

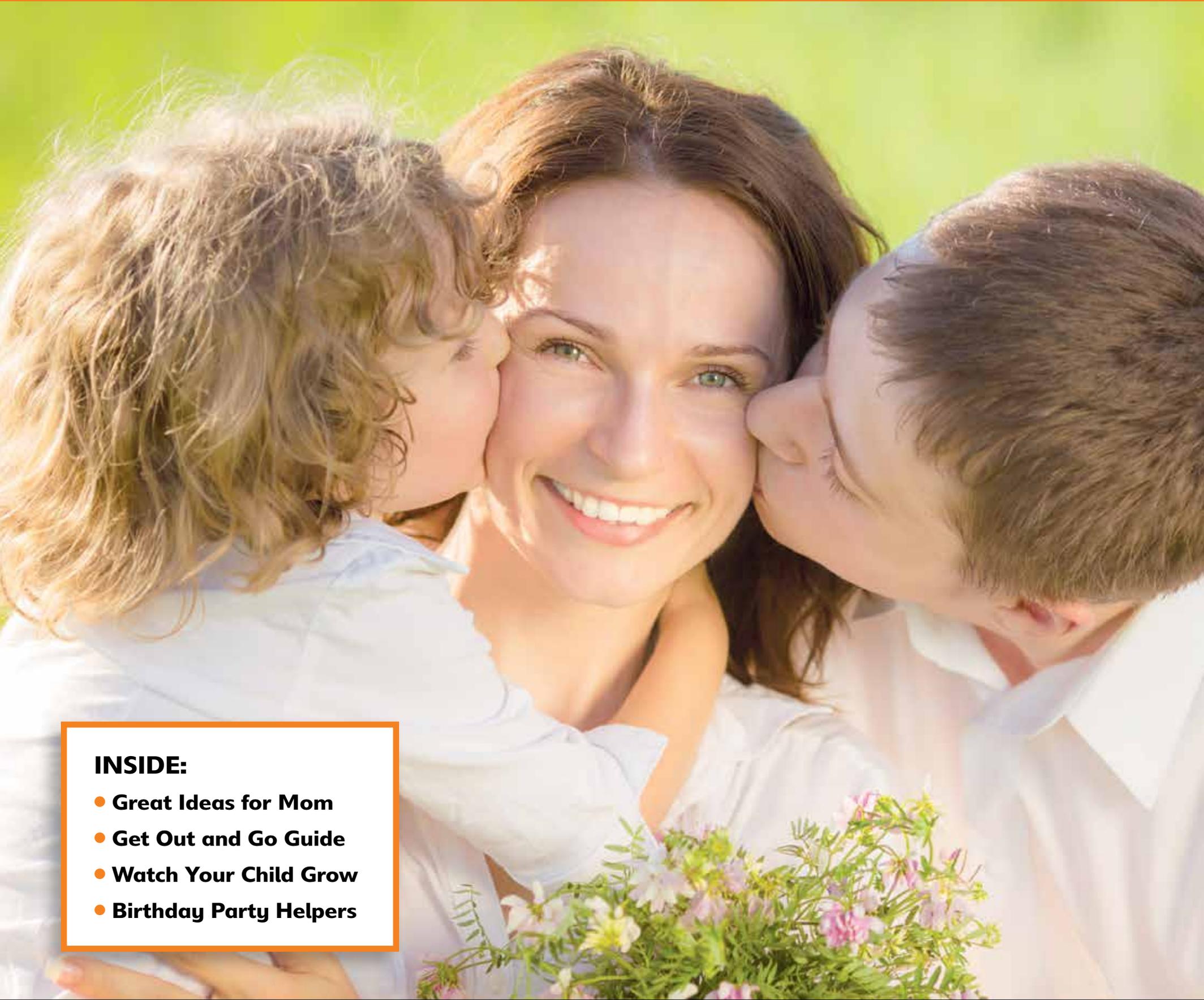
# THE FAMILY TIMES™

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News for Parents • Activities for Kids

MAY 2014



## INSIDE:

- Great Ideas for Mom
- Get Out and Go Guide
- Watch Your Child Grow
- Birthday Party Helpers

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# Watch Your Child Grow

## It's Time to Change How We View a Child's Growth

As they grow, children are always learning new things. These are just some of the things you should be looking for as your child grows. Because every child develops at his or her own pace, your child may reach these milestones slightly before or after other children the same age. Use this as a guide, and if you have any concerns, talk with your child's doctor or nurse.

### By the end of 7 months, many children are able to:

- Turn head when name is called
- Smile back at another person
- Respond to sound with sounds
- Enjoy social play (such as peek-a-boo)

### By the end of 1 year (12 months), many children are able to:

- Use simple gestures (waving "bye-bye")
- Make sounds such as "ma" and "ad"
- Respond when told "no"

### By the end of 1 1/2 years (18 months), many children are able to:

- Do simple pretend play ("talk" on a toy phone)



- Point to interesting objects
- Look at object when you point at it and tell them to "look!"
- Use several single words unprompted

### By the end of 2 years (24 months), many children are able to:

- Use 2- to 4-word phrases
- follow simple instructions
- Become more interested in other children
- Point to object or picture when named

### By the end of 3 years (36 months), many children are able to:

- Show affection for playmates
- Use 4- to 5-word sentences
- Imitate adults and playmates (run when other children run)
- Play make-believe with dolls, animals, and people ("feed" a teddy bear)

### By the end of 4 years (48 months), many children are able to:

- Use 5- to 6-word sentences
- Follow 3-step commands ("Get dressed. Comb your hair, and wash your face.")
- Cooperate with other children ■

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# Family Fun — Get Out and Go

## So Much to See at New Jersey's Museums

**W**alk through the doors of New Jersey's world-class museums, and find yourself transported into an arts and cultural mecca of learning and discovery. Explore our acclaimed special exhibitions and enriching programs for children and adults.

### Newark

**The Newark Museum** is New Jersey's largest museum, offering outstanding collections, programs and educational resources in its multi-building campus located in the heart of Newark's Downtown Arts District. In addition to the 80 galleries of art and science, a mini zoo, a planetarium, a cafe, gift shops and an auditorium, the Newark Museum also contains a sculpture garden, an actual schoolhouse dating to 1784 and the Ballantine House.

### Jersey City

Discover the joy and excitement of science and technology in an interactive environment at **Liberty Science Center**, located in Jersey City at Liberty State Park offers unique insights into science and technology for visitors of all ages.

The center features a distinctive building with hundreds of hands-on and theme-specific exhibits covering invention, health and the environment. Also has the nation's largest IMAX Dome Theater. Filling the viewers' peripheral vision, the screen makes the audience feel as if they are actually experiencing the places featured in the film.



### Trenton

**The New Jersey State Museum** is located in the state's capital, Trenton. This unique museum consists of four in one place, along with the largest Planetarium in the state that can project more than 6,000 stars.

The Archaeology & Ethnography collection encompasses over two million prehistoric and historic

specimens from nearly 100 years of excavation. Fine Art collection has over 12,000 works of art including paintings, prints, drawings, sculpture and photographs. Cultural History collection includes over 13,000 artifacts documenting New Jersey's cultural, economic, military, political, and social history, as well as aspects of its decorative arts. Natural History space is currently investigating several sites in the Rocky Mountain region to add to the collection.

### Atlantic City

While on the Boardwalk, visit the **Ripley's Believe It or Not! Museum**. See strange and unusual exhibits from Robert Ripley's travels. Ripley was a cartoonist, explorer, reporter, adventurer, illustrator and collector, a man who lived a life that can only be summed up by the statement he himself created "Believe It or Not."

### Far Hills

**The United States Golf Association Museum (USGA)**, located in Far Hills is home to the world's premier collection of golf artifacts and memorabilia including items from great players of the past to current stars like Annika Sorenstam and Tiger Woods. Check out the Pynes Putting Course, inspired by the world-renowned Himalayas putting course in St. Andrews, Scotland. Visitors have the opportunity to reserve a tee time and putt with replica antique clubs and balls.

### Montclair

**The Montclair Art Museum (MAM)** is known for its distinctive collection of American and Native American art, exhibitions, and educational programs that link art to contemporary life in a global context. The Museum's collection began with gifts from prominent Montclair residents and now has grown to over 12,000 works. MAM is celebrating its centennial throughout 2014.



*Continued on page 20*



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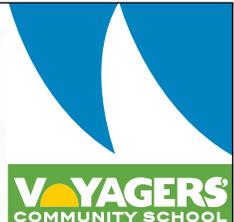
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A guide to everything you need to know for weekend fun!

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### Absecon Lighthouse

31 South Rhode Island Ave., Atlantic City  
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### Allaire Village, Allaire State Park

P.O. Box 220, Farmingdale  
(732) 938-2371

### Barnegat Lighthouse, Barnegat Lighthouse State Park

P.O. Box 167, Barnegat Light  
(609) 494-2016

### Batsto Village, Wharton State Forest

Batsto, RD. #9, Hammonton  
(609) 561-0024

### Boxwood Hall

1073 East Jersey Street, Elizabeth  
(908) 282-7617

### Cape May Lighthouse, Cape May Point State Park

Box 107, Cape May Point  
(609) 884-2159

### Central Railroad of New Jersey Terminal

Liberty State Park, Morris Pesin Drive, Jersey City  
(201) 915-3400

### Clarke House, Princeton Battlefield State Park

500 Mercer Road, Princeton  
(609) 921-0074

### Craig House, Monmouth Battlefield State Park

347 Freehold-Englishtown Road, Manalapan  
(732) 462-9616

### Delaware & Raritan Canal State Park

Blackwells Mills Canal House, Mule Tenders Barracks, Port Mercer Canal House, Prallsville Mills  
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### Double Trouble Village

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### Edison Memorial Tower and Museum

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### Fort Mott, Fort Mott State Park

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(856) 935-3218

### Grover Cleveland Birthplace

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### Hancock House

3 Front Street, Hancock's Bridge  
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### The Hermitage

335 North Franklin Turnpike, Ho-Ho-Kus  
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### High Point Monument, High Point State Park

1480 State Route 23, Sussex  
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### Indian King Tavern

233 Kings Highway, Haddonfield  
(856) 429-6792

### Johnson Ferry House

Washington Crossing State Park  
355 Washington Crossing-Pennington Road, Titusville  
(609) 737-2515

### Long Pond Ironworks Historic District

1304 Sloatsburg Rd., Ringwood  
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### Monmouth Battlefield State Park

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Continued on page 22



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# Spring's Newest Art Classes

By Marlene Bohnyak, Owner of Artisan Studio

**W**e always like to keep it fresh at Artisan, adding and changing things up a bit to keep our classes interesting and challenging for our students. The staff and I are committed to inspiring our students with new trends and subjects that we believe will be enjoyable for them. Spring is about renewal, a welcome change after a long winter. It's a great time for trying something new for kids that want to explore art, increase their skills, or just enjoy themselves at a non-stressful activity where they can meet new friends that share their interest.

There is often a misconception that kids need to be artistic, or "talented" to enjoy art. That really is untrue; the only "need" is to be open-minded and willing to try something new that may benefit them in many ways including academically. Art is so closely tied in to math, language and science; the staff and I always try to demonstrate the connections as often

as possible so that they may have a deeper understanding of those relationships and importance.

Our youngest students enjoy our Young Artisans and KinderArt and classes which introduce them to working in many different mediums such as markers, pastels, watercolors and acrylic. These projects are on the messy side which for some children are not encouraged at home for that exact reason. At Artisan, we love the mess as the children immerse themselves in their work, enjoying the paint and pastel smudged on their hands and faces, a sign of their enjoyment (clothes are protected by smocks which are always provided). For kids ages 6 & older we have many choices of mediums and subjects in Basic Drawing, Drawing /Painting Kids, Famous Artists, Multi Cultural Arts, Papier Mache and more. Middle and high school students can benefit from Fashion Design & Sewing, Teen Drawing & Painting, and our very talented and advanced teens participate in our Portfolio Prep class during their junior and senior years.

Please visit our website at [www.artisanstudio9.com](http://www.artisanstudio9.com) or call 732-294-0234 for further info. ■



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By Susan Heckler

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In addition to catering to your pet's needs, they also provide flexible hours to fit the owner's schedules. They are open seven days a week for emergencies and well visits, allowing busy pet owner's convenient times for appointments. They are a full service veterinary facility providing comprehensive medical and surgical services. The doctors use broad spectrum diagnostic procedures including in-house testing and external laboratories when necessary. Their facility has a full service pharmacy, and the team performs x-rays and surgeries on site. Their team of 3 veterinarians and 20 support staff, including 3 certified veterinary technicians, provides high quality medical and surgical care, as well as personal



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For more information about the team and services they offer, check out their website [www.twinriversanimalhospital.com](http://www.twinriversanimalhospital.com) or contact them at Twin Rivers Animal Hospital, Phone: 609-426-9625 located at 650 Route 33 East in East Windsor. ■

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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

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## Spring Skills – Interjections

Interjections are exclamation words that show expression. An interjection word is often followed by an exclamation point, but not always.

**Ouch! That really hurt!**

**Hey, that was mean!**

**Wow! What a great invention!**

Complete the sentences below by placing an interjection from the word bank in each blank. Brainstorm examples of interjections with a partner before beginning.

**Ouch   Congratulations   Ahchoo   Shhhhh   Ugh**

1. \_\_\_\_\_, the doogy sneezed!

2. \_\_\_\_\_, it's your birthday!

3. \_\_\_\_\_, we are in a movie!

4. \_\_\_\_\_, the bee stung me!

5. \_\_\_\_\_, more homework!

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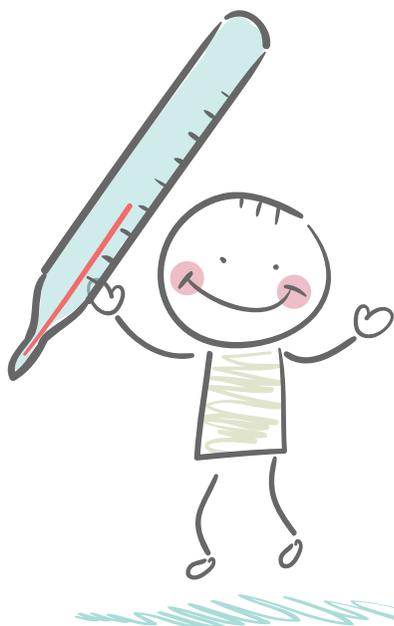
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## Homemade Thermometer Activity

**Try this homemade thermometer activity and show kids how easy it is to find out the temperature by using water – not mercury, the poisonous metal most thermometers are made with.**



**What You'll Need:** soft drink bottle      clear drinking straw      tape  
water-based food coloring      modeling clay      pen or pencil  
index card

**Step 1:** Fill a small soft drink bottle almost full of water (about four-fifths full). Color the water with food coloring.

**Step 2:** Put a clear drinking straw in the bottle so that the straw goes halfway down into the bottle. Use modeling clay to seal the top of the bottle and hold the straw in place.

**Step 3:** Tape an index card to the straw. You will use the card as a scale. Make a mark on the card to show where the water level is.

Now move your thermometer to a sunny place. Does the water rise? Mark the index card to show the new water level (You may want to mark it with a 'S' so you'll know which mark is which).

Check your thermometer at different times of the day to see how the temperature varies.

You can also compare it with the weather section of your local newspaper to see if your readings match the "official" temperature.

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# LEARNING ACTIVITY

## Fill in the Words

Use the list below to fill in the blanks in each sentence:

- |                  |               |
|------------------|---------------|
| <b>organisms</b> | <b>fur</b>    |
| <b>lungs</b>     | <b>wings</b>  |
| <b>fins</b>      | <b>plants</b> |
| <b>swim</b>      | <b>teeth</b>  |

Animals share certain characteristics that make them different from plants.

Animals can move; they can run, jump and \_\_\_\_\_. They eat both \_\_\_\_\_ and \_\_\_\_\_.

Animals have many of the same body parts that humans have such as \_\_\_\_\_ for biting and \_\_\_\_\_ for breathing.

Some animals have \_\_\_\_\_ to fly. Some animals have \_\_\_\_\_ and gills to move them through the water.

Some animals have \_\_\_\_\_ to keep them warm in the winter.

Answers:  
1. swim 2. plants 3. organisms 4. teeth  
5. lungs 6. wings 7. fins 8. fur

## Finger Paint with Your Child

Young children are rapidly developing and gaining new skills. Help to promote growing abilities such as increased fine motor development and sensory awareness through simple finger painting. This creative exploration encourages the toddler aged child to discover the tactile world of art. It can also be special time with your child.

Did you know that finger painting has many benefits for children?

- Increase fine motor skills.
- Practice self-regulation skills.
- Explore art materials and process.
- Explore the sense of touch.
- Gain self-awareness.
- Build color recognition skills.



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# VERB LESSON

## Past & Present Tense

A verb is a word which expresses action or being. To make the past tense form of most verbs (regular verbs) we simply add “ed” at the end.

Example: Present tense: **Mix** Past tense: **Mixed**

Directions: Write the word that best fits with each sentence below.

1. Matthew \_\_\_\_\_ to school today.  
(walk, walked)
2. The girls \_\_\_\_\_ outside all day.  
(play, played)
3. Everyone \_\_\_\_\_ the basement before the party.  
(clean, cleaned)
4. We all can \_\_\_\_\_ anyone we want to the park.  
(invite, invited)
5. Make sure you always \_\_\_\_\_ your teeth before you go to school.  
(brush, brushed)
6. Please do not \_\_\_\_\_ me with your water gun!  
(squirt, squirted)

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# Instagram – Is It Safe for Kids?

By Susan Heckler

Instagram is a photo sharing mobile app that's available on some smart phones. Users choose to upload a photo from their device's library or take a picture or up to 15 seconds of video and customize media with filters and other enhancement tools, similar to Photoshop.



The user can then immediately upload this photo to a number of social networks, including Facebook, Twitter, Flickr and Foursquare, depending on which ones they sync to their Instagram account. The photo will also be uploaded to the Instagram community where people can 'like' and comment on it for the entire world to possibly see. Instagram is a photo-sharing social network on its own. Users have a profile with the option to fill out personal information such as first and last name, username, birthday, gender, bio, email address and phone number. Popular photos from all over the world are shared under the "Popular" tab, and every user has the option to follow other Instagram users and vice versa.

It sounds like fun but there are a few issues parents need to be fully aware of. You want your child to have fun but as a parent, it is your obligation to protect their safety.

Parents, you need to monitor. Know your child's password and check their accounts to see both what they are posting and who is following them. Parents should also be on Instagram, become familiar with the site

and follow their kids, and also teach them to be aware and stay safe online. The same goes with similar apps, Ask.fm, Snapchat, Kik, Whisper, and Tinder.

The only information required to sign up for Instagram is an email address and desired username. A phone number is optional. The person viewing your child's photo is essentially anonymous, and anyone can download a photo unless your profile is private. Make sure to protect your child's privacy before entering a phone number and set your profile to private so anyone who wants to see your photos will need to be your friend. Bios are visible to all and can be where predators start looking for underage victims. Your child can easily accept anyone into their private network.

During the process of uploading a photo, the geo-location data of the photo you're uploading can easily be shared with your followers. Anyone can learn the location of your child. Fortunately, geotagging is off by default, but you need to make sure it stays off.

Instagram is not for children under the age of 13, and over that age is really up to the parent. You know your child and their maturity and responsibility level. There isn't even a 1999 year to choose when signing up, so Instagram has acknowledged this. There are a lot of inappropriate posts and inappropriate people on Instagram that you will not want your child exposed to. There are approximately 150 million monthly users internationally. Many of the younger age group uses the service to circumnavigate parental screening.

Instagram has a help center for parents on their website [www.instagram.com](http://www.instagram.com). They offer advice for the safety and security of your child. Assume no one else will look after your child's welfare and take your role as a parent seriously. It is part of loving your children. ■

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## FAMILY FUN

Continued from page 6

### Morristown

**The Morris Museum** is an award-winning, family-oriented institution offering programs in the arts, science and history. It is the only museum in New Jersey with a professional theatre that produces and presents professional productions. Museum includes the Georgian-style Frelinghuysen mansion designed by Stanford White.

### Princeton

**The Princeton University Art Museum** is one of the nation's leading art museums with collections of some 92,000 works of art ranging from ancient to contemporary, concentrating geographically on the Mediterranean regions, Western Europe, China, the United States and Latin America.

### New Brunswick

**The Zimmerli Art Museum** at Rutgers University in New Brunswick is one of the largest and most distinguished university-based museums in the country. The collection includes 60,000 objects ranging from ancient to contemporary art and featuring particularly rich holdings in the areas of French art of the nineteenth century, Russian and Soviet Nonconformist Art, and American and European works on paper, including prints, drawings, photographs, and rare books.

### Oceanville

**The Noyes Museum of Art** of Stockton College has four galleries in the Noyes Museum change seasonally to present the finest contemporary and historic artwork in a variety of media. The Museum boasts a serene lakeside setting adjacent to the Edwin B. Forsythe National Wildlife Refuge and is



located minutes from downtown Atlantic City. There is also the Noyes Museum Shop in Hammon-ton and Noyes Gallery at Seaview in Galloway.

### Little Falls

**The Yogi Berra Museum & Learning Center** at Montclair State University features exhibits on

Berra, the New York Yankees and the history of baseball. Berra anchored the New York Yankees' dynasty from the late 1940s to early '60s, becoming a 15-time All-Star, winner of 10 world championships (most in baseball history) and three-time Most Valuable Player along the way.

### Franklin

Ever wondered what it would be like to go into a mine? Take a visit to the **Franklin Mineral Museum** which has a two-level mine replica. There are over 4,000 mineral specimens on display, along with a fossil and Indian room. While you are visiting, search for minerals at the world famous Buck-wheat Mineral Dump.

### New Jersey Aviation Museums

New Jersey' aviation museums pay tribute to the incredible machines that gave us wings and the brave pilots who flew them in times of war and peace. From memorabilia dating back to the Wright Brothers era to modern jet fighter aircraft, the rich and noble history of the state's aviation past offer visitors a close up view of our aeronautical history. See more on the New Jersey Aviation Museums. ■

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## Have Fun with Food!

Children will have fun playing this tasting game.

Provide some snacks that may be new to your child.

Some suggestions include: kiwi, mango, pineapple, sugar cane, coconut, plantain, or starfruit, just to name a few. Encourage children to explore each food using their senses.

Show your child the fruit before you cut it. Ask him to use his eyes to describe what he sees. Smell the fruit. Now cut it open. Watch how the fruit changes when you reveal the different color inside the fruit. Talk with your child about how the fruit is similar and different from the way it looked before. Now, children will have fun tasting the fruit.

How does it taste? Sour, sweet, bitter? What fruit do they like best? This activity can also be done with different types of meat or cheese. Be creative and enjoy discovering new foods with your child.



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## KIDS FIRST!

*Continued from page 7*

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*Continued on page 27*

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# Mom on a Mission

By Susan Heckler

Every day we are barraged with the news of unfortunate events happening across the globe. Some of them we relate to, and some we don't.

Back in July 2012, Manalapan resident Robin Nowicki dropped her children off at a local movie theater for a day with their friends. Shortly after, she learned of the shooting in a movie theater in Aurora Colorado. This brought to mind the parallel that her children were in similar circumstances and a tragedy can happen anywhere at any time. Shortly afterwards, in December of 2012, the shooting in the school in Newtown, Connecticut pushed her to look for an outlet for change.

On December 15, 2012, Shannon Watts launched a Facebook page to vent her sadness and anger over what happened at Sandy Hook Elementary School. She started Moms Demand Action for Gun Sense in America, a grassroots Mom-grown movement for gun reform. 140,000 members in 40 states and growing, these are women on a mission to get our government to implement background checks for all firearms purchases, ban certain firearms that are termed assault weapons, ban ammunition magazines that hold more than 10 rounds and initiate a system to track the sale of large quantities of ammunition. Monmouth County has roughly 50 members to date.

Robin said that New Jersey has a very effective system for background checks in place, but they are asking for every state to do the same. 75% of New Jersey gun violence were guns here illegally and not registered. Our state ranks #1 for trafficking illegal guns. Background checks here mean those who may not pass the check will go to other states to purchase their guns and bring them here. They will not be registered. If we have a national law, that hole in the system will be filled.

These ladies are not against gun ownership and many of their members are gun owners themselves. They respect the second amendment but also know that 40% of all guns sold are in states where there is no background check done. Legal gun owners in New Jersey would not be impacted if Congress passed a National standard of Universal Background Checks. A person with a criminal record or mental health issues should not own a gun as they would not pass the check.

*Continued on page 32*



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# First-time Parent? There Are Apps for That.

We've gathered our 4 favorite apps for new parents to help them with their little bundle of joy.



1. **My Baby Today** (iPhone and Android, free) includes helpful checklists, suggested activities for baby each week, care and feeding advice, answers to "Is this normal?" questions and a photo album, too.

2. **Baby Milestones 1st Year** (iPhone/iPad, \$1.99) provides physical, intellectual, social and sleep pattern guides for babies through the first year. **Your Baby's Milestones** (Android, \$1.60) offers developmental data on growing children until 5, along with the ability to add notes and photos.

3. **White Noise by TMSOFT** (iPhone/iPad and Android, \$1.99). This app comes with 40 different background noises to choose from, including the tested vacuum and washing machine—you won't even have to do housework to get the sleep results you're hoping for!

4. **Baby Rattle Toy** (Android, free) comes with six different rattle styles and sounds. **Baby Rattle Toy** (iPhone, \$1.99) also offers various sounds, colorful graphics and vibrations. ■

## KIDS FIRST!

Continued from page 22

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### New Jersey Theatre Group Millstone Performing Arts Center

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### PNC Bank Arts Center

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and Main Sts, Asbury Park  
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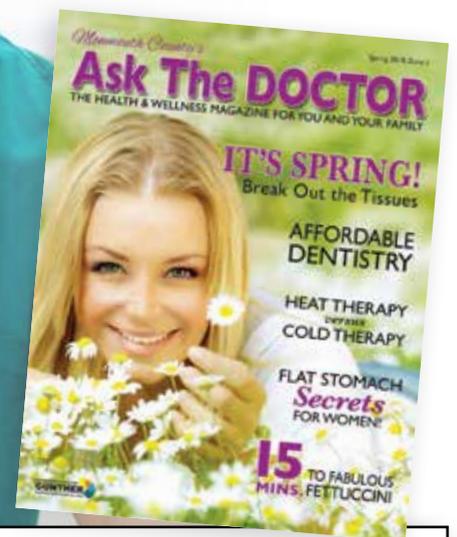
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## FREE Family Fun Day at Walk4Friends

On Sunday, May 18th, 1,500 hundred men, women and children will take a walk for friendship in support of children with special needs.

The 6th annual Walk4Friends, hosted by the Friendship Circle, a Manalapan based organization that advocates on behalf of children with special needs, will kick off at 1pm at Vonage Corporate Center, 23 Main Street in Holmdel. The goal of the walk is to promote greater awareness and understanding of the unique gifts and needs of people with special needs, as well as raise funds for the Friendship Circle's many social and educational programs.

After the walk, participants are invited to celebrate their accomplishment with a fun filled fair, complete endless jumping entertainment on inflatable bounces, an assortment of rides, and an open air booth market. The excitement continues with a high-energy performance by the Cirque-Tacular acrobats and their dazzling array of mind-blowing aerial tricks. Participants can refuel with a wide array of delicious food.

"Not only does the event create awareness of autism, Walk4Friends helps develop a strong sense of community, while showing support for special children and their families," said the organization's director Chanale Wolosow.

For the families involved in the Friendship Circle, Walk4Friends is a celebration of the work the organization does year round. "When someone you love has autism, all you want for them is to be accepted, to be happy," said Vickie Eisen, whose son, Jake, has autism, "the Friendship Circle has done just that."

For information about the walk, visit [www.walk4friends.com](http://www.walk4friends.com). To learn more about The Friendship Circle, visit [www.friendsnj.com](http://www.friendsnj.com). ■

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# JUST JOKING

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Laughing together is a way of connecting with your children too!*

What do you get when you cross a skunk with a bear?

**WINNIE THE PEW**

Why wouldn't the oyster give anyone his pearl?

**HE WAS SHELLFISH**

What do you call an alligator who goes undercover?

**A INVESTIGATOR**

Why couldn't the butterfly go to the dance?

**BECAUSE IT WAS A MOTHBALL**

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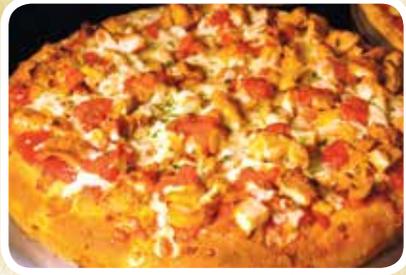
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## Mom on a Mission

Continued from page 25

In the United States, 100 people are shot each day, 33 of them die, 8 of them are kids. In the last 15 months since Newtown, there have been 43 school shootings. Many of these guns were owned illegally. Had a universal background check been in place, how many lives may have been saved?

In December 2013, Mayors Against Illegal Guns and Moms Demand Action for Gun Sense in America announced their merger into a nationwide

movement of Americans working together to end gun violence. Now more than 1,000 mayors and more than 1.5 million Americans from big cities, small towns, and all different walks of life are working together.

What can you do? Call or email your representatives in Congress and demand that they support common-sense measures like background checks to curb gun violence. Spread the word and lend your support. ■

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# 4-H Animal Science Clubs Offer Children a Chance to Reconnect with the Past

Over one hundred years after its inception, many people still think of 4-H as a program for young people growing up in rural areas. While it is true that 4-H had its roots in agriculture, today's 4-H Youth Development Program can be found on farms, in the suburbs and even in the inner cities, offering learning opportunities for the varied interests of today's young people.

The majority of children living in New Jersey today are growing up in the suburbs, but 4-H still offers a special opportunity to connect with the state's agricultural heritage through the animal science program. Youth can learn about all aspects of raising animals: how to care for, feed, breed and select animals for show, market or pleasure. And, thanks to area livestock owners who participate in the program, children don't need to own an animal themselves. Owners allow 4-Hers to adopt their animals to use as a 4-H project. Through the 4-H animal science program, children have the opportunity to learn about horses, dairy and beef cattle, sheep and other farm animals to which they otherwise might not have access.

The goal of the animal science program is the same as that for all 4-H programs: to teach children important life skills through hands-on learning. While learning about their animal of choice, children in the animal science clubs gain a sense of responsibility, learn how to keep accurate records, gain self-confidence, discover potential careers, learn to present themselves in public and at the same time have a lot of fun. They may also participate in special countywide, state and national 4-H programs.

Monmouth County 4-H members who recently tested their knowledge at state level competitions recently include; Jordan Paoello, Jacqueline

Tanzi, and Ralee Wall at The N.J. 4-H Model Horse Show. Horse science team members Daisy Brown, Angela Eastmond, Caitlin Lanigan, Taylor Toriscompeted at the NJ Horse Quiz Bowl; Rebecca Carmeli-Peslak and Kayla O'Donnell at the NJ 4-H Avian Quiz Bowl; Rebecca Carmeli-Peslak, at this year's Livestock Goat Extravaganza and Anna Guinee and Shaena Harasty who placed third



as a team at The NJ 4-H Dog Bowl. These events are becoming more popular as farmland continues to decrease in New Jersey. But, regardless of what kind of 4-H club a child belongs to, the theme is the same: to make learning fun.

If you would like more information about the 4-H animal science program or other 4-H clubs in your area, please contact the Monmouth County 4-H office at (732) 431-7260 or e-mail Claudia Lammers, the 4-H department secretary at: [Claudia.Lammers@co.monmouth.nj.us](mailto:Claudia.Lammers@co.monmouth.nj.us).

The 4-H Youth Development Program is part of Rutgers Cooperative Extension. Now celebrating its 100th year, 4-H offers educational programs to all youth, grades K-13, on an age appropriate basis, without regard to race, religion, color, national origin, gender, sexual orientation or disability. For additional information, contact their website at [www.nj4h.rutgers.edu/](http://www.nj4h.rutgers.edu/). ■

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# New Jersey Baseball

## A Lesson in Our History

**F**rom Alexander Cartwright to Derek Jeter, some of baseball's most important figures have ties to the Garden State.

Alexander Cartwright is the father of baseball. In 1845, he developed the basic rules of the game as we now know it. On September 23, he organized the Knickerbocker Base Ball Club of New York. The members of the club traveled to Hoboken to practice the game under his new rules at Elysian Fields.

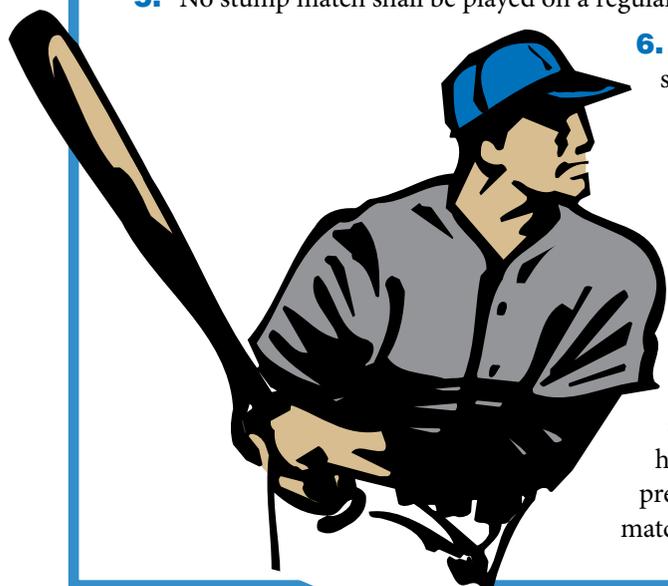
On October 6, 14 members of the Knickerbocker Club took part in the first baseball game. The two sides battled for three innings with Cartwright's team losing 11-8. Between October 6 and November 18, the club played at least 14 more intrasquad games in Hoboken.

With some practice behind them, the Knickerbockers were ready for their first game against a rival team. On June 19, 1846, at the Elysian Fields, baseball was born.

The New York Nine annihilated the Knickerbockers 23-1 in four innings. However, things were not as bad for the Knickerbockers as they appeared. Most of the New York Nine's players were originally Knickerbockers who did not like to travel to Hoboken for practice. ■

On September 13, 1845, Alexander J. Cartwright presented the first 20 rules of baseball. His list includes many rules that are still followed today. The rules created the baseball diamond, placed the batter at home plate, and created the strikeout, force out, and fly out. Three outs made up a half-inning. The ground-rule double and foul territory were also established. A player could no longer get a runner out by throwing the ball and hitting him. Below is a complete list of Cartwright's rules, a number of which were simply club policies.

1. Members must strictly observe the time agreed upon for exercise and be punctual in their attendance.
2. When assembled for practice, The President, or Vice President in his absence, shall appoint an umpire, who shall keep the game in a book provided for that purpose, and note all violations of the By-Laws and Rules during the time of exercise.
3. The presiding officer shall designate two members as captains, who shall retire and make the match to be played, observing at the same time the players put opposite each other should be as nearly equal as possible; the choice of the two sides to be then tossed for, and the first in hand to be decided in a like manner.
4. The bases shall be from "home" to second base, 42 paces; from first base to third base, 42 paces, equidistant.
5. No stump match shall be played on a regular day of exercise.
6. If there should not be a sufficient number of members of the club present at the time agreed upon to commence exercise, gentlemen not members may be chosen in to make up the match, which shall not be broken up to may afterwards appear; but in all cases, members shall have the preference, when present at the making of the match.
7. If members appear after the game is commenced they may be chosen in if mutually agreed upon.
8. The game to consist of 21 counts, or aces; but at the conclusion of an equal number of hands must be played.
9. The ball must be pitched, and not thrown, for the bat.
10. A ball knocked out of the field, or outside the range of first or third base, is foul.
11. Three balls being struck at and missed and the last one caught is a hand out; if not caught is considered fair, and a striker is bound to run.
12. A ball being struck or tipped and caught either flying or on the first bound is a hand out.
13. A player running the base shall be out, if the ball is in the hands of an adversary on the base, or the runner is touched with it before he makes his base; it being understood, however, that in no instance is a ball to be thrown at him.
14. A player running who shall prevent an adversary from catching or getting the ball before making his base is a hand out.
15. Three hands out, all out.
16. Players must take their strike in a regular turn.
17. All disputes and differences relative to the game, to be determined by the Umpire, from which there is no appeal.
18. No ace or base can be made on a foul strike.
19. A runner cannot be put out in making one base, when a balk is made by the pitcher.
20. But one base allowed when a ball bounds out of the field when struck.



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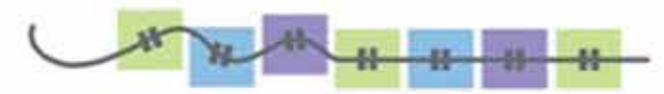


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