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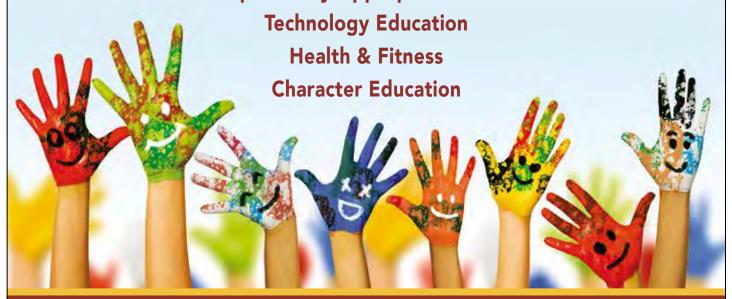
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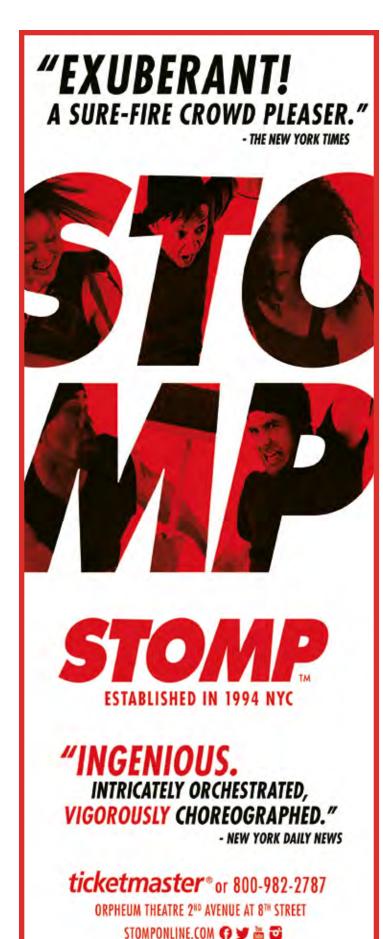
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THE MILLSTONE TIMES
THE FAMILY TIMES: MONMOUTH • OCEAN • MIDDLESEX

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SUMMERS AT ARTISAN STUDIO ARE SO COOL...

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On the hot, humid days of summer, our campers are working in our comfortably air-conditioned *COOL* studio working on very creative and *COOL* projects! We offer an imaginative and diverse selection for our campers to experience, learn from and enjoy. Each day brings age appropriate choices from which our campers will learn new skills, patience, the process of art-making and enjoy the company of all the other like-minded campers who love art! We do not repeat projects as we have many campers attending multiple sessions and want to keep it fresh, interesting and challenging for all.

At Artisan Studio campers will work in various mediums such as chalk and oil pastels, watercolor and acrylic paints, colored pencil and marker, and 3D work in clay, paper, wire, wood and papier mache (kids 10 and older). They will learn about famous artists of various genres and be inspired by their works, then create their own original work based on the artistic style aspect they personally enjoy.

Cartoon characters, animal figures, still life, landscape, portraits are some of the most popular projects done by campers of all ages... even our youngest at age 4, it's always simplified but adorable and well done. Mosaics, origami, masks and other decorative projects are also very popular. Book writing & illustration (and binding), fashion design &

illustration, sewing and weaving are also offered to campers if there is sufficient interest.

The studio environment is stress-free and non competitive, a refreshing break from the school year and homework. We have an amazing staff of caring, nurturing instructors, counselors and assistants who give support and guidance to our campers of all abilities; experience is not required. Very often families are encouraged to come to our studio to help their kids improve hand-eye coordination, ability to follow instructions, slow down when writing and drawing, strengthen weak hands and fingers, etc. We are so happy to help in these areas, all while enjoying creativity.

SUMMER NIGHT CLASSES are held on Tuesday evenings for those who are unable to attend our daytime camp for kids 8 and older. It's great way to try something new, or continue participating in classes throughout the summer.

FOR YOUR CONVENIENCE WE NOW HAVE ONLINE REGISTRATION! Registration has been ongoing since April, don't miss out! Send your camper for a single or multiple weeks! Please visit our enhanced website for more information about SUMMER CAMP and SUMMER NITE CLASSES, including pricing, guidelines and our art gallery

Marlene Bohnyak

Owner / Instructor

Artisan Studio

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Birthday Parties

Ages 5 & Up

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HIP JERSEY SHORE MOMS

By Stefanie Hilarczyk

Summer is finally here after such a long winter! There's sand in our hair, a pair flip flops at the foot of our beds, and bathing suits on our bathroom floors! If your children are anything like mine, there's also at least two inches of sand at the bottom of that bathtub!

Over the years I've been trying different things to help me organize and make the transition from beach to home more friendly. We are huge beach people. Our daughter takes surfs lessons and we spend most of our weekends at the shore. Every time I'd take them to the beach by myself it was a nightmare getting into the house without making everything a sandy disaster. Here are some tips that have saved me some time and energy, allowing me more time with my family and less time with the vacuum.

Once you have these items, it's time to get busy. I keep this bin near where I do my laundry. I keep my beach bag on a hook near by too. That way I can place everything in the beach bag making it easy peasy for an early beach morning. I keep the little money pouch supplied with the following (some cash, Chapstick, hairbrush hand-stantizer) that way the only thing I need to drop in there is my license and my debit card.

1) Baby Powder is a must! Put the baby powder and that handy little baby wash cloth mitt right into your beach bag. If you can't find one of those wash clothes you can also use an extra large blush brush too. Before the kids even get in the car I would use this on their feet and anywhere else sand hides.

2) Designate an area. Before you enter your house, designate a "removal area." I have a garage so they know to double shake off anything before their little hands even think about going inside. Shoes stay outside and only yourself comes in.

3) Have a "Sandy Bin" waiting so that nothing really enters the house. There's nothing more annoying than going into the family room and seeing the beach toys lying on the area rug! Place the bin near your door so things can easily be dropped into it that need to be rinsed off.

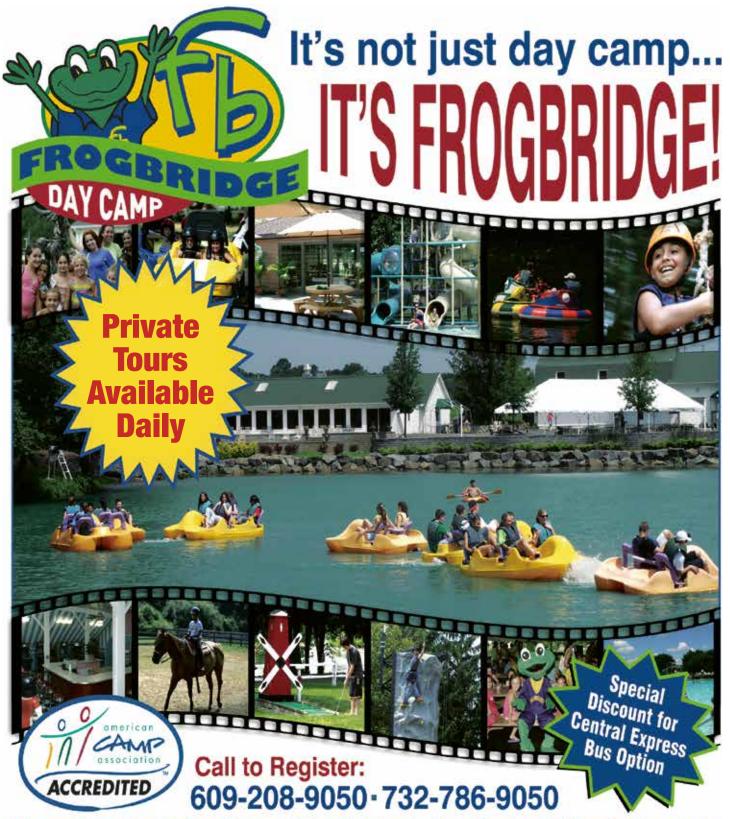
4) You can also use a mat inside your bathroom that your children can take off their sandy clothes and bath suits on. Those indoor outdoor mats that are good to rub your boots on work great for catching sand. Their tiny rubber pins make it hard for sand to escape. Bathing suits are notoriously good at being sneaky and holding onto those last few pounds of sand from the beach.

5) HAVE FUN! Make memories because one day they'll be too big and our houses will be too perfect reminding us that the days of sand on our carpets are long gone.

Enjoy the hot days of summer, the long nights of day light, and the little faces smeared with icecream for our days of book reports, studying and school supplies are too near in our future! You can find Stefanie on Facebook at Hip Jersey Shore Moms or by emailing shilarczyk@hotmail.com.

*******Stefanie Hilarczyk is a mom of two (11 yr old girl and 7 yr old boy). She resides with her husband and children in Ocean County. You can find her singing in her mommy and me music school, writing, reading, in a yoga class or by the beach. She has dedicated a lot of her time to researching and taking care of her son with a rare genetic disorder. She's created





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7 Yellow Meeting House Road, Millstone Township, NJ 08510 ~ www.frogbridge.com



17 Things a Five-Year-Old Should Know About Money

Children can start learning about financial basics at an early age. This fact sheet provides parents and teachers with age-appropriate concepts for teaching five-year-olds about money and its use.

What you want your preschool child to know about money depends on your personal values. Here are some concepts that the Thrive by 5 task force recommends you consider teaching your preschooler:

Spending, saving, and sharing are ways to use money.

Buying (spending) means trading money for things.

Saving allows you to buy something in the future because you don't have enough money today.

People have jobs that pay money.

Money also can come from gifts.

You can keep money safe at home and other places.

Paper money and coins are worth different amounts.

Different things have different prices.

People pay for things in different ways.

People have different needs and wants.

People have a limited amount of money to spend.

Money can be spent only once — after you buy something, you need more money to buy something else.

Planning helps people set goals and make choices about money.

Some things do not cost any money.

People do some things for each other without being paid.

People give money to help others.

People in a community share the cost of some work done for everyone.

Thrive by 5 is an office of the administration for children and families and part of the Headstart. Head Start and Early Head Start programs support the mental, social, and emotional development of children from birth to age 5. In addition to education services, programs provide children and their families with health, nutrition, social, and other services. Head Start services are responsive to each child and family's ethnic, cultural, and linguistic heritage.



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 - ~ Let go of perfectionism
 - Look at problems from a new angle





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Monroe Township Schools Get Creative

By Susan Heckler

Monroe Township Schools offers a very unique program for its gifted and talented students. Many districts offer these types of programs to their academic achievers, but Monroe has acknowledged their artistically gifted children, Monroe Township Gifted and Talented program for Art- (ART TAG).

The program is open to all 4th, 5th and 6th grade students in Monroe Township. The students participating in this program are from Woodland, Brookside, Applegarth and the Middle school. In order to be considered, students must meet various requirements; maintain a high grade point average (98 points or higher) in Art, must score a high number on the evaluation rubric used by the districts that measures, work habits, creativity, use of

media and completion of projects. The program is run for 24 weeks for 1 hour after school. The outstanding instructors for the program are for the Woodland school, Jennifer Hyer- 4th grade, Christina Perrine- 5th Grade, The Applegarth school 4th/5th grade- Colin Temple, the Brookside school - Marie-Lucille Strano - 4th grade, David Virelles - 5th Grade and the Middle school (6th grade) - Maria Naumik, and David Virelles.

The level of creativity and the degree of talent for these youngsters is impressive and inspirational. It is hopeful that with budget cuts for the arts in schools across the country, that a wonderful program like this will be continued and adopted by other schools.

Congratulations to the students and the proud parents

as well as their mentors/ teachers. I look forward to enjoying next year's creations!













EXPERIENCEThe Learning Experience in Howell

By Susan Heckler

Howell welcomes new owners to The Learning Experience, which is at 2369 Route 9 North (behind the White Castle). While The Learning Experience is part of a franchise, owner Nevine George has also made an investment in your child's future.

The facility has been purpose-built, meaning they feature safe, secure, and private access, separate classrooms that have been specifically designed to meet the needs of children in their Six Stages of Early Development, cameras in each of the classrooms that are monitored in the administrative offices, rounded corners in hallways and classrooms, bathrooms designed for age-appropriate use, infant changing tables that are faced out so that teachers will never have their backs to the children, access to age-appropriate technology in an interactive classroom, spacious, fenced-in playgrounds that have designated areas for infants, toddlers, and preschoolers, Make Believe Boulevard®, a miniature Main Street, USA.

The school is open to ages 6 weeks to 13 years and operates year-round, Monday - Friday, 6:30 AM to 6:30 PM. Since education does not stop in the summer and neither does your hectic schedule, they offer summer camp with a curriculum. In addition, they have eight enrichment programs which are included in the tuition.

Coming in September, the local Howell schools (Adelphia, Ardena, Griebling, Memorial and Land O'Pines) will be busing for before and after care!



For more information on their wonderful, state-of-the-art facility and what they can do for your children, contact them at 732-780-1320 or visit their website http://howell.tlechild-care.com.







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Summer Reading Recommendations for your 5th Grade Child

Reading can be one of the many fun activities children fill their summer time with. Research has shown it is also much more! Children who participate in public library summer reading programs not only avoid the "summer slide" in learning, but also score higher on reading achievement tests than those who do not participate.

Battle Bunny by Jon Scieszka and Mac Barnett, illustrated by Matthew Myers

Gran Gran gave Alexander a beautiful book about Birthday Bunny, but Alexander decides to "create" his own book about Battle Bunny, which suits his tastes much better.

Binny for Short by Hilary McKay, illustrated by Micah Player Binny's family moves to a cottage by the seaside, where she finds adventure, a nemesis—and maybe even her long-lost dog. First in a series.

Bluffton; My Summers with Buster by Matt Phelan

Muskegon, Michigan, is an ordinary town until a band of vaudeville performers, including young Buster Keaton, decide to spend the summer there.



The Chicken Squad; The First Misadventure

by Doreen Cronin

Daring crime-solving chicks are out to solve a mystery.

Dory Fantasmagory by Abby Hanlon

Dory shows how much fun having an overactive imagination can be as she keeps herself entertained over the summer.

A Dragon's Guide to the Care and Feeding of Human by Laurence Yep and Joanne Ryder

A story about dragons with a twist: Miss Drake (the dragon) has a new human pet!

Eddie Red, Undercover; Mystery on Museum Mile by Marcia Wells, illustrated by Marcos Calo

Sixth-grader Eddie is called on by the NYPD to help bust a gang of art thieves by using his photographic memory and talent for drawing.

Project Blastoff by Mark Kelly with Martha Freeman

Twins Mark and Scott Kelly are about to embark on an adventure of epic proportions as they build and engineer their own rocket ship.

Rump; The True Story of Rumpelstiltskin by Liesl Shurtliff

Twelve-year-old Rump goes on a quest to discover his true identity and to break a magical curse in this humorous take on the classic fairy tale.

The Sasquatch Escape by Suzanne Selfors,

illustrated by Dan Santat

Ben and his friend Pearl discover the new veterinarian office in their small town treats magical creatures, and they have the adventure of their lives as they track down a Sasquatch. First in a series.

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Dear Friends and Family.

We are writing to you to request your support for our annual community fundraiser for Raising Hope for Others, a 501(c)3 charitable organization. This year the fundraiser will support Victoria Breuer's battle with Hodgkin's Lymphoma and others in need. Victoria was diagnosed when she was 20 years old. She is an outgoing and athletic young woman who loves the outdoors and is always open to new experiences. She plans to continue her education and become a personal trainer/health coach for kids, individuals with special needs and others getting back into life after cancer. As of June 25, 2015 Victoria will have been in remission for one full year! Monies raised will help alleviate financial burdens. In addition, this year's fundraiser will also support the following organizations and foundations:

- •The Make a Wish Foundation in Chad Michael Horne's memory. Chad was a member of The First Presbyterian Church in Freehold and was tragically killed by a drunk driver. Chad would have loved the idea of helping to make another child's dream come true.
- •The Lustgarten Foundation, a pancreatic cancer research foundation, to help advance the scientific and medical research related to the diagnosis, treatment, cure and prevention of pancreatic cancer.
- •The Cancer Insitute of New Jersey to fund the pediatric clinic to help children with their economic needs.
- The Phillip Frank Memorial Scholarship, a \$1,500 college scholarship issued to a Matawan High School
 graduating senior in memory of Phillip Frank who died in Iraq serving his country.
- Manna House, a transitional shelter for women and children. Alex Berman lovingly donates a unique Build-A-Bear to each child as they move into Manna House, helping ease the transition with a brand new stuffed animal friend.

Please consider joining Raising Hope for Others, Inc. on Saturday, August 1st from 2-5 PM at Gordon's Corner Fire House (683 Tennent Road, Manalapan) for an afternoon of FUNdraising and FUN! There will be activities for the entire family (ticket & silent auctions, petting zoo and children's crafts).

If you are unable to attend but would like to give a donation, please send it to the above address and make checks payable to Raising Hope for Others, Inc. All donations are being deposited in a segregated account and will be used to support the above listed organizations and foundations. God bless you & thank you in advance for you support and donation.

With sincere thanks,

Laura Burke, Patrice Berman & Helen Burke (Trustees of Raising Hope for Others, Inc.)

Raising Hope for Others, Inc. 8th Annual FUNDRAISER



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Raising Hope for Others Is A 50(c)3 Charitable Organization

HAVE A STAYCATION

Great summer memories can be made in your own local community or right down the highway. Save money and support local businesses by attending local fairs, festivals, campgrounds and concert series.

Best of all, they offer you the opportunity to stay close to friends and family members this summer while you soak in the summer fun together.

Find Good Times

Having trouble figuring out where or how to spend your summer fun time? Your city, county or state tourism bureau can be an expert source of upcoming events, times and details.

Find the organization's website to see if it posts an updated calendar of events. You also can find them on social media to keep tabs on upcoming events and tourism-related information.

Rent a Cabin

Do you have a national forest or waterway in your neck of the woods? Check your local newspaper for advertisements or conduct a simple online search to find locations and rates for local lodging.

You may stumble across a unique bed and breakfast or treehouse cabin that you didn't know existed. You'll save the time usually spent taking a long car or plane ride to your destination, allowing you more quality experiences with your spouse, friends or family members.

Safety Tips

Do you have a long-running fair or festival in your area that you haven't been to in a while? The time is now to revisit it to see how it has changed and what kind of impact it has on the local community.

We all know that by spending local, you are re-investing more money back into your community.

But by supporting local fairs and festivals, you also are helping event coordinators create extra jobs, meaning you are doubly impacting your local economy by doing your part.





Responsible Summer Fun

While having fun this summer, don't forget to respect the environment around you.

A fun summer trip can create memories to last a lifetime.

eing a good environmental steward can ensure that families in the future get to have the same type of experience. What is an environmental steward, you ask?

The U.S. Forest Service helped deliver an outdoor code of ethics — a list that includes promises to not damage natural features, to respect other people's property and rights, to obey all regulations and to lend a helping hand when you see someone in distress.

Learn more and check out the full code of ethics at www.fs.fed.us.

Don't Litter

Nothing can ruin the natural beauty of a park or public beach like an empty soda can or sandwich wrapper. Litter is a completely unavoidable stain on our public lands and one that we can work together to remove. It also can be damaging to wildlife and compromise their habitats.

Bring along a trash bag or other receptacle for collecting your trash so you aren't tempted to ditch your trash inappropriately.

Take pride in your environment by reporting any littering activities you see during your outdoor activities.

Follow Rules

Some areas do not allow certain activities, such as fishing, swimming or surfing. It is always a good idea to check with your local land authority ahead of time before risking a wasted trip or costly non-compliance ticket.

Remember that agencies implement these regulations for your health, safety and well-being. Certain beach areas may have numerous reports of shark sightings. Maybe there is a storm forecasted for a

certain region that could cause injury to people swimming or boating.

Depending on where you plan to relax, there may be protected land around you on which activities or sports are not permitted. These areas are designated off limits in many cases to protect wildlife and vegetation.

Along these lines, be sure to be mindful of any local hazards that may pose a danger to your summertime fun. Any deep water or snake-infested areas can be extremely dangerous, so it is best to avoid them altogether.



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GOOD PARENTING: You Can't Make Everything Fair For Your Kids

"It's not fair she got more cereal than I did!" "It's not fair he got more TV time than me."
"It's not fair he always gets to go to his friends house and I don't"

Does this sound familiar? There are some things that children say that send us running for cover. "It's not fair" is one of those phrases parents hate to hear. We try so hard to make things fair to no avail.

Here is something you should know. We can't fix the injustices of life, even in our own house, to make it fair for our kids. I hate to sound cliche, but life is unfair. Children need to understand this truth. Parents so badly want to create a perfect world for the kids and we can't.

There is one thing we can do which is more effective and helpful to children. We can accept our children's negative feelings that it hurts when life is unfair. This will help our kids have realistic expectations of the world we live in. It will help us avoid conflict, and power struggles and redirect them to the situation at hand.

So instead of trying to always make life fair for your kids, try this:

Acknowledge their feelings:

"It can make you feel bad when someone gets more than you."

"It can hurt so much when your brother gets to watch more TV than you."

"You want to be able to go to your friend's house just as many times as your sister does."

Redirect your child to what needs to be done:

"It is time to eat breakfast. When you finish your cereal, I will get you more." "Right now it is time to go to bed, tomorrow we can discuss our TV rules."

"Children who are five stay home with their mother after school. When you are eight you can make play dates with your friends after school. Lets find something for you to do."

Life is not fair but it is easier to bear when you have people who love you and validate your feelings. When we are thrown curveballs we need to take a moment and collect ourselves and then dive back into what needs to be done. When we accept our children's feelings and redirect them to the situation at hand we send them the message, "Life sometimes hurts, but you are capable of handling it and doing what needs to be done." Teaching them this philosophy of life is not only right but also very fair.

Adina Soclof, a certified Speech Pathologist, received her masters degree from Hunter College in New York in Communication Sciences. Adina developed TEAM Communication Ventures and conducts parenting, teacher and clinician workshops via telephone nationwide. You can visit her website at http://www.ParentingSimply.com



Kellan Lutz takes Gunther Publishing's Intern 2014-2015 to Prom

By Brianna Siciliano

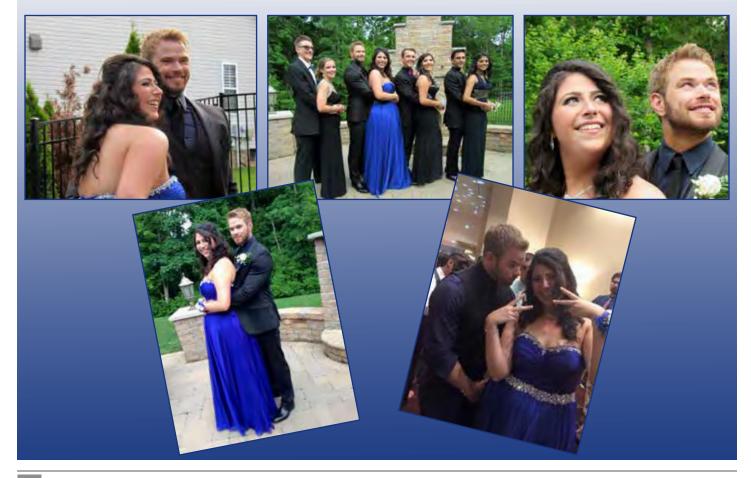
On Friday, June 5, actor and model Kellan Lutz escorted me to my senior prom, proving to me that every dream can become a reality if you never give up on them. As a little girl, I was always daydreaming about what my future held. Some days I hoped to become a singer or actress, others a lawyer, veterinarian, or writer. In middle school, my dreams started to become more clear, even though many of them were far-fetched.

Middle school is a very confusing and challenging time for teens. Kids are struggling to learn who they are as individuals, who their friends are, and what they might want to do with their lives. I personally struggled a lot with finding and keeping friends, and at one point I felt very, very alone. While I was trying to make sense of this confusing time period, Kellan's movies—films like the Twilight films, A Warrior's Heart, Love, Wedding, Marriage, etc— were being filmed and released. Kellan became my healthy distraction;

watching him take on different roles was exciting. At the end of the day, I knew he would always be the same kind, charitable man who I looked up to and adored.

My grandmother once told me that if you let the universe know what you want, you can make your aspirations and dreams your reality. To let the universe know how badly I wanted to thank Kellan for being my distraction and inspiration, I taped pictures of him on my bedroom wall. Everyday for four years I would look at those pictures and remind myself and the universe of my dream. By my junior year of high school, half of my dream became my reality: I was able to thank Kellan via video chat for being a healthy distraction. That was not enough for me, however. I needed to meet him in person!

Senior year was flying by, and before I knew it, my peers were purchasing prom gowns. The big day was six months away, but it seemed like some of my classmates were already prepared. My friends encouraged me to ask Kellan to be prom date because of my lack of guy friends, but my fear of being declined was holding me back. Thankfully my friend Nikki took charge and created a six-second video, asking Kellan to escort me to prom. Six months later Kellan showed up at mu doorstep, but not before he parked a beautiful black Bentley convertible in my driveway. My senior prom was the best day of my life. I felt and looked beautiful, I danced the night away with my dream date, and I learned that I could make any and every dream become my reality. With dedication and persistence, anything is possible. Harriet Tubman once said, "Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world." Anything is possible. I will never stop chasing my dreams, and I hope you never stop chasing yours. Dream big; you never know what can happen.







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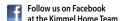
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4 TORONTO WOODS RD MANALAPAN \$599.000

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spacious bedrooms, 2 full & 2 half bathrooms, 2 car side entry garage & finished basement. Hardwood floors throughout except kitchen & foyer Spacious eat-in kitchen, granite countertops, newer stainless steel dishwasher, all appliances, pantry, sunken family room has wood burning fireplace, sliders from family room & kitchen leads to a custom 3 tiered deck overlooking a private yard with heated in-ground gunite pool, loop lock cover, sprinkler system. 2 skylights, Master BR suite offers a walk-in custom closet, full bathroom with Jacuzzi tub, stall shower, double sinks. Amazing finished basement with 1/2 bathroom completes this home. 2 zone heat & A/C, professional landscaping, great schools & location.



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Grandparents Are Special

Visiting Grandparents Can Be a Positive Experience For Kids

Activities Taking Place At Assisted Living Communities Today

any seniors today are gradually getting more familiar with the use of modern technologies, communication devices, fitness programs, sports, and other types of physical and social activities. While going for a daily walk or playing bingo may have been part of regular activities for your great grandmother, your mother or even grandmother may long for a little more fun and excitement in her retirement years. The good news is that many assisted living communities and adult care centers recognize this change and have updated their activities and programs accordingly.

At Adult Care Advisors, we are in touch with a number of assisted living communities across the country. We hear from activity managers at these communities about the range of activities they plan in order to keep seniors physically active, mentally alert, as well as spiritually and emotionally nourished.

If you or a loved one are thinking about moving into an assisted living community, you can look forward to activities such as:

New Age Fitness Activities: Walking and stretching are always very helpful activities, but may not be the most fun. Yoga, pilates, tai chi, zumba, aqua zumba, spinning (indoor cycling), etc. are some of the fitness activities that seniors can now enjoy at many assisted living communities.

Singing and Dancing: As one senior quipped, "If you have to make a big song and dance about getting old, you may as well sing and dance your way through it!" At Adult Care Advisors, we couldn't agree more. Karaoke is getting to be a very popular activity at assisted living communities, and seniors enjoy singing their favorite tunes with their resident friends—even from a wheelchair. Line dancing, square dancing, ballet and waltz lessons also see active and enthusiastic participation from seniors living in an adult care community.

Outdoor Events, Excursions and Field Trips: There is nothing more invigorating than fresh air, sunshine and the sights and sounds of nature. Whether it is a half-day picnic in the neighborhood park or a day-long field trip to the local museum or an overnight excursion that includes a show and dinner or trip to the casino, assisted living communities are offering all of these and more to keep their senior residents entertained, active and happy.

Learning by Doing: While residents at an assisted living community are in their golden years, they still love to learn and do things

with their hands and minds. From crosswords and games of chess to learning craft, pottery, origami, ikebana, jewelry making, knitting, computer classes, talks by visiting speakers in various fields of interest, participants have a wide choice of how they continue to learn new things as they age.

Indoor Sports: From bowling to Wii games, foosball and pool, assisted living communities have a variety of indoor sports activities available for seniors to participate in. No matter what the weather is outside, your loved ones can get their daily share of physical activity in a stimulating, fun environment.

Contact our team at Adult Care Advisors to know more about the types of activities and programs offered by assisted living communities today.





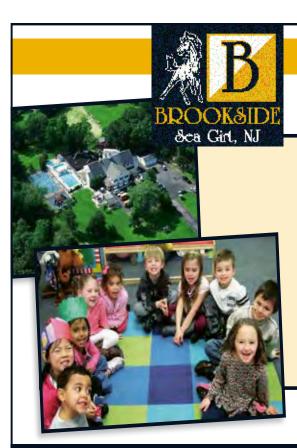


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Single Parenting

Data from the 2010 census shows that the number of children living in singleparent homes has nearly doubled since 1960.

One-third of American children – 15 million – are being raised without a father. Nearly five million more children live without a mother.

The effect on children without a two-parent structure is often debated by child psychologists and researchers. One thing is for sure: Single parenting is a tough job

Along with the added responsibilities of daily life, a single parent is charged with disciplining, nurturing and protecting his or her children with little help.

The Challenges

Single parents who have job responsibilities may find it hard to balance their career and child-rearing duties.

Juggling work and child care can be financially difficult, and can also lead to fatigue, lack of sleep and an overall negative outlook on life. This can lead to a high-stress and an edgy demeanor that can actually trickle down to a child's behavior.

Ask for Help

Before letting it get to this point, reach out to those around you. Parents, friends and even co-workers are generally willing to help if you ask them, even if it is by watching your children for a few hours on a weeknight so you can visit your friends or go shopping.

Many cities have local single-parent groups, as well, and can provide the perfect opportunity to meet people who are in similar situations as you. Building a network of supporters can help you get through the tough times of single parenting.

Prioritize Family Time
It is easier said than done, but by showing your children extra attention you can cut down on the risk of them acting out in negative ways.

Think of activities to stimulate them physically and mentally, and encourage them along the way. Schedule play dates so they can interact with children their age.

If they are older, spend time taking your children to the movies, the museum or even just the backyard for a fun outdoor game.

About Young Parents

Equal parts exciting and scary, the act of raising a child is an emotion-filled journey for new parents.

And it is one that comes with great changes to all aspects of their lives. From financial to physical, adding a child to the family is a major adjustment.

Parents who welcomed a baby in 2012 will spend an average of \$217,000 to raise him or her. These latest statistics reported by the United States Department of Agriculture don't even include the cost of college, which can quickly rack up tens of thousands per year in tuition costs.

The price tag on raising a child has been on a steady incline – a 24 percent increase since 1960, according to the USDA. Lofty numbers, indeed.

But through proper planning and reachable goals, taking on the increasing costs can be an achievable challenge for many new parents.

A study by the National Sleep Research Project found that a new baby typically results in 400 to 750 hours of lost sleep for parents in the first uear.

Many newborns come home from the hospital waking only once or twice during the night to eat. Some wake up more frequently while others refuse to sleep at all while the sun is down.

New parents may find themselves sleeping in shifts during this difficult time of child-rearing, or reaching out to loved ones to help with their restless baby.

The Emotions

New parents will find that with the birth of their child comes the urge to protect him or her. This encompasses everything from financial security to physical safety.

The emotional connection with a new baby is a special experience for new parents, and with it can come feelings of overwhelming happiness, fright and even depression.

Many new moms can suffer from post-partum depression while others will have no major emotional issues.

Whatever camp you fall into, it is important to speak with your doctor, therapist or loved ones to help you through the emotional world of new parenting.



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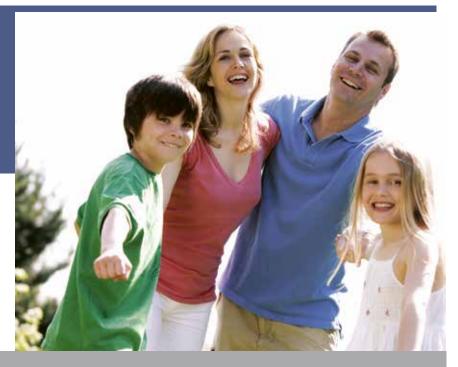
JULY

Keep Your Parents Busy

			Freehold Idol Hall of Records 7:30 p.m.
5 Hazlet NJ – Craft Show & Vendor Market (Holiday Inn)	Tropicana's Light and Multimedia Show (a) Tropicana Casino 7:00 pm	Freedom Fest State Fair 3:00 am - 11:00 pm Every day until July 12, 2015 Horse Park of New Jersey 626 Route 524, Allentown	Freehold Idol Hall of Records 7:30 p.m.
July 10-12, 2015 New Jersey State Barbecue Championship Anglesea , New Jersey	Movie Sharknado 2 opened July 9	State Theater New Brunswick Free Summer Movie Madagascar	Freehold Idol Hall of Records 7:30 p.m.
Big Apple Circus 1:00 pm - 6:00 pm Bergen Performing Arts Center 30 North Van Brunt St., Englewood	Movie Minions 2015 opened	State Theater New Brunswick Free Summer Movie Big Hero 6	Monmouth County Fair opens
26 Asbury Park NJ – Art Star Craft Bazaar (Bradley Park)	Beyond Planet Earth 9:00 am - 5:00 pm Liberty Science Center, 222 Jersey City Blvd, Jersey City	28 State Theater New Brunswick Free Summer Movie How to Train Your Dragon 2	Pontoon Boat Tours of 12:00 pm - Mercer County Park Marina 1638 Old West Windsor

Please check with all venues to confirm dates

2015



1	Thursday Concert Series - 7:30 pm Hall of Records The Nerds	Movie opening Antboy; Revenge of the Red Fury	Battleship Blast July 4 @ 8:00 pm - 10:00 pm Battleship New Jersey 62 Battleship PI, Camden
8	Thursday Concert Series - 7:30 pm Hall of Records Screaming Broccoli	Freehold Bar Crawl Friday July 10th 9-11 pm	New Egypt NJ Rockin' Fireworks & Craft Vendor Fair (New Egypt HS)
15	Thursday Concert Series - 7:30 pm Hall of Records Time Machine	Count Basie and Phoenix Productions presents Mary Poppins	Burlington County Farm Fair 9:00 am - 5:00 pm Burlington County Farm Fairgrounds 1990 Jacksonville-Jobstown Road, Springfield Township
22	23 Thursday Concert Series - 7:30 pm — Hall of Records Phil Engel Band	24 July 24-26, 2015 Atlantic City Food & Wine Festival Atlantic City, New Jersey	25 Six Flags Great Adventure Jacquie Lee & Special Guest in concert 4pm
Mercer Lake	30 Thursday Concert Series - 7:30 pm Hall of Records EagleMania	Movie at the Beach: Young Frankenstein (PG) Asbury Park Boardwalk (at Langosta Lounge) 8:30 pm	

and times incase changes were made after print.



Adjectives Tell Us How Many

Circle the word or words in each sentences 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.



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

PICK THE CORRECT VERB PRACTICE LESSON

DIRECTIONS: Circle the correct verb for the sentence.

1. Librarians ______ a lot about books. knows

2. It is important to ______for the test. <u>studies</u> <u>study</u>

3. The teacher _____excited for the class

trip.

look looks
 4. The Principal ______ to do the morning announcement.

have has

5. The lunch lady ______ everyone to clean up.

ANSWERS

1. know 2. study 3. looks 4. has 5. asks

RULES AT HOME

All families have rules. The first step in becoming more responsible is knowing them. The most important rules to follow are those that keep you safe. There are also rules that might help you and your family. Some areas where rules might help are homework; chores; caring for sisters and brothers; and using the telephone, TV, and computer.

What are some rules at your house?

What kind of rules do you need if you are taking care of yourself until an adult comes home?

• What should I do if things don't look right when I get home?

• What foods may I eat and when?

Here are some ideas to talk about:

- May I leave the house?
- Is it okay to have friends over?
- May I use the telephone?
- How much homework should I do?

- What chores should I do?
- How much TV may I watch?
- What should I do if the telephone rings?
- What should I do if someone comes to the door?
- What utensils and appliances are okay to use when cooking?



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GARLICKY HAM & SWISS SANDWICHES

By Krusha Vaiyda

Prep Time: 10 min Cook Time: 25 min Makes 4 sandwiches

Ingredients:

4 tbsp unsalted butter

2 cloves garlic, 1 minced & 1 cut in half for rubbing bread (optional)

8 (to ½ inch think) slices sandwich bread

8 slices Swiss chess

4 oz thinly sliced leftover or deli ham

½ cup cornichons, sliced lengthwise

Directions:

- 1) Melt butter in a medium saucepan over medium-low heat and add the minced garlic.
- 2) Layer each with 1 slice of the cheese, some ham and then some of the cornichons
- Top with 1 more slice of cheese
- 4) Close the sandwiches with the remaining bread and brush with butter until fully coted on both sides
- 5) Place 2 sandwiches into a medium skillet over medium heat.
- 6) Cover the skillet with a lid and cook until the bread is evenly golden brown, about 2 minutes.
- Flip, cover again and cook until bread is golden brown and cheese is visible melted. 7)
- Repeat with remaining sandwiches.
- If desired, rub the outside of the toasted bread with the garlic halves to add a little more garlic flavor.

SUMMER SALSA FISH TACOS

Fish tacos are a favorite meal to eat in the summer. They are easy to prepare, light, flavorful and low in calories. Fish tacos are a great go-to summer dinner, for groups of any size.

INGREDIENTS

- 1 pound halibut or other meaty white fish fillets Tuice of 2 limes
- 1 11 ounce can whole tomatillos, drained
- 4 small zucchini peeled, seeded and cut into small cubes
- 1/4 cup chopped cilantro leaves and stems
- 2 1/2 teaspoons coarse salt, plus more to taste
- 8 6 inches corn tortillas or gluten free tortillas
 - 2 ablespoons chili powder
- 1/4 teaspoon cayenne pepper, or to taste
 - 1 tablespoon extra-virgin olive oil
 - 1 Hass avocado, peeled and thinly sliced

DIRECTIONS

Preheat the oven to 225 degrees.

Place the fish in a medium bowl and drizzle with half of the lime juice. Cover and refrigerate for 15 minutes.

Using your hands, squeeze the juice and flesh from the tomatillos, 1 at a time, into a bowl and discard the skins. Mash the tomatillos with a fork. Add the zucchini, the remaining lime juice, the cilantro and 2 teaspoons of the salt and toss.

Spread the tortillas on 2baking sheets and warm in the oven for about 10 minutes.

In a small bowl, combine the chili powder, cayenne pepper and 1/2 teaspoon of the salt. Remove the fish from the lime juice, pat dry and cover with the spice rub. Heat the olive oil in a large nonstick skillet over medium heat and cook the fish, about 4 minutes on each side. Break the fish into bite-size pieces and season to taste with salt. Arrange the fish in the tortillas with some of the salsa and avocado slices.







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HIDDEN SUGAR

Most people have a sweet tooth or a favorite dessert they cannot resist. While these treats are obvious diet offenders and sugar gold mines, there are many other foods that contribute more than their share of sugar to the daily diet.



Most people have a sweet tooth or a favorite dessert theu cannot resist. While these treats are obvious diet offenders and sugar gold mines, there are many other foods that contribute more than their share of sugar to the daily diet.

Here's a look at four ways sugar can sneak into your diet without you noticing.

Drinks

Certain beverages are loaded with sugar, but many people do not consider these sources when analyzing their eating habits.

Coffee and other morning drinks are usually consumed with at least a couple of added teaspoons of sugar, and some people drink several cups per day. Sodas are also a guilty suspect because they can contain just as much sugar as a slice of pie.

For a healthier alternative, try switching to water sweetened with lemon juice.

Yoaurt

Yogurt is often thought of as a health food. While it does provide calcium and essential probiotics, flavored yogurt is also laden with sugar.

To get the health benefits without a high sugar content, try eating plain yogurt sweetened with fresh or frozen fruit instead.

Don't Assume

In an effort to refine your diet, you may switch to "healthier" treats such as oatmeal raisin cookies or chocolate energy bars. However, just because they may be labeled as health foods does not mean that their sugar content is at a healthy level.

Many times, these foods may contain just as much or even more sugar compared to other treats. Always be sure to check the label for sugar content.

Watch Out for the Alias

While you are checking labels, be on the lookout for a sugar alias. Sugar is manufactured during different points of the refining process, and the food industry is able to change sugar into many different forms as well.

Ingredients like sucanat, fructose, corn surup, molasses and dextrose are all forms of sugar that should be noted when examining nutrition labels and ingredients lists.

Sugar is a necessary component of the diet, but most people consume sugar in quantities that are exponentially higher than what is needed. With the rise of diabetes, people must make a concentrated effort to limit their daily sugar intake.

Recognizing these hidden sources of sugar can help you manage your diet more effectively.

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by Sherri Duskey Rinker,

Tom Lichtenheld (Illustrator)

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Best ToysTo Send Grandkids At Camp

Time's Up, R&R Games

Games are great for older campers or counselors with down time. Time's Up! is made for three or more players, and the more people playing, the better the game! Players have 30 seconds to guess names of celebrities and famous people from a random 'deck of fame' and each round gets trickier. In the third round, players can only use sounds and charades to show who they are.









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HANDLING STRANGER DANGER

By Susan Heckler

t's that time of year again; the sun is out and so are the kids. Youngsters have a bit more freedom to be out and about when the weather is mild. They are playing with friends, walking home from the bus or a neighbor and a myriad of great reasons to be a kid in central New Jersey.

Unfortunately, there are times when it is not all fun and games. We had a recent reminder of that on Sunday May 31st when a white male in his late 50's attempted to lure three boys between the ages of 10 and 13 into his car. The man approached the boys with an old trick, asking for help to find his missing cat. A similar incident happened the day before in Jackson with a man searching for his dog.

Our children are being brought up to respect their elders and to lend a helping hand when they can. It is only natural for them to react to help an adult find his beloved pet. As parents, we need to sit down and discuss the possibility that not all people who look like nice people are well intended. This is called the Stranger Danger conversation and, while uncomfortable, can save your child from untold harm.

According to the Manalapan police (where the incident occurred), the male is described as a white male, approximate age late 50s, with brown shoulder length hair with some graying. He also has a mustache and bags under his eyes. He was operating a 4 door silver sedan with unknown New Jersey license plates. This happened on Lambs Lane in Manalapan but, we all know, it can happen anywhere.

It is essential that your child understands that it is okay for them to tell you when something like this happens so you can alert the authorities. Ask them to pay careful attention to the person's features, car, license plates, height, clothing and any other details that may be helpful in apprehension.

It is okay to let kids be kids, but a wiser version of it is best.



The Art of Ignoring a Public Tantrum

The public tantrum: An unbridled ball of emotional anguish combined with screaming, rolling, pounding and whatever other displays of discontent your child prefers to use.

We have all experienced it. If not, we have witnessed it first-hand.

Public tantrums are hardest to deal with because there is no corner or room you can send them to cool down. There are also people watching, judging and commenting.

You may feel shame, embarrassment or the urge to have a meltdown vourself.

Before you do, remember that you are not alone. Those on-looking parents probably aren't judging you at all. They are probably empathetic toward your situation and just happy that it isn't happening to them.

So keep your emotions in check and follow these steps to temper the tantrum.

SIMPLY LEAVE

Sometimes the best option for controlling a full-blown public tantrum is simply heading back to your car.

When combined with a straightforward explanation of why you are leaving, this tactic can draw a line of what is acceptable and not acceptable in public. If followed through, your child can learn from the experience and may think twice before acting the same way next time.

COOL-DOWN SPOT

Even though you don't have access to your child's room or usual discipline spot, you can usually still find a quiet place to reason with your tantrum-thrower.

Seek out the restroom, dressing room or parking lot and let your child cool down. Explain the consequences of another tantrum and stick to it. **KEEP YOUR HEAD**

Remember, your child is still trying to learn the rules of life. He or she is likely testing the boundaries or crying out for extra attention and is just unsure of how to do so.

Keep your calm and just know that you are not the first parent to experience the public tantrum. Screaming at your child in public will only bring more attention to the situation.



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Raising Boys and Girls - The Differences

It is a subject that sparks great debate among parents. And while there usually isn't much variance during the baby stage, the differences really start to become noticeable at about 18 months. Here are some differences as reported on aboutourkids.org, a site developed by the Child Study Center within the NYU Langone Medical Center.

BOYS

Head

Risk Takers: The pleasure center of the brain actually lights up more for boys when they take risks.

Mouth

Late Talkers: Generally speaking, more boys than girls are late talkers and boys use more limited vocabularies.

Heart

Emotional: Young boys, like girls, tend to wear their emotions on their sleeves, never afraid to let their parents know how they feel.

Hands

Motor Skills: Boys like to use their fine motor skills to squeeze, throw and catch toys.

Legs

Up and Running: Boys tend to be ahead of the fairer sex in running, jumping and balancing.

GIRLS

Head

Thinkers: Girls are more apt to watch and study risky behavior than partake in it.

Mouth

Verbal Connection: Girls are better at reading signs like tone and expression, making them better communicators early on.

Heart

Emotional: Dramatic displays of emotion – both happy and sad – are a common occurrence from little girls.

Hands

Motor Skills: Girls tend to improve fine motor skills first, often showing an interest in painting, writing and coloring before boys.

Legs

Height: Girls grow taller faster during late elementary school, but boys generally catch up and exceed them within a few years.

The Voices of Barnegat Bay Comes to Monroe Schools

By Susan Heckler

he Woodland School in Monroe collaborated with The Tuckerton Seaport through a grant provided by The New Jersey Arts Council to have a Folk Art Festival which took place June 2-4th.

The festival was designed to introduce students to the history, occupations and traditions of Southern New Jersey. Students learned how traditions have changed over time from occupational or functional traditions to decorative traditions. The mastery of how academic disciplines impact on the successful implementation of the traditions was taught and the students experienced the creative process of making various representations of the folk art traditions.

The art classes have been studying American folk Art all school year to prepare for the festival. They made quilt squares, weather vanes and learned about American folk artists such as Grandma Moses and Jacob Lawrence. They learned about the Barnegat Bay environment in library through literature and books. Classroom teachers used folk art across the curriculum with science, social studies and math.

Each day of the three day festival was different for each grade level. Both the artists and the students had a great time sharing the day and the experiences in The Voices of Barnegat Bay. Thanks go to Jennifer Hyer (Visual Arts Teacher) and Joan Kofke (Media Specialist) at Woodland School in Monroe Township as well as the school board for understanding the importance of art education!





Attend a Summer Garden Festival

In between some shade trees with the breeze gently pushing you through rows upon rows of fresh vegetables, locally made crafts and one-of-a-kind food items. Is there a better way to spend a summer day?

Every year, millions of people take to the centers of their respective communities to celebrate all things garden. And considering the emerging popularity of movements focused on eating clean and consuming more organic products, local growers are finding their services in high demand.

Summer garden festivals provide enjoyable experiences for people of all ages, tastes and preferences for items such as flowers, bushes or trees. No matter what you're looking for at a summer garden festival, you're sure to find it.

Get Inspired

One of the best aspects of attending a summer garden festival is the accessibility of local experts. This is your chance to ask your lawn and garden questions to a true specialist in the field.

You will likely find professionals from local nurseries, garden centers and outdoor construction firms. Use this opportunity to pick their brains on projects you have in mind for your home, such as a new garden fence or outdoor kitchen area.

Get Products

Don't let the word "garden" fool you into thinking you'll only be able to find flowers or plants at your summer festival. Quite the opposite.

Vendors will be ready to sell all types of food, drinks, gardening tools, lawn accessories and decorative outdoor pieces, as well.

Many downtowns host sidewalk sales during their summer festivals. Here you can find local businesses selling their unique jewelry and housewares, all during a convenient stroll down your city streets.



Get Going

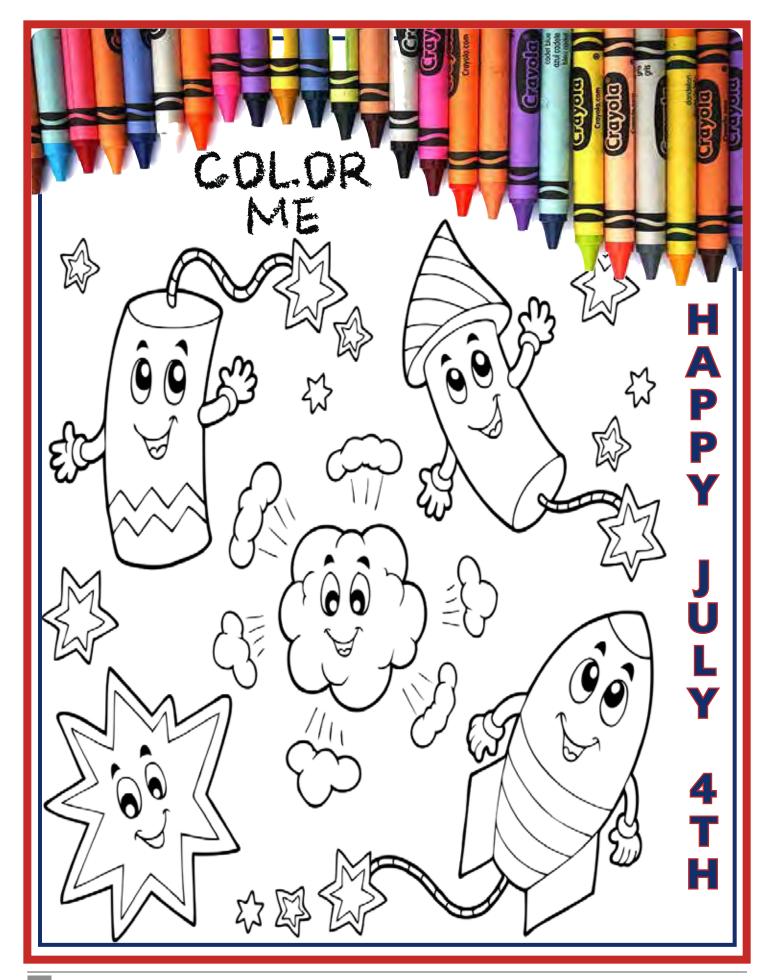
What are you waiting for? Touch base with your local tourism organization and check the upcoming events section of your local newspaper to find your town's next summer garden festival.

Don't forget to bring a cart or wagon for all of goodies you'll find.

A pickup truck will make it easy to haul the annuals, perennials, vegetables, herbs and spices you find from your favorite local businesses.









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The Swaddle

An effective trick for many parents, pulling off a good swaddle may take a little time. But the end result is often a happy, sleeping baby.

One reason swaddling works so effectively is that it recreates the coziness of the womb. A nice, comfortable swaddle can keep your baby warm and relaxed, resulting in a longer, deeper sleep.

As with most baby-related activities, always use extra precaution when swaddling your baby. Using too tight of a swaddle can increase the risk of overheating or respiratory infection, according to the Mayo Clinic.

It can also prevent babies from being able to move their hips or knees up and down. This can negatively impact joints and or cause hip dislocations.

How to Do It

The swaddle technique is an easy one to master. Follow these tips:

- Completely spread out a large, thin blanket and fold over one corner
- Place your baby face up with the head at the edge of the folded corner of the blanket
- Bring one corner over your baby and tuck it underneath the body
- Fold up the bottom point of the blanket loosely to leave room for your baby's feet and legs to move
- Bring the other corner over your baby and tuck it underneath the body
- Lay your baby on his or her back and watch the swaddle work to perfection

Medical Research

New research shows that swaddling may protect babies from sudden infant death syndrome (SIDS), which is linked to about 2,500 baby deaths every year.

A study conducted in Belgium recently claimed that swaddling can help infants sleep better on their back and can cause them to startle easier and more often.

Make sure to use a thin receiving blanket to keep your baby from overheating, and check on your infant regularly during naps or nighttime to ensure their safety.









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