

THE FAMILY TIMES™

MONMOUTH OCEAN MIDDLESEX

FREE

News for Parents • Activities for Kids

SEPTEMBER 2014

INSIDE:

- Get Your Reading On!
- Must-Have Parenting Skills
- Paterson's Great Falls
- Farm-Fresh Markets



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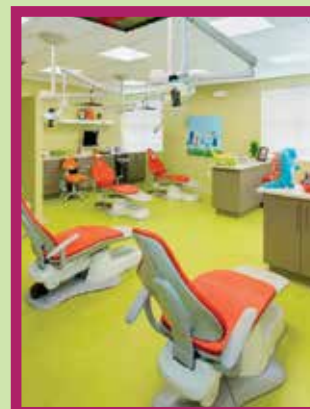
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THE FAMILY TIMESTM MONMOUTH OCEAN MIDDLESEX

SEPTEMBER 2014

Features & Departments

Fun with Phonics

10 Must-have Skills to Be a Great Parent

New Jersey is Truly the Garden State

iPlay America Partners with Malls
on "Back-to-School" Promotion

Test Your Knowledge:
Take the Capital Challenge

All About Adjectives

Family Road Trip: Paterson's Great Falls



THE MILLSTONE TIMES

THE FAMILY TIMES: MONMOUTH • OCEAN • MIDDLESEX

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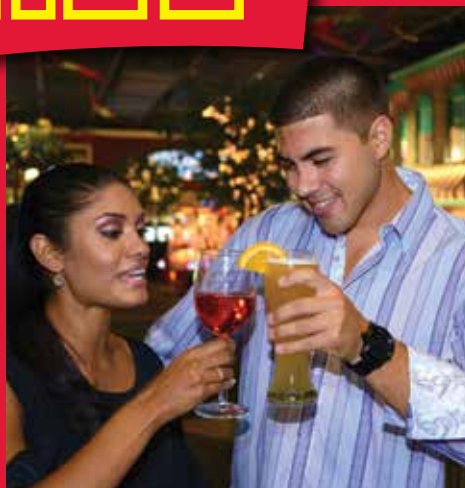
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Young Children Need Special Back-to-School Attention

As the vacation season winds down and parents are getting their children ready to go back-to-school, their thoughts turn from swimming and campfires to backpacks and books. Gone will be the warm summer nights and kicked back schedules to the rigors and structure of the classroom. For young children especially, this can be a tough time, but parents can do a lot to make their transition easier.

For the past 25 years, Kristen Waterfield has worked with young children. First as an elementary school teacher, then as the head of a private pre-school, and most importantly as a mother. As president and CEO of the Malvern School, one of the most successful, nationally-recognized private pre-schools in the nation, she knows a thing or two about the emotional needs of children. “Over the years I’ve talked to many parents who have asked me just what they should do to help their children cope when they send them back- to- school. Of course, much depends on the child’s social adjustment in general, but for very young ones, it is important to anticipate their fears, and work systematically to alleviate them,” said Waterfield. “Since our students range from infants to six-years of age, we have a lot of experience with what works and what doesn’t as far as helping them transition from camp to the classroom. Younger children are generally more emotionally immature and may have difficulty separating from their parents, so with such a long break over the summer, it is even more important to address those potential anxiety issues before they become a problem,” she added.

Waterfield recommends that parents begin a plan before the summer ends for their children’s return to the classroom. “What I tell our parents is to start by creating a checklist with all of the

things they should do before the school year begins. Things like talking about how much fun school is, how they will get to see their friends soon, and generally being positive about the entire school experience. It is important to begin doing this planning at least a few weeks before the school year starts.”

Diane Morgan, who is the director of operations for all of the 23 Malvern Schools in Pennsylvania and New Jersey, also believes that preparation and planning are essential. “One of the reasons that we see very few issues with our students when they start the new school year is because our teachers work with parents to help them before school begins,” she said.

“There are some very specific tips I would give parents in general for the back-to-school transition. The Malvern School operates year-round, so starting in August is often an excellent step to get children back in routines if that opportunity is available. Some other tips include: re-establish good habits at least a few weeks before school.

This can mean setting up a regular time to go to bed and wake up, and even eating meals during the same times that the child would eat them in school. I would also get them involved in a variety of activities in the morning, so they will get accustomed to attending early classes, and organize their school supplies in a designated spot in their room that they can see. It is also important to make the child feel they can handle the separation from their parents in a mature way, even though they are still young. During the school year our students practice writing their names, tying their shoe laces, writing down their addresses, and other simple actions that make them feel independent and secure. Parents can also practice this at home before school starts. This will help them feel less dependent on their parents once they leave home and head to school,” Morgan added.



Continued on page 29

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September 2014

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LION

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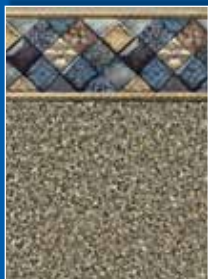
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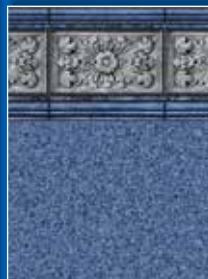
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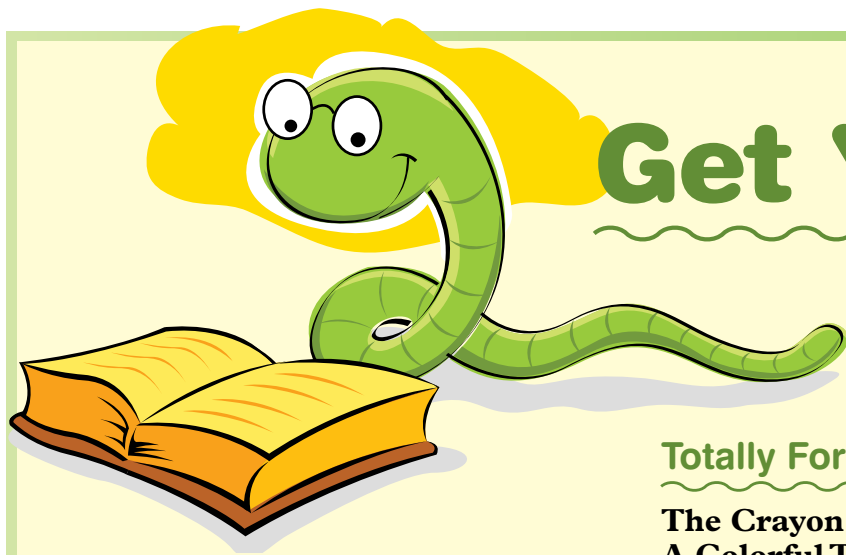
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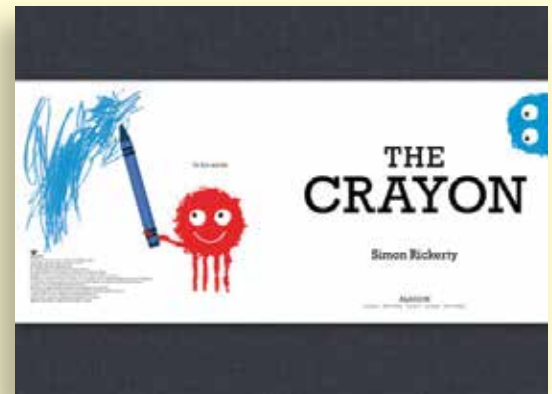
Get Your Reading On!

Reading Recommendations for September

Totally For Toddlers

The Crayon:
A Colorful Tale of Friendship
by Simon Rickerty

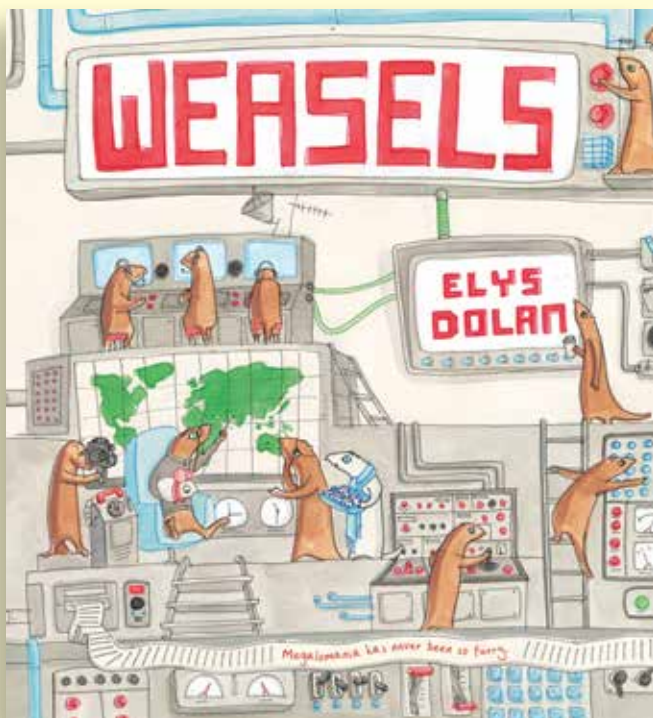
Red and Blue have new red and blue crayons. What fun! Until...oops! It's broken! Now what will happen to Red and Blue and their friendship when Red's crayon breaks and Blue walks away with Purple? You must read on to see what true friendship looks like. For friends of all ages.



Terrific For Tweens

EverAfter High:
The Storybook of Legends
by Shannon Hale

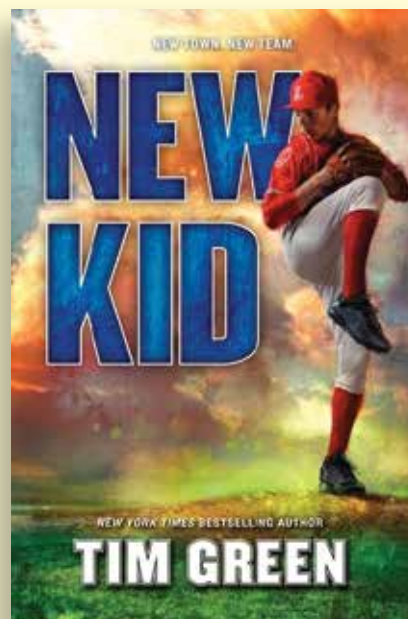
At EverAfter High, the children of fairytale characters prepare themselves to fulfill their destinies as the next generation of Cinderellas, Prince Charmings and Little Red Riding Hoods. Each year, the students sign the Storybook of Legends to seal their fate. But this year, Raven Queen, the daughter of the Evil Queen from Snow White, is not sure she wants to follow in her mother's footsteps. What if she wants to determine her own destiny? An entertaining twist on fairy tales.



Your Young Reader

Weasels
by Elys Dolan

Even though emerging readers are anxious for "chapter books," there are plenty of clever picture books that speak to the early elementary age. They demand an inquisitive mind, patience, and a reader who can infer. The dastardly weasels are on a quest for world domination. Clues abound in the illustrations about the possible outcome of their quest.



Excellent for Early Elementary

New Kid
by Tim Green

For sports fans and adventure story fans, Tim Green delivers another funny, fast-paced story that will appeal to both boys and girls. Reluctant readers love his books. This latest is the story of the new kid in town, Tommy, who wants to reinvent himself. He makes the baseball team, but there is trouble ahead.

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New & Exciting Art Classes @ Artisan!

By Marlene Bohnyak, Owner of Artisan Studio

Fall brings the return of familiar routines: school, homework and after school activities. Art is often overlooked as an activity based on the misconception that it can only be enjoyed by a gifted person. Not at all true—art can be a joyful, relaxing outlet in which a child or adult can reach into their creative side and explore their own thoughts, feelings and visions. At Artisan, we teach students how to tap into their imaginations and turn their imagery into works of art.

In addition to traditional drawing and painting, we offer some other fun and unique classes:

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DIY DESIGN & DÉCOR – Go from drab to fab while decorating various objects (adults)

FASHION DESIGN & ILLUSTRATION – Kids create their own fashion figures (croqui), and fashion lines (trend boards) as they learn to use their own creativity (10+)

KINDER ART – Introductory class for pre K and kindergarteners, great projects for developing fine motor and artistic skills (4-5)

LIL' FASHIONISTAS – A beginner's class for younger kids interested in clothing and accessories appropriate for their ages (7-9)

MIX IT UP CRAFTS – Expanded from journals to include hand crafts and accessories - a truly create craft class (8+) also available for adults

MIX IT UP FINE ART – Combining various mediums in a project ie. watercolor and chalk pastel, acrylic, markers and oil pastels (7+ and adults)

MOM & TOT – Fun projects for toddlers with mom's assistance - a great way to interact with other moms & tots (2-3)

MULTI-CULTURAL ARTS – Art history comes to life for kids! (8+)

MULTI-MEDIA – Includes cycles of drawing, cartooning, papier mache, wire, etc. (8+)

ORIGAMI – Create all kinds of decorative projects; strengthens eye-hand coordination and memory! (8+ and adults)

RECYCLED ARTS – From trash to treasure as objects are beautifully repurposed and reused (10+ and adults)

STUFT ANIMALS – Learning hand sewing techniques and embellishments while making cute stuffed critters (8+)

TERRIFIC TIE DYE – Clothing and accessories go wild with color! (10+)

YOUNG ARTISANS – Great projects for our younger students designed to engage in drawing, painting, collage and more (5-7) ■

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Ages 8 -14

ORIGAMI
 With Ms. Rina
Fridays 4:30 - 6:00 pm
Ages 8 & up



Fashion Design & Illustration
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12:00 - 1:30 pm
Ages 10 - 14
 Learn how to design!
 Ms. Gail returns with her 30 years of experience, inspiration, passion, amazing talent, & flair to share with our fashionistas!

PREPARE FOR FALL!
Fall Classes Start
Saturday September 6th
 Please visit our website for our:

- ✓ Fall Schedule of Classes
- ✓ Registration Forms
- ✓ Our Selection of Parties
- ✓ Artworks Created by Our Campers, Students and Staff
- ✓ Sunday Art Workshop Info
- ✓ Lots of Great Pictures at our Studio

artisanstudio9.com

Anime & Manga
 (Ages 9 - 12)
Saturdays
10 - 11:30 am
 Great projects as kids learn to create these highly stylized characters!

Sunday Art Workshops
 Return September 28th!
 (Last Sunday of Each Month)

Edit Each Sentence About Dancing

Example:

1. ***lisa wont let me wear her new tutu.***

Lisa won't let me wear her new tutu.

2. ***please be quiet when you enter the dance studio?***

3. ***Bonnie runned across the floor to turn the music off.***

4. ***Jolene has toe shoes new.***

5. ***Is you and Liz going to the recital?***

6. ***its almost time for tap class to end.***



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New Jersey Truly Is the Garden State

With over 9,000 farms in New Jersey, agriculture continues to thrive in our densely populated state. We invite you to visit our New Jersey farms to see first hand the strong agricultural community that inspired our state's nickname "The Garden State."

On farm retail markets provide the freshest and best quality fruits and vegetables. At New Jersey farms you will find that our state grows everything from Apples to Zucchini. Jersey Fresh peaches, tomatoes and corn are among the favorites.

New Jersey's harvest season is from May to November though many farm markets remain open year round, offering Christmas trees, holiday pies and gifts, seasonal plants and greenhouse-grown vegetables and flowers. Be a part of the harvest with Pick-Your-Own crops such as strawberries, blueberries, apples, pumpkins and even some vegetables. Choose locally grown flowers and plants to brighten your home gardens. Many farm markets also have delicious baked goods, pies, apple cider and tasty jams and jellies.

Farm markets offer fresh fruits and vegetables as well as host seasonal farm festivals, education programs and tours, and barnyards of animals. When visiting a farm market, tailgate market, CSA, local winery, or community farmers

market, remember you are supporting agriculture—a healthier way of eating made easier by visiting local markets to purchase products and produce grown Jersey Fresh. Supporting locally grown produce helps the community and also makes for a healthier you. We made a list to help you find a market close to you and make it easier on your shopping needs. Several markets have a variety of unique and fun things to fill a day trip. It truly is a family fun day.

With the help of the New Jersey Farmers' Direct Marketing Association, we are thrilled to bring you this list of outstanding farms and their locations for the 2014 growing season!

Middlesex County

Corner-Copia

299 Princeton-Hightstown Road, East Windsor
609-426-8884 • www.corner-copia.com

Hours: Open until Dec 24, Mon-Sat 9-6, Sun 9-5

Products: Bedding plants, shrubs, trees, mulch, stone, soils, vegetables, corn, tomatoes, peppers etc.

Fruit: peaches, plums, apples, nectarines, pears, etc.

Mum & fall decorations. Christmas trees, wreaths & Christmas decorations

Other: Sept 26: Corner of Chaos, Fri-Sun;

Nov 1: Fall Family Farm Festival; Oct 11: 10am-4pm, scarecrow contest, pumpkin painting contest, corn maze, entertainment & refreshments (pig roast)

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MILLSTONE \$669,900

Absolutely amazing brick front 5 BR, 4 bath, w/walkout basement, 2 story foyer, butterfly staircase, eat-in kitchen, center isle, 2 story FR w/bamboo flrs, custom moldings, spectacular country club yard w/fenced inground pool, pavers, deck, outdoor kitchen.



MANALAPAN \$519,000

Balmar Woods
Gorgeous 4/5 BR colonial w/prof. landscaping, office/bedroom on 1st flr, partially finished basement, spacious eat-in kitchen, MBR suite w/sitting room, newer powder room & master bathroom.



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 backyard.



MANALAPAN \$699,900

The Grande @Battleground
Country Club living in this beautiful 4 BR, 2-1/2 bath, bonus room, full basement, 3 car garage, kitchen w/center island, granite ctops, 2 story foyer, 9' ceilings, 1st flr, office on 1st flr, fenced yard w/ paver patio.

Lee Turkey Farm

201 Hickory Corner Road, East Windsor
609-448-0629 • www.LeeTurkeyFarm.com

Hours: Jan-May: varied hours (call first).

June-Dec: Mon-Sat 9am-6pm, Sun 2-6pm

Products: Apples, peaches, nectarines, pears, cherries, strawberries, tomatoes, peppers, eggplant, sweet corn, green beans, Italian flat beans, pumpkins, cantaloupe, watermelons, turkeys, pies, broccoli, cabbage

Pick Your Own: fruits & vegetables above, plus peas, lettuce, spinach, flowers, blackberries and raspberries

Other: Farm harvest tours & hayrides

Etsch Farms

556 Buckelew Ave, Monroe Twp.

732-521-4843 • www.etschfarms.com

Hours: Mon-Fri 8:30am-5pm, Sat 8:30am-12noon

Products: Hay, straw, corn, eggs-year round; Seasonal (Fall) corn maze with full agritourism business; educational programs

Other: L'oreal Paris and Etsch Farms present

Dogtoberfest event in fall

Giamarese Farm

155 Fresh Pond Road, East Brunswick

732-821-9494 • www.giamaresefarm.com

Hours: Tues-Sun 10-6 (May-Sept.), 10-6 Mon-Sun (Oct), 10-6 Tues-Sat & 10-3 Sun (Nov.-Dec.),

Oct-open Mon; Season is from May 1-Dec 23.

Products: Field-fresh asparagus, sweet corn & tomatoes, jams, salad dressing, canned veggies, pies, apple cider, cider donuts, & honey, milk & dairy products, spring bedding plants, vegetable plants & hanging baskets, fall mums,

cornstalks & gourds, fall & Halloween

decorations, garland, grave blankets & wreaths

Pick your Own: Strawberries, sugar snaps & English peas,

peaches, apples, pumpkins, greens, Christmas trees

Other: weekday fall school hayride, fall weekend harvest

hayrides, corn maze, pony rides, farm animals

Habiak Farms

315 Deans Rhode Hall Road, Jamesburg

908-917-6388 • Email: ahabiak@verizon.net

Hours: Last weekend Sept thru last weekend Oct;

Thanksgiving Day Weekend thru last weekend Dec

Products: Pumpkins, Mums, straw, cornstalks,

Christmas trees, wreaths, grave blankets

Pick Your Own: Pumpkins, Christmas trees

Pop's Farm Market & Garden Center

238 Cranbury Station Road, Monroe Twp.

609-655-4175

www.popsfarmmarketandgardencenter.com

Hours: April-Dec, Mon-Sat 9am-6pm, Sun 10am-4pm

Products: Flowers, plants, strawberries, asparagus,

zucchini, eggplant, peppers, cucumbers, kirbies,

tomatoes, melons, broccoli, cauliflowers, cabbage,

kales, collard greens, brussels sprouts, pumpkins,

gourds, straw stalks, wreaths, poinsettias & more

Pick Your Own: Pumpkins in October

Other: Barn of Fun for young children in October

Hauser Hill Farms

261 Ticetown Road, Old Bridge • 732-591-1966

Email: HauserHillFarms@verizon.net

Hours: Tues-Sat, 9am-6pm, Sun 9am-5pm

Products: A wide variety of fruits & vegetables. Apples, peaches, nectarines, plums, pears, Asian pears, berries, mel-

ons, tomatoes, corn, squashes, eggplants, beans,

peppers, pumpkins, greens, gourds, mums, our own apple

cider, bedding plants, free range eggs

Other: Closed Mondays. WIC accepted

Monmouth County

Battleview Orchards

91 Wemrock Road, Freehold

732-462-0970 • www.battlevieworchards.com

Hours: Country Store: 9am-6pm daily; Pick Your Own: call for hours

Products: Fruits, vegetables, cut fruit, full line of bakery

products, pies, apple cider donuts, apple cider, gourmet

items, jams, jellies, gift baskets, gift items

Pick Your Own: Strawberries, sour cherries, peaches,

nectarines, apples, pumpkins

Bullock Farms

83 Emleys Hill Road, Cream Ridge

609-758-8726

Email: BBullock10@gmail.com

Products: Pumpkins, Christmas trees, tomatoes

Earth Friendly Organic Farm, LLC

17 Olde Noah Hunt Road, Clarksburg

609-259-9744 • www.earthfriendlyorganicfarm.com

Hours: Starting June 5th, 9am-5pm

Products: Blueberries, blackberries

Pick Your Own: Blueberries, blackberries

Continued on page 18

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1 2-Liter Soda

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1 Dozen Garlic Knots, 1 2-Liter Soda

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THE GARDEN STATE

Continued from page 17

Morganville Flower Farm

406 State Route 79, Morganville
732-591-8920

www.morganvilleflower.com

Products: Homegrown annuals, perennials, herbs, vegetable plants & rosebushes, shrubs & fruit plants. Deer resistant plants, butterfly & hummingbird plants, shade plants, succulents, tropicals. Pots & potting soils

Patterson Greenhouses

636 Adelpia Road, Freehold
732-431-5271

www.pattersongreenhouses.com

Hours: Year round. 8am-5pm, 7 days/week

Products: Hay, straw, shelled & cracked corn, bedding plants, pansies, perennials, mums, pumpkins, cornstalks, ornamental cabbage & kale, winter Pansies, Christmas trees, wreaths, grave blankets, roping, swags, sprays & more
Pick Your Own: Christmas trees

Peppadew Fresh Farms

97 Harbor Road, Morganville
908-507-2240

www.PeppadewFreshVineyards.com

Hours: May thru October

Products: Wine, Peppadew & Peppadew Golden, vegetables in season (tomatoes, eggplant, basil, hot peppers)

Pick Your Own: Pussywillow (January), hydrangea (September)

The Farm

3 Gully Road, Freehold
732-462-2134

Email: dakt124@aol.com

Hours: May 1-Oct 30, 9am-6pm daily

Products: Tomatoes, many heirloom varieties, summer squashes, peppers, eggplants, blackberries, raspberries, summer greens, cut flowers

Trapper's Honey

9 Olde Noah Hunt Road
Clarksburg

609-259-0051

www.trappershoney.com

Products: Honey, beeswax candles, honey related products

OCEAN

Big Ed's Produce

103 Grand Central Ave
Lavallette

732-793-4736

www.bigedsproduce.com

Hours: Through September, 9am-6pm daily

Products: Fresh Jersey produce, sweet corn from Ellis Farms picked daily, Fancy fruit & vegetables, Joe Leone's Italian bread, Tate's cookies, Wemrock pies, Muirhead salad dressings, Artisan olive oil, balsamic vinegar, hanging baskets, potted plants, cut flowers

Other: Sidewalk sale days, see website

Kim's Country Store

DeWolfs U Pick

58 W. Colliers Mill Road
New Egypt

609-758-6288

Email: DeWolfarm@aol.com

Hours: Starts April 15, 9am-5pm

Products: Strawberries, all types hot peppers, sweet corn, tomatoes, beans, eggplant, ethnic vegetables
Pick Your Own: Strawberries, peas, beans, tomatoes, peppers, heirloom tomatoes

Other: Fall pumpkins, hayrides, corn maze, parties. Berry picking, pumpkin picking, school trips, themed trips

Zenjas Honey Farms

322 Marc Drive, Toms River

732-341-8529

Products: Honey, pollen, bees wax, honey sticks, bees ■

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Summer Is Gone — Why Some Kids Are Glad

By Pam Teel

It's time to put away the shovels, pails, sun lotion and trips to the beach to get ready for another promising school year. If you've gone to the stores lately, you see shelves upon shelves of notebooks, binders and school supplies. It's time to make that not so smooth transition back into reality. For some parents, it's a relief. It's not easy keeping children occupied with things to do all summer. On average, more money is spent during the summer months on vacations, plentiful trips to the mall, movies, and other social outlets geared just for children.

The first week of school is an adjustment, getting accustomed to bus schedules, bus stops, new teachers, and waking up with the roosters. The first day back brings visions of children donning their new school clothes, wolfing down some form of breakfast, drearily trudging out to their bus stop still half asleep, as happy parents wave goodbye from the doorway. But not all children view it as if they were forced to take a heaping tablespoon of cod liver oil. Some are actually looking forward to their first week back to the grind.

Ella Skelton from Millstone Township is going into the second grade. She is really looking forward to going into a new private school. She can't wait to meet new friends. She likes the fact that the people who work there are very nice and helpful so she will have nothing to be afraid of. Her favorite time of the school day is recess where she gets to meet even more friends who are not in her immediate class.

Hannah Siegel is going into the third grade. She'll be going into the Millstone Elementary School. She can't wait to meet her new teacher and see what friends are in her class. She'll be in the same school now as some of her best friends. She is looking forward to riding on the same bus with them.

Troy DiStaso will be going into the sixth grade at Getz Middle School in Jackson. It will be a new school for him. He can't wait to see what it's like in the new school. He can't wait to walk all around and check the school out. He is excited to see what kids are in his class. He likes the idea of having to switch classes and being able to take trumpet lessons and play in the school band. He really likes the fact that he will get a locker to put his things in. The main thing is that he will meet so many new friends because there will be kids from two different elementary schools in Jackson going to the same middle school that he will be in.

Christina Cingolani just graduated from Allentown High School. She is ready to start her new adventure at St. Johns College in Queens, New York. She will be living in a dorm with two other roommates. Christina traveled a lot in the past with her high school traveling club, which gave her some backbone for being on her own. She really enjoys her independence and is not a stranger to the city. Her grandmother lives in Brooklyn and Christina's family visited there often. Christina is comfortable around a big city and feels she will have no problem getting around on her own via buses and other transportation. For

now she wants to stay within an hour from home. A great student academically, she is looking forward to diving right into the hard work. She has no problem meeting new friends and looks forward to joining new groups, perhaps even a traveling club.

Congratulations to all the students on their upcoming school year, even the ones who are dreading it. Think of it this way, you always have next summer to look forward to. ■



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JAMIE'S PARENTING TIPS

10 Must-Have Skills to Be a Great Parent

- 1** Know where your child is. Know where they are, who they are with, who is in charge, and when they'll be home. This is critical especially for young teens.
- 2** Get to know your children's friends. Where your child spends their time, and who they spend it with will have a deep impact on them. Make sure you know your child's friends and their parents.
- 3** Make sure your child has a healthy diet. Their brain is growing and needs the proper nutrition. Make it healthy and avoid overeating. Obesity is a huge issue in children today. Keep your child eating right and staying active for good health.
- 4** Limit television watching and video game playing. Children need to be active. Get the t.v. out of your children's room and give them other activities that will help them learn and grow. It's okay to insist that electronics be turned off and make them go outside to play.
- 5** Insist on respect. Respect for yourself and respect for others. Teaching your children good coping skills and communication is one of the best things you can do for your child. Make sure they can handle their anger in ways that will not be verbally or physically abusive to others.
- 6** Be radically consistent. Make sure your child knows if you promise consequences for good or bad behavior that you will deliver it - every time. Just don't say it if you aren't going to do it. Expect the same from your children.
- 7** Teach your child about sex. Have open and honest communication with them about sex. Not that it's bad and they'll get pregnant and die if they have it, but talk about the joy of waiting for that special someone, and about how to take responsibility for their own body.
- 8** Prepare your child for adulthood. Ask them often how they feel about things and keep open discussions going about drugs, drinking, money, personal safety, and current events. Really work at finding out where your child is on all of these topics and talking to them from a place that they will understand you, not just lectures. For example "What would you do if someone at school offered you drugs?" Listen to their answer and start your discussion from there.
- 9** Know your child deeply. What are their hopes, dreams, passions? Refrain from expecting your child to adopt what you think is important to pursue in life and really get to know where their heart is. Encourage them to pursue their own passions in life, this is one of the greatest things you can do for your child.
- 10** Finally, take a look at your own life. You need to be the person you hope your child will become. It just doesn't work to expect them to be one way if you aren't willing to do the same thing yourself. For example, if you want an honest child, you **MUST** be honest. That means with everyone. Showing them it's okay to lie to others will give them the message that it's okay to lie to you. Be really honest with your own personal inventory and make sure you are leading by example. ■

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Directions: Circle the correct verb for the sentence.

- Librarians _____ a lot about books.

know knows
- It is important to _____ for the test.

studies study
- The teacher _____ excited for the class trip.

look looks
- The Principal _____ to do the morning announcement.

have has
- The lunch lady _____ everyone to clean up.

asks ask



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All About Adjectives:

A lesson on describing your
friends PERSONALITY.



When someone asks you about your friend, they may ask "What is he or she like?" They are asking you to describe their character and personality. If you answer by describing their hair color or height, those are not correct answers. Those words describe a person's appearance. Below is a list of adjectives from A-Z that can describe a person. Circle the Adjectives that best describe your friend.

My friend's name is _____.

- | | |
|---|---|
| <p>A- Active: she likes to play sport or do physical things.</p> <p>B- Bright: she is intelligent.</p> <p>C- Cunning: she uses her intelligence secretly/ mysteriously to get what she wants.</p> <p>D- Diligent: she is hardworking.</p> <p>E- Extroverted: she is very outgoing. She likes to be the center of attention.</p> <p>F- Funny: she makes people laugh.</p> <p>G- Generous: she likes to 'give' to help others.</p> <p>H- Honest: she tells the truth.</p> <p>I- Imaginative: she has a good imagination.</p> <p>J- Jealous: (negative) she wants what other people have. She doesn't like others to succeed</p> <p>K- Kind: nice, gentle and helpful</p> <p>L- Lazy: (negative) she doesn't like to work or exercise. She's happy doing nothing.</p> <p>M- Moody: (negative) she often becomes angry and unfriendly because she is unhappy.</p> <p>N- Naughty: (negative): her behavior is bad.</p> | <p>O- Optimistic: she is a positive person and positive about the future.</p> <p>P- Pessimistic: she is a negative person. She thinks things will end badly. The opposite of optimistic.</p> <p>Q- Quiet: she doesn't say much. She prefers to listen.</p> <p>R- Rude: (negative) she is not polite and she offends people.</p> <p>S- Sensible: she has good common sense and judgment.</p> <p>T- Thoughtful: she carefully thinks about other people and how to help them.</p> <p>U- Upbeat: she is positive and in a good mood.</p> <p>V- Violent: (negative) she will hurt you. She is aggressive...so be careful!</p> <p>W- Wonderful: she is great!</p> <p>X- Xenophobic: she dislikes people from foreign countries. She is racist.</p> <p>Y- Youthful: she is young at heart.</p> <p>Z- Zany: she is a little crazy, but in a fun way.</p> |
|---|---|

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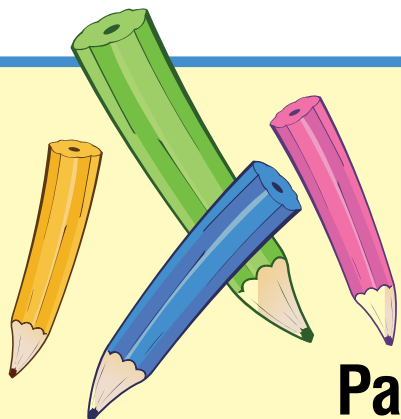
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- Check on upcoming programs and movies.
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iPlay America Partners with Malls on “Back-to-School” Promotion

iPlay America is partnering with the Ocean County Mall, Jackson Premium Outlets and the Jersey Shore Premium Outlets for a special “Back to School” promotion.

From Aug. 15-Sept. 15, the first 250 shoppers to bring receipts totaling a minimum of \$200 to the guest services counter at the mall where they are shopping will receive a free iPlay America pencil case with a \$10 bonus play voucher to use on rides and games at iPlay America. The receipts do not need to be from the same day, but all must be from stores in the same mall.

“iPlay America knows that back-to-school time is exciting,” said Jessica Schwartz, director of marketing for iPlay America. “iPlay America is the perfect place to come for some family fun after finishing your back-to-school shopping.”

For more information, contact Jillian Schiazza at 732-577-8200, ext. 203 or jschiazza@iplayamerica.com. ■

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COTA – Children's Organ Transplant Association

By Susan Heckler

Being a parent on a good day has its challenges. Count your blessings for every day challenges and for the gift of a healthy child.

Five year old Alexander Cuevas was born prematurely, but in good health. In many cases, preemies can have an immature immune system which is not quite ready to fight off infections. Unfortunately for Alexander, shortly after his birth, he contracted Necrotizing Enterocolitis, an infection common among premature infants that attacks and kills tissue in the intestines. Alexander's case was particularly severe, and while beating it, they had to remove his entire colon and the majority of his small intestine.

Alexander receives the majority of his nutrition from Total Parenteral Nutrition, which has allowed him to grow although leaving him prone to dangerous infections and complications. He has been evaluated and added to the national transplant list as transplant surgery will allow him to live a near-normal life and digest food the traditional way. Finding a match is not easy. The surgery will take place at the Children's Hospital of Pittsburgh, which is the top hospital in the country for this procedure. This miracle surgery costs \$2 million dollars on average. Alexander will need to be near the hospital in Pittsburgh for checkups for nearly one year after the surgery, and will need immunosuppressant drugs for life.

In steps COTA (Children's Organ Transplant Association) who is raising money in honor of Alexander. Part of their fundraising is a 5k Halloween

themed run on October 26th at 10am at Mercer County Park, 334 S. Post Road, West Windsor. Bring your smiles, sneakers and costumes for a fun filled 5k! Registration is open and is \$25 for adults and \$15 for kids!

For further information on how you can help Alexander and other children in similar circumstances, check out www.cota.org. The Children's Organ Transplant Association needs your help to make a miracle for Alexander Cuevas! Volunteers are needed to help plan and implement

fundraising activities. Individuals and groups who are interested in learning more about volunteer opportunities should contact COTA for Alexander C Community Coordinator, Anthony Mango at 609.356.6771 or cotaforalexanderc@gmail.com.

Part of their fundraising is a 5k Halloween themed run on Oct. 26, 10am, Mercer County Park, 334 S. Post Road, West Windsor.



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talk to the doctor...

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A great time to fit in all of your doctor and dentist appointments is toward the end of summer. Your window of opportunity is when camps are over and before the start of the school year. Your children have an open and flexible schedule before the school routine begins and the start of homework and extracurricular activities to plan around.

If you feel your child would benefit from orthodontic care, late summer is the ideal time for an evaluation. It would give you time to have the nec-

essary appliances produced and in place with some extra time to allow the child to adjust and get used to them.

Don't forget to get a mouth guard fitted to protect their dental appliances and teeth during sports activities! ■



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3. 199 _____

4. 941 _____

5. 522 _____

6. 268 _____

7. 476 _____

8. 781 _____

9. 819 _____

10. 147 _____



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Paterson's Great Falls: A National Historical Park

Cotton and silk for clothing; locomotives for travel; paper for books & writing letters; airplanes and more. What do they have in common? They all came from the same place—Paterson, NJ.

In 1791, Paterson, America's first planned industrial city, was established, centered around the Great Falls of the Passaic River. From humble mills would rise industries that changed the face of the United States.

The Great Falls of the Passaic River is the second largest waterfall by volume, east of the Mississippi River and next to Niagara Falls. It is centered in an industrial historic district, considered to be "The Cradle of American Industry."

In 1976, the 119-acre park was designated as a National Historical Landmark District and has since been designated as a new National Historical Park (NHP).

**New Jersey's newest
national park!**



As New Jersey's newest national park, the Paterson district joins Morristown National Historic Park, the Delaware Water Gap National Recreation Area (NRA) and the Sandy Hook Unit of Gateway NRA as a highly desirable tourism destination.

Paterson's roots reach deep into the historic growth of America. Long before the Colonies united and declared their independence, travelers and visitors flocked to Acquackonk, the homeland of the Lenni Lenape Indians to view the breathtaking beauty of the falls.

But it was not until the emerging nation charted its course of independence that the power potential of these roaring falls was realized.

Alexander Hamilton, the first Secretary of the Treasury, was convinced that industry would add wealth, independence and security to the blossoming nation.

Hamilton chose the site of the Great Falls to propel his brainchild, a "national manufactory," America's first planned industrial city.

Some of Paterson's industrial firsts included, water-powered cotton spinning mill (1793), continuous roll paper (1812), Colt revolver (1837), the Roger's Locomotive (1837) and the Holland Submarine (1878). ■

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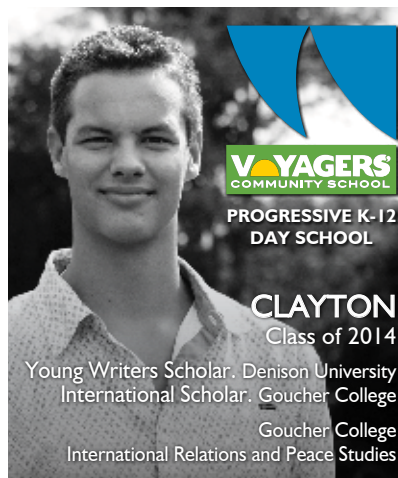
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Annual Scholarship Fundraiser

Hosted by Lou Russo of 94.3 FM The Point's
"Lou & Liz in the Morning" Show

The Greater Ocean Township Chamber of Commerce is pleased to announce the details of their 27th annual scholarship fundraiser Comedy Night & Gift Auction that will take place on Friday, September 19th beginning at 6pm. This year, the event is being held at Buona Sera Palazzo in the beautiful banquet facility inside the new St. George Greek Orthodox Church at 1033 West Park Avenue in the Township of Ocean. Buona Sera Palazzo is the sister to the popular Red Bank eatery and bar.

Once again, host of 94.3 FM The Point's "Lou & Liz in the Morning" show, Lou Russo will emcee the evening that includes music, comedy, drinks, food and the optional gift auction. "We are delighted to be able to keep the ticket cost status quo for the hundreds of fans of the event, while offering the high quality Italian fare that Buona Sera is known for, and, new this year, unlimited beer, wine and soda," stated 27-year Event Chair/GOTCC Trustee, Nicholas Blanda of Annie-Mac Home Mortgage. "We are also thrilled to have Bobby Collins, one of the nation's top touring comedians headline this year," he added.

Starting the evening off will be the music of Seth Tieger of the Seth Tieger Band. "We are delighted that this year will be Seth's 3rd year performing at our scholarship event. He is a huge crowd favorite," said GOTCC Executive Director Kim Horn Blanda. Tieger is a member of the high-energy and very popular Seth Tieger Band. Anyone interested may see clips of Collins, Israel and Tieger on the Chamber's Website at gotcc.org/events.html.

The event is a great night to celebrate an occasion—birthday, anniversary, promotion, schmooze a client or potential client, have a girls, guys or co-workers night out, even use the tickets for employee incentives, all while supporting the Chamber's scholarship program. Scholarships are given every year to 5-7 community-minded high school seniors who either reside in the Township of Ocean (regardless what high school they attend), or are the children of GOTCC members.

Tickets cost \$60 and include music, comedy, unlimited beer, wine and soda, hors d'oeuvres, buffet dinner, dessert and coffee/tea. The gift auction is optional. Tickets can be purchased online at gotcc.org/ecommerce/2014-comedy-night.html (or GOTCC.org and click on the event ad) using a check, credit/debit card, Visa, MasterCard, Discover or Amex. They can also be purchased using cash, check or credit cards at the GOTCC office at 163 Monmouth Road in Oakhurst (inside the Board of Education building). Please call first, as office hours vary in the summer. Seating is general admission except for large advance reservation parties. Those interested in booking a table of 10 or 12 are encouraged to do so early. You must be 21 to consume alcohol. More information is available by calling 732.660.1888 or emailing gotcc@gotcc.org.

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Back to School Attention

Continued from page 6

"I always tell our parents to do the little things that show how much they care," said Waterfield. "I always put photos of me and their dad in my kids' lunchboxes, or write little personal notes and hide them in the pockets of their pants or jackets. I make sure I pack some of their favorite healthy snacks as well."

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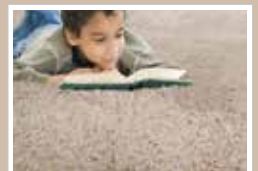
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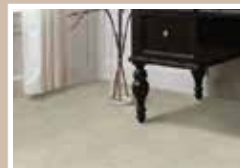
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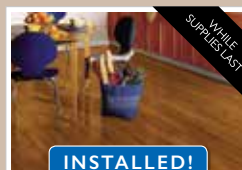
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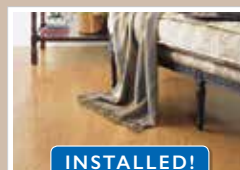
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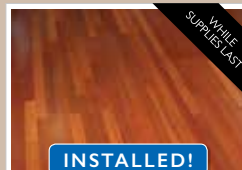


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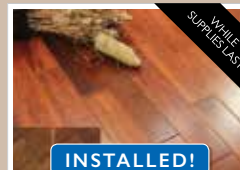
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