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News for Parents • Activities for Kids

**JULY 2014** 

#### **INSIDE:**

- Parenting Your Tween
- Living in the Moment
- Fun Facts for Dog Lovers
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# Looking for Summer Activities? We've Got a Plan!

By Marlene Bohnyak, Owner of Artisan Studio

Students become campers during our summer sessions. Send your child for a single week, just a few weeks or the whole summer...we're flexible! Half and full day programs are available for kids ages 4-14 as they spend their days creatively enjoying the company of other kids who share in the appreciation and excitement of making art, all in a well supervised, clean and inspiring environment. Campers and students of all abilities are welcome! Talent or experience are not necessary at all. (Discounts are available for multi-week and Facebook Likes.)

A variety of summer night classes are also available on Tuesday evenings for students ages 8-18. Please visit our website for their schedule. Seasonal art camps are held during winter and spring breaks too!

Art classes at Artisan Studio are offered to children and adults of all ages, working in almost all mediums. Celebrating our 9th year, Artisan has a reputation for providing a very caring, inspiring and nurturing environment. Our instructors love to share their passion for art as well as their expertise. Our studio has been known for it's innovative selection of classes: we are the first local art school to include Fashion Design and Illustration, Sewing, Papier Maché and Multi-Cultural Arts classes. We also offer the popular drawing, painting, sketching, cartooning, mosaics and origami classes. Our staff has expertise in many fields, but the shared trait among our instructors is their passion for their field of knowledge. This can be very beneficial to their campers and students in many ways, bringing new skills, confidence and self esteem. Unique classes include Anime and Manga, Famous Artists, Fashion Design and Illustration, MultiCultural Arts, Papier Mache, Origami, Portfolio Prep, Sewing and the traditonal drawing and painting classes are offered. Papier Maché is very popular for students ages 8 and older, creating just about anything imaginable using newspapers and maché paste, made the old fashioned way. Origami classes help students improve dexterity, hand-eye coordination, memory and even mathematical skills as they follow sequences in folding. The finished items are graceful, and often interactive and fun! Art history is also popular as students choose between Multi-Cultural Arts or our Famous Artist classes where they create original artworks inspired by history, presented in interesting and creative ways. Portfolio Prep is for high school students interested in pursuing a career in art and need to prepare a portfolio for college admissions. Anime and Manga appeals to teens, a highly stylized form of cartooning. Our newest addition, Fashion Design and Illustration, (Saturdays) brings a second fashion class with a focus on drawing rather than sewing.

Art parties at Artisan are creative and fun for birthdays, Scouts, special needs, ladies nights and fundraisers. Looking for a creative change of the usual party activity? Their spacious and inspiring facility has a separate room for eating and another for the chosen activity. The party guests all leave with a very original piece of art—a great party favor! Scouts and Special Needs groups also may choose "mini parties," so that they can earn their badges or learn a new skill! For a night out or brunch activity for the ladies, choose a ladies night party where the gals get together for a fun time of creative art making while enjoying refreshments of their choice—great for fundraisers, too!



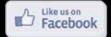






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Talk to the Doctor

Advertising & Classified



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# Happiness Is Seeing the World Through a Child's Eyes

ou do not have to look very far to learn how to be happy. Happiness is one of the most valuable lessons parents can teach their kids. Do

When we look at children we see that they are the happiest when they are doing and acting on what they love. Children are always happy because they

your kids see you as a happy person? If you are looking for happiness notice who around you seems to be happy all day? That's right-kids! Laughter is a natural thing with kids. If you spend some time playing with them, it is contagious!

While there are moments that kids get upset, you find that you can learn a thing or two from them about forgetting their anger and moving on. The saying "kids make us face ourselves" lives true in the art of happiness. It is also possible that you start to remember a time when you used to be a kid and how life seemed so easy and without responsibilities and worries. Living daily in each moment is a wonderful way to lead by example for your children. Explaining to your kids to enjoy what they are doing at the very moment they are doing it is the key to a

very moment they are doing it is the key to a happy lifestyle.

Teaching our kids not to hold grudges and to get rid of negative emotions is a great tool for success in life. Talk to your kids often about what makes them happy or unhappy. Help them achieve the goals they set forth for themselves and help them conquer the discomforts in their life. Teaching your kids that every problem has a solution is a gift you can give them that will make them happy and healthy adults.



find joy in little things. They get excited when they see a friend, jump over a puddle or get to go to the park. They do not over analyze situations and do not assume the worst in people or situations. They keep things simple. One way to remind yourself and your kids to stay happy is by keeping a journal. Use the journal to write down the many happy moments that you enjoy in your life. Make it a priority on a regular basis, do something small that makes you happy like reading one chapter of a book you like, exercising or spending time with friends.

Simple acts that you do everyday show your children that you have faith and that everyone is responsible and has a choice for their own happiness or not. If your child sees you complaining about a bad part of your

day tell them also about a good part of your day. Make it a daily ritual to reconnect with your inner child. Spend time with your kids and pretend you are five again!

Look at the world through the eyes of a child and gain some joyful and trusting qualities and happiness will be with you always as well as with your children.

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## FAMILY FYI

# **Medication Safety**

Giving kids medicine safely can be complicated. It may be frightening to give a young child certain medications knowing that too much or too little can cause serious effects.

But with a little knowledge and a lot of double-checking, you can give your kids medicine safely and prevent dangerous reactions.

Using medications safely means knowing when they're necessary—and when they're not. Always check with the doctor if you're unsure whether symptoms require treatment with medication.



#### **ADMINISTERING MEDICATION**

To ensure the safe use of prescription or over-the-counter (OTC) medicines, discuss your child's symptoms with your doctor and pharmacist.

When giving your child medicines, you'll need to know:

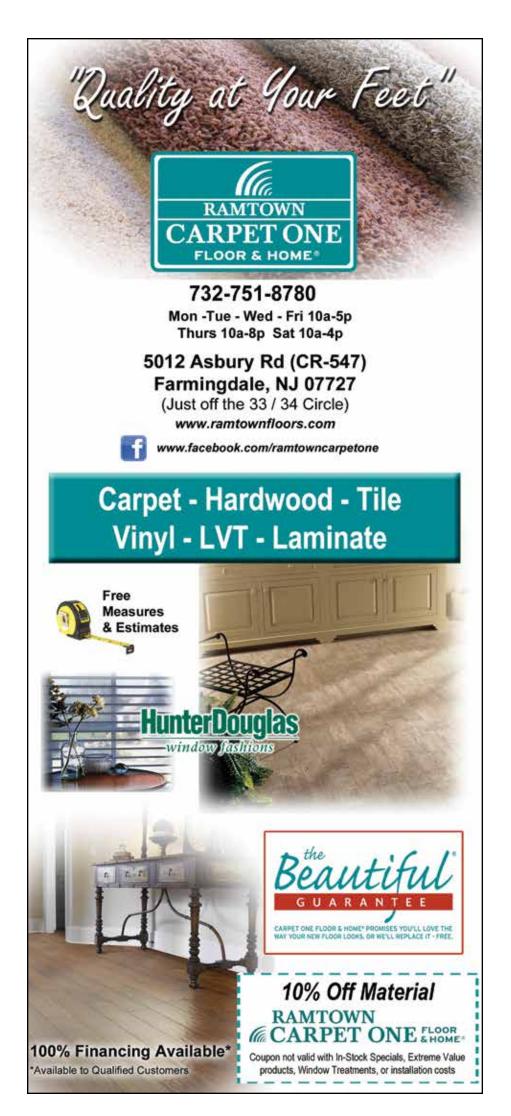
- The name and purpose of the medication
- How much, how often and for how long the medication should be taken
- How the medicine should be administered (whether it should be taken by mouth, breathed into the lungs, inserted into the ears, eyes or rectum, or applied to the skin)
- Any special instructions, like whether the medicine should be taken with or without food
- How the medicine should be stored
- How long the medicine can safely be stored before it needs to be discarded (asthma inhalers, for example)
- Common side effects or reactions
- Interactions with other medications your child may be taking
- What happens if your child misses a dose

#### **DID YOU KNOW?**

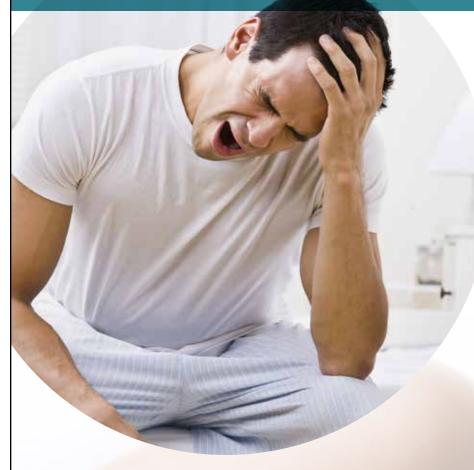
Before giving your child medicine, make sure you know these abbreviations:

tbsp = tablespoon	mi = milliliter
tsp = teaspoon	mg = milligram
oz = ounce	

If the prescribed dose is given in a different measurement than your measuring syringe, cup or spoon, don't try to convert it—and don't use a regular spoon because that's not the same as a measuring spoon. Instead, head to your local store or pharmacy for a measuring instrument that will provide an accurate dose.



# Do You or Someone You Love Have a Snoring Problem? Don't Lose Another Night's Sleep!



**Sleep apnea** is a condition when pauses in breathing, or shallow breaths occur during sleep, severely disrupting sleep, and affecting your functioning during the day. The most dangerous symptom of sleep apnea is when you stop breathing while asleep, so much so, that you have to wake up gasping for air.

**Dr. Young offers an oral appliance therapy for sleep apnea patients.** This nighttime appliance is designed to open both your nose and throat airways in order to curb snoring and sleep apnea. In most cases, it is covered by medical insurance.

For those currently under CPAP therapy, the oral appliance can be just as effective in controlling sleep apnea. The appliance is much more comfortable, and can be used in combination with CPAP. Have you ever been diagnosed with sleep apnea?

Have you ever had a sleep study?

Have you ever been told that you should wear a CPAP?

Do you have morning headaches?

Are you drowsy during the day, able to take a nap almost anytime?

Have you been told that you gasp for air suddenly or stop breathing while sleeping?

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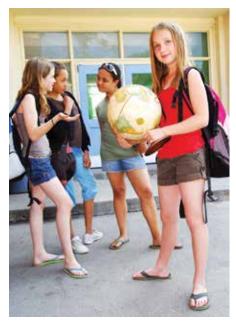


# **Parenting a Tween?** Be There for Your Child in the Formative Years

#### Transitioning

Help your child transition from elementary to middle school.

Discuss the concerns he or she may have before starting middle school, such as learning from many teachers, getting to class on time, finding his or her locker, getting on the right bus, knowing where the cafeteria is, navigating crowded hallways and doing more homework.



Talk to your child about the physical and social changes and the social pressures that often occur in the middle school years.

#### **Parental involvement**

Communicate often with your child, the teachers, and the principal, vice principal or both.

#### Visit the school

Be knowledgeable about the place where your child learns. You may want to ask the following questions of your child's teachers:

Is there a transition program for students leaving elementary school and entering middle or junior high school? Are counselors available who can help your child transition to middle school?

Are teachers and principals accessible to parents?

When are the parents' nights, sports and art events, and other times when parents are invited to visit the school?

When can parents volunteer at the school?

#### Help your child organize a schedule

Help your child set goals with a time limit for completing particular tasks.

Listen to what your child tells you and is really saying between the lines. Be sensitive to any fears your child might have. Sometimes it is helpful to reserve comments and actions until you have facts about a situation and know how your child thinks and feels about it.

#### **Discuss peer pressure**

Communication is the key to being helpful to your child in the pre-teen years.

Welcome and get to know your child's friends.

Become aware of physical and emotional changes in your child.

#### Reading in the middle school years

Reading is an important part of the middle school years. Many of the subjects your child studies in middle school involve much more reading than in elementary school. Check with your child's school counselor to see what your child's

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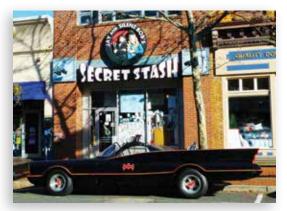




# Red Bank: Escape for a Little While

Restled in a cozy nook just minutes from the Jersey Shore is a town that Smithsonian Magazine named one of the best small towns in America. Each day our sidewalks come alive and offer an experience that is as unique as our town itself.

Frequently called the SoHo of New Jersey, we have some of the most sought-after and diverse retail, entertainment and dining options on the east coast and so much more. We invite you to escape for a little while.



#### Shop

Whether looking for the latest fashion, antiquing or gallery hopping, you'll discover an array of boutiques and shops to surprise and delight you. You will easily find the earrings your girlfriend can't, the dress to make a wedding spectacular, the perfect comestible for your dinner party, and countless trea-

sures that make Red Bank a true destination for the finders of the unique.

#### Dine

Our restaurants tickle the taste buds with savory and sweet cuisines. From a quick bite, to a business lunch, to an exquisitely prepared artisan meal, you'll find it here. Coffee houses, dessert shops, delis and the most superb casual and fine dining options make Red Bank a true dining mecca that couldn't possibly be conquered in just one trip.

#### Explore

Your adventure begins the moment you step onto our sidewalks. National acts and local productions light up the stages of the renowned Count Basie and Two River theaters, and live music fills our lounges and nightclubs. Take in the best independent movies at our arts cinema; play the night away at an arcade or with a hands-on craft; pamper yourself at world-class spas and salons; or take a stroll along the scenic Navesink River.





#### Partake in Our Upcoming Events

Red Bank Farmers Market, Sundays May-November StreetLife, Saturdays June-August

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# **Dear Dads: Bond with Your Toddler**

oddler Fun thought it might be worth providing all the dads out there with a little advice on bonding with your toddler. This can often be an issue as mother and child are bonding long before she gives birth and, in most cases, mother is the primary care-giver.

Dads, don't feel left out! Here are some tips to help you bond with your toddler.

Touch them. Touch is one of the best ways to communicate with a little one for whom communication is all about sights, sounds and feelings. Your toddler already reacts to the feel and smell of its mother-get involved too! For example, bathe your toddler or offer skin-to-skin contact by letting your child fall asleep on your chest.

Get down to their level. Toddlers are dwarfed when adults stand up. By doing things on the floor (not just playing with them, how about sitting



#### Take time to read to them.

The beauty of reading a story to vour toddler is not just in the shared narrative and learning experience, it's the physical contact too as they sit on your lap.

on the floor the next time you read a book or watch the television?), you are showing that you are accessible. If your toddler doesn't show a lot of interest in playing with you, simply play by yourself and their natural curiosity will draw them over to have a look at what you are doing.

Be consistent. Your toddler activities may well be fickle in his/her displays of affection but show your child plenty of love regardless and they will learn from your example.

Use a baby carrier/sling. By putting on a baby sling, you instantly have your toddler with you, wherever you go. This is a helpful way of spending less-intensive time together. Simply being in dad's presence as he wanders round the shops or does the washing up (hint, hint!) will help your toddler to bond.

Realize that your toddler/baby's chores are a valuable opportunity to have fun. Diaper-changing, feeding or bathing time can all be fun activities to bond with your toddler and should be a shared experience between father and child as well as with mother.

There are many single-parent families nowadays, so this advice may not be useful to all, but if you are a father who wants to get to know his child better try some of these out. The best advice anyone could give you would probably be simply to spend time with your toddler, enjoy their company and have fun. The rest will come naturally.

Article Source: ArticleSandBox.com

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# **HOLY BIRTHDAY, BATMAN!** Sizing Up the Caped Crusader at 75

his year the world's most popular superhero, Batman, celebrates his 75th birthday. From inauspicious beginnings in a six-page comic to the transmedia anchor of one of the world's largest media conglomerates, Time Warner, the hero has cast his shadow across many forms and entertainments.

#### COMIC BOOKS

When Superman lifted a carload of criminals above his head on the cover of Action Comics #1 in 1938, the nascent American comic book industry found its defining genre. Young artist Bob Kane hoped to create the next soaring star—with the red unitard and domino mask-wearing Bird-Man.

Fortunately Kane collaborated with writer Bill Finger. The character's color scheme shifted to black and his domino mask morphed into a cowl with pointed ears. "Bat-Man" debuted in Detective Comics #27 in May 1939 and he has enjoyed monthly adventures ever since.

But consistent publication does not mean consistent quality. To compete with new comic book genres following the second world war, Batman comics became an increasingly surreal mix of sensational covers, sci-fi cliché and imaginary tales. There were lurid story-lines, such as The Rainbow Batman (Detective Comics #241, March 1953), in which the once Dark Knight donned a series of multi-color costumes.

Nonetheless, Batman enjoyed more creative peaks than other long-standing comic characters, with some of the best standalone stories reflecting on the character's rich legacy.

In "The Batman Nobody Knows!" (Batman #250, July 1973) Bruce Wayne takes some "ghetto hardened kids" on a camping trip. While swapping campfire stories each child offers their own interpretation of the "real" Batman, ranging from a ten-foot monster to a "down to Earth hip-dude." Despite its dated dialogue, "The Batman Nobody Knows!" is one of the first stories to recognize that this mythic hero defies any fixed identity, and is always open to reinterpretation.

#### **TELEVISION**

This year will see the launch of *Gotham*, a new television series in which Bruce Wayne is a recently orphaned teen.

It remains to be seen if *Gotham* can match the success of similar young superhero series *Smallville* and *Arrow*, but should it survive the competitive primetime TV schedule it will still be measured against the two most successful Dark Knight series: the camp classic starring Adam West, and the noirfueled triumph of *Batman: The Animated Series*.

With high production values, committed leads and A-list villains, Batman, the television series, was a sensation when it premiered in 1966.

#### **CINEMA**

In creating Batman, Bob Kane and his collaborators borrowed heavily from cinema, with the hero's style indebted to the 1930 mystery film *The Bat Whispers*, while *Gotham* is modeled on pre-code gangster films such as "The Public Enemy."

Given the debt Batman owes to cinema, it is appropriate that the hero has been the basis of a number of bigscreen adaptations. The first effort was a wartime serial that promised Batman would be "a hundred times more thrilling on the screen!" But, with its paltry budget, ill-fitting costumes, and stodgy sets, the

serial unsurprisingly failed to live up to its source.

In the 1960s, pop art aficionados began hosting ironic screenings of this early adaptation, inspiring the development of the Batman television series. While the show enjoyed a spin-off feature, Batman was curiously absent from cinema screens until 1989, when *Beetlejuice* director Tim Burton brought his gothic sensibility to Batman and its superior sequel Batman Returns.

These blockbusters ushered in a wave of Batmania, and a darker knight managed to banish memories of Adam West's Technicolor pratfalls. But this work was undone with director Joel Schumacher's follow-ups. In particular the pun-laden dialogue and day-glo aesthetic of *Batman & Robin* (1997) was seen by many as a return to the camp crusader, and fans, recently empowered by the web, vilified the film and its director.

It took director Christopher Nolan's realist approach to wake Batman from a eight-year cinematic hibernation.

Batman Begins (2005) inaugurated a blockbusting trilogy that closed with the satisfying *The Dark Knight Rises* in 2012. But the crowning achievement of this series and Batman's cinematic career is undoubtedly *The Dark Knight*.

Brimming with post-9/11 anxiety the film reintroduces the Joker as a scarred anarchist played to baroque perfection by Heath Ledger in his last major role. More restrained, but no less impressive, is Christian Bale's compromised Batman who frequently questions the morality of his actions. Filled with now iconic moments, the film raised the bar for the entire comic-book movie genre.

#### **MERCHANDISE**

With their recognizable imagery and built-in fanbase, superheroes have long been used to distinguish consumer products, and Batman, with his logo/brand emblazoned across his chest, is no exception.

This year will see the launch of *Gotham,* a new television series in which Bruce Wayne is a recently orphaned teen.



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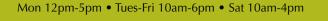




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### **GOOD GRADES – GREAT SCORES**

## Seize the Summer: Keep Kids Active & Engaged in Learning

By Kelsey Donohue

Did you know? Students can experience learning loss when they do not engage in educational activities during the summer months. On average, students lose the equivalent of two months of math and reading skills during the summer months. More than half of the achievement gap between lower- and higher-income youth can be explained by unequal access to summer learning opportunities.

This summer, let's work to change that. Together, parents, guardians, and community members can help give our children the best foundation for the upcoming school year.

#### Stay Engaged:

Encourage reading all summer long. This will help prevent the "summer slide" and provide benefits that can be seen year-round.

• Visit the local library and help your child put together a summer reading list. Celebrate each time he or she finishes a book, this will encourage them to complete the list by the time the summer ends.



#### **Be Creative:**

Summer is the perfect time to let your child's imagination run wild and stimulate creativity. Kids.gov provides resources for arts and crafts projects that will keep children engaged and their minds active while having fun.

- NGA Kids Choose from a variety of activities or projects from the National Gallery of Art, enjoy an animated musical adventure, take a tour through the sculpture garden, and more.
- Smithsonian Are your children fans of *Night at the Museum?* Then this is the perfect activity for them. Here you are magically taken to the museums at night. To get back home, you have to solve mysteries and help your new friends find their artworks.

#### Stay Active & Healthy:

In addition to academic risks, children can also be at an increased risk of weight gain when they are out of school during the summer months. Take advantage of the warmer weather and keep youth active outdoors.

- **KidsHealth.org** How do you feed a picky eater or encourage a child to play outside? Learn how to keep your child healthy with the right foods and exercise.
- Let's Move! Opportunities for kids to be physically active, both in and out of school and create new opportunities for families to be moving together.
- USDA Summer Food Program This U.S. Department of Agriculture program provides free meals to all children 18 years old and under in areas with significant concentrations of low-income children.

For additional tips throughout the summer, follow @usedgov on Twitter, and check out the U.S. Department of Education Facetbook page.

Kelsey Donohue works in the Office of Communication and Outreach at the U.S. Department of Education

# **Fun Facts for Dog Lovers**

Brought to you by Twin Rivers Animal Hospital



# Here are some fun and interesting facts about dogs. See how much you know about man's best friend. Did you know...

A dog's heart beats between 70 and 120 times a minute, compared with a human heart which beats 70 to 80 times a minute.

According to the Guinness Book of World Records. the smallest dog on record was a Yorkshire Terrier in Great Britian who, at the age of 2, weighed just 4 ounces.

An adult dog has 42 teeth.

The only sweat glands a dog has are between the paw pads.

A dog's sense of smell is more than 10,000 times stronger than that of a human's.

Dogs were the first animals domesticated by people.

Eighty percent of dog owners buy their dog a present for holidays and birthdays. More than half of them sign letters and cards from themselves and their pets.

All dogs can be traced back 40 million years ago to a weasel-like animal called the Miacis, which dwelled in trees and dens. The Miacis later evolved into the Tomarctus, a direct forbearer of the genus Canis, which includes the wolf and jackal, as well as the dog.

Dogs are mentioned 14 times in the Bible.

Chocolate contains a substance known as theobromine (similar to caffeine) which can kill dogs, or at the very least, make them violently ill.







# What Are Homophones?

A homophone is a word that is pronounced the same as another word but differs in meaning. The words may be spelled the same, such as rose (flower) and rose (past tense of "rise"), or differently such as two (the number) and too (also).

Circle the correct homophone for each sentence.

- 1. I am going to the mall to ( **by / buy** ) new sneakers.
- 2. When my dog comes home from the groomer she has a fabulous ( cent / scent ).
- 3. I am taking a ( plane / plain ) to California.
- 4. Let's (meat / meet) at the movies.
- 5. I need a new ( pare / pair ) of ski boots.

Answers: buy, scent, plane, meet, pair, write, flew, our, one, pail

- 6. I have to (**right / write**) a very long speech tonight.
- 7. The hot air balloon ( **flu / flew** ) right over my house this weekend.
- 8. (Hour / Our ) class is going to lunch soon.
- 9. I need ( **one / won** ) more A to make honor role this semester.
- 10. I am definitely bringing my ( **pale / pail** ) to the beach today.

# Dance Lessons

N ot only is dancing fun for children, it also teaches many valuable skills.

Dancing is fun for children, a good form of exercise and teaches many valuable skills. For example, dancing exposes children to different styles of music, provides a means to express oneself and introduces children to new ways to move their

bodies. Plié-ing, pirouetting and jeté-ing with exuberance, your child may find a new creative outlet through the activities listed below.

#### Do a Ribbon Dance

Have your child hold a towel, blanket, or large scarf. Encourage him or her to wave the scarf around while twisting, turning, and "flying," like a colorful butterfly.

#### See Real Dancers in Action

Take your child to watch a local dance performance or class. Afterwards, ask your child what he or she liked best about watching the dancers. Can your child imitate some of the moves?

#### **Celebrity** Interview

Give your little dancer the star treatment! Put on your reporter's hat and interview the famous dancer on the red carpet. Questions can include: What is your favorite dance? What is your favorite type of music?

#### Keep the Beat

Turn on the radio and choose a station. (Rock, classical, or jazz are fun!) Show your child how to keep the beat by clapping. Turn to a different station. Does the beat change? Let your child try keeping the beat with foot taps, finger snaps and his whole body!

#### Freeze Dance

Play music and encourage children to dance along. When the music stops, children should freeze in position until the music starts again.







**B**rooke Zolezi and Tori Magan were the lucky winners of the *Family Times* Newspaper Reader Contest. The lovely ladies enjoyed the evening with The Jonas Brothers at Iplay America in Freehold. The "Off the Record" tour was filled with local fans on June 5th at iPlay America's Event Center in a limited interactive tour. This unusual three-stop tour provides fans with the chance to get to know the brothers on a more personal level. iPlay America was the first stop on the tour. "We had the greatest time! The Jonas Brothers even surprised the entire audience with ordering in pizza pies for all of us" said Brooke Z. "It was so great to be so close to the Jonas Brothers at iPlay! It was better than any concert because it was so up-close at Iplay's event center" said Tori.



# EDIBLE CAMPFIRE RECIPE

#### Materials:

- Cup of water
- Candy coated chocolates (plain or peanut)
- Pretzel sticks
- Red cinnamon candies
- Candy corn

This is a fun recipe that children can learn from as well as enjoy eating!

First, fill a small cup with water and explain that before making any fire, a "bucket" of water must be there in case it is needed to help put the fire out.

Use the candied coated chocolates as "rocks" for the campfire.

Make a circle using these and explain that they are the rocks that will help contain the fire and keep it in one place.

Inside the "rocks," put the pretzels as the firewood.

Next, put the red cinnamon candies amongst the pretzels (these are the embers) and place a few pieces of candy corn as flames.

When the fire is complete, have fun eating this "edible campfire!"



# Malvern School Hosts 7th Annual Lemonade Day to Benefit Alex's Lemonade Stand Foundation



The Seventh Annual Malvern School Alex's Lemonade Stand Day will be held on Wednesday July 16 from 9am-6pm at 22 Malvern School locations in PA and NJ, including The Malvern School of Freehold located at 165 Elton-Adelphia Road and The Malvern School of Marlboro located at 130 South Main Street.

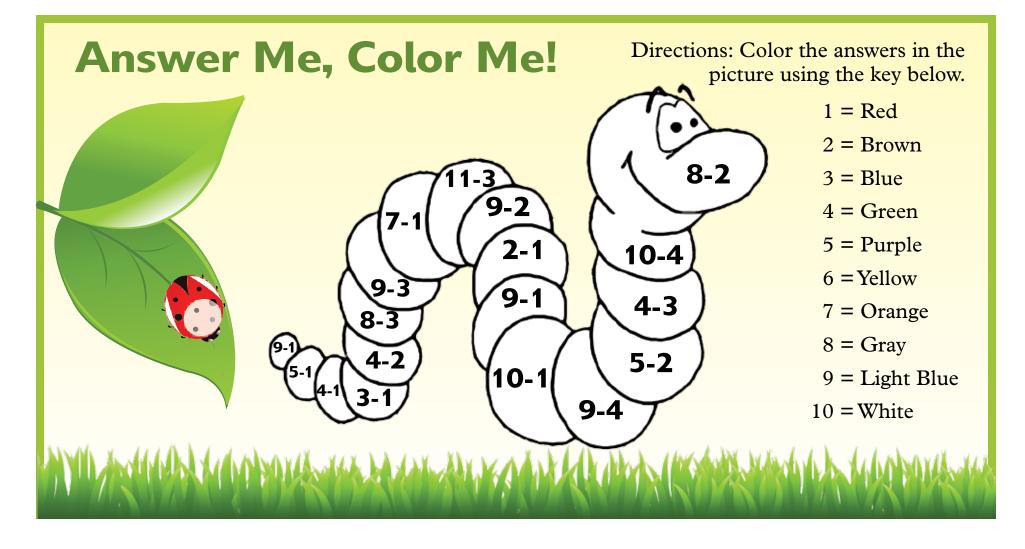
The Malvern School has now hosted this event for seven years and has to date raised over \$259,000 for the children's charity. This year the Malvern School hopes to raise \$100,000 during its all school Lemonade Day. Every year since 2008, The Malvern School has been recognized by the ALSF as one of the TOP 100 individual fundraisers for the foundation in this region.

Each Malvern School location will feature a decorated "Alex's Lemonade Stand" and sell fresh lemonade or paper lemons to the general public to raise funds and awareness for the Alex Scott Foundation and their fight against pediatric cancer. Many schools will have special events during the day.

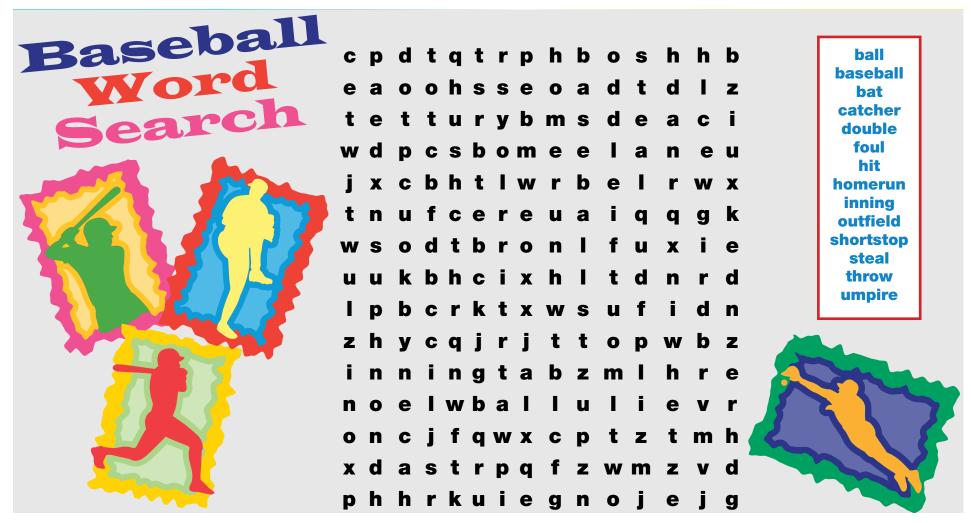
The Foundation emerged from the front yard lemonade stand of cancer patient Alexandra "Alex" Scott. In 2000, 4-year-old Alex announced she wanted to hold a lemonade stand to raise money to help find a cure for all children with cancer. Alex died in 2004, but the little girl left a big legacy proving how one idea can make a huge difference. Since Alex held that first stand, the



Foundation bearing her name has evolved into a national fundraising movement, complete with thousands of volunteers across the country carrying on her legacy of hope. To date, the Alex's Lemonade Stand Foundation has raised more than \$80 million towards fulfilling Alex's dream of finding a cure, funding over 450 research projects nationally. Visit www.alexslemonade.org for additional information.









# Rockin' Recipe of the Month

# Gluten-Free Banana Split Cupcakes



#### Ingredients

- <sup>1</sup>/<sub>2</sub> cup coconut flour
- 1 tablespoon arrowroot powder
- $\frac{1}{4}$  teaspoon sea salt
- 1/2 teaspoon baking soda
- 4 large eggs
- $\frac{1}{2}$  cup agave nectar
- 1 tablespoon vanilla extract
- <sup>1</sup>/<sub>2</sub> cup finely chopped fresh strawberries
- One batch of gluten-free chocolate ganache
- One batch of gluten-free whipped cream frosting
- Gluten-free sprinkles
- 1 banana, cut into 16 slices
- 8 cherries (fresh or frozen)

#### Directions

Preheat the oven to 350 F. Line 8 muffin cups with paper liners.

To make the batter, in a large bowl, combine the coconut flour, arrowroot powder, salt and baking soda. In a medium bowl, whisk together the eggs, agave nectar, and vanilla extract. Blend the wet ingredients into the coconut flour mixture with a handheld mixer until thoroughly combined, then fold in the strawberries.

Scoop 1/4 cup of batter into each prepared muffin cup.

Bake for 20 to 25 minutes, until a toothpick inserted into the center of a cupcake comes out with just a few moist crumbs attached. Let the cupcakes cool in the pan for 1 hour.

To decorate the cupcakes, frost the tops with a layer of Chocolate Ganache. Pipe or add a big dollop of Whipped Cream Frosting (equivalent to 2 heaping tablespoons) on top of each cupcake, then cover with chocolate sprinkles. Place 2 banana slices in the whipped cream on each cupcake. Top with a cherry and serve immediately.



#### Gear up There's more to lose than the game. Use protective eyewear. National cye Institute 31 fun facts for children 2 3 **Emergency Urgency** -Travel Tips -Football Frenzy -Eye Spy – Eye injuries Helmet Head – Use The World Cup is among kids aged 11 to Every 13 minutes Soccer is the most your head and wear the biggest soccer watched sport in the 14 often happen while your helmet every someone in the United States goes to tournament in the world. playing sports. time you bike or Œ a hospital emergency world. It is held in a skateboard. room for a sportsdifferent country every related eye injury. four years. Protect your eyes! 7 8 9 10 11 12 6 Painful Playtime -**Hoop History** – My Eye - You still need Why Red Eye? -Sox Rock – The first **Good Goal** – Using Big Bang – An eye Toys, guns, darts, Basketball was protective eyewear People sometimes World Series was full-face protectors in is one of the most ice hockey has been sticks, stones, and air invented in 1891. have red eyes played between that's approved for common body parts guns could injure your That's more than 100 your sport even if you in photographs, Pittsburgh and Boston 100 percent effective to get injured in a eyes. Be safe! years ago! don't wear glasses or especially those taken in 1903. Boston won in eliminating eye and fireworks accident. contacts. with a flash, because the series five games face injuries. light reflects off the to three. blood vessels of the retina. 13 14 15 17 18 16 Size Wise – Each eye Board Boys – Sixty **Bouncing Back** – Peachy Keen – The Gnarly Nets – In 1895, Lucky Lenses – percent (60%) of Basketball leads all when volleyball was weighs 1/4 ounce, first basketball "hoops" Experts recommend measures less than skateboarding injuries sports in the number were actually peach invented, the net was ultrastrong occur among kids baskets and the first only 6' 6" high. Today 1 inch in diameter, of eye injuries to polycarbonate lenses young people aged 15 and is shaped like a under age 15. Most backboards were the net is 7'11 5/8" for eye protection. slightly flattened ball. high for men and 7'4 injuries are among to 24. made of wire. Make sure they are 1/8" for women. in sport-appropriate boys. frames or goggles. 19 21 22 24 20 23 25 Wear a Pair – Wear Volley Folly – The first **Batters Matter –** Shutter Flutter -Mask Task – Little Jeepers Peepers -Sew and Throw -Each baseball is volleyball rules had no Baseball is the leading When you blink, you League Baseball Children under approved sports goggles and frames! limit to the number of cause of sports-related shut your eyes for 0.3 recommends using 15 account for 43 stitched by hand players or the number seconds. That's a total face guards on batting percent of all sports Regular glasses do with two straight eye injury in kids 14 needles—108 stitches of times you could hit and younger. of 30 minutes each helmets to better and recreational eye not protect you from the ball. day! protect players. injuries. eye injury. each. 26 27 29 30 31 28 Great Skate -Corner Coverage -Some Souvenirs -Fight Night – Boxing Think Blink – Blinking **Prevent the Event –** A good pair of Together, Major Skateboarding is a fun became a legal sport helps to keep your Ninety percent (90%) and healthy activity safety goggles has League Baseball in 1901. eyes from getting too of eye injuries could polycarbonate teams use about dry. You blink every be prevented with that can give you a great low-impact lenses and wraps 850,000 balls every two to 10 seconds. Be better eye safety workout. Remember around the outside sure to blink while you habits, such as using season. to wear safety corners of your eyes. read or work on the protective eyewear. equipment! computer.

# Temple Shaari Emeth's Early Learning Center

By Jayne Lieberman, Early Learning Center Director



There is so much happening in the Early Learning Center. The "Junior and Senior Classes" went to Green Meadow Farm. They enjoyed seeing, holding and petting all the baby animals and they even had the chance to milk a cow! The "Freshman and Sophomore Classes" were treated to a petting zoo right here at Temple Shaari Emeth. Of course, we also have music, classroom activity, gym and play to fill our days as well!

The chick eggs arrived in our kindergarten

class and we kept them warm in an incubator. The children were thrilled when they hatched! They love watching the chicks grow and hate having to send them back to the farm.

All the children celebrated their mothers by making cards and gifts. The kindergarten class had a Mother's Day brunch and each child read a writing about his or her mother. There wasn't a dry eye in the room!

On Friday, May 16th the Early Learning Center teachers were honored at the Lag B'Omer family service. Mrs. Kirschner was honored for 25+ years of teaching in the Early Learning Center and Mrs. Gumnic and Mrs. Fisher were honored for 20+ years of teaching in the Early Learning Center. The teaching and administrative staff goes above and beyond each day. They love the children and are surrogates to them when parents are not around. I am very blessed to have the staff that I do. Our pre-kindergarten and kindergarten classes are practicing songs and speeches for graduation. The pre-kindergarten classes will graduate on Thursday, June 12th at 11 a.m. and the kindergarten class will graduate at 6:30 p.m. on the same day. Please feel free to join in the festivities.

Although the school year is coming to an end, we still have much more to do. We have a trip scheduled to the Algonquin Theatre and to Insectropolis. We have Shavuot to celebrate with ice-cream sundaes and we have Father's Day fast approaching. In addition, we will have an extended week of activities after school ends.

Enrollment for September 2014-June 2015 is going strong. We have two classes for all the pre-school age levels and one for kindergarten thus far. Space is limited so don't delay if you or someone you know is interested in registering.

I would be remiss if I did not thank Glenn Cohen and Jay Cohen for helping to promote the Early Learning Center and for supporting me in my efforts to see our school grow. Rabbi Panken, Cantor Siet, Karen Silverman and Janis Knight are a pleasure to work with. Their support and encouragement has been priceless. Last but not least, I would like to thank the Officers and Board of Trustees for believing in Early Education and for allowing me the privilege of becoming the Early Learning Center Director.

Have a wonderful summer and please stop by to say hello. We will be here all summer while camp is in session. Over sixty children will be partaking in our summer camp program, so the halls will be filled with laughter and smiles.

Temple Shaari Emeth is located at 400 Craig Road Manalapan, NJ. For more info call 732-462-3264 or visit www.shaariemeth.org.



The chicks have hatched! The children enjoyed watching them grow each day.

At the Kindergarten Mother's Day Brunch, the children read stories about their mothers, to everyone's delight!



# B talk to the doctor...

# What is a palatal expander and when is it used?

These days it seems that everybody gets a palatal expander. A palatal expander is an appliance against the roof of the mouth that widens (expands) the top jaw (maxilla). It can be fixed, glued in or removable, where the patient can take it in and out. Generally, the removable appliance is used when slow and little widening is needed.



A palatal expander is needed when the top jaw (maxilla) is too narrow for the bottom jaw. This is called cross bite. It could be that only one side, or both

sides, and/or all around is too narrow. Thus the top jaw will be widened to fit the bottom jaw (mandible).

The crucial part about the palatal expander is timing. The palatal expander can only be used in a growing child. When growth is completed then the bones have matured, sutures have fused and a true bony expansion is not possible. You cannot then use an expander. The American Association of Orthodontics and Dentofacial Orthopedics recommends that children are screened by age 7. The earlier the cross bite is corrected, the more stable the results are. The muscles adjust to the new position of the bones/jaw, resulting in more proportional growth.



Dr. Sezer Olcay Holmdel Orthodontics NJ Specialty #5167 723 North Beers St., Suite 2A Holmdel 732-847-3065 www.holmdelortho.com



Eat Healthy! List foods that belong in each food group below Remember? A Balanced diet is important for good health. Be active and get plenty of excercise, too!	
Food Group	
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Vegetables	
Milk	
Meat & Beans	



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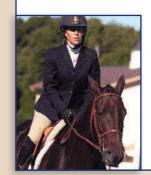
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#### **PARENTING A PRETEEN**

Continued from page 13

reading level is. If your child reads below grade level, check with the school to see what additional programs are available to help improve your child's skills.

#### Looking to the future

Help your child focus on preparing academically for high school and college. Encourage your child to take challenging classes. You may want to ask these questions:

Will the classes your child takes help him or her be competitive in college and the work world?

Is your child having trouble in any classes? What tutoring programs are available?

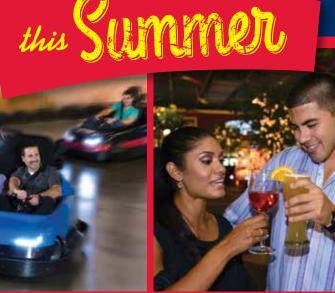
Does your child have good study habits? Does he or she read what is necessary to complete an assignment? hand in assignments on time? prepare ahead of time for assignments and tests instead of cramming at the last minute?

Does your child have the supplies needed to complete assignments?

The middle school years are a time of transition: emotional, physical, social and academic. Your support and involvement are essential at this stage of your child's growth. Research shows that pre-teens do better in school when their parents are involved in their lives.

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