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Undescended testicles
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Urinary tract infections
Varicocele
2016 MCDONOGH SUMMER PROGRAMS

**DAYS CAMPS**

**Red Feather**
For children turning four prior to June 20, 2016 and for five-year-olds not yet attending kindergarten
Session 1: June 20 to July 8
Session 2: July 11 to July 29

**Red Eagle**
For boys and girls ages 5 to 8 (entering first grade and up in fall 2016)
Session 1: June 20 to July 8
Session 2: July 11 to July 29

**Senior Camp**
For boys and girls ages 9 to 12
Session 1: June 20 to July 8
Session 2: July 11 to July 29

**Outdoor Adventure Camp**
For boys and girls ages 10 to 15
Session 1: June 20 to July 8
Session 2: July 11 to July 29

**All Sports Camp**
For boys and girls ages 8 to 13
Session 1: June 20 to July 8
Session 2: July 11 to July 29

**All Sports Camp (Rope and Rock Wall)**
For boys and girls ages 10 to 13
Weekly: June 20 to July 29
4th of Week: July 5 to July 8

**Teen Camp**
For boys and girls ages 13 to 15
Session 1: June 20 to July 8
Session 2: July 11 to July 29

**Counselor-In-Training Program**
For boys and girls ages 14 to 16
Session 1: June 20 to July 8
Session 2: July 11 to July 29

**Watersports Extreme Camp I**
For boys and girls ages 9 to 12
Weekly: June 20 to July 29

**Watersports Extreme Camp II**
For boys and girls ages 12 to 16
Weekly: June 20 to July 29

**Fun on the Run Camp**
For boys and girls ages 11 to 14
Session 1: June 27 to July 1
Session 2: July 11 to July 15

**ARTS PROGRAMS**

**Young Actors Theatre**
For boys and girls ages 12 to 18
June 20 to July 17

**Young Filmmakers Camp**
For boys and girls entering Grades 5 to 9
Session 1: June 20 to July 8
Session 2: July 11 to July 29

**McDonogh Rock Shop**
For boys and girls ages 9 to 15
Session 1: July 5 to July 15
Session 2: July 18 to July 29

**Circus Camp-Juniors**
For boys and girls ages 6 to 8
Session 1: June 20 to June 24
Session 2: June 27 to July 1
Session 3: July 5 to July 8
(4th of Week)

**Circus Camp-Stars!**
For boys and girls ages 9 to 15
Session 1: June 20 to June 24
Session 2: June 27 to July 1
Session 3: July 5 to July 8
(4th of Week)

**Stand-up Comedy and Public Speaking**
For boys and girls ages 10 to 14
June 20 to June 24

**Visual Arts Camp**
For boys and girls ages 9 to 13
June 20 to July 8

**Musical Theater Workshop Camp**
For boys and girls ages 8 to 11
July 18 to July 22

**Advanced Art Techniques: Drawing**
For boys and girls ages 9 to 14
July 18 to July 22

**Advanced Art Techniques: Painting**
For boys and girls ages 9 to 14
July 25 to July 29

**ACADEMIC PROGRAMS**

**American Immersion at McDonogh**
For boys and girls ages 10 to 17
Session 1: June 19 to July 2
Session 2: July 3 to July 16
Session 3: July 17 to July 30

**Children Play 2 Learn Robotics**
For boys and girls ages 8 to 13
Weekly: June 20 to July 29

**Children Play 2 Learn Technology**
For boys and girls ages 8 to 13
Weekly: June 20 to July 29

**SAT Prep Course**
For boys and girls ages 15 to 17
June 20 to July 8

**Writing Strategies**
For McDonogh students only!
Session 1: June 20 to June 24
(For rising sixth and seventh graders only)
Session 2: June 27 to July 1
(For rising eighth and ninth graders only)

**McDonogh Chess Camp**
For boys and girls ages 5 to 14
Session 1: June 20 to June 24
Session 2: June 27 to July 1
Session 3: July 5 to July 8
(4th of Week)

**Brilliant Brains**
For boys and girls ages 11 to 14
Session 1: June 20 to June 24

**Chinese Extranavaganza**
For McDonogh Lower School students only
Session 1: June 20 to June 24
(For rising first and second graders only)
Session 2: June 27 to July 1
(For rising third and fourth graders only)

**SPORTS CLINICS**

**COED SPORTS CLINICS**

The McDonogh Tennis Program: Beginner
For boys and girls ages 6 to 12
Weekly: June 20 to July 29

The McDonogh Tennis Program: Advanced
For boys and girls ages 9 to 14
Weekly: June 20 to July 29

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For boys and girls ages 9 to 14
Weekly: June 20 to July 29

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For boys and girls ages 9 to 14
Weekly: June 20 to July 29

Racquets, Ropes, and Rockwall
For boys and girls ages 9 to 14
Weekly: June 20 to July 29

Half-Day Tennis/Half-Day Golf Camp
For boys and girls ages 7 to 11
Session 1: June 20 to June 24
Session 2: July 5 to July 8
(4th of Week)
Session 3: July 11 to July 15

**McDonogh Golf Academy: General Skills**
For boys and girls ages 8 to 12
Session 1: June 20 to June 24
Session 2: July 5 to July 8
(4th of Week)
Session 3: July 11 to July 15

**Boys Half-Day Tennis/Half-Day Golf Camp**
For boys and girls ages 6 to 14
Session 1: June 27 to July 1

**Boys Advanced Level Camp for boys ages 9 to 14**
July 11 to July 15

**Boys Club Level Camp for boys ages 8 to 15**
July 18 to July 22

**Boys Striker Camp for boys ages 10 to 16**
July 25 to July 29

**Boys Midfielder Camp for boys ages 10 to 16**
July 25 to July 29

**Boys Defender Camp for boys ages 10 to 16**
July 25 to July 29

**Boys Goalkeeper Camp for boys ages 10 to 16**
July 25 to July 29

**NIGHTTIME CAMPS**

**American Immersion at McDonogh**
June 21 to June 23
For girls entering Grades 9 to 12

**Girls Lacrosse Camp**
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June 19 to June 21

**Between the Pipes Super Savers**
Girls Lacrosse Camp
For girls entering Grades 9 to 12
June 21 to June 23

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For boys and girls ages 10 to 18
July 31 to August 3

**Overnight Defender Camp**
For boys and girls ages 10 to 18
July 31 to August 3

**Overnight Midfielder Camp**
For boys and girls ages 10 to 18
July 31 to August 3

**Overnight Goalkeeper Camp**
For boys and girls ages 10 to 18
July 31 to August 3

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Two out of three Maryland voters agree: our public schools are devoting way too much time to standardized testing. So what’s a parent to do? Just say no. By Joanne Giza

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Open Houses
Pages 19-22

Family Calendar
Page 48

2016 Residential Camp & Summer Programs Directory
Page 33
If an overnight camp is a possibility for your child this summer, now (believe it or not) is the time to start planning. Check out our annual directory of residential programs in and around the Baltimore area and start dreaming about those magical, memorable—and warm!—summer nights now. Compiled by Joyce Heid
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One Step at a Time

By James Robert Giza

One in three Americans currently live in a stepfamily, and more than half of us will at some point in our lives. Four in 10 of us, meanwhile, have at least one step-relative.

Erin Mantz, a mom in Potomac and a former stepkid several times over herself, shares these statistics in the introduction to a book of essays she edited entitled, “Hey, Who’s in My House? Stepkids Speak Out,” published by Motivational Press and released late this past September.

What do these numbers tell us? Well, for starters, they suggest that if you’re reading this column right now, there’s a good chance you either grew up as a stepchild or are currently a stepparent—or perhaps both. If neither are the case, it’s still very likely you had friends growing up who were stepchildren or have friends now who are stepparents—or perhaps both.

“Much has been written about the stereotypes and sometime realities of stepparent struggles and the ‘wicked stepmother,’” Mantz writes in her introduction, “but an integral part of all these experiences decades later underscore the deep impact that stepfamily experiences decades earlier have on us—all. The experiences of our youth, our formative years have on us—and so they will with our children, once a simple truth that we can never consider too often, not only as parents but as human beings in general. The visceral connections many of these older essayists clearly maintain to their stepfamily experiences decades later underscores the deep impact our formative years have on us all. The experiences of our youth, whatever they may be, stay with us—and so they will with our kids.

What you take from this 83-page anthology as a reader will depend in large part, I think, on your own personal experience. I did not experience being a stepchild or step-sibling growing up, although I am now in the process of becoming part of a “blended” family. For me, one of the big themes that jumps out is the malleable definition of the word “family.” If a “family” isn’t just, necessarily, the people we’re related to “by blood,” then what is it exactly?

The second takeaway for me is the reminder that we were all children once, a simple truth that we can never consider too often, not only as parents but as human beings in general. The visceral connections many of these older essayists clearly maintain to their stepfamily experiences decades later underscore the deep impact our formative years have on us all. The experiences of our youth, whatever they may be, stay with us—and so they will with our kids.
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Don’t Fail to Learn from Failures

Hurr! A new year, a new beginning, a new hope! Have you made resolutions to do better and be better this year? Did you resolve to break a bad habit and start a couple of good ones? Did you tell yourself you’ll be different this time—but by next month (if it takes that long) will you have fallen back into your old patterns and be grossly disappointed in yourself?

So failure is a bad thing, right? Wrong! Look at the steps you took that ultimately led to failure, then look again, and you’ll see that the same steps will show you what it’ll take to succeed the next time. By examining what went wrong, you’ll know what to do right. What’s more, if we don’t examine our mistakes and learn from them, we’re bound to repeat them over and over again.

So give yourself—and your children—a break, and shift your perception of failure from it being a “bad thing” to it being a steppingstone to success. No more embarrassment or disappointment when we fail, no more punishment meted out to our children when they fail.

To help you get started, here are seven positive perceptions of failure I found on the website Prairie Eco-Thrifter.com, at www.prarieecothrifter.com:

1. Failure is an event, not a person.
   Thomas Edison failed hundreds of times before he succeeded in developing the light bulb.

2. Failure means you have courage.
   If he gave up after the first failure, would we all still be in the dark?

3. Failure makes you stronger.
   Each failure taught him he could handle it.

4. Failure helps you learn.
   Each failure showed him what to do right the next time.

5. Failure creates new opportunities.
   Edison held a world record 1,093 patents.

6. Failure provides answers.
   Edison asked the questions.

7. Failure gives you the best chance for success.
   Failing to try is the real failure.
   A positive approach will automatically change the way you react to your failures. It will alter your picture of yourself as a “failure” to someone “striving to succeed” instead. You will no longer feel disappointed in yourself, or guilty or ashamed, over a failure.

If you’ve reacted to your children’s failures with disappointment or anger in the past, know that there’s a better way. Let’s say your child has just repeated an unacceptable behavior he promised never to repeat. Instead of scolding or criticizing him, you bring to mind a past failure of your own and relive how bad you felt about yourself. This “fellowship of feeling”—as developmental psychologist Dr. Arthur Thomas Jersild termed it in his 1955 book, “When Teachers Face Themselves”—calms the atmosphere. In the absence of recriminations, your child will reach beyond their grasp. We can show them how to find the clues to success in their failures—but instead of giving them our answers and conclusions, we can encourage them to find their own. Imagine how confident they’ll feel when they come up with them themselves. As psychoanalyst Theodor Reik once remarked, “Nothing said to us, nothing we can learn from others, reaches us so deep as that which we find in ourselves.”

So when your child breaks a promise, gets a low grade on a test, or repeats an unacceptable behavior, seek answers, not punishment. Our children feel bad enough when they don’t live up to our expectations; criticizing or punishing them just heaps damaging guilt or shame on top of it. Let’s reassure our children that a failure doesn’t define them, their effort does, their courage to keep trying does, their self-confidence does, their inner strength does, their determination does, their ability to handle failure does—and should we fail, their compassion for us does.
Maxine Clark’s solo practice specializes in orthodontic and dentofacial orthopedic treatment. She received her D.D.S. degree from Howard University College of Dentistry and a general dentist certificate from the U.S. Army where she earned an achievement medal. With over 25 years of orthodontic care, Dr. Clark has contributed to the awareness of the importance of good oral health, as well as serving on the delegation to the American Association of Orthodontists and mentoring high school students interested in the field of dentistry.

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Se Habla Espanol
With winter comes sledding, snowmen, and—much less joyously—the inevitable runny nose and cough. But for the very youngest of our children, the typical cold symptoms can turn into more than just an inconvenience and are definitely nothing to play with.

Almost all children have had a respiratory syncytial virus (RSV) by their second birthday. RSV affects the lower respiratory tract where the lungs and windpipe are, making it difficult to breathe. The virus occurs most frequently from November to April and is so common that “most of us, meaning babies, meaning children, meaning adults, have encountered some form of RSV in our lives,” says Dr. Ashanti Woods, a pediatrician at Mercy Medical Center in Baltimore.

For most children, RSV results in nothing more than a cold. But for very young kids, its effects can be much worse. “It wreaks havoc on children less than 2 years of age,” says Woods, adding that its impact can range “from mild all the way to severe.” In severe cases, the virus can cause bronchiolitis, lung failure, and pneumonia. Infected children may experience decreased urine output, and the skin on their faces or chests may appear blue due to a lack of oxygen. Premature infants, as well as those with a chronic lung disease, a weakened immune system, or certain heart diseases, are particularly susceptible to developing serious health complications from RSV.

RSV is highly contagious, spreading when an infected person coughs or sneezes and sends virus-containing droplet particles into the air. It also can be spread directly, through kissing. The virus can live for more than 90 minutes on a person’s hands and for several hours on hard surfaces like doorknobs, tables, and cribs. If an older child or adult have a cold, their sneezing can spread RSV to the youngest in the family. The virus also tends to spread quickly in crowds and day care centers. “RSV will be in your young child’s day care this fall or winter,” promises Woods.

People infected with RSV are usually contagious for three to eight days, with symptoms normally manifesting within four to six days after contact with the virus. A cough, stuffy nose, and fever are common. The goal in treating these minor symptoms in children is to make the child comfortable by reducing a fever greater than 100.4 degrees and using nasal sprays or drops to help thin the mucus. “A child who can breathe is a comfortable child,” notes Woods.

It’s also important to get fluids, including water, into a sick child, adds Woods. If the child is too sick to eat, Woods recommends having him or her drink an electrolyte-rich fluid, like Pedialyte, or milk. “Milk is that heavy meal to a baby,” he explains.

To keep a lookout for any signs of RSV, parents should monitor their babies’ breathing to make sure they aren’t wheezing or in respiratory distress. They should also check if their children’s nostrils flare or their chests visibly move—“almost like a seesaw at a playground,” says Woods—with each breath. For a baby, more than 60 breaths a minute is considered rapid; the normal rate is between 30 to 45 breaths a minute, points out Woods.

If a child’s breathing appears to be labored, he or she should be taken to a health care provider immediately. Most hospitals and clinics can test for RSV using a sample of fluid taken from the nose with a cotton swab. If RSV is detected in a young child, supplemental oxygen may be administered or mucus may be suctioned from his or her airway. Antibiotics are generally not recommended unless the child also has an ear infection. RSV typically lasts from one to two weeks, with the worst symptoms occurring during days three through five.

To help prevent RSV infection, the University of Maryland Medical Center recommends that people wash their hands with warm water and soap before touching a baby. Anyone with a cold or fever should avoid contact with babies altogether or at least wear a mask around them. Avoid sharing food or utensils as well, the center further recommends, and refrain from smoking anywhere near a baby, as exposure to tobacco smoke increases the risk of contracting RSV.

There currently is no vaccine for RSV, but researchers are working to develop one. Late this past September, Novavax Inc., a Gaithersburg company, announced that a mid-stage study of an RSV vaccine it has been working on for pregnant women in their last trimester showed that the vaccine was both safe for the mothers and, through the transfer of anti-RSV antibodies in utero, provided increased protection against the virus to their babies after birth.

A few days after Novavax’s announcement, the FDA approved the Simplexla Flu, a new test that was expected to begin detecting additional strains of RSV this flu season.

According to the Centers for Disease Control and Prevention, the drug palivizumab can prevent RSV in certain infants who are at high risk although it cannot treat or cure the virus.
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Rodney Johnson was some athlete. Johnson, whom I went to high school with 25 years ago in Southern California, was a classic three-sport star. Six-foot-two and blazing fast, he played football in the fall, once scoring five touchdowns to lead us to victory on homecoming night. In the winter he moved on to basketball, leading the team in scoring—and dunking (the only one on our team who could do that)! In the spring he ran track well enough to attract attention from major colleges.

They just don’t make athletes like Rodney Johnson anymore.

Well, they do, actually. Of course. But specialization in one sport has become the standard in youth athletics these days, turning the three-sport star mostly into a relic of the past.

An upside to this trend is that the overall skill level of young players at every age and in every sport has risen considerably. A major downside is the increase in overuse injuries.

An acute injury results from a specific event; overuse injuries, meanwhile, typically begin as minor aches and pains that grow progressively worse. Because they develop incrementally, over time, overuse injuries can be difficult to diagnose. “We’re seeing a 50 percent increase in overuse injuries in youth sports, which is disturbing,” says Dr. Teri McCambridge, head of pediatric sports medicine at Towson Orthopaedic Associates, an affiliate of the University of Maryland St. Joseph Medical Center. She cites the growing trend of one-sport “specialization” as a major cause.

Overuse injuries typically begin as minor aches and pains that grow progressively worse. “We’re seeing a 50 percent increase in overuse injuries in youth sports, which is disturbing,” says Dr. Teri McCambridge, head of pediatric sports medicine at Towson Orthopaedic Associates, an affiliate of the University of Maryland St. Joseph Medical Center. She cites the growing trend of one-sport “specialization” as a major cause.

Overuse injuries from major colleges. It’s just gotten a lot more competitive at the club level.”

Dundalk dad Rob Lind knows that full well. His daughter Paige, a senior at Patapsco High School and Center for the Arts, not only is a traditional three-sport scholar-athlete—playing soccer in the fall, indoor track in the winter, and lacrosse in the spring—but has been competing in club-level soccer year round since she was 12. Factor in the various camps, practices, travel, and twice-a-week sessions with a sports-specific personal trainer and it’s no surprise that Paige has suffered overuse injuries through the years: shin splints, lower back pain, and more.

Lind says he talked with his daughter recently about taking a break from soccer. “I didn’t want her to do the winter indoor club-level soccer session, but she wanted to continue,” he says. “You know she needs the rest, but there’s so much accountability to the teams that you keep going.”

Another local dad, who asked not to be identified for privacy reasons, says his now 14-year-old daughter played varsity-level lacrosse and soccer in season last school year as an eighth-grader, practicing five nights per week. During the offseason she played in a highly competitive club lacrosse league, practicing three nights per week in addition to playing in the actual games. She followed that up with a summer playing on travel teams, participating in nine separate weekend tournaments for three different teams, traveling as far away as New York. All this coincided with major growth spurts, leading her to eventually suffer an overuse injury.

Ironically, McCambridge says specialization sometimes has the opposite effect of what it’s intended to accomplish, as many children burn out and quit playing sports altogether, contributing to another unhealthy extreme: the
increase in childhood obesity. McCambridge recommends that young athletes take at least two months off from a sport per year to give their bodies time to heal. Parents should also be careful not to ignore or minimize the aches and pains their children experience, particularly in times of growth spurts. “When kids are going through rapid growth, you need to back off,” she urges. “They need rest breaks, one or two days per week where they are not doing anything. And if your child is having pain or having a change in their gait, they need to be seen [by a professional].”

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No, that series of numbers isn’t Joe Flacco barking out a play on third-and-long. It’s the number of hours third-graders spend taking standardized tests annually in Baltimore City, Anne Arundel County, Baltimore County, and Howard County, respectively.

That’s a lot of hours—way too many in the eyes of an increasing number of Maryland residents. A survey conducted this past May at the behest of the Maryland State Education Association, the union that represents the majority of the state’s public school educators and other employees, found that nearly two-thirds of Maryland voters believe too much time in schools is spent on standardized testing.

“Not only do parents and voters of all political stripes agree” on that point, the survey’s report states, “but the people who work in K-12 schools overwhelmingly agree (95 percent of MSEA members say too much time is spent on standardized testing).”

But don’t teachers need the results of these tests so they can modify their teaching to help struggling students? As Betty Weller, president of MSEA, and Elizabeth Ysla Leight, president of the Maryland Parent Teacher Association, noted in an op-ed in the Baltimore Sun at the start of this school year, “The results for some tests do not even come back to the teacher or the parent until well into the following school year, when there is nothing they can do to use that information to help the students who took that test and are now in a different grade.”

Okay, but don’t schools and teachers need to be held accountable for the quality of their teaching? Well, the wealthier a school district is, the higher its scores tend to be. So is the “quality” of teaching really the issue here? Or might there be other factors at play?

Moreover, because standardized tests focus on language/reading and math, many teachers, knowing their professional evaluations are tied to test scores, teach to the tests, sacrificing class time for subject areas that lie outside the purview of the tests like art, music, history, and science. “The increased focus on testing in recent years has led to less time to learn the things that make students successful and well-rounded, both in class and in life,” write Weller and Leight.

In October, Gov. Larry Hogan announced his appointments to the Commission to Review Maryland’s Use of Assessments and Testing in Public School. The committee, which held its first meeting in November, is mandated to report its findings by July 1.

In the meantime, is there anything Baltimore-area parents can do?

Just Say “No”

Yes. They can refuse testing for their children. That’s what more than 200,000 parents of third- through eighth-graders—or, 20 percent of the test-eligible student population—did in the state of New York last school year. And though the federal government has said that school districts can face sanctions if less than 95 percent of eligible students take the tests, to date no sanctions have been imposed. Because although there technically is no “opt-out” option in most states, there’s also no law to prohibit parents from refusing for their children to take a standardized test.

Of course, that same absence of clearly defined rules means that when parents attempt to refuse testing for their children, the schools—or school systems—might sometimes push back.

Two years ago, Cindy Rose, who lives in Petersville in Frederick County, refused standardized testing for her daughter, who was in the sixth grade. “I was told if she came to school, she would be tested,” says Rose. “Not only did they want me to keep her home, they wanted me to keep her home for the entire 18-day testing window, not the three actual testing days.” Eventually, Rose filed an emergency petition with Frederick County Public Schools to get her daughter back into school without having to be tested, an appeal that was granted.

Last year, Rose attempted to refuse testing for both her daughter and son, who has
cerebral palsy and attends a public school for children with severe
developmental delays. While her daughter’s school complied with
Rose’s request, her son’s school forced him to to take the test
without her knowledge. Despite Rose’s subsequent efforts, which
have involved litigation against Frederick County Public Schools,
as the situation currently stands, her son, now in the fifth grade,
will have to take the National Center and State Collaborative
(NCSC), the Partnership for Assessment of Readiness for
College and Careers (PARCC) counterpart for special education.

“He is nonverbal. ‘Parents as
guardians of their children
have the right to refuse,” declares Rose, whose
son is Hamilton Community Preschool
Co-op, knows the pushback can be
confrontational and intimidating.
“Refusing the test is stressful,”
he says. “Saying no is a hard challenge.”

How to Say “No”
If you want to refuse testing for your child, the best place to
start is with your child’s teacher, who will most likely suggest
taking your request to the principal. If the principal agrees,
you’re home free. If the principal refuses, you’ll have to take your
request to your local Department of Education, which, in turn,
might bump you to the Maryland State Department of Education.

From the time her first
derived five years ago, Catonsville mom
Morna McDermott McNulty never experienced problems
obtaining permission to refuse the Dynamic Indicators of Basic
Early Literacy Skills (DIBELS) reading assessment, Measures
of Academic Progress (MAP) test, and Maryland School
Assessment (MSA) test for
her two children who attend Baltimore County public schools.
But then last year, with her son
was well accommodated. However, having talked to parents
from other schools and via the
Maryland R.E.F.U.S.E. (Refuse
to Engage in Further Usage of
Standardized Exams) Facebook page, Dalbey, a teacher with the
Hamilton Community Preschool
Co-op, knows the pushback can be
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her two children who attend Baltimore County public schools.
But then last year, with her son
required to take PARCC for
the first time, she encountered pushback from the State
Department of Education. She
first wrote a letter to her county administrator; informed that
there was no “opt-out” clause, she wrote a second letter to
Henry Johnson, assistant state
superintendent for curriculum, assessment, and accountability
with MSDE, who sent her back
to the school. Her son did not
bear the test.

To provide other parents
with a template of how to word
their testing refusal requests,
McNulty, an educator for 25 years
who currently teaches in the
education department at a local
university, posted her letters on
the website of United Opt Out, a
national advocacy organization,
at www.unitedoptout.com. On
the website’s homepage, go to the
Opt Out Guides by State link and
click on the link for Maryland.
This will take you to a document
entitled “Maryland Opt Out Guide
2015,” which contains McNulty’s
letters. Notably absent from
these letters are any reasons
why you, the letter writer, want
to refuse testing for your child.
Whether you believe the tests are
invalid, cost too much money to
administer, take up too much class
time, or are too stressful for your
child isn’t pertinent here. What is
pertinent—and is included in the
letters—is the legal standing you
have that gives you the right to
refuse testing. Period.

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Handling our smartphones or iPads to our children can be a sanity saver on a long car ride or when we’re in line at the supermarket. But can letting them play Monkey Preschool Lunchbox or Temple Run—or even Skype with Grandma—be putting them in danger?

Wireless devices use radio waves, a form of electromagnetic radiation, to communicate with cellular towers through their antennas. Although the radio-frequency energy these devices give off is weak and has long been presumed to be safe, increasing evidence suggests it may in fact pose health hazards.

In 2011, the International Agency for Research on Cancer, an arm of the World Health Organization, classified the radio-frequency energy that wireless electronic devices emit as “possibly carcinogenic to humans.” A recent Swedish study in the journal Pathophysiology found that using a cellphone, especially before age 20, raised the risk of a certain type of brain tumor over time. While experts’ concerns extend to all wireless devices, cellphones carry the biggest potential danger because people tend to hold them up to their ears, close to the brain.

Kids are the most vulnerable to radio-frequency energy’s effects because their bodies are still developing. “Children have a thinner skull, so the radiation penetrates much deeper,” says Devra Davis, founder and president of the nonprofit Environmental Health Trust. When a child holds a cellphone against his or her ear, he or she can absorb up to 10 times more radio-frequency energy than an adult can, according to a 2014 study review in the Journal of Microscopy and Ultrastructure.

At this point, of course, there’s no putting the genie back in the bottle: we live in a digital world that, with every Fitbit and Apple Watch introduction, only becomes increasingly more so. We’re all exposed to radiation every day from a variety of devices—cellphones, tablets, laptops, e-readers—and its net effect is cumulative, says Dr. David O. Carpenter, director of the Institute for Health and the Environment at the University at Albany in New York.

Even if we try to limit our use of wireless devices, we and our kids are still unguarded against radio-frequency waves from Wi-Fi connections in our homes (which conserve data-plan usage and make wireless audio systems, like Sonos, possible), at our local coffee bar or library, and, increasingly, in our children’s schools. We can’t possibly shield our kids completely.

Experts are still learning about radiation and its effects on our health; so far, the scientific evidence has been inconclusive. The World Health Organization plans to conduct a risk assessment of all the studied health effects from radio-frequency exposure by the end of this year. For every known environmental health hazard—think cigarette smoking and lung cancer, or sun exposure and melanoma—it has taken many years for researchers to prove cause and effect.

In the meantime, many experts advise parents to take precautions. “Until and unless we learn that radiation from portable electronic devices is safe, we should assume that it’s harmful,” says Dr. Hugh S. Taylor, chair of obstetrics, gynecology and reproductive sciences at the Yale School of Medicine.

Below are some simple steps you can take to help protect your kids, without sacrificing the digital conveniences we all take for granted.

**Switch to airplane mode**
Before giving your toddler your iPhone to play Subway Surfers, activate this setting so your device isn’t connected to the Internet; otherwise, the antenna will communicate with the nearest cell tower or Wi-Fi hot spot and receive pulses of radio-frequency energy every 0.9 seconds. If your child wants to watch a video, download it to your device first and then switch to airplane mode.

**Practice safe phoning**
When Grandma calls to chat with your child, plug in the earphones that came with your phone first. This puts critical distance between the cellphone and your child’s head. Even a few inches of separation greatly reduces a child’s exposure to radio-frequency energy, says Davis. Avoid letting your child use the phone where the signal is weak, such as in a car or an elevator; the fewer bars you see, the harder your device is working to receive a signal and the more radiation, consequently, it gives off. Keep in mind that cordless landlines emit radio-frequency energy, too (the amount varies depending on the frequency). So for lengthy calls at home, have your child use either the speaker feature or a corded phone.

**Discourage your child from using his laptop or tablet computer in his lap**
Sure, it’s called a laptop—but placing your portable computer on a desk or a table is safer, especially if it’s connected to Wi-Fi. At the very least, insist that your child place a cooling pad (which is designed to prevent laptop burns) or a pillow underneath the device to help shield his or her body from it. Using a laptop this way for more than a few minutes still isn’t advisable, however, as some radiation might seep through. (Plus, it isn’t good for your child’s posture.)

**Don’t buy her a cell (yet)**
A child’s skull isn’t as thick as an adult’s...
Calling All Pregnant Women

If you’re expecting a child, you already know to avoid unnecessary X-rays. So it only makes sense to minimize your exposure to radio-frequency energy, too. In addition to taking the same precautions experts recommend for your children (see main article), heed their additional advice to keep your smartphone away from your body when you’re not using it. Instead of slipping your phone into your pants pocket, put it in a purse or a bag. Hold that purse or bag by the strap rather than carrying it over your shoulder to keep radiation from the phone farther away from your belly—and your baby.

until around age 15. Limiting your child’s access to cellphones until age 12, therefore, will help reduce his or her radiation risk in the critical early years. By 12 years old, children should be mature enough to understand the importance of using headphones when they call friends—and they’ll probably mostly text anyway, which is safer (since the phone isn’t near their head). Make sure your child knows not to keep the device in his or her pocket, as this can increase exposure to radiation.

A backpack is a better spot—it puts a layer between your child and his or her cell.

Relocate your router

Place your Wi-Fi router at least eight inches away from anywhere you and your family spend considerable amounts of time. If the router is connected to a desktop computer that your children use to do their homework, move it to the floor or, better yet, a remote area of the house (you may need to call your cable company for help with this). Ideally, you should unplug your router whenever you’re not using it.

Carry with caution

If your child takes her cellphone to school and wants to keep it in her pocket, have her turn it off or switch it to airplane mode. Again, the idea is to keep a cellphone that’s getting signals away from the body.

Visit BaltimoresChild.com
The door in a corridor at the Loyola Clinical Centers in Belvedere Square is blandly marked “storage.” Inside, however, stuffed from floor to ceiling, is a wonderland of toys: trucks, dollhouses, puzzles—even a mini basketball hoop. They’re all tools of the trade for Loyola University Maryland graduate students as they gain hands-on experience in the fields of literacy, audiology, speech-language pathology, pastoral counseling, and psychology.

The basic idea behind the Loyola Clinical Centers is simple. Many children, for example, need services that will help them learn to speak more clearly. Graduate students in speech-language pathology, meanwhile, need real-world experience helping kids with speech disorders. At the Clinical Centers, the two come together. The Loyola students—closely supervised by certified, licensed experts in their fields—gain practical experience with real clients, while the children receive needed therapy at a much lower cost than they would at a traditional private practice.

While the Clinical Centers is actually designed to serve individuals, couples, families, and groups of all ages, most of its clients are children. Some children arrive already diagnosed with a condition, but an official diagnosis or even a referral isn’t necessary to receive services. Parents can simply call, and the intake staff will guide them toward the services that best fit their child’s needs. “We try to make it easy for people, so we will do what’s called a phone intake,” says Dr. Janet Simon Schreck, who served as executive director of the Loyola Clinical Centers for nine years before stepping down early last month. “We’ll ask them a bunch of questions.”

Sometimes, adds Schreck, who was recently appointed assistant vice provost for education at Johns Hopkins University, “parents will call just to say, ‘I’m worried. Something looks a little weird. I’m not sure if there’s really an issue. Can you just take a look?’”

The Clinical Centers, which has a core mission of reaching out to underserved populations, operates at three sites: Belvedere Square and the Loyola-Notre Dame Library in Baltimore, and Loyola’s Graduate Center in Columbia. A typical client might be, for instance, a family of a child with autism. Perhaps the child receives speech therapy in school but needs extra help. Unable to afford a private practitioner, the family utilizes the Clinical Centers.

The therapy provided at the Clinical Centers is direct fee-for-service. (Families can submit their receipts to their insurance company on their own, if they chose.) In addition, there is a sliding scale based on financial need. For example, generally speaking, private psychological counseling may cost about $125 an hour; at the Clinical Centers, it’s $70.

Last year, the Clinical Centers, which has served the local community since 2003, assisted a total of more than 700 people. Along with its core services—in response to parent requests—it now offers social skills group for kids who struggle to make friends and a summer Ready, Set, Read! program for pre-readers, too. The Clinical Centers also conducts in-depth psychoeducational assessments for kids struggling with learning or attention. (Both the social skills groups and the psychoeducational assessments are very popular and currently have waiting lists).

The graduate students at the Clinical Centers receive strict oversight. The supervising professionals review digital recordings (on a secure system) of all their therapy and assessment sessions and talk through their cases with them. They also review the students’ lesson and treatment plans and post-session documentation and summaries.

The graduate students spend three or four days a week at the Clinical Centers, “living being a clinician in every way, shape, and form,” as Schreck puts it. “Something a professional has been doing for years and takes...
The graduate students at the Loyola Clinical Centers receive strict oversight. The supervising professionals review digital recordings (on a secure system) of all their therapy and assessment sessions and talk through their cases with them. They also review the students’ lesson and treatment plans and post-session documentation and summaries.

them five minutes will take them five hours, six revisions. So they’re working back and forth with their faculty supervisors.”

When Kara Tignor, director of the Clinical Centers’ division of speech-language pathology and audiology and also currently its interim executive director, sees students adapting their techniques while a session is in progress, she knows they’re truly taking their classroom knowledge and starting to apply it to the real world.

“All of a sudden they adjust the positioning of a client, or they sit on the floor, or they switch activities, or they start to reinforce differently, which shows you they’re in the moment,” she points out.

The toys help, of course, but the enthusiasm the young staff evidences while blossoming in their professional skills also makes the therapy fun for the kids. “I love when the graduate students have what we call the ‘aha’ moment when they come in all excited because they’ve mastered a skill or clicked with the person they’re serving,” says Schreck, who will continue her association with the Clinical Centers as a member of its board of advisors. “Most of the kids who walk out of here, they’re happy. The student clinicians create very fun experiences for them.”

For more information on the Loyola Clinical Centers, call 410-617-1200, or go online to www.loyola.edu/department/clinical-centers.aspx.
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In this musical adventure by Theatreworks USA, Barbara Park’s JUNIE B. JONES shares her hard-won expertise and shows how school is ALWAYS something to sing about!
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Smith Theatre www.candlelightconcerts.org
HCC, Columbia 410-997-2324

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Friends School of Baltimore
410-649-3218 • www.fscamp.org
As we compile our 2016 Residential Camp & Summer Programs Directory, the chill of winter has only made a brief visit. However, in a few short months, spring will be here—and now is the time to start planning for your child’s summer activities if a camp is on the menu. Perhaps a residential program is a possibility? Whether your child is looking forward to his first experience at an overnight camp, or she’s already an old pro at spending a week or two—or even longer—away from home, your child will want to be a part of the decision making. Take a look at our list of residential summer opportunities, and work together to find the right fit. From communing with nature, to sharpening sports skills, to just having the adventure of spending a week or two away from home, these camps offer a range of ways for your child to enjoy a memorable summer.

Keep in mind that this is not a comprehensive list of residential programs but rather a representative sampling of what’s available in our area. For an even more expansive list, be sure to visit our website, www.BaltimoresChild.com, and click on Directories.

Using the Chart

Camp: We have listed the most basic information including name, winter address, summer location (if it differs from the winter address), and contact information, including a phone number, website, and email address if provided.

Ages/Grades: The ages or grades given are the range for all the programs at the camp.

Dates: We list the first date of the first session and the last date of the last session. Camps may have several sessions that fall within those dates.

Specialty: This column is used to identify camps that involve children in one particular activity for the majority of the time the children attend.

Accredited/Certified By: This column lists any certifications the camp has, coded as follows:
- ACA – Accredited by the American Camp Association
- CYC – Certified Youth Camp by the State of Maryland
- MSDE – Program is monitored by the Maryland State Department of Education

Comments: The camps have very limited space to describe their programs. Most have websites where you will find much more information. Go online to www.BaltimoresChild.com and click on Resources/Links or Directories. There you'll find links to dozens of camps, all from one convenient site.

Scholarships: A √ in this column means the camp has funds that allow it to offer financial help to families in need.

Next Month: Look for our 2016 Day Camp & Summer Programs Directory

<table>
<thead>
<tr>
<th>Camp/Address/Contact</th>
<th>Phone/Website/Email</th>
<th>Ages/Grades</th>
<th>Session Dates</th>
<th>Specialty</th>
<th>Accredited/Certified by</th>
<th>Scholarships</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appel Farm Arts Camp</td>
<td>856-358-2472 <a href="http://www.appelfarmartscamp.org">www.appelfarmartscamp.org</a></td>
<td>Ages 7-17</td>
<td>6/26/16</td>
<td>Performing and Visual Arts</td>
<td>ACA</td>
<td>√</td>
<td>Offering one, two, four, six and eight week sessions specializing in classes in the fine and performing arts in a non-competitive setting.</td>
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<tr>
<td>PO Box 888 Elmer, NJ, 08318</td>
<td><a href="mailto:camp@appelfarm.org">camp@appelfarm.org</a></td>
<td></td>
<td>8/19/16</td>
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<tr>
<td>Summer Location: Elmer, NJ</td>
<td>Tracy Power</td>
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<tr>
<td>Baltimore Chesapeake Bay</td>
<td>410-448-1721x2458 <a href="http://www.outwardboundbaltimore.org">www.outwardboundbaltimore.org</a></td>
<td>Ages 12-up</td>
<td>6/18/16</td>
<td></td>
<td>CYC MSDE</td>
<td>√</td>
<td>Educational organization that helps kids discover strength of character, the ability to lead and a desire to serve.</td>
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<tr>
<td>Outward Bound School</td>
<td><a href="mailto:sales@outwardboundbaltimore.org">sales@outwardboundbaltimore.org</a></td>
<td></td>
<td>8/19/16</td>
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<td>1900 Eagle Dr. Baltimore, MD</td>
<td>Laura Dvornicky</td>
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<td>Summer Location: Leakin Park</td>
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<tr>
<td>3700 Burgundy Rd. Alexandria, VA, 22303</td>
<td><a href="mailto:vinis@burgundyfarm.org">vinis@burgundyfarm.org</a></td>
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<td>Summer Location: 660 Margaret Sullivan Lane, Capon Bridge, W. Va. 26711</td>
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<td>Lavinia Schoene</td>
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<tr>
<td>Camp Airy</td>
<td>410-466-9010</td>
<td>Grades 2-12</td>
<td>6/26/16</td>
<td>ACA</td>
<td>√</td>
<td></td>
<td>Residential camp for boys.</td>
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<td></td>
<td><a href="http://www.airyouse.org">www.airyouse.org</a></td>
<td>8/7/16</td>
<td></td>
<td></td>
<td>CYC MSDE</td>
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<td></td>
<td><a href="mailto:airlou@airyouse.org">airlou@airyouse.org</a></td>
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<td>6/21/16-8/7/16</td>
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<tr>
<td>Camp Arrowhead</td>
<td>302-645-9348</td>
<td>Ages 8-16</td>
<td>6/26/16</td>
<td>ACA</td>
<td>√</td>
<td></td>
<td>One and two week sessions available.</td>
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<td><a href="http://www.camparrowhead.net">www.camparrowhead.net</a></td>
<td></td>
<td>8/13/16</td>
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<td></td>
<td>Open to any and all children regardless of faith or creed. Day camp available for local families.</td>
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<td></td>
<td><a href="mailto:whitewave@camparrowhead.net">whitewave@camparrowhead.net</a></td>
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<tr>
<td>Camp Calleva</td>
<td>301-216-1248</td>
<td>Ages 12-17</td>
<td>6/6/16</td>
<td>Adventure</td>
<td>ACA √</td>
<td></td>
<td>One week outdoor adventure overnight camps. Kayak, surf, sail, rock climb, cave, backpack, and leadership.</td>
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<td><a href="mailto:office@calleva.org">office@calleva.org</a></td>
<td>8/26/16</td>
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<td>Camps</td>
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<td>6/15/16</td>
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<td><a href="http://www.campdarkwaters.net">www.campdarkwaters.net</a></td>
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<td>8/13/16</td>
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<td><a href="mailto:info@campdarkwaters.net">info@campdarkwaters.net</a></td>
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<td>Camp Green Lane</td>
<td>215-264-0911</td>
<td>Ages 6-16</td>
<td>6/25/16</td>
<td>ACA</td>
<td>√</td>
<td></td>
<td>Coed 1, 2, 3 and 4 week programs. Outdoor Adventure, Art, Farming, Rafting, Climbing, 1000 foot zip line and more.</td>
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<td><a href="http://www.greenlane.com">www.greenlane.com</a></td>
<td>8/13/16</td>
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<td><a href="mailto:adam@greenlane.com">adam@greenlane.com</a></td>
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<tr>
<td>Camp Hidden Meadows</td>
<td>301-456-3591</td>
<td>Ages 7-16</td>
<td>6/12/16</td>
<td>Outdoor</td>
<td>ACA</td>
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<td>Four and seven week sessions available.</td>
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<td><a href="http://www.camphiddenmeadows.com">www.camphiddenmeadows.com</a></td>
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<td>8/13/16</td>
<td>camp</td>
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<table>
<thead>
<tr>
<th>Camp/Address/Contact</th>
<th>Phone/Website/Email</th>
<th>Ages/Grades</th>
<th>Session Dates</th>
<th>Specialty</th>
<th>Accredited/ Certified by</th>
<th>Scholarships</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Camp Kweebec</td>
<td>610-667-2123 <a href="http://www.kweebec.com">www.kweebec.com</a> <a href="mailto:info@kweebec.com">info@kweebec.com</a></td>
<td>Ages 6-16</td>
<td>6/26/16</td>
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<td>ACA ✓</td>
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<td>PO Box 311</td>
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<td>8/14/16</td>
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<td>Narberth, PA, 19072</td>
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<td>Summer Location: Schwenksville, PA</td>
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<td>Les Weiser</td>
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<tr>
<td>Camp Lohikan</td>
<td>908-470-9517 <a href="http://www.lohikan.com">www.lohikan.com</a> <a href="mailto:info@lohikan.com">info@lohikan.com</a></td>
<td>Ages 6-15</td>
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<td>PO Box 189</td>
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<td>8/25/16</td>
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<td>Gladstone, NJ, 7804</td>
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<td>Summer Location: Lake Como, NE Pennsylvania</td>
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<td>Mark Buynak</td>
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<td>Camp Louise</td>
<td>410-466-9010 <a href="http://www.airylouise.org">www.airylouise.org</a> <a href="mailto:airlou@airylouise.org">airlou@airylouise.org</a></td>
<td>Grades 2-12</td>
<td>6/26/16</td>
<td></td>
<td>ACA ✓, CYC, MSDE ✓</td>
<td></td>
<td>Residential camp for girls.</td>
</tr>
<tr>
<td>3570 Park Heights Ave., Suite 306</td>
<td></td>
<td></td>
<td>8/7/16</td>
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<td>Baltimore, MD, 21215</td>
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<tr>
<td>Summer Location: 24959 Pen Mar Road, Cascade</td>
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<tr>
<td>Jonathan Gerstl</td>
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<tr>
<td>Camp Pecometh</td>
<td>410-556-6900 <a href="http://www.pecometh.org">www.pecometh.org</a> <a href="mailto:julie@pecometh.org">julie@pecometh.org</a></td>
<td>Grades 1-11</td>
<td>6/21/16</td>
<td></td>
<td>ACA ✓</td>
<td></td>
<td>One week sessions June to August.</td>
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<tr>
<td>136 Bookers Wharf Rd.</td>
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<td>8/12/16</td>
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<tr>
<td>Centerville, Md, 21037</td>
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<tr>
<td>Julie Lutz</td>
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<tr>
<td>Camp Puh’tok for Boys &amp; Girls</td>
<td>410-329-6990 <a href="http://www.camppuhtok.com">www.camppuhtok.com</a> <a href="mailto:info@camppuhtok.com">info@camppuhtok.com</a></td>
<td>Ages 5-16</td>
<td>6/19/16</td>
<td></td>
<td>ACA ✓</td>
<td></td>
<td>Offering day and overnight camps.</td>
</tr>
<tr>
<td>1743 Big Falls Rd.</td>
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<td>8/12/16</td>
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<td>Monkton, MD, 21111</td>
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<tr>
<td>Lindsay Laker</td>
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<tr>
<td>343 Camp Rim Rock Road</td>
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<td>8/13/16</td>
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<tr>
<td>Yellow Spring, WV, 26885</td>
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<tr>
<td>Joe Geitter</td>
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For additional information visit www.griersummer.org or call 814-684-3000, ext. 7013
<table>
<thead>
<tr>
<th>Camp/Address/Contact</th>
<th>Phone/Website/Email</th>
<th>Ages/Grades</th>
<th>Session Dates</th>
<th>Specialty</th>
<th>Accredited/Certified by</th>
<th>Scholarships</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Camp St. Charles</strong></td>
<td>301-934-8799; <a href="http://www.campstcharles.org">www.campstcharles.org</a>; <a href="mailto:asstdirector@campstcharles.org">asstdirector@campstcharles.org</a></td>
<td>Ages 6-15</td>
<td>6/19/16 8/13/16</td>
<td>ACA</td>
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<tr>
<td>PO Box 39, Issue, MD, 20645</td>
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<tr>
<td>Summer Location: Rockpoint Kevin Wall</td>
<td></td>
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</tr>
<tr>
<td><strong>Camp Tall Timbers, Inc.</strong></td>
<td>800-862-2678; <a href="http://www.camptalltimbers.com">www.camptalltimbers.com</a>; <a href="mailto:glenn@camptalltimbers.com">glenn@camptalltimbers.com</a></td>
<td>Ages 1-10</td>
<td>6/26/16 8/20/16</td>
<td>ACA</td>
<td>√</td>
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<tr>
<td>3735 Spicebush Dr., Urbana, MD, 21704</td>
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<tr>
<td>Summer Location: High View, WV Glenn Smith</td>
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<tr>
<td><strong>Camp Tockwogh/YMCA</strong></td>
<td>410-348-6000; <a href="http://www.ymcacamptockwogh.org">www.ymcacamptockwogh.org</a>; <a href="mailto:registration@ymcadep.org">registration@ymcadep.org</a></td>
<td>Grades K-11</td>
<td>6/22/16 8/19/16</td>
<td>ACA</td>
<td>√</td>
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<tr>
<td>24370 Still Pond Neck Rd., Worton, MD, 21678</td>
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<tr>
<td>Bernadette Robino</td>
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</tr>
<tr>
<td><strong>Camp Twin Creeks</strong></td>
<td>800-451-8806; <a href="http://www.camptwincreeks.com">www.camptwincreeks.com</a>; <a href="mailto:info@camptwincreeks.com">info@camptwincreeks.com</a></td>
<td>Ages 7-17</td>
<td>6/26/16 8/20/16</td>
<td>ACA</td>
<td>√</td>
<td></td>
<td>Two-week sessions.</td>
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<tr>
<td>P.O. Box 39, Armonk, NY, 10504</td>
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<tr>
<td>Summer Location: Marlinton, W. Va. Iain McClements</td>
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<td></td>
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<tr>
<td><strong>Camp Wabanna</strong></td>
<td>410-738-0555; <a href="http://www.campwabanna.org">www.campwabanna.org</a>; <a href="mailto:info@campwabanna.org">info@campwabanna.org</a></td>
<td>Ages 7-17</td>
<td>6/19/16 8/8/16</td>
<td>CYC</td>
<td>√</td>
<td></td>
<td>Non-denominational Christian camp on the Chesapeake Bay with sailing, kayaking, boating, and high and low ropes courses. One-week sessions.</td>
</tr>
<tr>
<td>101 Lakes Rd., Edgewater, MD, 21037</td>
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<tr>
<td>Shannon Covington</td>
<td></td>
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</tr>
<tr>
<td><strong>Camp Watonka, Inc.</strong></td>
<td>570-857-1401; <a href="http://www.watonka.com">www.watonka.com</a>; <a href="mailto:don@watonka.com">don@watonka.com</a></td>
<td>Ages 8-16</td>
<td>6/25/16 8/20/16</td>
<td>Science</td>
<td>ACA</td>
<td></td>
<td>Hands-on programs for boys in chemistry, biology, physics, astronomy, computers, and all usual camp activities. All activities are camper selected.</td>
</tr>
<tr>
<td>P.O. Box 356, Paupack, PA, 18451</td>
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<tr>
<td>Summer Location: Hawley, Pa. Donald Wacker</td>
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</tr>
</tbody>
</table>

**The YMCA Camp Conrad Weiser**  
A Summer of Fun, A Lifetime of Memories  
Resident Camp for Boys and Girls 7-17.  
Fees Starting at $500 a week.  
Traditional Camps, Riding Camps, Theme Camps, Adventure Camps, Teen Leadership Programs, International Travel  
SMYMCA.ORG or 610.670.CAMP  

**Nature Camps, Inc.**  
Adventures for Children & Families  
Early Bird Special  
Toddler – Sixteen  
Early Bird Registration/Payment Discount  
5% before February 15  
Van Service from Greenspring Station  
Located in Monkton, MD. Home to 240 acres of Nature Conservancy Woodlands  
www.naturecamps.com
<table>
<thead>
<tr>
<th>Camp/Address/Contact</th>
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<th>Ages/Grades</th>
<th>Session Dates</th>
<th>Specialty</th>
<th>Accredited/ Certified by</th>
<th>Scholarships</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Camp Wright</strong></td>
<td>410-643-4171 <a href="http://www.campwright.com">www.campwright.com</a> <a href="mailto:associatedirector@campwright.com">associatedirector@campwright.com</a></td>
<td>Ages 6-17</td>
<td>6/20/16 8/19/16</td>
<td>ACA</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>Camp Zeke</strong></td>
<td>212-963-9783 <a href="http://www.campzeke.org">www.campzeke.org</a> <a href="mailto:rachel@campzeke.org">rachel@campzeke.org</a></td>
<td>Ages 7-17</td>
<td>7/3/16 8/14/16</td>
<td>Health, Fitness, Nutrition</td>
<td></td>
<td></td>
<td>Jewish camp where kids celebrate healthy living. Campers choose from fitness electives and traditional activities.</td>
</tr>
<tr>
<td><strong>Capital Camps &amp; Retreat Center</strong></td>
<td>301-468-2267 <a href="http://www.capitalkamps.org">www.capitalkamps.org</a> <a href="mailto:info@capitalkamps.org">info@capitalkamps.org</a></td>
<td>Ages 8-17</td>
<td>8/26/16 8/19/16</td>
<td>Religious</td>
<td>ACA</td>
<td></td>
<td>Summer phone: 717-794-2177. Special needs program offered.</td>
</tr>
<tr>
<td><strong>Carroll County 4-H Residential Camp</strong></td>
<td>410-386-2760 <a href="http://www.extension.umd.edu/carroll-county">www.extension.umd.edu/carroll-county</a> <a href="mailto:ledkon12@umd.edu">ledkon12@umd.edu</a></td>
<td>Ages 8-14</td>
<td>6/20/16 7/15/16</td>
<td>ACA</td>
<td></td>
<td></td>
<td>One week season offered in both June and July.</td>
</tr>
<tr>
<td><strong>Cedarbrook Camp in Pennsylvania</strong></td>
<td>302-738-8186 <a href="http://www.cedarbrookcamppa.org">www.cedarbrookcamppa.org</a> <a href="mailto:tanager14@gmail.com">tanager14@gmail.com</a></td>
<td>Grades 1-11</td>
<td>7/17/16 7/30/16</td>
<td>ACA</td>
<td></td>
<td></td>
<td>A traditional, rustic, non-competitive overnight camp. 2, 4, 6 and 8 week sessions available.</td>
</tr>
<tr>
<td><strong>Echo Hill Camp</strong></td>
<td>410-348-5303 <a href="http://www.echohillcamp.com">www.echohillcamp.com</a> <a href="mailto:info@echohillcamp.com">info@echohillcamp.com</a></td>
<td>Ages 7-16</td>
<td>6/26/16 8/20/16</td>
<td>ACA CYC</td>
<td></td>
<td></td>
<td>Youths explore the Chester River living onboard historic Chesapeake Bay boats for three- to five-day overnight trips. Canoe/camping river trips also offered.</td>
</tr>
<tr>
<td><strong>Echo Hill Outdoor School</strong></td>
<td>410-348-5880 <a href="http://www.ehos.org">www.ehos.org</a> <a href="mailto:info@ehos.org">info@ehos.org</a></td>
<td>Ages 8-up</td>
<td>6/27/15 8/19/15</td>
<td>CYC MSDE</td>
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<tr>
<td><strong>Camp Friendship</strong></td>
<td>800-873-3223 <a href="http://www.campfriendship.com">www.campfriendship.com</a> <a href="mailto:info@campfriendship.com">info@campfriendship.com</a></td>
<td>Ages 7-16</td>
<td>6/12/16 8/13/16</td>
<td>Sports</td>
<td>ACA</td>
<td></td>
<td>One-week sessions can be combined to stay multiple weeks. Sports clinics (half-day) available for tennis, waterskiing, gymnastics. Equestrian program.</td>
</tr>
<tr>
<td><strong>Garrison Forest School</strong></td>
<td>410-559-3433 <a href="http://www.gfs.org/summercamp">www.gfs.org/summercamp</a> <a href="mailto:dominiquedrummond@gfs.org">dominiquedrummond@gfs.org</a></td>
<td>Ages 10-18</td>
<td></td>
<td>Arts/Drama</td>
<td>MSDE</td>
<td></td>
<td>Performing arts programs for boys and girls.</td>
</tr>
</tbody>
</table>

*For the first time in his life, our son loves school! He can’t wait to get there every morning and doesn’t want to leave at the end of the day. He has finally found a place where he fits in and is accepted for who he is. – Auburn Parent*

**Camp Aristotle at the Auburn School**

A camp where students are UNDERSTOOD and their input is VALUED!

**Echo Hill Camp**

Sleep-away summer camp 145 boys and girls ages 7-16

Ski, sail, wakeboard, nature, archery, crab, fish, ropes course, swim, canoe, kayak, drama, music, arts & crafts

2 - 8 week sessions, June 26 - August 20, 2016

www.echohillcamp.com info@echohillcamp.com 410.348.5303
<table>
<thead>
<tr>
<th>Camp/Address/Contact</th>
<th>Phone/Website/Email</th>
<th>Ages/Grades</th>
<th>Session Dates</th>
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<th>Accredited/ Certified by</th>
<th>Scholarships</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Girl Scouts of Central Maryland Camp Conowingo</td>
<td>410-358-9711x284 <a href="http://www.gscm.org/camps">www.gscm.org/camps</a> <a href="mailto:camp@gscm.org">camp@gscm.org</a></td>
<td>Ages 7-17</td>
<td>6/20/16</td>
<td>ACA</td>
<td>CYC</td>
<td>✓</td>
<td>Swimming, horseback riding, canoeing, archery, high and low ropes, arts and crafts, and nature study led by experienced staff.</td>
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<tr>
<td>Gov School (The) Summer Program</td>
<td>716-687-2001 <a href="http://www.gov.org/summer">www.gov.org/summer</a> <a href="mailto:summer@gov.org">summer@gov.org</a></td>
<td>Ages 8-16</td>
<td>6/26/16</td>
<td>Learning</td>
<td>disabilities</td>
<td>✓</td>
<td>Program for students with dyslexia and other language-based learning disabilities. Blend of academics, traditional camp activities, and weekend trips.</td>
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<td>7/31/16</td>
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<tr>
<td>Gretta Glen Camp and Retreat Center</td>
<td>717-273-6525 <a href="http://www.grettaglen.org">www.grettaglen.org</a> <a href="mailto:camp@grettaglen.org">camp@grettaglen.org</a></td>
<td>Ages 4-17</td>
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<td>✓</td>
<td>Adventure challenge, music, horseback riding, and more.</td>
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<tr>
<td>Habonim Dror Camp Moshava</td>
<td>800-454-2205 <a href="http://www.CampMosh.org">www.CampMosh.org</a> <a href="mailto:abby@CampMosh.org">abby@CampMosh.org</a></td>
<td>Ages 8-17</td>
<td>6/26/16</td>
<td>ACA</td>
<td>CYC</td>
<td>✓</td>
<td>Jewish overnight camp with kosher kitchen, lake, sports, swimming, hiking, arts &amp; crafts, Hebrew, Israel education, singing, and lifelong friendships.</td>
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<td>8/14/16</td>
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<tr>
<td>International Music Institute and Festival USA</td>
<td>443-377-3730 <a href="http://www.imif.us">www.imif.us</a> <a href="mailto:info@imif.us">info@imif.us</a></td>
<td>Ages 12-22</td>
<td>7/15/16</td>
<td>Music</td>
<td>MSDE</td>
<td>✓</td>
<td>Ten-day music program for piano, violin, viola, and cello. Advanced levels.</td>
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<td>7/24/16</td>
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<tr>
<td>Johns Hopkins University Engineering Innovation High School Summer Program</td>
<td>410-516-6224 <a href="http://engineering-innovation.jhu.edu/">http://engineering-innovation.jhu.edu/</a> <a href="mailto:engineering-innovation@jhu.edu">engineering-innovation@jhu.edu</a> <a href="mailto:engineering-innovation@jhu.edu">engineering-innovation@jhu.edu</a></td>
<td>Ages 15-18</td>
<td>6/27/16</td>
<td>Engineering</td>
<td>√</td>
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<td>Students study engineering through lectures, hands-on lab experiments, and team projects.</td>
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<td>7/22/16</td>
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<tr>
<td>Madeira School (The) Girls First! at The Madeira School</td>
<td>703-556-8323 <a href="http://www.madeira.org/girlsfirst">www.madeira.org/girlsfirst</a> <a href="mailto:girlsfirst@madeira.org">girlsfirst@madeira.org</a></td>
<td>Grades 7-9</td>
<td>6/26/16</td>
<td>Academic</td>
<td>enrichment</td>
<td></td>
<td>Girls choose one of seven classes: Creative Writing, Culinary, Digital Photo, Fashion, Forensics, STEAM or Vet Science.</td>
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<td>7/9/16</td>
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<tr>
<td>Mar-Lu-Ridge Camp</td>
<td>800-238-9974 <a href="http://www.mar-lu-ridge.org">www.mar-lu-ridge.org</a> <a href="mailto:karl@mar-lu-ridge.org">karl@mar-lu-ridge.org</a></td>
<td>Ages 6-17</td>
<td>6/12/16</td>
<td>ACA</td>
<td></td>
<td>✓</td>
<td>One week sessions, offering swimming, horseback riding, adventure, hammock camp &amp; arts camp.</td>
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<td>8/5/16</td>
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</tr>
<tr>
<td>McDonogh Summer Programs McDonogh International Soccer School</td>
<td>443-544-7100 <a href="http://www.mcdonogh.org">www.mcdonogh.org</a> <a href="mailto:summer@mcdonogh.org">summer@mcdonogh.org</a></td>
<td>Ages 10-16</td>
<td>7/31/16</td>
<td>MSDE</td>
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<td>Co-ed summer soccer camp.</td>
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<td>8/3/16</td>
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</table>

**Sports Broadcasting Camp**

**Sports Broadcasting Camp** is back for our 13th year in Baltimore!

**June 27 – July 1, 2016**

- Boys and girls 10-18 will have an opportunity to learn from the pros in the industry.
- Meet sports celebrities.
- Make sports anchor tapes in a TV studio.
- Make reporting tapes from professional stadiums.
- Make play-by-play tapes of the NBA Finals and Super Bowl.
- Participate in sports talk radio and PTI style shows, trivia contests, and much more.
- Day/Overnight sessions available.

For more information call 800.319.0884 • www.playbyplaycamps.com
facebook.com/sportsbroadcastingcamps and youtube.com/sportsbroadcastcamp

---

**Camp Rim Rock**

Voted the Best "Best Overnight Camp" by a leading Family Magazine for the 8th year!

Camp Rim Rock
INFO@CAMPRIMROCK.COM · 347-RIM-ROCK
Summer Camp 2016

Baltimore Elite Martial Arts Academy

10 Year Anniversary Early Bird Special!
Get Special Rates & Multi-Week Discounts If You Enroll By February 28!

Camp Runs June 6 – August 26
Now Open 6:30 AM – 7:30 PM!

Learn martial arts, self defense and board breaking, and do so much more.
Make friends, go swimming, play laser tag, ride go-karts, roller skating,
potato chip factory, Ripley’s, Amped Up, Raven’s Stadium, Urban Evolution & more! Field trips every day!

Art Program with Dan Keplinger
Dan Keplinger was featured in the academy award winning documentary King Gimp. Dan has become very successful in a mainstream world by learning to make the most of what he has, conquer adversity and handle many situations that today’s youth struggle with. Students will enjoy art training from one of this areas most impressive artists and learn to be resilient, deal effectively with bullying situations and make the most of what they have.

Call 410-663-9123 Today!

★ Choose your weeks!
★ Family Discounts
★ Half Price Lessons w/ Full Summer Signup!
★ Spring Break Discounts
★ All Field Trip Fees Included!
★ Uniform & T-Shirt Included

Baltimore Elite Martial Arts Academy 410-663-9123 WWW.BEMAA.COM
7850 Rossville Blvd., Suite 200 White Marsh, MD 21236
<table>
<thead>
<tr>
<th>Camp/Address/Contact</th>
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<th>Ages/Grades</th>
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<th>Accredited/ Certified by</th>
<th>Scholarships</th>
<th>Comments</th>
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<tbody>
<tr>
<td>Melwood Recreation Center</td>
<td>301-870-3226x2640, <a href="mailto:recreation@melwood.org">recreation@melwood.org</a></td>
<td>Ages 5-18</td>
<td></td>
<td>Inclusive, Teen, Equestrian, Adventure, Aquatics</td>
<td>ACA, CYC, MSDE</td>
<td>√</td>
<td>Day and overnight inclusive general camp program for campers of all ability levels. Program offered June-August.</td>
</tr>
<tr>
<td>Mount Aetna Camp</td>
<td>301-824-2729, <a href="http://www.mtaetnacamp.com">www.mtaetnacamp.com</a>, <a href="mailto:summercamp@mtaetnacamp.com">summercamp@mtaetnacamp.com</a></td>
<td>Ages 10-17</td>
<td></td>
<td></td>
<td>ACA</td>
<td>√</td>
<td>One week sessions June through August</td>
</tr>
<tr>
<td>Parisi Speed School/Lifebridge Health</td>
<td>410-318-6808, <a href="http://www.parisischool.com">www.parisischool.com</a>, <a href="mailto:jdkim@lifebridgehealth.org">jdkim@lifebridgehealth.org</a></td>
<td>Ages 7-18</td>
<td></td>
<td></td>
<td>ACA</td>
<td>√</td>
<td>An athletic development program with an emphasis on speed and agility.</td>
</tr>
<tr>
<td>Pinemere Camp</td>
<td>215-447-2267, <a href="http://www.pinemere.com">www.pinemere.com</a>, <a href="mailto:mitch@pinemere.com">mitch@pinemere.com</a></td>
<td>Ages 7-16</td>
<td>6/26/16-8/14/16</td>
<td></td>
<td>ACA</td>
<td>√</td>
<td>Choose from one, three or four week sessions, or the whole summer.</td>
</tr>
<tr>
<td>Retreat &amp; Camping Ministries West River Center</td>
<td>410-867-0991, <a href="http://www.funfriendsfaith.org">www.funfriendsfaith.org</a>, <a href="mailto:admin@bwccampsandretreats.com">admin@bwccampsandretreats.com</a></td>
<td>Grades 2-12</td>
<td>6/19/16-7/29/16</td>
<td>Sailing</td>
<td>CYC</td>
<td>√</td>
<td>Sailing, boating, Bay studies, sports, games, swimming, tubing, ropes course, giant swing, art, music, leadership, character/faith development.</td>
</tr>
</tbody>
</table>

Choose from more than 40 nature-based camp sessions with activities that include:
- Hiking
- Animals
- Water Activities
- Biking
- Camping
- Green Games
- Stream Studies
- Healthy Cooking
- And other hands-on activities outdoors!

Before and aftercare available with most sessions.

For info, contact Kimberly at 443-738-9220 or GodackK@ExploreNature.org.

Outside experiences for children ages 2-12!
June 13 – August 26, 2016

Visit STJOHNSPDOS.ORG to register today!
<table>
<thead>
<tr>
<th>Camp/Address/Contact</th>
<th>Phone/Website/Email</th>
<th>Ages/Grades</th>
<th>Session Dates</th>
<th>Specialty</th>
<th>Accredited/Certified by</th>
<th>Scholarships</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Retreat &amp; Camping Ministries</td>
<td>800-922-6795 <a href="http://www.funfriendsfaith.org">www.funfriendsfaith.org</a> <a href="mailto:admin@bwccampsandretreats.com">admin@bwccampsandretreats.com</a></td>
<td>Ages 8-18</td>
<td>6/19/16 8/12/16</td>
<td>Deaf, sign language</td>
<td>CYC</td>
<td>✓</td>
<td>Arts &amp; crafts, games, hiking, nature studies, talent show, high and low ropes courses, swimming, rafting, campfires, and zip lines.</td>
</tr>
<tr>
<td>Mandokan Camp &amp; Retreat Center</td>
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<tr>
<td>P.O. Box 429 Churchton, MD, 20733 Summer Location: 1600 Harpers Ferry Rd, Knoxville Amy Marshall</td>
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<tr>
<td>Roundtop Mountain Resort</td>
<td>717-432-9631 <a href="http://www.roundtopmountainresort.com">www.roundtopmountainresort.com</a> <a href="mailto:skiroundtop@skiroundtop.com">skiroundtop@skiroundtop.com</a></td>
<td>Ages 8-17</td>
<td>6/13/16 8/13/16</td>
<td></td>
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<td></td>
<td>Outdoor activities including ziplining, OGO Balls, rock climbing, kayaking, archery, photography, gaga, mining and more.</td>
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<tr>
<td>Adventure Camps</td>
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<tr>
<td>925 Roundtop Rd. Lewisberry, PA, 17339 Wendy Frock</td>
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<tr>
<td>RVR (River Valley Ranch)</td>
<td>443-712-3010 <a href="http://www.rivervalleyranch.com">www.rivervalleyranch.com</a> <a href="mailto:info@rivervalleyranch.com">info@rivervalleyranch.com</a></td>
<td>Ages 4-10</td>
<td>6/27/16 8/5/16</td>
<td>CYC</td>
<td></td>
<td>✓</td>
<td>Offering horseback riding, zipline, river games and more.</td>
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<tr>
<td>4443 Grave Run Rd. Manchester, MD, 21102 Dan Steele</td>
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<tr>
<td>Sandy Cove Ministries</td>
<td>443-674-8454 <a href="http://www.campsandycove.org">www.campsandycove.org</a> <a href="mailto:campinfo@sandycove.org">campinfo@sandycove.org</a></td>
<td>Ages 7-17</td>
<td>6/26/16 8/5/16</td>
<td>ACA</td>
<td></td>
<td>✓</td>
<td>Sunday-Sunday sessions. Specialties include horses, circus, trapeze, drama, and more. Christian camp offering day and overnight options.</td>
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<tr>
<td>Camp Sandy Cove</td>
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<tr>
<td>60 Sandy Cove Rd. North East, MD, 21901 Summer Location: High View, WV Tim Nielsen</td>
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<tr>
<td>Sandy Hill Camp</td>
<td>410-287-5554 <a href="http://www.sandyhillcamp.com">www.sandyhillcamp.com</a> <a href="mailto:info@sandyhillcamp.com">info@sandyhillcamp.com</a></td>
<td>Ages 8-16</td>
<td>6/21/16 8/21/16</td>
<td>ACA CYC</td>
<td></td>
<td></td>
<td>Sailing, water skiing, horses, zipline, climbing, sports, creative arts, more. One- and two-week sessions for boys and girls.</td>
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<tr>
<td>3380 Turkey Point Rd. North East, MD, 21901 Greg Joseph</td>
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<tr>
<td>Shepherds Spring Outdoor Ministry Camp</td>
<td>301-223-8193 <a href="http://www.shepherdsspring.org">www.shepherdsspring.org</a> <a href="mailto:info@shepherdsspring.org">info@shepherdsspring.org</a></td>
<td>Ages 5-19</td>
<td>6/19/16 8/8/16</td>
<td>ACA</td>
<td></td>
<td>✓</td>
<td>One week sessions include sports, creative arts, and outdoor adventures. Offering biking, canoeing, caving, fishing, hiking, ropes course, and crafts.</td>
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<tr>
<td>PO Box 369 Sharpsburg, MD, 21782 Summer Location: Sharpsburg, MD Dotty Dalphon</td>
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**SUMMER CAMPS**

2016

Online Registration Begins February 3, 6 PM

From tots to teens, there’s a camp that’s just right for your child. Choose from exciting morning, afternoon and full-day camps that fit your family’s summer schedule.

Centennial Park, May 7
10 AM – 2 PM
FREE ADMISSION!

Come learn more about our camps, meet some of the instructors, play some games, do a few crafts, get your face painted and more!

www.howardcountymd.gov/campday
<table>
<thead>
<tr>
<th>Camp/Address/Contact</th>
<th>Phone/Website/Email</th>
<th>Ages</th>
<th>Grades</th>
<th>Session Dates</th>
<th>Specialty</th>
<th>Accredited/ Certified by</th>
<th>Scholarships</th>
<th>Comments</th>
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<tbody>
<tr>
<td>South Mountain YMCA Camps</td>
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<tr>
<td>Camp Conrad Weiser</td>
<td>P.O. Box 147, Wernersville, PA 19565</td>
<td>Ages</td>
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<td></td>
<td>Summer Location: 201 Cushion Peake Rd., Wernersville, Pa.</td>
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<td></td>
<td>Nathan Brant</td>
<td>8-17</td>
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<td>6/19/16</td>
<td>Equestrian, Literary and Trip/Travel Camps.</td>
<td>ACA</td>
<td>✓</td>
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<td></td>
<td>610-670-2367</td>
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<td>6/19/16</td>
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<td></td>
<td><a href="http://www.smymca.org">www.smymca.org</a></td>
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<td>8/13/16</td>
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<td></td>
<td><a href="mailto:ycamps@smymca.org">ycamps@smymca.org</a></td>
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<tr>
<td>Sports Broadcasting Camp LLC</td>
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<tr>
<td>Play by Play Sports Broadcasting Camp</td>
<td>P.O. Box 147, Wernersville, PA 19565</td>
<td>Ages</td>
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<td></td>
<td>Summer Location: Notre Dame of Maryland University</td>
<td>10-18</td>
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<td>6/27/16</td>
<td>Sports broadcasting</td>
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<td>Day/overnight options. Make play-by-play, sports anchor, sports talk radio, reporting tapes, more.</td>
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<td></td>
<td>Steven Goldstein</td>
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<td>7/1/16</td>
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<td>800-319-9884</td>
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<td><a href="http://www.playbyplaycamps.com">www.playbyplaycamps.com</a></td>
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<td><a href="mailto:info@playbyplaycamps.com">info@playbyplaycamps.com</a></td>
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<tr>
<td>Sports International</td>
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<td></td>
<td>Summer Location: Towson University, Towson, MD</td>
<td>7/11/16</td>
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<td>7/8/16</td>
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<td></td>
<td>Conor Anderson</td>
<td>7/18</td>
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<td>301-575-9400</td>
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<td><a href="http://www.footballcamps.com">www.footballcamps.com</a></td>
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<td><a href="mailto:information@footballcamps.com">information@footballcamps.com</a></td>
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<tr>
<td>St. Timothy’s School</td>
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<td>Grades</td>
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<tr>
<td>Intensive Summer Language Program</td>
<td>8400 Greenspring Ave., Stevenson, MD 21153</td>
<td>Grades</td>
<td></td>
<td>7/31/16</td>
<td>English Second Language</td>
<td></td>
<td></td>
<td>Designed to improve communication skills in English. Includes field trips as well as recreational activities. Option to add horseback riding.</td>
</tr>
<tr>
<td></td>
<td>Jennifer Shelley</td>
<td>8-12</td>
<td></td>
<td>8/27/16</td>
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<td></td>
<td>410-486-7401</td>
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<td></td>
<td><a href="mailto:admis@stt.org">admis@stt.org</a></td>
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</tbody>
</table>

**New year... New you!**

Have fun...get fit...expand your limits!

- Arts
- Crafts and Hobbies
- Cooking
- Decorating
- Fitness/Wellness
- Home Improvement
- Photography and more!

And for kids... Summer Learning Adventures Camp 2016
www.ccbcmd.edu/kidsatccbc

To register or get more information on classes call call 443-840-4700 or visit www.ccbcmd.edu/noncredit-schedule
<table>
<thead>
<tr>
<th>Camp/Address/Contact</th>
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<th>Scholarships</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Stella Maris, Inc.</strong>&lt;br&gt;Camp Me Too! 2016&lt;br&gt;2300 Dulaney Valley Rd.&lt;br&gt;Timonium, MD, 21093&lt;br&gt;Summer Location: Camp Puh’Tok, 17433 Big Falls Rd., Monkton&lt;br&gt;Doreen Horan</td>
<td>410-252-4500 x7291&lt;br&gt;www.stellamarisinc.com&lt;br&gt;<a href="mailto:jkrupsaw@stellamaris.org">jkrupsaw@stellamaris.org</a></td>
<td>Ages 8-16</td>
<td>4/29/16&lt;br&gt;5/1/16</td>
<td>ACA&lt;br&gt;CYC&lt;br&gt;MSDE</td>
<td>✓</td>
<td>Free, 3-day, 2-night weekend camp designed to help grieving children learn ways to explore their grief. Interview and registration in Feb. and Mar.</td>
<td></td>
</tr>
<tr>
<td><strong>TECH R3VOLUTION</strong>&lt;br&gt;Westchester, PA, 19083&lt;br&gt;Summer Location: Westchester University, and Rosemont College&lt;br&gt;Shaina Yahr</td>
<td>610-664-8800&lt;br&gt;www.lavnercampsandprograms.com/computer-camp-pa&lt;br&gt;<a href="mailto:info@lavnercampsandprograms.com">info@lavnercampsandprograms.com</a></td>
<td>Ages 8-14</td>
<td>7/10/16&lt;br&gt;8/5/16</td>
<td>Computers</td>
<td>ACA</td>
<td>✓</td>
<td>Learn the latest in tech. Register for one or both sessions, two locations.</td>
</tr>
<tr>
<td><strong>The Susquehannock Camps</strong>&lt;br&gt;2308 Tripp Lake Rd.&lt;br&gt;Brackney, PA, 18812&lt;br&gt;Josh Oryhon</td>
<td>570-967-2323&lt;br&gt;www.susquehannock.com&lt;br&gt;<a href="mailto:josh@susquehannock.com">josh@susquehannock.com</a></td>
<td>Ages 7-17</td>
<td>6/26/16&lt;br&gt;8/13/16</td>
<td>ACA</td>
<td>✓</td>
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<tr>
<td><strong>The Y in Central Maryland</strong>&lt;br&gt;Camp Hashawa&lt;br&gt;1719 Sykesville Rd.&lt;br&gt;Westminster, MD, 21157&lt;br&gt;Summer Location: 300 John Owings Rd., Westminster</td>
<td>410-848-3660&lt;br&gt;www.ymaryland.org&lt;br&gt;<a href="mailto:ycamp@ymaryland.org">ycamp@ymaryland.org</a></td>
<td>Ages 8-15</td>
<td></td>
<td>Archery, Art, Science</td>
<td>✓</td>
<td>Activities include swimming, campfires, canoeing, hiking, and archery. Weekly sessions. Financial aid.</td>
<td></td>
</tr>
<tr>
<td><strong>University of Maryland</strong>&lt;br&gt;Terp Discovery&lt;br&gt;0132 Main Administration Bldg.&lt;br&gt;College Park, MD, 20742&lt;br&gt;Jamie Fry</td>
<td>301-405-7762&lt;br&gt;www.discovery.umd.edu&lt;br&gt;<a href="mailto:ydisc@umd.edu">ydisc@umd.edu</a></td>
<td>Grades 6-8</td>
<td>7/17/16&lt;br&gt;7/29/16</td>
<td>Academics</td>
<td>✓</td>
<td>Academically talented middle school students discover fearless ideas.</td>
<td></td>
</tr>
</tbody>
</table>

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**Create your ultimate summer from our variety of camps for ages 2-15!**

- **Day Camp**
- **Preschool Camp**
- **Arts Camp**
- **Sports Camp**
- **Tennis Camp**
- **Karate Camp**
- **Teen Camps**

**Questions? Contact Stacy at 410.559.2390 | jcamps@jcc.org**

Visit [jcc.org/camps2016](jcc.org/camps2016)

**NEW**

**J ADVENTURES AT MILLDALE**

**ON THE PEARLSTONE CAMPUS**

In addition to enjoying our state-of-the-art JCC facilities, many of our campers will now enjoy visits to this classic outdoor camp setting.

**Express Bus Service available to our Rosenbloom campus, 3506 Gwynnbrook Ave, Owings Mills, MD**
<table>
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<th>Accredited/Certified by</th>
<th>Scholarships</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>University of Maryland Extension</td>
<td>410-313-1915 <a href="http://www.howardlh.org">www.howardlh.org</a> <a href="mailto:crein@umd.edu">crein@umd.edu</a></td>
<td>Ages 8-14</td>
<td>6/19/16</td>
<td>ACA</td>
<td>√</td>
<td></td>
<td>Emphasizes youth leadership, citizenship, environmental education. Some activities offered are arts &amp; crafts, challenge course, archery, and swimming.</td>
</tr>
<tr>
<td>Howard County 4-H Camp</td>
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<td>6/25/16</td>
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<td>3300 N. Ridge Rd., Suite 240</td>
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<td>Ellicott City, MD, 21043</td>
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<tr>
<td>Summer Location: Western Maryland 4-H Center</td>
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<td>Swanton, Md.</td>
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<tr>
<td>Chris Rein</td>
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<tr>
<td>Wediko Children's Services</td>
<td>603-292-9200 <a href="http://www.wediko.org">www.wediko.org</a> <a href="mailto:moyler@wediko.org">moyler@wediko.org</a></td>
<td>Ages 9-19</td>
<td>7/5/16</td>
<td>Social, emotional, behavior difficulties</td>
<td></td>
<td>Therapeutic coed summer program focused on success through fun activities and academics. (ADHD, Asperger’s, mood disorders, anxiety, depression, etc.)</td>
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<tr>
<td>Wediko Summer Program</td>
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<td>8/18/16</td>
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<td>Wilderness Adventure at Eagle Landing</td>
<td>540-864-6792 <a href="http://www.wilderness-adventure.com">www.wilderness-adventure.com</a> <a href="mailto:info@wilderness-adventure.com">info@wilderness-adventure.com</a></td>
<td>Ages 8-17</td>
<td>6/21/16</td>
<td>Outdoor backpacking program</td>
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<td>Activities to build leadership, confidence and teamwork. One, two and three week expeditions for ages 10-17 and one week cabin trips for campers aged 8-10.</td>
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**Camp Fair — Every Day!**

Visit Baltimore’s Child’s Virtual Camp Fair online at BaltimoresChild.com
Summer Art Camp 2016

MICA's YPS Summer Art Camp 2016 allows children from grades 1 through 8 to immerse themselves in an array of intensive art studio experiences and recreational activities. Courses are offered at both MICA's Mount Royal campus and at the Ward Center for the Arts at the St. Paul's Schools. Before Care, After Care and Supervised Lunch are available. Families can select from a range of classes and additional services to assemble a program of activities that fits their schedule and their children's interests.

For more information about our summer art camp, including detailed course descriptions, and Portfolio Prep classes visit www.mica.edu/programs/yps or call MICA's School for Professional and Continuing Studies at 410-225-2219.
Camp Terrapin at Legacy School

JULY 11TH THRU AUGUST 5TH
4-WEEKLY SESSIONS AVAILABLE

All campers receive: 1:1 Reading Tutoring, Math Instruction & Keyboarding Skills

Morning academics
Recreational afternoons including swimming, art and outdoor games.

Legacy School
115 Terrapin Drive
Sykesville, MD 21784
410-549-1717
www.legaoyschoolmd.org/terrapin-camp/

Greenspring Summer Fun
410-321-8555 | greenspringmontessori.org

7 Week-Long Sessions
Offerings from Drama to Woodworking

Serving students aged 18 months through 12 years

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Summer Dance Camps!

• Outstanding Dance Education and Performances since 2000
• Professional Faculty and Curriculum for 3 year olds to adults
• Students perform in the Annual Nutcracker and Spring Recital
• Baltimore Ballet Company performs throughout the region

For more information call 410-667-7974
or visit www.baltimoreballet.com

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Our dancers are Graceful, Confident, and Happy!

Valeriia Ivlieva and Cem Catbas

Ballet Intensives
Junior Intensive, Ages 8 - 12
Senior Intensive, Ages 11 - 21
July 5th - July 29th, 2016

Sleeping Beauty Camp
Ages 4 - 7
July 25th - July 29th, 2016
Genesee Valley Summer Camps

Day camps and specialty camps for children ages 4-17

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CAMPS@GVOLC.ORG

Parkton, MD

Musical Theatre Summer Camp
Singing, Dancing, Acting & FUN!

Low Cost • Full Day • Two Weeks • Ages 6-15
Pikesville 6/20-7/1 • Glen Burnie 7/11-22 • Annapolis 8/1-12
410-837-0971 • find us on Facebook • www.MusicalArtistsTheatre.com

Hey Mom, Sign me up for WINTER CLASSES PLEASE!

Sign Up Now!

Ages 1-17 years
Mom & Me Classes
Pre-school Gymnastics
Olympic Apparatus Instruction
CHEER Tumbling
Birthday Parties

HARFORD Gymnastics
410.877.8686

KIDS FIRST® Swim Schools
Don’t let the Winter weather get in the way of your swim lessons! It’s always 90° and sunny at KIDS FIRST!

Call a location nearest you to register today!

16 Convenient Locations Across Maryland:
Bowie: 301.262.SWIM • Bel Air: 410.549.1500
Cockeysville: 410.666.2966 • Columbia: 443.755.0111
Dundalk: 410.285.0052 • Elkton: 410.620.1012
Finksburg: 410.526.5226 • Frederick: 301.682.SWIM
Germantown: 301.540.SWIM • Hagerstown: 301.766.SWIM
Laurel: 301.725.SWIM • North Bethesda: 301.984.SWIM
Perry Hall: 410.529.8350 • Rockville: 301.277.9910
Severna Park: 410.384.SWIM • Waldorf: 301.638.SWIM

www.kidsfirstswimschools.com

$10 OFF! New Customers Only. To receive discount; present or mention at registration.

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JUNIOR SUMMER TENNIS CAMPS
AREA’S #1 JR. TENNIS CENTER
55,000 Sq. Ft. Indoor Athletic Facility

(11) 1 Week Sessions Beginning June 2016
Ages 4-17 • Mon-Fri 9:00-4:00
Before and After Care Available
SOLD OUT THE LAST 19 YEARS!

AUSTA Tennis Facility of the Year Award Winner

• Maryland’s #1 Training System
• Air Conditioned
• Daily Private Instruction
• Certified Professionals

Early Registration Savings Deadline: 2/29/16

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Don’t let the Winter weather get in the way of your swim lessons! It’s always 90° and sunny at KIDS FIRST!

Call a location nearest you to register today!

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www.kidsfirstswimschools.com

$10 OFF! New Customers Only. To receive discount; present or mention at registration.

**Family Calendar**

The deadline for submitting items for next month’s print calendar was January 1. Information for this calendar is received weekly; sometimes months, before publication. Please take time to verify the listing.

**SATURDAY 9**

**Family**


**Free Islamic Arts Family Festival** This museum-wide extravaganza will feature dancers, storytellers, musicians, and artists. Families will participate in hands-on art activities using a variety of media to learn about Islamic arts and cultures. The Walters Art Museum, Baltimore, 11 a.m.-4 p.m., all ages, 410-547-9000, www.thewalters.org.

**Snowflake Ball for Dads & Daughters** Dads (or special adult) and daughters can enjoy crafts, and ice cream sundae bar. Gary J. Arthur Community Center, Cooksville, 5:30-7:30 p.m., ages 4-12, tickets required, registration required, 410-313-4840, www.howardcountymd.gov/rap.

**SUNDAY 10**

**Family**

**Animal Encounter at Oregon Ridge Nature Center** See Sat. 9.

**Baltimore Society of Model Engineers Operating Model Trains** Two model railroad empires occupying 2,500 square feet and operating trains and trolleys in HO and O scale make this the largest permanent model railroad display in the area. Plus, static model displays, railroad heralds, and railroad artifacts. Baltimore Society of Model Engineers, Baltimore, 1-5 p.m., 410-837-2763, www.modelengineers.com/shows.html.

**Plants and People Sunday** Presentations and activities each week for different groups. See website for details. Rawlings Conservatory, Druid Hill Park, Baltimore, 1:30-3:30 p.m., 410-396-0008, www.rawlingsconservatory.org.

**Nature Connections: Owls** Visit with a live owl. Learn the adaptations that allow it to make a home out of darkness, practice owl hoots, investigate what’s inside an owl pellet, and find out how owls’ feathers allow them to fly silently. Natural History Society of Maryland, Baltimore, 1-4 p.m., all ages, 410-882-5376, marylandnature.org/nature-connections.

**Crankie Workshop for Kids** Short performances of music and crankies (puppet shows on scrolled paper) and a workshop for families to make their own crankies. Creative Alliance, Baltimore, 2-3:30 p.m., ages 5 and up, tickets required, 410-276-1651, www.creativealliance.org.

**“Pixar in Concert”**

When: Friday and Saturday, Jan. 22 and 23, 8 p.m. Sunday, Jan. 24, 3 p.m.


For the first time, Pixar presents a compilation of the music and imagery from its 13 feature films, performed by the Baltimore Symphony Orchestra SuperPops. Featuring visually stunning clips and memorable scores from all your favorite Pixar films, including “Toy Story,” “Up,” “A Bug’s Life,” and “Monsters, Inc.” “Pixar in Concert” will delight the whole family.

**SATURDAY 16**

**Special Needs**

**Sibshops Sibling Support Groups** Each workshop allows brothers and sisters of children with special needs to participate in a fun, energetic, activity-driven experience. The Arc Baltimore Community Resource Center, Baltimore, 10 a.m. & 12:30 p.m., ages 6-13, registration required by 1/11, 410-296-2272 x5319, www.thearcbaltimore.org.

**Family**

**Animal Encounter at Oregon Ridge Nature Center** See Sat. 9.

**Winter Forest Scavenger Hunt** Explore the winter woods of Leight Park, keeping your eyes peeled for items on a scavenger hunt list along the way. Everyone will be rewarded with hot drinks. Anita C. Leight Estuary Center, Abingdon, 10:30 a.m.-noon, ages 6 and up, under 13 w/adult, tickets required, registration required, 410-612-1688, www.otterpointcreek.org.


**SATURDAY 17**

**Family**

**Animal Encounter at Oregon Ridge Nature Center** See Sat. 9.

**Baltimore Society of Model Engineers Operating Model Trains** See Sun. 10.
FREE FUN FOR ALL AGES

ISLAMIC ARTS FAMILY FESTIVAL
Saturday, January 9
11 a.m.–4 p.m.

MARTIN LUTHER KING, JR. CELEBRATION
Thursday, January 14
5–9 p.m.

CHINESE NEW YEAR CELEBRATION
Sunday, February 7
Noon–3 p.m.

THE WALTERS MUSEUM
600 N. CHARLES ST. BALTIMORE / 410-547-9000 /thewalters.org
“Daniel Tiger’s Neighborhood LIVE!”

When: Saturday, Jan. 23, 11 a.m. and 3:30 p.m.

The legacy of Mister Rogers lives on with the hit PBS Kids television series, “Daniel Tiger’s Neighborhood.” “Daniel Tiger’s Neighborhood LIVE!,” a live theatrical production filled with singing, dancing, laughter, and “grr-ific” surprises, is sure to warm the hearts of multiple generations. Daniel takes the audience on an interactive musical adventure as he and his friends explore the vibrant world of their much-loved Neighborhood of Make-Believe, sharing stories of friendship, helping others, and celebrating new experiences.

Plants and People Sunday
See Sun. 10.
“Annie Jr.” See Sat. 16.

Baltimore Symphony Orchestra at the Jewish Museum of Maryland
Musicians introduce audiences to the oboe family through humorous interactions and musical examples.
Jewish Museum of Maryland, Baltimore, 10 a.m., ages 5-10, tickets required, registration required, 410-732-6400, jewishmuseummd.org.

Character Skate at Pandora Ice Rink
Skate with professional skaters from the Next Ice Age and various costumed characters. Skaters can also enjoy a live performance by the Next Ice Age. Pandora Ice Rink, Inner Harbor, Baltimore, noon-2 p.m., tickets required, www.waterfrontpartnership.com.

Snowflake Art
Examine and replicate beautiful snowflake shapes with various art techniques including stamping, monoprinting, and paper-cutting. Participants will have the opportunity to up-cycle paper to make decorative art or decorate a reusable shopping bag.
Irvine Nature Center, Owings Mills, 12:30-2:30 p.m., all ages, tickets required, registration required, 443-738-9200, www.explorenature.org.

SONIA disappear fear
A performance by the Grammy-nominated singer/songwriter to mark the final weekend of the Jewish Museum of Maryland’s current exhibit “Paul Simon: "Daniel Tiger's Neighborhood LIVE!" MARCH 12-20

Family
School's Out Day
Unplug the kids and let them spend the day exploring nature at the park. Bring lunch, snack, and water. Extended care available.
Lake Roland, Baltimore, 8:30 a.m.-2:30 p.m., ages 6-12, tickets required, registration required, 410-887-4156, www.roberteleepark.org.

School's Out Day Camp
Join the naturalist for a day filled with hands-on activities and nature-themed games. Take a hike, explore the stream, and meet some of the resident animals. Bring a bag lunch (no peanuts) and a change of clothes. Wear close-toe shoes and dress for the weather.
Bear Branch Nature Center, Westminster, 8:30 a.m.-4:30 p.m., ages 5-12, tickets required, registration required, 410-386-3580, www.ccrcpark.org.

School’s Day Out on the Farm
Join farm educators for hands-on, experiential learning in a farm setting. Lessons, games, and crafts will relate to a farming theme. Baltimore County Ag Center, Cockeysville, 9 a.m.-3 p.m., ages 6-11, tickets required, registration required, 410-887-8973, www.marylandagriculture.org.

4th Annual Martin Luther King Jr. Day of Remembrance
An invocation
“Cinderella: A Children’s Opera”

**When:** Saturday, Jan. 30, 10:30 a.m.
**Where:** Maryland Hall for the Performing Arts, Main Theatre, Annapolis, tickets $15, 410-263-5544, www.marylandhall.org.

Presented by Annapolis Opera and set to the energetic, fun-filled music of Gilbert and Sullivan, this classic fairy tale is specially adapted for young audiences, making it the perfect way to introduce children to the world of opera.

with a special musical program by the Bain Center Gospel Choir highlights the day. Please bring a nonperishable food item for donation to a local food bank.

Roger Carter Community Center, Ellicott City, 10 a.m.-1 p.m., all ages, 410-313-2794, www.howardcountymd.gov/rap.

**American Visionary Art Museum Celebrates Martin Luther King Jr. Day!** Enjoy guided tours, birthday cake, music, workshops, and special performances. Free museum admission all day. American Visionary Art Museum, Baltimore, 10 a.m.-6 p.m., 410-244-1900, www.avam.org.

**Martin Luther King Jr. Day of Service** Participate in ceremonies and various activities. North Laurel Community Center, Laurel, 11 a.m.-3 p.m., all ages, 410-313-0290, www.howardcountymd.gov/rap.

**Dr. Martin Luther King Jr. Parade** Celebrate the life of one of America’s most influential civil rights, political, and social icons. Martin Luther King Jr. Boulevard between Eutaw and Baltimore streets, Baltimore, noon-2 p.m., www.promotionandarts.org.

**FRIDAY 22**

**Family**

“Pixar in Concert” For the first time, Pixar presents a compilation of the music and imagery from its 13 feature films, performed by the Baltimore Symphony Orchestra SuperPops. Joseph Meyerhoff Symphony Hall, Baltimore, 8:40 p.m., all ages, tickets required, 410-783-8800, www.bsomusic.org.

**SUNDAY 24**

**Parent**

Preschool and Child Care Fair

Information on child care, preschool, and summer programs, as well as the opportunity for personal contact with teachers and program directors. Representatives from community service organizations will also be on hand.

Nonperishable food donation requested.


**Family**

Animal Encounter at Oregon Ridge Nature Center See Sat. 9.

Howard County’s 2016 Children on Board

CHILD CARE & PRESCHOOL INFORMATION FAIR

**Sunday, January 24 • 1 - 4 PM**

Ten Oaks Ballroom

5000 Signal Bell Lane, Clarksville, MD 21029

**FREE ADMISSION!**

Please bring a non-perishable donation for the Howard County Food Bank

**SHELDON LOW**

Sunday, January 24, 2016 | 3:00pm

Part traditional and part rockin’, Sheldon Low infuses Jewish song and spirit into rousing rock and roll rhythms.

Co-presented with The Associated’s Center for Jewish Education, and PJ Library

**Hurry! Buy your tickets today**

$15/Adult, $10/Child (up to age 15) online | $17/Adult, $12/Child at the door

**TICKETS:** gordoncenter.com | 410.356.7469

Rosenblum JCC, 3506 Gwynnbrook Ave., Owings Mills, MD 21117

**Baltimore Society of Model Engineers Operating Model Trains** See Sun. 10.

**Plants and People Sunday** See Sun. 10.

“Pixar in Concert” See Fri. 22, 3-5 p.m.

**Nature Connections: Tracks, Traces & Signs** Tracks and traces can provide a glimpse into the lives of animals whose actions are otherwise hidden. Fun games and activities will help children discover the signs of stalking, nesting, and sleeping. Guest presentation by Susquehannock Wildlife Society with night-cam video footage.


**Frozen Fest** Make your own ice cream, create tracks in the snow, and take guided winter hikes along the trails. Enjoy live animal presentations, a movie in the NatureSphere full-dome theater, and winter crafts and experiments.


**Sheldon Low Community Concert**

Meet one of the brightest young stars in Jewish rock music today. Co-presented with PJ Library. Gordon Center for...
FRIDAY 29

Family
School's Out Day Camp See Mon. 18.
15th Annual World of Pets Expo & Educational Experience The ultimate event for pet lovers! Hundreds of pet products and services, interactive pet exhibits, free seminars by national experts on pet care and training, Johnny Peers and the Muttville Comix, amazing performing house cats, AKC dog agility trial, petting zoo, parade of breeds, and ACFA cat show. Maryland State Fairgrounds, Timonium, 2-8 p.m., all ages, tickets required, 800-882-9894, www.worldofpets.org.

SATURDAY 30

Baby and Toddler
Mommy and Me Storybook Drama Children will listen to a story and then engage with it through dramatic play activities involving movement, music, dance, and fun costumes and props. Everyman Theatre, Baltimore, 10:11 a.m., ages 1-3, tickets required, 443-615-7055 x7142, www.everymantheatre.org/classes/youth.

Family
Animal Encounter at Oregon Ridge Nature Center See Sat. 9.
15th Annual World of Pets Expo & Educational Experience See Fri. 29. 10 a.m.-7 p.m.
“Cinderella: A Children’s Opera” Set to the energetic, fun-filled music of Gilbert and Sullivan, this classic fairy tale is specially adapted for young audiences. Maryland Hall for the Creative Arts, Main Theatre, Annapolis, 10:30 a.m., tickets required, 410-263-5544, www.marylandhall.org.
“Daybreak of Freedom” The beauty and intensity of Joseph Schwantner’s music is matched only by the stirring, ever-relevant words of Dr. Martin Luther King Jr. The Jim Rouse Theatre, Columbia, 7:30-10 p.m., all ages, tickets required, 410-465-8777, www.columbioachorchea.org/season/events/daybreak-freedom.

SUNDAY 31

Family
Animal Encounter at Oregon Ridge Nature Center See Sat. 9.

15th Annual World of Pets Expo & Educational Experience

When: Friday, Jan. 29, 2 to 8 p.m. Saturday, Jan. 30, 10 a.m. to 6 p.m.

The World of Pets Expo & Educational Experience promises fun and information for the whole family. Exhibitors will fill the spacious Cow Palace with thousands of products and services for pets, while some of the country’s foremost pet authorities present seminars and demonstrations covering practically every aspect of care and training for pet dogs, cats, birds, reptiles, ferrets, and more. Visitors will also enjoy continuous entertainment and demonstrations by nationally known pet organizations; interactive educational presentations, during which children may have the opportunity to handle live animals; a Parade of Breeds; a petting zoo; a Rainforest Experience; and much more.

Baltimore Society of Model Engineers
Operating Model Trains See Sun. 10.
15th Annual World of Pets Expo & Educational Experience See Fri. 29. 10 a.m.-6 p.m.
Madjcap Puppets’ “Peter and the Wolf” A contemporary telling of the classic drama with the wonderful music of Sergei Prokofiev. Gordon Center for Performing Arts, Owings Mills, 3-4 p.m., tickets required, registration required, 410-625-3525 x101, www.cabmusic.org/season/family-series.

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Because we’re masters at connecting exploration, play, and education in a clean, safe & friendly learning environment for infants and children to age 6.

Come see why we’re the best UNLIMITED indoor open play center in Howard County.

8940 MD-108, Columbia, MD 21045
(410) 715-6901
www.theswellnesscenter.com

Visit our website to learn more about:
• Birthday parties
• Art & Music classes
• Very Important Kid(s) Membership
• Upcoming Events
• And More!!!

PARTY TIMES

The Swellness Center
Child Development through Play

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In this new year, I challenge mothers everywhere to learn to say “yes” more often.
We’ve already had enough difficulty saying “no.” No to the outrageous demands of our children. You know, 8-year-olds who want iPhones. Teenagers who want cars and lavish vacations. But, more often than not, we have learned to put our foot down and just say “no.”

We’ve also had trouble saying “no” to the many demands of friends and family. Then comes the day when we figure out we just can’t ‘do it all,’ and the “nos” start to flow. (Usually this epiphany hits us the moment we turn 40, so just a heads-up if you haven’t gotten there yet.)

Well, after doing some thinking, I realize it’s time to say “yes” to more in my life.

I was in a friend’s store recently with my 17-year-old daughter, Grace, talking about all of the things I needed to get done and about some things troubling me at work and at home. My friend, Shelly, said to Grace, “You have to help your mother calm down and chill out.”

I looked at Grace and asked her if I indeed needed to do that, and she replied, with no hesitation: “Yes. You are always rushing around. After the movie premiere you hosted last week, your friends wanted you to go out with them, and you didn’t. You should have.”

Okay, so, in truth, I figured if I went out with my friends that night, I would be out until 2 a.m., and I didn’t feel like staying out that late. And, in the back of my mind, I thought I needed to get home because Grace had a friend sleeping over, and I guess I thought I needed to be there to host them. Turns out they were out later than I was. And, of course, when they got home, they didn’t need me at all. In fact, they needed me out of the way.

I have turned down dinner invitations from girlfriends on weeknights because I didn’t want Grace to be home alone, and I felt like I needed to be there to make her a meal after a long day of school and basketball practice. Of course, once I’m home, Grace doesn’t need me, and I realize I missed out on a chance to relax and have a little fun with friends.

And the thing is, when I do take the time to socialize, it makes me feel good! The conversation and the laughter really uplift my spirit. While I have taken a few trips with friends in the past, I have definitely turned down many more invitations than I have accepted.

So this year I vow to say, “Yes.” I need to learn how to do this now. Grace will be out of the house next year, away at college. Then I will have no excuse. I need a little practice.

Saying “yes” and getting out and about will lead to meeting more people—people who could be influential in my personal and professional life, perhaps leading to opportunities. Saying “yes,” you can do this, or, “yes,” you can do that, also improves your outlook.

In an article published on the website of Psychology Today in August 2013, world-class endurance athlete Christopher Bergland, discussing a recent University of Wisconsin-Madison study of language, writes: “Our expectations and perceptions of optimism can be altered with a single word like ‘yes.’ On the flip-side, we all know the power of ‘no’ to instantly take the wind out of your sails and make you feel negative. The declarative word ‘yes’ is like an implicit green light that implies ‘go.’ On the other hand, ‘no’ is an implicit red light that implies ‘stop.’ As Mary Kay said famously, ‘If you think you can, you can. If you think you can’t, you’re right.’”

So I say to all the opportunities that come my way and feel right: yes. Yes to feeling good and spreading good feelings. Yes to doing our part to change the world. Yes to being a positive, optimistic, productive person. Yes to calming down and learning to relax.

Mothers, let’s learn how to say “yes” to more in our lives. Yes to feeling good and spreading good feelings. Yes to doing our part to change the world. Yes to being a positive, optimistic, productive person. Yes to calming down and learning to relax.

Lisa Robinson is a news anchor for WBAL-TV.
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