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**AUGUST 2014** 











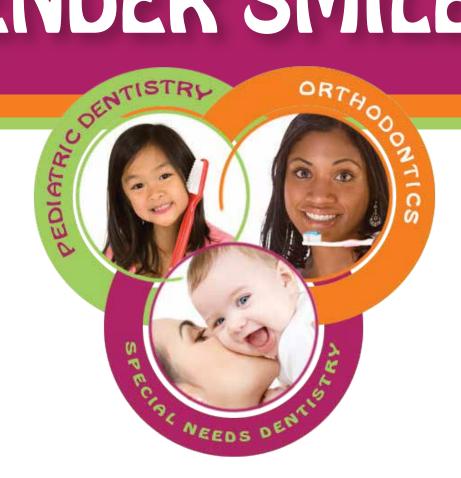




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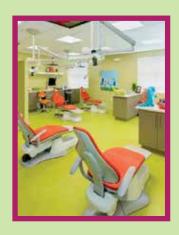






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Staying Sane in September

Got a Chubby Child? Reduce Screen Time and Get Active!

Talk to the Doctor

The Road without Rage: Preparing for a Family Road Trip



#### THE MILLSTONE TIMES THE FAMILY TIMES: MONMOUTH • OCEAN • MIDDLESEX

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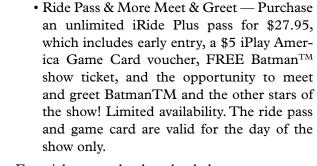


# Batman<sup>™</sup> 'Heroes Among Us' Comes to iPlay America on August 9 for 2 FREE Shows

The Caped Crusader himself, Batman<sup>TM</sup>, will appear at iPlay America Saturday, August 9, in a special show called "Heroes Among Us." Tickets are free.

Batman<sup>TM</sup> and Wonder Woman<sup>TM</sup>, while in pursuit of the Joker<sup>TM</sup>, will take time out of their crime-fighting to talk with the audience about the importance of everyday heroes. Suddenly, the ever-taunting Joker will interrupt the Dynamic Duo! Will the whole appearance be foiled? A choreographed fight ends with the Joker<sup>TM</sup> in custody and the audience cheering!

"iPlay America is the place to go in Central New Jersey for family-friendly shows and fun," said Jessica Schwartz, director of marketing for iPlay America. "Shows like 'Heroes Among Us' offer entertainment for the whole family, along with an opportunity to start a conversation with your children about everyday heroes." sear at iPlay America Shows are scheduled for 2:45 p.m. and 5:45 p.m. A VIP ticket option is available for each show:



Free tickets may be downloaded at www.iplayamerica.com/special-event/batman-heroes-among-us. For more information, contact Jillian Schiazza at 732-577-8200 or jillians@iplayamerica.com.

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# **Perfect Puzzles for Using Your Brain**

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Green

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elbu

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ohse oot

The pages of a book are numbered 1 through 500. How many page numbers will contain at least one 5?

Circle six numbers below

8 9 9

for a total of 31

1 5 8

1 1 1

In a large family there are eight sons and each has two sisters. How many children in this family?

Answers: I. Orange 2. blue, kangaroo, grew, shoe, too 3.16 4.100 5.898511

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## **Looking for Summer Activities? We've Got a Plan!**

By Marlene Bohnyak, Owner of Artisan Studio

ummer Art Camp at Artisan Studios is great fun, creative and inspiring! 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 tradtional 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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# **Pronouns** In The

**Directions:** Read each sentence. Choose the correct pronoun that can replace the underlined word(s) in each sentence.

1. Stacey is swimming in the pool.

a. them

b. she

c. it

d. her

2. Mom watched my brother and I play in the pool.

a. we

b. us.

c. he.

d. they

3. Chris and Andrew got a new float for the pool.

a. we

b. They

c. Their

d. he

4. A diving board is a lot of fun.

a. they

b. we

c. It

d. him

5. Do you want to sit in the hot tub with Brooke and Alli?

a. him

b. them

c. her

d. us

6. Matthew and I played volleyball in the pool for 2 hours.

a. she b. they

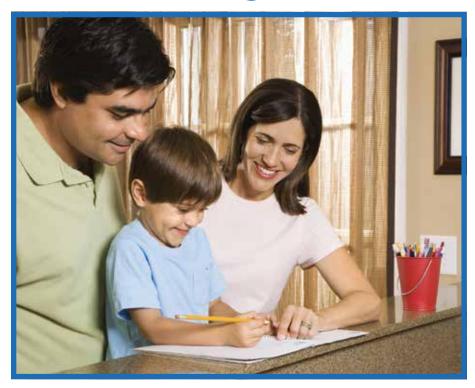
c. we d. us

Answers: 1. She 2. us 3. we 4. It 5. us 6. We





# Parent Power: Build the Bridge to Success



y adopting the following principles, you will be able to help your child learn at each step of the way and ensure success in school and in life.

**Be responsible.** Accept your role as the parent and make education a priority in your home.

**Be committed.** Once you have begun to work with your child, continue doing so throughout the year.

Be positive. Praise goes a long way with children, especially with those who struggle in school. Provide positive feedback.

**Be patient.** Show your child that you care through your commitment and encouragement.

**Be attentive.** Stop your child immediately when bad behavior appears. Show him or her what to do and provide an opportunity to do it correctly. Discipline should be appropriate and consistent.

Be precise. Provide clear and direct instructions.

**Be mindful of mistakes.** Record your child's performance. Look over all the work your child brings home from school and keep it in a folder. Help him or her correct any errors.

**Be results-oriented.** Gather information on how your child is performing in school. Keep notes of conferences with teachers, request progress reports and carefully read report cards and achievement test results. Ask questions about these results.

**Be diligent.** Work from the beginning to the end of the year with your child and the teacher.

Be innovative. Keep learning lively and dynamic.

**BETHERE.** Just be there for your child—to answer questions, to listen, to give advice, to encourage and to speak positively about his or her life. Be there to support your child whenever needed.

For more information and the complete Parent Power Guide by age visit: www.ed.gov/parents/academic/help/parentpower/booklet.pdf.

## **Breaking the Bullying Cycle**

By Susan Heckler



Bullying comes in several forms; it can be physical violence, verbal, or emotional abuse. Sometimes it includes all.

Verbal and emotional abuse can include name calling, continual fault-finding, never giving praise or not even granting one's existence. Does anyone in your home feel threatened with physical harm if their behavior is not up to a certain standard? If this sounds familiar, your or another family member may be exhibiting bul-

lying behavior in your home. Your child may be learning how to be a bully or respond to a bully within what should be their safe haven. In many cases bullying begins at home.

Your children observe everything you do, from the smallest gesture. You are their role model, so their behavior may model yours.

Where does your family draw the line between sibling rivalry and ostracizing a family member? This may define their role in a bullying situation. If you accept this behavior at home, you are blessing it.

How do you respond when you are angry or frustrated? Do you use words or weapons? Words can be weapons as they are very hurtful at times. Weapons can be words as they speak volumes.

You have the ability to break the chain of bullying by correcting your own response to situations and setting a better example. Strength can be shown by using restraint, checking your initial reactions and taking a more mature and peaceful route to a solution. This is something we can all do, at any age and at any time.





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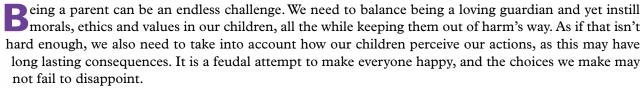
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# Cain Wasn't Able – Avoiding Sibling Jealousy

By Susan Heckler



Your children are born as individuals with their own personality, temperaments, interests, and needs set in stone at birth. Playing referee to them can reduce family harmony and set up deadly feelings of jealousy amongst siblings. The trick is to reduce circumstances that break down sibling relationships causing long-lasting resentment.

A few thinking points to parents:

- Avoid comparing behaviors or accomplishments. Someone is going to feel bad.
- · Listen openly and fairly to your children, especially in areas of conflict. They will at least walk away feeling respected, knowing their side was considered.
- Nicknames, while cute, can be negative labels.
- Find your child's individual strength and talent and help them cultivate it. Hopefully each child will have a different strength and feel appreciated for it. This is a great self-esteem booster.
- Set aside one-on-one time with each child to build togetherness.
- Reinforce sibling harmony by supporting cooperative behavior.

By the way, don't think your sibling juggling act is complete when your children are adults and on their own. Keep up with the thinking points, as sibling rivalry can carry over to the next generation.

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# Staying Sane in September

By Russell Carstens

The back to school season is hectic enough for kids, let alone parents. Keep your mental health in check during the transition with the following suggestions:

**Establish good homework habits.** As the Tao Te Ching advises, handle things while they are small. Upon getting home, homework is not yet a pressing issue. Keep it that way. After dinner and close to bedtime, it

will become one. Speak to your children about the benefits of completing homework first thing. They have the rest of the day ahead of them, and they are still in work mode. Take advantage of that momentum.

**Consider summer learning programs.** Students can forget what they've learned during the year over summer break. Enrolling in a program for maintenance or enrichment will keep their skills sharp and attitude motivated. This makes for a more smooth changeover back to school. Thus, less dependency on you to assist with homework and projects.

Carpool. If possible, do so in rotation with other parents. Save time

and gas. This can free up time for yourself or other morning/afternoon priorities. Plus, you're being kinder to the planet by reducing your carbon footprint.

Purchase supplies in advance to avoid the first week rush. After the first few days of school, office supply stores are a frenzy. Items your children need may be out of stock. As a result, they are already starting the year

If you aren't a regular water drinker, you'd be surprised at how much more energy you have by switching over from coffee or soda.

off behind. Again, stock up ahead of time to avoid issues. You can save money by purchasing notebooks, etc at non-office supply stores.

**Eat healthy.** Eating at least one well-balanced meal a day with water will complement your overall well-being. Oatmeal is a simple breakfast that can be made by kids in a snap without your help. Plus, the fiber content fills them up. Avoid the lure of sugary soft drinks, as they carry virtually no nutritional value

Monitor your caffeine intake and stay hydrated. One or two cups of joe will give you the jolt needed to put a spring in your morning step. But avoid excess caffeine, which can lead to anxiousness, dehydration and other negative side effects. Instead, drink water throughout the day. If you aren't a regular water drinker, you'd be surprised at how much more energy you have by switching over from coffee or soda. The more hydrated you are, the less hard your organs have to work. You then have more energy to expend.

**Get plenty of rest.** This is one of the most important parts of maintaining your mental health. It's also one of the most overlooked. Being underrested makes you more prone to moodiness and less effective. Some people need more sleep than others. Generally, aim to get at least seven hours of sleep a night. If you can get more, great, but don't overdo it. You may be familiar with the lingering drowsiness that sticks throughout the day after ten-plus hours in the bed.

A body at rest stays at rest and a body in motion stays in motion. Balance it out.

18 The Family Times: Monmouth • Ocean • Middlesex

August 2014

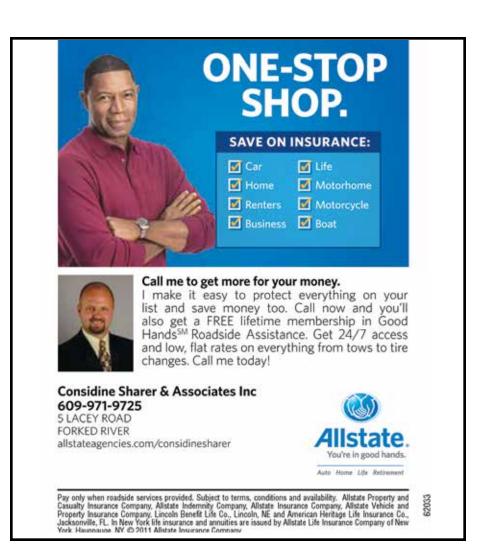
# **Hulk Hogan Comes to** iPlay America



iPlay America will be hosting a private event with one of the greatest wrestlers of alltime, Hulk Hogan.

Join Central New Jersey for an intimate Q&A experience with legendary wrestler Hulk Hogan. During this time you will have the opportunity to hear Hulk Hogan talk about his career with the WWF, WCW and his induction into the WWE Hall of Fame. You may remember Hulk as the

All-American character from his days in the WWF (now WWE) where he held the championship belt six times. Or as "Hollywood" Hulk Hogan, the villainous leader, in World Championship Wrestling (WCW) where he was a six-time world champion as well. Hulk is widely recognized as the greatest wrestler of all times. He was inducted into the WWE Hall of Fame in 2005. He was signed with Total Nonstop Action Wrestling (TNA) from 2009 until 2013, where he was the on-screen General Manager. Additionally, Hulk is no stranger to the big screen appearing in movies such as Muppets From Space and in Rocky III. Three packages available including Platinum, VIP and General Admission. Visit www.iplayamerica.com/special-event/hulkhogan-uncut for tickets and details.





Where Every Child Is a Blessing

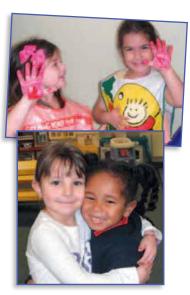
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## A Lesson On Self-Esteem:

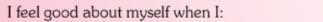
feeling Good About Yourself

It is very important to be proud of yourself and like yourself. When people are happy with themselves, they have self-esteem. If you like yourself, you will always be happy and more people will like you too!

My name	

Some things I am good at are:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4.



- 1.\_\_\_\_\_
- 3
- 4. \_\_\_\_\_

I was very proud of myself this year when I:

- 1. \_\_\_
- 3
- 4.

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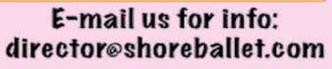
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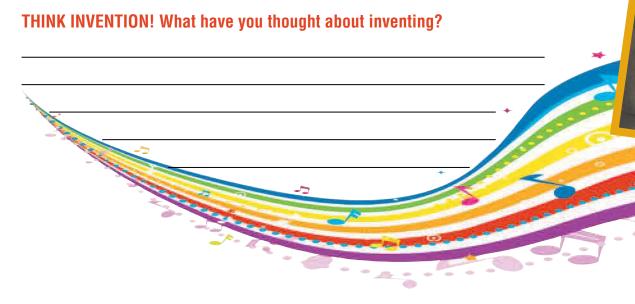
100 Central Ave, Island Heights • Visit us @ www.shoreballet.com (off Rt. 37 East Toms River near Vaughn & West End Ave.)



Today In History: Mr. Edison's Phonograph

August 12, 1877, is the date popularly given for Thomas Alva Edison's completion of the **model for the first phonograph**, a device that recorded sound onto tinfoil cylinders. While working to improve the efficiency of a **telegraph transmitter**, Edison noted that the tape of the machine gave off a noise resembling spoken words when played at a high speed. This caused him to wonder if he could record a **telephone message**. Edison began experimenting with the diaphragm of a telephone receiver by attaching a needle to it. He reasoned that the needle could prick paper tape to record a message. His experiments led him to try a stylus on a tinfoil cylinder, which, to his great surprise, played back the short message he recorded, "Mary had a little lamb."

The sound and music recording industry, which evolved from Edison's invention, soon emerged as a source of popular entertainment as recordings of concerts, comedic sketches, opera and other performances were made available to the American public to play on their phonographs.







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#### **MANALAPAN** \$525,000

**Northfield Estates** 

Brick front 5 BR 2-1/2 bath w/extensions on 1st & 2nd flrs, LR w/newer carpet, redone kitchen w/granite, appliances, FR w/french doors to bonus room w/sliders, paver patio & level fenced backvard.



#### **MANALAPAN** \$485,000

**Country Greens** 

Beautiful 4 br, 2-1/2 bath colonial w/2 story foyer, eat-in kitchen w/granite, FR w/custom marble fireplace, rec lights, crown molding, fenced vard, in-ground pool, custom paver driveway & walkway w/fountain



#### **MARLBORO** \$134,900

**Marlboro Greens** 

1BR. 1-1/2 bath w/laminate flrs in LR, DR, den/study & Master BR w/ walk-in closet & hathroom Kitchen w/all appliances, sliders in LR to vard with patio



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# Stafford Teens to Present Cryptozoology: Unicorns & Bigfoot

een volunteers at the Stafford branch of the Ocean County Library will present a program on cryptozoology for children on Friday, August 15 at 10am.

at 10am.

"Cryptozoology" means the study of hidden animals and is used to refer to the study of animals whose existence hasn't been proven, such as the Loch Ness Monster, unicorns and Bigfoot. Participants will learn a little bit about a lot of different creatures, play games, and make crafts to take home.

This program is free and open to children ages 5-8. The Stafford branch is located at 129 N. Main St. in Manahawkin. Register online at www.theoceancountylibrary.org or call 609-597-3381. ■

## **Summer Isn't Over Yet!**

Seems like only yesterday that Memorial Day Weekend kicked off the exciting summer season in New Jersey. Now, the days are getting a little shorter as fall inevitably approaches. But that doesn't mean the fun summer activities are over. August and September provide plenty of thrilling activities and events, so guests can end the summer on a high note.

#### **Beach Time**

New Jersey is known for its beautiful beaches, stretching for miles down the coast and offering families fun, sun and surf, even in the late summer months. Cities such as Seaside Heights, Point Pleasant Beach and Ocean City, feature bustling boardwalks filled with entertainment, shopping and dining.

#### **State and County Fairs**

The end of summer brings a number of fairs and festivals, such as the New Jersey State Fair Sussex County Farm & Horse Show. The event features agricultural events and education, animals and a petting zoo, exhibits, a carnival, crafts and vendors, flower and vegetable shows, fair food and much more. The show runs Aug. 2-11.



#### **Amusement Parks**

New Jersey has a wide selection of amusement parks that operate well into September.

- Morey's Piers, the largest amusement piers in the world, offer three piers with hundreds of rides, two water-parks, and a number of roller coasters.
   The piers operate from Memorial Day until the first weekend in September after Labor Day.
- Six Flags Great Adventure is America's largest seasonal theme park with more than 200 rides, the biggest drive-thru safari outside of Africa, and one of the world's largest water-parks. The park operates from 10:30 am-10 pm everyday through Labor Day, and special weekend hours throughout Sept.

#### **Labor Day Festivities**

New Jersey hosts a range of celebrations over Labor Day Weekend, from the Labor Day Southern Hospitality Weekend in Ocean View (Aug. 31-Sept. 1) to the Annual South Plainfield Labor Day Parade (Sept. 2). People can also check out Atlantic City for the fourth annual Comedy Fest (Aug. 31-Sept. 1), or Cape May for FunFest (Aug. 31-Sept. 1) and the 17th Annual Air Show (Aug. 30-Sept. 2).

#### **September Fests**

Great for

The party doesn't end after Labor Day. There are a number of popular festivals to enjoy in the mild days of September, including the Atlantic City Seafood Festival (Sept. 14-15) and the Irish Fall Festival in North Wildwood (Sept. 19-22).



# Got a Chubby Child? Reduce Screen Time and Get Active!

arents and caregivers should set rules that reduce "screen time" by limiting the amount of time children spend on the computer, watching TV and playing video games. The time spent in front of the screen could be better spent being more physically active.

Explain to children that it's important to sit less and move more in order to stay healthy. Health experts suggest no more than two hours of computer or television time per day unless it's related to work or homework. Children younger than two should be kept away from the TV entirely. Don't use TV time as reward or punishment; practices like this make TV seem even more important to children.

#### **Set Screen Time Limits and a Good Example**

Create a house rule that limits screen time to one to two hours every day. More importantly, enforce the rule.

You need to be a good role model and limit your screen time to no more than two hours per day, too. If your kids see you following your own rules, they're more likely to do the same.

#### Log Screen Time vs. Active Time

To get a sense of what changes may need to be made in your household, track your family's screen time and active time. First, log how much time your family spends in front of a screen, including things like watching TV and movies, playing video games and using the computer (outside of school or work). Then, look at how much time the family spends doing physical activities, such as walking, doing active chores or playing sports together. If you see that your family logs more hours in front of the screen than being active, sit down together and set goals to increase your physical activity.

#### **Be Active During Screen Time**

When you spend time in front of the screen, do something active. Stretch, practice yoga poses, walk on a treadmill, or lift weights. Challenge the family to see who can do the most push-ups or jumping jacks during commercial breaks.

#### **Understand TV Ads**

Seeing snack foods, candy, soda and fast food on television affects all of usespecially children. Help children understand that just because it's on TV—or their favorite TV characters eat or drink it—doesn't mean it's good for you.

#### **Create Screen-free Bedrooms**

Don't put a TV or computer in your child's bedroom. Kids who have TVs in their rooms tend to watch about 1.5 hours more of TV per day than those who don't. In addition, having a TV in their bedroom can keep kids from spending time with the rest of the family.

#### **Provide Alternatives**

Watching TV can become a habit, making it easy to forget what else is out there. Give children ideas and alternatives, like playing outside, picking up a new hobby or learning a sport.

#### **Focus on Family Time During Meals**

Family meals are a great time to talk to each other. So, turn off the TV during meals. Better yet, if you have a TV in your eating area, remove it.

Research shows that families who eat together tend to eat more nutritious meals. Make eating together a priority and try to have family meals at least two to three times a week. Begin with breakfast—it's a great way to start the day.



## Make Your Cake, Decorate It and Eat It, Too!

f you are tired of the same-old same-old parties where you get invited by a friend for a glass of wine, and oh don't forget to bring your checkbook because I have something to sell...here is a great idea.

Donna Silverstein from Caketastic Creations will come to your home with everything you need to learn cake baking and decorating. You and your friends will learn a little something, bust out your creativity, and enjoy feasting on the results!

Donna, a former kindergarten teacher by day, is a cake decorating professional by nights and weekends! She knows how to teach all ages and she is

> a Wilton Certified Instructor. She now teaches a few Wilton classes each week and offers specialty cakes to order. Donna will teach a one-onone class, and she can even come to your

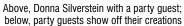
> > parties as the main event. Classes range from 30 minutes to 2 hours depending on the expectations of the audience.

For your own special occasion, let her customize your own standout cake; delicious, gorgeous, and expressing your personality. Donna states "you have the event I have the ideas. I do specialty cakes, cookies and cupcakes for any occasion."

You will be the hero. Your friends will not leave your home with a nickknack or an egg separator—they will leave with a beautiful creation to share with their family and a new skill to add to their list.

Is that a delicious idea or what? The word dessert has two S's for a reason—it should be Simply Spectacular!

To contact Donna and prepare to party, call 732-245-0263 or email donnasilverstein @comcast.net.







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# talk to the doctor...

# My child has visual challenges. How can vision therapy help?

ome visual conditions cannot be treated adequately with eyeglasses or Some visual conditions cannot be attacked through a program of vision therapy. Treatment includes non-invasive procedures designed to enhance the brain's ability to control:

- eye alignment
- eye teaming
- visual focusing abilities
- eye tracking movements
- visual processing
- visual perception

Visual-motor skills and endurance are developed



If your child is having trouble reading and eueglasses don't help, call now for an appointment.

through the use of specialized equipment and optical devices, including therapeutic lenses, prisms, and filters. During the final stages of therapy, the patient's newly acquired visual skills are reinforced and made automatic through repetition and by integration with motor and cognitive skills.

#### Who benefits from vision therapy?

Children and adults with visual challenges, such as:

- reading/learning-related vision problems
- poor binocular (2-eyed) coordination

- convergence insufficiency (common eye muscle disorder)
- amblyopia (lazy eye), diplopia (double vision) and strabismus (cross-eyed, wandering eye, eye turns, etc.)
- visual stress-related problems: blurred vision, eye strain from reading and computers, headaches, and/ or vision-induced stomach aches or motion sickness
- neuro-visual problems: traumatic brain injury (TBI), stroke, brain tumor, whiplash, developmental delays, visual-motor deficits and vision processing/perception disorders



Dr. Errol Rummel

Errol Rummel, OD, FAAO, FCOVD, FNORA, C.O.V.D. Certified in Vision Development/Vision Therapy and N.O.R.A. Certified in Neuro-Optometric Rehabilitation.



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# **Health Lesson**

Being healthy is knowing that your body needs a balanced diet to grow up strong and healthy. A balanced diet means eating the right amount of daily servings from each of the five food groups. Unscramble the words below and then write the food group they belong to next to the unscrambled word.

	FOOD	<b>FOOD GROUP</b>	
1. cbolcroi			
2. uyektr			
3. tlaoaem			
4. slevio			
5. ysrtrreawb			
6. reghmabru			
7. sithtepag			
8. euetltc			

Answers: 1. broccoli, vegetable 2. turkey, protein 3. oatmeal, grains 4. olives, fat 5. strawberry, fruit 6. hamburger, protein 7. spaghetti, grains 8. lettuce, vegetable



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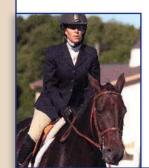


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# The Road without Rage: Preparing for a Family Road Trip

By Susan Heckler

t's summertime and you are reminiscing back to the days when you were a child and your family piled into the station wagon and headed out for a road trip. Here is where your age tells all.

Did vou play games like Pink Sink? Did vou bring along a book of Mad Libs or a comic book? A string for Cat's Cradle? Did you each have your own Game Boy? Did you sing along to the AM radio, 8 tracks tapes, have a Walkman, MP3 player or did your parents bring a stack of DVD's to play on your car video system or laptop? Did you share the back bench seat with your sibling who tortured you with pinches and shoves or did you have your own captain's chair?

Times have changed. With airfare prices going up and up and the economy pinching our belts down and down, more families are hitting

the road for vacations. The digital age has allowed us to be more spontaneous. You don't need to have a set itinerary with reservations booked in advance from

home. You can set off in a general direction and use your smart phone or GPS to tell you what accommodations are available and even book through them. Hotels and motels have been popping up all over, leaving a wider variety.

Spontaneity aside, a little prep work is prudent. Make sure your car is in tip top shape for the season before you assault the asphalt. Getting stranded or side lined for car repair probably isn't in your itinerary. Make sure your bills are paid and your mail and newspaper is stopped. If Fido doesn't travel well, leave him with someone you trust so you have one less concern. Prep your house for some alone time and you are good to go.

Make sure to pack the following:

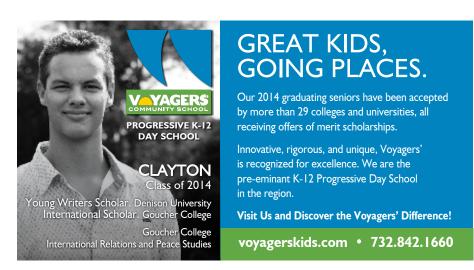
- Maps, TripTik or GPS
- Wallets for all with cash or credit cards
- A driver's license or two forms of ID that won't expire during the trip
- Passports if you are leaving the country
- Clothing: Not sure where you are heading? Layers will usually do well. Choose shoes for a variety of reasons (hiking, walking, dancing, etc.). If you will be somewhere with laundry facilities, pack light.
- Toiletries: If you have a brand preference, bring you own or make a pit stop along the way to pick up what you need
- Don't forget prescription medication with a few days to spare in case of emergencies
- Water and snacks
- Camera
- Batteries, chargers for phones and electronics, and a flash drive if you take a lot of pictures
- Passenger pleasers, a.k.a. entertainment for the kids
- Ear plugs, duct tape and assorted parental preferences based on your child's anticipated behavior

Buckle up and hang on for an adventure! ■











# Outdoor Chalkboards – Chalking It Up to a Good Time

By Susan Heckler

If you are power tool challenged and looking for a fun project to do with and for the family, here is a great suggestion. The new backyard "gotta have" is an outdoor chalkboard.



You don't need a large piece of property, just a wall or a fence to secure it against.

Kids of all ages love to draw and parents will find good uses too. It doesn't take up much room and can be used year round (weather permitting).

What you need can be picked up at the big box home improvement stores, a craft store or your local hardware store. How much depends on the size of your chalkboard. The shopping list and 'recipes' vary on different websites. This one from Galileo Learning seems pretty user friendly.

What you need:

Plywood. Pick a size that works for your space. Many stores will cut to size for free.

Latex paint

Non-sanded or sanded grout

Cup and paint stick for mixing

Paint roller or brush for application

Drill and screws for hanging

- **Step 1:** Add 2 tbsp of nonsanded grout to 1 cup of paint in a mixing cup. Maintain the 1:8 tbsp ratio if more or less coverage is needed. Two cups of paint with 4 tbsp of nonsanded grout are more than enough for a single 2x4 piece of plywood.
- **Step 2:** Mix the grout and paint together really well. The slight lumps of pancake batter are too lumpy for this project, as we found out. The bigger lumps in the paint mixture will be seen on the finished project, which means keep stirring until you are satisfied.
- **Step 3:** Paint! We did three coats, allowing each coat to dry in between.
- **Step 4:** Once dry, it is ready to hang. We drilled each corner securely into our fence.

Ready? Set? Start coloring! ■

28 The Family Times: Monmouth • Ocean • Middlesex

August 2014

### - - - FAMILY ROAD TRIP - - -



### America's Longest **Running Rodeo** Is Right Here in **New Jersey**

Originally started in 1929 by the Harris family, Cowtown Rodeo in rural Salem County was suspended

during World War II and resumed operations in 1955. Today, there's rodeo action every Saturday night through September, making it the longest-running regular Saturday-night rodeo in the United States.

Cowtown Rodeo is a stop on the professional circuit and draws competitors from across the country. It is one of only two ongoing weekly sanctioned rodeos in America.

Cowtown Rodeo features seven standard rodeo events:

- Bareback bronc riding
- Calf roping
- Saddle bronc riding
- Steer wrestling
- Brahma bull riding
- Team roping
- Girls' barrel racing

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## Studies have shown repeatedly that learning through research increases critical Do The Research thinking skills, creativity, and problem solving in young children. Children who know and understand how to find answers all by themselves Lesson: are more confident and successful learners too! **August In Africa DIRECTIONS:** Research the question indicated and answer the question based on your research. 1. How many countries make up the continent of Africa? 2. What is the total population of Africa? \_\_\_\_ 3. What is the highest point in Africa? How high is it?\_\_\_\_ 4. What is the average temperature in Africa during the month of August?\_\_\_ 5. Which city has the highest population in Africa? How many people live there? 6. How many hemispheres does Africa cover?\_\_\_\_\_ 7. What is the name of the most notable desert in Africa? \_\_\_\_\_ 8. What is Africa's trademark sport?\_\_ 9. True or False: Is Africa the largest continent on earth? 10. True or False: Did the word Africa come from the meaning "sunny place?" \_\_



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#### **HOME IMPROVEMENTS**



What Is a Role Mode	A role model is any person who serves as an example of success.	
is my role model because	I hope to be a good role model for because	ROLE

# **Being Special to the Special** Support the Family with Special Needs

By Susan Heckler

aving a special needs child can be very challenging. It can make your role as parent exponentially harder because of behavior issues, physical difficulties or just needing some additional learning reinforcement. When your child is finally diagnosed and there is a name put on his special needs, you may feel a sense of relief but your work has just begun.

Putting a label on your child's disabilities changes nothing. It may enlighten you as to the cause, possible symptoms, research being done and modifications you may need to implement. It defines the path you have to take to do



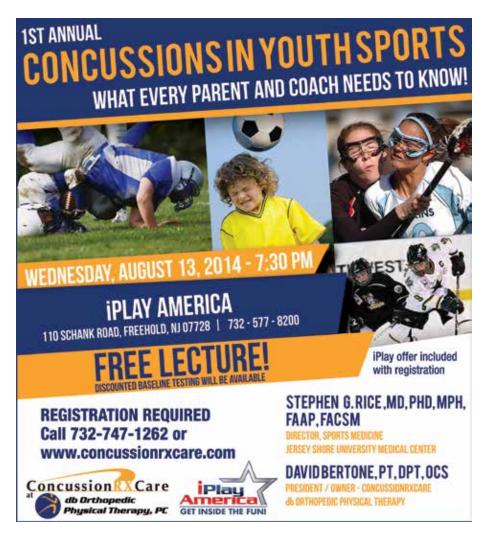
the best for your child, but your job has just begun and you may have a long road ahead.

As a friend or family member, you may be living through this difficult time with the parents. You hear the anguish in their voices and the fear of the challenging times ahead. There are a few things you can do to show support and ease their burden:

- One of the most beneficial things you can do is show support. Let the parent know that you are there for them, whether it is as a listener, shoulder to cry on, babysitter, tutor, or just plain friend.
- A natural reaction to having a child that stands out is to avoid uncomfortable situations. Do your best to be inclusive of their child and encourage your children to show acceptance to avoid isolation.
- · Your child is special, but so is theirs but in a different way. Accentuate the positive and let the parent know you see the progress the child may be making. Avoid talking about your own child's accomplishments if possible.
- Be sensitive and think before you speak. Your good intentions may not land the way you intended.
- Many people find it difficult to ask for help. Don't wait for an invitation to give assistance, jump in there and let them know you care.









Children, spouse, home, family, career....the pressures of daily life can make your head spin, and many feel the oxygen being pulled right out of them. Fortunately or unfortunately, those stress factors listed above are not going away any time soon and you probably wouldn't want them to anyway.

There have been a myriad of articles with wonderful self-help on how to deal with the pressures. What they cannot stress enough is the pressing need to take the time for YOU. Yes, you! You are the glue that holds your family together and the grease that keeps the wheels going. If you fall apart physically or emotionally because you are so stressed out that your mind and body are on overload, who is going to pick up your slack?

Here is an analogy; you are preparing for take-off on an airplane. The flight attendant is giving everyone specific instructions on what to do in case of an emergency. If the oxygen masks are released during the flight, you are told to put your own mask on before assisting small children and helping others to put theirs on. If Mom shuts down, so does that gang.

The world will not stop to give you Me Time so you need to take it when you can. Whether it be a catch-up, spirit lifting phone call with an old friend, a power nap, an extra few minutes to delight in an article in the newspaper, a leisurely glass of wine, a dip in the pool and thousands of other ideas that may give you that little lift you need...DO IT. Time it as best as possible, but DO IT.

ME is short for Mom Exists. ■





# Be a Fit Family

### Make Physical Activity a Part of Your Family's Routine

#### **SET GOALS**

Have your family establish goals that everyone can achieve together. In the first few weeks, you may not achieve every goal, but if you stick with it, physical

activity will become a part of your family's routine.

Set effective goals that are specific, achievable and forgiving. Rather than saying you will exercise more, set a goal like walking for 30 minutes a day, three times a week.

Issue a family challenge to see who can be the first to achieve an award by committing to physical activity five days a week, for six weeks.

Here's a tip: effective goals are specific, achievable and forgiving. "Exercise more" is a great idea, but "take a 30 minute walk" is more specific and easier to achieve.

#### **SCHEDULE YOUR ACTIVITY**

The best way to begin increasing your family's physical activity is to schedule time for it. Start by identifying at least three 30-minute time slots this week for activities like taking a walk, playing sports or doing active chores. Choose times of the day or week when everyone is most likely to stick to the schedule.

#### **MAKE A DATE**

Set up a family calendar for an easy way to begin scheduling your activities.

tor or in another location where the whole family can see it and track progress. Don't forget to celebrate your achievements; every little bit counts.

#### **IDEAS TO GET STARTED**

There are countless ways to enjoy physical activity together as a family.

Once you've personalized the calendar for your family, post it on the refrigera-

- Play tag, swim, toss a ball, jump rope, hula-hoop, dance to music or even play a dancing video game. It doesn't have to be sports—just get your family moving!
- Walk the dog, go for a jog, go on a bike ride, take the stairs or head to the park and let kids run around for a while.
- Celebrate special occasions—like birthdays or anniversaries—with something active, such as a hike, a volleyball or soccer game or playing Frisbee at the park.
- Get the whole family involved in household chores like cleaning, vacuuming, and yard work.
- Walk instead of drive whenever you can. If you have to drive, find a spot at the far end of the parking lot and walk to where you're going.
- Park farther away and count with your children the number of steps from the car to your destination. Write it down and see if you can park even farther away on your next stop.
- Train as a family for a charity walk or run.

**Brought** to you by



**Math Practice Skills for Summer** 

Keeping your child consistent with learning and practicing important school skills over the summer will foster and improve basic skills as well as a love and routine of learning. When your child is finished with the problems, grade them together!

1. 
$$9 \times 18 =$$

13. 
$$28 \div 7 =$$

14. 
$$25 \times 4 =$$

15. 
$$12 \div 4 =$$

16. 
$$11 \times 10 =$$

18. 
$$3 \times 8 =$$

20. 
$$9 \times 3 =$$

21. 
$$7 \times 6 =$$

22. 
$$0 \div 5 =$$

24. 
$$20 \div 5 =$$



# Manners Are the Way to Brighten Up Everyone's Day

f parents begin teaching manners when their children are toddlers, by the time the kids are in kindergarten they will have mastered the basics. The following is a list of table manners that your child should have a good grasp of by age six.

- Wash their hands and face before sitting down to the table.
- Sit down in their proper seat and put their napkin in their lap.



- Wait to begin eating until everyone is seated and has been served. Many families wait until an adult gives permission to start eating.
- Stay seated in their seats without wiggling in their chairs, going under the table, or getting up and down.
- Say, "Excuse Me," and ask permission to leave the table.
- Elbows do not belong on the table.
- Mouths should stay closed while chewing and pieces should be bite sized.
- "May I please" and "Thank you" should be used when children would like food and never reach across the table.
- Participate in the conversation during dinner and no interruptions when other people are talking.
- Slurping, burping, squealing, singing, humming are all sounds that are not to be made at the table.
- It is never kind or polite to make negative comments about what is being served for dinner.

FREE

- Before getting up at the end of the meal say, "May I please be excused?"
- Ask if adults would like them to clear their dinner plate.
- Thank the cook. ■



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• Win an iPlay America Birthday Party and other great prizes!

#### **August 14**



- Radio Disney's Road Crew provides games and interactive entertainment.
- Make and take home your own "slime" courtesy of Mad Science of NJ.

#### August 21

• Magic 98.3 hosts on site with great prizes.

- Hear a performance by All the Stops Band presented by Music University.
- Adult and Pediatric Dental Studio will take dental ID's for child safety.
- Win gift cards and candy baskets from iPlay America.

#### **August 28**

• 107.1 FM and Big Apple Circus' "Circus To Go" will be on site with strolling circus acts.



- Mini circus shows and a circus teaching station.
- First 50 kids will receive Cotton Candy in an iPlay America Sand Bucket.



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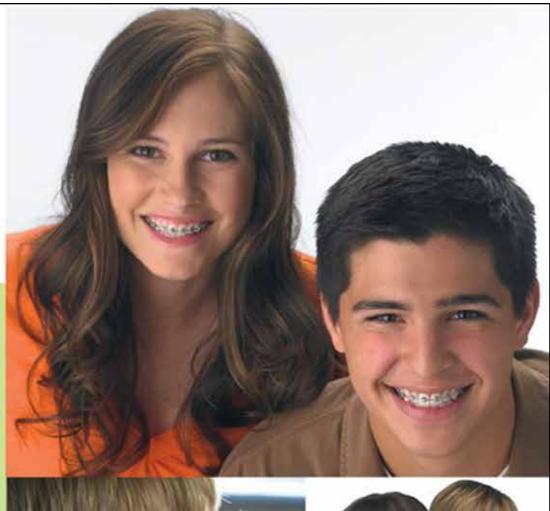




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