

Indy's Child

Indiana's #1 Magazine for Parents

Welcome Home
Baby

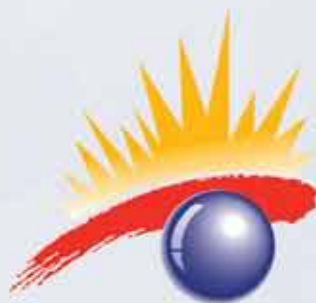
Birthday Party
BONANZA!

Finding A Sitter For Your
Child With Autism

Locavore Living:
Your Guide to Eating Local

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Bring attitude...
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The Children's
Museum
of Indianapolis

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ALLSTAR WEEKEND

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 FREE* CONCERT AT
THE CHILDREN'S MUSEUM OF INDIANAPOLIS
*WITH PAID ADMISSION TO MUSEUM

As seen on Disney Channel, and heard on Radio Disney - launched in a new feature, "N.B.T.: Making It Big," which chronicles the rise of band Allstar Weekend, N.B.T. (Next Big Thing) finalist now signed to Hollywood Records. "N.B.T.: Making It Big" gives Radio Disney and Disney Channel audiences an inside look at what it takes to make it big in the music industry.

Watch them perform live their current hit *A Different Side of Me*, #7 on the Top 30 Countdown, plus other hits like *Journey To The End Of My Life* and new songs for the FIRST TIME off of their debut album, *"Suddenly"*, which will be released on June 22, 2010.



SUPERBAD. SUPERDAD.



Steve Carell in
DESPICABLE ME



IN EYE-POPPING
realD 3D

JULY 9

www.despicable.me

PG PARENTAL GUIDANCE SUGGESTED
SOME MATERIAL MAY NOT BE SUITABLE FOR CHILDREN
RUDE HUMOR AND MILD ACTION

ILLUMINATION
ENTERTAINMENT

realD 3D

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LOCAVORE LIVING



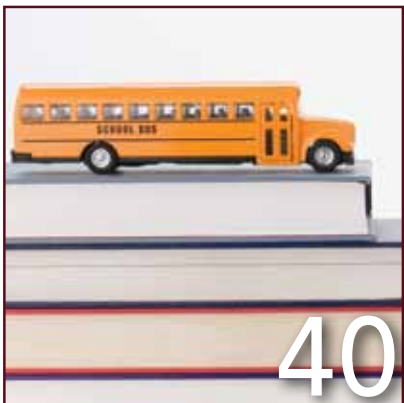
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July 2010

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★★ASK THE STAFF★★

Where do you plan to watch the fireworks on the 4th?



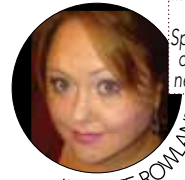
Downtown Indianapolis

BARBARA WYNNE



Woodstock Club

MARY WYNNE COX



Indianapolis Motor Speedway field—we put on our own display for neighborhood families!

LYNETTE ROWLAND



In my neighbor's driveway

ROXANNE BURNS



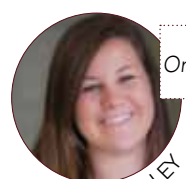
Downtown

KAREN RING



Geist Reservoir

HEATHER LIFE



On Christmas Lake

ERIN TULLEY



Michigan

JENNICA ZALEWSKI

Indy's Child



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Teaching Patriotism

Making Independence Day Education a Family Affair

AS CITIZENS WHO care about their country, sometimes we are so burdened with what is wrong with our government that we fail to celebrate with our children what is great about our country.

I was amazed at the number of families who celebrated Memorial Day at Crown Hill Cemetery. Crown Hill is a National Cemetery and one of the largest in the nation. With many gravesites dedicated to members of the armed forces, The Field of Valor is the final resting place for many of the courageous and brave soldiers who gave their lives to protect our country. This year's ceremonies included a Civil War memorial service, the 141st Annual Memorial Day Ceremony, a Veterans Walking Tour, a band, a Roll Call of Fallen Hoosier Heroes and canons firing a twenty-one-gun salute. As an added honor, each military gravesite had its own American Flag. The day continued with singing, prayers and a wonderful program honoring all branches of the military.

In order to continue this honor, I encourage you to teach your children about the sacrifices made over the years by soldiers who protect our country and the values we cherish.

Children could be taught the etiquette of removing their baseball caps during the National Anthem. Teach them the Star Spangled Banner that was written by poet Francis Scott Key after seeing the Battle of Fort McHenry. You may also teach them the prayerful song, written by Irving Berlin in 1918 while serving in the U.S. Army, titled God Bless America.

While most school children are taught the Pledge of Allegiance, an oath of loyalty our flag and country written by Baptist minister Francis Bellamy in 1892, as a parent, you can take the extra steps to teach them where each phrase originated and what it means. This Independence Day, find a way to celebrate your heritage and independence with your family. Display an American Flag at your home and discuss

the importance of tradition and honoring your country, freedom and Armed Forces.

Another important beacon, the Statue of Liberty and The New Colossus, the sonnet by Emma Lazarus that is engraved on a bronze plaque inside the Statue of Liberty, is a testament to the freedom that immigrants of past and present find within our great country. With that being said, I have recently learned of many friends who are taking the journey of finding their heritage and how they ended up in Indianapolis. If you have the time, see what you can find while trying to complete your family tree. While I am proud that I am the 4th generation of my family to live in Indianapolis, I am always thankful for my many new friends who are transplanted here in Indianapolis from around the world. They bring their successes and challenges, add new ideas and make things we do better—much like our ancestors.

George Santayana once wrote that "Those who cannot remember the past are condemned to repeat it." Teaching your children important pieces of history, heritage and patriotism is one of the greatest things that you will ever do for your children and your country. Use this Independence Day as a stepping-stone toward educating the next generation of patriots.

May your July be full of family fun. Remember, Indy's Child's calendar of events is bound to give you something new and exciting to do every day. For even more ideas, make certain you receive our weekly e-newsletter with more listings, contests, news and coupons!

God bless America, land that I love.



Barbara Wynne

Indy's Child
e-newsletter

Top 5-10 Events Each Weekend
Special Promotions

EXCLUSIVE
Contests
for E-newsletter
Subscribers Only!

Coupons
Savings Tips

Upcoming Contests for Our Subscribers:
Indianapolis Indians Tickets
Traders Point Creamery
Symphony on the Prairie Tickets
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And Much More!!!

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Your Place for SUMMER FUN!

OUTDOOR POOLS
at our Baxter, Fishers, Jordan & Ransburg branches

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at Baxter (new in '10!) Fishers, Jordan & Ransburg

INDOOR POOLS
at Baxter, Benjamin Harrison, Fishers, Jordan & Ransburg

TEEN XRAKAD
centers at Fishers & Jordan

DAY CAMPS
at all locations

AND MUCH MORE!

As always, your membership is good at ALL Greater Indpls YMCAs!

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NE/ FT. BEN:	Benj. Harrison Y	547-9622
NORTH/FISHERS:	Fishers Y	595-9622
NORTH/NORA:	Jordan Y	253-3206
EAST:	Ransburg Y	357-8441
DOWNTOWN:	Y @ the Athenaeum ..	685-9705
SOUTH:	Baxter Y	881-9347

The YMCA of Greater Indianapolis
www.indymca.org

news

★ you can ★ use

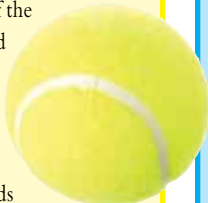
Indy's Child is a Proud Partner of Kids Helping Kids— Win a Trip to the US Open Tennis Championships!

Who wouldn't like the opportunity to win a free trip to New York City to see the Finals of the US Open Tennis Championships? This is the 27th year that tennis enthusiasts have supported Riley Children's Foundation by making a donation to help with Juvenile Diabetes Research, provide scholarships for Camp Riley and help with a project in the Riley intensive care newborn nursery and other worthy projects selected by Riley Hospital staff.

We are proud that, to date, all of the \$508,000 raised through our Kids Helping Kids project has gone directly to Riley with no fundraising overhead. This year we will take all donors and place their name in a drawing for a trip for two to the finals of the US Open Tennis Championships in New York City. This trip is September 12-13 and includes airfare, hotel and tickets. This trip has been donated by Marriott North, Keystone at the Crossing, Indy's Child and Dr. Ted Luros.

To become part of the project, please send a donation to Barbara Campbell, 202 East 71st Street, Indianapolis, IN 46220. Checks should be payable to Riley Children's Foundation. We will acknowledge gifts of thanksgiving and memorials.

The drawing for the Trip to the Finals will be held at the Washington Township Schools' Community Tennis Awards Program on July 29.



Fifth Annual Circle City Equestrian Horse Show to Benefit TherAplay Foundation



Join us at the fifth annual Circle City Equestrian Horse Show, hosted by the Indiana State Fair Grounds. The fifth annual Circle City Equestrian Horse Show, benefiting The Children's TherAplay Foundation, will be held from July 21-25th 2010. The Children's TherAplay Foundation is a unique outpatient rehabilitation clinic for children with special needs. The talented team incorporates the movement of the horses into physical and occupational therapy sessions. Their mission is to provide children who have special needs a foundation for developing life skills through innovative therapies in a safe and caring environment, including equine-assisted physical and occupational therapy.

The \$40,000 Grand Prix that is held on Saturday July 24, 2010 will feature some of the best riders and horses in the country. The grand prix is the showcase of Circle City Equestrian and attracts news coverage in the press and on television.



Enjoy the best views of the \$40,000 Grand Prix with a Box on Saturday, July 24, 2010, 7:30 p.m., Pepsi Coliseum. Companies, families and organizations can enjoy a box of sixteen seats for just \$300 or twenty four seats for \$500. Box seats include entry into the VIP area for refreshments and have long been a great way to impress clients and friends or reward employees. Seats are limited, email shanisutton@live.com or call 317-443-6426.

Individual tickets are available for a five-dollar donation to The Children's TherAplay Foundation.



Cheetah: The Race for Survival

In Partnership with
The Tony Stewart Foundation



Now Open!
Tickets available online
at indianapoliszoo.com.

ARE ORGANIC FOODS BETTER FOR KIDS?



(NEWSUSA) - MORE than two-thirds of consumers buy organic products, and many decide to "go organic" when they become parents. Why? Because many feel that healthier food choices mean choosing organic food.

What is organic? Organic refers to the way meat, dairy, fruits and vegetables are grown and processed. Organic farming prohibits the use of toxic and persistent chemicals, antibiotics and genetically modified organisms (GMOs).

Is organic food worth the sometimes higher cost? "Yes," says best-selling author and pediatrician Dr. William Sears.

Sears says pollutants in the air and water and in food all have the potential to harm your child's health. "So, while you're keeping them safe from environmental toxins, give them organic food that's free of pesticides and chemical fertilizers."

Growing bodies are more vulnerable to the carcinogenic risks of pesticides, says Sears, since pesticides are stored in fat, and infants and toddlers

have proportionately more body fat than adults. He also points out that adult food "safety limits" may not be safe for children -- kids don't eat or metabolize pesticides like little adults, and the amount of food they eat is greater in proportion to their body weight than the same food eaten by an adult.

"Are organic foods really that much healthier?" asks Dr. Sears. "Yes," he answers. "I believe they're the best choice for kids."

In fact, Sears recommends organic dairy such as yogurt as a first food. He specifically recommends YoBaby brand organic yogurts, since they not only are made with organic milk and ingredients, but also feature a unique blend of six probiotic cultures to help boost immunity and promote digestive health.

He also recommends that parents choose organic fruits and vegetables, or if organic choices aren't available, choose fruits and vegetables with the least amount of pesticide residue.

To learn more about organics and how to shop smarter, visit www.askdrsears.com or www.yobabyyogurt.com. Parents can download a free Shopper's Guide to Pesticides in Produce at www.stonyfield.com.

Eiteljorg Summer of Family Fun!

July 9-11 **Kickoff Weekend**

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- ★ Discover the new **R.B. Annis Western Family Experience**, a brand new interactive family exhibit
- ★ Kids 17 and under **FREE** with a paying adult
- ★ **Radio Disney** on-site appearances, Friday and Saturday, 1-2:30 p.m.
- ★ Discount membership specials



Enjoy family-focused activities all summer long:

- ★ Community Drum Circle every Saturday
- ★ Community Round Dance, July 3
- ★ Storytellers every weekend in July
- ★ Potawatami Day, July 31



Eiteljorg Museum
of American Indians and Western Art
Telling America's Story

White River State Park • Downtown Indianapolis
(317) 636-9378

www.eiteljorg.org





Kara Kenney



Rafael Sánchez

WATCHDOGS

6NEWS

ON YOUR SIDE

we fight for what's right



Norman Cox

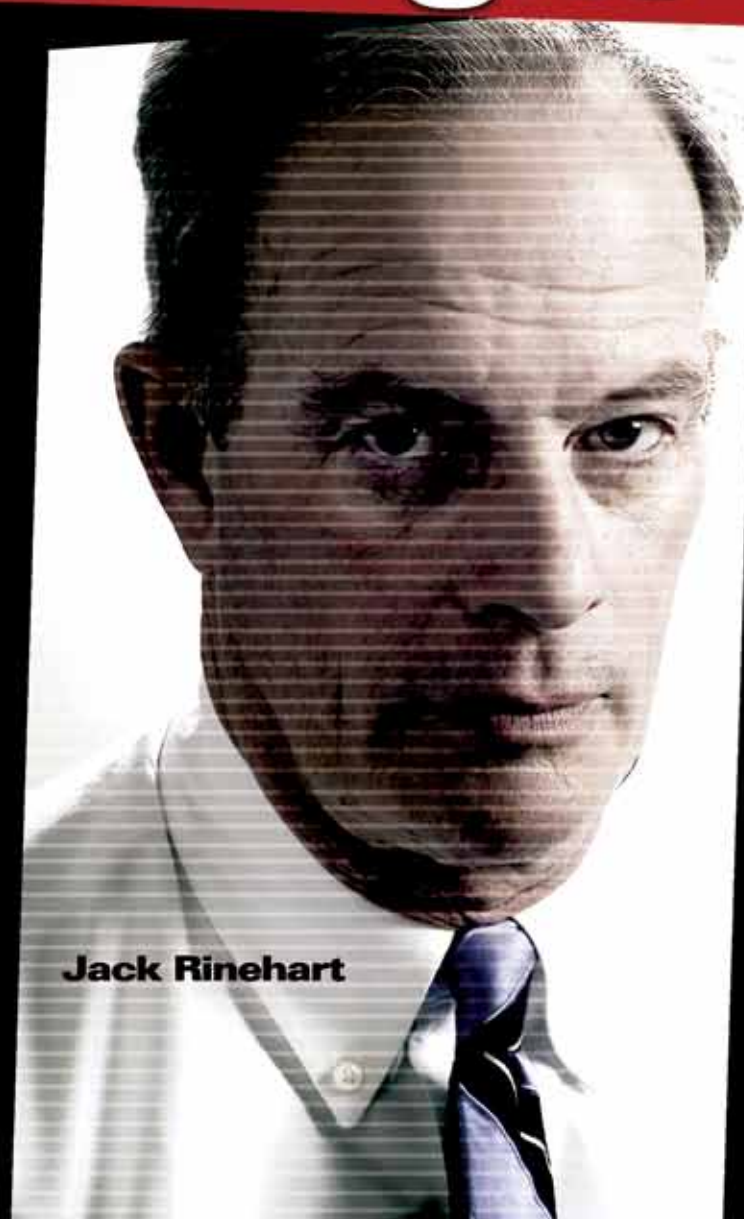
Your first line of defense
in the war on what's right
is here.

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uncover secrets that criminals
and corrupt officials want to hide.

The fight for what's right is on.
Only on 6NEWS.



Jack Rinehart

Sizzling New Summer Fun at Indy Parks' Pools

18 Pools Mean Loads of Fun



GRAB YOUR TOWEL and sunscreen because the water is waiting for you at an Indy Parks' pool. With the summer sun beating down and the kids out of school, you need a place to relax, have fun and cool off—Indy Parks has 18 places to do just that!

This year our pools have gone through major renovations and improvements to give you and your family a “wow” experience at our facilities—\$6.5 million worth! Take a spin down our three-story tube slide at Sahm Aquatic Center—the tallest outdoor slide in Marion County—or just lounge around under the sun on our brand new deck furniture.

Your kids will spend hours taking turns on Garfield Park's new frog slide and racing up new 12 foot climbing walls at Brookside, Ellenberger, Willard, Gustafson and

Thatcher Park Pool—it's like rock climbing without the scary fall below!

Arrrggghhh your kids interested in sailing off into the high seas? Gustafson's new pirate-themed spray ground will delight your adventure seeking mates with sunken ships and deserted islands that squirt water as your tot runs through the park.

Walk into Martin Luther King Jr. pool and you're greeted with brightly colored murals in the locker room thanks to a partnership with Citizen's Energy Group. Plan a trip to Eagle Creek Beach's Plunge Harbor to jump on the floating trampoline, scale the 18-foot inflatable climbing wall and then make a splash down the slide.

Other highlights include a new spray feature at Riverside Aquatic Center, a fully updated

beach house at Eagle Creek Beach and a brand new \$2.1 million pool at Bethel Park opening late July.

It's important to get your family safely ready for the water this summer by signing up your little one for swim lessons at various park locations from our lifeguards and water safety instructors certified by the American Red Cross. You can never be too careful or start out too young when it comes to swimming. Indy Parks offers Parent/Tot Water Adjustment classes for infants as young as six months to begin to feel comfortable and secure in the water by playing games, blowing bubbles, floating and kicking. For your preschooler, instructors teach water safety awareness, beginner stroke, front and back floats and they also keep it interesting by incorporating games and interactive play.

Indy Parks' aquatic facilities are staffed by award-winning professionally trained lifeguards. We recently received an overall Five Star rating from SAI—the highest honor for water safety. It is our number one priority and our lifeguards receive extensive training because we know that your family depends on us in an emergency. Each guard participates in the national Starfish Aquatics Institute (SAI) program to ensure they are ready for the water, which includes preventative lifeguarding instruction, first aid and water rescue skills.

So, dip your toes or jump right in to an Indy Parks' pool.

Visit aquatics.indyparks.org for information about hours, fees and locations.



Aquatics

2010 SUMMER SEASON



INDY PARKS
& Recreation

Swim Indy!

Be sure to swim at one or more of the Indy Parks' 18 pools. With \$6.5 million invested in new and improved amenities such as new slides, climbing walls, restrooms, deck chairs, and shade coverings.

For more information visit aquatics.indyparks.org





JOIN US FOR SOME RED, WHITE & BLUE FUN.

GLORIOUS FOURTH JULY 2-4

Celebrate this Independence Day just like they did in the 19th century. People of all ages can dance, sing, eat and play. Discover more at connerprairie.org.



CONNER PRAIRIE
INTERACTIVE HISTORY PARK

Watching Your Actions *Watching Eyes and Ears Mean Setting Good Examples*



HAVE YOU EVER noticed that part of being a mom is trying to be the best version of yourself everyday—all day long? It's a hard task to live up to that each and every day. I realized this a few years ago when we were pulling through McDonald's. It was a hectic day with my three kids in tow, I was tired and needed a diet coke to get through the push of the afternoon. I rolled down my window and said, "A diet coke, please." It took a split second for my oldest daughter, then seven years old, to say to me, "Mom, you didn't sound very nice to that person when you ordered." Indeed, I don't think I did. In fact, I was trying to consume some caffeine so that I could find the energy to be nice for the duration of the day to my own family. It was at that moment that I realized that my kids are watching me and my actions—every minute.

Every morning before my feet hit the floor and I start the marathon day of being a mom, I pray for the strength to set a good example for my kids. Nearly 11 years ago ("BK" - "Before Kids"), I would say that I was a nice person, just extremely impatient with process. The process of what, you ask? The process of anything! What motherhood has taught me, against my own nature, is to embrace the process of things—all things. As a mom, I have had to learn patience—and lots of it!

As a list maker and goal oriented person, it was difficult for me not to measure my day by what I accomplished. Instead, I quickly realized that motherhood was indeed a process and I would cross less off of my daily task list, but have larger goals to strive for accomplishing—like raising good "little people" that will someday become good "big people." This is a hard thing to measure on a daily basis. What I have come to realize is that if I strive to be my best (whether I accomplish anything or not that day) my kids

are soaking that up like little sponges. I may not have made it to the grocery store like I intended to, but I stopped to help a neighbor look for their lost dog for an hour. I still have to make it to the grocery store eventually, but our kids learn by watching how we react to things. In the end, our being aware of our actions and reactions will make our children better people.

I realize that being the best version of myself every single day is impossible. I lose my temper and patience now and then just like every other mom and I have had to explain to my kids that, in fact, I am a real person and not at all perfect under every measure. It is important for them to know and understand that I am growing and evolving into the person I want to be: A person with patience, which I have had to learn due to hands-on training as a mother.

Now, being a mom means less to me about what I have done throughout the day (although I do love the satisfaction of crossing something off of my to-do list) and more about watching how my 10 year daughter reacts to "girl drama" or how my seven year old daughter shows good sportsmanship on the soccer field during a game. My four year old? Well, I am still working on that one, but I know her independent and fun nature will add up to something unique in our family. In fact, I am a different mom to my youngest than I was when I started out on the journey of motherhood with my older kids. I have grown and changed over the past decade and my youngest reflects that growth in me. Overall, I have my kids to thank for helping me become not only a better mom, but also a better person.



MARY SUSAN Buhner is a Life Coach for Moms and author of "Mommy Magic: Tricks for Staying Sane in the Midst of Insanity" Visit www.Mommy-Magic.com for more information. Become a Fan of Mommy Magic on Facebook!

One-of-a-Kind Preschool Opens at The Children's Museum of Indianapolis

New Preschool Offers a World of Possibilities



STARTING SCHOOL IS one of the biggest milestones a child will encounter in their young life. For many children, preschool is the first step into this new world. As parents, we seek an educational environment that supports our child's natural curiosity and sense of play so they will continue their love of learning as they grow. What better place to accomplish this than at the new Children's Museum Preschool where learning, fun and friendship are around every corner!



Imagine giving your child the opportunity to explore, create and discover with the resources of world's largest children's museum. Children are naturally curious about their world and delight in asking questions. The Children's Museum Preschool curriculum builds on this interest and curiosity and encourages children to take an active role in learning.



The high educational standards of The Children's Museum Preschool will prepare your child for lifelong learning success. Guided by licensed, caring teachers—and with a curriculum backed by Indiana's early learning guidelines—children delve into art, science and the humanities in a classroom setting and by visiting the museum's 11 interactive galleries.

Specially designed classrooms provide a stimulating environment for children to learn in small groups. These bright, colorful spaces provide a familiar and comfortable environment that is ideally suited to their needs. By utilizing

dedicated classrooms and the museum's galleries, children have unique resources and interactive, fun and engaging experiences all under one roof.

The inaugural 14-week program runs Aug. 31 to Dec. 11 (with the week of Thanksgiving off) and features three different attendance options including three-, two-, or one-day-a-week sessions, allowing parents to choose what is best for their child's needs. All classes meet from 9 a.m. to noon.

Choose from three-day-a-week sessions on Tuesdays, Wednesdays and Thursdays; two-day-a-week sessions on Tuesdays and Thursdays; or single-day classes on either Wednesdays or Fridays. Tuition per semester varies for museum members and nonmembers, making this a great time to consider purchasing or renewing your yearlong museum membership.

To learn more about registering your child for The Children's Museum Preschool, please visit childrensmuseum.org or call (317) 334-4000.



JACLYN FALKENSTEIN is Public Relations Coordinator for The Children's Museum of Indianapolis.

To learn more about registering your child for The Children's Museum Preschool, please visit childrensmuseum.org or call (317) 334-4000.

ONE PRICE.
2,394 HOURS OF EXPLORATION.

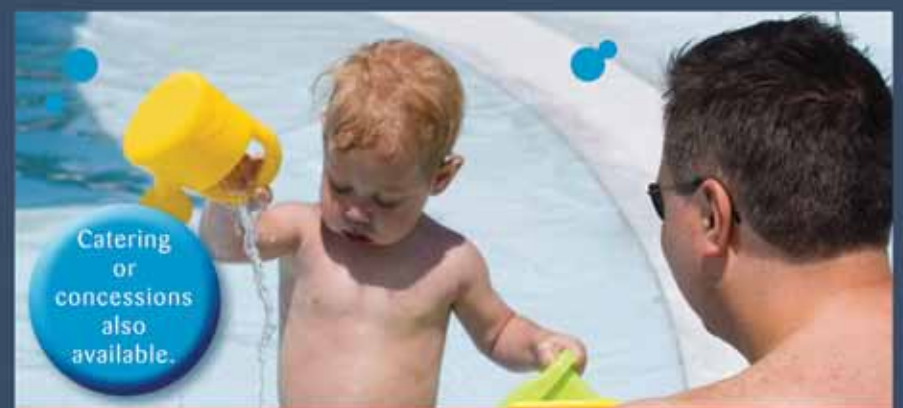


how many minutes is that??...

ha! i can't wait, take me there!...

Membership.
It's worth more than
the price of admission.


The Children's Museum
of Indianapolis
childrensmuseum.org



Catering
or
concessions
also
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Look *for these* new special offers to save
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 <p>FREE Kids Yoga & 50% OFF Massage</p> <p><small>Yoga offer valid for first time yoga students only. Massage offer for new members only. Not valid with any other offer. One coupon per person please. An \$82 Value! Valid through 8/31/2010</small></p> <p>317-870-7220 4545 Northwestern Drive, Suite A, Zionsville www.wecreatewellness.com</p> 	  <p>\$25 OFF a Monster Mini Golf Party</p> <p>317-268-4946 7591 E. US Hwy 36, Avon www.monsterminigolf.com</p> 	  <p>Keep Your Kids Cool In The Car This Summer!</p> <p>FREE A/C INSPECTION</p> <p><small>Must present coupon at time of service. Expires 8/31/2010</small></p> <p>317-898-0644 46 S. Post Road, Indianapolis 46219 www.hobbsauto1.com</p> 
  <p>Save \$20 On A New Children's Bike</p> <p><small>Limit one coupon per customer. Not valid with any other offer.</small></p> <p>317-574-3456 7272 Pendleton Pike, Indianapolis www.matthewsbikes.com</p> 	  <p>Oberweis Dairy Home Delivery \$100 Value</p> <p>Waived Delivery Charge and FREE* use of cooler for 6 months!</p> <p><small>*Must continue as an active customer for 6 months to qualify!</small></p> <p>317-702-4001 beth.breymier@oberweis.com www.oberweis.com</p> 	  <p>\$10 OFF A Children's Birthday Party!</p> <p>317-254-1995 1289 W. 86th Street, Indianapolis 46260 www.cinemagrillonline.net</p> 
  <p>Hugabug \$20 Discount</p> <p><small>Book a one hour party with HUGABUG at our regular rate and receive a \$20 Indy's Child DISCOUNT! Limit one discount per event. Offer void on holidays. Subject to availability of performers/dates/times. Offer expires 12/31/10.</small></p> <p>317-783-5737 Serving All of Central Indiana www.gohugabug.com</p> 	  <p>50% OFF Registration Fee for 1st Child</p> <p>FREE Registration for 2nd Child</p> <p><small>Expires 7/31/2010</small></p> <p>317-297-7873 3507 Beeler Avenue, Indianapolis 46224</p> 	  <p>\$10 OFF Kids Birthday Party</p> <p><small>Book a pottery party for 6 or more children and get \$10 off</small></p> <p>317-569-8626 1366 S. Range Line Road, Carmel 46032 www.thecreativeescape.com</p> 

From entertainment to dentists and everything in between, Indy's Child's Coupon-It section of **IndysChild.com** has hundreds of coupons totalling **thousands in savings!**

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SHOULD FOOD WASTE GO DOWN THE DRAIN?



(NewsUSA) – Americans hoping to live "greener" lives often tackle the kitchen first — after all, separating the recyclables seems easy enough. But proper waste disposal can be more complicated than tossing cans in a blue box.

What's the best way to get rid of table scraps? Should the food waste go in the trash bag? The compost pile? Or down the kitchen sink?

Putting food waste in the trash means it will be trucked to a landfill. Trucking food to landfills generates diesel fumes and emissions. And as food decomposes in landfills, it releases methane, a greenhouse gas.

Composting is a good option but not always practical for people who live in high-rise buildings, colder climates or have busy lifestyles. Plus, experts advise against composting certain types of food, like meat and dairy, which limits what you can throw into the compost bin.

Numerous independent studies show using a garbage disposer is an environmentally responsible option. More than half of American kitchens have a disposer. On average, they cost less than 50 cents a year in electricity to operate and account for less than one percent of a household's total water consumption. Recent advances in disposer technology, including the InSinkErator Evolution Series, make it possible to discard virtually any kind of food waste without concern about clogs or loud noises.

Once food waste enters wastewater treatment plants, it can be recycled into methane and used as a renewable source of power for the plant. Also, many wastewater treatment plants

can process food waste into bio-solids, which can be used as fertilizer.

Here are some surprising facts about food waste:

- * The average U.S. family of four produces about 2,000 pounds of food waste each year.
- * According to the U.S. Environmental Protection Agency, food waste is the third largest category of municipal solid waste (MSW) in the U.S., accounting for about 13 percent of MSW material.
- * Americans throw away more than 25 percent of the food we prepare, according to a study by the U.S. Department of Agriculture. Those scraps are 70 percent water, which makes it easy for disposers to pulverize waste and send it through sewage pipes.

For more information on how grinding food waste in a food waste disposer is environmentally responsible, visit www.insinkerator.com/green.

Let IPL Help You Retire That Old Refrigerator

If you are like many households, you probably have an extra refrigerator or freezer in your garage or basement to keep the soft drinks cold and store the extra ground beef you stocked up on. A quarter of all homes have a second refrigerator, and that number continues to grow each year because people who purchase new refrigerators either decide to keep an extra one in the basement or garage or have no way to dispose of the older one. But, what you may not know is that these secondary fridges and freezers are often big energy hogs. And after you understand what your extra fridge may be costing you to run, you may realize that IPL's new "Ditch Your Fridge and Chill Your Bill" program is just what you're looking for.

These energy-guzzling appliances increase your annual electricity bill and cause you to spend more of your hard-earned money needlessly. For example, pre 1993 model refrigerators can use twice the electricity of a newer model, and cost you nearly \$90 a year on your electric bill. The older the model, the more energy and money it's costing you to run.

If realizing what an energy hog this appliance is doesn't make you want to get rid of it, maybe the fact that IPL will give you \$30 to do so will. "Ditch Your Fridge and Chill Your Bill" is a refrigerator/freezer rebate and recycling program that is one of many that IPL is rolling out this summer that focus on helping customers become more energy efficient. The goal of the program is to get these old inefficient appliances off the energy grid. Almost any unit qualifies for the program. If your refrigerator or freezer is working and if it is between the sizes of 10 to 30 cubic feet, IPL will come and haul it away for free. All you need to do is schedule the appointment. The unit will be taken to a recycling center where it will be safely dissembled and its parts recycled in an environmentally friendly manner. By participating, not only will you reduce your monthly electric bill, you'll also add \$30 to your wallet! To learn more about how to get rid of your old refrigerator or freezer, go to IPLpower.com or call 877-395-5537.



Ditch your fridge. Chill your bill.

Get \$30 back when you recycle your old fridge.
Plus, save up to \$90 a year in energy costs.

It doesn't make financial sense to keep an old fridge or freezer in your garage or basement – not when it uses up to four times the energy of newer models. And throwing it away isn't a good long-term plan for the environment. Why not let us recycle it? We'll haul it away for free, you'll get a \$30 rebate, and you can save up to \$90 a year in energy costs. Talk about a good return on investment!

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A YEAR IN
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Refrigerators and freezers must be in working condition, and must be between 10 and 30 cubic feet in size, using inside measurements. Indianapolis Power & Light Company (IPL) contracts with JACO Environmental, an appliance recycler, to pick up and recycle refrigerators and freezers that are in working condition. Program funding is limited and available to IPL's residential customers on a first-come, first-served basis. Customers must own the unit(s) being recycled. Limit two units per residential address. A check will be mailed to participants within 4-6 weeks after the appliance collection. Some restrictions apply. © 2010 Indianapolis Power & Light Company

Birthday Party BONANZA!



LOCAL OPTIONS MAKE PARTY PLANNING A CINCH

MY YOUNGEST DAUGHTER wanted to be a princess for her fifth birthday, and I was bound and determined to make it happen. I began planning in June for her September party, sure that I could pull off the party of the year and stay within a budget. However, by the time the big day arrived, I had spent many sleepless nights creating princess games, crafts and a colossal castle cake. Add to that the prizes, goody bags and decorations and I had more than doubled my expense budget and my stress level. She got her princess party, but frankly, it was a royal pain.

It's hard to watch our little ones grow up. However, birthdays are inevitable and when your child's special day rolls around, you want it to be an occasion he or she will always reflect upon with a smile and a happy memory. You could accomplish this by spending months in preparation with extravagant theme-based games and menus, but let's face it; we don't all have enough of the Martha Stewart gene to pull off that kind of party. In addition, you're looking at an outrageous amount of preparation, headaches and expense. Let's not forget, you will also be responsible for refereeing, potential accidents and all of the clean up.

"I was a literal mess," says Teresa Schondel, a local mom describing her daughter's ninth birthday. "My house was trashed and my daughter was in tears by the time it was over. Two of the guests' moms weren't speaking to me and I was cleaning silly string out of my hair for days. I still don't know what happened because I was too busy running around like a mad woman during the whole thing. I didn't even see her open her presents!"

Fortunately, there are many affordable alternatives to traditional birthday parties in the Indianapolis area. With so many local options, it IS possible to treat your child to an awesome and unique birthday bash, one that you can also enjoy, without the hassle and expense.

If your child is into games, roll with it! Royal Pin Bowling, with four locations around town, offers three affordable party options and provides a party host to do all the work. "There's no need to worry

It's hard to watch our little ones grow up. However, birthdays are inevitable and when your child's special day rolls around, you want it to be an occasion he or she will always reflect upon with a smile and a happy memory.

about clean up or prep," says Mark Schoch of Royal Pin. "Your host will do all the work. They'll bring your shoes, serve the food and set up the lanes. All you have to do is have fun." According to Mark, reservations for Royal Pin can be made as little as a week ahead of time and parties usually last approximately two hours.

Bouncertown is the perfect place for rambunctious partygoers to work off excess energy. Featuring giant inflatable obstacle courses, bouncers and slides designed for toddler, preschool and primary aged children, Bouncertown also has a full restaurant specializing in homemade stone-baked pizza, as well as interactive and arcade games. A large variety of themes and party packages are offered. "Our party packages are unique because we include everything for one low price," says Andrew Hendricks of Bouncertown. "Our parties come with signature fresh made-from-scratch pizza, soft drinks for all the children, party decorations, unlimited bouncing and a wonderfully prepared birthday cake, baked and decorated by our professional bakery specialist. We also have additional options

which include tokens, ice cream, customized themes and goodie bags to make a party even more special and complete." Bouncertown has locations in both Greenwood and Carmel and prices vary depending on the size of your party.

Monster Mini Golf in Avon promises a 'wicked' good time for partygoers. Guests enjoy a glow-in-the-dark, 18-hole miniature golf course with scary but cool (not too scary for little ones) monster décor and animated props. In addition, the fully decorated party room provides a refrigerator and freezer, plates, cups and utensils. Six different party packages are available including a "Not-So-Sweet 16" party.

Is your child fond of arts and crafts? If so, opportunities abound. "No need to worry about the mess or craziness in your home," says Tanya Roberts of Ceramic Dreams Studios, located near Broad Ripple just east of the Monon Trail. "We do all of the set-up, instruction, clean-up, and basically all the work." Numerous packages are offered and all size parties are welcome. "We rearrange the table to accommodate the number of painters, reserve a separate table for food, and use our cozy couch for the birthday child to open presents," says Tanya. "The children enjoy spending time together and have their own unique ceramic piece to remember the occasion."

On the north side, Color Me Mine, located at Clay Terrace in Carmel, offers ceramic painting party deals in a rocked out party room complete with music, funky lights and even a shiny disco ball.

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A hostess is provided to take care of painting instruction and clean up in a private party room decorated with balloons. "Our goal is to show the kids a great time while the parents do nothing," says Noel Paul, owner of Color Me Mine. "Parents can relax, take pictures or whatever they like and leave the party to us." Several themes are offered and party planners can save money by ordering food from one of Color Me Mine's local restaurant partners. Also offered are online party invitations, saving money and time by making invites a snap.

If you're looking for a place that truly offers a little something for everyone, don't be fooled by the name of Incredible Pizza—it's not just a great place to eat pizza. They have games, rides, mini golf and bowling, too. Party guests congregate in a private party room and are treated to the buffet, games and rides. The birthday child is treated like royalty (perfect for your own little prince or princess), and receives a balloon bouquet, a fun party bag and a spin on the "Incredible Prize Wheel." Incredible Pizza will even print invitations and thank you notes. Now that's what I call birthday service! Parents can relax and have fun without worrying about any of the details. Incredible Pizza is located on the Southside of Indianapolis and reservations should be made at least 72 hours in advance.

What child wouldn't love a birthday in the park? Local parks all over Indy are offering group discounts for parties and gatherings. In addition, Carmel Clay Parks and Recreation are currently partnering with Oogles-n-Goggles party

planners to make birthday planning at the park a no-brainer. Held at the Monon Community Center, three party options are available including activity-based parties featuring 15 different themes from which to choose, a water-park party and a brand new sports-themed party held at the Monon Community Center gym.

Recreation Unlimited in Noblesville offers a unique experience, opening their showroom of jungle gym equipment to partygoers. In addition, a fully decorated party room is supplied. "We offer birthday parties seven days a week," says Heather Sink of Recreation Unlimited. "[Parents like it because] there is just one flat fee and it's not cramped or crowded." Price includes both the play area and party room and parties can be booked 7 days a week. "Book at least 2 months in advance for weekends," recommends Heather. "And for those parents that are price conscious," she hints, "I recommend the Friday evening party."

Lastly, if you're looking for a party that's really up in the air, how about checking out a helicopter? Hover Over Photo will bring a real helicopter to your party and photograph each guest while wearing an authentic jump suit or flight jacket. Each guest receives a custom photo with their name and a special birthday message. "We also have the option of printing our Jr. Pilot License which has a close up photo of the child and it fits in a holder

with a lanyard that children can wear," say Polly Riddell and Beth Cummins of Hover Over Photo. All photos are printed on site and everyone goes home with a memory of the party." Hover Over Photo is available in Indiana during the summer months from May until September. Polly and Beth suggest booking early because dates fill up quickly.

If only I had known about all these options a few years ago when I stayed up nights making twenty princess bingo cards, twenty jeweled, gold crowns and a castle cake that would easily feed a party of two hundred.

Party planners, you don't have to fight the birthday battle. Honestly, why try when so many people are out there ready, willing and able to do it for you? Don't end up with silly string in your hair and your child in tears. When it comes to planning your child's next birthday party, sit back, relax and leave it to the pros! Check out our advertisers in this issue both with the article and in our Party & Entertainment Directory in the back of the magazine for more great party companies!

REBECCA TODD is a freelance writer for *Indy's Child*.

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Birthday Party Guide

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America's Incredible Pizza Company is a '50s-themed Family Entertainment Center, The all-indoor, smoke and alcohol-free facilities feature large, freshly-made pizza, pasta, salad, soup, home-style food and dessert buffets, plus attractions including go-kart racing, mini golf, mini-bowling, bumper cars, and 100+ video and redemption games. Private party rooms available for birthday party celebrations.

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Cost: Packages start at \$11 per child
Hours: Mo-Sa 10am to 6pm, Sn 12pm-5pm, evenings for parties.
Field Trips: Yes for churches, schools, coworkers and more.

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Ages of children: all ages welcome
Cost: starts at \$14 per child
Dates/Hours: call for available times
Field Trips Available: yes

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Carmel Clay Parks & Recreation & Oogles-n-Googlees are teaming up to offer you 3 amazing birthday options at the Monon Community Center! Choose from basic to elaborate, pools, gyms, costumes, and more!

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Ages of children: All ages
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Locavore Living:

Your Guide to Eating Local

JAMIE'S OLIVER'S FOOD Revolution, Food Inc., recent studies on a link between pesticides and ADHD—welcome to your food wake-up call! These and dozens of other organizations are shedding light on our addiction to processed food, chemicals and fast food and how they are shortening life spans. A study published in the April 12th issue of the *International Journal of Obesity* reported that those who were born between 1966 and 1985 were obese at a much younger age than their parents and their grandparents gained weight later in life than their parents. The bottom line: Americans are getting heavier younger in life and life expectancy is shrinking as the pounds

increase. Throw in a 2005 report by the National Institute on Aging that points out that severely obese people cut 20 years off their lives and you have a recipe for a nationwide epidemic.

Armed only with my own experience and educational journey through these topics, I set out to start my first gardening experience. My mission? To grow 100% organic fruits and veggies in a 288 square foot plot. After much sweat, bug bites, poison ivy and dirt, my garden was complete. Success—or so I thought.

Read Before You Weep

Lesson #1: Organic gardening takes practice. Learning the world of bacteria, organic pest control, beer traps, good bugs, bad bugs, etc. is mindboggling. I quickly found myself hunched over my precious sprouts with flashlight in tow, plucking hundreds of hungry slugs from my garden. Once I had the snail population under control, I noticed my greens being devoured. Broccoli, cauliflower, cabbage, collard, Brussels sprouts—all being chomped to nothingness by what I determined to be hundreds of voracious cabbage worms. It takes practice, but doesn't everything?

Gardening has taught me a valuable lesson—persistence pays off. By all means, garden, but don't make the same mistake I did. Ask the experts or do your research before you set out. Maggie Sullivan of Nature's Crossroads, Earth-Friendly Seeds for Midwest Gardeners, says, "Start small! It's easy to get carried away and then get overwhelmed, so it's best to start with a fairly small area, even 4' x 4.' For a child's garden, you could pick a theme like a pizza garden (tomatoes, green peppers, basil, onions) or a purple garden (eggplants, Echinacea, purple radishes, cosmos)." More importantly, support your local organic farmers. Sullivan points out that founders, Jeff Evard and Art Sherwood, have been farming and gardening for decades. Most farmers have spent years honing their cultivating skills, perfecting their use of land, energy and organic materials to provide us with the best all-natural food possible. As responsible eaters, buying local and organically is the single best thing you can do for your health and your local economy. For more information on Nature's Crossroads visit www.naturescrossroads.com.

(CONTINUED ON PAGE 59)



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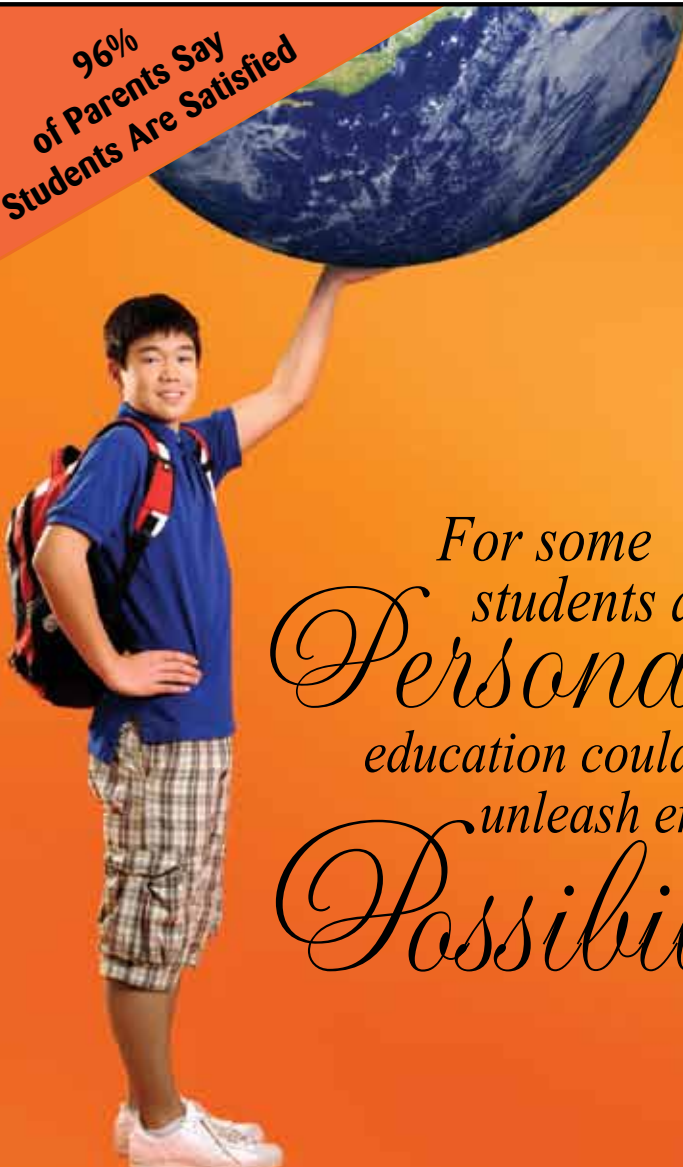


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Becoming an Artist

How Local Organizations Encourage Creativity Through Fine Arts

ART-IST: A PERSON whose work shows exceptional creative ability or skill. Being creative, or having an imagination, encompasses children virtually every moment of their young life as they explore how to express themselves in everyday life with everyday objects. Programs abound at some of Indianapolis' creative hubs like the Indianapolis Art Center and others.

If you haven't heard of these art centers and galleries, think outside the box for yourself and your children to explore.

Indianapolis Art Center has weeklong classes and summer camps. We have many for all ages, time periods and prices.

Ceramic Dreams Studio is hosting kids workshops every week from June through August. Various art projects are being offered to introduce children to new forms of art, add convenience and variety for families and allow children to express their creativity.

At Banyan Tree Art Gallery and Academy, Debbi Strack teaches kindergarten through 8th grade in areas such as drawing, painting, mosaics, jewelry, photography and sculpture. Classes are small and customized to each student. Projects include a self-portrait, which incorporates art therapy. They may use cartooning or painting their pets as an avenue for talking and creating. Each month a well-known artist is incorporated into the lessons.

MORE THAN ARTS & CRAFTS

"Parents love the creativity that their kids experience at the Indianapolis Arts Center and the exposure to the exhibitions, such as Frank Lloyd Wright, and how teachers incorporate projects to go along with the featured shows," said Lisa DeHayes, Director of Marketing.

For children to be exposed to new medium of communication, art allows them to discover new ways to express themselves. Through art, the types of creations their imaginations will form are endless.

"At the Indianapolis Arts Center, kids can express themselves in multiple art forms — painting, drawing (including medieval fantasy characters, cartoons, etc.), ceramics, glass blowing, metal smithing (making jewelry), fashion design, photography, video production and digital art. We even have steel sculpture, printmaking and the Art of the Diary for teens," said DeHayes.

At the Banyan Tree Art Gallery, Strack facilitates students of all ages through all artistic mediums.

"Most often, the students can take home their art the same day. When the parents pick up their child, they usually ask the child about the project and if it was fun. The children are anxious to tell their parents just how they made the particular craft or painting," said Strack. "The students love to work with clay and create a sculpture. What they start out making rarely is the end product. We create one day and paint the creation on the second day. Paintings and sculpture are the favorite classes because most parents don't want to deal with the mess."

Open every day, Ceramic Dreams is a year-round impromptu aspiring artist hangout.

"We offer beginner level art projects everyday. You can walk-in anytime for paint-your-own pottery, glass fusing and ceramic mosaics. You can call ahead to schedule a time for the plastic melamine plates and hand-building with clay," said Tanya Roberts, owner of Ceramic Dreams.

Being creative, or having an imagination, encompasses children virtually every moment of their young life as they explore how to express themselves in everyday life with everyday objects. Programs abound at some of Indianapolis' creative hubs like the Indianapolis Art Center and others.

"We designed our studio to be cozy and fun. We have a window booth, couch, plants, comfy chairs and warm inviting colors in order to make guests feel at home. The environment is laid back and guests work at their own pace. This takes away the intimidation and pressure of making a perfect piece. It allows guests to be themselves, be creative and have fun. Both kids and their parents are excited to pick up the finished pieces. Returning to see the colorful, shiny ceramics brings a smile and sense of pride to the little artist and their parents," said Roberts.

Creating art is a fine way for children to make choices and solve problems. Every step involves making a decision: what color to use, how to make a line, what size to make something. With every choice, the object becomes increasingly their own.

Classes available at the Indianapolis Art Center include:

Brilliant Mosaics: Thurs. July 8 – Design, create and grout a ceramic tile, trivet or cross. Ages 8+

Kids and Clay: Tue. July 13 – Hand-build and paint a coil pot, vase, figurine, message rocks or handprints with wet clay. Ages 8+

Lemonade Cup: Fri. July 16 – Paint a tall ceramic mug for summer drinks. All ages.


Ice Cream Bowl: Mon. July 19 – Paint a ceramic bowl for ice cream, soup, cereal, salad and meals. All ages.

Plastic Picnic Plate: Thurs. July 22 – Create a plastic plate using special markers and paper (coloring & drawing, not painting). All Ages.

Football Bank: Tues. July 27 – Paint a ceramic football bank and start saving for fall football games. All ages.

Glass Fusing: Wed. Aug. 4 – Design and build a glass window hanging. Ages 5+.

All workshops take place at 11 a.m. and range from \$13 to \$15 per person. Weeklong full- and half-day camps are available.

 **NIKKI KEEVER** is a freelance writer, wife and mother of three living in Noblesville, Indiana. She can be reached at jnkeever@yahoo.com.

Arts & Enrichment Guide

Sports

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Art & Enrichment

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Contact: Debbi Strack
Phone: 317-319-8281
Email: debbi_strack@yahoo.com
banyantreeartacademy.com

Banyan Tree Art studio offers one-on-one, small group and specialized art classes for children kindergarten through 8th grade.

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Creativity enriches every aspect of life and is integral to cognitive growth. The Art Center offers quality art classes for toddlers through teens in a variety of art mediums, including glass blowing (ages 10 and up), ceramics, sculpture, jewelry making, fiber arts, painting and drawing. Or take a class with your kids! Register beginning July 28 for fall classes and workshops.

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Focus on Summer Safety

Precautions to Minimize Summer Injuries



LET’S FACE IT. Childhood is not safe. Children are fearless, curious adventurers. As the weather gets warmer, children often find new and exciting ways to get into danger and while we can’t keep them safe from everything – we can keep them safer.

The most common injuries – scrapes, sprains, bumps and bruises heal well with a little TLC and an ice cream cone. Even a broken arm usually poses few long-term consequences for the growing child. Some injuries, however, can have profound lifelong effects – head injuries, drowning and believe it or not, sunburns. Preventing and minimizing these injuries matters. So here are a few simple strategies to make summer safer.

MAKE YOUR CHILD WEAR A HELMET.

Helmets absorb energy and protect your child’s brain and face when your child falls. Wearing one may prevent up to 88 percent of serious brain injuries that result from bicycle related accidents. A helmet should be worn whenever your child is on a bicycle, a scooter, a skateboard or rollerblading. So get a helmet for your child, and while you are at it – get one for yourself. Studies have shown that children whose parents wear helmets are more likely to wear their own.

MAKE YOUR CHILD WEAR SUNSCREEN.

Today’s sunburn is tomorrow’s skin cancer. In fact, repeated sunburns in childhood have been shown to increase the risk of melanoma, a potentially lethal skin cancer, later on in life. The American Academy of Dermatology recommends selecting a sunscreen with an SPF of 30 or higher. It should be reapplied every few hours and after swimming. But sunscreen is only part of the equation. Encourage your children to play in the shade, especially during midday when the sun is most intense. Make sure they wear protective clothing and hats to limit sun exposure. For babies less than six months of age, sun avoidance is the rule. Babies should wear lightweight long sleeves, pants and wide brim hats. Sunscreen may be used on the face and the backs of the hands when sun exposure is unavoidable.

PRACTICE POOL SAFETY

Every year children die from drowning – usually in home pools with an adult nearby. While children do not appreciate potential pool dangers, practices have been shown to decrease the drowning rate and to improve pool safety. Here are just a few. Fence your pool on all four sides. The pool gate should be self-latching and at least four feet high. Make sure that an adult is watching your child at all times when your child is by the pool. The American Academy of Pediatrics recommends that for children under four years of age, that an adult be within arm’s length at all times when near a pool. Keep toys away from the pool when not in use. Teach your kids to swim and remind them that everyone needs to swim with a buddy. Finally, put the cell phone away. Make sure your undivided attention is on your children...and make sure to reapply the sunscreen.



ELIZABETH WEINSTEIN, MD is Assistant Professor of Clinical Emergency Medicine and Pediatrics, IU School of Medicine

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Welcome Home Baby

What You
(and Baby)
Can Expect Upon Arrival

Having three uneventful (dare I say easy) pregnancies, the days of thankfulness were eclipsed by the days I found myself home alone with this new creation and strange body, both challenging every ounce of my character with all-hours-of-the-day aches and pangs of motherhood. Having read all the pregnancy books I was given, being a student of the miracle of life and every morsel my OB provided, not often did I consider what was coming next.

Due diligence is required the moment you find out that you're expecting. Nevertheless, keep going, talk to other moms (and your mom) about how to welcome home baby.

Your body is no longer yours

The journey of pregnancy is nine long months of anticipation. All of this fades away when mother and child gaze into each other's eyes for the first time. Planning the nursery with the coolest gear and furniture, selecting a name, attending showers and the pain of labor dissolve and you think to yourself or even tell your partner before leaving the hospital that you'd do it all again. Your body became the vessel to create a new life and with each sensation less and less yours as your heart now walks outside your body.

"Emotionally, the new mother will notice some changes as well. She will likely feel very happy to bond with her new baby, but many women will start to feel sad, overwhelmed or scared by the new changes. Some of this is to be expected, but if these feelings are severe, she should call her physician," said Cameual Wright M.D. with Obstetric and Gynecological Specialist of Indiana

From your pigs to your "bops"

My daughter calls breasts "bops," so in honor of her we'll investigate how your "bops" become the focus of the first year of your child's life and learn about what the rest of your body is doing.

"New mothers can expect many physical changes in the first week after delivering. Their breasts may feel full, swollen or even painful as they begin to produce milk. If mothers choose to nurse, new mothers may also experience nipple soreness as the baby begins to feed," said Wright. "She may notice abdominal cramping as the uterus contracts back to its normal size. This may be more noticeable while nursing. If she has had a vaginal delivery, she may experience tenderness in the vagina and the area around it as it heals. If she has a cesarean section, she will likely experience some discomfort from the incision and inside the abdomen. New mothers will have vaginal bleeding, called lochia, for up to six weeks after delivery. There may also be hemorrhoids, which are large blood vessels around the anus that swell and protrude during pregnancy and after delivery."

La Leche League is the quintessential breastfeeding support group. They have been around for a long time and have helpful hints.

"Riverview has a breastfeeding support group that meets here every Thursday. Although our lactation consultants do not make house calls, they are always available here at the hospital for consultation by appointment. We also have a lactation support line that can be reached at (317) 776-7200 to assist with answering questions as they arise. The Breastfeeding Coalition of Hamilton County can even be found on Facebook for more encouragement and support," said Wright.

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Riley researchers want to assess your child's health and compare it to children of the same age born to mothers who were not diagnosed with this condition prior to pregnancy.

All research participants must be available to come with their mothers to Riley Hospital for Children's downtown IU campus for a two hour assessment visit. This visit will include a comprehensive family health questionnaire and a blood draw. **The assessment is free of charge and children who complete the assessment receive \$40 cash.**

For more information or if you are interested in enrolling your child, please contact Tammy Garrett, RN at 317-274-2104 between 9 am and 3 pm Monday through Friday.



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Help when you need it most

Infants often confuse day and night leaving you in a permanent jetlag state with safety pins to remind you which side the baby needs to start feeding and moments asking yourself what day it is, or even when you had your last shower.

Machelle Hartford, owner of Solutions Home Staffing, provides moms with helpers so that parents can get sleep, respite or time away. Someone who has a newborn but doesn't have help from family or doesn't have support from a partner can benefit by using a mother's helper—it's good for mom and baby.

"If someone has a great relationship with family, that help is great for the first few weeks. If you don't have that or don't feel comfortable with family, we can help," said Hartford. "Sometimes it seems impossible to get in the kitchen and get yourself something to eat, let alone get time for yourself. And here's what I tell moms all the time when they are pregnant and looking to hire a mother's helper or a nanny for siblings. People want to come over and hold the baby and spend time with the baby, but what you really need to say when people offer help is please help with meals and laundry and help me find time to rest and shower. Even spend time with me when I need conversation. A new mom's tendency is to launch into hostess-mode and not rest as they should. We empower women to say I can't be the best mom and wife or partner if I'm trying to function without sleep and nutritious food. I meet more moms that don't have great support than those who do," said Hartford.

Letting pride get in the way of good parenting is not a good habit to start. If you're not comfortable with your great aunt folding underwear, then let her care for the baby while you shower and walk around the block.

"If moms know when that first week is that they will be completely alone, when it's just you and that baby, you should consider a mother's helper to help you get your basic needs: food and sleep. Nurture the mom so you can get rest and better serve your newborn and family when they are awake and together," said Hartford, who adds that most clients tell her they need someone like Alice from The Brady Bunch who knows the children and pets, helps the mom and dad with what they need and can cook.

Sharon Johns, RN and Program Manager for Perinatal Support Services at St.Vincent Women's Hospital, says "One of the things we talk a lot about in class is while you're planning for the birth we talk about being at home. For women working and home alone for the first time with a newborn, they are overwhelmed physically, emotionally and spiritually as they are rebirthed themselves. They learn how to take care of themselves and their baby. Do you have someone to call at 2:30 a.m. for comfort? Do you have helping hands to do the dirty work around the house? All mom should be doing is taking care themselves and their baby. The best gifts we can give other women is the support of a meal or being able to talk or custodial things at the house. We really shouldn't feel like we're swallowing our pride to say we're vulnerable."

"Babies don't come with a manual. I was scared to death of being a new mother. When we hired a nanny, I gleaned so much knowledge from her and she offered so much encouragement," said Hartford.

A healthy baby

"Infants will require care around the clock and parents are often sleep-deprived. It is important at this time to try to share responsibility for the new baby's needs and take shifts when possible. Be sure to sleep when the baby sleeps, even if it's during the day. It is also helpful to ask for help from friends and family, who likely would be happy to occasionally care for the baby while you rest. Good nutrition is important during this time as well to keep your body in the best shape possible," said Wright.

Even with the support of your partner and family, the first week with your newborn can supersede new parent joys with stress, confusion and sleep deprivation. The pregnancy glow quickly transforms into dark circles. You exchange a cute waddle with a zombie-like disposition. Your gorgeous prenatal vitamin-sponsored locks wash away down the drain. Stylish maternity clothes and preparations for your own person, albeit larger and clumsy, are exchanged with dozens of baby gear items and infant paraphernalia.



Have hope. Your precious child, while being cuddled and loved by visitors and family members will serve as an excellent distraction while you gather your senses.

NIKKI KEEVER is a freelance writer, wife and mother of three living in Noblesville,



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Taking Care of Yourself Before and After Baby

Improving Health is Important for Baby and Mother

When a woman becomes pregnant, her maternal instinct kicks in and she's focused on what's best for the health of the young life growing inside her. Yet, with so much information and advice out there today, it's easy to become overwhelmed and unsure of where to start.

Although advice may vary depending on a woman's age and personal health, Adrienne D'Angelo, a health and fitness specialist with the St.Vincent Center for Women's Health, says there are things women of all ages can do to improve their health, both before and after pregnancy.

EATING FOR TWO

For a long time, there's been a perception that a pregnant woman can eat whatever she wants because she's eating for two. While you need to make sure you eat enough for both of you, assuming you have a license to eat whatever you want could cause havoc as you try to lose "baby weight" after delivery—not to mention shortchange your baby of a healthy dose of vitamins and nutrients during the early stages of development.

D'Angelo says there are definite dos and don'ts:

- **DO** drink water—and lots of it, particularly if you're breastfeeding. Experts recommend 8-10 glasses of water daily.
- **DO** eat high fiber foods: fruits, vegetables and whole grain foods
- **DO** eat healthy sources of fat like olive oil, almonds, walnuts or avocado.
- **DO** have 2-3 servings of low-fat dairy items daily.
- **DON'T** take in too much food with saturated fats—the more saturated fats, the higher your likelihood for morning sickness.
- **DON'T** eat foods high in sodium—it contributes to constipation.
- **DON'T** eat shark, swordfish, king mackerel and tilefish. (The FDA advises eating less than 12oz per week of cooked fish. You should also avoid undercooked chicken or beef, soft cheeses [risk of listeria], and undercooked eggs.)

- **DON'T** drink alcohol during pregnancy or if you're breastfeeding.

PHYSICAL AND MENTAL BENEFITS OF EXERCISING

While many women think about exercising for the sole purpose of losing their "baby fat," exercising provides benefits that help you improve your health—both physically, as well as mentally and emotionally.

Easier delivery and recovery: Weight-bearing exercise (walking, resistance weight training and water-aerobics, etc.) provides many benefits for expectant moms. "Weight bearing exercise prevents the deposit of extra body fat, aids in positive body image and helps labor and delivery to be less complicated," explains D'Angelo. "It also helps women recover more rapidly, particularly compared to those who stopped exercising or did not exercise at all."

Regularity: Exercise also assists in stimulating bowel movement—and reducing constipation, a common side effect of being pregnant.

Long-term control: It's not a secret that vaginal delivery stretches the pelvic muscles. Before,

during and after pregnancy, women should practice their "kegels" 20 times twice a day to prevent urine linkage and help restore muscle tone.

D'Angelo encourages moms of all ages to exercise for many other reasons. It:

- * Helps maintain emotional stability
- * Reduces hot flashes
- * Restores normal ovarian function
- * Provides personal time and restores a positive attitude
- * Improves self body image

HOW DO I GET STARTED?

If you don't exercise regularly or routinely watch what you eat, the thought of starting to do that may be overwhelming. Adrienne D'Angelo with the St.Vincent Center for Women's Health is offering free 30-minute consultations to both expectant and new moms to help get started with a nutrition and exercise plan. The 30-minute consultation allows women to ask direct questions and share about their specific situation. To schedule a free consultation, call 338-4HER.

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Summer Science Activities for Children

Making the Most of Summer Vacation

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this summer by offering science activities that you can

do with them every week while they are away from

school...All of the experiments will be based on scientific

principles that also let them see the fun side of science.

PARENTS: Children learn best when instruction is continuous. We'll help you keep your children in the learning mode this summer by offering science activities that you can do with them every week while they are away from school. They will be asked a question and then do an experiment to find the answer. All of the experiments will be based on scientific principles that also let them see the fun side of science. Make sure that the ones that your children do are age-appropriate and safe. As they do these experiments, they may also be practicing their reading, writing, math and thinking skills.

Perhaps this summer's work will turn a few of your children into future scientists. If they become hooked on science, there are so many Web sites offering more experiments. Three good choices are: exploratorium.edu/explore/hands-on.html, sciencemadesimple.com/projects.html and <http://pbskids.org/zoom/activities/sci>. Also, you will find many additional experiments on our Web site in Resources under Activities.



Experiment No. 1: Which fruit decays the fastest? This is fun because your children will see the fruit blow up a balloon. When fruit decays, bacteria multiply as they eat up the fruit. In processing the food, the bacteria give off gas.

Mash a ripe banana and put it into a bottle. Then place a balloon over the mouth of the bottle, and put the bottle in a warm, sunny place. Measure how far the balloon inflates each day for a few days. Do the same thing with other fruit, such as grapes, apples and oranges to answer the experiment question.

Experiment No. 2: Is one eye better than two? You'll need an eye patch and a fairly small ball for this experiment. Two children should stand several feet apart and toss the ball back and forth 10 times. Older children should catch the ball with one hand. Then one child should put on an eye patch. Again, the children should toss the ball to each other. Total how many times the child caught the ball with and without the eye patch. Then have the other child use the eye patch.

Experiment No. 3: Is your skin the same everywhere? Make a big black area of about 3 inches by rubbing a soft pencil on a sheet of paper. Put a finger on the spot until it picks

around it at its widest point (circumference). Next, turn on a lamp and hold the balloon above it for 2 to 3 minutes. Then measure the distance around the balloon's circumference again. What happened to the size of the balloon?

Experiment No. 6: Ask your children if they think that it is possible to stick a pin in a balloon without popping it. Blow up a latex balloon until it is about three-quarters full of air and tie off the end. Next, cut seven pieces of strong, sticky tape and secure each one firmly to the outside of the balloon. Try to space them evenly. Then carefully stick a straight pin through the middle of each

up a big smudge. Then pick up the smudge from your finger with a piece of Scotch tape and press it onto a piece of white paper. Do the same with other parts of your body. Did your skin prints differ?

Experiment

No. 4: How hard is your heart working? Take your pulse lying down, and then after doing these exercises: sitting, standing and jumping 10 times. Rest between each activity. Does your pulse rate change with what you do?

Experiment

No. 5: Does air expand when it is heated? Blow up a balloon and measure the distance

piece of tape. Why didn't the balloon burst? (The sticky tape forms a seal around the pin.)

Experiment No. 7: Help your children find out if warm or cool air takes up more room? Help or supervise younger children with this experiment as hot water is used. Have your children find a large plastic bottle, like a 1-gallon milk bottle. Hot tap water should be poured into the bottle until it is about half-full and then swished around in the bottle for about a minute. Pour the water out of the bottle, and immediately screw the cap on tightly. Watch the bottle collapse.

What has happened is that the air in the bottle was warmed by putting the hot water in the bottle. When the bottle was capped, this warm air quickly cooled. Cool air takes up less room than warm air. The bottle collapsed to fill the space. It was pushed in by the outside air pressure on all surfaces of the bottle.

Experiment No. 8: Gravity causes all objects to be pulled toward each other. Because Earth is the biggest object around, it has the strongest pull of gravity. How does gravity work? Place a marble in a bottle. Turn the bottle over. What happens? Again, place a marble in a bottle. Move the bottle so the marble starts going around inside it. Keep moving the bottle and gradually turn the bottle on its side and then upside down. Did the marble fall out of the bottle? It shouldn't have. Centrifugal force should have pulled the marble away from the bottle neck and overcome the gravity that would cause it to fall out.

PARENTS SHOULD send questions to dearteacher@dearteacher.com or ask them on the columnists' Web site at www.dearteacher.com.

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As seen in the May issue of Indy's Child...

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Making Your 'Tween Birthday Party a Hit

Birthday Party Packages Offer Up Big Fun for Big Kids—And Big Savings

ONE THING MOST parents discover early on is that a cardboard box and a magic marker make a wonderful pretend car. Pots and pans make nifty drum sets and buttons are fun to push regardless of the object on which they're attached.

But as Suzy or Johnnie gets older, there is a need for her or him to feel like she or he is a big girl or boy and those 'tween years are as difficult for Moms and Dads as they are for the kids. That's when local amusement parks come to the rescue for a day full of fun for the family or no hassle birthday parties for their friends without the mess and stress at your home! Here's a breakdown of some of the possibilities in the Indianapolis area.

Greatimes Fun Park

www.greatimesfunpark.com

317-780-0300

5341 Elmwood Ave.,

Indianapolis, IN 46203

There's food aplenty at Greatimes Fun Park on Indy's south side featuring pizza, nachos, salads, chicken tenders and sandwiches along with a buffet on Fridays. You might want to bring a change of clothes if you plan to bump around at the park. The bumper boats seat one or two passengers and are armed with a blaster gun capable of spraying anyone who gets too close. There's also a multi-level indoor Playland, which features a couple large ball pits, an air bounce, several tunnels, ladders, climbing ropes, slides and more. There are also two 18-hole Tiki-themed miniature golf courses that have fountains and waterfalls. If your tike is feeling the need for speed, he can put the pedal to the metal on three different tracks. The Road Course is a long, twisting track that offers a road race experience. The Slick Track is a short track with wide lanes that offers a fast paced ride with a lot of passing. And the Kiddie Track is designed for the young ones.



There are a few birthday party options at Greatimes Fun Park for just \$10.95-\$22.95 per person and include everything from tokens to pizza and cake! Visit www.greatimesfunpark.com for complete details.

Incredible Pizza Company

www.incrediblepizza.com/indy

317-644-0153

8707 Hardegan St., Indianapolis, IN 46227

NEW LOCATION! Opens in July at the former site of Xscape in the Lafayette Square Mall

317-295-1782

3919 Lafayette Rd., Suite 600, Indianapolis, IN 46254

This family fun place on the north side of Greenwood (at the corner of US 31 and E. County Line Rd.) serves up an all-you-can-eat-buffet with an extensive salad bar, soups, baked potato bar, taco bar, pasta, 30 varieties of pizza and a dessert bar. Incredible Pizza Company offers go-karts, bumper cars, mini glow miniature golf, mini bowling,

a developmental area for the wee tots (ages 1-6), simulators and traditional arcade games for a wide range of ages. Everything is indoors, so weather should not be a factor.

They're offering a special of three rides for five bucks with the purchase of the food and fun combo. You may also want to ask about their free unlimited food and drink buffet this summer.



Party options range from \$9.99 - \$19.99 per person and include everything your party needs! Visit www.incrediblepizza.com/indy for full details.

Jillian's

www.jilliansindianapolis.com

317-822-9300

141 S. Meridian St.,

Indianapolis, IN 46225

Jillian's is a three-floor food and entertainment center in the heart of downtown Indianapolis featuring a full-service casual restaurant, a video cafe with over 30 giant screen TVs and a menu specializing in classic American favorites. There's something for every age with interactive video gaming, hi-life cosmic bowling and billiards. Family Day is held each Wednesday from 11:00 a.m. to 5:00 p.m. and again on Sundays from 11:00 a.m. to close for the rest of the summer. General pricing is \$4.99 per child: Kids Meal, \$10.00 game card or two games of bowling. Jillian's can even do lock-ins (after hour parties) in which youth groups can have their own private party and spend the night gaming downtown. Everything is indoors, so weather is not a factor.

When it comes to birthday parties, Jillian's has a few options for kids 5-17 years old from \$9.95 - \$20.95 per person. For complete details, visit www.jilliansindianapolis.com.

Rascal's Fun Zone

www.rascalsfunzone.com

317-535-7600

629 US 31 South of Greenwood

Park Mall in Whiteland, IN 46184

The game room at Rascal's features crane games, arcade and video games

...as Suzy or Johnnie gets older, there is a need for her or him to feel like she or he is a big girl or boy and those 'tween years are as difficult for Moms and Dads as they are for the kids.

That's when local amusement parks come to the rescue for a day full of fun for the family or no hassle birthday parties for their friends without the mess and stress at your home!

with winning tickets that are redeemable for prizes. The property also has four different go kart tracks for racing. Two of the tracks are inside so there are no worries if the weather is bad. The kids can also make a splash in bumper/blaster boats, roll a few frames of miniature bowling or hit a few balls on one of the 18 hole miniature golf courses. The food bar serves pizza, hot dogs, breadsticks, nachos, chips, ice cream & slushies. General pricing is \$5 for one ride or



three attractions for \$12.75, all day wristbands are also available for \$22.75. Tokens are four for a dollar, 25 for five, 60 for \$10 or 130 for \$20. Most games take one to three tokens. \$15 per person buys two hours of non-stop fun with go-karts, miniature golf and blaster boats. The price also includes one game of mini bowling and four game tokens.

When it comes to birthday bashes, Rascal's offers packages from \$14.75 - \$17.75. For complete details, visit www.rascalsfunzone.com.

Other things to keep in mind include the fact that hours and prices vary from summer to winter months and some offer pop up specials. Some venues offer discounts if

you book online while others do by phone. It's a good idea to call ahead to make reservations for groups. And if you do bring a group of children, have them wear matching bright colored t-shirts and save yourself the stress of trying to find one of your kids in a large crowd of people running around having fun.

KIMBERLY HARMS has four children (5-24) along with a grandchild and is the associate director of media relations at the Indianapolis Convention & Visitors Association, www.visitindy.com. You can follow her on Twitter @kimberlyharms.



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How to Find A

Good Sitter For Your Child With Autism

Local Organizations and
Networking Help
Provide Respite

Finding a dependable babysitter who is also a good match for your family is not always easy. If your child has autism, it can seem next to impossible. Yet, every parent of a child with autism knows that a good babysitter is an essential tool for a healthy family life. Breaks allow parents to regroup, get things done and yes, even have time for some personal fun. Following are a few ideas that may help make the essential task of finding a sitter easier.

Hire family. If you are lucky enough to have family near and dear to you, tap them for some respite. Something out of the ordinary, like a new sitter, can be upsetting to kids with autism. A family member, on the other hand, is someone with whom they already have an established relationship. Having an aunt, uncle or grandparent babysit can provide great peace of mind knowing that your child is being cared for by someone you love and who you knows and loves your child.

Ask around. Word of mouth is perhaps the oldest and best methods for finding a sitter. Ask friends and connections you have made through support groups and within the Indianapolis autism community for names of sitters they like and have used to care for their own children.

Network with area schools and colleges. Talk with the special education department at your child's school to see if any special education teachers are available to babysit. Oftentimes, new teachers are looking for extra experience and would be very interested in babysitting. In the same vein, nearby Ball State University offers a graduate certificate in autism in conjunction with the school's graduate certificate in applied behavior analysis (ABA). Dr. David McIntosh, who coordinates the masters in ABA and the autism certificate, can tap into Ball State students seeking experience working with kids who have autism. His office can be reached at 765-285-5700.

Tap community resources. Area support groups like Hamilton County Autism Support Group, Johnson County Autism Support Group or the Indiana chapter of the Autism Society are terrific resources for families in general and are frequently contacted by area caregivers and teachers seeking additional work. However, the help does not stop there. Child Care Answers provides referrals free of charge. Though most of their work involves connecting families with care that occurs out of the home they can help prepare parents

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on how to talk to a care provider about their child's specific needs. Reach Child Care Answers at 317-631-4643 or 800-272-2937. Easter Seals Crossroads and Noble of Indiana also provide reputable respite programs worth checking into such as Easter Seals' regularly scheduled Parents' Night Out and Teen Night Out programs. About Special Kids is another fantastic local resource for all things related to special needs, including respite care. Call this free parent-to-parent resource at 317-257-8683 or 800-964-4746 to see if they can point you in the right direction.

Place an ad in the paper, around town. Sometimes a little marketing will turn up good leads. Place an ad in the Indianapolis Star, neighborhood gazette, or even Indy's Child, or post flyers at your place of worship and coffee shops around the Butler campus or IUPUI, etc. Be sure to specify in the advertisement that you want someone who has experience working with kids who have autism or have specific understanding of your child's unique needs.

Consider a nanny. If your child would have a difficult time with a sitter who comes and goes infrequently or at

irregular intervals, consider the more expensive option of hiring a nanny. This will help create a routine with the same caregiver and give you scheduled respite.

Be honest about the circumstances. "When talking with a potential babysitter, be honest with them," advises Mary Rosswurm, executive director of Little Star Center in Carmel and mother to a son with autism. For example, she says if your child has been known to bite when he or she gets excited, let the caregiver know upfront so there are no surprises. Ask the potential babysitter how he or she feels about that and whether or not it would upset them.

Be clear about your expectations. Make sure the babysitter can be flexible and ready to roll with the punches. Let him or her know you expect the child to be safe, have a good time and experience minimal stress. "What we want is for the child to be safe and to have a good time and not to have a lot of stress about the situation," advises Rosswurm. "If putting pajamas on is stressful, then that's okay. Let's skip it. Let the babysitter know you don't expect great miracles."

Ask the potential sitter about his or her concerns.

This can be very telling and may be the insight you need to see if this person is or is not a match for your child and family. For instance, is the person worried about handling temper tantrums or uncomfortable with some of your child's unique needs or behaviors? What you learn could matter a great deal.

Ask the caregiver a few situational questions, too.

Jane Grimes, community development director for Applied Behavior Center for Autism in Indianapolis and the president and founder of the Hamilton County Autism Support Group, wisely suggests that parents ask the prospective caregiver situational questions like "If my child is in a meltdown and is on the path to either hurting himself or others, what would you do?" or "If my child gets angry and screams, what would you do?" The responses to these or other impromptu questions will reveal the interviewee's advice as well as his or her first reactions.

Get referrals. Grimes also

recommends parents obtain three or more references from past employers and current or past babysitting clients. Their first-hand knowledge of the person will provide essential details on his or her level of responsibility and skill set.

Give the sitter a trial run.

Have the babysitter over once or twice while you are there. This will help the babysitter get comfortable with your child and vice versa. The sitter will also have you on-hand to ask any questions that may come up such as what to do if your child bumps his or her head. It will also afford you the opportunity to see how they truly get along.

Pay for good care. Be prepared to pay a bit more for good help. This is not always easy, but well worth it. Low-income families with parents who

are either working or attending school may also be eligible for the federally funded Child Care and Development Fund program. While this program is most available for families seeking care outside of the home, families with three or more kids may be eligible for in-home care. Visit www.in.gov/fssa/2552.htm for more information or <http://www.in.gov/fssa/carefinder/3900.htm> to apply for Child Care Assistance.

Trust your gut. If you feel you have met someone who is going to be great—give them a try! Parents have great gut instincts.



CARRIE BISHOP is a freelance writer and mother of two young sons, whose daily antics inspire her work and her life. Contact her at freelancewritercarrie@gmail.com.

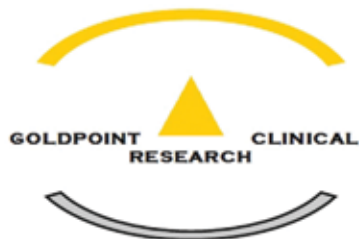
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My Child Has Special Needs...Now What?

Where to Start Your Journey



as healthcare needs and special education.

"It is mind boggling. Your brain is just spinning with all the things you have to be an expert on," she says.

There are a few initial steps families can take that may help them feel more in control of the situation. Fortunately there are also resources like ASK that help families get their

bearings enough to move forward in the right directions.

GET SUPPORT. Caring for a child with special needs can be isolating. Connecting with others who are in similar circumstances is an important lifeline for parents as well as siblings. Find area support groups through your child's pediatrician's office, by calling ASK or through an association that advocates for your child's condition.

LEARN ABOUT THE DIAGNOSIS. Aaron says families should first talk to their pediatrician to learn about the condition and suggested course of treatment. Then get information from books, conferences, other medical professionals and families who have stood where you are standing. The Internet is another large source of information, but as Aaron says, "stick to reputable Web sites and hold on to your wallet."

UNDERSTAND THE FINANCIAL RAMIFICATIONS. While every family wants to provide the best care for their child, healthcare is expensive. Will your child qualify for the state's Children's Special Health Care Services or federal Supplemental Security Income? Can Hoosier Healthwise come into play? What can you expect from your current private insurance?

LEARN ABOUT EDUCATIONAL PROGRAMS AVAILABLE TO YOUR CHILD. If your child is 3 or younger, look into Indiana's First Steps early intervention program. Older children may be eligible for an Individualized Education Program (IEP), which is a written statement of the educational program designed specifically for your child. If your child qualifies for special education

under the Individuals with Disabilities Act (IDEA), then he or she will need an IEP. If your child does not meet IDEA requirements, then look into Section 504 of the Rehabilitation Act of 1973, a civil rights law that prohibits discrimination because of a disability.

ORGANIZE INFORMATION. Keeping track of your child's medical history can be lifesaving and timesaving at a minimum. Cincinnati Children's Hospital has uploaded a comprehensive Parent Notebook to its Web site, www.cincinnatichildrens.org, that may be helpful for your family and caregivers.

TAKE A BREATH. Talk to anyone in the special needs community and you know this is not a simple suggestion. In the moment it can seem out of the question, but over the long haul taking care of yourself is among the best things you can do to be a better parent for your special needs child.



CARRIE BISHOP is a freelance writer and mother of two young sons, whose daily antics inspire her work and her life. Contact her at freelancewritercarrie@gmail.com.



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The Arc of Indiana, established in 1956 by parents of children with developmental disabilities, works every day to empower families with information and resources, empower people with disabilities to be as independent as possible, and inspire positive change in public policy and public attitudes. Contact us. We're here to help!

AUTISM PARENT CARE, LLC

395 S 9th St Noblesville,
Indianapolis, IN 46020
Contact: Dr. Jane Yip
Phone: 317-503-1296
Email: aileda88@hotmail.com
www.developmentalphysiopsychologydisorders.com

Offering one to one intervention to children and adults with autism. Academic subjects and ABA included. Insurance Billable.

BEHAVIOR ANALYSIS CENTER FOR AUTISM

11902 Lakeside Dr., Fishers, IN 46038

Devon Sundberg
317-288-5232
dsundberg@thebaca.com
www.thebaca.com

The Behavior Analysis Center (BACA) was established by Dr. Carl Sundberg and a group of highly trained Behavior Analysts who have worked with Dr. Sundberg for years. BACA uses Applied Behavior Analysis (ABA) to teach language, social, academic, and life skills to children with autism and other related disabilities.

BRAIN BALANCE ACHIEVEMENT CENTER INDIANAPOLIS

9302 N. Meridian Street Ste. 355, Indianapolis, IN 46260
Contact: Julie Peterson/Clinic Director
Phone: 317-843-9200
Email: julie.peterson@live.com
URL: www.brainbalancecenters.com

Brain Balance Achievement Centers work with children who suffer from Developmental Disorders such as Autism Spectrum, Asperger's, ADD/ADHD, Dyslexia, Tourette's and other neurological disorders. The Brain Balance Program is unique in that it utilizes a comprehensive, multi-faceted approach designed specifically to address the various difficulties exhibited or experienced by each child.


DR. JENNIFER SATTERFIELD-SIEGEL

506 Indiana Ave, Indianapolis, IN 46202
Phone: 317 269-0026 or 450-1226 cell
Email: jsatterfield_siegel@hotmail.com

Dr. Satterfield-Siegel is a Board Certified Pediatric Dentist specializing in providing dental care for infants, children and patients that have special needs. We provide routine dental care, fillings, in office sedations and hospital dentistry for all of our patients. We build long lasting relationships with our families through active listening and understanding. New patients are welcomed!

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EXECUTIVE DIRECTOR/PRESIDENT

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OUR STAFF

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- Speech Pathologist, Occupational Therapist, Insurance Specialist on staff

OUR BUILDING

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FOR QUESTIONS OR TO SCHEDULE A TOUR CONTACT
Devon Sundberg
dsundberg@thebaca.com

11902 LAKESIDE DRIVE, FISHERS, IN 46038
317.288.5232 • WWW.THEBACA.COM



Verbal Behavior Center for Autism



VBCA provides therapeutic services to children and families affected by autism through the use of Applied Behavior Analysis (ABA) principles and verbal behavior therapy techniques.

VBCA's goal is to be a resource for families of children with autism and help influence society to provide more effective public services for their children.

VBCA provides research-based treatment that enables children with autism and helps them realize their fullest potential and become effective contributors to society with:

- Inpatient Services
- Outpatient Services
- Consulting Services
- Outreach Therapist Training
- Speech/Language Intervention

9830 Bauer Drive
Indianapolis, IN 46280

For enrollment, contact:
Sabrina Shannon
Clinic Administrator
(317) 848-4774
(317) 848-2862 FAX
sshannon@vbca.org

Clinical Lead
Dr. Breanne Hartley, MA, BCBA

www.vbca.org

Indianapolis, IN 46260
 Erin Phillips
 317-872-7272
 erin@indykidsdentist.com
 www.indykidsdentist.com

We have a unique dental practice. As pediatric dentists, we are specially trained in the dental care of infants, children and teens, including those patients with special medical needs. At Indianapolis Pediatric Dentistry, we treat your kids like our own. We pay special attention to each patient's needs and we take the time to make sure they're comfortable. We go to great lengths to make sure that both the patient and parents understand what we're doing, why we're doing it and the long-term benefits.

LITTLE STAR CENTER

12726 Hamilton Crossing Blvd, Carmel, IN 46032
 Mary Rosswurm, Executive Director
 317-249-2242
 maryr@littlestarcenter.org
 www.littlestarcenter.org



Little Star is a structured, sensory-friendly place where children with autism receive intense, individualized one-on-one therapeutic intervention based on the principles of applied behavior analysis (ABA). Little Star has a "family first" philosophy and offers a supportive community of parents and professionals. Indiana's original ABA center – providing services since 2002.

VERBAL BEHAVIOR CENTER FOR AUTISM

9830 Bauer Drive, Indianapolis, IN 46280
 Sabrina Shannon, Clinic Administrator
 317-848-4774
 sshannon@vbca.org
 www.vbca.org

The Verbal Behavior Center for Autism (VBCA) is an intensive treatment center that provides therapeutic services to children and families impacted by autism. The VBCA uses Applied Behavior Analysis (ABA) with emphasis on Verbal Behavior.

His answer:

"You."



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Damar Foster Care Services

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The Arc of Indiana Master Trust

Serving Hoosiers of all disabilities since 1988

Trust I - Established in 1988, Trust I helps families provide for the financial future of their loved one.

Trust II - Established in 1995, Trust II allows people with disabilities to fund their own trust.

Why The Arc Master Trust?

The Arc Master Trust was established by The Arc of Indiana, an organization founded in 1956 by families of loved ones with developmental disabilities who joined together to build a better world for their children. The Arc Master Trust is our response to a need felt by many families who wonder what will happen to their loved one after they are gone.

Regardless of your age, or your child's age or disability, planning for the future is important.

We're Here to Help!

317-877-2375 800-382-9100
 www.arcind.org

Is Your Child Struggling With Academic, Social or Behavioral Issues?

For further information on our upcoming Parent Event
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For families with children with ADHD, Dyslexia, Asperger's and other learning disabilities



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12 Tips for Successful Back-to-School Routines

Plan Now for an Easy Return



At the start of every school year there is an excitement that fills the air: New classes, new teachers, new friends—and new routines! To help your children adjust to new school year schedules and routines, consider these twelve suggestions.

1 *Reflect and resolve.* Think about situations that posed problems in last year's routine and work through solutions with your kids so they don't become issues again. "I know it's hard for you to get up in the morning. How do you suggest we go about it this year?" Build in incentives to increase their motivation.

2 *Shift sleep schedules.* One to two weeks before classes begin, start transitioning your children to their new bedtime and wake-up schedules. Gradually alter the time by fifteen minutes to a half hour so the change isn't a shock to their system.

3 *Stop by the school.* If your school has a designated pre-visitation day, take advantage of this time to meet the teacher and see the classroom. If it doesn't, call and ask if you can stop by so your child can get acclimated to the environment and alleviate some first-day jitters. This is particularly important if he is moving to a new school or beginning to have multiple teachers and classroom changes.

4 *Lay hold of learning.* Ideally your kids should be reading and writing all summer, but if they

haven't, get back into the regimen right away.

Set aside an hour or two each day to read together, see an educational movie and take field trips to the

library, science center or museum. Also, search online for grade-appropriate worksheets and have your child complete one each day.

5 *Establish academic goals.* Talk with your children about establishing academic goals for the school year: "What kinds of grades do you want to make? What do you need to do to accomplish this?" Help them decide on three strategies to meet that goal, then have them write it down and post it in their study area. Build in rewards and celebrate little successes along the way.

6 *Create a family calendar.* Place a large family calendar in a central location and write in after-school activities, practices, projects, appointments, meeting and events. For easy reference, designate a different colored marker for each person. Teach your children to transfer items from their agenda books to the calendar when they come home from school each day.

7 *Lay out expectations.* Before school starts, set ground rules with regard to homework, after-school activities, chores, bedtime and computer and TV usage. If you anticipate a problem, create a written agreement and have both parties sign it so there's no vacillation in rules.

8 *Regular rap sessions.* Carve out time each day when you and your child can talk about what happened at school. Ask open-ended questions: "What did you learn in social studies?" "What new friends have you made?" "How are you adjusting to changing classes?" If you detect a problem, follow up until the situation is resolved.

9 *Hold family meetings.* Establish a dedicated time once a week to discuss past, present and future events. Post a piece of paper on the refrigerator that serves as an agenda. As the week unfolds, encourage everyone—parents and kids—to jot down items on the paper they want to address during this time. Keep the meetings positive and let everyone participate. Consider coupling it with a fun meal and movie night or a make-your-own healthy snack party.

10 *Ponder P.M. preparations.* To reduce morning stress, prepare the night before. Pack lunches, lay out clothes and put papers into backpacks then gather everything you need for the next day and place it by the door so you can grab it and go. If lunches need to be refrigerated, put a sticky note with your other items as a reminder to take it when you leave.

11 *Make a to-do.* For children who have problems staying on task, create a morning "To-do list" and post it in their bedroom or bathroom. Keep it simple: Make bed, get dressed, eat breakfast, brush teeth and comb hair. As they complete items have them put a check mark by the task. Offer incentives for completing activities independently and on time for a full week.

12 *Secure study time.* Establish a designated study space that is quiet, comfortable and free of outside stimuli, and have supplies readily on hand. The time of day should be consistent too. Some kids do best completing homework right after school; others need a break before starting their work. Find a time that works best for your child and stick with it.

DENISE MORRISON *Yearian is a former educator and editor of two parenting magazines.*

Childcare & Education Directory

Child Care

EAST KIDZ LUV BILINGUAL ACADEMY & EDUCATIONAL CHILDCARE

4118 N Sheridan Ave,
Indianapolis, IN 46226\ Tumikia Gilbert
317-547-7323
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www.kidzl原因.com

daycarematch.com

Home: East: Christian - Catholic
Monday - Friday, 6 a.m. - 6 p.m.

Kidz Luv has provided early childhood education to families for 10 years. Our Educational Childcare cares for children Infant-3 years and our Bilingual Academy implements Spanish and Sign Language into our preschool curriculum, and is for children ages 3-5.

We are NAFCC Accredited, State Licensed and CCDF is accepted.

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Meridian Kessler
Neighborhood Indianapolis

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Mrs. Hatcher
317-205-9211
peanut_jelly@att.net
www.peanutbutterjelly.info

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Schools

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431 E. Northfield Dr.,
Brownsburg, IN
317-852-3900

mariamontessori-intl.org

Ages: 12 months to 6 years

Maria Montessori International Academy offers a child centered Montessori program allowing children to learn at their own pace and are treated with respect. Teachers encourage and inspire children to do not only the minimum, but also their best, where learning should be a happy, joyous experience! Children learn how to think for themselves and how to solve problems in original and creative ways and have a positive self-image. Children participate in math, language, music, art, practical life, science, geography, and foreign language. Discover the Difference at the Maria Montessori! Now accepting applications for all ages toddlers, Pre-K and Kindergarten.

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317-580-0699
info@carmelmontessori.com
carmelmontessori.com
Ages: Pre-school through
Kindergarten.

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317-849-9519 or 317-580-1850
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317-846-8182

elizabeth@
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Julie Bowman
jbowman@primrosewestclay.com
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mariamontessori-intl.org
Ages: 3 months to 6 years old
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www.indianapolismet.org
Category of School: Charter
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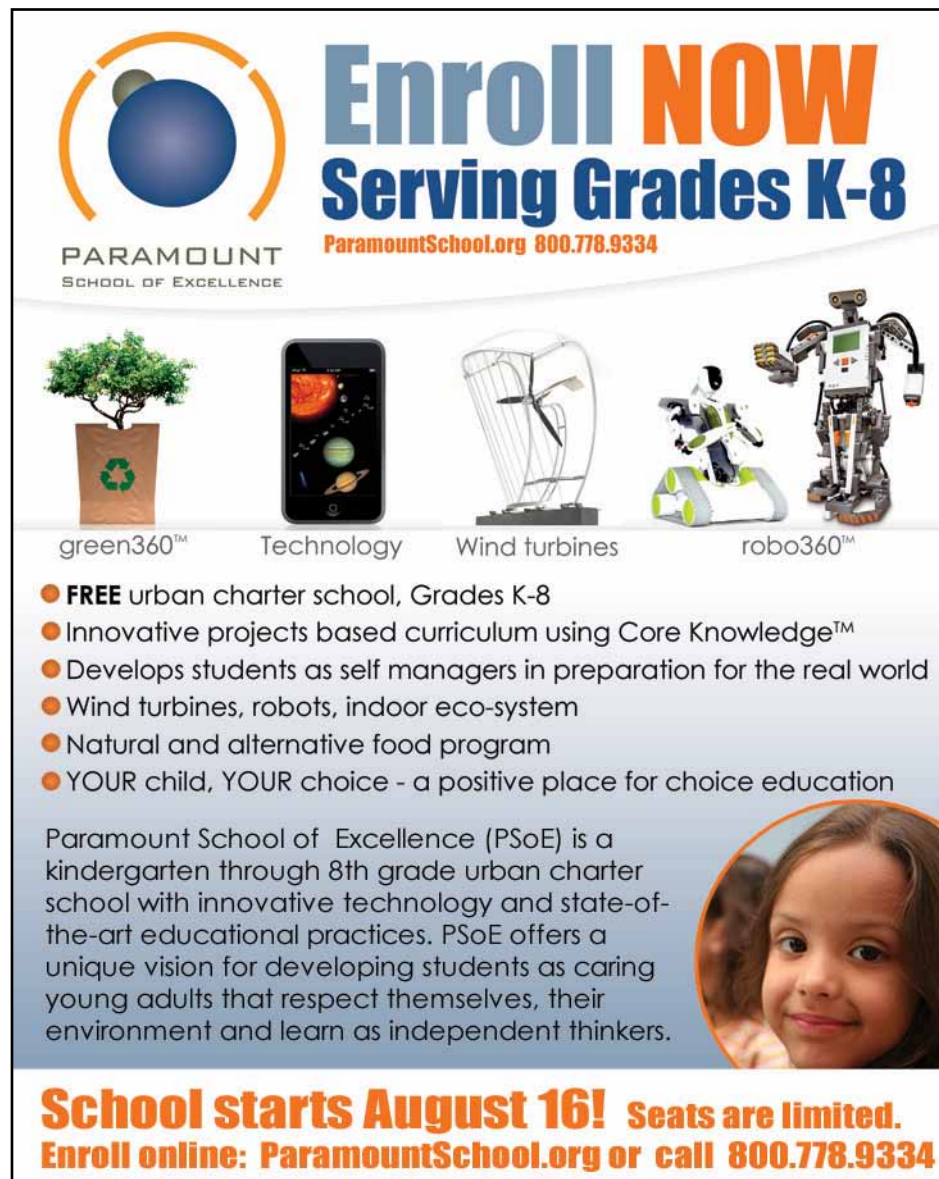
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Opens August 16
K-8 Grade
Uniforms/Dress Code: Yes
Before/After School Care: Yes
Open House Dates: Back to School Night Thursday, September 2, 6:00 p.m.

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mariamontessori-intl.org

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Maria Montessori International Academy offers a child centered Montessori program allowing children to learn at their own pace and are treated with respect. Teachers encourage and inspire children to do not only the minimum, but also their best, where learning should be a happy, joyous experience! Children learn how to think for themselves and how to solve problems in original and creative ways and have a positive self-image. Children participate in math, language, music, art, practical life, science, geography, and foreign language. The lead teachers possess bachelor degree and certification in Montessori Education. Discover the Difference at the Maria Montessori! Now accepting applications for all ages starting 3 months to 6 years located in Zionsville, IN.

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Location of School: Multiple Locations

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Tuesday, October 5, 8:30 am-6 pm
Tuesday, November 9, 8:30 am-6 pm



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+1.317.923.1951 www.isind.org

Does your child have a learning problem?

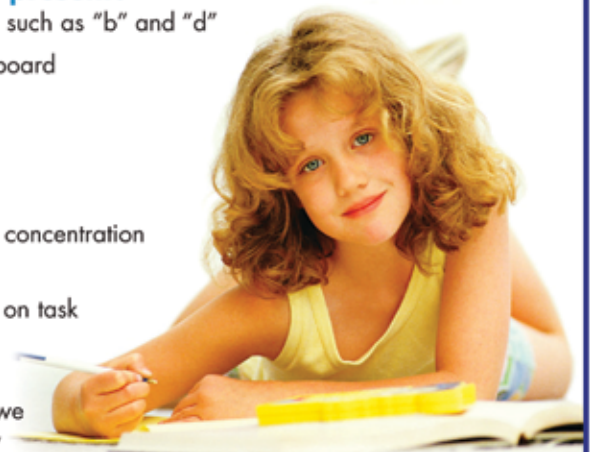
Your child may have 20/20 eyesight and have a hidden vision problem affecting the ability to learn up to potential.

Are any of these signs present?

- Number and letter reversal, such as "b" and "d"
- Difficulty copying from the board
- Sloppy handwriting
- Loss of place when reading
- Frequent careless errors
- Eyestrain, headaches, poor concentration and attention span
- Restlessness, unable to stay on task

If yes, call today!

At the Vision Therapy Center we can diagnose and successfully treat hidden vision problems that often interfere with learning.



WE CAN MAKE A DIFFERENCE

Dr. Cynthia Jay Frischmann
Optometrist
7440 North Shadelande Avenue
Indianapolis, IN 46250
915.1515



www.visiontherapyofindiana.com

grow together in the classroom with caring, experienced teachers. Indiana Council of Preschool Cooperatives (ICPC) member schools are: Apple House: 6121 E. County Rd 100 S, Avon, 797-5925 Butler: 2411 Indianapolis Ave, Indy, 226-4287 Downey: 111 S. Downey Rd, Indy, 359-5304 Edgewood: 4040 E. Thompson Rd, Indy, 767-7730 Fishers Point: 9959 E. 126th St, Fishers, 767-4312 Geist Orchard: 7879 N. 700 West, McCordsville, 336-7008 Meridian Hills Nursery School and Kindergarten: 7171 N. Pennsylvania, Indy, 255-0831 Meridian Street: 5500 N. Meridian St, Indy, 767-3003 Northeast Cooperative Preschool and Kindergarten: 5805 E. 56th St, Indy, 592-9790 Parkview: 4550 central Ave, Indy, 380-0628 Speedway: 3000 N. High School Rd, Indy, 356-2804 Willowcreek: 8170 Hague Rd, Indy, 578-5488

POLLY PANDA PRESCHOOL AND BRIDGFORD KINDERGARTEN

2944 E. 56th St., Indianapolis
Gail Hacker and Tammy Clark
317-257-9127
pollypandaindy@sbcglobal.net
17645 Oakmont Dr., Noblesville
Mandy Galle
317-773-0387
Oakmontpollypanda@yahoo.com
Six weeks through Kindergarten, summer program also available.
Polly Panda provides a safe and healthy environment which enhances each child's total growth. Our theme-based hands-on preschool program provides a wide-range experiences that foster learning, creativity and problem solving in all areas. A child's sense of self-worth, independence

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THE EARLY LEARNING CENTER

5249 David St, Indianapolis, IN 46226
Jenny Collins
317-423-8215
jennifercollins@msdlt.k12.in.us
<http://elc.ltschools.org>
Public School
Operating Hours: 6:30 AM - 6:00 PM Monday - Friday
Ages/Grades: 6 weeks to Pre-Kindergarten
Multiple Locations/
Northeast Indianapolis
Locations: Amy Beverland 11660 Fox Rd, Brook Park 5249 David St, Mary Castle 8510 E 82nd St, Winding Ridge 11845 E 46th St.

Every aspect of our centers - from the buildings themselves to the programs and curriculum - has been purposefully designed by the highly qualified staff according to "best practice" research in early learning to meet and respect the development and learning needs of the young child, ages 6 weeks-6 years.

NOBLESVILLE PRIMROSE SCHOOL AT BRIDGEWATER

14711 N. Gray Road,
Noblesville, IN 46062
317-848-0123
Julie Bowman
jb Bowman@
primrosebridgewater.com

primrosebridgewater.com
Please call to schedule a tour and to get tuition information. We are open Monday through Friday 6:30 a.m. until 6:00 p.m. We take many exciting fieldtrips so please call to learn more specific details. Our programs are offered to students ages 6 weeks through 12 years of age. Students in pre-kindergarten and kindergarten are required to wear school uniforms. Before/After School Care: We offer before and after school programs, including transportation, to students up to 12 years of age.

The Primrose School at Bridgewater is dedicated to providing outstanding educational care to students ages 6 weeks through 12 years of age. Our curriculum is NCA accredited and offers many extras such as Spanish, technology, sign language, character development, music appreciation, art appreciation, science, social studies, reading, English, and math. Please call today to learn how more than 90% of Primrose students out performed the national average.

NORTH ARTHUR M. GLICK JCC

6701 Hoover Road,
Indianapolis, IN 46260
317-251-9467
emills@JCCindy.org
JCCindy.org
Ages: 6 weeks - Grade K
Our loving caregivers and teachers demonstrate by example and encourage

children to behave according to these values as the children are learning, playing and socializing with one another. The JCC embraces a learning-through-play teaching method to engage children in activities that promote creativity, accelerate learning and stimulate social interaction, all at each child's individual pace.

BETH-EL ZEDECK EARLY CHILDHOOD CENTER

600 W. 70th St.,
Indianapolis, IN 46260
Joanie Waldman
317-259-6854
jwaldman@bez613.org
Ages/Grades: 12 mos.+, 18 mos.+, 2's+ (8:50 am to 12:30 pm or 3:00 pm and choice of days). 3's+ (8:50 am to 3:00 pm and choice of days). 4's+/PreK (3 or 5 day option)and Kindergarten (5 full-day program 8:50 am to 3:00 pm) OPTIONS FOR ALL: Flexible hours. Availability 7:30am-6pm, until 5:30 on Fridays.

OPEN TO THE PUBLIC. Full Academic Curriculum and Innovative Arts' Enrichment. Our Program recognizes that intellectual, social, emotional and physical development are interwoven. Our children will thrive on exploration, creativity, curiosity, discovery, spontaneity and more important, lots of love!

CHILDREN'S DAY IN NURSERY SCHOOL AND TRADITIONAL PRESCHOOL

Christy Whaley
5500 N. Meridian St. Indianapolis
317-253-0472
cwhaley@msumc.org

msumc.org
Ages: Nursery School and Preschool

The Children's Day In Nursery School is a fully inclusive early childhood program with an emphasis on Christian values. It is designed to offer children 9 months to 3 years a positive and developmentally appropriate experience in the care of experienced caregivers. Classes are offered weekdays from 9 am to 2:30 pm. CDI Preschool program provides a quality developmentally appropriate education for 3, 4 and 5 year olds. Program includes weekly Christian Life Skills, First Steps in Music (ICC) and Book Club. 3's: T & Th, 4/5's MWF. 9-2:30 pm. Summer Camp available.

CHILDREN'S CIRCLE PRESCHOOL AT SECOND PRESBYTERIAN CHURCH

7700 N. Meridian St.,
Indianapolis, IN 46260
Regina Covey for Registration;
Director Cara Paul for Curriculum
317-252-5517
rcovey@secondchurch.org
Ages/Grades: 9 months to 5 years
Now accepting applications.

Children's Circle Preschool is a weekday, developmentally appropriate, activity-based Christian program. We meet the needs of the whole child in a fun, creative, nurturing environment. Here, children can develop the skills necessary to live in today's world. Our experienced faculty leads children toward discovery of who they are and what they can do. We embrace excellence in education by nurturing the whole child -- physically, emotionally, spiritually and intellectually.

Quality Child Care Matters!

Your child care provider plays a significant role in your child's development. 85% of a child's capacity to learn is determined by the age of five. With Paths to QUALITY, Indiana's quality child care rating system, you can choose a provider committed to quality care.



Is your child care provider a Paths to QUALITY provider? Log on to www.childcarefinder.in.gov or www.childcareanswers.com. You may also call Child Care Answers at 317-631-4643.



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John Drake or Kelly Belt
9111 N. Haverstick
Rd. Indianapolis
317-575-6508
jdrake@churchatthecrossing.org
churchatthecrossing.org
Ages: 12mos - Pre-K 5's

Our Mothers Day Out (12-35mos) 9:15-2:30 and Preschool (3yrs-PreK's) programs provide relaxed, playful, secure environments that nurture creativity and encourage the exploration of God's world, a wide variety of learning materials, & friendships, with readiness activities woven through each study unit. Need longer hours? Try our childcare ministry, The Neighborhood designed for 2-PreK 6:30-6pm M-F. Call for information and to schedule tours.

FAIRVIEW EARLY CHILDHOOD PROGRAM

Melissa Peterson
4609 N. Capital Ave. Indianapolis
317-253-4990
mpeterson@fairviewpresbyterian.org
fairviewpresbyterian.org
Ages: 12 mo-5 yrs. (or up to Kindergarten)

Fairview ECP has a developmental, experienced based curriculum in a warm and inclusive environment. Curriculum is designed to promote positive social behavior, respect for diversity, positive self-concept, independence, creativity and critical thinking skills. Come and visit us!

THE INDEPENDENCE ACADEMY OF INDIANA, INC.

612 West 42nd Street
Susan Le Vay
317-926-0043
susanlevay@IAindiana.org

www.IAindiana.org

Ages/Grades: Grades 5 - 12
Hours/Dates: 8am - 3:30pm
M-F August - May
Field Trips: Field trips average 1 per month (for curriculum and life skills enhancement)
Cost/Tuition/Financial Aid: \$11,250. No financial aid currently available. We accept students with high-functioning autism, including Asperger's Syndrome, who are able to work in a small group setting. Uniforms/Dress Code: Yes
Before/After School Care: After school care available from 3:30 - 5:30pm.
Open House Dates: Call us

for a consultation and tour
Created specifically for students with high-functioning autism and Asperger Syndrome, The Independence Academy helps students achieve their highest level of independence and academic success. Dedicated and trained staff teach math, sciences, language

arts, global studies, social and life skills, and more. Very small classes. Beautiful campus. A place to belong.

INTERNATIONAL SCHOOL OF INDIANA

Cathy Blitzer, Director
4330 N. Michigan Road
Indianapolis
317-923-1951
isind.org
Ages: 3 years old-12th grade

ISI is founded on the belief that an introduction to a second language, exposure to different nationalities and ethnic backgrounds and an International Baccalaureate-driven curriculum all work together to foster critical and independent thought. \$12,860 pre-k through 8th grade and \$13,600 for High School. Financial aid available for qualifiers.

MERIDIAN HILLS COOPERATIVE NURSERY SCHOOL

7171 N. Pennsylvania,
Indianapolis, IN 46240
Phone: 317-255-0831
<http://www.meridianhillscoop.org>
Category of School: Private Independent
Type of School: Preschool/ Kindergarten
Location of School: North
Cost/Tuition/Financial Aid: \$48 - \$233/month. Financial aid available on a limited basis.
Field Trips: Ages three

through Kindergarten go on field trips periodically. Ages 2, 3, 4 and Kindergarten. Average class size: 14

Founded in 1960, Meridian Hills Cooperative School is dedicated to helping children, parents and teachers grow together. Classes provide a positive, nurturing environment for 2-year-olds through Kindergarten with a special emphasis on parent education. Parents help daily in the spacious classrooms, on a beautiful half-acre playground and with a caring, experienced staff.

MONTESSORI CENTRES

Lynne Boone, Director
563 Westfield Blvd. W.
Dr. Indianapolis
317-257-2224
montessoricentres@sbcglobal.net
Ages: 2 1/2-3rd grade

Stressing peace and respect for all, we've worked with children to develop critical-thinking and time-management skills since 1966. Montessori-certified lead teachers serve children aged 2 1/2-3rd grade. Our classroom structure and materials allow children to be self-directed and self-paced. Our well-rounded curriculum includes French and Spanish, art, and computer labs. True Montessori environment serving children at all levels from gifted to special needs. Pre/K: 8:30-11:30 or 8:30-3:15.

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- movement through subjects at a fast pace
- a curriculum that is broad, deep, and complex
- differentiation - grouping by skill level and readiness, acceleration, and enrichment
- a learning environment of peers

For nearly 25 years, Sycamore has offered kids in Central Indiana excellence in gifted programming.

Look to **Sycamore** - the leader in **gifted** education.

Come check us out!

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Preschool (2 yrs. 8 mos.) through Eighth Grade

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www.parktutor.org
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Sr. KG-Grade 5-\$15,630;
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Trips for all grade levels, ranging
from local to national and
international depending on age.
Ages/Grades: Junior Kindergarten
(ages 3-5) - Grade 12
Dress code varies by grade level.
Before- and after-
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Park Tudor School's exceptional educators
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ST. LUKE'S EARLY CHILDHOOD PROGRAMS

100 West 86th Street,
Indianapolis, IN 46260
Bobbi Main-Jackson, Dir.
317-844-3399
mainb@stlukesumc.com
stlukesumc.com
Cost/Tuition/Financial Aid:
Available upon request
Labor Day-Memorial Day 9am-1pm
with Summer Programs available
Preschool 3 yrs (by Sept 1 of
school year)-5 yrs, Parents'
Day Out 10 mos (by Sept
1 of school year)-3 yrs
Tours available upon request.

St Luke's Community Preschool is a weekday,
developmentally appropriate and experience
based program. Two well-trained, degreed
teachers are in each classroom.
Parents' Day Out is a structured play
experience that provides parents some time
for themselves on a regular basis on M, Th,
F. We provide a warm and loving Christian
environment in which children can learn
and grow.
Tours available upon request. Visitors
welcome.

ST. RICHARD'S SCHOOL

33 E. 33rd Street,
Indianapolis, IN 46205

Melinda W. Fisher
317-926-0425 x134
mfisher@strichardsschool.org
strichardsschool.org
Cost/Tuition/Financial Aid: PK-
Grade Four \$13,115 Grades Five-
Eight \$13,715 2009 FA: \$450,000
Multiple field trips per grade
level offered each year
Age three (3) through
Grade Eight
Prefer student to be three
years old prior to June 1st
for Pre-Kindergarten.
Before/After School Care:
Before Care: 7:00 - 8:00 a.m.
After Care: 3:30 - 6:00 p.m.

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through Grade 8.

SYCAMORE SCHOOL

1750 W. 64th Street,
Indianapolis, IN 46260
Dr. Susan Karpicke,
Director of Admissions

317-202-2500
skarpicke@sycamoreschool.org
sycamoreschool.org
1/2 day programs range from
\$5,030 to \$8010; Full-day PreK
through 8th grade is \$13,495 for
2009-2010. Financial assistance
is available. Please contact
dridings@sycamoreschool.org.
M -TH 8:15 a.m. - 3:15 p.m.;
F 8:15 a.m.- 2:15 p.m. Parent
Tours: Please call 317-202-2519
to schedule a parent tour.
2 yrs. 8 mos. - 8th grade

At Sycamore, teachers trained in gifted
education deliver a curriculum designed
to challenge and engage gifted learners.
Art, music, Spanish, PE and technology
are taught at all levels. Extensive field trips,
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variety of after school activities are offered.

NORTHEAST INDIANAPOLIS JR. ACADEMY

2910 East 62nd Street,
Indianapolis, IN 46220
Phone: 317-251-0560
Email: ijacademy@comcast.net
Website: **www.ijacademy.org**
Private Independent:
Preschool - Middle School

Religious Affiliation: Christian
- Protestant/Other
Cost/Tuition/Financial Aid:
egistration Fees - \$250
Pre-school Registration
- \$125 Tuition: \$3,515
Pre-School - \$5,750
Hours/Dates: 8:00am -
3:30pm Mon-Thurs 8:00am -
12:30pm Fridays
Before/After School Care:
7:00am-8:00am Mon-Friday,
3:30pm-6:00pm Mon-Thurs
12:30pm-5:30pm Fridays

Founded in 1963, Indianapolis Jr. Academy
provides a well-rounded educational
program with emphasis on spiritual, mental,
physical, and social development. Our
teachers are dedicated Christians who desire
to prepare children academically and socially
in an accepting environment where Christian
principles are modeled and taught. The
teachers enjoy enhancing the curriculum
with thematic units, hands-on activities, and
field trips to interesting places in our area.
We currently offer grades Pre-K to 8th, along
with a 3-year old Pre-School program.

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★ CARMEL	14777 Oak Road	317-569-0599
★★ CARMEL	10445 Commerce Drive	317-415-0408
★ FISHERS	11479 Fisher's Point Blvd.	317-594-4400
★ FISHERS	12818 E. 116th Street	317-842-6888
★★ GREENWOOD	5044 Bancroft Lane	317-884-1850
★★ LAWRENCE	10925 Cork Place	317-826-7522
★★ NOBLESVILLE	2291 Greenfield Avenue	317-770-7225
★★ SOUTHPORT	7909 McFarland Lane	317-888-4998
★★ ZIONSVILLE	1640 W. Oak Street	317-733-8855

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www.goddardschool.com



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rkd1948@sbcglobal.net
intlmontessori.com
Please call for more
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Field Trips: Yes
3 - 9 years
Before/After School Care: Yes
Call to schedule a tour

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1780 Sloan Avenue,
Indianapolis, IN 46203
Contact: Tayon Pierson
Phone: 317.351.1534
Email: tpierson@lighthouse-
academies.org
Website:
lighthouseacademies.org
Category of School: Charter
Cost/Tuition/Financial Aid: Free

Hours/Dates: School Hours
are 8:00 am-4:00 pm.
Field Trips: Clowes Hall Ruth
Lily Health Facility Zoo Ecolab
Ages/Grades: Pre-K
thru 10th Grade
Religious Affiliation: None
Uniforms/Dress Code: Students
in grades pre-k thru 4th grade
are required to wear navy blue
pants and a light blue collard
shirt. 5th thru 8th grade are
required to wear white collard
shirts and navy blue pants. 9th
graders are required to wear
navy shirts and tan pants.

Indianapolis Lighthouse Charter School is
currently enrolling pre-k thru 10th grade.
We are a free public charter school that
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PO Box 781348, Indianapolis,
IN 46278-1348
Victoria Keaton
317-946-5470
dvkeaton317@yahoo.com

lilcarousel.com
\$25.00 Application Fee
6:am til 6:pm
Field Trips: \$7.50 thru
\$15.00/child
Ages/Grades: 0 thru 13
Methodist
Before/after school care available
Carousel Day Service Ministry is a
registered child development facility.
Our care and development focus includes
children with Down Syndrome, autism,
developmentally disabled, and mentally
challenged. Our curriculum includes
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4950 W. 34th Street,
Indianapolis, IN 46224
Keith Marsh
317-297-9100
keith.marsh@
imagineschools.com
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- Middle School
Free tuition
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Ages/Grades: k-7
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After care 3 pm - 6pm

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THE CHILDREN'S HOUSE

2404 W. 62nd St. (near Michigan
Rd.), Indianapolis, IN 46268
Susan Catania or Mary Sexson
317-253-3033
childrenshouse08@gmail.
comchildrenshouse08@
gmail.com
thechildrenshouseindianapolis.com
Ages/Grades: 2 1/2 years
- 14 years of age

The Children's House offers a Montessori
preschool. The four areas of our preschool
are practical life, sensorial, math and
language. The Montessori preschool
is available on a nine or twelve month
calendar. The elementary level is an
ungraded, continuous-progress school
where children discover and pursue their
unique talents and needs. Each child is
provided with an individual learning
experience based on the assumption that
children are naturally inquisitive and want
to learn. The Children's House has helped

shape the lives of hundreds of Indianapolis
Children since its founding under a Lilly
Endowment grant in 1971.

WESTFIELD MONTESSORI SCHOOL OF WESTFIELD, INC.

800 E. Sycamore
Street, Westfield
Mary Lyman, Directress
317-867-0158
montessoriwestfield@gmail.com
Ages/Grades: Toddler-
15 months to 3 years;
Ages 3-Kindergarten;
Elementary 1: Grade 1-3;
Elementary 2: Grade 4-8
Located on 3 wooded acres in Central
Indiana, the Montessori School of
Westfield adheres to
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while serving the present day child.

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K¹² makes learning come alive
with online interactive content,
textbooks, hands-on activities, and
expert teachers. Our options include
tuition-free online public schools, an
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is your child happy in school?

Get to know Indiana's full-time, tuition-free public school options

To thrive, many children need a different kind of classroom. In partnership with K¹²,
Hoosier Academies and the Indiana Virtual Pilot School give Indiana kids the chance
to learn in the ways that are right for them. Hoosier Academies and IVPS offer:*

- The award-winning K¹² curriculum
- Support from state-certified teachers
- An active, supportive school community
- A range of extracurricular activities
- A robust Advanced Learner Program
- A unique blend of traditional brick-and-mortar schooling
and online learning at Hoosier Academies

*Hoosier Academies is a hybrid school authorized by Ball State University for grades K-12. The Indiana Virtual Pilot School
is a virtual program for grades 1-6, administered by the Indiana Department of Education.

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Virtual Pilot School**

COMING in August

Indy's Child's August issue will be a colorful one! We're covering kid-friendly dining, back to school and after school programs, school sports, private schools, autism and special needs and childhood obesity. Want the magazine at home? Just sign up online or mail the slip below with a check for \$15 and we'll get you the magazine at home for a full year!

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Exceptional Child – New Monthly Feature on Special Needs
Private Schools – Unique Education for Unique Children
School Sports – Finding the Right Sport for Your Child
Childhood Obesity – It's Time to Get Moving
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www.gymboreeclasses.com

*Cannot be combined with other offers.

Summer Camp Guide

Day Camps

BETH-EL ZEDECK PRESENTS: "THE DOG DAYS OF SUMMER"

600 W. 70th St.,
Indianapolis, IN 46260
Joanie Waldman
317-259-6854
jwaldman@bez613.org
Co-ed: Day: Traditional
Flexible hours/Call for
brochure/Part-time available
for all ages. Availability
7:30am-6pm or 5:30pm
on Fridays. Half days &
3:00 available also
Session 1: June 7 - July 2;
Session 2: July 6 - July 30
12 mos.+, 18 mos.+, 2 yrs.+,
3 yrs.+, 4 and 5 years +
Cost: Call for full brochure.

Weekly creative themes, arts and
crafts, water fun at the Sidney & Lois
Eskenazi Aquatic Complex for 3's, 4's
and 5's. Water play for 12 months +,
18 months + and 2+. Music/Creative
Movement, Entertainment, Field Trip
Fridays for 4's and 5's.

Our Summer Program recognizes
that children learn through play. Play
fosters total development and should
be interwoven in everything children
do. During camp, children will
experiment and explore by using all
five senses. Our campers will thrive
on creativity, exploration, discovery,
spontaneity and lots of love. OPEN
TO THE PUBLIC.

INDIANAPOLIS ART CENTER SUMMER ART CAMPS

820 East 67th Street,
Indianapolis, IN 46220
317-255-2464
317-254-0486
Classes@IndplsArtCenter.org
<http://www.IndplsArtCenter.org>
Co-ed: Day: Arts
8:30 a.m.-12:30 p.m. (first
graders through age 7), 1:30-
5:30 p.m. (ages 8-12) or 8:30
a.m.-5:30 p.m. (ages 8-12)
now through Aug. 7.
Cost of camps vary.

Clear your refrigerator door to make
room for the art masterpieces your kids
will create during this Spring Break
Art Camp. In our half-day and full-
day art camps, your kids will have the
whole week to let their imaginations run
wild. They'll participate in a variety of
activities like papermaking, fabric dyeing,
sculpture, hand-built ceramics, painting
and drawing. And our instructor-to-
camper ratio is 1:10 (1:8 for the younger
kids). So skip the trip to Florida and give
your kids something more valuable—a
connection to their own creativity!

PRIMROSE SCHOOL AT WEST CLAY AND PRIMROSE SCHOOL AT BRIDGEWATER

Primrose School at WestClay
is located at 131st and Towne
Rd., Carmel, IN 46032
Julie Bowman
Bridgewater/317-848-0123/
WestClay 873-0123
jbowman@primrosewestclay.com

www.primrosewestclay.com

Co-ed: Day
6:00 a.m. until 6:30 p.m.
June 1st through August 5th.
6 weeks through 12 years old.
of camp dependent on age.

Our enrichment camp this year will
be geared around 3 major themes.
Some fieldtrips included in this will
be Conner Prairie, IUPUI Fitness
Program, Train Station, and many
local parks. **Bridgewater is located
on N. Gray Rd. and 146th Street. Our
camp is designed to actively engage
your child through many hands-
on experiments and field trips. Your
child will gain a wealth of knowledge
promoting their overall academic success.
Please contact us to learn how we can
meet your child's needs this summer!
www.primrosebridgewater.com

TODD ACADEMY SUMMER CAMP PROGRAM

302 N. East Street,
Indianapolis, IN 46202
Sharon Todd, Executive Director
317-636-3100
director@toddacademy.com
www.toddacademy.com
Co-ed: Day

Please let us know if financial aid
is needed. Limited availability.
9:00 a.m.-4:00 p.m. M-F
Weekly from June 7, 2010
to August 20, 2010
Ages 10-17
\$135 first week - \$125
each additional camp

Requirements of Campers: To come
and be ready to have a great time! Bring

lunch Monday-Thursday, Friday lunch
provided.

Strategy, gaming, writing, computers,
robotics, programming and much more.
Each camp offers a variety of learning
experiences.

Todd Academy provides a series of camps
designed to engage teens and tweens
in learning while having fun gaming,
learning strategy, writing, robotics,
programming and much more. Check
out the individual weeks for the theme of
the week.

TRADERS POINT CREAMERY FARM CAMP

9101 Moore Road,
Zionsville, IN 46077
Amy Rhodes
317-733-1700
tours@tpforanics.com
www.traderspointcreamery.com

Co-ed: Day
Session 1: June 28 - July 1;
Session 2: July 12 - July 15;
Session 3: August 2 - August 5
Grades 1st through 6th grade.

Your child will experience cow milking,
working with animals, hiking through
pastures, splashing through Eagle Creek,
making crafts and food, learning about
gardening and composting, and playing
games.

Traders Point Farm Camp is a unique
experience unlike any other summer
camp! Each day on the farm, your
child will participate in activities that
awaken the senses and encourage the
understanding of the Traders Point
Creamery organic mission.

Residential Camps

INDIANA UNIVERSITY'S CAMP BROSIUS

N8089 County Road P,
Elkhart Lake, WI 53020
Wendy Iskander
317-274-0606
wiskande@iupui.edu

www.campbrosius.com

Co-ed: Family: Traditional
Week-long reservations are
available to families beginning
June 13 through August 7, 2010.
Housing and food are part of the
weekly rate. June 13 - August 7, 2010
all ages

Weekly rates: adults and teens, \$475 and up;
children ages 3-12, \$400 and up; infants,
\$250; Introductory half-week reservations
are available to first-time guests.: Weekly
rates: adults and teens, \$475 and up; children
ages 3-12, \$400 and up; infants, \$250;
Introductory half-week reservations are
available to first-time guests.

All children must be accompanied by an adult
camper.: All children must be accompanied
by an adult camper.

Paddleboats, sailboats, canoes and kayaks;
pontoon rides, lake hikes, crafts, campfires,
group activities, and friendly competitions.:
Paddleboats, sailboats, canoes and kayaks;
pontoon rides, lake hikes, crafts, campfires,
group activities, and friendly competitions.

Adults may be involved in as many
activities as they wish. Children participate
in supervised, age-appropriate activities.
Counselors are college students representing
a variety of universities and academic plans
of study. Camp is owned and operated by
Indiana University.



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FREE Select G & PG Films
June 8 - August 4
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EVERY TUES & WED @ 10 AM

REGAL SHILOH CROSSING STADIUM 18
10400 East U.S. 36
Avon, IN 46123

UA GALAXY STADIUM 14
8105 East 96th Street
Indianapolis, IN 46256

REGAL VILLAGE PARK STADIUM 17
2222 East 146th Street
Carmel, IN 46032

Kids Meals Available
Seating is Limited
First Come, First Served
Go to www.REGmovies.com
for More Information

Community Partners:

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Indy's Child
CollegeChoice 529
nyhart
kidslinked.com
KTA



2010-2011 ★ **Indy's Child**
Indiana's #1 Magazine for Parents

Cover Kids Contest

We're looking for our next cover stars!

E-mail us by August 1st with the following pieces of
information and we will pick 12-15 lucky winners!

E-mail must be sent to editor@indyschild.com with subject line "Cover Kids Contest."
1. Photo of child (must be recent). 2. Phone Number. 3. Names & Ages

Winners will be notified by e-mail by November 1st. Open to residents of Indiana. Open to
children ages 0-18 and parents of all ages. Submissions due no later than August 1, 2010 at 12 pm.
Selection of winners is non-transferable and parents must sign a photo release prior to cover
shoot. Parents who are comfortable being included in a cover shoot should include their own
photo when submitting entry.

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The Children's Museum of Indianapolis
Climb Time Indy
Color Me Mine
Connor Prairie
The Creative Escape Pottery and Mosaics
Crown Trphy
The Dance Company
Doodle Bugz Kidz in Action
Eden's Pathway
First Baptist Beginnings Preschool and Parents Day Out
Glitz & Blamour Parties
Greatimes Family Fun Park
Greenbriar Cinema Grill
God's Kids Early Learning Ministry
Grossman Law, LLC
Gymboree
Gymnaworld
Hobbs Automotive
Hollingsworth & Zivitz, Attorneys at Law
House of Martial Arts
HugABug Family Entertainment
Indiana School of Etiquette and Protocol
Indy's Incredible Pizza
Interactive Academy
International Talent Academy

Irvington Math Center
Jazzercise
Jewish Community Center
Jibby Jobby Wear-Baby Apparel
Just Between Friends
Kids Commons
Columbus' Children's Museum
Kids Kastle Child Care
Kindermusik by Musical Beginnings
Kits and Kaboodle Classic Toys
Langenwelter Carpet Stain Removal, Inc.
Little Scholars Childcare
Maid Brigade
Marengo Cave
Maria Montessori International Academy
Mass Ave Toys
Monster Mini Golf
Nails by Hilliary
Oberweis Dairy Home Delivery
Pilsung Martial Arts
Pink Slipper Dance Studio
Punkaboo-Personalized Waterproof Labels, Bag Tags & Cards
Recreation Unlimited
Regal Entertainment (Village Park, Galaxy 14 and Shiloh Crossing Cinemas)
Snapperz Family Fun and Sports
Spectrum Sports
Springwood School
Sportastiks
Stelloz Salon + Spa
Trinity Wesleyan Child Care
Tupperware—Winning Partners
AND MUCH MORE!



Win tickets
for 6 people
to **Regal
Cinema!**

Go to www.IndysChild.com, click on Coupons
then on the contest of the month image
to register. Winners selected by July 4.

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From entertainment to dentists and everything in between, Indy's Child's
Coupon-It section of **IndysChild.com** has hundreds of coupons totalling
thousands in savings!

july 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>LIKE THIS CALENDAR? LET US KNOW! E-MAIL EDITOR@INDYSCHILD.COM WITH YOUR SUGGESTIONS AND COMMENTS!</p>				<p>1 NATIONAL POSTAL WORKER DAY DAY CELEBRATION IDEA: Visit your local post office and see if you can take a tour or leave a thank you note for your mail carrier.</p>	<p>2 "I FORGOT" DAY <i>Sorry guys, this day does NOT serve as an excuse if your anniversary or wife's birthday happens to fall on July 2nd!</i></p>	<p>3 Stay Out of the SUN Day! </p>
<p>4 HAPPY 4TH OF JULY!</p>	<p>5 CARIBBEAN DAY CELEBRATION IDEA: Try a caribbean recipe or spend the day by the pool listening to your favorite beach tunes! (Don't forget the SPF!!!)</p>	<p>6 NATIONAL FRIED CHICKEN DAY </p>	<p>7 FATHER-DAUGHTER TAKE A WALK TOGETHER DAY!</p>	<p>8 ON THIS DAY IN 1835, the Liberty Bell cracked. </p>	<p>9 Sugar Cookie Day </p>	<p>10 Teddy Bear's Picnic Day CELEBRATION IDEA: Have a picnic with your favorite teddy bear, family and friends! Don't forget the honey!</p>
<p>11 Barn Day </p>	<p>12 Paper Bag Day CELEBRATION IDEA: Make crafts using paper bags! Need ideas? Just go online and search "paper bag crafts"</p>	<p>13 French Fries Day </p>	<p>14 NATIONAL MACARONI DAY </p>	<p>15 Gummi Worm Day </p>	<p>16 ON THIS DAY IN 1969, the Apollo 11 lifted off on its voyage to the moon.</p>	<p>17 Toss Away the "Could Haves" and "Should Haves" Day</p>
<p>18 Cow Appreciation Day </p>	<p>19 Stick Your Tongue Out Day!</p>	<p>20 Lolli Pop Day </p>	<p>21 Junk Food Day! </p>	<p>22 Rat Catchers Day </p>	<p>23 ICE CREAM CONE DAY! </p>	<p>24 Tell an Old Joke Day</p>
<p>25 Parent's Day</p>	<p>26 HAPPY BIRTHDAY BERT!! </p>	<p>27 Take Your House Plant for a Walk day </p>	<p>28 Chocolate Milk Day </p>	<p>29 NATIONAL LASAGNA DAY </p>	<p>30 Talk in an elevator day</p>	<p>31 ON THIS DAY IN 1790, the first U.S. Patent was issued.</p>

july calendar

Thursday 1

FOURTH OF JULY DROP-IN CRAFT

For young children & their caregivers. Make a star wand to wave at the 4th of July Parade! For more information, call the Children's & Youth Services desk at 844-3363. 10:00 a.m. - Noon. Carmel Clay Public Library Storytime Room. 55 4th Avenue S.E., Carmel. www.carmel.lib.in.us. 317-844-3363.

GO FISH GUYS: FAMILY CONCERT

Fun for all ages. Bring the whole family to experience the music kids and parents love. Tickets are \$15 and kids two and under are free. For more information on Go Fish Guys visit www.gofishguys.com. Purchase Tickets at www.stonescrossing.com/gofish. 6:30 PM. \$15. Stones Crossing Church 7000 W. Stones Crossing Road, Greenwood. www.stonescrossing.com. 317-422-1725.

INDIANAPOLIS INDIANS VS. COLUMBUS CLIPPERS

7:00 pm. \$9 - \$14. Victory Field. 501 W. Maryland St., Indianapolis. www.indyindians.com. 317-269-3545.

TARGET FREE FAMILY NIGHT

Visit The Children's Museum's new exhibit: Rock Stars, Cars, and Guitars. Take part in fun interactive activities that celebrate our rich music heritage. Sponsored generously by Target, the first Thursday of each month. The Children's Museum opens free of charge from 4-8 p.m. 4-8 p.m. Free. The Children's Museum of Indianapolis. 3000 N. Meridian St., Indianapolis. www.childrensmuseum.org. (317) 334-3322.

TARGET FREE FAMILY NIGHT

4-8 pm. The Children's Museum. 3000 N. Meridian St., Indianapolis. www.childrensmuseum.org/. (317) 334-3322.

Friday 2

FAMILY FUN NIGHT AT THE POOL

Patriotic Night: Features a concert on the pool deck. Garfield Aquatic Center. 2345 Pagoda Dr.. 327-7220.

HOOSIER SALON GALLERY PRESENTS FIRST FRIDAYS AT THE MORRIS-BUTLER HOUSE

6-9 pm. Morris-Butler House Museum. 1204 N. Park Ave, Indianapolis. www.historiclandmarks.org. 317-636-5409.

NATURALIZATION CEREMONY

The south lawn of the President Benjamin Harrison Home will be the site of the summer naturalization ceremony for people who have qualified for United States citizenship. Families and friends of these celebrants will be present to witness this exciting day. Judge Sarah Evans Barker will preside over the court ceremony that will take place in a tent on the south lawn of the museum property. Free admission to ceremony. 10 a.m. Free admission to ceremony. President Benjamin Harrison Home. 1230 N. Delaware St., Indianapolis. www.pbhh.org. 317.631.1888.

NATURALIZATION CEREMONY

10 am. President Benjamin Harrison Home. 1230 N. Delaware St, Indianapolis. www.presidentbenjaminharrison.org. 317-631-1888.

SUMMER NIGHTS SUNSET BARBEQUES

6 - 8 pm. \$30 adults; \$19 ages 7 - 10; \$10 ages 4 - 6. Indianapolis Museum of Art. 4000 Michigan Rd, Indianapolis. www.imamuseum.org. 317-920-2659.

Saturday 3

FAMILY STORYTIME

For young children & their caregivers. Bring the whole family to share literature through stories, rhymes and songs. For more information, call the Children's & Youth Services desk at 844-3363. 10:00 - 10:30 a.m. and 11:00 - 11:30 a.m. Carmel Clay Public Library Storytime Room. 55 4th Avenue S.E., Carmel. www.carmel.lib.in.us. 317-844-3363.

ROCKIN' SUMMER SATURDAYS: GROOVY SATURDAYS

10 am - 3 pm. Museum Admission: \$15.50; \$14.50 seniors; \$10.50 ages 2 - 17; FR. The Children's

Museum. 3000 N. Meridian St, Indianapolis. www.childrensmuseum.org/. (317) 334-3322.

Sunday 4

4TH OF JULY ICE CREAM SOCIAL

35th Annual Ice Cream Social! Cold ice cream on a hot day is always inviting, especially when it is the Fourth of July! Enactors and live music will fill the President Benjamin Harrison Home with summertime sounds, music and memories. Entertainment includes Silly Safaris, re-enactors, the Indianapolis Fire Department and a variety of Victorian games for children. 11:30 a.m. - 4:00 p.m. Adults \$10; children (ages 5 to 17) \$5. President Benjamin Harrison Home. 1230 N. Delaware St., Indianapolis. www.pbhh.org. 317.631.1888.

CANAL FAMILY FEST

4:30 - 9 pm. Indiana State Museum. 650 W. Washington St, Indianapolis. www.in.gov/ism. 317-232-1637.

CARMELFEST

"Celebrate Independence Day with 2-days of Fun, Food, and Entertainment at CarmelFest on July 4th & 5th at the Carmel Civic Center. Event activities include an Independence Day Parade, the Freedom Ball, the 5K Freedom Run, and an array of Family activities. The CarmelFest 2-day festival (noon to 10 pm) offers a KidZone, crafts, food, exhibits, live entertainment on three stages and more. Admission and Parking are FREE. For details visit www.CarmelFest.net. FREE. CarmelFest. 1 Civic Center, Carmel. www.carmelfest.net. 317-581-0331.

INDEPENDENCE DAY: ICE CREAM SOCIAL AND "LIVE FROM DELAWARE STREET"

11:30 am - 4 pm. \$10 general admission; \$4 students ages 5 - 17. President Benjamin Harrison Home. 1230 N. Delaware St, Indianapolis. www.presidentbenjaminharrison.org/. 317-631-1888.

INDIANAPOLIS INDIANS VS. LOUISVILLE BATS

6 pm. \$9 - \$14. Victory Field. 501 W. Maryland St, Indianapolis. www.indyindians.com. 317-269-3545.

JULY 4 BUFFET FAMILY CELEBRATION

Old Fashioned Family Celebration 1-4pm Patriotic Ceremonies and songs and surprises--games and fun activities for all. Buffet includes: hot dogs, chicken fingers, BBQ pulled pork sandwiches, Corn salad, field greens with blueberries, raspberries and feta cheese, chips, beverages and July 4th "Firecracker Dessert" Cash bar available. 1-4 pm. \$25.00 adults \$15.00 Youth inclusive price Reservations required. Indianapolis Propylaeum. 1410 N. Delaware St. #2, Indianapolis. www.thepropylaeum.org. 317-638-7881.



Have a
Safe and
Happy
4th of
July!



Monday 5

INDIANAPOLIS INDIANS VS. LOUISVILLE BATS

7:00 pm. \$9 - \$14. Victory Field. 501 W. Maryland St., Indianapolis. www.indyindians.com. 317-269-3545.

CARMELFEST

JULY 4TH FESTIVAL

noon - 10 p.m.

(Children's events,

and for all ages entertainment, food, music)

JULY 5TH PARADE 10:30am, FESTIVAL noon-

10:45pm, FIREWORKS 9:45pm. JULY 4TH

NOON-10PM, JULY 5 10:30AM-10:45PM. free.

One Civic Square, Carmel. www.carmelfest.net. 317-581-0331.

Tuesday 6

COMMUNITY TUESDAY

Reduced Price: \$7 admission. Indianapolis Zoo. 1200 W. Washington St., Indianapolis. www.indyzoo.com. 317-630-2001.

CONVERGENCE

12:15 pm. Indianapolis Artsgarden. 110 W. Washington St., Indianapolis. www.indyarts.org. 317-624-2563.

FISHERS SUMMER CONCERT: PAUL BUTLER & PARTNERS IN CRIME

(Elvis Tribute) For 29 years fans have gathered in various venues to relieve memories of Elvis Presley with Paul Butler & Partners in Crime. King of the Road is a title given to Paul by the producers of one of the many television documentaries in which he has participated. And it definitely describes his lifestyle! He's constantly on tour - promoting his albums and his true-to-life Tribute to Elvis at Indiana venues such as the Penrod Art Fair, Memphis and Las Vegas. Voted 1999 World's Truest Spirit of Elvis in Memphis Tennessee. Volunteer support provided by Lantern Road Fellowship. 7:00 - 9:00 p.m. FREE. Fishers Town Hall. 1 Municipal Dr., Indianapolis. www.fishers.in.us/. 317-595-3111.

TEEN CRAFT CLUB: CATAPULT CONTEST

Learn about the role of the catapult in medieval warfare, create a small, workable catapult out of household items, and enter the catapult building contest. Create your very own catapult at home and enter it into the contest to see which machine can propel a Nerf ball the furthest! Visit www.greenwoodlibrary.us/teencatapults.asp for contest guidelines. 2 p.m. Greenwood Library. 310 S. Meridian St., Greenwood. www.greenwood.lib.in.us/. 317-881-1953.

COMMUNITY TUESDAY AT WHITE RIVER STATE PARK

The first Tuesday of every month means discounts at all of your favorite attractions: Eiteljorg, NCAA, Indianapolis Zoo, Indiana State Museum and White River Gardens. All Day. Discount Tuesday. See Website for details or call. White River State Park. 801 W. Washington St., Indianapolis. www.inwhiteriver.org. 800-665-9065.

MOTHERS & MORE CHAPTER 92 AVON/BROWNSBURG/W INDY

Mothers & More is a non-profit organization dedicated to improving the lives of mothers through support, education and advocacy. We address mothers' needs as individuals and members of society, and promote the value of all the work mothers do. We meet on the first Tuesday of each month at the Messiah Lutheran Church, 801 S. Green St., Brownsburg, IN at 7 pm. This chapter serves the Plainfield, Avon, Brownsburg and W Indy areas. If you would like more information, you may contact Kim Bayer @ info@mothersandmore92.org or 317-830-8004. 7-9 pm. Messiah Lutheran Church. 801 S. Green St., Brownsburg. www.mothersandmore92.org. 317-830-8004.

Wednesday 7

ALL KIDS KONCERTS: PERFORMER: SENSIBLE SHOES TRIO

10:00-11:00am. West Park. 2700 W. 116th St., Carmel. www.carmelclayparks.com/?action=parksgnways_west. 317-848-7275.

FAMILY FUN NIGHT AT THE POOL

Western Nights. Northwestway Aquatic Center. 5253 W. 62nd St.. 327-7341.

Thursday 8

INDIANA FEVER VS. TULSA SHOCK

7 pm. Consecro Fieldhouse. 125 S. Pennsylvania St., Indianapolis. www.consecrofieldhouse.com. 317-917-2500.

NICK IVANOVICH

12:15 pm. Indianapolis Artsgarden. 110 W. Washington St., Indianapolis. www.indyarts.org. 317-624-2563.

SUMMER BABIES

For children from birth - 24 months & their caregivers. For more information, call the Children's & Youth Services desk at 844-3363. 10:30-10:50 a.m., 11:30-11:50 a.m., & 12:30 12:50 p.m. Carmel Clay Public Library Storytime Room. 55 4th Avenue S.E., Carmel. www.carmel.lib.in.us. 317-844-3363.

JUNGLE TALES

Join us for nature-related stories, activities and crafts about a different topic each month. Registration required. Ages: 2-5 with adult. 10-11AM. \$3. Garfield Park Conservatory. 2505 Conservatory Drive, Indianapolis. www.garfieldgardensconservatory.org. (317)327-7580.

Friday 9

21ST ANNUAL ICE CREAM SOCIAL ON THE CIRCLE

Delicious chocolate, strawberry, caramel, and butterscotch sundaes are on the menu at the American Dairy Association's 21st annual Ice Cream Social on the Circle. Celebrity Scoopers (area media, sports & business notables)

will help prepare sundaes. Clowns, face painters & mascots will entertain; interactive games; displays; meet Molly the Cow from Purdue University Dairy Sciences (a real, live cow!). 11am to 2pm. \$3 per huge ice cream sundae. Monument Circle. Northwest Quadrant, Indianapolis. www.winnersdrinkmilk.com.

COOL CREEK CONCERT SERIES

Fun Family event with a band and kid's area. Featuring Lemon Wheel. Located at Cool Creek Park in Carmel/Westfield. Music begins at 6:45 pm. 6:45 pm. \$5 per person. Cool Creek Park. 2000 E 151st ST, Carmel. coolcreekconcertseries.com. 317-770-4400.

EARLY MUSIC FESTIVAL: PIFFARO - NORTH AMERICA'S PREMIER RENAISSANCE

Wind band! Their highly polished performances as the pied-pipers of Early Music, Piffaro, The Renaissance Band has delighted audiences throughout the United States, Europe, Canada and South America. 7:30 pm. Eugene and Marilyn Glick Family Foundation. 8425 Woodfield Crossing Blvd. Ste 300, Indianapolis. 317-232-1882.

FAMILY FUN NIGHT AT THE POOL

Western Nights. Indy Island Aquatic Center. 8575 E. Raymond St.. 862-6876.

FRANK SINATRA CELEBRATION BAND

Peter Oprisko puts on an exciting, engaging and interactive performance that appeals to audience of all ages and has attracted scores of dedicated fans. Often described as the "next Frank Sinatra," Chicago-based Oprisko has embarked on a path that has led him to become one of the country's most in-demand and acclaimed concert and recording artists. 7: 00 pm. Seats: \$10 Bench: \$8 Lawn: \$6 Lap Children Ages 2 and Under: FRE. Garfield Park MacAllister Center. 2432 Conservatory Dr, Indianapolis. www.indygov.org/eGov/City/DPR/Programs/Arts/Garfield+Park+Arts+Center.htm. 317-327-7066.



Find the butterflies

March 20-September 7 • indianapoliszoo.com

PIRATES IN THE WOODS NIGHT HIKE AT RITCHEY WOODS

Join our nature staff for a night hike! Begin your evening at the fire. Bring food (like hotdogs or s'more fixin's) and drinks for the campfire. We supply marshmallows and roasting sticks. What in the world do pirates have to do with Ritchey Woods? Join us and find out. Feel free to dress in yer best pirate garb. Pre-registration is required and ends one week prior to program. (fee per participant ages 3 years and up. No charge for children under 3.). 7-9pm. Resident: \$4; Non-Resident: \$6. Ritchey Woods Nature Preserve. 10410 Hague Rd, Fishers. www.fishers.in.us/rwnp. 317-595-3150.

SUMMER NIGHTS SUNSET BARBEQUES

6 - 8 pm. \$30 adults; \$19 ages 7 - 10; \$10 ages 4 - 6; price includes summ. Indianapolis Museum of Art. 4000 Michigan Rd, Indianapolis. www.imamuseum.org. 317-920-2659.

Saturday 10

CARMEL WATER-AND-INK CLUB CLASS

The Carmel Clay Public Library is presenting a monthly Chinese Water and Ink, or Sumi-e Painting, workshop in collaboration with the Carmel-Water-and-Ink Club. The class is open to the public (18 years or older) at no charge. For more information, e-mail Gonzalo T. Chua @ gonzchua@sbcglobal.net. 1:00 - 3:00 p.m. Carmel Clay Public Library Program Room. 55 4th Avenue S.E., Carmel. www.carmel.lib.in.us.

FAMILY TOURS AT THE IMA

1:30 p.m. & 2:30 p.m. Indianapolis Museum of Art. 4000 Michigan Rd, Indianapolis. www.imamuseum.org. 317-920-2659.

FREE SUMMER CONCERT

Zanna-Doo 7pm @ The Greenwood Amphitheatre. Greenwood Community Center. 100 Surina Way, Greenwood. www.greenwood.in.gov/. 317-881-4545.

MID SUMMER K-NIGHT'S FAIR

Mid Summer K-Night's Fair at the Greenwood Public Library, Saturday, July 10th from 11:00 a.m. until 3:00 p.m. - Celebrating "Dragons, Dreams and Daring Deeds - Summer Reading

2010" at GPL. The Library grounds will be turned into a Medieval Village for all to enjoy on Saturday, July 10th. See live heavy armored combat (Knights with BIG weapons), rapier combat (sword fighting), Spinning, Textile crafts, livestock breeds from that era, and medieval folkdance. This living history Fair will be brought to GPL by re-enactors from the Society for Creative Anachronism, Barony of Sternfeld, with live demonstrations and crafts from the Middle Ages including hands-on exhibits and authentic costuming. Touch, See and Taste what life was like in the Middle Ages! We will move the village into the Library in case of bad weather. Thanks to our generous Title sponsor - Community Hospital South - this program is FREE of charge. 10:00am - 2:00pm. Greenwood Library. 310 S. Meridian St., Greenwood. www.greenwood.lib.in.us/. 317-881-1953.

ORIGINAL PET CARNIVAL

FREE to attend Hosted by IVEC (Indianapolis Veterinary Emergency Center) www.indyvet.com We invite the public to bring their pets. Guests can explore booths from more than 50 local retailers, vendors and rescue organizations; learn more about area shelters; observe demonstrations; and participate in either of the pet competitions - Best Dressed and Best Pet Trick. IVEC asks that attendees bring an item(s) to donate to one of four local animal shelters: Cats Haven, Humane Society of Johnson County, Indianapolis Animal Care & Control, and Our Lil' Bit of Heaven. 11am - 3pm. FREE. IVEC. 5425 Victory Dr, Indianapolis. indyvet.com. 800-551-4879.

RADIO DISNEY CONCERT FEATURING ALLSTAR WEEKEND

Don't miss your opportunity to rock out and meet this up-and-coming band. An autograph session will follow the concert. Noon. Free with museum admission. The Children's Museum of Indianapolis. 3000 N. Meridian St., Indianapolis. www.childrensmuseum.org. (317) 334-3322.

FREE PUBLIC FAMILY TOURS

The IMA offers free, 30-minute tours for families with children of all ages on the second and fourth Saturday of each month. 1:30 and 2:30 pm. FREE.

Indianapolis Museum of Art. 4000 Michigan Road, Indianapolis. imamuseum.org. 317-923-1331.

Sunday 11

EARLY MUSIC FESTIVAL: EL MUNDO PRESENTS ZARZUELA Y MAS!

An evening of Spanish Baroque Opera. This chamber music group specializes in music from Spain, Latin America and Italy. The zarzuela is a dramatic musical genre that is particular to Spanish culture. 7:30 pm. Eugene and Marilyn Glick Family Foundation. 8425 Woodfield Crossing Blvd. Ste 300, Indianapolis. 317-232-1882.

Monday 12

12TH ANNUAL WEST DISTRICT BRANCH YMCA STRONG KIDS GOLF OUTING

Join us for our West District Branch YMCA 12th Annual Strong Kids Golf Outing, on July 12th at the Country Club of Indianapolis Golf Course. Proceeds from the golf outing fund our YMCA Strong Kids Program. Strong Kids provides financial assistance to

area youth who would otherwise be unable to participate in YMCA programs, such as Before & After School programs, Summer Day Camps, Teen Enrichment programs and Youth Sports. If you are interested in registering for the West District YMCA Golf Outing or becoming a Hole Sponsor, please contact Susie Paul at the West District YMCA office at 317-484-9622. 11:00am. Varies. Country Club of Indianapolis. 2801 Country Club Road, Indianapolis. www.indymca.org. 317-484-9622.

DIY MONDAY

Learn how to turn ordinary items into artwork. July item: Duct Tape Book Bags. All materials will be provided. For more information, call Young Adult Services at 814-3983. 1:30 - 2:30 p.m. Carmel Clay Public Library Young Adult Lounge. 55 4th Avenue S.E., Carmel. www.carmel.lib.in.us. 317-814-3983.

JAMMIE TIME - GOOD NIGHT, SLEEP TIGHT

For young children & their caregivers. Join us for stories, rhymes and songs - and remember to wear your jammies! For more information, call

the Children's & Youth Services desk at 844-3363. 7:00-7:30 p.m. Carmel Clay Public Library Storytime Room. 55 4th Avenue S.E., Carmel. www.carmel.lib.in.us. 317-844-3363.

Tuesday 13

BEACH PARTY

For children entering grades 3-5. Limbo music? Check. Coconut bowling? Check. Throw in a frozen treat and a lei-making craft, and you'll be soaking up the fun at CCPL Beach Party Central! Registration is required and begins Tuesday, July 6, either online, in person or by calling 844-3363. 6:30-7:30 p.m. Carmel Clay Public Library Storytime Room. 55 4th Avenue S.E., Carmel. 317-844-3363.

BRANDON MEEKS

12:15 pm. Indianapolis Artsgarden. 110 W. Washington St., Indianapolis. www.indyarts.org. 317-624-2563.

FISHERS SUMMER CONCERT: DAVE & RAE

(Pop) Enjoy Fishers favorites Dave & Rae as they perform rock and roll mixed with high energy, playing music from the 70's to today. Don't miss this very popular band! Volunteer support provided by East 91st Street Christian Church. 7:00 - 9:00 p.m. FREE. Fishers Town Hall. 1 Municipal Dr, Indianapolis. www.fishers.in.us/. 317-595-3111.

TUESDAY NIGHT AT THE MOVIES FOR TEENS

Join us for movies on the big screen and free munchies! No registration is required, but you must be between the ages of 12 and 19. 6 p.m. Free. Noblesville Library. One Library Plaza, Noblesville. www.hepl.lib.in.us. 317-773-1384.

DOWN SYNDROME INDIANA D.A.D.S. MEETING

Dads Appreciating Down Syndrome, or D.A.D.S. is a Down Syndrome Indiana group of fathers with children who happen to have Down syndrome. We hesitate to call our self a "support group", even though we do, in many ways, support each other. We prefer to think of D.A.D.S. as an "action group." You won't find us in a church basement drinking warm coffee and whining about having children with Down syndrome. Instead, you'll find us out in the community coaching our kid's sports teams, participating in our children's IEPs, volunteering at local Down syndrome fund raising events, and even sponsoring fund raising events of

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Lawrence County
INDIANA

Explore underground at Bluespring Caverns, canoe down the White River, or rent a GPS at the Visitor Center and hunt for geocaches at Spring Mill State Park. Visit our web site or call today for details.



1-800-798-0769 • www.limestonecountry.com

our own. Join us for dinner on us, to discuss the unique challenges and joys of fathering an individual with Down syndrome. For more information about D.A.D.S contact Ray Glowner at: rayglowner@sbcglobal.net. The D.A.D.S. facebook group is located at: www.facebook.com/group.php?gid=110288739806. 6:30-8:30 P.M. Free. Loon Lake Lodge. 6880 E 82nd St, Indianapolis. www.dadsnational.org.

Wednesday 14

SUMMER SOUPS & SALADS COOKING CLASS

Spice up your kitchen life! Join Sarah Stout, CCN and raw foods chef, for our monthly Healthy Cooking Class at Optimal Wellness Center. Learn simple ways to prepare delicious and fresh summer soups and salads! Whether you are a seasoned chef or new to the kitchen, our classes will add inspiration & variety to your meals! Pre-registration is required. 6:00-8:00pm. \$25. Optimal Wellness Center. 4545 Northwestern Dr. Suite A, Zionsville. www.wecreatewellness.com. (317) 870-7220.

ALL KIDS KONCERTS: PERFORMER: RUDITOONZ

10:00-11:00am. River Heritage Park. 11813 River Rd, Carmel. www.carmelclayparks.com/?action=parksgrnways_riverheritage. 317-848-7275.

CRITICAL MASS BOOK DISCUSSION GROUP

Please Note: this has been moved to the second Wednesday of the month. "Telex from Cuba" by Rachel Kushner. 7:00 - 8:30 p.m. Carmel Clay Public Library Book Talk Room. 55 4th Avenue S.E., Carmel. www.carmel.lib.in.us.

DROP-IN READ ALOUD

Children & caregivers are invited to join us for a fun, informal read-aloud as a member of the Children's staff shares a few stories. Check at the Children's & Youth Services desk for location. 10:00 a.m. & 11:00 a.m. Carmel Clay Public Library-Children's & Youth Services Desk. 55 4th Avenue S.E., Carmel. 317-844-3363.

HOW-TO WEDNESDAY

For middle & high school students. July's Skill: To be announced. For more information, call 814-3983. 1:30 - 2:30 p.m. Carmel Clay Public Library Young Adult Lounge. 55 4th Avenue S.E., Carmel. www.carmel.lib.in.us. 317-814-3983.

INDIANA FEVER VS. CONNECTICUT 1 pm. Conseco Fieldhouse. 125 S. Pennsylvania St, Indianapolis. www.consecofieldhouse.com. 317-917-2500.

PAGE TURNERS BOOK DISCUSSION GROUP

Book title to be announced. 9:30 a.m. - 11:00 a.m. Carmel Clay Public Library Book Talk Room. 55 4th Avenue S.E., Carmel. www.carmel.lib.in.us.

WEST DISTRICT BRANCH YMCA POOL PARTY



pool party at Clarks Creek Elementary in Plainfield. The event is free and there will be games and door prizes. Dinner will be provided by Qdoba, from 6 - 7:30pm or while supplies last, for a \$5 donation per person to the Strong Kids Campaign. Children under 2 eat free. Please bring your suits and towels! For more information contact the West District Branch YMCA office at 317-484-9622. Location: Clarks Creek Elementary 401 Elm Drive Plainfield, IN 46168. 6:00 - 8:00 pm. free-donation to our Strong Kids Campaign. Clarks Creek Elementary. 401 Elm Drive, Plainfield. www.indymca.org. 317-484-9622.

MOMS AND MORE MEETING AT CENTER FOR INQUIRY

Snacks, conversation, light exercise, and reflection. Children are welcome with volunteers available to care for children while mothers converse. 10-11:30am. Free. Center for Inquiry. 350 Canal Walk, Suite A,

Come splash the evening away at the West District's 2nd Annual pool party! Join us on Wednesday, July 14, 2010, between 6:00 - 8:00pm, for "OUR" largest

Indianapolis. www.mommymoon.org. 317-654-8684.

Thursday 15

SOUTHSIDE MOTHERS AND MORE CHAPTER MEETINGS

Indianapolis Southside Mothers and More is a non-profit organization that cares for the caregiver. Meetings are held the third Thursday of every month. If you would like more information on our group send an e-mail to our membership chairperson Faith at mothersandmore39@comcast.net. 7-9pm. Methodist Medical Plaza. 8830 S. Meridian St, Indianapolis. mothersandmore39.home.comcast.net. (317) 862-3525.

Friday 16

COOL CREEK CONCERT SERIES

Fun Family event with a band and kid's area. Featuring Rick K and the Allnighters. Located at Cool Creek Park in Carmel/Westfield. Music begins at 6:45 pm. 6:45 pm. \$5 per person. Cool Creek Park.

2000 E 151st ST, Carmel. coolcreekconcertseries.com. 317-770-4400.

FISHERS PARKS & RECREATION'S ALOHA TO SUMMER!

Summer break is about to come to an end. Why not celebrate it with a luau? We will have games and activities to fit the theme. Wear your Hawaiian attire and help us say Aloha to Summer! For families of all ages; parent supervision is required. Min 25/Max 100. Pre-registration is required; begins 12/8/09 and ends 7/9/10. 5:30-7:30 p.m. Free. Roy G. Holland Memorial Park. 1 Park Drive, Fishers. www.fishers.in.us. 317.595.3150.

INDIANA FEVER VS. ATLANTA DREAM

7 pm. Conseco Fieldhouse. 125 S. Pennsylvania St, Indianapolis. www.consecofieldhouse.com. 317-917-2500.

KIDS NIGHT OUT

Enjoy an evening out while we entertain you kids at the West District YMCA Program Office. Crafts, games, physical activities and lots of fun!

BASEBALL UP CLOSE

INDYINDIANS.COM

INDIANAPOLIS INDIANS

Take IN THE GAME. TAKE THE DAY OFF.

Join us at Victory Field as the Indians return home to Indianapolis for an exciting series, and a fun way to get out and enjoy the summer with your family and friends.

MONDAY DOLLAR MENU: Hot dogs, Cracker Jack®, peanuts, popcorn and chips are only \$1 each.

VICTORY FIELD COLUMBUS Thr 7:00 pm July 1	VICTORY FIELD COLUMBUS Fri 7:15 pm July 2	VICTORY FIELD LOUISVILLE Sun 6:00 pm July 4	VICTORY FIELD LOUISVILLE Mon 7:00 pm July 5	VICTORY FIELD LEHIGH VALLEY Mon 7:00 pm July 19
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GET YOUR SEATS TODAY AT INDYINDIANS.COM

Light dinner and snack are served. (Child must be potty trained). Please register the Tuesday before the scheduled event. Times: 6:30-10:00 pm Fee: \$20.00/per child/\$10.00 each additional sibling. 6:30 - 10PM. \$20 per child/\$10 each Sibling. West District Branch YMCA. 7811 W. Morris Street, Indianapolis. www.indymca.org. 317-484-9622.

Saturday 17

CRAFT-A-STORY

Read stories and make a craft with your child, ages 4-6. Books and craft supplies will be provided. Registration is required. 3 p.m. Free. Noblesville Library. One Library Plaza, Noblesville. www.hepl.lib.in.us. 317-773-1384.

FAMILY FUN NIGHT AT THE POOL

Western Nights. Salm Park Aquatic Center. 6801 E. 91st St.. 849-2227.

FISHERS PARKS & RECREATION PROGRAM PARTNER: SAVINGS SOIREE

Learn secrets to dramatically cut your budget on groceries and toiletries. Learn Frugal Tips & Secrets, The Basics of Coupons, How to Get Paid to Shop, and more! Games and prizes! For ages 18 & up. Registration ends one day before event. 9:00-11:30 a.m. \$25 (includes workbook and pen). Roy G. Holland Memorial Park Building. 1 Park Drive, Fishers. www.ingoodcents.blogspot.com. (317)595-3155.

FREE SUMMER CONCERT

Systems Go (United States Air Force Rock Band) 7pm @ The Greenwood Amphitheatre. Greenwood Community Center. 100 Surina Way, Greenwood. www.greenwood.in.gov. 317-881-4545.

IMPROVING YOUR BACKYARD HABITAT

Bring out the whole family to learn how you can attract birds, butterflies, chipmunks, rabbits, and more to your own backyard. Each family will make a bird feeder that they can hang in their backyard and watch what happens! Registration required for head of household only. Pre-registration is required and ends one week prior to program. Fee is per project. 3-4:30pm. Residents: \$10; Non-Resident: \$15. Ritchey Woods Nature Preserve. 10410 Hague Rd, Fishers. www.fishers.in.us/rwnp. 317-595-3150.

MAP MUSIC FEST

Join the teens of the Museum Apprentice Program (MAP) for their summer festival. Explore the art of musicians, the science of sound, and the history of rock 'n' roll. Participate in hands-on activities, enjoy concerts, and have fun exploring the museum's newest exhibit, Rock Stars, Cars, and Guitars. 10 a.m. - 3 p.m. Free with museum admission. The Children's Museum of Indianapolis. 3000 N. Meridian St., Indianapolis. www.childrensmuseum.org. (317) 334-3322.

Sunday 18

CELEBRATE THE HOT DOG AT RITCHEY WOODS NATURE PRESERVE

July is National Hot Dog Month. We love celebrating at Ritchey Woods and we love hot dogs, so we put the two together. Join us around the campfire. No need to bring a thing. We will supply hotdogs (veggie dogs available upon request - please make a note on your registration form), buns, ketchup, mustard, chips, carrots, lemonade, water, chocolate, graham crackers,

marshmallows, roasting sticks, hand wipes, and hand sanitizer. We will end our celebration with a hike though Ritchey Woods. Pre-registration is required and ends one week prior to program. (fee per participant ages 3 years and up. No charge for children under 3.). 5-7pm. Residents: \$6; Non-Resident: \$9. Ritchey Woods Nature Preserve. 10410 Hague Rd, Fishers. www.fishers.in.us/rwnp. 317-595-3150.

Monday 19

AMERICAN GIRLS CLUB: BUG-A-LICIOUS!

In certain cultures around the world, creatures like beetles, stink bugs, and grubs are not seen as pests, but as food. In places where protein sources are rare, they are a vital part of the diet. Though they are relegated to game show gross-out props in much of the West, these creatures are actually one of the greenest sources of protein on earth. Come and explore the good, the bad and the ugly of bugs. Don't worry! Our snacks will give you options if you don't want to taste our edible bugs! Mmmm...yum. 4:30 pm. Greenwood Library. 310 S. Meridian St., Greenwood. www.greenwood.lib.in.us/. 317-881-1953.

FAMILY FILMS

For young children & their caregivers. Are You My Mother?, Don't Let the Pigeon Drive the Bus!, Knuffle Bunny. For more information, call the Children's & Youth Services desk at 844-3363.

10:00 - 10:30 a.m. and 11:00 - 11:30 a.m. Carmel Clay Public Library Storytime Room. 55 4th Avenue S.E., Carmel. www.carmel.lib.in.us. 317-844-3363.

FAMILY FUN NIGHT AT THE POOL

Western Nights: Ellenberger Pool. 5301 E. Saint Clair St.. 327-7176.

INDIANAPOLIS INDIANS VS. LEHIGH VALLEY IRONPIG

7:00 pm. \$9 - \$14. Victory Field. 501 W. Maryland St, Indianapolis. www.indyindians.com. 317-269-3545.

Tuesday 20

INDIANAPOLIS INDIANS VS. LEHIGH VALLEY IRONPIG

7:00 pm. \$9 - \$14. Victory Field. 501 W. Maryland St, Indianapolis. www.indyindians.com. 317-269-3545.

THE HUNGER GAMES

Race Against Time. 1:00 - 2:00 p.m. Carmel Clay Public Library Young Adult Lounge. 55 4th Avenue S.E., Carmel. www.carmel.lib.in.us. 317-814-3983.

FISHERS SUMMER CONCERT: PEACE TRAIN

7:00 - 9:00pm. FREE. Fishers Town Hall. 1 Municipal Dr., Fishers. www.fishers.in.us/. 317-595-3111.

Wednesday 21

ALL KIDS KONCERTS: PERFORMER: ISLAND BREEZE

10:00-11:00am. West Park. 2700 W. 116th St, Carmel. www.carmelclayparks.com/?action=parksgnways_west. 317-848-7275.

BEACH BASH

Perfect Summer Fun with Sun, Sand, Games, a DJ, Contests and much more!! Located at Morse Beach and Park from 11am to 2pm. 11am-2 pm. FREE. Morse Beach and Park. 317-770-4400.

FAMILY FUN NIGHT AT THE POOL

Pirate Nights. Rhodius Pool. 1720 W. Wilkins St.. 327-7328.

INDIANAPOLIS INDIANS VS. LEHIGH VALLEY IRONPIGS

1 pm. \$9 - \$14. Victory Field. 501 W. Maryland St, Indianapolis. www.indyindians.com. 317-269-3545.

THE DIMENSION OF ILLUSION

For families with children of all ages. Join us for a mix of mystery and maniacal mayhem with Rusty Ammerman. He has performed in nine countries and 43 states for audiences of all ages. Free tickets are required and will be available beginning Wednesday, July 14, online or at the Children's Reference desk. 4:00 - 4:45 p.m. or 7:00 - 7:45 p.m. Carmel Clay Public Library Program Room. 55 4th Avenue S.E., Carmel. www.carmel.lib.in.us. 317-844-3363.

Thursday 22

FISHERS PARKS & RECREATION: SAFE SITTER-SESSION 2

This nationally recognized program teaches sitters how to have fun with children, recognize a medical emergency and know the appropriate action to take, how to handle specific ages, safety for the sitter and the children, preventing problem behavior, and the business of baby sitting. For ages 11-13. Min 8/Max 16. Registration begins 12/8/09 and ends one week prior to class. 9:00 a.m.-4:00 p.m. Residents: \$34; Non-Residents: \$51. Fishers Train Station. 11601 Municipal Dr, Fishers. www.fishers.in.us/parks. 317.595.3150.

Join Fishers Parks & Recreation for the 2010

Fishers Summer Concert Series

FREE!

Tuesday Nights
7:00-9:00 p.m. on the lawn at
Fishers Town Hall
1 Municipal Dr.

6/1 Living Proof Primrose School at Gray Eagle
The Leader in Educational Child Care®

6/15 Big Daddy Caddy KELLY DATHER
6/22 Toy Factory TOY FACTORY

6/29 BBI BBI

7/6 Paul Butler & Partners in Crime BOOMERANG
7/13 Dave & Rae Griddard School
116th & Brooks School Rd

New Date!
7/20 Peace Train State Farm.com
Mike Kleine, Haleigh Krauter, Ritchie Deaton, Jessica Bushor.

No scooters, Razors®, skateboards, rollerblades or bicycles, please. Visit www.fishers.in.us/parks for more information and rain dates. Or, call our Weather Line at (317) 595-3491.

www.fishers.in.us/parks

Bring a canned food donation to each concert to support the Hamilton County Harvest Food Bank!

Grant support from LEGACY FUND

INDIANA FEVER VS. LOS ANGELES SPARKS

7 pm. Conseco Fieldhouse. 125 S. Pennsylvania St, Indianapolis. www.consecofieldhouse.com. 317-917-2500.

TEEN GAMING NIGHT - WII

We're bringing out the Wii, bring your friends and come game. We've got Guitar Hero, Sports and more. 6 p.m. Free. Noblesville Library. One Library Plaza, Noblesville. www.hepl.lib.in.us. 317-773-1384.

Friday 23

COOL CREEK CONCERT SERIES

Fun Family event with a band and kid's area. Featuring Polka Boy. Located at Cool Creek Park in Carmel/Westfield. Music begins at 6:45 pm. \$5 per person. Cool Creek Park. 2000 E 151st ST, Carmel. coolcreekconcertseries.com. 317-770-4400.

EARLY MUSIC FESTIVAL: CANCONIER SAN FRANCISCO'S IMPROVISATORY

Medieval ensemble CANCONIER The Black Dragon: Music from the Time of Vlad Dracula, the infamous Vlad the impaler, whose tyrannical rule of Wallachia (Southern Romania) shocked Europe. 7:30 pm. Eugene and Marilyn Glick Family Foundation. 8425 Woodfield Crossing Blvd. Ste 300, Indianapolis. 317-232-1882.

FAMILY FUN NIGHT AT THE POOL

Pirate Nights. Eagle Creek Beach. 7602 Eagle Creek Beach Dr.. 327-7132.

FREE OUTDOOR MOVIE AT GREENWOOD LIBRARY: SHREK

The Greenwood Public Library has always been a gathering place for the community. The Starlight Movie Nights at Greenwood Public Library is a way for the community to gather and have a fun, FREE, night out under the stars at the library. As a part of 'Dragons, Dreams, and Daring Deeds' the 2010 Summer Reading program theme, the Library is showing three medieval movies. 7:00 pm. Greenwood Library. 310 S. Meridian St., Greenwood. www.greenwood.lib.in.us/. 317-881-1953.

INDIANAPOLIS INDIANS VS. CHARLOTTE KNIGHTS

7:15 pm. \$9 - \$14. Victory Field. 501 W. Maryland St, Indianapolis. www.indyindians.com. 317-269-3545.

MONTY PYTHON AND THE HOLY GRAIL (1975)

Midnight showing gates open at 10 pm. \$9; \$5 members; \$7 students; FREE ages 6 & under. Indianapolis Museum of Art. 4000 Michigan Rd, Indianapolis. www.imamuseum.org. 317-920-2659.

PRESCHOOL DANCE PARTY

For young children & their caregivers. Do your preschoolers have ants in their pants? Join us for an hour of dancing fun as we shake our sillies out

and rock the library! For more information, call the Children's & Youth Services desk at 844-3363. 10:00 - 11:00 a.m. Carmel Clay Public Library Storytime Room. 55 4th Avenue S.E., Carmel. www.carmel.lib.in.us. 317-844-3363.

SHREK STARLIGHT MOVIE NIGHT

"The Prince isn't charming. The Princess isn't sleeping. The sidekick isn't helping. The ogre is the hero. Fairy tales will never be the same again." Greenwood Public Library presents the animated, family favorite "Shrek." All ages are invited to join in the fun, free, family events under the stars! Games, kid's crafts, and fun for all will begin at 7pm with the movie starting at dusk. Bring your picnic basket or purchase refreshments from our sponsor Chick-Fil-A. 7 pm. Greenwood Library. 310 S. Meridian St., Greenwood. www.greenwood.lib.in.us/. 317-881-1953.

Saturday 24

CARMEL CLAY PARKS CLASSIC MOVIE SERIES

Be sure to bring your lawn chairs, blankets and picnic baskets, as they are permitted for your comfort and convenience. Snacks will be available for purchase. In case of inclement weather, this event will be cancelled. The movie in the series will be held on Saturday, July 24, at the same time and location. E.T. (PG) will be the movie showing that day. For additional information on our Classic Movie Series, please call Carmel Clay Parks & Recreation at 317.848.7275. West Park. 2700 W. 116th St, Carmel. www.carmelclayparks.com/?action=parksgnrwnys_west. 317-848-7275.

FAMILY TOURS AT THE IMA

1:30 p.m. & 2:30 p.m. Indianapolis Museum of Art. 4000 Michigan Rd, Indianapolis. www.imamuseum.org. 317-920-2659.

FREE SUMMER CONCERT

Tastes Like Chicken 7pm @ The Greenwood Amphitheatre. Greenwood Community Center. 100 Surina Way, Greenwood. www.greenwood.in.gov/. 317-881-4545.

INDIANAPOLIS INDIANS VS. CHARLOTTE KNIGHTS

7 pm. \$9 - \$14. Victory Field. 501 W. Maryland St, Indianapolis. www.indyindians.com. 317-269-3545.

LET'S DANCE: SQUARE DANCING AT THE INDIANA STATE MUSEUM

noon - 3 pm. FREE. Indiana State Museum. 650 W. Washington St, Indianapolis. www.in.gov/ism. 317-232-1637.

THE SNAKEHANDLERS BLUES BAND

1 pm. Indianapolis Artsgarden. 110 W. Washington St., Indianapolis. www.indyarts.org. 317-624-2563.

GIRLS NIGHT OUT

Massage, Hand Treatments, Foot Treatments, Chair Massage, Facial Massage, Brow Wax, Food & Fun. Bring a friend and come hang with the girls. 6-9PM. Choose 3 services for \$30. Eden's Pathway. 5496 Emerson Way, Indianapolis. www.edenspathway.com. 317.205.9377.

FREE PUBLIC FAMILY TOURS

The IMA offers free, 30-minute tours for families with children of all ages on the second and fourth Saturday of each month. 1:30 and 2:30 pm. FREE. Indianapolis Museum of Art. 4000 Michigan Road, Indianapolis. imamuseum.org. 317-923-1331.

MOMS AND MORE MEETING AT CENTER FOR INQUIRY

Snacks, conversation, light exercise, and reflection. Children are welcome with volunteers available to care for children while mothers converse. 10-11:30am. Free. Center for Inquiry. 350 Canal Walk, Suite A, Indianapolis. www.mommymoon.org. 317-654-8684.

WEEKEND HIGHLIGHT: A NEW FAMILY COMES TO TOWN

Prairietown (on-going) A new family has arrived in Prairietown from the East. Help them unpack their wagon. Will they put down roots here or continue on to Illinois? Who is advocating for them to stay? Who thinks they should go on to Illinois? Will you help them decide?. Saturday, July 24, 10 a.m. - 5 p.m.; Sunday, July 25, 11 a.m. - 5 p.m. Admission is \$13/adults, \$12/seniors 65+, \$9/youth (ages 2-12),. Conner Prairie Interactive History Park. 13400 Allisonville Rd., Fishers. www.connerprairie.org. 317.776.6006 or 800.966.1836.

Sunday 25

EARLY MUSIC FESTIVAL: ENSEMBLE CAPRICE

Matthias Maute is back with his brilliant ensemble from Montreal presenting "Vivaldi and the Baroque Gypsies, a musical encounter in Eastern Europe". 7:30 pm. Eugene and Marilyn Glick Family Foundation. 8425 Woodfield Crossing Blvd. Ste 300, Indianapolis. 317-232-1882.

EARRING BASICS

Learn the basics of making earrings. In this class you will complete two pairs of drop earrings using wire and gemstone and/or crystal beads. All necessary tools are supplied by the instructor. This workshop requires a minimum of five participants. 1:30 - 4:30pm. \$23.50. The Garfield Park Arts Center. 2432 Conservatory Drive, Indianapolis. www.facebook.com/pages/Indianapolis-IN/The-Garfield-Park-Arts-Center-GPAC/190046617512. 317-327-7135.

INDIANAPOLIS INDIANS VS. CHARLOTTE KNIGHTS

2 pm. \$9 - \$14. Victory Field. 501 W. Maryland St, Indianapolis. www.indyindians.com. 317-269-3545.

WEEKEND HIGHLIGHT: A NEW FAMILY COMES TO TOWN

Prairietown (on-going) A new family has arrived in Prairietown from the East. Help them unpack their wagon. Will they put down roots here or continue on to Illinois? Who is advocating for them to stay? Who thinks they should go on to Illinois? Will you help them decide?. Saturday, July 24, 10 a.m. - 5 p.m.; Sunday, July 25, 11 a.m. - 5 p.m. Admission is \$13/adults, \$12/seniors 65+, \$9/youth (ages 2-12),. Conner Prairie Interactive History Park. 13400 Allisonville Rd., Fishers. www.connerprairie.org. 317.776.6006 or 800.966.1836.

Monday 26

2010 QUICKSTART TENNIS FESTIVAL REGISTRATION

Registration by July 26th For All Juniors ages 6-11 Who are learning Tennis via Quick Start Format Three day Festival of Fun Tuesday, August 3-August 5, 2010 All payable to Indianapolis Jr. Tennis Development. \$5 registration \$10 playing. Barbara S. Wynne Tennis Center. 1805 East 86th Street, Indianapolis. 259-5377.

BOYS ADVENTURE CLUB: BUG-A-LICIOUS!

In certain cultures around the world, creatures like beetles, stink bugs, and grubs are not seen as pests, but as food. In places where protein sources are rare, they are a vital part of the diet. Though they are relegated to game show gross-out props in much of the West, these creatures are actually one of the greenest sources of protein on earth. Come and explore the good, the bad and the ugly of bugs. Don't worry! Our snacks will give you options if you don't want to taste our edible bugs! Mmmm...yum. 6 pm. Greenwood Library. 310 S. Meridian St., Greenwood. www.greenwood.lib.in.us/. 317-881-1953.

FAMILY FILMS

For young children & their caregivers. Are You My Mother?, Don't Let the Pigeon Drive the Bus!, Knuffle Bunny. For more information, call the Children's & Youth Services desk at 844-3363. 10:00 - 10:30 a.m. and 11:00 - 11:30 a.m. Carmel Clay Public Library Storytime Room. 55 4th Avenue S.E., Carmel. www.carmel.lib.in.us. 317-844-3363.



INDIANAPOLIS INDIANS VS. CHARLOTTE KNIGHTS

7 pm. \$9 - \$14. Victory Field. 501 W. Maryland St., Indianapolis. www.indyindians.com. 317-269-3545.

PARENT-CHILD BOOK CLUB

For moms or dads & their sons/daughters entering grades 4-6. We will meet to discuss *Scat* by Carl Hiaasen, an edge-of-your-seat eco-thriller, and enjoy a snack. Copies of the book will be available at the Children's Reference desk upon registration. Registration is required and begins Thursday, July 1 online, in person, or by calling 844-3363. 6:30-7:30 p.m. Carmel Clay Public Library Storytime Room. 55 4th Avenue S.E., Carmel. www.carmel.lib.in.us. 317-844-3363.

Tuesday 27

GOT MILK?

It's hot outside! What is better than homemade ice cream or a shake on a warm summer night? Come get some fresh ideas on how to make the most amazing ice cream, just like Grandma used to make. Also learn some interesting trivia about milk. All ages welcome. 6 pm. Greenwood Library. 310 S. Meridian St., Greenwood. www.greenwood.lib.in.us/. 317-881-1953.



LUNCH BUDDIES

For children entering grades K-2. Brick a sack lunch and a beverage, and enjoy stories, movies and a craft. Registration is required and begins Tuesday, July 6, either online, in person or by calling 844-3363. 11:00 a.m.-12:00 p.m. Carmel Clay Public Library Storytime Room. 55 4th Avenue S.E., Carmel. www.carmel.lib.in.us. 317-844-3363.

TUESDAY NIGHT AT THE MOVIES FOR TEENS

Join us for movies on the big screen and free munchies! No registration is required, but you must be between the ages of 12 and 19. 6 p.m. Free. Noblesville Library. One Library Plaza, Noblesville. www.hepl.lib.in.us. 317-773-1384.

Wednesday 28

BOOKS FOR LUNCH

Bring your lunch and join other book lovers to chat about books. Noon - 1:00 p.m. Carmel Clay Public Library Book Talk Room. 55 4th Avenue S.E., Carmel. www.carmel.lib.in.us.

CHILDREN'S SUMMER TEA

Fun for moms, aunties and grammies for children from 5-12. Tea sandwiches that

children would enjoy, scones and mini desserts including chocolate covered strawberries and entertainment. 2 pm reservations required. \$22.00 adult \$16.00 youth (inclusive). Indianapolis Propylaeum. 1410 N. Delaware St. #2, Indianapolis. www.thepropylaeum.org. 317-638-7881.

2010 "MAKING HERSTORY" TOUCHSTONE AWARDS PRESENTED BY THE INDIANAPOLIS COLTS

The 2010 "Making Herstory" Touchstone Awards presented by the Indianapolis Colts will honor greater Indianapolis women who make herstory - girls' and women's history - in their personal and professional lives. Join us on Wednesday, July 28 as we celebrate Myra Borshoff Cook, Lieutenant Governor Becky Skillman, Dr. Juana O. Watson, and Fay Williams. Carolene Mays will chair the 2010 luncheon event benefitting Girls Inc. of Greater Indianapolis. 11:00 a.m. to 1:30 p.m. \$125 for one ticket, \$1000 for a table of eight. Indianapolis Marriott Downtown. 350 West Maryland St., Indianapolis. girlsincindy.org/touchstone_awards. 317.522.2607.



DROP-IN PLAY DATE

For young children & their caregivers. Bring your babies, toddlers and preschoolers for this fun, informal outing. Choose your favorite activities. For more information, call the Children's & Youth Services desk at 844-3363. 10:00 - 11:30 a.m. Carmel Clay Public Library Storytime Room. 55 4th Avenue S.E., Carmel. www.carmel.lib.in.us.

FAMILY FUN NIGHT AT THE POOL

Pirate Nights. Broad Ripple Pool. 1620 Broad Ripple Avenue. 327-7333.

MYSTERY BOOK GROUP

"Death Comes for the Fat Man" by Reginald Hill. 7:00 - 8:30 p.m. Carmel Clay Public Library Book Talk Room. 55 4th Avenue S.E., Carmel. www.carmel.lib.in.us.

TEEN KNITTING CLUB

It's time to knit and pearl while relaxing with your friends. Bring along your knitting needles, creativity and conversation. The Library will even supply the yarn. 6 p.m. Fishers Public Library. 5 Municipal Dr, Fishers. www.hepl.lib.in.us. 317-579-0300.

WOMEN'S HEALTH SERIES: SPECIAL WEIGHT LOSS LECTURE

This is a single lecture in our Women's Health Series, focusing on the hottest issues in women's health. Throughout the series, we will discuss common conditions that impact the health

and wellness of women in today's society. This month we will talk about hormones, candida, weight loss, thyroid, skin care and cancer. This is a MUST attend event for women interested in holistic and natural answers to health. Visit www.WeCreateWellness.com for more information. 6 pm. [Complimentary lecture. Please call 317-870-7220 to reserve you. Optimal Wellness Center. 4545 Northwestern Drive Suite A, Zionsville. 317.870.7220.

Thursday 29

EXTREME MOTHER-DAUGHTER BOOK CLUB

For girls in grades 6-8 with their mothers. This is more than just a mere book discussion group, it's an experience! Join us for dessert and a fun hour of spirited discussion as well as a fun activity! In July, we will discuss *Shug* by Jenny Han. Registration is required at the Young Adult desk or at 814-3983. 7:00-8:00 p.m. Carmel Clay Public Library Program Room. 55 4th Avenue S.E., Carmel. www.carmel.lib.in.us. 317-814-3983.

FISHERS PARKS & RECREATION: NFL PUNT, PASS, & KICK

Participants compete based on their age and gender in these three categories. Top scorer in all age divisions from each local competition will advance to sectional competition. Please be familiar with the program format. Visit www.nflyouthfootball.com for competition rules. Download and bring a completed Official NFL Punt, Pass & Kick Registration Form. Bring a copy of birth certificate as proof of age during registration. For boys and girls, ages 8-15. Age based on Dec 31 of current year. Pre-registration is NOT required. 4:00 - 6:00 p.m. Free. Roy G. Holland Memorial Park. 1 Park Drive, Fishers. www.fishers.in.us/parks. 317.595.3150.



6-8pm. \$30 adults; \$19 ages 7 - 10; \$10 ages 4 - 6; price includes summ. Indianapolis Museum of Art. 4000 Michigan Rd, Indianapolis. www.imamuseum.org. 317-920-2659.

Saturday 31

FREE SUMMER CONCERT

Pirates of the Caribbean 7pm @ The Greenwood Amphitheatre. Greenwood Community Center. 1000 Surina Way, Greenwood. www.greenwood.in.gov/. 317-881-4545.

SUMMER NIGHTS SUNSET BARBEQUES

SYMPHONIC YOUTH ORCHESTRA OF GREATER INDIANAPOLIS

1 pm. Indianapolis Artsgarden. 110 W. Washington St., Indianapolis. www.indyarts.org. 317-624-2563.

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(CONTINUED FROM PAGE 21)

So You Want to be a Local Eater?

So you've decided that you want your broccoli without a side of pesticides—good for you! Your milk and meat will be free of hormones and steroids and your veggies without that thick layer of chemicals—that's something to celebrate! You'll be contributing to your local economy, your neighbors and your friends with every local food you purchase. Now how do you make sense of the different local eater lingo? CSA, Farmers Markets, Co-op, to-your-door service—what does it all mean? Here's a quick primer on being a local eater.

CSA: Community Supported Agriculture is exactly how it sounds, agriculture that is supported by the community. A farmer simply sells shares to the public in the form of a prepaid service similar to buying stock in a company. A share then comes to you in the form of a box full of fruits and veggies that you will either pick up at the farm or areas they have designated as a pick-up spot. The prepayment helps them market and keep cash flow up for crop support to provide you with fresh food, some of which you may have never tried. Some allow you to mix and match while others select for you and a few even include options to buy a la carte items such as milk, eggs, breads, meats, etc. Some allow you to pay 100%, while others ask that you donate a few hours of work every month in exchange for a lower rate.

Not sure what to do with some of the new veggies you'll be experiencing with your CSA? Megan Babuska offers personal chef services, private cooking classes, catering and specialty desserts and does so with all organic foods from local sellers. Teaching your children to try new food is one thing, getting them involved and allowing them to try new food often makes them more adventurous with their foods than parents. Making meals colorful and fun is the name of the game. For more information on Megan, visit www.chefmegan.shutterfly.com.

Co-op: A food co-op is a grocery store owned by the people and stocks primarily local products. Most are private with membership fees, such as Pogue's Run Grocer, which has 270 member households and is slated to open this summer. (www.indyfoodcoop.org). For example, a member will make an investment of \$125 plus a fee of \$25 per shopper. For your investment you'll receive one membership, a shopping card per shopper fee paid and you will be allowed to vote in all general membership elections as a democratically run organization where all members have a say. You'll

receive discounts on selected products, bulk and case order discounts, discounts on co-op classes and events, co-op newsletter, ability to run for elected office and founding member gift.

Farmers Markets: A farmers market is simply a group of farmers and artisans who gather together to sell their produce and wares. The number of farmers markets across the city has skyrocketed in past years as more individuals try their hand at farming. In fact, Aimee Ketterer, Public Relations Coordinator for Hendricks Regional Health, points out that vendors at the Avon Farmer's Market have plots of land ranging from large farms to backyard gardens. Unlike other markets, this specific market has a dietitian on hand and includes healthy activities every Tuesday, such as Ask a Doctor night, Gardening Tips from master gardeners, Customer Appreciation Night, etc. For more information visit www.hendricks.org.

Other farms make an evening of good food and entertainment. Traders Point Creamery holds a Green Market with Dinner on the Deck every Friday evening from the first Friday in May to the last Friday in October. Shop the Green Market for your meats, veggies, dairy and local fare for the week then have dinner on the deck from 5 p.m. to dusk or inside the restaurant loft from 5 – 9:30 p.m. Deck diners can feast on the prix fixe menu (a fixed menu) and enjoy their meal with a variety of local entertainers while restaurant diners can order from the menu and sit inside (reservations are recommended) or on the loft balcony. Nearly 25 different farms and organic growers make for all of your grocery needs. They even use organic classification stars for having virgin land for at least three years (no use of pesticides, fertilizers or herbicides, hormones or antibiotics). For more information visit www.tpfororganics.com.

Many markets make their visit personal by getting you involved in the process and learning more about your local farmers. Jane Lommel, President of BRAG (Binford Redevelopment and Growth, Inc.) points out that Binford Farmers Market (brought to you by BRAG) does things differently. "We only allow meat and veggies and fruit items grown or raised in Indiana. We also allow oils, vinegars and pastas from out of state because they complement the Indiana grown food items." During peak harvest, nearly 55 vendors attend. Visitors to the market get what she calls the "green carpet tour" by volunteers to help them become acquainted with the market. Of special note, many vendors approve WIC for those with low incomes, whether seniors or women and children. You will also

find special groups and organizations promoting health and wellness and is sponsored by Community Health Network, Fifth Third Bank, Key Bank and Stan's Sign Designs. For more information on the market visit www.binfordfarmersmarket.com.

To Your Door Service: Three words: Farm Fresh Delivery. This one-of-a-kind organization offers organic produce and natural groceries delivered right to your door year round. All you need to do is sign up online using a credit card that will be kept on file. Place your order or your standing order and your card will be charged the day of delivery. When asked what their most popular items were, Elizabeth Goens, Marketing and Community Outreach Director for Farm Fresh Delivery, says that would have to be the produce and hormone/antibiotic-free meats and eggs.

If you're looking for a tip when ordering, Goen points out that, "A produce bin must be selected and a minimum of \$35 spent for delivery. Our members are able to customize their produce bin, meaning they can choose exactly what they would like to have each delivery." Food never goes to waste, either. "We donate to Second Helpings and Gleaners food banks and hold a Constant Can Food Drive where we ask our members to place non-perishable items in their empty bins and our drivers will pick them up. We then match the weight of donated items with fresh produce and donate it to the food banks. We also donate our left over produce each week, if applicable, to one of the food banks listed above. We also donate a lot of fresh fruit to different community events and causes. This had made a positive impact throughout our community."

So, whether you're looking to help your local farmers by getting your hands a little dirty, picking up from drop-off points, shopping at a member co-op or market or having it delivered to your door—there's something available around every corner. And if you can't find something near you in Central Indiana, let us know, we'll do a little digging and see what we can do to help you become a local eater.

Pick up a copy of next month's issue of Indy's Child for our two-part feature on childhood obesity. The statistics and facts are startling—you don't want to miss this important piece.



LYNETTE ROWLAND is Editor-in-Chief and Associate Publisher of *Indy's Child Parenting Magazine*. She can be reached at editor@indyschild.com.

Several organizations in Central Indiana exist solely to help you with your gardening and organic food needs. So, grab your keyboard and start clicking:

Local Harvest
www.localharvest.org
(List of all farms, markets, CSAs, etc.)

Going Local
www.goinglocal-info.com

Farm to Table
<http://www.indydt.com/Farmtotable.cfm>

Growing Places Slow Food Indy
www.growingplacesindy.org

Big City Farms
www.bigcityfarmsindy.com

Indy Food Co-op
www.indyfoodcoop.org

Dig IN
www.digindiana.org

Indy Winter Farmers Market
www.indywinterfarmersmarket.org

Indianapolis City Market Farmers Market
www.indycm.com
(Now on Saturdays, too!)

Indy Food Farm and Family Coalition
www.indyfoodfarmfamily.org

Sustainable Indiana 2016
www.sustainableindiana2016.org

Slow Food Indy
www.slowfoodindy.com

Indiana Organic Gardeners Association
www.gardeningnaturally.org

Indy Gardens
www.indygrowgardens.org

Neighbor Power
www.neighborpowerindy.org

Eat Well Guide
www.eatwellguide.org

Jamie Oliver's Food Revolution
(Petition to get healthy foods into schools)
<http://www.jamieoliver.com/campaigns/jamies-food-revolution/petition>

Locavore Living Guide

NATURE'S CROSSROADS

230 W. Church Lane, Bloomington, IN 47403
Contact: Maggie Sullivan, Team Coordinator
Phone: 812-327-9612
Email: maggie@naturescrossroads.com
<http://www.naturescrossroads.com>

Area of Expertise: Organic Seeds for Gardeners
Nature's Crossroads offers Earth-friendly seeds for gardeners in Indiana and surrounding states through elementary school fundraisers, our internet store, and seed racks in select retail outlets. We support gardeners of all ages with a variety of seed collections and gardening kits, including our kid-friendly Sunflower Fort, Magic Fairy Garden, and Pet Rock garden kits. For those new

to organic gardening we also offer a weekly educational e-newsletter filled with garden tips and ideas.

TRADERS POINT CREAMERY

Organic Dairy Farm & Restaurant
9101 Moore Road, Zionsville, IN 46077
Phone: 317.733.1700
Email: events@tpfororganics.com
<http://www.traderspointcreamery.com>

The Loft Restaurant is a natural setting for food to be celebrated and enjoyed! Eating in The Loft at Traders Point Creamery insures visitors the freshest organic, 100% grassfed products from our farm and other proud local, sustainable farms. Come see how the cows are raised, see

the products being made, and eat in a place that believes food should be produced chemical free, hormone and antibiotic free, and animals should be out on pasture. We offer food that you can trust and believe in!

BINFORD FARMERS MARKET

Northwest corner of Binford Boulevard and East 62nd on Indy's no, Indianapolis, IN 46220
Contact: Jane Lommel, Market Maestro
Phone: 317.506.1105 cell
Email: Jane@BinfordFarmersMarket.com
<http://www.BinfordFarmersMarket.com>
Indianapolis' fun place to be during the growing season! C'mon out on Saturday mornings, 8 am to noon, rain or

shine, to pick up the finest food items raised and grown in Indiana – natural lamb, organic beef, pork, bison, chicken, eggs, cheeses, honey, garden plants, My Dad's Sweet corn, baked goods, yummy pies, pastries, breads, delicious salads, Kettlecorn, coffee, breakfast treats, cut flowers, ethnic delights, the freshest veggies and fruits in season! 50+ vendors! Chef's demos! Free entertainment! Convenient parking! Fun things for kids to do! Pet friendly!
Our Market runs until October 23rd. Our holiday indoor Markets run November 20th, December 4th and 11th. Our location is the northwest corner of Binford/East 62nd on the northside side of Indy. www.BinfordFarmersMarket.com Brought to you by BRAG.

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SATURDAY, JUNE 26, NOON – 4:00 PM

**Radio Disney 98.3 FM's
Family Fun Day in the
Park featuring Jasmine**



SATURDAY, JULY 10, 6:00 PM

**Tom Chapin with opening
act the Grimes Girls**

FRIDAY, JULY 23 AND SATURDAY, JULY 24, 6:00 PM

Dance Kaleidoscope



FRIDAY, AUGUST 6 AND SATURDAY, AUGUST 7, 8:00 PM
SUNDAY, AUGUST 8, 2:00 PM

**Heartland Actors' Repertory
Theatre presents Shakespeare's
*Two Gentlemen of Verona***



SATURDAY, SEPTEMBER 11, 6:30 PM

**An Evening of Jazz with
Rob Dixon and Friends**



WHITE RIVER STATE PARK

For more show information, visit www.inwhiteriver.org.



Starting Events

"COMEDY CABARET ON STRINGS"

Occurring Each Saturday Beginning Saturday, June 19, 2010 Through Saturday, July 24, 2010. Tickets \$5, under 2 free. FREE POPCORN. 1:00pm & 3:00pm. \$5. Melchior Marionette Theatre. Westside of S. Van Buren St. Downtown, Nashville. www.melchiormarionettes.com. 800.849.4853.

2010 SUMMER READING PROGRAM FOR CHILDREN

Occurring Daily Through Tuesday, August 03, 2010. Get A Clue @ Your Library Ages infant through students entering grade 5 June 1 - August 3. Take the case and accept the challenge at the Carmel Clay Public Library this summer! Look close and you'll see clues all over your world. Clue into reading and you'll discover mysteries, adventures and fun - all at your fingertips. Beginning June 1, register online or sign up at the Children's & Youth Services desk to get your reading record. Online registration can be found at www.carmelreads.org. Carmel Clay Public S.E., Carmel. www.carmelreads.org.



Rd., Ste. 100, Indianapolis. www.stvincent.org/ourservices/hospice/default.htm. 317-338-4008.

FREE SUMMER DANCE CAMP BY CLARIAN NORTH REHABILITATION SERVICES

Occurring Daily Beginning Monday, July 05, 2010 Through Friday, July 09, 2010. Clarian North's Summer Dance Camp, Jungle Dance Party, is free and open to teens and children (ages 3 - 18) who are currently facing developmental or cognitive challenges. Registration packets will be available at Clarian North Rehabilitation Services on the first floor of Clarian North Medical Center (11700 N. Meridian St., Carmel, IN). If needed, please contact Rae Ann Wilson (rwilson7@clariannorth.com) to have a registration packet mailed to your home. Registration deadline is Friday, June 18. 9:00-11:30 AM. FREE. Velocity Sports Performance. 1402 Chase Ct., Carmel. (317) 688-2021.

HIGH SCHOOL MUSICAL

Occurring Daily Through Sunday, July 18, 2010. Parking is free. Various times. \$35 to \$58. Beef & Boards Dinner Theatre. 9301 N. Michigan Rd, Indianapolis. www.beefandboards.com. 317-872-9664.

JERSEY BOYS

Occurring Daily Through Saturday, July 03, 2010. Various times. \$24.50 - \$59.50. Murat Theatre. 502 N. New Jersey St., Indianapolis. www.livenation.com/murat. 317-632-7469.

JUNIOR GARDENER CLUB

Ongoing on the second Saturday of each Month. Children ages 6-12 are invited to enjoy a fun-filled time in the Children's Garden. There will be a

BACKYARD BUTTERFLIES AND BUGS

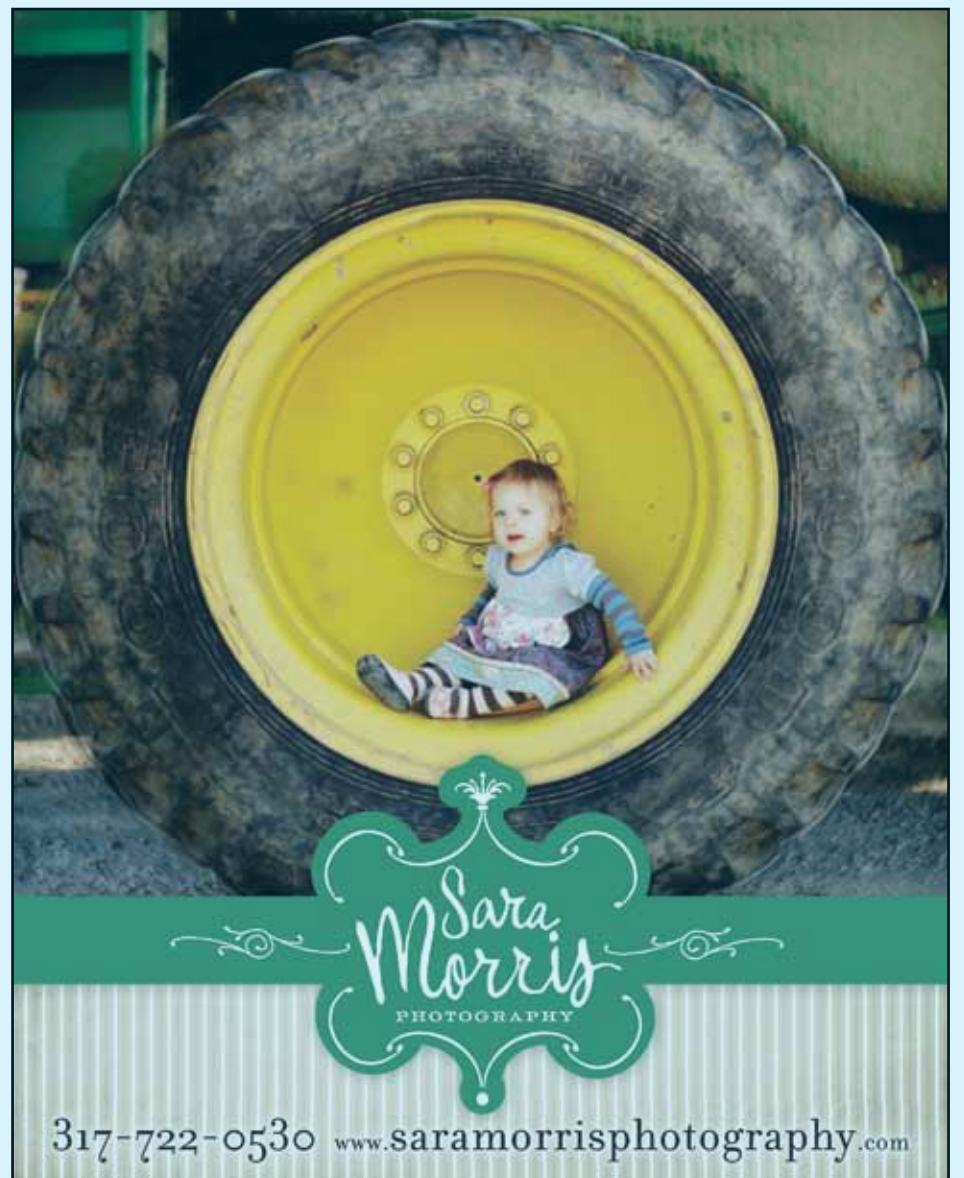
Occurring Daily Beginning Saturday, June 26, 2010 Through Sunday, July 11, 2010. Fun for the whole family! Enjoy display of native bugs and see how to attract these beneficial creatures to your backyard. M-Sa 10am-5pm, Su 1-5pm. \$2/adults, \$1/senior and youth, \$5/family. Garfield Park Conservatory. 2505 Conservatory Drive, Indianapolis. www.garfieldgardensconservatory.org. (317)327-7580.

80TH ANNIVERSARY MARION COUNTY FAIR

Occurring Daily Beginning Thursday, July 22, 2010 Through Saturday, July 31, 2010. Thursday, July 22 thru Saturday, July 31. Enjoy free musical entertainment daily; 4-H exhibits; equine competitions; motorcycle racing; talent shows; Dock Dogs; Queen Pageant; kids activities; Demo Derbies; truck & tractor pulls, delicious fair food, and one of the state's greatest midways. Vary by Day. \$5 per person; kids 5 & under free. Marion County Fairgrounds. 7300 East Troy Ave, Indianapolis. www.marioncountyfair.org. 317.353.2444.

ART THERAPY

Ongoing Every Mon & Tue Beginning Monday, June 21, 2010. Using art to explore your grief process following the death of a loved one. Adults only. No fee. Appointments available for Mondays or Tuesdays. FREE. St. Vincent Hospice. 8450 N. Payne



ONgoing EVENTS

different topic each month. Registration required. 11am-12pm. Free. Garfield Park Conservatory. 2505 Conservatory Drive, Indianapolis. www.garfieldgardensconservatory.org. 317-327-7580.

MEET WITH DIRECTOR OF PARAMOUNT SCHOOL OF EXCELLENCE

Occurring Every Tue & Thu Through Saturday, April 23, 2011. Every Tuesday and Thursday from 3-6, speak with Tommy Reddicks, the director of Paramount School of Excellence. Discuss options for your children and what we can do to benefit you and your family. 3pm-6pm. FREE. Spades Library. 1801 Nowland Avenue, Indianapolis. www.paramountschool.org. 800-778-9334.



ROCK STARS, CARS, AND GUITARS

Occurring Daily Through Sunday, September 12, 2010. From Chuck Berry to the Beatles, from Glam Rock to Groove, rock 'n' roll has shaped American pop culture, and rock performers have dazzled us with their sounds and styles. In Rock Stars, Cars, and Guitars, the hottest new exhibit from The Children's Museum, children and families can immerse themselves in the music! Go into the Studio, experience the Concert Stage, and enjoy star-gazing as you check out some of rock 'n' roll's coolest costumes, "six-strings," and rides, including memorabilia from Elvis Presley, The Beatles, KISS, Van Halen, U2, and more! Rock stars, Cars & Guitars is presented Church Brother Collision Repair and supported by Coca Cola. 10 a.m. - 5 p.m. Free with museum admission. The Children's Museum of Indianapolis. 3000 N. Meridian St., Indianapolis. www.childrensmuseum.org. (317) 334-3322.

UNDERSTANDING THE DIAGNOSIS OF AUTISM SPECTRUM DISORDERS (PART 1)

Ongoing Each Saturday Beginning Saturday, June 26, 2010. For parents and professionals working and living with a child and/or children diagnosed with autism or are somewhere on the spectrum. This is an ongoing series of seminar to help disseminate state-of-the art scientific

information on autism so that parents and professionals can keep current with advances of treatment and continuing insights into this perplexing disorder that is becoming disturbingly widespread in the community. 2-5 pm. \$25.00. Purple House. S 9th St, Noblesville. www.developmentalphysiopsychologydisorders.com. 317-503-1296.

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