anchor tapes. Meet celebrities and more. 800-319-0884. playbyplaycamps.com.

Strong Rock Camp. Cleveland. Co-ed, grades 1-10. One- and two-week sessions. Horseback riding, canoeing, archery, riflery, climbing, art, drama and more. Christian family values. 706-348-1533. strongrockcamp.com.

Sunburst Stables. Clarksville. All girls and all boys, ages 8-15. One-week sessions. Horseback riding, swimming, boating, ropes course, zip line and more. 800-806-1953. sunburststables.com.

Camp Toccoa. Toccoa. Co-ed, Grades 2-12. One- and multi-week sessions. Noncompetitive traditional camp with horseback riding, hiking, ropes, canoeing, drama, archery, crafts and specialty camps. ACA accredited. 706-886-2457. camptoccoa.org.

Valley View Ranch Equestrian Camp. Cloudland. Girls, ages 8-17. One to nine weeks. 600 acres, English and Western, vaulting, barrels and trails. CHA instructors. 706-862-2231. valleyviewranch. com.

Camp Westminster. Conyers. Co-ed, ages 6-17. Weekly overnight and day camp sessions. Horseback riding, sports, crafts, outdoor skills, climbing tower, paintball and more with a Christian perspective. 770-483-2225. campwestminster.org.

Camp Woodmont. Lookout Mountain. Co-ed, ages 6-14. One- and two-week sessions. Small, non-denominational, family atmosphere. Traditional activities. Horseback riding, climbing wall, zipline, giant swing, sports, dance, crafts, archery and more. ACA accredited. 423-472-6070. campwoodmont.com.

University of Georgia Sports Camps. Athens. Coed, ages 8-18. Sessions vary by sport. All sports, zip line, lake activities and more. Horseback riding for girls. Outdoor adventure program for older campers. Adventure Travel Camp. georgiadogs.com.

University of Georgia Pre-College Programs. Athens. Co-ed, ages 11-17. Two-week session. Academically focused teens will take college-level courses, enjoy extracurricular activities, and live in UGA residence halls. 706-542-3537. georgiacenter. uga.edu/youth.

Wild Summer Days at Charlie Elliott Wildlife Center. Mansfield. Co-ed, ages 11-17. One-week sessions. Includes live animal programs, field studies, outdoor skills, hikes and more. ACA accredited. Also offers day camp. 770-784-3059. georgiawildlife.com/node/693.

WinShape Camps. Rome. Co-ed, entering grades 2-12. One- and two-week sessions. A Christian recreation program. Separate programs for girls and boys. 800-448-6955, ext 1120. winshape.org.

Chuck Kriese's Total Tennis Training Camp. Lawerenceville . Co-ed, ages 7-17. One-week sessions. For beginner, intermediate, advanced and tournament players. 615-983-2229. totaltennistraining.com.

Mississippi

Camp Stanislaus. Bay St. Louis. All Boys, ages 8-15. One-, two-, three- and four-week sessions. Traditional camp that provides a non-competitive environment. Activities include: basketball, sailing, soccer, football and more. 228-467-9057 x277. campstanislaus.com.

Camp Windhover. Crystal Springs. Co-ed, ages 7-14. One-, two- and three-week sessions. Acitivities include archery, cooking, canoeing, crafts, creative writing, dance, sports and more. ACA accredited. 601-892-3282. campwindhover.com.

North Carolina

Blue Star Camps. Hendersonville. Co-ed, ages 6-16. Four-, six- and eight-week sessions, ACA accredited. Jewish values. 954-963-4494. bluestarcamps.com.





Camp Woodmont

Camp Arrowhead. Tuxedo. Boys, ages 6-16. One-, two-, three-, four- and seven-week sessions. Christian high-adventure summer camp. Backpacking, rock climbing, mountain biking, kayaking, waterskiing, paintball and more. CCCA Accredited. 828-692-1123. camparrowhead.org.

Camp Cedar Cliff. Asheville. Co-ed, rising grade 2-graduated 12th graders. Four-day and one-week sessions. Christ-centered camp with traditional summer camp activities. Day Camp program K-6th grade. 828-450-3331. campcedarcliff.org.

Camp Cheerio-YMCA. Glade Valley. Separate co-ed and all girls camp offered, ages 7-15. One- and twoweek sessions. Two programs: traditional overnight camp and adventure tripping program. 800-226-7496. campcheerio.org.

Deep Woods Camp. Brevard. Boys, ages 10-14. Four-, five-, nine- and 10-week sessions. Outdoor wilderness adventure program. 828-885-2268. deepwoodscamp.com.

Duke Summer Camps. Durham. Co-ed 5th-11th grade One- and two-week sessions. Drama workshop. Co-ed, grades 9-11; Action Science Camp for Young Women. Girls, grades 5-7; Young Writers' Camp. Co-ed, grades 6-11. 919-684-6259. learnmore.duke. edu/youth.

Eagle's Nest Camp. Pisgah Forest. Co-ed, 6-17. One, two- and three-week sessions. Activities include: art, music, drama, whitewater paddling, rock climbing, wilderness activities, horseback riding, athletics and swimming. 828-877-4349. 336-761-1040. enf.org.

Falling Creek Camp. Tuxedo. Boys, ages 6-16. One- to four-week sessions. Canoeing, rock climbing, tennis, horseback riding and more. 828-692-0262. fallingcreek.com.

The Green River Preserve. Cedar Mountain. Co-ed, grades rising 2-9. Expedition grades rising 9-12. One-, two- and three-week sessions. Daily hiking trips, rock climbing, canoeing, fly fishing, fencing and arts & crafts. ACA accredited. 828-698-8828. greenriverpreserve.org.

Camp Greenville-YMCA. Cedar Mountain. Mountaintop camp located in the western Carolinas. Co-ed, ages 5-17. Four day, one- and two-week sessions. Traditional, adventure, wilderness and leadership programs for young people, since 1912. ACA accredited. 864-836-3291. campgreenville.org.

Camp Greystone. Tuxedo. Girls, grades K-11th. Oneto five-week sessions. More than 80 activities, Christcentered. 828-693-3182. campgreystone.com.

Gwynn Valley Camp. Brevard. Co-ed, grades K-8. One-, two- and three-week sessions. A traditional, farm and wilderness camp with horseback riding, rock climbing and more. ACA accredited. 828-885-2900. gwynnvalley.com.



Register Today for YMCA Camp Thunderbird!

Come enjoy our nationally recognized water programs with kayaking, wakeboarding & water skiing to our land activities including horseback riding, ropes courses, crafts and more!

Register online at www.campthunderbird.org.

Co-Ed Ages 7 to 16 | 1 & 2 week sessions

Camp Thunderbird is located in Lake Wylie, SC. Just 4 hours from Atlanta

ymcacharlotte.org

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.





www.atlantaparent.com

Camp 2012

Overnight Camp Guide 2012

Camp Hanes. Sauratown Mountain. Co-ed, ages 6-15. One-week and three-week sessions. Canoeing, hiking, rappelling, arts and crafts, sports and more. 336-983-3131. camphanes.org.

Camp Harrison. Boomer. Co-ed, ages 6-16. Oneand two-week sessions. Zip line, paintball, drama, sailing, canoeing, Mom & Me, The Dude Ranch, Sportsman, Farm to Feast, and teen specific programs. 800-514-1417. campharrison.org.

Camp High Rocks. Cedar Mountain. Boys, ages 7-16. One -two-, three- and four-week sessions. Traditional camp focusing on adventure in a non-competitive atmosphere. 828-885-2153. highrocks.com.

Camp Highlander. Mills River. Co-ed, ages 5-16. One-, two-, three-, six- and eight-week sessions. Multi- sessions available. Traditional in-camp activities and challenging off-camp excursions. Wilderness Program. ACA accredited. 828-891-7721. camphighlander.com

Camp Hollymont for Girls. Asheville. Ages 6-15. One-, two- and four-week sessions. Recreational adventure and program activities. Christian, ACA accredited. 828-686-5343. hollymont.com.

Camp Kanata-YMCA. Wake Forest. Co-ed, ages 6-15. One-week sessions. Multi week sessions available. Traditional YMCA camp. ACA accredited. 919-556-2661. campkanata.org.

Camp Kanuga. Hendersonville. Co-ed, ages 7-15. Nine-day and two-week sessions. Trailblazer adventure camp for ages 15-16. Christian setting. ACA accredited. 828-692-9136. kanuga.org.

Camp Lurecrest. Lake Lure. Co-ed, rising grades 3rd-12th. One-week sessions. Canoeing, high ropes activities, swimming and fishing, paintball and more. Christian setting. CCI Accredited. 704-841-2701. camplurecrest.org.

Camp Merri-Mac for Girls. Black Mountain. Ages 6-16. One-, two-, three-, four- or five-week sessions. Sister camp to Camp Timberlake. Riding, diving, gymnastics, climbing, cheerleading, tennis, dance and more. 828-669-8766. merri-mac.com.

Camp Mondamin for Boys/Green Cove for Girls. Tuxedo. Boys and girls, ages 6-17. One-, two-, threeand five-week sessions. Rock-climbing, whitewater canoeing, kayaking, mountain biking, horseback, swimming, sailing, tennis, wilderness trips and more. 800-688-5789. mondamin.com; greencove.com.

Camp Ridgecrest for Boys and Camp Crestridge for Girls. Ridgecrest. Ages 7-16. One, two-, four-, six- and eight-week sessions. Traditional camp activities, archery, riflery, horseback riding, sports and more. 800-968-1630. ridgecrestcamps.com.

Camp Pinewood. Hendersonville. Co-ed, ages 7-15. Fourand eight-week sessions. Offers more than 35 different sports and activities. Extensive waterfront program. Two and a half hours from Atlanta. 828-692-6239. camppinewood net

Rockbrook Camp for Girls. Brevard. Girls, ages 6-16. Two, three and four-week sessions. Traditional camp offering horseback riding, adventure, crafts and more. Est 1921. ACA accredited. 828-884-6151. rockbrookcamp.com.

Camp Rockmont for Boys. Black Mountain. Boys. ages 7-16. One-, two-, three- and four-week sessions. Variety of recreational adventures and program activities. Christian boys camp. ACA accredited. 828-686-3885. rockmont.com.

Camp Sea Gull for Boys/Seafarer for Girls-YMCA. Arapahoe. Ages 6-16. One-, two- and four-week sessions. Seamanship programs for all skill levels. ACA and US Sailing Accredited. Sea Gull: 252-249-1111; Seafarer: 252-249-1212. seagull-seafarer.org.

Skyland Camp for Girls. Clyde. Girls, ages 6-15. 17-day sessions or 36-day session. Day Camp available. Horseback riding, musical theater, tennis, archery, crafts, and swimming, Promotes sportsmanship and the importance of teamwork, confidence, self-expression and leadership skills. 828-627-2470. skylandcamp.com.

Camp Timberlake for Boys. Black Mountain. Ages 7-16. One-, two-, three-, four- or five-week sessions. Brother camp to Camp Merri-Mac. Backpacking, riflery, swimming, canoeing, wrestling, riding, fencing, ropes course and more. 828-669-8766. camptimberlake.com.

The Vineyard. Westfield. Co-ed, ages 6-16. One-week sessions, multi-week sessions available. Christian sports camp with 40 activities including body building, lacrosse, golf, crafts and dance . 877-226-7532. vineyardcamp.com.

Camp Wayfarer. Flat Rock. Co-ed, ages 6-16. One and a half-, three- and five-week sessions. Activities in outdoor sports, arts, water sports, outdoor adventures and Christian life. ACA accredited. 828-696-9000. campwayfarer.com.

Wellspring Adventure Camp. Asheville, Co-ed, ages 11-18. Four- and eight-week sessions. Specializes in fitness and weight loss. Day hikes, swimming, canoeing and kayaking, soccer, dance, arts and crafts, indoor games and more. 866-364-0808. wellspringadventurecamp.com.

Weaver-YMCA. Greensboro. Co-ed, rising grades 2-10. One-week sessions- up to 10 weeks. Horseback riding, skateboard park, canoeing, iceberg, the blob, hiking, crafts and more. 336-697-0525. campweaver.org.

Camp Willow Run. Littleton. Co-ed, rising 3rd-12th graders. One-week sessions. Christian camp with water activities, ropes course and climbing wall. 252-586-4665. campwillowrun.org.

South Carolina

Camden Military Adventure Camp. Camden. Boys, 6-8 grade. One- week sessions. White water rafting, water skiing, scuba diving, hiking and aviation. 800-948-6291. camdenmilitary.com.

Camp Chatuga. Mountain Rest. Co-ed, ages 6-16. One-, two-, three- and four-week sessions. Traditional recreational camp. ACA accredited. 864-638-3728. campchatuga.com.

Clemson University's Youth Learning Institute. Five South Carolina Locations. Co-ed, ages 7-15. One- and two-week sessions. Six camps including traditional, marine science, wildlife, adventure and technology. 864-878-1103. ylicamps.com.

International Junior Golf Academy. Hilton Head Island. Co-ed, ages 10-19. One to- multi-week sessions. Daily instruction with PGA professionals, which includes full swing, chipping, putting, sand play and video analysis. 800-791-8229. IJGA com

Camp Thunderbird-YMCA. Lake Wylie. Co-ed. ages 7-16. One- and two-week sessions. Activities include: skiing, sailing, swimming, horseback riding, sports, crafts and more. ACA accredited. 800-732-3855. campthunderbird.org.

Tennessee

Camp Ocoee-YMCA. Lake Ocoee. Co-ed, ages 7-17. One- week sessions. Traditional Wilderness program ages 7-15, Teen Leadership Program ages 16 & 17. Staff to camper ratio of 1:4. 423-338-5588. campocoee.com.

McCallie Sports Camp. Chattanooga. Boys, ages 9-15. Two-week sessions. Twenty-five sports and activities including lacrosse, water polo, soccer, track, swimming and more. 800-672-2267. mccallie.org.





A Springboard to Success:

Camp Spring Creek creates an environment where children with dyslexia become better learners, discover their natural talents, and gain self-confidence and independence.

Camp Spring Creek • Bakersville, North Carolina • 828-766-5032 info@campspringcreek.org • www.campspringcreek.org







Camp Ridgecrest for Boys

Camp Widjiwagan. Nashville. Boys & Girls, 3rd-9th graders. One- and two-week sessions. Traditional camp with land and water activities such as: water skiing, waterslides, horseback riding, street hockey, theater, beach volleyball and more. 615-360-2267. campwidjii.org.

Deer Run Christian Camp Thompsons Station. Co-ed, grades 3-12. One-week sessions. Traditional camp with horseback riding, lake activities, ropes, hiking, paintball, archery, and more. Christian setting. 615-794-2918. camps.deerrunretreat.org

Beyond the South

Camp Atwater. North Brookfield, Mass. Ages 8-15. All-boy and all-girl camps. Two- and four-week sessions. Afro-centric setting focusing on leadership development, recreation, education and culture. 413-739-7211,ext 102. campatwater.org.

Camp Awosting for Boys/Camp Chingueka for Girls. Litchfield, Conn. Ages 6-16. Two-, four-, six- and eight-week sessions. Traditional camp with activities such as: go-karts, mini-bikes, river tubing, waterskiing, arts & crafts, archery, fencing, climbing tower and zip line. 860-567-4924. mysummerfamily. com.

Camp Carysbrook. Riner, Va. Girls, ages 6-16. One, two- three, four-, seven-week sessions. Traditional camp with individual instruction in 18 activities. ACA accredited. 540-382-1670. campcarvsbrook.com.

Camp Cayuga. Honesdale, Pa. Co-ed, ages 5-15. Two-, four-, six- and eight-week sessions. More than 60 activities including horseback riding, flying trapeze, circus and more. ACA accredited. 908-470-1224. campcayuga.com.

Camp Cody Freedom, NH. Co-ed. grades 3-12. Two-, four-, six- and eight- week sessions. Traditional New England camp experience offering sports, arts, swimming, boating, trips and more. 800-399-4436. cody.org.

Camp Curtain Call. Dugspur, Va. Co-ed ages 8-18. One- or three- week sessions up to eight weeks. A combination of theatre, dance, music, circus, magic, visual arts, sports and outdoor adventure activities. 865-573-7002. campcurtaincall.com.

Camp Friendship. Palmyra, Va. Co-ed, ages 7-17. One and two-week sessions up to nine weeks. Traditional program with over 50 elective activities such as equestrian, tennis and gymnastic programs. 800-873-3223. campfriendship.com.

Camp Horizons. Harrisonburg, Va. Co-ed, ages 6-17. One- and two-week sessions. Traditional and adventure programs including outdoors, visual arts, horses, sports, aquatics and peforming arts. ACA accredited. 540-896-7600. camphorizonsva.com.

Camp Jump Start. St. Louis, Mo. Co-ed, ages 9-17. Four- and eight-week sessions. Traditional camp specializing in weight loss for kids. 636-287-5004. campjumpstart.com.

Established 1922 CAMP JULIETTE LOW Atop Lookout Mountain in Cloudland, GA

> For All Girls 7-17 1 & 2 week sessions available



- Horseback
- Canoeing
- Swimming
- Dramatics
- Ropes Course Hiking
 - Climbing Wall
- Archery

• Crafts

Sailing



Call or Write for Free Brochure or DVD P.O. Box 5113, Marietta, GA 30061 770-428-1062 www.cjl.org



Camp 2012

A relaxed and caring atmosphere set on 40 acres of farm and woodland in Roswell. Since 1973, High Meadows has offered campers the opportunity for self-discovery through activities directed at personal improvement, environmental awareness, and non-competitive achievement.



 1055 Willeo Road • Roswell, GA 30075

 Six Age/Grade Camp Divisions:

 Three

 (4 years old-9th grade)

Six Age/Grade Camp Divisions:
(4 years old-9th grade)Three Sessions (M-F)
June 4-June 22
June 25-July 13
(no camp July 4th)Preschool/Rising K: 9:45 am-1:45 pmJune 32-July 13
(no camp July 4th)Rising K-9th grade: 9:15 am-4:00 pmJuly 16-August 3

Transportation available from North Metro areas. Accredited by the American Camp Association. High Meadows Camp does not discriminate on the basis of race, creed, sex or ethnic origin.



Atlanta Parent is your go-to resource for finding that perfect camp! Visit Atlanta Parent online at www.atlantaparent.com

Overnight Camp Guide 2012

Kenmont Camp for Boys and Kenwood Camp for Girls. Kent, Conn. Ages 7-14. Four-week sessions. Athletics, water sports, extreme sports, adventure, creative arts and theater. Separate and equal facilities for boys and girls on 200-acre lakefront property. ACA Accredited. 305-673-3310. kenmontkenwood.com.

Camp O-AT-KA. Sebago, Maine. Boys, ages 7-16. Two-, three-, four- and seven-week sessions. Water sports, land sports, outdoor skills and adventure, arts and crafts, music and drama. 800-818-8455. campoatka.com

Camp Ozark. Mount Ida, Ark. Co-ed, ages 7-17. One-, two-, and three-week sessions. Christian sports and adventure camps. Over 120 activities. 870-867-4131. campozark.com.

Camp Piomingo-YMCA. Brandenburg, Ky. Co-ed, ages 6-16. One- and two-week sessions. Traditional, equestrian and adventure activities include swimming, climbing, archery, horseback riding and more. 800-411-5822. camppiomingo.org.

Camp Regis-Applejack. St. Regis Lake, N.Y. Co-ed, ages 6-16. Four- and eight-week sessions, two-week program for first-time campers. More than 50 activities. Teen adventure camp, ages 13-16. ACA accredited. 609-688-0368. campregis-applejack.com.

Camp Rim Rock. Yellow Spring, W. Va. Girls, ages 6-16. Multiple week sessions. Horseback riding, performing arts, arts & crafts, sports, aquatics. ACA accredited. Less than 2 hours from D.C. on 600 acres. 304-856-2869 camprimrock.com.

Camp Silver Beach-YMCA. Jamesville, Va. Co-ed, ages 8-16. One- and three-week sessions. Three-week teen camp, rising 9th, 10th and 11th grade. Traditional camp with nature trails, challenge courses, rifle range, swimming, sailing, 757-442-4634. campsilverbeach.org.

Camp Tall Timbers. High View, W. Va. Co-ed, ages 7-16. One, two-, three-, five-, six- and eight-week sessions. Horseback riding, water skiing, challenge course, climbing wall. ACA accredited. 800-862-2678. camptalltimbers.com.



Camp Widjiwagen

Camp 2012
Cheley Colorado Camp. Estes Park, Colo. Co-ed, ages 9-17. Four- and eight-week sessions. Day hikes, horseback riding, rafting, crafts, mountain biking, outcamping, target sports and more. 303-377-3616. cheley.com.

Cheshire Academy Access Cheshire Summer Program. Cheshire, Conn. Co-ed, grades 7th-9th. Four-week session. Academic work with a variety of enrichment and athletic activities. Application process. 203-272-5396. cheshireacademy.org.

Concordia Language Villages. Moorhead, Minn. Co-ed, ages 7-18. One-, two- and four-week sessions and family camp. Residential language immersion camps. Available in 15 languages. 800-222-4750. concordialanguagevillages.org.

Cub Creek Science Camp and Animal Camp. Rolla, Mo. Co-ed, ages 7-17. One- and multi-week sessions. Over 100 science camp activities and over 300 camp animals. ACA accredited. 573-458-2125. bearriverranch.com.

French Woods Festival of the Performing Arts. Hancock, N.Y. Co-ed, ages 7-17. Three-, six-, nineand twelve-week sessions. Over 45 program activities in cooking, dance, theater, music, circus, magic, visual arts, sports and horseback riding. 800-634-1703. frenchwoods.com.

Kamp Kohut. Oxford, Maine. Co-ed, ages 7-15. Two- to four-week sessions. Waterfront, land sports, drama and more. 888-465-6488. kampkohut.com.

Lake Greeley Camp. Greeley, Pa. Co-ed, ages 6-15. Two-, four-, six- and eight-week sessions. Traditional camp including more than 60 activities. Winter: 570-842-3739; Summer: 570-685-7196. lakegreeley.com.

Landmark School Summer Programs. Prides Crossing, Mass. Co-ed, grades 1-12. Four- and five week sessions. Offers academic skill development and activities for students with language-based learning disabilities. 978-236-3000. landmarkschool.org.

New Meadow Farm Camp. Steeles Tavern, Va. Girls, ages 8-17. One-, three-, four- and seven- week sessions. Horseback riding, horsemanship, swimming, arts and crafts, biking, and more. 610-825-9838. newmeadowcamp.com.

Night Eagle Wilderness Adventures. Cuttingsville, Vt. Boys, ages 10-14. Two-, three, four- and six-week sessions. Primitive summer camp with tipi living, canoeing, backpacking, archery and tracking. ACA accredited. 802-446-6100. nighteaglewilderness.com.



SPORTS BROADCASTING CAMP is back for our 5th year in Atlanta July 16-20, 2012

- Boys and Girls 10-18 will have an opportunity to learn from the Pros
- Meet Sports Celebrities
- Make Sports Anchor Tapes
- Make Play-By-Play Tapes of the Super Bowl & NBA Finals
- Make Reporting Tapes from a Pro Stadium
- Participate in Sports Talk Radio and Pardon
- The Interruption (PTI) shows and much more

Day/Overnight options available. For more info: 800.319.0884 or WWW.PLAYBYPLAYCAMPS.COM **Camp North Star.** Poland Spring, Maine. Co-ed, ages 7-16. Two-, four-, six- and eight- week sessions. Visual/performing arts, sports, trips, flight instruction, horseback riding and more. 207-998-4777. campnorthstarmaine.com.

Sanborn Western Camps. Florissant, Colo. Separate camps for girls and boys, ages 7-16. Two- and four-week sessions. Adventurous, non-competitive programs in Western riding, mountaineering, water sports, fishing. 719-748-3341. sanbornwesterncamps.com.

Shane (Trim-Down) Camp. Ferndale, N.Y. Co-ed, ages 7-19. Three-, six- and nine-week sessions. Portion controlled meals, classes in nutrition, dieting and cooking. ACA accredited. 914-271-4141. campshane.com.

Wilderness Adventure at Eagle Landing. New Castle, Va. Ages 8-18. One, Two- to four-week courses. Rock climbing, kayaking, mountain biking, backpacking and more. 800-782-0779. wilderness-adventure.com.

Special Needs

BlazeSports Georgia Blaze Camps. Several locations. Ages 8-18. Two-day to one-week sessions. Sports summer camps for youth with physical disabilities. 404-270-2000. blazesports.org.

Camp ASCCA - Easter Seals. Jackson Gap, Ala. Co-ed, ages 6 and up. One-week sessions for people with disabilities. Aquatic activities, arts and crafts, canoeing, ropes course, horseback riding and more. 256-825-9226. campascca.org.

Camp Barney Medintz. Cleveland, Ga. Co-ed. Grades 5-12. Two- and four-week sessions. An overnight camp celebrating Jewish culture that features the Chalutzim (Pioneers) Program for children with developmental disabilities. 678-812-3844. campbarney.org.

Camp Lee Mar. Lackawaxen, Pa. Co-ed camp for ages 5 to 21. June-August. Mild to moderate developmental challenges, features traditional camp activities, plus academics, vocational preparation, speech and language therapy. 215-658-1708. leemar.com.



Camp Twin Lakes

Camp Sparrowood. Dahlonega, Ga. Co-ed, ages 8 and up. One-week sessions for the high functioning, special needs individual. Nature activities, cookouts, crafts, games, overnight campout, swimming. 1:2 counselor-to-camper ratio. 706-864-6181. campglisson.org.

Florida Diabetes Camp. Gainesville, Fla. Co-ed, ages 6-18. One-week sessions. June-August. Traditional camp with swimming, sports, arts and crafts and diabetes education. Medical care provided. 352-334-1321. floridadiabetescamp.org.

Georgia Lions Camp for the Blind. Waycross, Ga. Co-ed, ages 4 and up. One- and two-week sessions. June-July. Campers must have a visual loss of 20/70 or greater. Indoor/outdoor activities, field trips and swimming. 888-297-1775. glcb.org.

Soar's Summer Adventures. North Carolina, Florida Keys, Wyoming, California and Costa Rica. Co-ed, ages 8-18. 10- 28 day program sessions. High-adventure camps for LD and ADHD youth. 828-456-3435. soarnc.org.

Talisman Programs. Zirconia, N.C. Ages 8-22. Two- and three-week sessions. Adventure camp for youth with ADHD, LD, high-functioning autism or Aspergers. Builds social competence in a wilderness setting. 888-458-8226. talismancamps.com.

Camp Twin Lakes Rutledge, Winder & Warm Springs, Ga. Co-ed, ages 7 and up. Five-day sessions Traditional camp with swimming, sports, nature activities, cannoeing, archy for campers with a variety of medical disabilities. Medical lodge available. 404-231-9887. camptwinlakes.org.





James Seidl at the Georgia Aquarium

Accessibility is one of the biggest factors parents must consider when children with restricted mobility are out and about. Atlanta is home to a host of attractions that both welcome and accommodate children with disabilities.

by Alexi Wilbourn

ames Seidl is a sports buff, playing everything from soccer to tennis to sled hockey. The 15-year-old honors student tackles his school routine at an East Cobb high school, spends hours on homework, and also juggles physical therapy and working with a personal trainer. And he does it all with a mobility-restricting disability.

Cerebral palsy (CP) leaves James reliant on the use of crutches, a walker or wheelchair. Power-assist wheels on the chair help him through long days at school, while his walker is useful for short-term needs. This upbeat kid remains optimistic through it all, striving for independence (and the rank of Eagle Scout).

But the fact is, James will always have to face daily accessibility struggles. Steep driveways, such as his own, are troublesome. High shelves are generally impossible to reach. And when James needs to move his wheelchair through a crowded school hallway - it's not without a certain amount of stress. There are many other daily challenges for James, but there are triumphs along the way, too. When he was 9, he celebrated a big milestone: taking a few unsupported steps between pieces of furniture. That's not something just any 9-year-old would celebrate, but when your life is full of accessibility obstacles and concerns, that's a huge breakthrough.

Atlanta ranks relatively high in terms of livability for those using wheelchairs. The city is 20th on a list of 100 ranked

ACCESS: Tips for Stress-Free Outings

Traveling or visiting somewhere with a mobility-challenged child can be a stressful situation. Keep the acronym ACCESS in mind when planning an outing.

- A: Always check the weather before you go.
- C: Consolidate your trips to save loading and unloading time.
- C: Call customer service before you go; a plan can often be made for your visit.
- E Environments and venues that are familiar are your best bets.
- S: Sometimes, recruit helpers for your outing.
- S: Stay positive.

cities, according to the Christopher and Dana Reeve Foundation. Still, parents of youngsters with disabilities say there's always room for improvement when it comes to accessibility, from removing everyday barriers that restrict their child's access, such as sidewalks without curb-cuts, to museums and other attractions that aren't always easy to navigate in a wheelchair.

Accessibility really boils down to two things – *environmental* challenges (problems in structure, design, layout, etc.) and *people* challenges, says Claudette Enners, program coordinator of the Fragile Kids Foundation. Enners' son Kevin, who also has CP, uses a wheelchair and walker for mobility.

"People" challenges refer to those who tend to be unaware of their surroundings or are just downright inconsiderate of others: They let doors close in someone's face, or pull unlawfully into specially designated parking spaces. Enners says that it's not unusual to find moviegoers sitting in the designated accessible seats in theaters – thereby forcing her son to navigate the stairs with his walker.

Atlanta Parent spoke with many parents and professionals to understand the

Claudette Enners says that it's not unusual to find

moviegoers sitting in the designated accessible seats in theaters – thereby forcing her son to navigate the stairs with his walker.

challenges of day-to-day life and the level of accessibility around the metro area.

Every parent interviewed mentioned parking woes. Although stores, public parks and other venues and businesses are compliant with the Americans with Disabilities Act (ADA), parents said finding accessible parking spaces is an ongoing worry. Vehicles without the appropriate tags for using designated parking spaces continue to use them anyway, parents say.

"Getting into the vehicle, tying down the wheelchair, finding a parking spot, getting him out, pulling the ramp back into the van – everything is a process," Enners says.



Kevin Enners

Buckhead mom Maurie Drambel struggles to park her van so that her son John, 7, can use his wheelchair ramp. She has had to drop off John and his sister with other parents and drive around for more than 30 minutes to try to find an adequate parking space, she says.

Cont'd on page 40



James' mom, Lauren Seidl, echoes the grievance, wishing that people would respect the fact that no one would ever choose to be in a wheelchair. "People don't realize how rude it is," Seidl says. Parents we interviewed said they wish that there were more handicapped parking spaces throughout metro Atlanta, especially ones with the extra crosshatched space needed for wheelchair ramps.

Of the many attractions in and around the city, Seidl praises Zoo Atlanta, mostly because the 40-acre site "tends to be a little easier because there are more places to go." While there are "some winding or hilly pathways on the property, the zoo and its exhibits are wheelchair-accessible," notes Keisha Hines, director of public relations and communications for Zoo Atlanta.

The Georgia Aquarium has "people" problems at times. The state-of-the-art venue itself is fully ADA-compliant, with wide aisles, abundant ramps, and designated wheelchair access to view exhibits. Still, heavy crowds can diminish the experience for children using wheelchairs.

Aquarium visitors will sometimes stand in front of the wheelchair-accessible viewing space, or bump into wheelchairs, say both **"Most places** are handicapped accessible, but not always *easily* accessible."

- Lucy Cusick, executive director of FOCUS

Enners and Seidl. That's why many families take advantage of the special Georgia Aquarium day hosted by FOCUS (Families of Children Under Stress). The exhibits open early for families of children with disabilities so everyone can enjoy the popular downtown attraction.

At the World of Coca-Cola, long entry lines sometimes force patrons to wait outside, even in inclement weather. Enners' trip involved a particularly rainy day, and she was disappointed that no staff member offered to let them in early to prevent Kevin's equipment from getting wet. Enners adds that some exhibits in the museum were placed too high to be clearly seen from wheelchair level.

The World of Coca-Cola wants all visitors to enjoy the museum equally, and it strives to accomodate guests with special



John Drambel

needs, says Jacquie Wansley, the marketing manager. She stresses that guests should always let an employee know if they need assistance, so that the problem can be corrected and their visit can be a happy one. *Cont'd on page 42*



The Adaptive Learning Center

Building Communities Through The Inclusion of Children With Special Needs & Their Families



Inclusive Preschool

ALC offers an inclusive preschool program in partnership with Peachtree Presbyterian Preschool, First Presbyterian of Atlanta Preschool, and the 2 preschools of the Marcus Jewish Community Centers of Atlanta (MJCCA).

> Atlanta • Buckhead Dunwoody • Marietta

www.adaptivelearningcenter.org

770.509.3909

Accessibility Around Atlanta

Is there a place in Atlanta that your child would love to visit, but you worry about its accessibility? Remember that the only way for places to become more accessible is to expect for them to be that way, advises Mark Johnson, director of advocacy for the Shepherd Center. When families of children with mobility challenges voice their concerns, attractions and venues often work to correct their accessibility issues.

Here's a sampling of a few of the highly accessible attractions around Atlanta.

■ Georgia Aquarium: ramps and accessible parking; special wheelchair access entry at the touch pools; wheelchair emblems on the floor at designated exhibits.

■ Turner Field: seven elevators; seating for disabled individuals with unobstructed views on all levels of the ballpark; low-level concession counters; special transportation and assistance to help individuals move between parking spots, entry gates and stadium seats.

Chattahoochee Nature Center: ramps throughout, except the woodland trails; new Discovery Center is entirely accessible; multi-sensory exhibits use touch and hearing to enhance every child's experience.

Fernbank Museum of Natural History: entire museum is accessible; children's exhibition NatureQuest designed to be engaging for all kids and abilities.

■ Atlanta Botanical Garden: all areas are accessible; wheelchairs available; easy garden viewing; additional overlook viewing area for unobstructed views.



The Chattahoochee Nature Center

■ High Museum of Art: all buildings, galleries and restrooms are accessible; complimentary wheelchairs available; guided tours to groups with disabilities by advance reservation.

■ Stone Mountain: access to laser show; train has lift for passengers; SkyRide has level ground access; five-mile paved walking trail around the mountain. (Because Stone Mountain has a few historic buildings, there may be limited wheelchair accessibility inside some structures.)

Zoo Atlanta: unobstructed wheelchair travel on open pathways; easy viewing of exhibits from several vantage points; many ramps; restrooms, restaurants and concessions are accessible.

Center for Puppetry Arts: lower-level theater has removable seats in front row, with additional seating for family members; main stage theater offers front-row seating; elevator to the Make-a-Puppet workshop; high workshop tables for chairs to roll under. (Other performance venues, such as Woodruff Arts Center and Cobb Energy Performing Arts Centre, are also easy to negotiate; in general, it's older venues that can be lacking in accessibility.)



Turner Field

■ The World of Coca-Cola: wheelchairs for loan; assisted listening devices for the hearing impaired; closed captioning on video presentations; seating for resting during a visit; a row reserved for wheelchairs for the 3-D movie; elevators for easy movement between floors.

■ The Children's Museum of Atlanta: fully ADA accessible, including exhibits and activities that accommodate wheelchairs, water fountains that wheelchairs will fit under, and tactile exhibits for the visually impaired; the museum is developing a special program with children with autism spectrum.



Peachtree Ridge Park and Playground in Suwanee

Head to a Park

All kids, regardless of any disabilities, need to get outside for some fresh air! Most Georgia's state parks offer accessible cottages, campsites, fishing piers, nature trails and picnic areas.

If you're looking for even more activity, visit boundlessplayground.org for a list of Boundless playgrounds near you. Boundless is a private, not-for profit organization that builds inclusive playgrounds nationwide. These playgrounds go beyond the minimum requirements for ADA with play structures and equipment that put children with special needs in the middle of the fun.

For a listing of even more accessible and all-abilities playgrounds, visit atlantaparent.com and search "accessible playgrounds."

<u>Hearts and Hands</u> <u>Therapy Services, Inc.</u> Located in Woodstock and McDonough Call 678-462-1342 for details and scheduling www.heartsandhandstherapy.com

 Offering OT and ST to children of all ages and diagnoses
 FM, GM and coordination delays
 Focus on sensory integration and sensory techniques
 Oral motor, pragmatics, articulation problems
 Handwriting Without Tears
 Augmentative Communication
 Feeding Disorders/Problems



Milk Allergy?



Does your child have an allergy to milk, and are they less than 8 months old? They may be eligible for a research study.

Please call: Alleia Stokes **404-727- 9372** for details



justkids

Turner Field works hard to accommodate its patrons with disabilities. The stadium will exchange tickets if the views are obstructed for those using wheelchairs. It also offers a number of services to make the visit more enjoyable, including wheelchairs at the gate, a lift to the dugout for stadium tours and lowlevel concession counters. Employees (driving golf carts) will also pick up visitors from their parking space in a Braves lot and take them to the front gates. Other staffers will take visitors with special needs to their seats, and phone numbers are given if the visitor needs help during a game or with exiting. James Seidl especially enjoys the Cartoon Network kids' area at the stadium, which has interactive activities accessible to everyone.

Most children love a good puppet show and, like Turner Field, the Center for Puppetry Arts aims to make sure that *every* child has access to the main attractions.

"They have more experience with kids and are better with planning" for possible issues, says Mark Johnson, a wheelchair-user himself who is also director of advocacy for the Shepherd Center. Reserved wheelchairaccessible seating in the front row of one theater is a plus, and an elevator to the accessible Make-a-Puppet workshop ensures children using wheelchairs can participate in the center's activities.

When traveling around town, some

parents struggle with the height restrictions of Atlanta's parking garages. Conversion vans, which often accommodate people with disabilities, are sometimes unable to fit under the low ceilings.

Planning is vital to the family of any child who uses a wheelchair. "Even having John in a wheelchair with me at the grocery store adds on a good 20 to 30 minutes to the trip," Drambel says.

When traveling around town, some parents struggle with the height restrictions of Atlanta's parking garages. Conversion vans, which often accommodate people with disabilities, are sometimes unable to fit under the low ceilings, Seidl says.

Heavy, non-automatic doors also pose a major problem for kids using wheelchairs. "If they're push doors, he's fine," says Lucy Cusick, executive director of FOCUS, speaking about son Josh, who's now an adult, "but



Josh Cusick enjoys visiting the Silver Comet Trail and using his adaptive bicycle.

if they're not, he wouldn't be able to go in." Another issue tends to be the lack of a sidewalk ramp, called a curb-cut, in front of restaurants. At times, Josh has had to go down a block to reach a wheelchair-level accessibility, then travel back the entire block to get off of the curb after dining.

Besides the lack of curb-cuts, Atlanta is famous for lacking or having inadequate sidewalks, especially in older areas such as North Druid Hills, says physical therapist Michele Audet, who runs an outpatient clinic for Children's Healthcare of Atlanta. She has watched someone in a power chair move into the street to avoid jutted and cracked sidewalks.

Ellen Lindemann, the assistant director of Lekotek of Georgia, an organization that uses interactive play experiences for children with special needs to foster learning and promote their inclusion in the community, hears many concerns voiced by parents. And she has her own difficulties with the city's accessibility – her daughter Carla has CP and uses a wheelchair.

The inside of a restaurant or store often poses problems. Besides crowding, restrooms are a big concern, Lindemann says. Stalls can be considered "accessible" with handrails, but children with severe disabilities may need an assistant when using the restroom. Some stalls may not be large enough for two or may lack a sanitary changing area big enough for a 10-year-old, Lindemann says.

Be Thoughtful and Aware

Don't pull into a parking spot reserved for the disabled.

Don't leave your grocery cart in the crosshatched area of a parking space for the disabled.

Be conscious of your surroundings and take a minute to hold the door for the child rolling your way.

Don't be afraid to help someone using a wheelchair or walker often, they can manage themselves, but it's always nice to be reminded that someone else cares.

Parents shouldn't be afraid to voice their concerns or complaints to the appropriate person. Johnson tells parents of children with disabilities to "be a little righteous." This includes taking your child to attractions designed for everyone, even if you're not sure if the place is well prepared for children using wheelchairs.

Parents have an important tool in the ADA, Johnson says, passed 20 years ago to remove barriers, including physical ones, for people with a range of disabilities.

"You have to ask specific questions before going somewhere," Cusick advises. "Most places are handicapped accessible, but not always easily accessible."

Lindemann has adapted to the challenges that come with having a child with mobility restrictions, but still always appreciates it when a stranger lends a helping hand, such as with carrying groceries or opening a door. "Most people are afraid, but some people just step right out there to help," she says, adding that the gesture is always deeply appreciated.

Despite the inconveniences and frustrations of everyday life, most mobility-restricted youngsters remain optimistic and upbeat.

During a discussion in James' class at school, his fellow students were asked what they would change about themselves. To the shock of his classmates, James did not say he would give up his disability. "He doesn't know life without it," Seidl says of her son. "He knows he wouldn't be who he is, and he likes who he is."

Because of ADA and more awareness about access, James and others with mobility issues are better able to get around Atlanta, whether it's going to the supermarket, attending a ballgame or enjoying one of the city's many attractions. Accessibility isn't always ideal, but it continues to improve for those who must permanently use walkers or wheelchairs or those who are temporarily restricted by an injury that will heal.

A learning disorder is like a weed. You have to get to the root of the matter.

At Brain Balance Achievement Centers, we don't just work with a child's strengths or provide strategies to compensate for a weakness, we tackle your child's learning, behavioral or developmental challenge head on, by addressing the core issues at the most fundamental level. We integrate cognitive, sensory-motor and nutritional training into a unique, drug-free, whole-child approach that goes beyond the symptoms to address root causes

Every child deserves the opportunity to reach their fullest social and academic potential. Stop in or call to learn more about the Brain Balance Program' and how we can help your child succeed.





VISIT

357 Hwy. 74 North Peachtree City, GA 30269 770.631.3033

Suwanee, GA 30024 770.614.4790

780 Peachtree Ind. Blvd. 30 E. Crossville Road Roswell, GA 30075 770,650,8010

LEARN MORE

brainbalancecenters.com





- Language and Learning Disabilities •
- Auditory and Processing Disorders •

Autism Spectrum Disorders

Services include:

- · Assessment, diagnosis and therapy
- The Listening Program[®]
- Fast ForWord[®]
- Social Skills Groups
- · Oral-motor therapy
- Cognitive remediation
- Educational remediation

Language Pathology Laurie K. Botstein, Associates fax 770-939-9986 Inc. http://slpai.com

Speech-





Could it be juvenile fibromyalgia?

Do you worry about your child's unexplained aching, stiffness, fatigue, or sleep trouble?





If your child is 13 to 17 years old and is experiencing widespread pain or has juvenile fibromyalgia, they may qualify for a clinical research study of an investigational medication for juvenile fibromyalgia.

To learn more about the Juvenile Fibromyalgia Research Study contact:

Institute for Behavioral Medicine 770-319-8025

or go to www.FibroStudy.info

JUSTRIGS A quarterly focus on Special Needs

Tips for Parents of Kids with ADD/ADHD

by Ben Glenn

hen a child is diagnosed and labeled with a disorder, it can be hard. As a parent, I know there are few things as frustrating and scary as the news that something is wrong. My oldest daughter's first ear infection, for example: She refused to eat or sleep. Then the doctor prescribed antibiotics and soon she was covered in horrible, red hives. The itching was so severe that she could not sleep for two nights. There was screaming and crying - mostly mine. For all I knew, my daughter could die! As usual, my ADHD mind jumped to the worstcase. (ADHD stands for attention deficit hyperactivity disorder, and ADD is similar, but without hyperactivity).

I was diagnosed with a learning disability in the third grade. My mom and dad knew little about learning disabilities and nothing about ADD/ADHD. In 1981, I was put into a special-education classroom. I was not physically hyperactive, so my ADD remained unrecognized until I was an adult. I spent my school years with my brain racing, my attention wandering and my productivity impaired.

Parents need to be actively engaged in managing the ADHD. Here are 10 tips to get you moving:

Read everything you can about ADD/ADHD.

Educate yourself. Know what options, rights and opportunities your child has. Network with parents of other ADD/ADHD children. It can be a wonderful and uplifting experience to be around people who know what you're going through, and other parents can be a great source of ideas and information.

Share what you know about ADD/ADHD with your child.

Give your child a sense of control by providing relevant information that will



help demystify the diagnosis and prevent overactive imaginations from going wild. Based on your child's age and personality, you may need to be sensitive in what you say. A younger child may need you to take the initiative to sit down to talk. An older child or teen may need you to wait for them to be ready to have the conversation. Don't sugarcoat or omit important information, but don't scare them or over-dramatize.

Examine your own attitude toward ADD/ADHD and how you now view your child.

Are you disappointed? Scared? Angry? Take the time to be aware of any negative feelings and to figure out why you feel the way you do. I know this sounds all touchyfeely, but if you can't come to terms with what's going through your own mind, you won't be able to offer your child the level of support and encouragement that he needs to successfully bring his ADD/ADHD under control. Set aside expectations and ambitions you may have had for your son or daughter and encourage them to pursue interests where they show the greatest aptitude.

Pay particular attention to your child's self-esteem and work hard to boost it at every turn.

Praise her when she succeeds at even the smallest thing. Remember that ADD'ers love

praise and thrive on recognition. It may be very hard to find praiseworthy things to say, but you must try. This is crucial.

Involve your child in any decision-making.

Kids generally feel like they have no say in anything. So let them have a say, on everything from what brand of cookies to buy at the market to the best place in the house to do homework. A diagnosis of any perceived disability will only convince him further that his life is completely out of his control. This may lead to an attitude of apathy, causing your offspring to use the word "whatever" with frequency. Offering opportunities to make decisions should help him begin to gain a sense of ownership and control over his life.

If the techniques and strategies you have been using are not working, don't be afraid to try something different.

It's easy to fall into the trap of thinking that because your child is the one with the challenge that she should be the one to make changes in her behavior, but this thinking is counterproductive. It's up to the adults to be creative and think outside the box. Sometimes only after we make changes in our attitudes and behaviors can we open the door for our child to respond in a positive way.

Cont'd on page 46

PRESCHOOL SPECIAL EDUCATION SERVICES

- DIAGNOSTIC AND EVALUATION SERVICES
- SPEECH/LANGUAGE THERAPY
- SPECIALIZED COMMUNITY AND SCHOOL-BASED SPECIAL EDUCATION

Serves all eligible students ages 3-5 with disabilities. Parents must live within the Fulton County School district.

It is the policy of the Futton County School System not a discriminate on the basis of size, color, sex settigion, reactional origin, app. or disability in any employment practice, educational program, or any other program, activity, or anytics.



FOR MORE INFORMATION, PLEASE CALL 404-763-5600



For Children With Learning Differences 770-774-8001

5665 Milam Rd. Fairburn, Georgia 30213 www.thebedfordschool.org The Bedford School accepts students in grades one through nine. Students receive proper academic remediation in a small class setting, as well as specific help with physical skills, peer interaction and self-esteem. The Bedford School also offers Squirrel Hollow Camp, a remedial summer camp program.



The Bedford School maintains a non-discriminatory policy concerning admissions, scholarships, use of facilities and employment on the basis of race, color, national origin, sex or creed.

Is ADHD still affecting your child even after treatment?

Inattentive, daydreamer, disorganized, impulsive, talkative, hyperactive.....

We are currently recruiting children and teenagers (aged 6-17) to take part in an investigational research study to better understand and possibly treat attention deficit/ hyperactivity disorder (ADHD).

Study qualifications include:

- Children between 6-17 years of age
- Diagnosed with ADHD
- Have tried one ADHD treatment and still continue to have symptoms.

If interested in learning more about this trial please call 678-992-0109

Northwest Behavioral Research Center 11755 Pointe Place | Suite A-1 | Roswell, Ga. 30076 678-992-0109 | www.psychatlanta.com



justkids

Tips for Parents of Kids with ADD/ADHD

Create a fun reward system.

Along with generous praise, kids with ADD/ADHD are motivated and respond very well to tangible displays of frequent appreciation.

The parent with the best organizational abilities should partner with the child to help set realistic goals.

Break down big tasks into small chunks and celebrate the completion of every stage of the project. Consistency will give your child an opportunity to experience and savor the feeling of success and accomplishment. That is a reward in itself and will serve to motivate him to continue setting goals.

Watch what you say to your child - and how you say it.

Become aware of your tone and facial expressions when speaking with her. ADD'ers are notoriously sensitive and perceptive; they pick up on the smallest nuances of negativity or sarcasm and spend hours obsessing about the conversation. Never put down or tease your child – it only leads to hurt feelings. In short, build 'em up, don't break 'em down!

It is entirely possible that you also have ADD/ADHD.

It runs in families (my mom and both brothers also have it). If so, take it easy on yourself. Take time out to reward yourself for being the best parent you can be. Take a break from your parental responsibilities, even if just for the afternoon, and treat yourself to some "me" time. Parents need to be praised and rewarded as well for all their hard work!

In the words of Richard D. Lavoie, a highly regarded authority on learning disabilities: "Remember: Your child's selfesteem will be determined by the conditional acceptance that he receives from others – and the unconditional acceptance that he receives from you." Be sure to make your child feel truly special. Learn to see beyond a cluster of "symptoms" to focus instead on your child's uniqueness and giftedness, then teach him to fully embrace a life that is "simply special."

Ben Glenn was diagnosed with dyslexia and other learning disabilities as a child in grade school. He is the author of Simply Special: Learning to Love Your ADHD. Learn more at SimpleADHDExpert.com

Spotlight on Special Needs Resources

Adaptive Learning Center's Inclusive Preschool Program for Children with Special Needs

The Adaptive Learning Center (ALC) serves families of children with special needs who ask for flexibility, choices in programming, coordinated therapy and social interaction for their children. ALC is a nonprofit organization maximizing the potential of young children with disabilities and creating awareness and acceptance between typical children and children with disabilities through:

- Early intervention programs integrating therapy and education in warm, nurturing, inclusive preschools.
- Support services helping family members understand and cope with issues related to raising a child with special needs
- Education and consultation to help build resources to foster acceptance and support of people with differences.

ALC provides therapy and education for infants and young children with, or at risk for disabilities such as Autism, Down syndrome, Cerebral Palsy, Fragile X, or are medically fragile. ALC provides an inclusive preschool program, outpatient speech and occupational therapy, developmental evaluations, and parent support.

ALC is a model program that consults with early childhood programs that seek to integrate children with disabilities through inclusion. These critical programs offer socialization with peers, and support to parents of children with special needs.

Together, ALC facilitators and partner preschool teachers support children at the ALC Inclusive Preschool Program

at Peachtree Presbyterian Preschool, First Presbyterian Preschool and preschools of Marcus Jewish Community Center of Atlanta: Sunshine School at Shirley Blumenthal Park, and Weinstein School at Zaban Park.

In partnership with these preschools, ALC's inclusion program supports children with disabilities, enabling them to learn and play alongside their typically-developing peers.

Since 1982, ALC has served more than 8,000 children with special needs and their families.



For information please contact ALC at 770-509-3909 or www.adaptivelearningcenter.org

Hearts and Hands Therapy Services, Inc.

Now Open in Henry and Cherokee Counties Services include occupational and speech therapy services to children with various special needs. A team based treatment approach is used to provide the best possible services. Services target skills needed for coordination, self-help, safety, play/social interaction, eye-hand coordination, focus, attention, school readiness/ performance, sensory processing,



calming/regulatory behaviors, articulation difficulties, pragmatics, augmentative communication devices and more. Children develop these necessary skills so their transition into adulthood becomes a path to an independent, rewarding life. Some of the reasons your child may need intervention include: defensive to textures, poor attention, poor/immature fine and gross motor skills, difficulty self- calming, delayed social skills, poor articulation, difficulty engaging with peers or adults, exaggerated behaviors, limited play skills, poor social development, limited independence in self-care skills, difficulty transitioning/accepting change in environment or routine. Handwriting Without Tears, Therapeutic Listening Program, AAC device training/programming, sensory integration, fine motor skills development, coordination/ gross motor skills, oral motor/feeding, and Interactive Metronome are offered. Call 678-462-1342 for details, visit www.heartsandhandstherapy.com.

Porter Academy

Porter Academy's mission is to create the right environment where children can succeed. They serve students PreK - 8th, who have sensory and auditory processing, language processing, dyslexia, motor skills, visual processing, social interactions and self-esteem.

At Porter Academy, students take on responsibility for their own learning and become active participants, rather than passive recipients, in the learning process. They



help students realize their strengths and build self-confidence. In order to develop a comprehensive understanding of

each child, all students are assessed in the areas of speech/ language, OT, PE, and academics. Speech and language classes develop receptive and expressive language and processing skills. OT's coordinate the iLs (Integrated Listening Systems) program with sensory, visual, and motor activities which help students build foundational skills. Daily bilateral movement exercises in the classroom, PE, and OT develop physical aptitude and strengthen the pathways that allow faster communication between the two hemispheres of the brain, thereby improving processing abilities.

The goal at Porter Academy is to help each child develop the skills and confidence that serve as a foundation for lifelong success. For more information, or to take a tour of the school, call: 770-594-1313 or visit: www.porteracademy.org.



Sensory Friendly Films

AT SELECT AMC THEATRES, families affected by autism and other disabilities can experience popular films in a comfortable and accepting environment. Feb. 25, 10 a.m., The Secret World of Arrietty. Discover Mills, Lawrenceville; Phipps Plaza, Atlanta; Southlake, Morrow. For information: Autism Society of America-Greater Georgia Chapter, 770-904-4474. All tickets are \$6 and available at the ticket window on show day.

Kids with ADHD and Writing Disorders

CHILDREN WITH ATTENTION-DEFICIT HYPERACTIVITY DISORDER (ADHD) are five times more likely to develop a written language disorder, according to a study in the September issue of Pediatrics. These language disorders may include problems with writing and spelling, but are different from reading disabilities. Although kids with ADHD are known to have a higher chance of developing a learning disability, this new finding is the first evidence to support a specific link between ADHD and a writing disorder.





CHILDREN USE THE LANGUAGE OF PLAY TO EXPRESS AND RESOLVE THEIR PROBLEMS.

Trudy Post Sprunk

Social Skills

Handwriting

Groups

www.gapt.org 770.491.7423



Medical Bracelets for Kids

MEDICAL BRACELETS can be one of the most important tools a child can have in case of an emergency. If a kid is unable to communicate his disease, allergy or disability in time of need, paramedics may not immediately know what is wrong. Medical personnel are trained to look for medical bracelets or tags, so make sure your child is prepared. Bright colors, funky designs and fashionable materials make today's medical IDs fun to wear. Help your child pick one out that they will want to show off.

Here are a few online stores with kid-friendly designs to get you started: Hope Paige Designs, hopepaige.com; Lauren's Hope, laurenshope.com; and Sticky Jewelry, stickyj.com

Mark Your Calendar

Abilities Expo: This trade show is for people of all ages with disabilities. Get connected with companies and organizations striving to meet special needs, as well as participate in a few fun activities. 285 Andrew Young International Blvd., Atlanta. Georgia World Congress Center, Hall C4. Feb. 17-19. Fri., 11 a.m.- 5 p.m.; Sat., 10 a.m.-5 p.m.; Sun., 11 a.m.-4 p.m. 404-223-4200. Free.

FOCUS Education Conference:

This conference will have workshops on everything from managing grief to healthy eating. Connect with other parents of kids with special needs and hear from speakers. On-site childcare will be available for \$10 each child.1548 Mt. Vernon Rd., Dunwoody. Dunwoody United Methodist Church. Feb. 11. 8 a.m.-3 p.m. 770-234-9111. Pre-register. Parent, \$25; couple, \$30; professional, \$50.

Parents' Rights Video

PARENTS OF CHILDREN WITH DISABILITIES can log onto the Georgia Department of Education's website to learn about their rights. The agency has created a Parents' Rights video that covers everything a parent needs to know about navigating the educational system. Also available in Spanish.

To access: doe.k12.ga.us, then click on special education under the curriculum tab at the top of the screen. Expand the family engagement information and resources menu and select parent rights. It's the first link on the next page.

Spotlight on Special Needs Resources

Brain Balance Achievement Centers

We realized we had to do something drastic after Kaylin got off the bus one day from school and said, "Mama, why is my brain broken?" I promised her and myself in that moment that I would find her that answer, no matter what it took. After many years of searching for a program that would work for her, we found our answer in Brain Balance. This achievement program has changed our whole world and so many other families that have children with autism disorders and learning disabilities. We came from Michigan for it; others here came from all over the United States and

other countries.

Kaylin's story is an unbelievable one from where she came from. She had a stroke when she was born and then later diagnosed with PDD/ NOS, an autism spectrum disorder. She not only struggled with anger outbursts, social problems, numerous screaming fits and failing school, but also suffered from severe memory loss as well from

the stroke. It was indescribable stress on everyone for years.

After starting the program, we noticed changes right away with Kaylin, but I think the biggest change came when she remembered her birthday for the first time ever. With her memory problems, time was a

complicated issue for her, forgetting most of her childhood. Dates, times, and memories could mix together, from the past or in the present. When she woke me up that October morning and said, "Mom, it's my birthday today," I about fell out of bed. Each year we always told her about her birthday the night before, but she never remembered by morning, until now. She turned eight on the day when she finally remembered, and I will never forget those beautiful words and the look on her face.

Another huge improvement came with Kaylin's grades. She went from failing almost everything in the first grade last year to getting B's and C's in all areas this year. One day she came home from school and asked me what a triangular prism was, and I had to give her a double-look because that blew me away. She had no concept of math at seven-years-old before Brain Balance and is now eight and adding, subtracting, and even multiplying numbers. Kaylin's teacher said that she's also a big hit at recess when all the kids gather around and watch her amazing strength on the monkey-bars; she's making friends and learning new things from them all the time. She's catching up on all the information she lost over the years.

Once I was talking with her in the car, asking her if she felt different at all, and she said, "Yeah, I don't feel dizzy anymore. I see the trees, the buildings," she said. It was like she was seeing the world for the first time in clarity. That comment woke me up to what she had been through for so long, and the stress she must have dealt with.

Recently, Kaylin taught herself to swim, and is now diving to the bottom of the pool, in the deep end. She can't get enough of the water and how good it finally feels on her face and body. Before, with all of her sensory issues, she would scream if water splashed on her face, complaining of it hurting her. Our daughter came in to the program at around four-years-old mentally at seven, and just graduated

> with Brain Balance at an eight-year-old level in six months time.

Our four-year-old son, Kole, was also accepted in to the program shortly after we moved here. We already knew he had some obsessive compulsive traits and outbursts over trivial things before we got here, but after having him evaluated at Brain Balance, he showed moderate Asperger's symptoms. It was amazing to see his transformations as well. He used to have 'fall on the ground' screaming fits if you told him no about anything, and I can't tell you how many times we thought the police were going to be called from his loud tantrums. Now we can actually reason with him, and he listens so much better. He's shy sometimes, too, which he never was before.

What we love about Brain Balance is that there are so many little miracles along the way, and they just keep coming. This is a good thing because Kole used to stop everyone in Wal-Mart, introduce himself and

the rest of the family, and be right up in their faces showing them his new toy. He had no boundaries to anyone or anything and was extremely loud.

The main thing we've noticed with him is how much healthier he is. In Michigan, he used to be in the ER every other weekend with respiratory distress and breathing issues every time he had a runny nose, sometimes being admitted for days. He was also constantly on steroids and medications. Kole hardly ever gets sick now and can actually get a runny nose and pick on his sister without losing a breath. We have two amazing little stinkers.

What we LOVE about Brain Balance is that there are so many little miracles along the way, and they just keep coming. They evaluate every disability that your child has and personalize the program to meet their needs.

Our children worked extremely hard to get where they are today, and we are so proud of them. They are so much happier, healthier, and are enjoying life. We want to thank Dr. Melillo and the entire Brain Balance crew in Peachtree City, who have given our children the world and more. We also want to thank everyone in Michigan for getting us down here and raising all the money from the benefit to pay for Brain Balance. Thank you God and thank you all for taking care of our babies!

We just want other families to know if you are struggling to find hope like we were, you can find it here.





Why Learning Style Is So Important

This quick survey gives you a head start to finding out your child's path to learning.

by Ann K. Dolin

ost people have a preferred way to learn. Some learn best by listening, some have to observe every step, while still others have to *do it* to learn it. The fact is that individuals need all three modalities to truly commit information to memory: visual, auditory and kinesthetic. While most of us are typically stronger in one area than another, the trick is figuring out the preferred modality and capitalizing on strengths.

So, sit down with your child and take a few minutes to help your youngster complete this informal multiple-choice survey. You and your child should get some insight into the way he (or she) learns best. The answers may surprise you both. Read each item with your child, and ask him to select the answer/choice that best relates to him.

Learning Styles Self-Assessment

In order to memorize information, such as the spelling of a difficult word or locker combination, you:

- **1.** Practice over and over again.
- **2.** Recite the word or numbers out loud.

3. Visualize the word or numbers in your head.

■ When you want to learn new song lyrics, you:

1. Dance around and play air guitar to the beat.

2. Sing along to the radio.

3. Download the lyrics and read them.

While you study, you like to:

Walk around and review your notes.
 Discuss the material with your parents or friends.

3. Read your notes or textbook independently.

When preparing to go somewhere new, you prefer to:

1. Walk, drive or bike the route ahead of time.

2. Listen to someone tell you how to get there.

3. Look at a map.

When you get a new gadget that needs to be assembled, you:

1. Just start putting it together.

2. Ask someone to read you the directions.

3. Read all of the steps before you begin.

If you have to work on a project with others, you would rather:

1. Help to build and construct a model.

2. Participate in group discussions and brainstorm ideas.

3. Draw graphs or write group notes.

You tend to like classes that include:

- **1**. Hands-on experiments.
- **2.** Lots of lectures.
- **3.** Reading assignments.



When studying a play in English class, you prefer to:

1. Act it out.

- **2.** Listen to the play read by others.
- **3.** Read the play silently to yourself.

When you are able to choose a project and present it to your class, you'd rather:

- **1.** Create a working replica.
- **2.** Give a presentation.
- **3.** Create a poster.

When you are distracted, you most often find yourself:

1. Fidgeting or playing with your pencil. **2.** Listening to or participating in conversations.

3. Doodling on your notebook paper.

When you work at solving a challenging problem, do you:

1. Make a model of the problem or walk through all of the steps in your mind? **2.** Call a few friends or talk to an expert for advice?

3. Create a list of the steps you need to take and check them off as they're done?



Once you have finished, add up the number of 1's, 2's, and 3's. Tally your answers. You now have a snapshot of how your child learns best. If your child answered mostly 1's, he is primarily a kinesthetic learner. If he answered mostly 2's, he is mostly an auditory learner, and if he answered mostly 3's, he is largely a visual learner. Now that you know the way you learn best, it's time to put that information to good use!

Practical Strategies for Each Learning Style

Strategies for the Kinesthetic Learner (learns best by doing, or the "hand-on" approach)

Pace or walk around while referencing your notes and reciting to yourself.

■ If you need to fidget, try doing so in a way that will not disturb others. Use the Tangle Jr., Wikki Sticks, or a stress ball.

■ You might not study best while at a desk. Try lying on your stomach or back on a comfortable lounge chair.

Studying with music in the background might suit you (instrumental music is best as opposed to heavily rhythm-based music).

■ While studying, take frequent breaks. A reasonable schedule would be 20-30 minutes of study, and five minutes of break time.

Strategies for the Auditory Learner

(learns best by hearing)

■ Study with a friend, parent or group so you can discuss and hear the information.

Recite out loud several times the information you want to remember.

Cont'd on page 52



Now enrolling children ages 15 months – 12 years • www.MontessoriSchoolsofGeorgia.com

MOUNT CARMEL CHRISTIAN SCHOOL

Acquire • Create • Experience

- ♦ GAC accredited ♦ Gifted program
- ✤ 3 Pre-K 8th grade
- Serving Gwinnett/DeKalb for 36 years
- Low student/teacher ratio
- Before & after school program
- Biblical studies curriculum
- Extracurricular/Sports programs
- ✤ S.T.E.M. curriculum

Open House Tours Visit our website for tour dates www.mccsch.org



Contact our Admissions Department 770-279-8443 MCCS accepts applications without

MCCS accepts applications without regard to race, sex or national origin.

TH INDEPE Creat We c profia and c

THE RECTORY SCHOOL

INDEPENDENT, COED JUNIOR BOARDING (5-9) AND DAY SCHOOL (K-9)

At Rectory creativity, curiosity, and learning go through the roof!

We celebrate the individual and develop proficiencies in academics, arts, athletics, and citizenship. Our students graduate with confidence, character, and commitment.

860-928-1328 Pomfret, CT www.rectoryschool.org Alice in Winderland, Jr., Spring Musical, 2011



"Your child can succeed in the right environment"

Academics
 Sensory Processing
 Academics
 Academics

All students receive: Group Occupational and Speech Therapy Also Offered: • iLs Program • Morning & Afternoon Programs

770-594-1313 • www.porteracademy.org 200 Cox Rd. Roswell, GA 30075 (We are located 1 mile west of the Crabapple Silos)

Why Learning Style Is So Important

Make your own tapes of important points you want to remember and listen to it repeatedly. This is especially useful for learning material for tests.

• When doing math calculations, use grid paper to help you set your sums out correctly and in their correct columns.

Use different colors and pictures in your notes, exercise books, etc. This will help you remember them.



Strategies for the Visual Learner

(learns best by seeing)

Try to work in a quiet place. Some visual learners like soft music in the background.

- Most visual learners learn best alone.
- When studying, take many notes and write down lots of details.

• When trying to learn material by writing out notes, cover your notes then rewrite. Rewriting will help you remember better.

Use color to highlight main ideas.

Before reading a chapter or a book, preview it first by scanning the pictures, headings, terms in bold and so on.

• When creating flashcards, always add a picture cue to aide memory.

It's important to remember that everyone learns differently. Sometimes, parents make the mistake of thinking that their child learns in the same way they do, but that's often not the case. Many adults learn well by auditory means, but children frequently need visual and kinesthetic methods. Don't be afraid to try novel approaches when assisting your child!

Ann K. Dolin, M.Ed., is the author of Homework Made Simple: Tips, Tools and Solutions for Stress-Free Homework. Learn more at anndolin.com.

Ask a Teacher

What should I do if my kid and his teacher have a personality conflict?

A teacher-student relationship can make or break a student's school year, as does the way a parent participates in this relationship. A quote from motivational author Ralph Charell comes to mind: "It is through cooperation, rather than conflict, that your greatest successes will be derived." No matter the conflict, it is important for all three parties to cooperate.

I look at this problem as both a teacher and a mother. As a teacher, I know that I have the best intentions with every student. That said, some of my fifthgraders might not see my intentions in the same way. In a situation where



Jennifer Dunn

a student is upset, it amazes me how different his or her perspective of what has taken place can be from mine. Often, if the two of us discuss the situation at a time when we are both calm, we can come to understand each other. Cooperation and clear communication help bring about success.

I take the same approach as a parent. I am in the uncommon situation of having more than one child in the same class. I can say that conflicts at school that involve my triplets always seem to have a different version told by each child, and often, quite a different version from the teacher! For example, my son said that his teacher put him in time-out for "no reason" in a block-throwing incident. Despite my son's insistence of innocence, my daughter told me that he indeed threw the block at another student. I explained to him the teacher is in charge, whether he agrees with her or not, and that I expect him to respect her decisions.

Our key role as the parent in a conflict is communication with the teacher and setting expectations that our children learn to do the same, whether it involves their favorite teacher or their least favorite. The key to success in every conflict is communication. I always encourage my kids to communicate when they have a problem with someone, including their teachers. We have the same responsibility as parents. If our child is unhappy at school, it is imperative for the teacher to know so he or she can work to find a solution to the problem. Communication and cooperation will build the best student-teacher relationships and provide the foundation for a successful school year.

– Jennifer Dunn is a fifth-grade teacher at Pharr Elementary and a Gwinnett County Teacher of the Year.



Over 35 years of nurturing your children as they naturally develop. Accredited by AMI, the most prestigious Montessori organization. Leadership, respect and academic excellence are cultivated in a peaceful environment.





"Give them Roots and Wings!"

Ages 14 months-12 years





2997 Main Street, Duluth, GA 30096 1768 Old Peachtree Road, Duluth, GA 30097 www.duluthmontessori.com 770-476-9307



+ 1^{st} - 12^{th} Grade + College or Tech Prep + Wilson Reading Program

For students who need extra help in reading

678-401-5855

Kim.Wigington@BrookwoodChristian.com

4728 Wood Street • Acworth 30101 At the corner of North Main St. and Wood Street, north of the Hwy 92 overpass

Less Than "A" is Perfectly OK



by Dr. Valerie Allen

We encourage, support and reward highachieving, well-behaved children, and rightly so. Isn't this every parent's dream? Doesn't every teacher long for 20 kids like this in her class? You bet! Then comes the day when the "wonder kid" gets an A⁻, worse yet a B⁺! These youngsters are often devastated when they're not "top dog" any more, even temporarily. Here are some tips to help children do their best academically, yet realistically handle the ups and downs that are bound to come their way.

Unconditional love

Always separate the "doer" from the "deed" whether it's behavior, academics or achievement. Children need to know they are loved for who they are, not for what they do. What they do may make us proud or upset, but we love them just the same. Our love for them is not contingent on being the best reader in the class, winning the spelling bee, or hitting a home run. We give our love, not based on their performance, but on the relationship we have developed with them: trust, acceptance and respect regardless of the circumstances.

Service Arbor Montessori School

Primary through Middle School (21/2-14 years)

Our School:

offers parent observations has AMI Accreditation offers Parent Education Classes & Curriculum Nights has regular parent/teacher conferences **Dur Students:** learn from a proven curriculum learn in a mixed age environment are given the freedom to learn have the time to pursue extra-curricular activities learn without the pressures of competition are trained in conflict resolution & peer mediation

INFO SESSIONS in February Please call to make an appointment

A Preparation

404-321-9304 arbormontessori.org

Arbor Montessori admits students of any race, color, national or ethnic origin, religion, family structure or sexual orientation to all the rights, privileges, programs, and activities of the school. It does not discriminate on the basis of race, color, national or ethnic origin, religion, family structure or sexual orientation in the administration of its educational policies, admissions, policies, scholarship and loan programs, and athletic and other school-administered programs.

2998 LaVista Road • Decatur, GA 30033



www.atlantaparent.com

No compete clause

Children should not be compared to others or judged on how well they outperform someone else. A youngster should be compared to his or her own efforts and outcomes. A child's worthiness should not be measured against someone else's performance. If they are doing the best they can, with what they've got, at that point in time, we cannot ask for more, regardless of the outcome.

Practice, practice

The emphasis should be placed on effort; doing the best you can. One step at a time, no matter how small, is to be commended. The more we do, the better we become. Point out how much better they perform each time they practice. Did they accomplish more, do it faster, do it more accurately, was it better planned or organized? Offer recognition for improvement.

Having an "off day"

Keep things in perspective and remember, this too shall pass. Give recognition to the fact that we all have times when we do not do as well as we have done before. This is a good opportunity to discuss how we learn from mistakes and how we find ways to do better. Improvement involves learning what to do and what not to do. Remember when your youngster learned to tie a shoe, ride a bike, read a book? These skills take time and practice.

Self confidence

Developing positive self-talk is important. Children need to internalize the belief that they are self-sufficient and resilient when faced with self-doubt. Realistically recall and discuss their accomplishments; point out that this is truly an exception to their usual performance. Also talk about incidents which did not turn out well; point out how disappointed they were, but they survived and went on to do well again.

Self esteem

Children need to have positive socialization with their peers. Their sole identity and badge of success within the classroom environment should not be based exclusively on being perfect every time. True friendship is based on who we are, not what we can do for others. Children need to believe they are liked for themselves and not feel pressured to live up to their reputation to gain acceptance by their peers. Reinforcing these concepts with your children will help ease the pain and disappointment when they don't measure up to their usual performance.

Dr. Valerie Allen is a child psychologist and has published two children's books, Oh yes, she has also raised six children!

ACTIVE DISCOVERY

in practice



Open House dates are available on our websites.



Grades Pre K-8 404-377-1315 www.waldorfatlanta.org



Grades 9 - 12 404 - 405 - 2173 www.academeatlanta.org

Open House Friday, February 10, 2012

The Heiskell School

Campus Tour and Orientation Meeting 9:00 am to 11:00 am (Program begins Promptly at 9:00 a.m.)

Atlanta's Premier Christian School Since 1949 Two Years through 8th Grade 3260 Northside Drive NW, Atlanta, Georgia 30305

404-262-2233 . www.heiskell.net



Main Campus: 1970 Cliff Valley Way, NE, Atlanta 30329 404-325-6777 • info@amischool.com • www.amischool.com Recognized AMI Accredited School / AdvancED (SACS) Accredited

YOUR AD BELONGS ON OUR PAGES. CALL 770-454-7599 FOR DETAILS.





Jr. High

School Matters



Raise Money by Saving Money

DEAL-HOUNDS can now raise money for their school while saving cash on hot deals around the city. By logging onto msnoffersforschools.com, you can purchase a variety of Groupon-like deals, such as paying \$5 for \$10 worth of frozen yogurt at a popular chain. A percentage of the profit goes to local schools enrolled in the program. A fully animated video on the homepage walks you through the process.

Want to get your school in on the program? Visit the site or call 1-855-657-6553. MSN Offers will issue a quarterly check with the raised funds.

Free Six Flags Tickets for Reading

STUDENTS, GRADES K-6, have the chance to receive free admission to Six Flags Over Georgia through the Read to Succeed program. This online program encourages students to read outside of the classroom.

By completing six hours of non-school related reading, including newspapers, comic books and more, students can earn a single free admission ticket to the amusement park. Teachers are eligible to receive a ticket with 10 or more students participating in the program. Teachers can register their classrooms at discoveryeducation.com/ readtosucceed by March 1.

Georgia Aquarium Admission for Title I Schools

THE GEORGIA AQUARIUM AND FORD have extended the aquarium's Sponsored Education Admissions (SEA) Program with a Ford Motor Co. Fund Scholarship. This means that more than 2,000 students will receive free admission to the attraction, allowing for 83 separate learning programs with an average class size of 25 students.

The SEA Program helps provide economically disadvantaged students the opportunity to participate in educational experiences at a reduced rate or free of charge. Currently, the program is open to schools that meet Title I status, where 40 percent of the student body is enrolled in the free and reducedprice lunch program. The scholarship intends to expand the program to include schools that serve an at-risk student body but fail to meet the strict qualifying Title I guidelines.

- Alexi Wilbourn



Enrichment programs Year-round enrollment

(404) 755-1915 www.renmont.com

1 THE SUZUKI SCHOOL

a preparatory preschool

The Suzuki School is a SACS-accredited private preparatory preschool for infants, toddlers, and preschoolers. Our curriculum surrounds children with activities and experiences designed to maximize emerging growth in all areas of development. Please visit our website for details about our programs and facilities.

Now accepting applications for the 2012-2013 school year

- Infants through Kindergarten
- Enrichment Programs Include French, Spanish, Chinese, Gymnastics, Ballet, and Sports Movement
- Low Student/Teacher Ratios Degreed Teachers
- Hours of Operation: Monday-Friday, 7am-6pm
- Accredited Kindergarten Designed for Late Spring/Summer and Early Fall Birthdays

founded 1976 2 convenient Buckhead locations 404.869.1042 • www.suzukischool.com





Call: 404-326-5132 Limited Scholarships available www.augustineprep.info

Our path leads to vour child's success 770-205-5574

North Atlanta www.northatlantainternational.com

My Resume Age: 7 Objective: Get my dream job Languages: Spanish, Mandarin French and English I can also sing in German! Experience: Internationalism and the World



most important and most difficult choices a parent can make.

At Loganville Christian Academy we aim to provide the highest standards of college preparatory education. Students at LCA receive a broad and balanced curriculum infused with biblical principles. From the Friday night football games to the Night of the Arts, LCA provides many avenues for students and family involvement. Contact Suzanne Perry, Registrar, 770-554-9888 ext. 3106, to experience the LCA difference first-hand. Tours are offered every Tuesday at 11:00AM or may be scheduled individually.

2575 Highway 81 • Loganville • 770-554-9888 • www.lcalions.com Applicants for admission are considered without regard to sex, race, age, or national origin.

www.atlantaparent.com

February 2012 | Atlanta Parent 57



Free Fun Blayground Calendar

* Not-to-miss events for February



Adventures with Clifford the Big Red Dog

Imagine It! The Children's Museum of Atlanta Feb. 4-May 6. Mon.-Fri., 10 a.m.-4 p.m.; Sat.-Sun., 10 a.m.-5 p.m.

Visit a 9-foot-high Clifford and slide down his tail, just like Emily Elizabeth does. Kids can also create sand art, help fill Clifford's big dog bowl using a conveyor belt



and search for treasures of T'Bone's Beach. Over 40 years of artwork and stories by the creator and author of Clifford will also be on display. 275 Centennial Park Dr. NW, Atlanta. 404-659-5437. Admission, \$12.75; younger than 2, free.

The Fabled Cinderella

Atlanta Symphony Hall Feb. 12. 1:30 and 3:30 p.m.

Sure, you've heard the story of Cinderella and her glass slipper, but just wait until you see this original production! The story is brought to life with giant puppets and hilarious masks. Add in a dash of magic and music to experience the tale of Cinderella like never before. 1280 Peachtree St. NE, Atlanta. 404-733-4900. \$15-\$20.

The Fabled Cinderella

The Mad Hatter

Woodruff Arts Center / Feb. 25, 10 a.m.-noon

The morning will be filled with wacky characters, colorful costumes and much more! Kids will learn the basics of art and

design as they work to create a miniature winter wonderland village. Attendees will also be crafting their own scarves, Mad Hatter top hats and more, as well as enjoying an interactive puppet show. 1280 Peachtree St. NE, Atlanta. 404-733-5236. Tickets, \$15; younger than 2, free.



Family Fun Guide

Stone Soup Kitchen

584 Woodward Ave., Atlanta. 404-524-1222; stonesoupkitchen.net Mon.-Fri., 6:30 a.m.-3 p.m.; Sat.-Sun., 8 a.m.-3 p.m.



In 1978, it was known as the Stone Soup Natural Food Store in Virginia-Highland. Today, it's the Stone Soup Kitchen on Woodward Avenue. Tucked between Grant Park and Cabbagetown, this neighborhood gem is a tasty breakfast, brunch or lunch option for your next "explore Atlanta" adventure or especially when visiting nearby Zoo Atlanta or the Oakland Cemetery. This establishment offers many of the best Georgiagrown products, including Mills Farm's Red Mule Organic Corn Grits, plus many vegan and glutenfree options.

What's on the Menu: As an occasional coffee drinker, I took one whiff of the restaurant's aromatic coffee and made an immediate request for a mug and the name of the coffee. One taste of the Dancing Goats coffee and I knew I could become a habitual coffee drinker here. I pondered the extensive menu and settled on "the usual," given my affinity for cheese grits. The bacon was extra thick, the mammoth biscuit was delicious with McCutcheon's orange marmalade, and the cheese grits were perfection! My friend ordered the "ssk grab 'n' go biscuit" and I experienced breakfast envy. Soup offerings include Cuban black bean, Hungarian mushroom, the best-selling chicken curry over rice, and a daily soup special.

I ordered the chicken curry soup to go – and devoured it and the tasty corn muffin for lunch. Salad and sandwich selections round out the menu. All sandwiches are served with chips or the gratitude (small salad) of the day.

Why Parents Will Like It: Nice comfy booths and soft lighting inside offer a relaxing option that is dramatically different from hustle-and-bustle establishments. You'll find private lot parking and an entrance via the back door, plus a heated patio for al fresco dining. The entire menu is available at any time, so you can please a breakfast lover and lunch lover simultaneously. Plenty of high chairs ensure that parents can eat without holding a toddler. There's nothing on the menu over \$10. The servers seem to "get" kids and their intolerance for waiting; our server was friendly, quick and efficient.

Why Kids Will Like It: While there is no kids' menu, breakfast selections can be ordered a la carte or easily shared. Hot-off-the-griddle buttermilk pancakes (available plain or with chocolate chips, blueberries or pecans added) are served with fruit and are sure to satisfy. My tiny friend was amazed at the size of her chocolate chip pancakes and happily sipped her hand-stirred chocolate milk. Cup-sized soups are perfect for lunch, and all sandwich selections are available in half-portion sizes.

– Dana diLorenzo

It's a Strike: Hot Bowling Deals

here's no moment quite like watching your little one push that heavy bowling ball down the lane. Even better is watching his victory dance when he gets his first strike. Judy Cole, an employee at Cherokee Lanes in Canton, fondly remembers her son, when he was 9, beaming when he was able to bowl without using the "bumpers" that keep the ball out of the gutter. Cole brings her kids and grandkids together for bowling. "You just forget about everything for a while and have a great time," she says.

Score big with your own family by taking advantage of one of the many bowling deals around Atlanta. Bring the camera to capture the fun!

Sunday: Bowl for 99 cents per game with 99cent shoe rentals from 9 a.m. to noon at **Stars and Strikes** in Dacula. 1700 Winder Hwy., Bldg. 11, Dacula. 678-965-5707. Check the deals at other locations at starsandstrikes.com.

Monday: Pay only \$1 per game, including hot dog or soft drink, at **Brunswick Zone XL** in Kennesaw from 9 p.m. until 1 a.m. Shoe rental, \$3.99. 775 Cobb Place Blvd., Kennesaw. 770-427-7679. bowlbrunswick.com

Tuesday: It's dollar-game night at **Oasis Bowl** in Buford from 8 p.m. until midnight. Shoe rental: Adults, \$4.25; kids, \$3.25. 1601 Horizon Pkwy., Buford. 770-271-2552. oasisbowl.com

60 Atlanta Parent | February 2012

Wednesday: All you can bowl from 6 p.m. until midnight at **300 Atlanta** for just \$15. The price includes shoe rental. Note that a parent must accompany those under 21 after 10 p.m. 2175 Savoy Dr., Atlanta. 770-451-8605. threehundred.com

Thursday: No need to make dinner beforehand on "Wing-it Thursday" at **Suburban Lanes** in Decatur. From 9 p.m. until midnight, bowlers receive two games and a five-piece wing combo for \$9.99. Shoe rental, \$3.25. 2619 North Decatur Rd., Decatur. 404-373-2514. atlantasuburbanlanes.com



Stars and Strikes

Friday: Friday night means no school the next day, so take advantage of the all-you-can-bowl special for \$12 per person at **Cherokee Lanes** in Canton. The price includes shoes, so bowl from 10 p.m. until 1 a.m. 1149 Marietta Hwy., Canton. 770-345-2866. cherokeelanes.net

Saturday: Grab a lane at **MetroPlex Games and Lanes** for only \$5 per hour for up to 8 people, from 11 a.m. to 6 p.m. Shoe rental: Adults, \$4.50; children, \$3.75. 1959 Metropolitan Pkwy. SW, Atlanta. 404-767-1990, ext. 1. metroplexatl.com

> - Alexi Wilbourn www.atlantaparent.com

Fire Station Museums

Take a ride to your local fire station for some free fun this February. Most stations are happy to show visitors around, but always call before you go. Here are some stations that have been converted into museums to house some of Atlanta's most historic memories.

Marietta Fire Museum

Mon.-Fri., 8 a.m.-5 p.m.; Sat. and Sun. by appointment only.

Take in some history at Marietta's museum, which has items on display dating back to the 1800s. The fire museum has antique clothing and equipment, a "Wall of Flame" photo wall and five vintage fire trucks. This two-story museum is home to an 1879 Silsby Steamer, which is one of only five in existence. Visitors can also view a 1949 Pirsch Ladder Truck, originally one of the longest reaching ladders in north Georgia. It was last used during the United Plastics fire (Nov. 1, 1981). 112 Haynes St., Marietta. 770-794-5491



Roswell Fire Museum

Roswell Fire Museum

Daily, 8 a.m.-5 p.m.

Based in an old Chevrolet dealership, this fire museum is filled with historic pictures to interest visitors. The museum even installed a computer to house a slideshow of the pictures. One such photo is of Atlanta's Great Fire (May 21, 1917), which destroyed 73 blocks just east of downtown. The museum's main draw is a 1947 Form American LaFrance Pumper. The city occasionally removes this piece from the museum for maintenance. Note: The museum closes when station personnel leave to respond to emergency calls. 1002 Alpharetta St., Roswell. 770-641-3730

Fire Station #6 Museum

Daily: 9 a.m.-5 p.m., Sept. 4-May 28; 9 a.m.-6 p.m., May 29-Sept. 3

This fire station, built in 1894, served the Sweet Auburn community of Atlanta for 97 years. Managed by the National Park Service, this retired station reopened in 1996 as a museum and proudly displays a 1927 LaFrance fire engine. The museum is also home to the Eastern National Bookstore, which carries over 200 titles that emphasize African-American history. Boulevard at Auburn Ave., Atlanta. 404-331-6922

– A.W.

EVENT SPECIALIST

School Carnivals • Company Picnics • Church Festivals

Over 50 Inflatables • Quad Jump • 24ft Rock Wall • Trackless Train

OVER IS YEARS OF EXPERIENCE IN MAKING EVENTS A SUCCESS!

WWW.FUN-FARE.COM 770.425.3033

www.atlantaparent.com

Playing in a Winter Wonderland There's still time to romp in the white stuff at Snow Mountain.

by Beth Balga

fter the memorable white Christmas of 2010, my kids were hoping for more snow for the 2011 holidays, but it was not to be. We were able to get our snow fix, however, by taking a little trip to Stone Mountain, where the fun-in-thesnow action continues until February 20. Snow Mountain is a magical seasonal attraction, offering acres of manufactured snow and wintry activities for all ages.

The line to pick up reserved tickets was just a bit shorter than the one to purchase tickets, but our kids were giddy with excitement and didn't get too impatient. A flashing sign indicated that Snow Mountain was sold out for the day, so a word to the wise: reserve in advance at snowmountainpark.com. Waiting in the ticket line that day took almost 30 minutes, but we still had plenty of time to make our tubing session. We even had 20 minutes to play in the Snow Zone before it was time for our tubing fun.

Once we entered the park, following the signs to Snow Mountain was no problem. Located in the Laser Lawn area, directly in front of the famous carving on the side of the mountain, it is a breathtaking winterscape, something totally unexpected in metropolitan Atlanta.

The highlight for our family – because we're all at least 42" tall – was the tubing area, which features group and solo rides down a 400-foot snowy slope. The oversized inner tubes are provided by the park. Children smaller than 42" can still go tubing, but they can't ride solo.

Each ticket allows for a two-hour tubing session. When we discovered that it took us approximately 40 minutes to get to the top of Avalanche Alley and go down the hill as a





If You Go

Snow Mountain Stone Mountain Park; U.S. Hwy. 78 East, Stone Mountain

770-498-5690, snowmountainpark.com

Admission: Purchasing tickets online (and reserving time slot for tubing session) is recommended. Parking is \$10. Tubing sessions, which include all-day access to a full snow play area, are \$27.

Dates: Now through Feb. 20.

group, we decided to spend our remaining time on the much faster solo option. The kids got thirsty after an hour, so we took a break at the Marketplace, which cut into our tubing time.

Sandy Eichler of Florida brought her sons to Snow Mountain so that they could experience snow for the first time. "They have had a blast tubing down the hills," she says.

Mike and Jenny Nichols of Habersham, Ga., arrived at Snow Mountain early so that their kids, ages 4, 7 and 9, could play all day. They maximized their two-hour session on the slopes by hydrating ahead of time and managed to deter the boys from getting into a snowball fight. (It's against the rules, though kids can indulge in target practice in the snow zone to their hearts' content.)

The Mulherns of Fayetteville, Ga., camped overnight with their granddaughter at Stone Mountain and then played in the snow the next day. "It was her Christmas present from us," explains Pam Mulhern, "one we could all enjoy together!"

Before and after our tubing session, our kids enjoyed building snowmen and forts and throwing snowballs at targets in the Snow Zone. There's an area for younger kids, where they can climb in small towers and ride down tamer slopes. The snow play area is open until 9:00 p.m.

After playing in the snow, our group took in a game of miniature golf. We then hopped on the 5 p.m. train for a ride around the mountain to enjoy the holiday lights; there was no wait at that time, but I noticed that there were very long lines for later trips.

Even though it was about 50 degrees that day, I was glad I had bundled up the kids in layers and that everyone was wearing a hat, snow boots and ski gloves. The kids did get warm on the slopes, but the man-made snow was cold, and the train ride afterward was downright chilly. We had also packed dry pants, socks and shoes in a backpack, which we kept in a rented locker. When the day was over and done, we were happy to change into those dry clothes! A plastic bag for the wet clothing came in handy, too.

My kids said they would jump at the chance to go to Snow Mountain again and will recommend the attraction to their friends. Had we been there all day, we could have taken advantage of other activities. As it was, we were happily exhausted at the end of the night.



CampExpo

Did you miss our first camp expo in January? You still have two more chances to visit with some popular day and overnight camps. Spaces fill up fast, so gather all the information you'll need at *Atlanta Parent's* Camp Expo 2012. Whether your kid's idea of a perfect summer is wakeboarding, rock climbing, ballet or horseback riding, you'll find a great fit for your child at the expo. There will be scores of camps to choose from, so come prepared with all your questions. You will be able to meet with camp directors and former campers, as well as pick up brochures and watch informational videos. Browse through our extensive list of overnight camps in this issue, and don't forget to attend the February camp expo!

Upcoming Dates:

Town Center Mall: Feb. 12, 1-4:30 p.m. Perimeter Mall: March 17, 11 a.m.-4 p.m.

Jugglers in Action

Does your kid have a habit of picking up a few eggs and attempting to juggle? Let him watch some of the pros, Feb. 3-5, at this year's **Groundhog Day Jugglers Festival**, and maybe even learn a thing or two. Children can learn fun skills like stilt-walking in the kids' area. Besides jugglers, you'll see unicyclists, yo-yo pros, live music performances and more. Yaarab Shrine Center. 400 Ponce de Leon Ave., Atlanta. 770-262-9448. Fri., 5-10 p.m.; Sat., 10 a.m.-10 p.m.; Sun., 11 a.m.-5 p.m. Free.



www.atlantaparent.com

Ever been greeted by a lion?

How old are the Dead Sea scrolls?

Which came first: The printing of the *first Gutenberg Bible* or Columbus's first voyage to the New World?

Were there ever any typesetting errors in the printing of the Bible?

What were William Tyndale's last words before he was *burned at the stake*?

Passages More than an Exhibit... An EXPERIENCE.

View 430 items from the Green Collection: Some of the Rarest Artifacts from around the World Never Before Under One Roof



In Dunwoody Near I-285 & Ashford Dunwoody Across from Perimeter Mall in the Perimeter Expo Center (below Marshalls)

1201 Hammond Dr. NE • Atlanta, Georgia 30346 • (770) 804-9427 Groups welcome! Call (770) 804-9427 to schedule a tour.

> Buy Tickets Now at EXPLOREPASSAGES.COM Follow PassagesExhibit on 📑 💽 You 1000-





MARCH 3,6,9,11 2012

GOLDEN TICKET

A comic opera based on the book **Charlie and the Chocolate Factory** by Roald Dahl



COBB ENERGY CENTRE

404.881.8885 atlantaopera.org

Review: Apollo Theater Exhibit Puts Song In Your Steps



Michael Jackson's Victory Tour black Fedora, 1984. Right: One of the exhibits featuring Ella Fitzgerald

recently took both my son and daughter to the Atlanta History Center (AHC) to view the special exhibit, "Ain't Nothing Like the Real Thing: How the Apollo Theater Shaped American Entertainment." Bryan is 20 and Brandy is 12, and it's rare to find an outing they can both enjoy.

Each of my kids brought a friend, and off we went. It was our first visit to the AHC, and we soon discovered that there's so much to see and do there that we could easily turn the trip into a full-day adventure. The history lessons began right away. We traveled back in time, visiting the 1860 Smith Family Farm and the elegant 1928 Swan House (both on the grounds), before getting to our "main event": the traveling exhibit detailing the rich and colorful history of the iconic Apollo Theater, which has thrived in New York's Harlem district since 1934 and has given career boosts to countless stars, from Sarah Vaughn to Gladys Knight.

This exhibit, presented by the Smithsonian's National Museum of African American



ican American History and Culture and the Apollo Theater Foundation, is full of inspiration, great music memories and rich African-A m e r i c a n history. We were welcomed by a video offering a brief history of some of the acts

and talent discovered at the Apollo Theater. The exhibit details the Harlem Renaissance in a historical context. From there, visitors examine highlights of the Apollo – one decade at a time. My kids and their friends jumped

Family Fun Guide



Courtesy of the Atlanta History Cent

If You Go

Ain't Nothing Like the Real Thing: How the Apollo Theater Shaped American Entertainment

Atlanta History Center, 130 West Paces Ferry Road, Atlanta; 404-814-4000; AtlantaHistoryCenter.com/Apollo

Dates: Through March 4. Mon-Sat, 10 a.m.- 5:30 p.m.; Sun., noon -5:30 p.m.

Cost: Exhibit included with general admission. \$16.50 adults, \$13 students, \$11 ages 4-12, free for ages 3 and younger.

right in, "doing their own thing." Let's just say that being my kids, they created their own stage right there in the history center! First, they were humming along like other visitors, then they were singing and dancing, too. They even recorded a video of themselves acting like they were The Temptations. They had a ball!

I don't want to give too much away, but here you can see everything from Michael Jackson's fedora to Cab Calloway's shoes, and dresses worn by Ella Fitzgerald and Celia Cruz. So many legends have been part of the Apollo story, from Smokey Robinson to LL Cool J and the Beastie Boys. The outfits and costumes on exhibit reflect the changing times and recycling of fashions; even I had the urge to play dress-up! (And my son liked seeing LL Cool J's airbrushed jacket.)

On the weekend day we visited, we didn't see many younger children in the Apollo exhibit. That's too bad because the younger kids we saw were absorbing entertainment history. I heard someone comment that "anybody who is anybody graced that stage at some point in their career." I would have to agree. This Apollo Theater exhibit is phenomenal!

Erica McDonald

CIRCUS 🏈



A viral condition that usually occurs in February is sweeping Atlanta.

The symptoms: Visions of contortionists with pretzel moves, high-wire artists who know no fear, acrobats whose skills defy gravity; excitement; uncontrollable urge to buy tickets.

Beware: This condition is contagious. **The cure:** Take in two circuses and call your doctor in the morning (and tell him he needs to go, too).



• UniverSoul Circus. A multicultural group of clowns and performers – from Chinese bicyclists to Russian acrobats to a Gabonese high-wire troupe to hip-hop dancers from the United States, Trinidad and Tobago – will entertain under the big top at Turner Field's Green parking lot. You'll see tigers and elephants, entertaining dogs, and much more. Feb. 9-26. Times at universoulcircus.com. 755 Hank Aaron Dr., Atlanta. 1-800-745-3000. \$15-\$30.

Ringling Bros. and Barnum & Bailey Circus.

You'll have two chances to see "The Greatest Show on Earth," at Philips Arena or at The Arena at Gwinnett Center. The fun starts 90 minutes before the show with an "animal open house"; then an hour before the show, guests are invited to come onto the arena floor to meet performers and visit with the animals. As usual, Ringling has assembled a menagerie of animals - including elephants, big cats, zebras, horses, llamas and goats - and talented performers. Feb. 15-20 at 1 Philips Dr., Atlanta; and Feb. 23-26 at 6400 Sugarloaf Pkwy., Duluth. Times at ringling.com. 1-800-745-3000. \$14-\$130, depending on venue and package.





Rug Rat Romp: Heritage Sandy Springs Museum – Turtle Tours

Pintroduce their preschoolers to museums but are hesitant to start at a large venue should look no further than "Turtle Tours" at Heritage Sandy Springs Museum.



Children ages 2-5 can attend this monthly 30-minute Saturday morning program held in the heart of Sandy Springs. The museum's mascots, Sandy the Chipmunk and Spring the Turtle, help the energetic instructors educate children on various relevant topics each month, such as the environment, holidays, community leaders, and more.

The interactive tours, from the Smithsonian Institution's Early Enrichment program, allow youngsters to view exhibits at their eye-level so that the museum isn't so intimidating. Children also enjoy flipping through the "then and now" flashcards to learn how much things have changed in the world. To cap things off, the children complete a craft to take home, which serves as a great conversation piece to reinforce the lessons learned.

Heritage Sandy Springs Museum is at 6075 Sandy Springs Circle, Sandy Springs. 404-851-9111. heritagesandysprings.org. Check website for times and dates. Admission: Free. – Felicia Barman

- Telicia Dalifiari

Playground: Centennial Olympic Park

Features: Centennial Olympic Park in downtown Atlanta is home to two vast, soft-surface playgrounds with slides galore, funky armchairstyle swings, spinning seats in bright, inviting colors, and monkey bars. Much of this kid-friendly oasis sits beneath a bright awning that allows sunny warmth to shine through. One playground has a triple slide, as well as textured hills and nooks. The trio of brightly colored drums also delights kids and provides something for playmates to enjoy together. It was great to see three kids who didn't know each other collaborate to find their rhythm and give the parents an impromptu concert. This playground is great for all ages. The All-Children's

Playground is designed for universal accessibility. Its activities are accessible to users with reduced mobility through equipment and low-reach panels.



■ Amenities: No matter where your child is on the playground, there's a bench you can sit on and still have your youngster in sight. Restrooms are also nearby. The one drawback with this playground is parking. On a weekend, expect to pay \$5-\$10 in the nearby lots and garages if metered spaces along the curb are not available.

Directions: Centennial Olympic Park is located at 265 Park Ave. West NW, Atlanta, across the street from the World of Coke and the Georgia Aquarium. Whole Foods and Publix are both short drives away for those wanting to pack a picnic. For more information about the park, call 404-222-7275.

- Kali Beyah



Family Fun Guide

www.atlantaparent.com



Soak up the last bit of winter by lacing up those skates one final time. These outdoor ice rinks will only be open a few more weeks:

The Pavilion in Olde Town. Conyers. A classic ice-skating experience. Through Feb. 26. icedays.com for hours. 949 S. Main St., Conyers. 770-554-7506. \$7 per person; skate rental, \$2.

The Rink at Park Tavern. Piedmont Park. Stay warm in the heated tent on the rink made with harvested rainwater. Through Feb. 28. Mon.-Fri., 4:30 p.m.-midnight; Sat.-Sun., 10:30 a.m.midnight. 500 10th St. NE, Atlanta. 404-249-0001. \$15 per person for a 90 minute session; includes skate rental.

MARK YOUR CALENDAR

Opera for Fun "The Golden Ticket," part

of **The Atlanta Opera** season, is a great way to introduce your child to an opera performance. In the opera, based on the book *Charlie and the Chocolate Factory*, young Charlie finds a "golden ticket" admitting him to



Willy Wonka's chocolate factory, full of chocolate rivers, magic elevators and other imaginative encounters. March 3, 6, 9 and 11 at Cobb Energy Centre. Tickets \$45.50-\$252.40.

A 'Treasure Trove'

Disney on Ice will skate into The Arena at Gwinnett Center in March with its latest show, "Treasure Trove," featuring your favorite Disney princesses, along with Peter Pan, Captain Hook, Tinker Bell, and characters from the The Lion King. March 28-April 1 in Duluth. Tickets \$39-\$168.



www.atlantaparent.com





Family Fun Guide February 2012

W.TVRAIL.COM

423-894-8028

Calendar

- Visit our Calendar at www.atlantaparent.com for calendar updates and ongoing events and attractions in Atlanta.
- Events may be cancelled or changed after our deadline. Please call the event beforehand to confirm dates and times.

February

	S	М	т	W	тн	F	S
				1	2	3	4
	5	6	7	8	9	10	11
-	12	13	14	15	16	17	18
-	19	20	21	22	23	24	25
2	26	27	28	29			

Oclasses

- INK Craft Weeks. Interactive Neighborhood for Kids. Make a different craft each week this month. Themes: Feb. 1-3, Snow Week; Feb. 6-10, Valentine's Day Week; Feb. 13-17, Giraffe Week; Feb. 20-24, President's Day Week; Feb. 27-29, Dental Health Week. 10 a.m.-5 p.m. 999 Chestnut St., Gainesville. 770-536-1900. \$1 per person on top of museum admission: \$8 for all.
- Lil' Bean Heads Crafts. Bean Head Toys. Create an art project. All ages welcome but smaller children may need assistance. Feb. 1, 15. 3-4 p.m. 220 Johnson Ferry Rd., Sandy Springs. 404-851-2980. Free.
- Moms & Tots. Gwinnett Place Mall. Take part in a themed activity with songs, games, story time and more. Feb. 1, Winter White Party; Feb. 8, Nickelodeon Day; Feb. 22, Purple Day; Feb. 29, Disney & Friends Day. Ages 4 and younger. 11 a.m.-12:30 pm. 2100 Pleasant Hill Rd., Duluth. 770-476-5160. Free with Simon Kidgits membership; join for \$5 per year.
- Mommy and Me Preschool Program. Southern Museum of Civil War and Locomotive History. Feb. 2, Train Song; Feb. 9, Be Minel; Feb. 16, Young Abe Lincoln; Feb. 23, Freight Train. Best for ages 3-5. 10-11 a.m. 2829 Cherokee St., Kennesaw. 770-427-2117. Adults, \$7.50; ages 4-12, \$5.50; 3 and younger, free.
- Toddler Thursdays. High Museum of Art. Create masterpieces to complement the museum's current exhibits. Ages 2-4. Feb. 2, 9, 16, 23. 11 a.m.-3 p.m. 1280 Peachtree St., Atlanta. 404-733-4550. Free with admission. Adults, \$18; ages 6-17, \$11; 5 and younger, free.
- Kids' Chess Club. Barnes and Noble. Kids of all skill levels can come play and learn the game of chess. Feb. 2, 9, 16, 23. 6:30 p.m. 120 Perimeter Center West, Suite 300, Atlanta. 770-396-1200. Free.
- Crafts for Kids. Lakeshore Learning Store. Arts and crafts for ages 3 and older. Feb. 4, Design-Your-Own Notebook; Feb. 11, Be Mine! Valentine Mailbox; Feb. 18, My Little Log Cabin; Feb. 25, Super-Silly Storybook Character. 11 a.m.-3 p.m. 4287 Roswell Rd., Marietta. 770-578-3100. Free.
- EnviroVentures Saturday Drop-By. Piedmont Park. Kids make crafts while parents shop at the Green Market. Feb. 4, 18. 9 a.m.-1 p.m. 1320 Monroe Dr., Atlanta. 404-875-7275. Free.
- Home Depot Kids' Workshop. All locations. Learn tool safety while building a craft and receive a kid-sized orange apron. Ages 5-12. Feb. 4. 9 a.m.-noon. homedepot.com. Free.
- American Girl Crafts. American Girl Boutique and Bistro. Feb. 5, Addy's Embroidered Card Craft, 1-3 p.m.; Feb. 12, Valentine Card Craft, noon-2 p.m.; Feb. 16, Bitty Bear's Birthday Celebration, 10 a.m.-noon; Feb. 19, McKenna Mirror Craft; Feb. 26, McKenna Bracelet Craft, 1-3 p.m. Ages 8 and older. 1202 North Point Circle, Alpharetta. 877-247-5223. Free.

Fernbank Museum

of Natural History FEB. 4- MAY 6. MON.-SAT., 10 A.M.-5 P.M.; SUN., NOON-5 P.M. OPENING WEEKEND CELEBRATION, FEB. 4-5.

Experience stories of animal rescue from around the world, experiment with techniques used to restore endangered species, investigate illnesses



and injuries and more. The brand new exhibit kicks off with an opening weekend celebration Feb. 4-5 during museum hours. Watch one of the many programs inside the Wildlife Rescue Theater and hear from animal rescue organizations. Complete schedule at fernbankmuseum.org. 767 Clifton Rd. NE, Atlanta. 404-929-6300. Adults, \$17.50; ages 3-12, \$15.50; 2 and younger, free.

WILDLIFE RESCUE

- Second Thursday Program. Southeastern Railway Museum. Moms and tots program includes circle time, an activity and craft. Ages 1-4. Feb. 9. 10:30 a.m.-noon. 3595 Buford Hwy., Duluth. 770-495-0253. \$7 per child; one adult free.
- Cookie Bouquet Decorating Class. American Girl Boutique and Bistro. Learn to design a cookie bouquet and decorate a butterfly cupcake to enjoy after the meal. Ages 8 and older. Feb. 10. 4:30 p.m. 1202 North Point Circle, Alpharetta. 877-247-5223. Pre-register. \$35 per person.
- Second Sunday Family Funday. High Museum of Art. Enjoy artist demonstrations, art-making workshops and live performances. Feb. 12. 1-4 p.m. 1280 Peachtree St., Atlanta. 404-733-4550. Free with admission. Adults, \$18; ages 6-17, \$11; 5 and younger, free.
- National Geographic Little Explorers. Pottery Barn Stores. Learn all about birds through activities, quizzes, songs and more. Ages 3 and older. Feb. 18. 10 a.m. Lenox Square Mall, Atlanta. 404-442-9122; North Point Mall, Alpharetta. 678-624-0149. Free.
- Art Workshop. Vinings School of Art. Take a drawing, painting or pottery class. Ages 2-13. Saturdays, 10 and 11 a.m. 1675 Cumberland Pkwy., Smyrna. 678-213-4278. Pre-register. \$15 for one-hour workshop.
- Build and Grow Clinics. Lowe's. Clinics teach kids to build wooden crafts. Kids receive a free apron, goggles and merit patch. Visit lowesbuildandgrow. com for locations. Saturdays, 10 a.m. 800-445-6937. Pre-register. Free.



- Pickin' on the Square. Historic Newnan Square. All musicians are invited to play acoustic music. Feb. 4, 18. 11 a.m. Historic Downtown Newnan Courthouse Square. 770-253-8283. Free.
- Young People's Concert Series. Spivey Hall. Kids enjoy various concerts. Feb. 2, Giwayen Mata: Rhythms and Reasons, grades 3-8; Feb. 6, Many Ways to Count with Mr. Greg, grades PreK-2; Feb. 13, Cowboy Envy, grades 3-8; Moses Goes to a Concert with Dr. Kristin Lyman, grades K-5; Feb. 23, The UGA Hodgson Singers, grades 6-12. spiveyhall.org for times. 2000 Clayton State Blvd., Morrow. Pre-register. 678-466-4491. \$1-\$2.
- Emory Jazz Fest. Schwartz Center. Sachal Vasandani headlines Friday's show and Gary Motley leads the big band night on Sat. Feb. 10-11. 8 p.m. 1700 North Decatur Rd., Atlanta. 404-727-5050. Fri. show, \$15; Sat. show, free.
- Pajama Concert. Michael C. Carlos Museum. Enjoy hot chocolate with marshmallows with classical music, wear your pajamas and bring a pillow. Feb. 10. 7:30 p.m. 571 South Kilgo Circle, Atlanta. 404-727-5050. \$4.

Calendar

- Twyla Tharp's the Princess and the Goblin. Cobb Energy Performing Arts Centre. The Atlanta Ballet performs this family-friendly ballet about a princess trying to save her kingdom; Atlanta Ballet Orchestra with live music. Feb. 10-19. Fri., 8 p.m.; Sat., 2 and 8 p.m.; Sun., 2 p.m. 2800 Cobb Galleria Pkwy., Atlanta. 404-817-8700. \$20-\$135.
- The Fabled Cinderella. Atlanta Symphony Hall. Life-sized puppets, masks, magic and music tell the story of Cinderella in this original show. Feb. 12. 1:30 and 3:30 p.m. 1280 Peachtree St. NE, Atlanta. 404-733-4900. \$15-\$20.
- Snow White. Cobb Energy Performing Arts Centre. The Atlanta Ballet performs the classic story. Feb. 18. 2 p.m. 2800 Cobb Galleria Pkwy., Atlanta. 404-817-8700. \$20-\$135.
- Friday Jazz. High Museum of Art. Listen to jazz organist lke Stubblefield. Feb. 17. 5-10 p.m. 1280 Peachtree St., NE, Atlanta. 404-733-5000. Adults, \$18; ages 6-17, \$11; 5 and younger, free.
- Drumming up the Stories. Chattahoochee Nature Center. Dave Holland sings, drums and narrates his way through folktales. Feb. 18. 11 a.m. and noon. 9135 Willeo Rd., Roswell. 770-992-2055 ext. 237. Adults, \$8; kids, \$5; younger than 2, free.
- Mr. Greg's Musical Madness. The Punchline. Enjoy this kid-friendly music performance and join Mr. Greg for lunch after the show. Feb. 25. 11:15 a.m. 280 Hilderbrand Drive Atlanta. 404-252-5233. Ages 2 and older, \$8.

Singin' Bean Kids Karaoke. The Singin' Bean. The coffee shop offers more than 94,000 song choices for kids. Ages 3 and older. Fridays in Feb. 6-8 p.m. 195 B. North Perry St., Lawrenceville. 678-534-5220. \$3 minimum purchase.



- Drove(s). Southeastern Railway Museum. Fine arts exhibit focusing on the importance of automobiles in American culture. Through Feb. 11. Thurs.-Sat., 10 a.m.-5 p.m. 3595 Buford Hwy., Duluth. 770-495-0253. Adults, \$8; ages 2-12, \$5; younger than 2, free.
- Adventures with Clifford the Big Red Dog. Imagine It! The Children's Museum of Atlanta. Visit 9-foot-high Clifford and slide down his tail, create sand art and more. Feb. 4-May 6. Mon.-Fri., 10 a.m.-4 p.m.; Sat.-Sun., 10 a.m.-5 p.m. 275 Centennial Park Drive NW, Atlanta. 404-659-5437. Adults and ages 2 and older, \$12.75; younger than 2, free. Take advantage of Target Second Free Tuesday; admission is free on the second Tuesday of the month.
- Frida & Diego. High Museum of Art. Work by two influential Mexican artists, Frida Kahlo and Diego Rivera; the High will be the only U.S. venue for this exhibition. Feb. 16- May 12, 2013. Tues., Wed., Fri., Sat.,10 a.m.-5 p.m.; Thurs., 10 a.m.-8 p.m.; Sun., noon-5 p.m. Closed Mon. 1280 Peachtree St., NE, Atlanta. 404-733-5000. Adults, \$18; ages 6-17, \$11; 5 and younger, free.

ATLANTA PARENT'S CAMP EXPO 2012



Town Center Mall FEB. 12, 1-4:30 P.M.

Missed our first camp expo? Still haven't decided on a camp? Meet with camp directors and gather brochures from camps to help make your decisions. 400 Ernest W. Barrett Pkwy. NW, Kennesaw. 770-454-7599. Free.





VILINTINE'S Day Events

- Make Your Own Valentines. Oakhurst Garden. Make a greeting card out of handmade paper in this three-hour class. Ages 4 and older. Feb. 4. 1-4 p.m. 435 Oakview Rd., Decatur. 404-371-1920. Pre-register. \$30 for one adult and child; additional child, \$5.
- Make a Valentine Craft. Sandy Springs Library. Materials are provided to make a craft. Ages 3 and older. Feb. 8. 2:30-5:30 p.m. 395 Mt. Vernon Hwy., Atlanta. 404-303-6130. Free.
- Valentine Cards. Ocee Library. Make a card. Ages 5 and older. Feb. 8. 5-7 p.m. 5090 Abbotts Bridge Rd., Johns Creek. 770-360-8897 ext. 222. Free.

Daddy-Daughter Valentine Dance.

George Pierce Park Community Rec. Center. Dancing and light refreshments. Ages 4 and older. Feb. 10. 7-9 p.m. 55 Buford Hwy., Suwanee. 770-831-4173. Pre-register. \$10 per person.

Daddy-Daughter Valentine Dance.

Pinckneyville Park Community Rec. Center. Dancing and light refreshments. Ages 4 and older. Feb. 10. 7-9 p.m. 4650 Peachtree Industrial Blvd., Norcross. 770-417-2200. Pre-register. \$10 per person. Family Valentine Dance. Rhodes Jordan Park Community Rec. Center. Music, dancing, games and light refreshments. Feb. 10. 7-9 p.m. 100 East Crogan St., Lawrenceville. 770-822-5414. Pre-register. \$10 per person.

Father-Daughter Valentine Dance.

Lucky Shoals Park Community Rec. Center. Dancing, games, a keepsake photo and light refreshments. Feb. 11. 6-9 p.m. 4651 Britt Rd., Norcross. 770-831-4173. Pre-register. \$5 per person.

- Valentine's Day Activities. Pottery Barn Stores. Feb. 11, 3 and 4 p.m., Valentine's Day Doll Tea Party; Feb. 14, 11 a.m., Valentine's Day Story Time. Lenox Square Mall, Atlanta. 404-442-9122; North Point Mall, Alpharetta. 678-624-0149. Free.
- Valentine's Day Crafts. Autrey Mill Nature Preserve. Create Valentines, enjoy themed activities and treats. Ages 5 and older. Feb. 11. 11 a.m.-noon. 9770 Autrey Mill Rd., Johns Creek. 678-366-3511. Pre-register. \$10.
- Date with Dad. American Girl Boutique and Bistro. Enjoy a father-daughter meal and receive a book, photo and frame and keepsakes. Ages 6 and older. Feb. 12. Bistro hours: 11 a.m.-6 p.m. 1202 North Point Circle, Alpharetta. 877-247-5223. Pre-register. \$35 per person.



- Magic Mondays. Atlanta History Center. Toddlers and preschoolers do an activity and takes a guided tour of the museum. This month's theme is "Bee Mine." Feb. 13. 10 a.m.-1 p.m. 130 West Paces Ferry Rd. NW, Atlanta. 404-814-4110. Adults, \$6.50; children, \$5.50.
- I Love You Because You're You Storytime. Washington Park Library. Stories, songs and rhymes. Ages 3-6. Feb. 14. 10 a.m. 1116 Martin Luther King, Jr., Dr., Atlanta. 404-752-8760. Free.
- Valentine's Day Party. Gwinnett Place Mall. Songs, games, story time and more. Feb. 15. Ages 4 and younger. 11 a.m.-12:30 pm. 2100 Pleasant Hill Rd., Duluth. 770-476-5160. Free with Simon Kidgits membership; join for \$5 per year.



(770) 685-7391 www.studio7hub.com

Mention this ad for a FREE Session exclusively for Atlanta Parent readers



42-A Oak Street Roswell, GA 30075

Calendar

- KAWS: Down Time. High Museum of Art. A major multi-site exhibition of work by Brooklyn-based artist Brian Donnelly, a.k.a KAWS. Feb. 18-May 20. Tues., Wed., Fri., Sat., 10 a.m.-5 p.m.; Thurs., 10 a.m.-8 p.m.; Sun., noon-5 p.m. Closed Mon. 1280 Peachtree St., NE, Atlanta. 404-733-5000. Adults, \$18; ages 6-17, \$11; 5 and younger, free.
- Ain't Nothing Like the Real Thing. Atlanta History Center. How the Apollo Theater shaped American entertainment. Through Mar. 4. Mon.-Sat., 10 a.m.-5:30 p.m.; Sun., noon-5:30 p.m. 130 West Paces Ferry Rd. NW, Atlanta. 404-814-4062. Adults, \$14.50; ages 13-18, \$11; ages 4-12, \$9; younger than 4, free.
- Picasso to Warhol: Fourteen Modern Masters. High Museum of Art. Featuring 100 works by 14 iconic artists of the 20th century, including Pablo Picasso, Alexander Calder, Henri Matisse, Jackson Pollock and Andy Warhol. Through Apr. 29. Tues., Wed., Fri., Sat., 10 a.m.-5 p.m.; Thurs., 10 a.m.-8 p.m.; Sun., noon-5 p.m. Closed Mon. 1280 Peachtree St., NE, Atlanta. 404-733-5000. Adults, \$18; ages 6-17, \$11; 5 and younger, free.
- Earth From Space. Tellus Science Museum. Showcasing high-resolution satellite images of Earth, its weather and geographic features over the last 20-plus years. Through April 22. Mon.-Sun., 10 a.m.-5 p.m.100 Tellus Dr., Cartersville. 770-606-5700. Adults, \$12; ages 3-17, \$8.
- Heroes of Sandy Springs. Heritage Sandy Springs Museum. Honoring police officers and firefighters of Sandy Springs. Through Feb. 15. Wed. and Sat., 11 a.m.-2 p.m. and by appointment. 6075 Sandy Springs Circle, Sandy Springs. 404-851-9111. Adults, \$3; ages 6-12, \$1; ages 5 and younger, free.
- Art in Nature: Nature in Art. Chattahoochee Nature Center. Exhibit of abstract artwork inspired by nature is scattered throughout the grounds. Through March. Mon.-Sat., 10 a.m.-5 p.m.; Sun., noon-5 p.m. 9135 Willeo Rd., Roswell. Adults, \$8; ages 3-12, \$5; 2 and younger, free. 770-992-2055.



DOES YOUR TEEN SUFFER FROM BIPOLAR DISORDER?

Your child may suffer from bipolar illness or another mental disorder. Symptoms include feelings of heightened energy, creativity and euphoria at one stage and irritability, guilt, unpredictable mood swings and feelings of restlessness at another stage.

Your teen may be eligible to participate in a research study. Participants must be 12 to 17 years of age and generally healthy. Those who qualify will receive study-related mental health assessments, physical exams, lab services and an investigational medication or placebo (inactive substance). For more information contact:

INSTITUTE for BEHAVIORAL MEDICINE ASHRAF ATTALLA, M.D. 4015 South Cobb Dr SE, Ste 120 Smyrna, GA 30080-6315

INFORMATION & APPOINTMENTS 770-319-8025

Version 19 May 2011



Catch the newest exhibit at the High Museum of Art, featuring Mexican artists Frida Kahlo and Diego Rivera. Opens Feb. 16. See *listing for details*.







www.ChocolateSoup.net Friend Us: www.facebook.com/ChocolateSoup4Kids

Want or Need Help Calming your Chaos?

If life as a parent feels like



But you want it to feel like



Contact Renée Kutner for a free phone consultation today!





www.peacebypieceorganizing.com

Calendar

BOOK BLAST: CELEBRATE DR. SUESS' 75TH ANNIVERSARY!



Town Center Mall FEB. 4. 1-3 P.M.

Spend a Saturday at the mall celebrating Dr. Seuss' 75th anniversary. Enjoy celebrity storytellers, free giveaways and other activities. Bringing a new or slightly used children's book to donate is encouraged. 400 Barrett Pkwy., Kennesaw. 770-424-9468, Free.



- Anne Frank in the World: 1929-1945. Parkside Shopping Center. Learn about the life of the Frank family and others who lived in the secret annex in Amsterdam; includes replica of Anne's room in the annex. Ages 10 and older. Through Jan. 1, 2013. Tues.-Thurs., 10 a.m.-4 p.m.; Fri., 10 a.m.-2 p.m.; Sat.-Sun., 12-4 p.m. 5920 Roswell Rd., Sandy Springs. 770-206-1558. Free.
- Passages. Perimeter Expo Center. Discover the history of the Bible through 450 items in a non-sectarian, interactive format. Through mid-May. Mon.-Wed. and Fri.-Sat., 10 a.m.-6 p.m.; Thurs., 10 a.m.-8 p.m.; Sun., noon- 5 p.m. 1201 Hammond Dr. NE, Atlanta. 770-804-9427. Adults, \$18.95; ages 6-18, \$12.95.
- George Washington Carver. Jimmy Carter Library and Museum. Browse the exhibit that examines the life of this famous scientist and humanitarian. Through May 27. Mon.-Sat., 9 a.m.-4:45 p.m.; Sun., noon- 4:45 p.m. 441 Freedom Parkway, Atlanta. 404-865-7100. Adults, \$8; 16 and younger, free.



- Movie Night. Best Friend Park. Enjoy a movie on the large screen inside the gym; no outside food allowed. Feb. 18. 6 p.m. 6224 Jimmy Carter Blvd., Norcross. 770-417-2212. Pre-register. \$3 for Gwinnett residents; non-residents, \$6.
- YH2O Film Festival. Chattahoochee Nature Center. Watch the winning films from CNC's student film competition. Feb. 25-26. chattnaturecenter.org for times. 9135 Willeo Rd., Roswell. 770-992-2055 ext. 237. Adults, \$8; kids, \$5; younger than 2, free.
- The Greatest Places. Fernbank Museum of Natural History. A 40-minute film exploring seven of the world's most geographically dynamic locations. Through March 15. Mon.-Sat., 11 a.m., 1 p.m., 3 p.m., 5 p.m.; Sun., 1 p.m., 3 p.m., 5 p.m.; Fri., 8 p.m., 10 p.m. 767 Clifton Rd. NE, Atlanta. 404-929-6300. IMAX tickets: adults, \$13; ages 3-12, \$11; 2 and younger, free.
- Born to Be Wild. Fernbank Museum of Natural History. Meet the people who rescue orphaned orangutans and elephants in the rainforests of Borneo. Through May 18. Mon.-Sat., 10 a.m., noon, 2 and 4 p.m.; Sun., noon, 2 and 4 p.m. 767 Clifton Rd. NE, Atlanta. 404-929-6300. IMAX tickets: adults, \$13; ages 3-12, \$11; 2 and younger, free.



- New Manchester History Hike. Sweetwater Creek State Park. This mile-long hike leads to the historic sites. Ages 6 and older. Feb. 4, 11, 18, 25. 1-3 p.m. 1750 Mt. Vernon Rd., Lithia Springs. 770-732-5871. \$4; parking, \$5.
- Kiddie Gardener Series. Smith-Gilbert Gardens. Kids enjoy the gardens, storytelling, singing and more. Ages 3-5 only. Feb. 10, 24. 10 a.m. 2382 Pine Mountain Rd., Kennesaw. 770-919-0248. Pre-register. Adults, \$7; children, \$5.
- Fly-Fishing Clinic. Panola Mountain State Park. Learn casting, safety issues and tricks of the trade. Bring snacks, water and sunscreen. Georgia fishing license required for anglers 16 years and older. Feb. 11. 9-11 a.m. 2600 Hwy. 155, Stockbridge. 770-389-7801. Pre-register. \$15 or \$12 with own gear; parking, \$5.
- Night Hike. Chattahoochee Nature Center. Hike through the wetlands or woods with a naturalist, visit with a CNC animal and roast marshmallows. Feb. 11. 7-9 p.m. 9135 Willeo Rd., Roswell. 770-992-2055, ext. 237. Preregister. \$10.
- Exotic Ectotherms. Autrey Mill Nature Preserve. See reptiles and amphibians from around the world. Saturdays. 11 a.m.-1 p.m. 9770 Autrey Mill Rd., Johns Creek. 678-366-3511. \$3 per person; \$5 per family.
- The Sky Tonight. Fernbank Science Center. An astronomer leads the tour through the constellations, planets and events of the evening sky. Saturdays in Feb. 11 a.m. 156 Heaton Park Dr., Atlanta. 678-874-7102. Adults, \$4; children, \$3.
- Trail Hike. Chattahoochee Nature Center. A CNC docent guides the walk with facts and activities. Saturdays and Sundays. 1 p.m. 9135 Willeo Rd., Roswell. 770-992-2055. Adults, \$8; children, \$5; younger than 2, free.
- Weekends in the Naturalist Center. Fernbank Museum of Natural History. Activities include animal encounters, science explorations and more. Saturdays, 11 a.m.-3 p.m.; Sundays, noon-5 p.m. 767 Clifton Rd., Atlanta. 404-929-6400. Included with admission. Adults, \$17.50; ages 3-12, \$15.50; 2 and younger, free.
Black History Month Events



Black History Month at Imagine It!

Roswell Roots. Various venues in Roswell. A month-long celebration with art exhibits, cultural and historical events. Feb. 1-29. Dates and times at roswellroots.com. Most events free.

Emerging Voices. Callanwolde Mansion. Listen to Southern stories and African-American tales from the Kuumba Storytellers of Georgia. Feb. 3. 7 p.m. 980 Briarcliff Rd. NE, Atlanta. 404-872-5338. Adults, \$3; kids, \$1.

Black History Month at The Children's Museum. Imagine It!

The Children's Museum of Atlanta. Special events honoring Black History Month. Poetic Experiences, Sundays at 1 p.m.; Jacob Lawrence Storytime, Tues.-Fri., 3 p.m., Sat., 4 p.m.; Jacob Lawrence Craft, Mon., Tues., Thurs., Fri., 1 p.m. Feb. 6-29. 275 Centennial Park Drive NW, Atlanta. 404-659-5437. Adults and ages 2 and older, \$12.75; younger than 2, free.

African Folk Tales. Jimmy Carter Library and Museum. Listen to traditional folk tales from a storyteller, participate in an activity and go on a museum tour. Feb. 9, 16, 23. 10 a.m. and 11:30 a.m. 441 Freedom Parkway, Atlanta. 404-865-7100. Free.

Black History Month Celebration.

National Archives at Atlanta. Celebrate the Gullah culture with folktales and music. Feb. 18. 8:30 a.m.-5 p.m. 5780 Jonesboro Rd., Morrow. 770-968-2100. Free.



Black History Month Celebration





Come Jump, Party & Play with us! Book your special event with us today. Bring this ad and SAVE \$3 on Open Jump!



KangaZom

SUITE 500 *next to Office Depot ALPHARETTA, GA 30004 770.772.0552 www.GoKangaZoom.com Special Programs! Camps Dance Classes Kiddie Zumba Kanga Fitness Open Jump! & More!





Your child's best opportunity to learn music is now.

The most favorable time to learn music is from birth to six years. Help your young child achieve his or her full musical potential with an innovative, developmental music and movement program. Parent+child classes are playful and creative and each family receives the acclaimed CDs and song books to continue developing their musical abilities at home. Over 150 classes are offered in

metro Atlanta. Spring session starts March 10, so call now for class schedules and dates of free demonstration classes.

Developed by Rob Sayer

Cld69

770-645-5578 www.themusicclass.com/atlanta

Alpharetta • Buckhead • Crabapple • Dunwoody • East Cobb • Smyrna Intown Atlanta • Sandy Springs • Suwanee • Toco Hills • Woodstock

Family Fun Guide

Calendar





- Groundhog Day Jugglers Festival. Yaarab Shrine Center. See jugglers, unicyclists, yoyo pros, live music and more. Feb. 3-5. Fri., 5-10 p.m.; Sat., 10 a.m.-10 p.m.; Sun., 11 a.m.-5 p.m. Shows: Sat., 2 p.m., Juggling Competition; Sat., 9:30 p.m., Fire and Light Extravaganza; Sat., 10 p.m., Late Night Cabaret. 400 Ponce de Leon Ave., Atlanta. 770-262-9448. Festival, free; cabaret, \$5.
- Orchid Daze. Atlanta Botanical Garden. Visit the hanging gardens for the tenth anniversary of the Orchid Daze. Feb. 4- April 15. Tues.-Sun., 9 a.m.- 4 p.m. 1345 Piedmont Ave. NE, Atlanta. 404-876-5859. Adults, \$18.95; ages 3-12, \$12.95; 2 and younger, free.
- Snow White Tea. Callanwolde Mansion. Enjoy sandwiches and sweets, live music, and excerpts from Callanwolde Ballet Ensemble's spring show. Feb. 5. 1-3 p.m. 980 Briarcliff Rd. NE, Atlanta. 404-872-5338. Pre-register. \$25; buy tickets at ticketleap.com.
- Atlanta Jewish Film Festival. Metro Atlanta area. Explore Jewish life, culture and history through over 70 films. Feb. 8-29. Locations and times at ajff.org. 404-806-9913. \$8-\$10 per film.
- UniverSoul Circus. Turner Field Green parking lot. Theatrical circus experience accompanied by music and audience interaction. Feb. 9-26. Times at universoulcircus.com. 755 Hank Aaron Dr., Atlanta. 1-800-745-3000. \$15-\$30.
- Dancing Through Time: Apollo. Atlanta History Center. Explore history through music and dance. Feb. 11. 11 a.m.- 4 p.m. 130 West Paces Ferry Rd. NW, Atlanta. 404-814-4110. Adults, \$6.50; children, \$5.50.



- Ringling Bros. Circus. Philips Arena, The Arena at Gwinnett Center. Barnum & Bailey's "Fully Charged" show with performers, animals and more; all-access pre-show free for all with tickets, one hour before the show. Feb. 15-20, 23-26. Times at ringling.com. 1 Philips Dr., Atlanta; 6400 Sugarloaf Pkwy., Duluth. 1-800-745-3000. \$14-\$130, depending on venue and package.
- Winter Storytelling Festival. Downtown Decatur. Features storytelling workshops, concert, performances and more. Feb. 17-18. Schedule of events and locations at southernorderofstorytellers.org. 404-636-4090. \$6-\$50, depending on which events and workshops.

Georgia Aquarium THROUGH DECEMBER. SUN.-FRI., 10 A.M.-5 P.M.; SAT., 9 A.M.-6 P.M.

Come sing with the frogs at this new traveling exhibit. It features 15 species of frogs in more than 3,000 square feet of habitats, with hands-on and interactive activities. 225 Baker St., Atlanta. Admission price depends on date of visit; Adults, \$29.95 or \$34.95; ages 3-12, \$23.95 or \$28.95.

- Snow Mountain. Stone Mountain Park. Region's only "snow park" features more than 20 snow-tubing slides on "Laser Lawn" plus an area where kids can build snowmen and make snow angels. Through Feb. 20, 2012. Check snowmountainpark.com for hours.
 U.S. Hwy 78 East, Stone Mountain. 770-498-5690. \$27 per person includes one (1) two-hour session on the tubing hill plus unlimited access to the Snow Play Areas beginning with your timed entrance. Parking, \$10.
- The Mad Hatter. Woodruff Arts Center. A morning of artists, performances, hands-on fun, costumed characters and more. Feb. 25. 10 a.m.-noon. 1280 Peachtree St., Atlanta. 404-733-5236. Tickets, \$15; younger than 2, free.



Atlanta Parent magazine is on the hunt for moms and dads who would like to serve on our Parent Advisory Board. As a member you'll offer advice for articles and columns, take part in our special events and help to increase the quality of our award-winning magazine.

 Share your ideas and talents with us
 Help us better serve our readers
 Volunteer for special events and projects

Applications must be received by February 18th. Visit www.atlantaparent.com to apply.

Calendar



- Storytime by the River. Chattahoochee Nature Center. Storytime for toddlers at the nature center. Ages 3-5. Feb. 1. 10:30-11:30 a.m. 9135 Willeo Rd., Roswell. 770-992-2055. Adults, \$8; children, \$5; younger than 2, free.
- Storvtime with Bella. Cowlicks Yogurt and Floats. The friendly cow Bella invites parents and children to enjoy a story and a free 8-ounce cup of yogurt. Pictures with Bella, coloring sheets and temporary tattoos also on hand. Ages 6 and younger. Feb. 7. 11 a.m.-noon. 2460 Cumberland Pkwy., Atlanta. 770-433-9008. Free.
- Poetry Reading. Callanwolde Mansion. Two guest poets share selections. Feb. 8. 8 p.m. 980 Briarcliff Rd. NE, Atlanta. 404-872-5338. Adults, \$5; kids, \$3.
- Children's Story Time. FoxTale Book Shoppe. Age-appropriate stories followed by dance and song period. Mondays and Saturdays. 11 a.m. 105 East Main St., No.138, Woodstock. 770-516-9989. Free.
- Storytime at Little Shop. Little Shop of Stories. Storytelling three times a week; Thursday nights, milk and cookies provided and kids can come in pajamas. Sundays, 3 p.m.; Tuesdays, 11 a.m.; Thursdays, 7 p.m. 133A East Court Sq., Decatur. 404-373-6300. Free.
- Tales for Toddlers. Bean Head Toys. Stories read in the indoor tree house, then kids make a small craft to take home. Thursdays. 10:30 a.m. 220 Johnson Ferry Rd., Sandy Springs. 404-851-2980. Free.
- Wren's Nest Storytelling. The Wren's Nest. Wren's Nest Ramblers host a storytelling session every Saturday afternoon in Feb. 1 p.m. 1050 Ralph D. Abernathy Blvd., Atlanta. 404-753-7735. Adults, \$9; children, \$6.
- Creature Feature Nature's Storytellers. Chattahoochee Nature Center. Learn stories about critters and some folklore. Thursdays and Fridays, 4 p.m.; Saturdays and Sundays, 2 p.m. 9135 Willeo Rd., Roswell. 770-992-2055. Adults, \$8; ages 3-12, \$5; 2 and younger, free.



- The Red Balloon. 7 Stages Performing Arts Center. Story about a young boy who makes friends with a red balloon, performed in a combination of French and English. Jan. 27-Feb.12. Fri., 8 p.m.; Sat., 3 and 8 p.m.; Sun., 3 p.m. 1105 Euclid Ave., Atlanta. 404-875-3829. \$16.20-\$27.
- The Wow Show. Aurora Theatre. Enzo the Clown relies on his wits and audience to complete his list of tasks in this comedy. Feb. 4. 10 a.m. 153 Crogan St., Lawrenceville. 678-226-6222. \$7.
- Ruth and the Green Book. Center for Puppetry Arts. About the journey of an African-American family from Chicago to Alabama in the 1950s based on an award-winning children's story. Feb. 7-26. Tues.-Thurs., 11 a.m.; Fri., 11 a.m. and 7:30 p.m.; Sat., 3 and 7:30 p.m.; Sun., 5 p.m. 1404 Spring St. NW, Atlanta. 404-873-3391. \$16.50; younger than 2, free.

Classified Pages Childcare

If you wonder

who you can trust

with your children ,

ve have the answer

We provide customized solutions that fit your

a rigorous background check and all are CPR

24 hours a day, seven days a week. At Nanny

family's individual needs. Every Nanny is put through

trained. And we're always there when you need us,

Poppinz we understand, because we're moms too.



678-608-2769 or 404-492-5515 w.nannypoppinz.com ANNYPOP 1-877-A-NANNY-4U Created by Moms for Moms **PRESCHOOL & CHILDCARE CENTER** 10% OFF Atlanta TUITION **Register NOW!** Kids Zone \mathbf{z} **Georgia Pre-K Program Available!** Art Classes Available! • Dynamic 2,3,5 day • Infants to 6 years Preschool with half • After School Program 3-6pm & full day options • Parents' night out 6:30am - 6:30pm Half Day Monday - Friday 9am - 1:30pm **Daily Drop-Ins** Tutoring Sat & Sun Birthday parties from CDC & Emory 6-9 pm Mon-Fri & weekends 404-315-4658 www.atlantakidszone.com 1940 Briarwood Court, Atlanta 30329 Call Andi at 678-222-1917

to place your ad in Atlanta Parent's monthly Childcare section.



Classified Pages Resale



To Advertise your RESALE SHOP call Andi at 678-222-1917.



American Home Cleaning since 1988 "Helping Low Income Single Mothers" Home Cleaning Ministry (770) 795-8399 Here's What We Do: •Vacuum all carpets, clean, sweep and mop all floors Cleaning Special • Pick up and straighten up Empty all trash One Bedroom • Kitchen • One Bathroom Dust furniture and make beds Living Room • Dining Room Make your bathroom shine! Halls Foyer And much more WITH COUPON

Use us 5 times within 90 days and

get 40% off your 6th cleaning

American Home Cleaning is the proud sponsor of www.WomensWageRevolution.com "Helping Low Income Single Mothers"

Calendar



The Red Balloon

- The Boychick Affair. Marcus Jewish Community Center. Audience members mingle with the cast, enjoy a dinner, while watching a 13-year-old rap wannabe try to become a man. Feb. 9, 11-12. Thurs., 7:30 p.m.; Sat., 8 p.m.; Sun., 1:30 p.m. and 5 p.m. 5342 Tilly Mill Rd., Dunwoody. 678-812-4002. Adults, \$35; ages 12 and younger, \$25.
- Pete the Cat: Rocking in My School Shoes. Aurora Theatre. Pete discovers cool places at school, singing and dancing, too. Feb. 11. 10 a.m. 153 Crogan St., Lawrenceville. 678-226-6222. \$7.
- Alvin Ailey American Dance Theater. Fox Theatre. Watch the famous dance troupe perform. Feb. 16-19. Thurs., 7:30 p.m.; Fri., 8 p.m.; Sat., 2 and 8 p.m.; Sun., 3 p.m. 660 Peachtree St. NE, Atlanta. 800-982-2787. \$25-\$60.
- Hairspray. Jennie T. Anderson Theater. A musical about a plump teenager who dreams of being on a TV dance program. Jan. 27-Feb. 5. Thurs.-Sat., 8 p.m.; Sun., 3 p.m. 548 South Marietta Pkwy. SE, Marietta. 770-528-8490. \$15.
- Memphis. Fox Theatre. A white radio DJ in the 1950s wants to change the world and a black club singer is ready for her big break. Jan. 31-Feb. 5. Tues.-Fri, 8 p.m.; Sat., 2 and 8 p.m.; Sun., 1 and 6:30 p.m. 660 Peachtree St. NE, Atlanta. 800-982-2787. \$28-\$63.
- Space! Center for Puppetry Arts. Discover facts about the solar system with this musical show with hosts Ot and Eerna. Through Mar. 11. Tues.-Fri., 10 and 11:30 a.m.; Sat., noon and 2 p.m.; Jan. 26-Mar. 4, Sun., 1 and 3 p.m.; Mar. 6-11, Sun., 2 p.m. 1404 Spring St. NW, Atlanta. 404-873-3391. \$16.50; younger than 2, free.



- Georgia National Rodeo. Georgia National Fairground & Agricenter. Features specialty acts plus cowboys competing in saddle bronco riding bareback-riding, barrel racing and more. Feb. 23-25. Fri.-Sun., 7:30 p.m. 401 Larry Walker Pkwy., Perry. 800-987-3247. Adults, \$10-\$21.50; ages 2-12, \$8-\$16.50.
- Historic Trolley Tour. Augusta. Take the Lady Liberty Trolley for a kid-friendly ride to see some of Augusta's most famous homes and the Augusta Canal. Hear a historical story and head to the James Brown exhibit at the Augusta History Museum. Saturdays. 1-3:15 p.m. 560 Reynolds Street, Augusta. 706-724-4067. Pre-register. \$12 per person, includes admission to museum. □



www.disneyonice.com



consignment SaleS

Consignment sale season is starting up again!! Bargain hunters get your wallets ready – the deals begin on gently used clothes, toys, books and more. You will find everything from designer labels to basics, even a few never worn items. Get your shopping bag or laundry basket ready to help carry and organize purchases. Don't forget to return on the last day, many sales have items at half price! Some sales do have restrictions. Call or check the website of the sale before you go to make sure you know the rules. We will have more consignment listings to check out in the March issue of *Atlanta Parent*. For the most updated list please go to our website atlantaparent.com. Have fun shopping!!!

Cobb

- Echo Mill Kids Consignment Sale. Echo Mill Clubhouse. Feb. 23-25. Thurs. 4-8 p.m., Fri. 9 a.m.-6 p.m., Sat. 9 a.m.-1 p.m. 5522 Clipper Bay Dr., Powder Springs. 770-439-1741.
- Born Again Blessings Children's Consignment Sale. Cobb County Civic Center. Feb. 24-25. Fri. 9 a.m.-7 p.m., Sat. 9 a.m.-noon. 548 Marietta Pkwy., Marietta. bornagainblessings. com.
- CCC MOPS Children's Consignment Sale. Cumberland Community Church. Feb. 24-25. Fri. 9:30 a.m.-7 p.m., Sat. 9 a.m.-1 p.m. 3110 Sports Ave., Smyrna. 678-941-9197. cccmopssale.com.

DeKalb

- Kid's Closet Consignment Sale. Winters Chapel United Methodist Church. Feb. 2-4. Thurs.
 9 a.m.- 6 p.m. (No children until noon.) Fri-Sat. 9 a.m.-3 p.m. 5105 Winters Chapel Rd., Atlanta. 770 393-3478. kidresales.com.
- Five and Dime Kids Consignment Sale. Epworth UMC. Feb. 24-25. Fri. 9 a.m.-3 p.m. and 5-8 p.m., Sat. 9 a.m.-1 p.m. 1561 McLendon Ave. NE, Atlanta. fiveanddimekids. com.

Forsyth

- NFMOMC Baby/Kids Consignment Sale. Lanier Technical College, Forsyth Conference Center. Jan. 28. Sat. 9:30 a.m.-2 p.m. (No strollers, no bags please). 7745 Majors Rd., Cumming. nfmomc.org.
- Green with Envy Kids. Pinetree Village Shopping Center. Feb. 3-4. Fri. 9 a.m.-6 p.m., Sat. 9 a.m.-5 p.m. 2350 Atlanta Hwy. (Hwy. 9), Cumming. 678-938-2680. greenwithenvykids.com.
- Creekside MOPS Consignment Sale. Creekside UMC. Feb 24-25. Fri. 9 a.m-1 p.m., Sat. 8 a.m.-1 p.m. 673 Peachtree Pkwy, Cumming. creekside.net.

Fulton

All 4 Kids. Corner of Holcomb Bridge & Alpharetta Hwy. behind the Hobby Lobby. Feb. 23-25. Thurs. 9:30 a.m.-7 p.m., Fri. 9 a.m.-7 p.m., Sat. 9 a.m.-1 p.m. 5000 Commerce Pkwy., Roswell. all4kids.com.

Gwinnett

- 3 Savvy Sisters Kids Consignment Sale. Feb. 1-4. Thurs.-Fri. 10 a.m.-8 p.m., Sat. 8 a.m.-4 p.m. 5192 Nelson Brogdon/Hwy. 20, Ste. 100-200, Sugar Hill. 3savvysisters. com.
- Jack & Jill Kids Sale / Kids-N-Moms Consignment Sale. Cornerstone Church. Feb. 9-11. Thurs.-Fri. 9 a.m.-7 p.m., Sat. 9 a.m.- 1 p.m. 2458 Hwy. 120, Duluth. 770-312-7528. jackandjillkidssale.com or kidsnmoms.com.
- Kidsignments. Gwinnett County Fairgrounds. Feb. 14-18. Tues. 9 a.m.-7 p.m. (No children, infants, strollers, carriers, etc. until after 2 p.m.), Wed.-Thurs. 9 a.m.-7 p.m., Fri.-Sat. 9 a.m.-6 p.m. 2405 Sugarloaf Pkwy, Lawrenceville. 770-381-5938. kidsignments.com.

Fancy Finds Kids Upscale Consignment Sale. Dacula Family Village. Feb. 23-25. Thurs. 6-9 p.m., Fri. 9 a.m.-8 p.m., Sat. 9 a.m.-2 p.m. 1152 Auburn Rd., Ste. 105/106. Dacula. 404-372-6500. FancyFindsKids.com.

Hall

- Toads & Teacups Children's Consignment Sale. Faith Industrial Park. Feb. 9-11. Thurs. 8 a.m.-6 p.m., Fri. 9 a.m.-6 p.m., Sat 8 a.m.-1 p.m. 2731 Faith Ind. Dr. Buford. 770-375-7569. toadsandteacups.com
- Weecycle Consignment. Clearwater Crossing Feb. 23-26. Thurs. 8 a.m.-8 p.m., Fri.-Sat. 9 a.m.-7 p.m., Sun. 9 a.m.-2 p.m. 7380 Spout Springs Rd., Flowery Branch. 404-569-0285. weecycleconsignment.com.

Jackson

Lollipop Kids Consignment Sale. Jefferson Civic Center. Feb. 16-18. Thurs.- Fri. 9 a.m.-7 p.m., Sat. 8-11 a.m. 65 Kissam St., Jefferson. Ipkidssale.com.

Rockdale

Tykes, Tots & Teens Consignment Sale. GA International Horse Park. Feb. 25-Mar. 3. Sat. Feb. 26, 9 a.m.- 8 p.m., Sun.-Sat. 10 a.m.-7 p.m. 1996 Centennial Olympic Pkwy., Convers. 678-984-2909. TTTsale.com.



MASSAGE & DOULA SERVICES



VALENTINE SPECIAL

Learn how to massage your loved one during pregnancy and labor.

10% OFF Couples Massage Class

Expires February 29, 2012

Alpharetta 678-893-0060

www.TarasMassageTherapy.com



Mercer University, one of the South's premiere institutions of higher learning, brings academic excellence to an expanse of Educational Leadership programs through our Tift College of Education.

Tift College at Mercer University prepares and trains more educators than any other private institution in Georgia, and offers:

institution in Georgia, and offers: • Undergraduate and Graduate Programs • Locations in Atlanta, Macon, Douglas County, Henry County, Newnan Savannah, Forsyth County, and Eastman

 One of 14 institutions approved by the Georgia Professional Standards Commission offering initial certification programs



mercer.edu/education

Classified Pages

BUSINESS

Raise your income AND your family. NO parties, stock-ing, inventory or selling. Not an MLM. Monthly residual income. www.stayinhomeandlovinit.com/greendream

CLASSES

Parenting Across Cultures. Become a facilitator of the world renowned Strengthening Families & Communi-ties programs! Atlanta workshop Feb. 23-27. Visit www. parentingacrosscultures.com for info & registration.







Marketplace

DANCE

The Bush Centre for Ballet: Classical ballet, contemporary and modern ballet, and jazz classes for children 4+, adults 18+. Annual recital, Field Trips, Summer Camp, Private & Pointe Lessons, community service participation. Sandy Springs wwwbushballetcentre.com 404-256-5542

Dance and Arts Showcase: Offering Ballet, Tap, Jazz, Piano, Guitar, Math, Reading, Middle Eastern, Yoga, Hip Hop, Ballroom. Chamblee, Alpharetta, 770-934-5010 www. danceandarts.com

CHILDCARE

Children's Choice Learning Centers: Infant through Ga. Lottery Pre-k. Fully NAEYC Accredited Childcare. Accept Childcare subsidy. 100 Alabama Street Suite GR 50, Atlanta. 404-562-0158.

TLC Sitters of Atlanta Inc. Providing in home childcare since 1986 to the Atlanta Metro area. Call us at 770-410-4774 to customize a program to meet your needs. www.TLCSittersofAtlanta.com.

SPORTS



Alita's Childrens Foundation. Donate your gently used clothes, household goods, & cars to help orphans and single mothers. Donation qualifies for tax deduction. Call 516-444-2561 for details.

Work At Home United •••



chinda brok Modern classic photographer for children, babies, teens, maternity and family portraits. Promotions on website info@chindabrok.com www.chindabrok.com weetest Deal for YOU! Hair & Eyelash Extensions • Sew-in weaving Hair Replacement VALENTINE SPECIAL Strand by Strand extension \$50 OFF{ • Buy Indian or Brazilian Hair any Hair or Lash Technique & service is HALF OFF! Certified & trained stylist 770-496-1994 SPECIAL NEEDS Georgia Behavioral Health Professionals Serving all of your family's mental health needs 770-431-2354 ADHD Behavioral Problems Depression Anxiety Psychotic disorders Theodore M. • Autism Spectrum Disorders Morgan II, MD Adult Child and Eating Disorders Adolescent Psychological Testing Psychiatrist 4015 S. Cobb Dr. Suite 115, Smyrna GA 30080 http://gabehavioralhealth.com TUTORING In-Home/Online Tutoring ARAING ICES All Subjects • All Metro Atlanta Counties ED LEA AMLSERVD • K-12 ,College & Adult Learners A T E D FIOMLS • CRCT, EOCT & GHSGT Test Prep ACT & SAT Test Prep ELE (404) 933-2235

SERVICES

acceleratedlearningservices.com

Summer Programs

Ξ

Travel Abroad • Math Immersion Placement for Private Day/Boarding School Professional Counseling • Academic Enrichment Tutoring, Testing & Study Skills



Classified Pages



Where History Is Fun! Explore vintage railroad cars and engines • Ride a real train Discover over 30 acres of transportation history 2nd Thursday **Celebrate A Day** Preschool Program To Remember Learn about and explore Ask about birthday parties, a different kind of anniversaries, even vehicle each month weddings at the museum 3595 Buford Hwy., Duluth, GA | www.SoutheasternRailwayMuseum.org | 770-476-2013 Ages 3-12 We cometo YOU! Bubbling Potional Rocketal 🗖 Gotton Gendyl 🗆 Much Morel MENTION THIS AD FOR 10% DISCOUNT! POLO CLUB of ATLANTA 10% OFF atlpoloclub@yahoo.com 770-344-0274 • 404-443-6407 www.poloclubofatlanta.com *rese Field rental for sport events and stable boarding available o spoiled Rotten Princess Parties & More Total Princess Treatment Tiaras GLAM Spa Experience Fashion Arts PKGS Photos · Crafts and MORE! START AT \$250 770-354-7548 SpoiledRottenPrincessParties.com "Where EVERY Girl Gets EVERYTHING she Wants"

Party Planner

Southeastern Railway Museum



www.atlantaparent.com

rubytheclown.co

Classified Pages Party Planner



EVERYBODY has a birthday!

March is our annual Party issue. Make sure our parents know about your party services.

Call Andi for advertising information 678-222-1917





CHATTAHOOCHEE NATURE CENTER Have a WILD Birthday Fun for Kids... Easy for Parents! We provide cake, favors, fun, & more! Guided Hike & Special Animal Guest! Call 770.992.2055, x 237 www.chattnaturecenter.org We bring the ZOO 0 4**0**U Alligators, Monkeys, Farm Friends and more! Live animals of all kinds! Hands-on, Fun, Educational Wildlife Wonders 06)348-7279 www.azootoyou.com Ages 3+ 534-3508 na 40-905 SPA & GLAMOR PARTIES Guests are pampered from head to toe with music, spa treatments & cupcakes. diamondgirlzdayspa.com 11705 Jones Bridge Rd., Johns Creek 5470 McGinnis Village Place #101, Alpharetta Bean Head Toys Spring Break? Travel games, toys and books to make it even more fun. \$35 or more purchase Excludes Lego and Playm Exp. 2/29/2012 Buckhead 3497 Northside Pkwy, NW Atlanta, GA 30327 Sandy Springs 220 Johnson Ferry Rd, NE 404-841-0826 Sandy Springs, GA 30328 404-851-2980 beanheadtoysonline.com **Recycle this** Magazine

Kitty-Child

am the mother of a – well, it's hard to explain. It seems my 3-year-old has turned into a kitty. She's not wearing a costume; she's just turned into an onthe-floor, I'm-not-going-to-speak-to-youunless-it's-in-kitty-talk, kitty.

This happened about a week ago when her baby brother learned how to walk. It's not that she minds her baby brother, it's that he's now getting a lot of attention. So my daughter stopped walking, and began crawling on her hands and knees. She's turned into a kitty 24/7.



For the first couple of days, it was kind of fun, but now it's become exasperating. Her hands are on the floor of every public place we go. Gross. And trying to communicate with her has become downright annoying. It goes something like this:

"Kristie," I say, "do you want orange juice or milk for lunch?"

"Me-mao," she says in a high-pitched mew. "Me-mao, wants me-mao milk, Mommy."

When we stand in line at the grocery store, the cashier leans over the counter and watches. I try to ignore Kristie winding around my legs, purring and meowing.

"Oh, my gosh!" the clerk gushes. "That's got to be the cutest thing I've seen in years." She coos to my darling daughter, "Hi, kitty!"

"Me-mao!" Kristie answers happily. You might say she has a Cheshire cat grin.

Anytime I run errands, I have firm talks with my kitty-person. "I will not let you crawl from the car into the drug store," I say. "This kitty is going to have to walk on two feet, and keep up with me."

It works until we reach the automatic doors of the wherever I'm going. Then she's back on all fours, to my impatience and the delight of almost everyone we pass. "Me-mao, Mommy. Can me-mao have some me-mao gum?"

"Cats can't chew gum," I reply, as I plop my toddler son into the shopping cart. I hope the kitty will keep up.

"Purrrr-please? Me-mao. Me-can chew gum. Me-mao."

I don't buy the gum and although I expect some hissing, it doesn't faze her. My playful kitten bounces along after me.

Two weeks into the feline phase, we're in a clothing store, and an older woman walks past us. Kristie uses the opportunity to add yet another member to her kitty-cat fan club. She mews, "Me-mao, love you, Mommy." Reaching up with her paw-hand, she taps my thigh as she rubs her head against my knee.

The grandmotherly woman spins in place, eyes riveted to my daughter. Kristie smiles at her, and then meows. The woman gasps, and with a starry-eyed gaze says to me, "She's adorable."

I reply, "I'm not as crazy about this stage as I was a couple of weeks ago." I'm thinking about how Kristie won't sleep in her bed. Instead, she sleeps in a blanket nest on the floor – her "kitty basket."

I glance down at Kristie, who is now licking the back of her paw-hand, cleaning

herself the way any pampered kitty would.

"Oh, honey," the woman counsels me, "treasure these moments. They pass all too quickly."

I will, I think. Just as soon as I get Kristie back on two feet and out from underneath the clothing rack.

The next morning Kristie wants to eat on the floor. Like our cat. And she doesn't want oatmeal for breakfast.

"Kitties, don't me-mao, eat me-mao oatmeal," she mews.

My husband says, "You have to admit. She *is* cute."

Of course she's cute, but I wonder when my sweet daughter will return.

"Look at the bright side," he says, chuckling. "She's not a cat burglar."

I wonder if I'm being a sourpuss. Standing there, I stew for a minute, and then throw up my hands in surrender. If being a mother includes tending to a daughterturned-kitty, so be it.

Reaching into the cupboard, I grab a box of cereal – a brand that has similar-shaped pieces to the cat food I buy in 10-pound bags. I pour a bowl of cereal, add milk and place it carefully on the floor.

With a sigh, I watch my kitty-child pounce on her breakfast and lap it up.

Imagine your child Speaking three languages...





at

Total Immersion English/French/Spanish Infants to 3rd Grade • Excellent Academic Program Chinese Saturday Classes now offered

404.409.0827 | www.trlanguages.com 5855 Riverside Drive (Sandy Springs)



Walnut Oatmeal

REMEMBER

You can add your favorite beverage, Hash Browns or Fruit 'N Yogurt Parfait to your Datmeal for just >1 each!

linu

Prices and participation may vary, Beverage choice does not include any McGafe® or other specialty beverages. 🗢 2012 McDonald's. "Minute Meid"is a registered trademark of The Coca-Cola Company

CAN YOU IMAGINE YOUR CHILD LOVING TO **GO TO THE DENTIST?**



Michael P. Healey, D.D.S., P.C.

Specialty Practice In Pediatric Dentistry: Dental and Orthodontic Care for Children and Young Adults



Specialty Practice in Pediatric Dentistry: **Dental and Orthodontic** Care for Children

- Mercury Free Restorations
- Licensed for in-office sedation
- Active Staff Membership at Children's Healthcare of Atlanta
- · Parents invited to share in their child's dental experience for every visit

As seen on CNN and

11Alive

- Open Bay Treatment Area overlooks our magical carousel and horses
- Clear porcelain and hypoallergenic braces available
- · Ask about our gag-free digital x-rays

1145 Hightower Trail, Sandy Springs • GA 400 & Northridge • Close to Roswell, Alpharetta and East Cobb