



# The Little Dolphin™

## Newsletter

Child Care Solutions for Working Families

### BOARD OF DIRECTORS

#### Founder

Sheila Brier

#### Executive Director

Dr. Steven R. Brier

#### Education Director

Shannon Silvia

#### Center Director

Heidi Perkins

#### Members

Dennis A. Cardone, D.O. UMDNJ  
Robert Wood Johnson Medical School

Eric Dorsky, JD.PA.  
Davie, FL

Marlene Fleischman Ph.D.  
Board of Education, City of New York

Teri Ouellette  
Coldwell Banker Real Estate, Portland, ME

John P. Micera  
RBC Dain Rauscher

Kimberly A. Slade, D.C.  
White Medical Clinic, Wiscasset, ME

Thomas E. Slade Ph.D.  
Quantitative Technologies, Portland, ME

Michelle Brier  
Board of Education, City of New York

#### The Little Dolphin School

*New England Campus*

101 County Road, Westbrook, ME  
Call us: 874-9909 or Fax us: 874-9902

*New York Campus*

107-01 Crossbay Boulevard  
Ozone park, NY

See our website:  
[www.littledolphinschool.org](http://www.littledolphinschool.org)  
Contact us:  
[littledolphin@maine.rr.com](mailto:littledolphin@maine.rr.com)

## *The Little Dolphin School Foundation Receives Gift!*



Thomas Moulton of NAI The Dunham Group Commercial Real Estate Brokers presents a check in the amount of \$ 4,700.00 to Executive Director Steve Brier for the school foundation scholarship fund.

A heartfelt thank you to Tom Moulton and Frank O'Connor at NAI The Dunham Group Commercial Brokers. Tom has been a supporter of our school for several years, and upon completion of the sale of an adjacent parcel to the school campus, he made this generous donation to our kids. Thanks a million, Tom!!

**WINTER/SPRING 2006**  
VOLUME 7 • NUMBER 1

**The Little Dolphin School, 101 County Road, Westbrook, ME 874-9909**

---

## *Little Dolphin Calendar of Events Winter/Spring 2006*



### **February**

Valentine's Day Hugs & Hearts Party  
Private Kindergarten Open House  
Kids' Night Out for Valentine's Day  
Recipes For Cookbook Fundraiser

### **April**

Annual Bottle Drive  
Easter Parties  
Earth Day  
Annual Chicken Hatch



### **June**

Donuts with Dad  
Parent-Teacher Conferences  
Start of Summer Program!

### **January**

Little Caesar's Pizza Kits Fundraiser  
Parent's Advisory Meeting  
Golf Tournament Organizational Meeting

### **March**

School Photographs  
St. Patrick's Day Shamrocks & Leprachauns Party  
Zoo Animals/First Day of Spring  
Second Installation of Children's Memory Wall

### **May**

Mother's Day Tea & Muffins  
Teacher Appreciation Week  
Fire Prevention & Safety



**Visit us on the web!** [www.littledolphinschool.org](http://www.littledolphinschool.org)

The Little Dolphin School, 101 County Road, Westbrook, ME 874-9909



# *Holiday Season at Our School!*



*Construction Boy and his girlfriends*



*Lots of fun and one unbappy elephant!*



*Mr. & Mrs. Claus with Pre-K class*



*Christmas Giving with the Metro Toy Bus.*

*Thank you to all parents who donated toys to those less fortunate this holiday season.  
The kids had a blast and learned about generosity!*



## Ask the Doctor...

**Question:** *My child drinks whole milk and is three years old. Is this ok?*

**Answer:** Dairy products give kids a lot of bang for the buck, including high quality protein, calcium and Vitamin D for growing bodies. We do recommend that children ages 2 and up switch to low-fat milk, as they are usually receiving adequate calories from a variety of other foods. Exceptions to this rule would include children who are significantly underweight. Milk products may not be an option at all for children who develop allergies to dairy or are lactose intolerant.



*Dr. Steven R. Brier is an Associate Professor in the Department of Sports Medicine, College of Nursing and Health Professions, University of Southern Maine and the Executive Director of The Little Dolphin School Foundation.*

**Flaven's**  
*Premium Handcrafted Candies from Maine Since 1915*  
 Stores at 87 County Rd. Westbrook and  
 542 Forest Ave. Portland

**IMC**  
 Island Medical Consultants  
 76 Maquoit Drive  
 Freeport, ME 04032-6320  
 tel: (207) 865-2117 Medical Mgt. &  
 fax: (207) 865-2112 cost containment  
 email: imc@ime.net systems

Thomas W. Dunham, CCIM, SOR  
 President  
**NAI THE DUNHAM GROUP**  
 11 Canal Street, Suite 400  
 Portland, ME 04101  
 207.774.7100  
 fax: 207.774.5447  
 www.thedunhamgroup.com  
 tel: 301.444.6100 (toll-free)

**Norway Savings Bank**  
 Incorporated 1867 • Member FDIC  
 1260 Congress Street Portland, ME 04102  
 Mail: P.O. Box 8550 Portland, ME 04104-8550  
 Tel: 207.774.5888  
 1-800-551-5360  
 Fax: 207-774-6284 www.norwaysavingsbank.com

Our 28th Year  
**CURRY PRINTING**  
 A Printing & Graphics Resource Since 1976  
 1-4 Color Offset Printing  
**(207) 772-5897**  
 10 City Center • Portland, Maine 04101  
 www.curryprinting.biz

**WHIPPLE CALLENDER ARCHITECTS**  
 Creative Approaches for a Range of Projects  
 RESIDENTIAL, COMMERCIAL, AND INTERIOR ARCHITECTURE SINCE 1975  
 551 CONGRESS STREET  
 PORTLAND, ME 04101  
 775-2696

John P. Micera Sr. Vice President  
 25 Hanover Road  
 Florham Park, NJ 07932  
 (800) 977-4175  
**RBC Dain Rauscher**  
 A member of TUCKER ANTHONY INCORPORATED  
 RBC Dain Rauscher, a division of Tucker Anthony Inc., is a full service brokerage specializing in equity mutual funds, and tax-free bonds.

**CUNNINGHAM**  
 Security Systems  
 Planning • Installation • Monitoring • Service  
 Michael J. Major  
 Office & 24 Hr. Service: 878-5858 • Fax: 878-8176  
 113 Road Street  
 Portland, Maine 04103  
 www.cunninghaminc.com

**QBE Insurance Agency**  
 Nationalwide Insurance and Financial  
 188 Forest Ave.  
 Portland, ME 04101  
 Tel: 207.767.9400  
 Fax: 207.767.0754  
 Tel: 888.767.0334  
 Nationwide Insurance Services • a subsidiary of QBE Group • 2004-2005