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News for Parents • Activities for Kids

JUNE 2014

INSIDE:

- Free Summer Concerts
- Expert Babysitting Tips
- Perfect Picnic Places
- Talk to the Doctors



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Does anyone in your family have a... **snoring problem?** *If they do...*

If you answer yes to any of these questions you might have **SLEEP APNEA.**

Have you ever been diagnosed with sleep apnea? YES NO

Have you ever had a sleep study? YES NO

Have you ever been told that you should wear a CPAP? YES NO

Do you have morning headaches? YES NO

Are you drowsy during the day, able to take a nap almost anytime? YES NO

Have you been told that you gasp for air suddenly or stop breathing while sleeping? YES NO

Don't lose another night's sleep!



They might have **sleep apnea**, a condition which affects breathing while they sleep. This may be why they are tired most of the day or may doze off while at work or driving.

Dr. Young now offers an oral appliance therapy for sleep apnea patients. These nighttime appliances are very effective in controlling snoring and **sleep apnea**. In most cases, your medical insurance will pay for the appliance.

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THE FAMILY TIMES[™]

MONMOUTH OCEAN MIDDLESEX

JUNE 2014

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Talk to the Doctor

Family Field Trip

Learning Activities & Crafts For Kids

Advertising & Classified

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THE MILLSTONE TIMES

THE FAMILY TIMES: MONMOUTH • OCEAN • MIDDLESEX

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GOT WATER?

Experts Say Kids Need Just as Much as Adults!

Their bodies may be smaller, but that doesn't mean they can skimp on drinking water. In fact, it's more important than ever, experts say, to make sure children are properly hydrated.

"The standard recommendations are for children to get six to eight glasses of water per day," says Dr. Melina Jampolis, CNNHealth's Diet and Fitness expert. "Mild dehydration can affect learning as well as mental and physical performance."

Supporting Jampolis' contention is a recent Tufts University study that found that children who are even mildly thirsty can become cranky. For older, school-age children, dehydration—even at low levels—can mean impaired cognitive function, says lead researcher Kristen D'Anci, PhD.

In reality, however, many parents can commiserate on the difficulty of getting kids to drink any water, never mind enough.

To that point, the following tips may give concerned parents ideas on how to help kids guzzle more of what's good for them.



Make water easily accessible.

Place a pitcher in the refrigerator, have water bottles out, waiting, and ready to be filled, or have bottled water handy. That way, there'll be no excuses. Additionally, you may want to consider offering water that has mildly alkaline properties such as Alkame Water. Ionized water has smaller molecule clusters that are able to permeate a body's cells faster, while hydrating more fully and effectively. In turn, this allows little bodies to absorb water and minerals better, and flush out toxins. Another added benefit? Alkame is the only water patented for high levels of stabilized dissolved oxygen.

Take it to go.

Kids model what they see, so whenever you and your wee ones are on the go, make sure you take water for yourself and your child. If you're taking sips of water throughout the day, chances are, they will too. And don't stop at car rides, take water on family picnics and walks and to the park and other outings.

Serve water-rich foods.

Many good-for-you-foods, such as soup, fruit and milk, contain 80 to 90 percent water. Watermelon, for instance, is usually a kid-friendly favorite and a great water-logged fruit. ■

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Voyagers' Community School Announces 1ST Place Winner in National Writing Contest



Koah Widmer has been awarded the '1st Place for Kindergarten' prize in the "Kindness is the Key for a Good Character" National Writing Contest, sponsored by The Be Kind People Project, a non-profit organization whose mission is to improve the social, emotional, and learning environment in the nation's schools by purposefully thanking teachers, and equipping students with character development tools that help build positive and healthy relationship skills.

The group provides 'kindness' programs wherever there are teachers and students, including public, charter, and private schools, as well as after school, summer, and vacation programs. The innovative incite they provide, reinforces and augments existing school character development programs, and provides a fresh approach to social and emotional learning.

Koah's winning essay, entitled "The Sharing Paper," demonstrated excellence in communication and a personal connection to the topic of "Kindness is the Key for a Good Character." His essay touched on the importance of sharing. "Kindness is giving. Kindness is sharing with others. Kindness is being nice." "Simple, yet powerful ideas and words from such a young student," was the reaction from Koah's teacher, Nicole Facchini.

For his efforts, Koah received a \$100 Amazon gift card. Says Ms. Facchini, "We couldn't be prouder of Koah. His essay embodies what we teach here at Voyagers'."



Koah Widmer, Lower School student, and Ms. Nicole Facchini, Early Learning Specialist at Voyagers' Community School.

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Celebrate Eric Carle's Birthday on June 25th!

Eric Carle is the creator of colorfully illustrated and designed picture books for young children. *The Very Hungry Caterpillar*, *Brown Bear, Brown Bear, What Do You See?*, *1,2,3 to the Zoo*, *The Very Lonely Firefly* and *The Very Quiet Cricket* are just a few.

Directions: Draw a line from the titles on the left to the matching animal on the right.

1,2,3 to the Zoo

The Very Hungry Caterpillar

**Brown Bear, Brown Bear,
What Do You See?**

The Very Lonely Firefly

The Very Quiet Cricket



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Hand Gestures Help Kids Learn Math

Using hand gestures may help children learn mathematics better, according to a recent study.

Researchers at the University of Chicago led by Miriam A. Novack, taught 90 school children how to solve a basic equation, and then assigned them to three experimental groups.

One group used magnetic number tiles to solve the problem, while another mimed actions. In the third group, children solved the equation using hand gestures.

The study found children in all groups learned the equation taught in the lesson, but the kids in the “abstract gesture” group learned to generalize the knowledge they learned to other equations more effectively. ■



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The Babysitting Files

Tips and Advice from "Sitter Jamie"

FOR PARENTS:

It is a competitive market when it comes to getting and keeping a good sitter these days. You'll need to make your home a comfortable place for them to be.



Pay Rate: In Central New Jersey, the starting rate for a babysitter is \$10.50 an hour, and it goes up from there. Obviously, the better you like your babysitter, the more you'll want to pay her, within reason. After all, if you are paying \$10.00 an hour and the people down the street offer her \$12.50, it's quite possible that she will move on and work for them. Loyalty is a wonderful thing, but keep in mind that babysitting a quiet ten-year-old is different than babysitting a set of 18-month-old twins, so set your rates accordingly.

Be Nice & Follow These Standards: This should be standard practice, but all too often it isn't. Simply being kind, generous, and respectful of your babysitter will go a long way to ensure the loyalty that you are looking for.

- If you have to cancel at the last minute, pay her anyway. She gave up some of her time to be committed to your needs.
- Keep some of her favorite snacks and sodas in stock. Make sure she knows that she is welcome to them.
- Send her cards of appreciation once in a while.
- Round up when the pay isn't a whole dollar. Turn \$26.50 into \$30.
- Remember her birthday.
- Give her a bonus at Christmas.
- Give her tips once in a while.
- Come home on time every time.
- If you do have to be out past the time you said you would, call her and let her know. Then pay a higher rate for the extra time.
- Teach your children to respect her.
- Have a meal prepared, or leave her money to order pizza.
- When there is a problem don't automatically take your child's side. Listen carefully and then take time to think about what you have heard.
- Give her good references. If she's that good she'll get the other jobs anyway.
- Common courtesy is important at all times.

FOR BABYSITTERS:

Babysitting is a great way to earn some extra money and be entrepreneurial, as well as gain responsibility and maturity. I started babysitting around the age of 9 as a mother's helper and had a lot of fun caring for children. But often times the job is not as easy as it sounds. You have to find families who need help, transportation to your babysitting jobs, and of course you must have all the characteristics people look for in a caregiver for their children.

- Get consent from your parents. Babysitting is a great way to earn money and have fun with children, but you need to deliberate with your parents first. Some mothers or fathers will come down on this idea with an iron fist, so how do you persuade them that you are responsible enough to take on this job? Read on to find out how.

Continued on page 19



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Artisan Studio: 10 Years of Summer Fun at Art Camp

On February 1, 2004 Artisan Studio opened its doors to students of all ages interested in exploring the visual arts. It was a thrill for owner Marlene Bohnyak, former Director of Art Camp for Marlboro Township Recreation from 1994-2003. She was moving her home based small business to an expanded location in the historic Hobart House on Route 79 in the heart of Marlboro Village.

Over the years Artisan has more than doubled its size within Hobart House as it relocated downstairs to its present location. This opportunity meant a greater selection of classes and increased staff size and diversity in areas of their expertise. Marlene expressed her studio's mission:

"To share our passion for artmaking and greater understanding of the value of the processes and how they improve general learning outside of art.

To offer opportunities to explore the many venues of art and its creative influences.

To continue to build and maintain relationships with families as our students interests and needs change.

To be able to meet the special needs of students to help them succeed and have greater self esteem. We become part of a team as we work with parents in sharing strategies and techniques to help in handwriting, focus, patience and critical thinking."



Artisan is so inspiring: artworks of students and staff are on display on walls and shelves, even hanging from the ceiling! They offer classes for all ages: toddlers to senior citizens. They also offer art camps for spring and winter breaks as well as their 9-week Summer Art Camp and Summer 'Nite' Classes for kids ages 7 and older.

Summer Art Camp is a creative alternative to traditional summer camps! Looking for a new experience for your kids ages 4-14? Give Artisan a try! Not all kids love the outdoors and the adventures they may find there or the heat and humidity that goes along with it. Some kids would rather stay inside and create

all day while enjoying the cool and comfy air conditioned studio! Art is relaxing yet stimulating to the imagination; fun but also a learning experience in which to enhance skills and develop new techniques.

Choices are available for half or full days, single or multiple weeks, or mix and match!

Artisan Studio has parties for birthdays, earning scouts badges and 'ladies nites' too. Sunday Art Workshops are held on the last Sunday of each month from October to March. Visit their website at www.artisanstudio9.com or give them a call at 732-294-0234. ■

Artisan Studio

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Ages 4 - 14

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(Author unknown)

PUPcakes

Ingredients:

- 4 cups dry dog food
- 1 cup canned pumpkin puree
- 1 cup wet dog food
- 1 cup peanut butter
- 1/3 cup honey
- 1/3 cup canola oil
- 1 finely chopped apple or carrot
- 1 bag of Beggin' Strips dog treats, chopped

Directions:

Preheat oven to 350 degrees. Mix all ingredients together. Grease cupcake baking tray. Fill each cupcake section halfway with mixture. Bake 25-45 minutes. Cool 25 minutes. Ice each PUPcake with pumpkin puree. Use chopped Beggin' Strips as sprinkles.



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Family-Friendly Decorating with Style



Whatever your design style, the family room is a place to gather together with those you love.

Just because you have kids doesn't mean you have to give up your design style, sophistication and your urge to create a trendy, stylish and fabulous home. Here are some best advice tips for decorating when you have young children in the house.

Invest in Versatile Storage

When you have small children,

emergency cleanup needs to be quick and simple. Using lots of concealed storage such as ottomans and chests can hold almost anything from toys, blankets, books and more.

Choose Durable Upholstery You Can Clean Easily

Having great decor with an eclectic mix of fabrics is very trendy now. Choose leather, ultra suede and thicker fabrics that resist wear and stains.

Create More Floor Space

Kids need a lot of floor space when it comes to the main hang out in the home. Choose furniture pieces that allow easy access around the room and leave floor space. ■

In the Classroom Game

A great game is called "Make That Furniture!" Split your students up into two teams. Then call out a name of a piece of furniture. Some examples include couch, chair, ottoman, bed, nightstand, dresser, and the list goes on. Then each team, with their teammates, must make that piece of furniture with their bodies, so their bodies should resemble that shape. The first team to make the piece of furniture correctly wins a point. The first team to ten points wins this game! If the teams make the furniture at the same time and tie then no team gets the point.



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for more registration & event details!

THE BABYSITTING FILES

Continued from page 11

- Select a name for your business. Be professional and make some business cards to hand out to prospective clients.
- Pursue training. Before embarking on the journey of this fun business, I would recommend taking a babysitting class.
- Promote yourself. Post flyers and hand out your business cards. Use bright colors to get the parents' attention. Be sure to include ages you will babysit, your phone number, and days or hours you would be available. Do not give out your address or full name yet! Some people may be looking for you for the wrong reasons! Once you have printed these items, it's time to start advertising. Post your flyers in the neighborhood or at your school, library and so on or hand them out to neighbors. Consider creative ways to get your name known. Use blogs, cards, flyers, your logo on Halloween chocolate, etc. Don't over-advertise; pestering clients and potential clients is not professional.
- Determine what you will charge for babysitting. Depending on your area and expertise, it may be a good idea to find what others in your area with the same level of experience are charging so you can charge the same or a similar price as them.
- Be nice to the kids. Make them feel you are someone they can have fun with too! ■



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Monmouth County Historical Association Invites Monmouth County Classrooms for a Visit

Monmouth County Historical Association collects, preserves, and interprets its extensive museum, library, and archival collections that relate to Monmouth County's history and culture and makes these resources available to the widest possible audience.



The Association promotes the study and appreciation of regional and national history through educational programming, publications, special exhibits, and research services. The Association also preserves and interprets five significant historic sites which represent the County's vanishing architectural heritage.

Through its pursuit of these objectives, the Association enriches the quality of life in Monmouth County by preserving and passing on knowledge of its diverse heritage for future generations.

Our school programs are designed to make the past come alive for students. Experienced educators present interactive programs designed to meet many of New Jersey's Core Curriculum Standards, particularly in Social Studies and Language Arts Literacy. Programs are available at the historic houses, at the Museum, or brought to your classroom. They are especially appropriate for grades 3 through 5, but can be adapted to accommodate any age group.

Museum Programs at the Main Building in Freehold

Available Tuesday through Friday
Program Length: 60 minutes

Battle of Monmouth

The tour of the museum's permanent exhibition of the "Battle of Monmouth" illustrated by paintings and objects used on the battlefield.

The Discovery Room

The Discovery Room offers children a rich experience in a hands-on interactive gallery designed just for them. Reproduction items allow children to learn first-hand about life in the past by carding wool, playing with old fashion toys, and trying on Colonial and Victorian costumes and discovering toys of the past. In addition, a fully equipped camp tent, like those used by Revolutionary War soldiers, is set up for children to climb in.

Traveling Trunk Programs

Battle of Monmouth

Costumed interpreters bring clothing, canteens, maps, prints, and other artifacts, to give students a sense of what life was like for soldiers and camp followers at the Battle of Monmouth in June 1778. Program length: 90 minutes

From Fiber to Fabric

See the tools of textile production in action! Costumed interpreters show students how to card, spin and weave wool. Students will learn who in the family had to help and why fabric was so valuable in the 18th century. Program length: 60 minutes

Continued on page 23

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Adjectives Tell Us HOW MANY

Circle the word or words in each sentence that tell how many.

1. After a few minutes, I got bored with the movie.
2. Only four gallons of water are left in the pantry.
3. There were many people at the beach today.
4. We only have a little time before the game starts.
5. Several parents were at the Science Fair.
6. We had 12 cupcakes which equal 1 dozen.

Answers: 1. few 2. four 3. many 4. little 5. several 6. 12

Perfect Picnics in New Jersey

By Susan Heckler

There are so many times in our lives where less is more. Less stress, less technology and less distractions help us have more focus on family, friends and having fun. When you have family dinners or entertain at home; the television is blasting, phones ringing, kids hole up in their rooms with their tablets and phones and the day turns into dysfunctional togetherness. Not what you intended?

Simplify and try a picnic. Picnics have evolved from greasy fried chicken and overstuffed sandwiches. There are some great packable healthy alternatives and some wonderful destinations to enjoy them in. The standard picnic fare tends to be heavy foods like mayonnaise-based salads, alcoholic beverages, fried chicken, hamburgers and hot dogs, brownies, cookies, and other desserts. Aim for a picnic basket that contains lean meat, fish or chicken; and a whole-grain salad or two. Take advantage of the New Jersey grown local produce and have a kaleidoscope of fresh fruits and vegetables.

Any scenic spot is great, although I strongly recommend finding a place with bathroom facilities so when nature calls or hands need washing, you are prepared.

Here are a few suggestions for a great picnic location:

Holmdel Park in Holmdel has picnic pavilions (which can be reserved for large groups), open fields, 2 playgrounds, hiking trails, and an arboretum. Check out Historic Longstreet Farm to see what life on a farm was like in 1890.

Allaire State Park in Farmingdale has its historic 19th-century iron making town, Allaire Village, and antique steam trains on the Pine Creek Railroad. The Manasquan River winds through the park for canoeing and fishing. There are over 200 species of wildflowers, trees and plants as well as wildlife. Hikers, mountain bikers and horseback riders enjoy the many trails in the park as well as a picnic area.

Bayshore Waterfront Park in Port Monmouth is located next to Monmouth Cove Marina. There is a fishing pier, boating, swimming, playgrounds, entrance to Raritan Bay, and a backdrop of stunning views of the NY skyline. This park is home to the historic Seabrook-Wilson House dating back to the 17th century.

The Manasquan Reservoir in Howell offers things to do for everyone. They have picnic areas, trails for biking/hiking/equestrian, a boat launch, a nature center, and nesting bald eagles, and playgrounds.

Wells Mills County Park in Waretown is the largest park in the Ocean County park system with over 900 acres of Pine Barrens. Miles of hiking trails with varying degrees of difficulty can be found along with boating, fishing and grills for barbecuing. ■

☛ Don't forget your picnic essentials!

Napkins	or table cloth	Cooking & serving utensils	First aid kit
Wet wipes	2-3 bottles of water	Pots and pans	Insect repellent
Paper cups	Salt, pepper	Cutting board	Hats
Paper plates	Ketchup & Mustard	Sharp knife	Lanterns
Trash bags	Can opener	Bottle opener	Flash light
Aluminium foil		Sunscreen	Camera
Quilt or blanket			Matches

COUNTY HISTORICAL ASSOCIATION

Continued from page 21

Reading an Artifact

By using inquiry-based learning techniques to examine various artifacts, students will find clues in everyday objects from the past to help learn about the people who used them, as well as the world in which they lived. Program Length: 60 minutes

Lenape Life

The life of the Lenape is presented using maps, artifacts and reproductions. Interpreters help students understand the early culture of our local Native Americans. Program Length: 60 minutes.

School Days

Interpreters bring the 19th century schoolhouse to life in your classroom using photographs, reproductions and information on subjects taught and rules of decorum. Students compare their school day with the 19th century student's experience. Program Length: 60 minutes

The Blue or The Gray

Discover how the Civil War forced an entire country to divide and an entire population to choose sides. By handling reproduction uniforms and artifacts that a soldier might have used in daily activities, students will get a sense of what life was like in the Confederate and Union armies of the 1860's. Songs of the period will be taught that tell of the struggle of division. Program Length: 60 minutes. Recommended for grades 5-8.

To schedule a program or just to take a visit with your family, call Glenn May in the Education Department, 732-462-1466, ext. 23. ■

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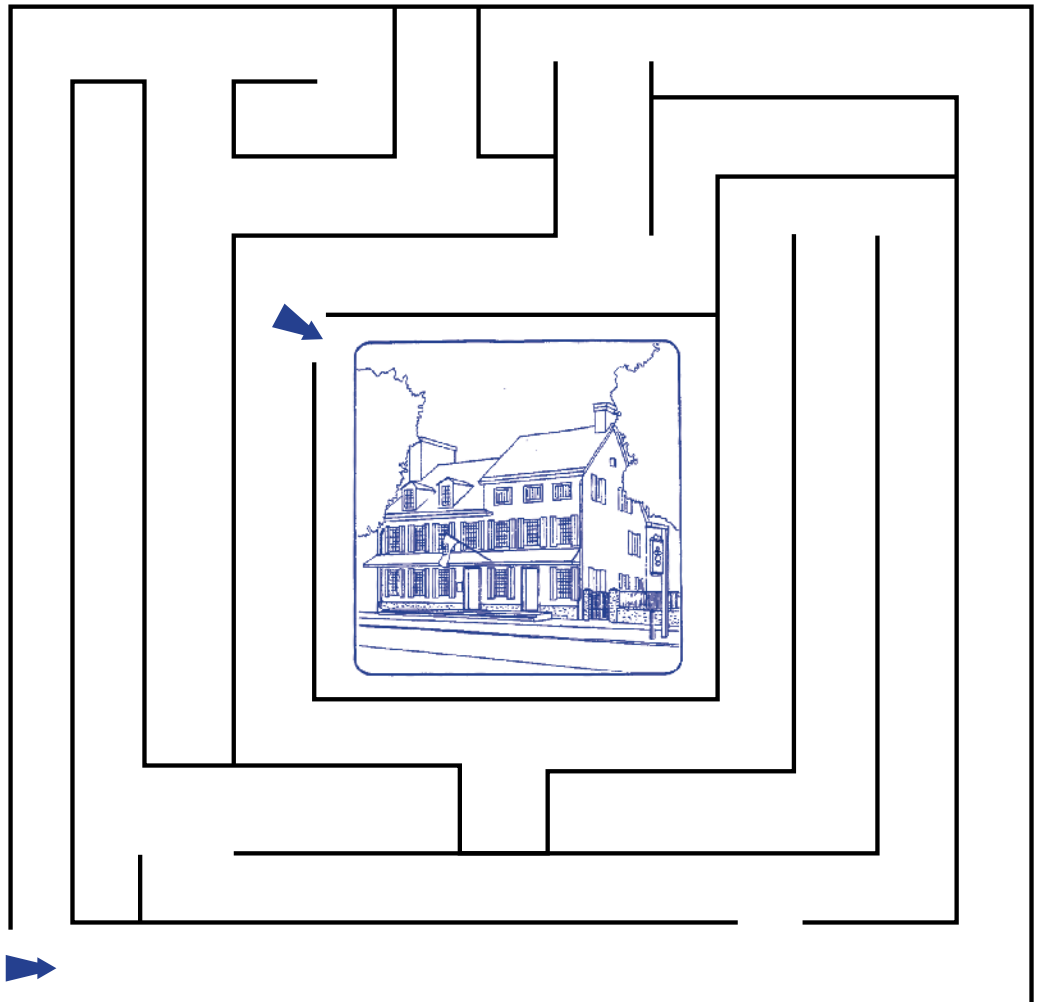
Indian King Tavern

The Indian King Tavern in Haddonfield, New Jersey, was the first seat of government in our state.

In 1776, the first reading of the Declaration of Independence took place in the Indian King Tavern. After the reading, the leaders of the colony of New Jersey changed the name of the State to New Jersey.

It was here that the leaders also adopted the State Seal of New Jersey.

So, New Jersey's government began in Haddonfield and moved to Trenton in 1790.



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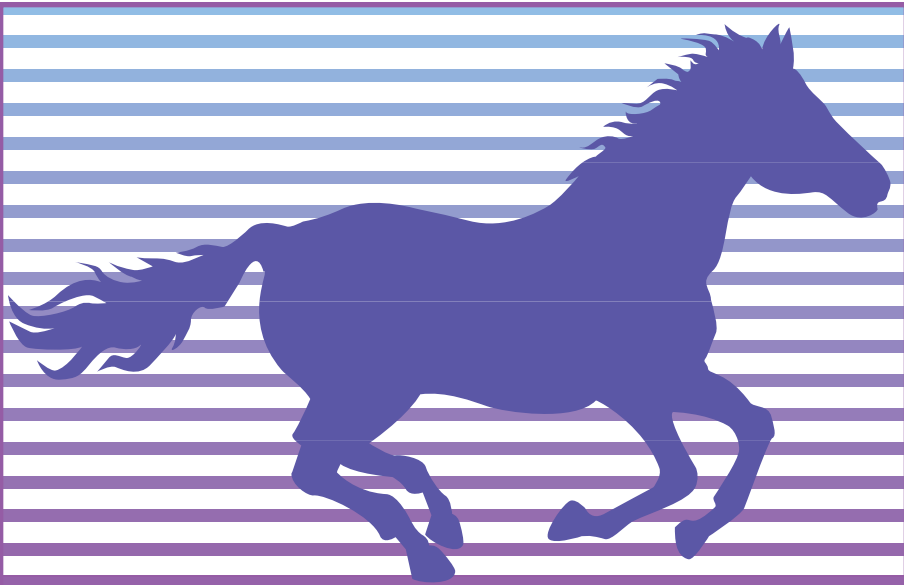
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A Lesson About Our State Animal – The Horse

Michael McCarthy and his fifth grade class at Our Lady of Victories School in Harrington Park and James Sweetman, an eighth grader from Freehold, helped make the horse New Jersey's state animal in 1977. The horse is included on the state seal. Horses were very important to farming. Today, people continue to raise horses in New Jersey. Racehorses are also very popular in New Jersey. ■

Gifted and Talented Programs – Do They Work?

Does participating in a gifted and talented program enhance student performance? Maybe not according to the results of a study by Cornell University and Michigan State University.

Using a sample of more than 14,000 Year 5 students, researchers analyzed students' standardized test scores in maths, science, reading, social studies and language arts.

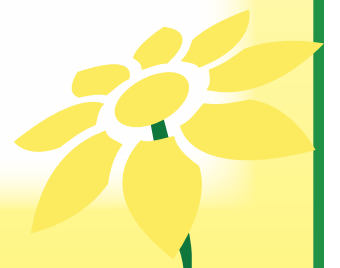
The study assessed the performance of one group of children who qualified for a gifted and talented program, by comparing their performance in the above subject areas to students who just missed the entrance threshold for the gifted program.

The students in the gifted and talented program showed no improvement in test scores over the non-qualifying students in any of the five subjects. ■



How many words can you make using the letters in the word below?

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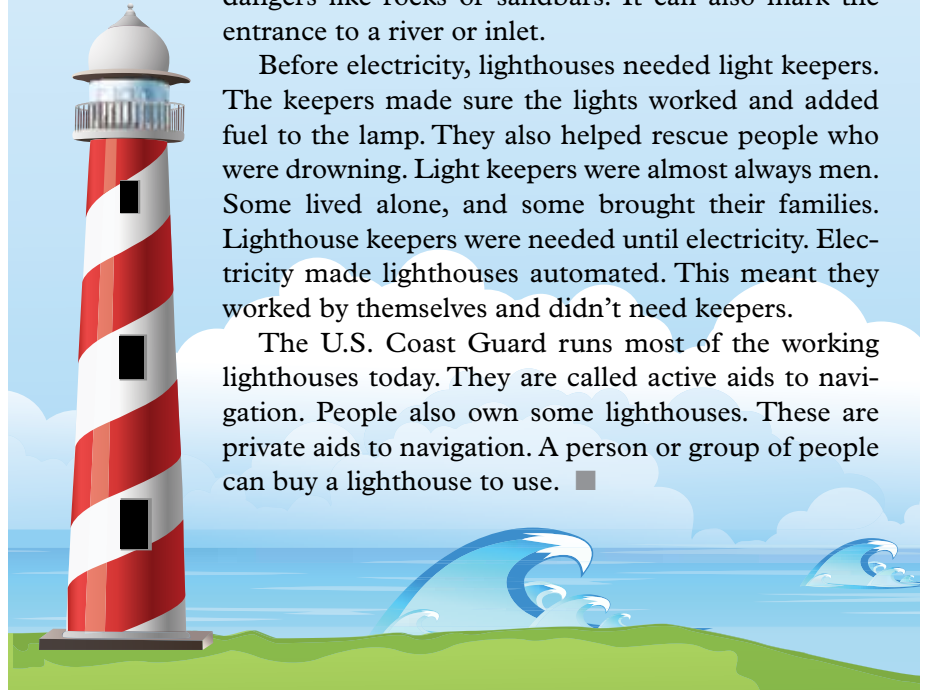
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What Is a Lighthouse?

A lighthouse is a tower on or near the shore of an ocean, harbor, or river. There is a lantern room on top that holds the lens. This is where the light shines out. The lens shines a bright light to warn ships about dangers like rocks or sandbars. It can also mark the entrance to a river or inlet.

Before electricity, lighthouses needed light keepers. The keepers made sure the lights worked and added fuel to the lamp. They also helped rescue people who were drowning. Light keepers were almost always men. Some lived alone, and some brought their families. Lighthouse keepers were needed until electricity. Electricity made lighthouses automated. This meant they worked by themselves and didn't need keepers.

The U.S. Coast Guard runs most of the working lighthouses today. They are called active aids to navigation. People also own some lighthouses. These are private aids to navigation. A person or group of people can buy a lighthouse to use. ■



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Flag Day is June 14!

This is a day to honor and learn about the "Stars and Stripes."

Draw a picture of the flag of the United States. What does the flag represent?



Why am I not getting pregnant?

Causes of Infertility in Women

In most cases infertility in women is due to problems with ovulation. Without ovulation, there are no eggs to be fertilized. A woman is not ovulating normally if she has very irregular or absent menstrual periods.

Ovulation problems are often caused by polycystic ovarian syndrome (PCOS). PCOS is a hormone imbalance problem which can interfere with normal ovulation. PCOS is one of the most common causes of female infertility.

Primary ovarian insufficiency (POI), or ovarian failure (premature menopause) is another cause of ovulation problems. POI occurs when a woman's ovaries stop working normally before she is 40.

A fertility evaluation only takes a few minutes.

Blocked fallopian tubes due to pelvic inflammatory disease, endometriosis, or surgery for an ectopic pregnancy can lead to inability for the egg to meet the sperm.

Problems with the uterus such as a fibroid tumor, which are non-cancerous growths in the muscle on the walls of the uterus, can affect the ability of an embryo to implant on the wall on the uterine lining.

The most important thing to know is that sometimes it may only take a small tweak of hormones or a cycle or two of fertility medications to become pregnant. The best advice is simple. Don't guess at something so important.

See an expert before the problem becomes serious. ■



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Do You Have Flat Feet?

If You Do, You Are Among 20-30% of the Population

The foot is an intricate structure containing 26 bones with thirty-three joints, 107 ligaments, 19 muscles and multiple tendons that hold the structure together. Having flat feet can also be called fallen arches. The tendons attach at the heel and foot bones to form the arch. Several tendons in your foot and lower leg have to work together to form the arches in your feet. When the

tendons do not pull together properly, there is little or no arch.

When the arch on the inside of your foot is flattened, it allows the entire sole of your foot to touch the floor when you stand up. A

flatfoot can occur during childhood development, from an injury, from normal wear and tear of your feet, obesity, diabetes, aging and pregnancy.

Not sure? Here is an easy way to tell on your own if you might have fallen arches or flat feet. Get your feet wet then stand on a flat surface where your footprint will show. If you see complete imprints of the bottom of your feet on the surface, then you're likely to have flat feet.

If you suspect you have a flatfoot, don't ignore it. A trip to Dr. Holli Alster of Family Foot & Ankle Center of New Jersey located at 600 Bridge Plaza Drive in Manalapan can confirm it. According to Dr. Alster, "As a flat foot specialist, we must examine your feet before any treatment is recommended. Some of the available treatments include: limiting or changing your daily physical activity, foot wear changes, and the use of over the counter or custom

orthotics, and in severe cases surgery. If you have a fallen arch it can lead to claw and hammer toe deformities, bunions, and even knee, hip and lower back problems. Have your children evaluated early if there is a family history of this condition." You can call her with any questions or to make an appointment for screening at (732) 851-1617. ■



FLAT ARCH



MEDIUM ARCH



HIGH ARCH



Feel free to contact me at:

Dr. Holli Alster

Family Foot & Ankle
Center of Central Jersey

600 Bridge Plaza Drive
Manalapan, NJ 07726

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FAMILY FOOT & ANKLE CENTER

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Ocean County Free Summer Concerts

Summer Concert Information is the best available at the time of publication and is subject to change. Please confirm with individual venues before attending.

BARNEGAT LIGHT

Mondays, July 14, 21, 28; August 4, 11, 18 at 7pm
Bayview & 8th St. Park, Barnegat Light
609-494-9196 • www.barnlight.com

BEACH HAVEN BOROUGH

Wednesdays, July 2, 9, 16, 23, 30; August 6, 13, 20, 27 at 7:30pm; Monday, July 28 – Children’s Concert at 7:30pm
Bicentennial Park, Engelside and Beach Avenues, Beach Haven
609-492-0111 • www.beachhaven-nj.gov

BERKELEY TOWNSHIP

Wednesdays, June 25; July 9, 23; August 6 at 6:00pm, August 13 at 5:30pm, Wednesday, August 20 at 6pm, Saturday, September 6 at 1pm
Veteran’s Park, Bayville
732-269-4456 • www.btrec.org/concertseries

BRICK TOWNSHIP

Thursdays, July 3, 17; August 14 at 6:30pm
Windward Beach Park, Brick
732-262-1075 • www.twp.brick.nj.us/calendar

HARVEY CEDARS BOROUGH

Wednesdays, July 9, 16, 23, 30; August 6, 13 at 7pm
Sunset Park, West Salem Avenue, Harvey Cedars
609-361-6000 • www.harveycedars.org/events

LAVALLETTA BOROUGH

Sundays, July 6 at 8pm; July 13, 20, 27; August 3, 10, 17, 24 31 at 7pm
Centennial Gazebo, Lavallette
732-793-7477 • www.lavallette.org/heritage

MANCHESTER TOWNSHIP

Saturday, June 28 at 5:30pm;
Wednesdays, July 16, 30; August 13, 27 at 6pm
Harry Wright Lake, Whiting
732-657-8121 ext. 5101
www.manchestertwp.com/recreation/concerts.pdf

POINT PLEASANT BEACH

Wednesdays, June 25; July 2, 9, 16, 23, 30; August 6, 13, 20, 27; Monday, September 1 at 7:30pm
Jenkinson’s Beach, Point Pleasant Beach
732-892-0600 • www.jenkinsons.com

SEASIDE HEIGHTS

Mondays, July 7, Carteret Avenue, July 14, Franklin Avenue, July 21, Franklin Avenue, July 28, Carteret Avenue, August 4, Carteret Avenue, August 11, Carteret Avenue, August 18, Carteret Avenue, August 25, Franklin Avenue at 7pm
732-793-9100, Hotline for Events: 732-793-1802
www.exit82.com

SEASIDE PARK

Mondays, July 14, 21, 28; August 4, 18, 25 at 7pm
Municipal Parking Lot #2, Seaside Park
732-793-3700 • www.seasideparknj.org

SHIP BOTTOM

Thursdays, July 10, 17, 24, 31; August 7, 14, 21 at 7pm
10th Street, Waterfront Park, Ship Bottom
609-494-2171 • www.shipbottom.org

STAFFORD TOWNSHIP

Mondays, July 7, 14, 21; August 4, 25 at 7pm
Manahawkin Lake Park, 40 North Main Street, Manahawkin
609-597-1000 • www.staffordhistory.org/concert

TOMS RIVER

Thursdays, July 3; August 7 Fridays, July 4, 11, 18, 25; August 1, 8, 15, 22, 29; Saturdays, July 5, 12, 19, 26; August 2, 9, 16, 23, 30; Sundays, July 6, 13, 20, 27; August 10, 17 at 7pm
Ocean County Library, 101 Washington Street, Toms River
732-349-6200 • www.theoceancountylibrary.org

TUCKERTON BOROUGH

Fridays, July 11, 18, 25; August 1, 8, 15, 22, 29 at 6:30pm
Tuckerton Seaport, 120 W. Main Street, Tuckerton
609-296-2701 • www.tuckertonborough.com ■



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June 28th Is Paul Bunyan Day

Paul Bunyan Day is an American Folklore celebration.

The legend of Paul Bunyan started with stories told by men in lumber camps dating from the 1800s. Paul Bunyan became a legend through tales about this giant lumberjack who performed incredible feats, including the following: he scooped out the Great Lakes to get water for his blue ox, Babe; he cleared the entire states of North and South Dakota for farming; he trained ants to do logging work; and he is even credited with creating logging in the U.S.

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