

Upcoming

Head for Antarctica, The frozen desert

Take a photo trip to Antarctica with the Friends of Saunderstown Village at their presentation of "Antarctica, The Frozen Desert," on Monday, Nov. 12, at 7:30 p.m., at St. John the Divine Chapel, on the corner of Willett Road and Church Way in Saunderstown.

The program will be led by Prentice Stout and will feature magnificent photos and information from his recent trip to Antarctica.

This program is free and open to the public. For more information, contact Joan Pilson at 294-2568 or by e-mail at pilsonj@cox.net.

Citizens Bank offers free Audubon admission

Admission to the Audubon Society of Rhode Island's Environmental Education Center (EEC) will be free the first Saturday of every month courtesy of a grant from the Citizens Bank Foundation.

Families can explore environmental exhibits representing Rhode Island's diverse habitats, from upland meadow and cornfields to wetlands, salt marshes, and the Narragansett Bay shoreline.

Situated on the beautiful 28-acre McIntosh Wildlife Refuge, visitors can enjoy nature trails, including a mile boardwalk that leads down to Narragansett Bay. The Environmental Education Center offers a wide variety of education programs as well as outreach to schools throughout the state.

The center is located at 1401

Hope Street (Rte 114) in Bristol.

Opera and chamber music featured in URI concerts

The University of Rhode Island Music Department will serenade listeners with two concerts on Sunday, Nov. 18.

URI's Opera Workshop, directed by Rene de la Garza, will present a one-act comic opera, "The Impresario," by Mozart, with the remainder of the program featuring scenes from Mozart's opera, "The Magic Flute" and a variety of popular arias and songs by other famous composers at 3 p.m.

The focus will be on chamber music (written for small groups of musicians) as at least nine different URI Chamber Ensembles perform works ranging from Bach to contemporary composer Catherine McMichael, at 7 p.m.

Both concerts will be held in the Fine Arts Center Concert Hall off Upper College Road on URI's Kingston campus. Admission for each program is \$8 for the general public, \$2 for students, with seating on a first-come basis. The box office opens 45 minutes before the start of each concert.

For more information, call the URI Music Department at 874-2431.

Wreaths help homeless women

Lucy's Hearth, Newport County's shelter for homeless women and children, is making plans for their Seventh Annual Designer Christmas Wreath Sale Fund-raiser.

This event has been very successful in the past, selling wreaths

and tabletop arrangements made and donated by local florists, designers and many talented organizations.

This year's fund-raiser will take place on Saturday, Dec. 1, from 9 a.m. until 1 p.m. in the rotunda at Easton's Beach on Memorial Boulevard in Newport.

Lucy's Hearth is a 24-hour emergency and transitional shelter for mothers and their children who are homeless due to economic hardship, family crisis, divorce, eviction, and severe shortage of safe, affordable housing. The primary goal is to foster independence and help the residents gain the life skills necessary to prevent future chronic homelessness.

In the past 12 months, Lucy's Hearth has sheltered 119 women and children for a total of 7,564 bed nights of shelter and served 20,367 meals. This year they will be celebrating their 23rd anniversary.

Savastano in ballet theatre

Rhode Island's ballet theatre has added several new members to its ranks. Admission to the company for pre-professional ballet dancers between the ages of 9 and 18 is through juried audition only. Maya Savastano, of Jamestown, passed her audition on Oct. 27.

Artistic Director Nancy McAuliffe said, "The audition process is not unlike a stage performance in that one can look at it as an opportunity to shine or something to dread. As a first step toward learning how to become a performer, a good audition reflects the enjoyment of being in the limelight or the ability to overcome butterflies and still do well. Both cases reflect young dancers we would enjoy training further to achieve their potential." Savastano and five other dancers were accepted into the



Seal watching begins soon

Come and board the M/V Alletta Morris for an up-close look at the winter seals of Narragansett Bay.

Each cruise includes a lecture by an expert guide and binoculars are provided. Get to know the furry visitors who make the rocks off Rose Island their winter playground. Cruises depart Bowen's Wharf ferry landing in Newport on Saturday, Nov. 24 and Sunday, Nov. 25 at noon. This two-hour cruise includes a stop on Rose Island and a lighthouse tour.

Reservations are recommended and can be made online at www.newportseals.org or by calling 324-6020. The cost is \$20 per person, \$15 for Save The Bay and Rose Island Lighthouse Foundation members, seniors and children ages 6 to 12.

Where in the world is the Press?



John and Joan McCauley recently took the Press to Eilean Donan Castle in Scotland.

Help your child manage peer pressure

At some point in nearly every child's school years, he or she will face anxiety about "fitting in" or being "popular."

Parents and guardians need to remember they are the first line of defense for children susceptible to developing a negative self-image as a result of school-related social situations.

According to the experts at The California Association of Marriage and Family Therapists, there are many things parents can do to help kids manage peer pressure.

To help children of all ages develop as individuals, maintain a positive outlook and successfully socialize at school, parents should praise their children for their accomplishments and nurture special talents and interests.

In addition, parents can stay involved with their children by encouraging family discussions.

And what you talk about with your kids and their friends is important, stress therapists and child development experts.

Talk to your children about drinking, drugs and other behaviors that are harmful. This will allow open communication and help you better understand your children's opinions.

Talk to your children about

some of the concerns or pressures they may be experiencing at school or in other social settings.

Help your children prioritize items that are important. Setting achievement goals will help keep your children focused.

Use television shows and movies to start discussions with your children about appropriate and inappropriate ways of responding to negative classmates and peer pressure.

Invite your children's friends to your home to find out who they are and learn more about the type of social group to which your children belong.

Quickly address any concerns your children bring to you to ensure they do not develop into long-

term problems. Consider your children's point-of-view when resolving image issues.

Despite active participation in your children's lives, you may find that you may be unable to help your children solve image-related problems on your own. If you feel one of your children is having a difficult time with peer pressure, consider contacting a Marriage and Family Therapist (MFT). Meeting with a mental health professional, such as a MFT, can help families and children resolve image-related issues.

For more information about how to select a family therapist if you decide to turn to one, visit www.camft.org online and click "How To Choose A Therapist" in the Web site's menu.



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