



**newread**

In time for Black History Month comes "The African Book of Names" (Health Communications, \$14.95). On the list of more than 5,000 possibilities from 37 African countries are "Matima," which is Kiswahili for "full moon," and "Chinasa," a Nigerian name meaning "God cleanses."

Explore LI **kids**

GO SEE



**The sound of their music**

Give a listen to local young talent in the seventh- to 12th grades as nearly 400 members of the Nassau-Suffolk Performing Arts play at Tilles Center for the Performing Arts. The Wind Symphony and Concert Band take the main stage in the Concert Hall at 8 p.m. Friday. The Jazz Ensemble and Vocal Jazz ensemble perform at 8 p.m. Saturday in the Hillwood Recital Hall. General admission is \$20; \$10 for students or seniors. Call 516-299-3100 or visit tillescenter.org or buy tickets at the door.

**WLIW Day**

Curious George, Miffy from "Miffy and Friends" and folk singer Peter Yarrow of Peter, Paul and Mary will be on hand Saturday for WLIW / 21 Public Television's free family event

**weighs to get fit**



**WANT TO MOVE YOUR POTATO OFF THE COUCH? TRY THE TEAM APPROACH**

BY BETH WHITEHOUSE  
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It's not easy for any of us to eat right and stay fit, and it may be especially hard for kids, whose worlds are filled with pizza, cupcakes and fast food.

But they might do better if they undertake the quest with their peers. That's why a number of organizations on Long Island offer group nutrition and weight-control programs for tweens and teens.

**My Weigh To Stay Fit**

One Potato Two Tomato  
9 Albertson Ave.  
Albertson  
516-286-5255  
onepotatotwotomato.com

**AGES** 9 to 13  
**NEXT PROGRAM BEGINS** Next month

**WHAT IT IS** An eight-week session with 75-minute meetings Wednesday nights and alternating Saturday mornings. Sessions include nutrition education and group fitness workouts in the gym. "We do meal planning and label reading and all kinds of nutritional education," says Laura Lynn Iacono, the program's nutrition and fitness director. "Each week, we go over a different topic." The goal is to lose one to two pounds a week, or eight to 16 pounds for the run of the session.

**MEETS AT** One Potato Two Tomato's Family, Child and Adolescent Healthy Lifestyle Center in Albertson

**COST** \$595, plus \$50 registration fee.



At One Potato Two Tomato, Albertson