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## To Be...Or Not to Bee? Your BUMBLE Bee Questions...

Why do honeybees dance? How do bees carry pollen? Explore the world of honeybees with these hands-on activities.



### 1. Are worker bees male or female?

Worker bees are female. They build the beehive and perform all the jobs necessary for the survival of the hive.

### 2. Do bees smell and taste?

A bee smells, tastes, and feels with its two antennae. It also senses things with the hairs on its body and legs.

### 3. What does it mean that bees dance?

When a bee discovers a field of nectar-producing flowers, it communicates its find by dancing on the hive. A circle dance means that the flowers are nearby. A waggle dance, in which the bee wags its abdomen, indicates the flowers are far away.

To further direct the colony, the dancing bee waggles in a straight line, to the left, or to the right.

### 4. Why are bees called worker bees?

Bees live in a colony or a community just like humans. All the worker bees perform specialized jobs to make their colony survive.

### 5. How many eyes do bees have?

A bee has five eyes: two large compound eyes on each side of its head and three smaller eyes on top of its head.

### 6. Do all bees sting?

One Bee, One Sting...A bee uses its stinger to defend itself. Only worker bees sting people and animals. After a bee stings, the stinger tears away from its body, creating an injury that causes the bee to die.

## WHAT'S INSIDE:

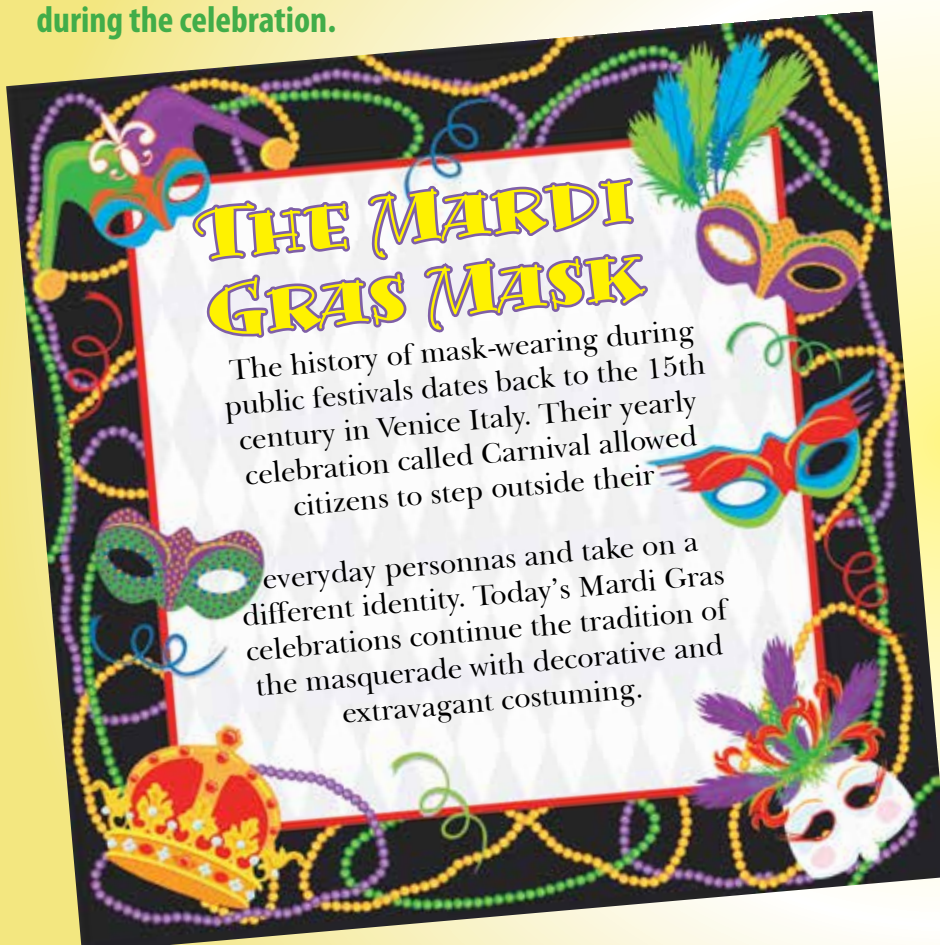
- **MAKE YOUR OWN MARDI GRAS MASK**
- **ALL ABOUT TRANSPORTATION WORD FIND**

- **WRITE YOUR OWN TRADITIONAL DANCE STORY**
- **ALL ABOUT NOUNS**
- **COLD, ICE & SNOW SAFETY**

EDUCATIONAL  
LEARNING ACTIVITIES  
FOR MONMOUTH  
COUNTY KIDS



Mardi Gras is this month and masks play a very important part during the celebration.



## MARDI GRAS MAKE YOUR OWN MASK CRAFT FOR A TRUE MARDI GRAS CELEBRATION

- Heavy poster paper about 22" x 28" per child
- Pencils
- Scissors (and help for the little ones)
- A paper stapler
- Crayons
- Paint
- Paintbrushes & containers for water
- Magic markers, feathers and other found objects
- Glue
- String or elastic



### Directions:

1. Draw an oval shape on the large piece of paper. The larger the better... masks can cover more than just the face. Cut the oval shape out of the paper.
2. At both the top and bottom of the oval, make a 1" cut. (You will later take these cuts, fold the paper across itself and staple so the mask has some dimension).
3. Draw and cut out where the eye holes and mouth and nose holes (if any) are going to be.
4. Decorate the mask by using bright crayon colors or bright paint colors.
5. Even more details can be added with magic markers and crayons.
6. Now, where you made your cuts, fold the paper and staple in place. This will give your mask more dimension.
7. Glue found object decorations on the mask. Anything from feathers and string to beads and tissue paper.
8. Staple string onto the mask so it can be tied around the head.



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## We Now Do Braces and Invisalign



### Meet the Doctor Dr. Neil

Dr. Neil was born and raised in Livingston, NJ. He is ecstatic to have the chance to give back to the community and surrounding areas that gave him so many great memories growing up.

According to Dr. Neil, "Creating beautiful smiles that give patients lasting confidence is a great part of my job. The BEST part of my job, however, is being able to spend time with our patients. Our patients teach us new things every day. Patients are always happy when the braces are off, but I have a hard time saying goodbye!"

Upon graduating from Livingston High School, Dr. Neil attended Cornell University in Ithaca, NY, where he earned a B.A. in neurobiology. He worked as an EMT (Emergency Medical Technician) in his free time, and rode in an ambulance to help people in emergencies. After a long debate whether to go to medical or dental school, Dr. Neil decided that his skills and personality would best shine as an orthodontist, where he could develop lasting and meaningful relationships with his patients, watch many of them mature, and be a positive influence in their lives. His studies took him to Philadelphia, where he graduated at the top of his class from the University of Pennsylvania School of Dental Medicine. He completed his formal professional training at the Temple University Kornberg School of Dentistry, where he earned both his Certificate in Orthodontics and an M.S. in Oral Biology. Here, he published his masters thesis showing the three-dimensional facial changes in his patients before and after braces.

When not in the office, Dr. Neil enjoys the outdoors, running, cooking, and playing tennis. In fact, during his time off from school, Dr. Neil was a tennis coach, and has taught and trained tennis players of all skill levels. He ran two marathons and is currently trying to train for a triathlon. He is a big New York Mets and New York Jets fan, and is a real sucker for a homemade chocolate chip cookie!



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# All About Transportation

Transport or transportation is the movement of people, animals and goods from one location to another. Modes of transport include air, rail, road, water, cable, pipeline and space.

## Terrific Transportation Word Find

K	E	K	O	Q	E	U	T	B	A	F	B	G	E	S
T	A	O	B	F	Q	Q	I	I	W	M	D	L	D	U
F	I	R	E	U	R	U	R	K	S	P	C	V	T	B
H	E	L	I	C	O	P	T	E	R	Y	K	L	R	M
T	A	A	E	V	L	C	J	J	C	N	C	L	O	A
Q	E	P	M	A	Z	Y	V	R	B	N	U	F	H	R
T	S	K	N	B	T	P	O	S	I	N	R	D	W	I
I	T	E	C	A	U	T	L	A	A	B	T	U	T	N
Q	D	T	N	O	O	L	R	V	N	H	G	H	I	E
W	X	K	P	M	R	T	A	E	C	I	L	O	P	W
R	G	C	G	S	T	V	P	N	A	Y	B	P	I	G
L	A	Q	V	I	W	T	O	T	C	Y	S	T	F	G
C	Y	C	Z	B	I	R	Z	U	A	E	U	F	W	Z
H	J	P	H	B	K	Y	I	C	F	X	B	X	O	E
Q	S	X	D	I	J	W	L	S	K	P	I	I	K	U



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AMBULANCE	CAR	POLICE	TAXI
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# Nouns At School

**A noun names a person, a place, or a thing.**  
Complete each sentence with a noun or nouns from the word box.

lunchroom	desk	teacher
bus	backpack	

1. I sit quietly at my \_\_\_\_\_ while attendance is taken. 2. My \_\_\_\_\_ always checks my homework. 3. We go to the \_\_\_\_\_ everyday. 4. It is my responsibility to bring my \_\_\_\_\_ home at the end of the day. 5. I make sure I am wearing my seatbelt on the \_\_\_\_\_ to school.



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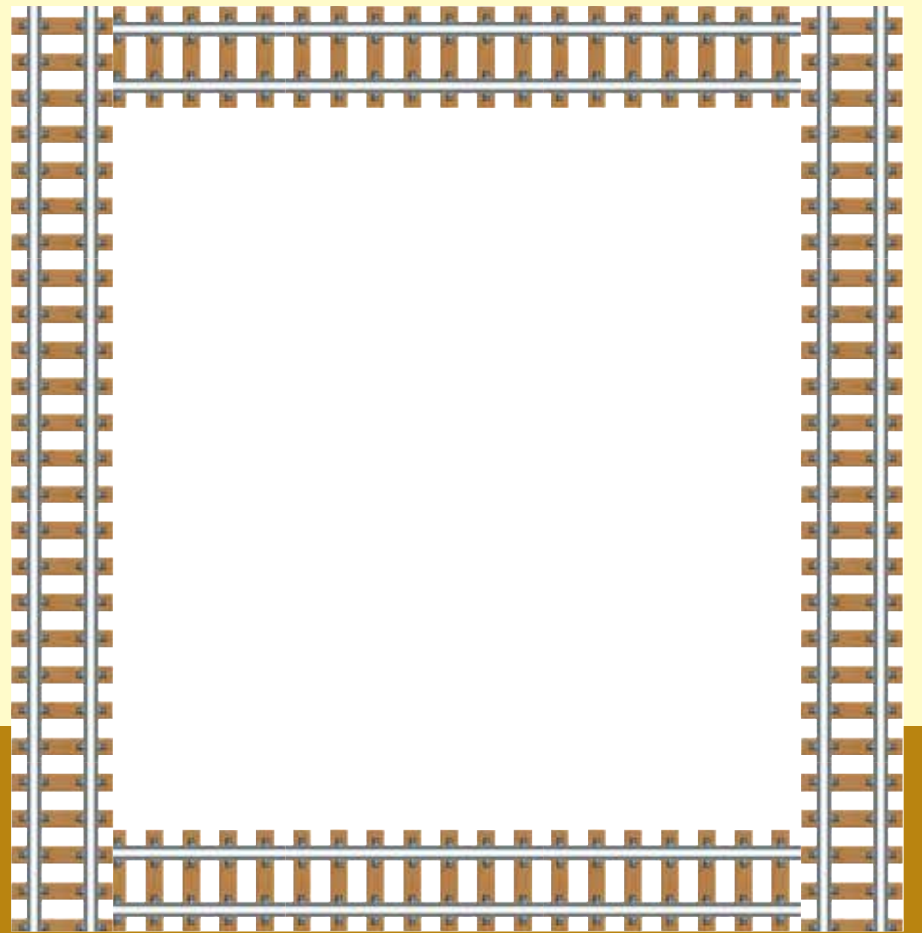
- Uterine fibroids
- Endometriosis
- Tubal problems
- Ovarian cysts

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Each of the trains looks different, just as all children look different from one another. Have your child draw a picture of his/ her favorite train.

Ask them to describe what makes their train different from the other trains (color, shape, etc.). Next, talk about ways in which we are similar and ways in which we are different. Provide a mirror to look into. Talk about your child's hair color, eye color, freckles, dimples, and eyebrows; all of the features that make her/him special. Encourage them to draw a self portrait.



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## WRITING LESSON: Poems For Pets

### Poem Form: ACROSTIC:

In Acrostic poems, the first letters of each line are aligned vertically to form a word. The word often is the subject of the poem. Write a poem about your pet by using this outline below.

A \_\_\_\_\_  
N \_\_\_\_\_  
I \_\_\_\_\_  
M \_\_\_\_\_  
A \_\_\_\_\_  
L \_\_\_\_\_



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# Your Neighborhood

Your neighborhood has many people who are there to help you. Draw a picture of the many buildings you see around your town that are there to help the people in your community. These buildings can be a hospital, school, bank and a fire station!



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*Shore Ballet School*



## Story Starter:

Dance is something we all have in common: every culture has their own dance traditions that date back thousands and thousands of years. Write your very own short story below about a family tradition where you can remember dancing.

This is a worksheet for the letter 'e'. On the left side, there is a large, stylized orange letter 'e' with a small green dot below it. On the right side, there is a cartoon illustration of a young girl with dark hair in a bun, wearing a pink dress with a white collar and a pink flower in her hair. She is holding the hem of her dress. The background of the worksheet is white with ten horizontal purple lines for writing practice.

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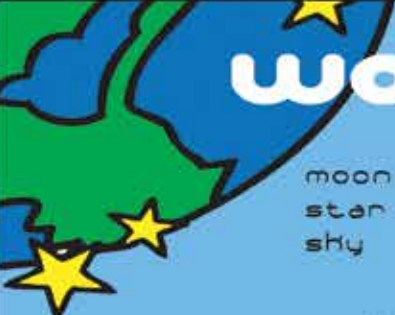

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# words in space

Write the words in ABC order

moon	walk	oxygen	astronaut
star	rocket	earth	space
sky	fly	launch	gravity

Below the words are columns of letters for a word search puzzle. The letters are: moon (m, o, o, n), star (s, t, a, r), sky (s, k, y), walk (w, a, l, k), rocket (r, o, c, k, e, t), fly (f, l, y), oxygen (o, x, y, g, e, n), earth (e, a, r, t, h), launch (l, a, u, n, c, h), astronaut (a, s, t, r, o, n, a, u, t), space (s, p, a, c, e), gravity (g, r, a, v, i, t, y).

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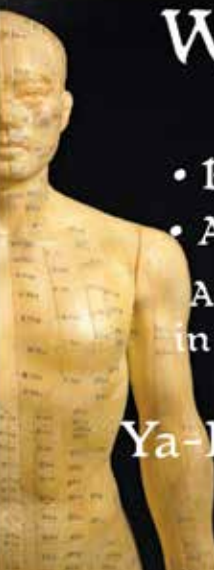

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# Getting Your Child to Listen to You is Easier Than it Sounds If Kids Can Hear Promises, They Can Certainly Hear Requests

By: Jim Fay

You can train your child to hear you the first time you say something. Or, you can train them to ignore you. Raising a child who listens to adults is a source of joy. Raising one who doesn't, is a constant source of frustration and torment.

Our actions either train kids to listen or not to listen. Consider this situation I witnessed in an airport recently. Joshua, a five-year-old, was running out into the concourse:

"Joshua. You stop that running!" called his mother. She did not follow through, so Joshua continued dashing in and out of a crowd of irritated travelers.

"Joshua. You get over here!" Once more, she barked an order, but did nothing to enforce it. "Joshua! Get off of that!" Another order was shouted by mom and ignored by Joshua. Suddenly, Joshua was right at my feet staring up at me. Mother ordered again, "Joshua. You get away from that man. You come over here. Quit bothering people." I looked down at Joshua and asked, "Joshua, what's your mom going to do if you don't do what she says?" He knew the answer immediately, "Nothing." Of course he was right. His mother had trained him to know that she would bark orders, but never enforce them. Why should he listen if he could do as he pleased - without adult interference - by not listening? In fact, Joshua never even had to walk back to his mother in the airport. She came over to him, held his hand, and apologized to me with, "I'm so sorry. You know how five year olds are. They won't listen to a thing you say." It took a lot to keep me from saying, "I've known a lot of five year olds who listen to their parents. But their parents mean what they say."

Training kids to listen is not brain surgery. It's not complicated. Joshua's mom could retrain him to listen by first retraining herself to do the following:

1. Make a commitment she will never repeat herself.

Kids unconsciously learn how many times each parent will repeat a request before taking action. She can give Joshua the gift of knowing she will only say something once.

2. Be prepared to act.

She needs to be dedicated to making her child's life somewhat uncomfortable each time he fails to listen the first time she says something. This means as soon as he disobeys she goes to him, takes him back to his seat, and makes him stay with her saying, "How sad not to listen. Now you can stay with me."

3. She should never accept, "But I didn't hear you," as an excuse.

When confronted with this excuse, she should respond with, "How sad not to be listening. Maybe your ears will get better." It is important she says this without sarcasm and follows through with the consequences of not listening.

4. Be prepared for Joshua to have a fit about not getting his way.

Even though this will be uncomfortable, other adults around her will secretly applaud her courage and willingness to put forth the efforts to raise a well-behaved child.

5. Get ready to enjoy a more responsible and happier child.

I have worked with kids and families for 47 years. During that time I have never met a child who failed to hear a parent's promise. They always hear promises the first time. I've also learned their ears work the same way for requests when parents learn and follow the four steps I've outlined.

Training and expecting kids to listen is one of a parent's greatest gifts. It's the Love and Logic way.



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Directions: Match the word root to the correct definition. Write the letter choice on the line.

- |                 |                    |
|-----------------|--------------------|
| ___ 1. Micro    | A. Study of        |
| ___ 2. Meter    | B. Every           |
| ___ 3. Ologist  | C. Disease         |
| ___ 4. Pan      | D. One who studies |
| ___ 5. Path     | E. Measure of      |
| ___ 6. Ology    | F. One             |
| ___ 7. Mon/Mono | G. Small           |

Answers: 1. Small 2. Measure of 3. One who studies 4. Every 5. One 6. Study of 7. Disease

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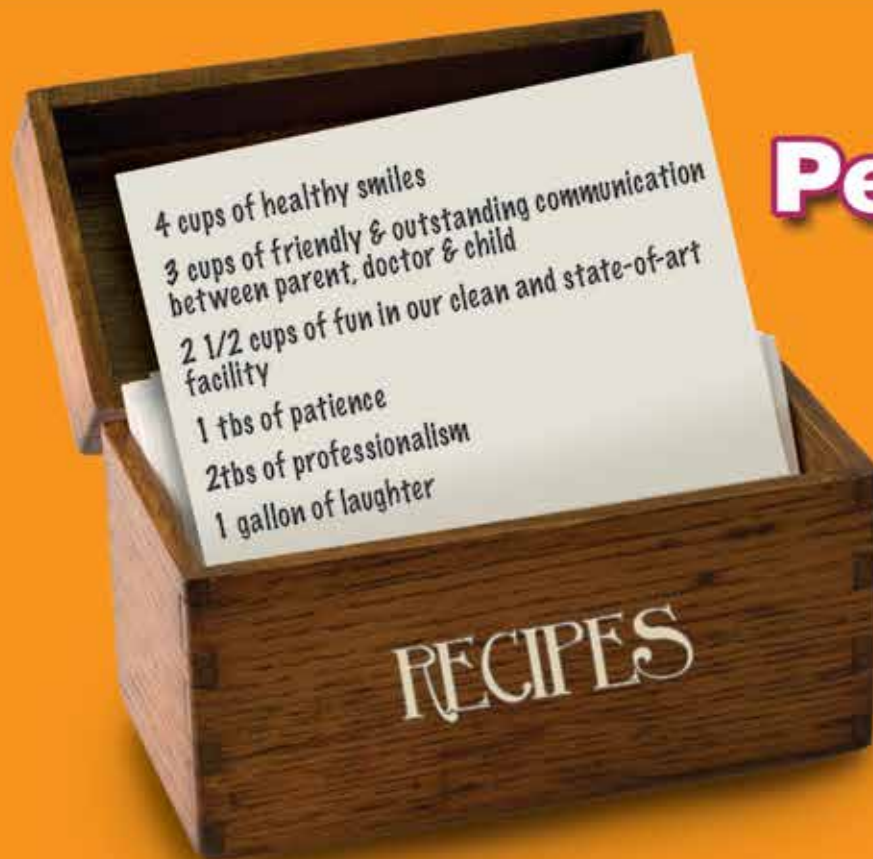
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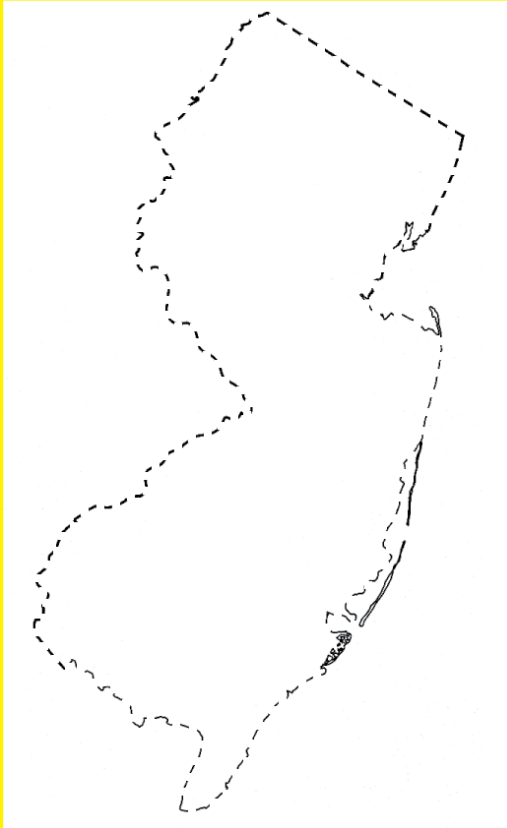
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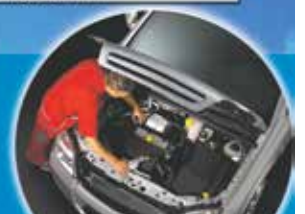
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## Artisan Studio: Celebrating Its 10th Year

On February 1, 2004 Artisan Studio opened its doors to students of all ages interested in exploring the visual arts. It was a thrill for owner Marlene Bohnyak, an artist who was moving her home based small business to an expanded public location in the newly renovated and historic Hobart House on Route 79 in the heart of Marlboro Village. "I remember when my family first moved here in 1985; there was an art school right here on this corner, on the other side of the firehouse. The classes were taught by the amazing Jack Lach, our middle school Creative Arts teacher, who is still teaching there, sharing his incredible knowledge and passion for art. I had always hoped that my kids (then aged 2 and 4) would attend his classes when they were old enough. Unfortunately by that time, the building had been vacated and later demolished, a great loss to Marlboro. Little did I know that I would be so fortunate to bring art back to that exact corner of town!"

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

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

To offer opportunities to explore the many venues of art and it's creative influences.

To continue to build and maintain relationships with families as our

students interests and needs change.

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

This 10th year continues to offer new classes such as 'Cool Jools,' a mixed media jewelry making class for 'tweens;' Cover 2 Cover, a bookmaking class for ages 8-12; and Art Journals, another creative choice for kids ages 8-12, who love to write and illustrate their ideas. Beyond Scrapbook is an amazing paper craft class for adults who want to be more creative in the 3 dimensional paper medium.

Artisan Studio offers classes in Anime & Manga, Cartooning, Clay & Mache, Drawing, Fashion Design & Sewing, Famous Artists, Fashion Design & Illustration, Multicultural Arts, Origami, Painting, Papier Mache and Portfolio Prep for college bound students.

Artisan is so inspiring: artworks of students and staff are on display on walls and shelves, even hanging from the ceiling! They offer classes for all ages: toddlers to senior citizens. They also offer art camps for spring and winter breaks as well as their 9-week Summer Art Camp program for kids ages 4-14. They have parties for birthdays, earning scouts badges and 'ladies nites' too. Sunday Art Workshops are held on the last Sunday of each month from October to March. Visit their website @ [artisanstudio9.com](http://artisanstudio9.com) or give them a call at 732-294-0234.

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# Cold, Ice And Snow Safety

Winter isn't a time to just stay indoors and wait for spring. There's a whole wonderland of sports out there for the entire family — sledding, snowboarding, and skiing to mention a few. Plus, someone has to shovel the snow, right?

It's easy to keep safe — and stay fit — during the cold months. By following a few tips, you can have a great time, no matter how much white stuff piles up outside.

## Cold-Weather Hazards

Certain injuries are more common in the winter because cold-weather activities like ice-skating, sledding, snowboarding, and skiing can lead to accidents that often involve kids.

Now that snowboarding is drawing more kids out in the cold weather, ERs are seeing more abdominal, head, and neck injuries in those who run into trees or large rocks while snowboarding.

And some illnesses are more common when the weather turns colder. Respiratory ailments, especially viruses like the flu, are prevalent because people stay indoors more and thus are exposed to more airborne germs.

## At Home

One way to stay healthy while cooped up inside is to make sure your family washes their hands. It's especially important to wash after sharing toys, coughing, and blowing a runny nose to help prevent the spread of viruses.

Decided you've had enough of the indoors and you're going to get the family outside to shovel the snow? Fine, but take care. Snow shoveling is strenuous work. It's OK for older, school-age kids to help out, but young children should not be shoveling because they can strain their muscles from lifting heavy shovels full of snow.

Younger or older, kids sometimes have a tough time knowing when to come inside from the cold. To nip frostbite in the bud, check on your kids regularly to make sure that mittens are dry and warm and noses aren't too red.

## Dressing for the Cold

If you're going outside in the cold, stay safe — and warm. Make sure your kids have a snack before going out. The calories will give their bodies energy in the cold weather. And protect your kids' faces with sunscreen. The idea of a sunburn in January can seem odd, but snow can reflect up to 85% of the sun's ultraviolet rays.

Kids should dress warmly in layers of clothes. If the top layer gets wet from snow or freezing rain, they can peel off some



clothes down to a dry layer.

Avoid cotton clothing because it won't keep the kids very warm. Stick with wool or other fabrics. Dress them in long underwear, a turtleneck, and a sweater and coat. Add more layers depending on the temperature. Waterproof pants and jackets are great top layers because they don't let the wetness seep into the other clothing. The cold-weather ensemble wouldn't be complete without warm socks and boots to keep feet dry and a hat to top it off.

There's no set amount of time kids should be allowed to stay out in the cold. However, when being cold becomes unpleasant, it's time to go inside. Sometimes, though, kids may just need some dry gloves. It helps to have an extra pair of gloves or mittens tucked into their pockets if they plan to be outdoors for a while.

## Winter Sports Safety

If your kids decide to go sledding on their own for the day, make sure you know about the hill where they will be playing. Is it steep or covered with trees? If so, it's not a good location for sledding. Also, watch out for hills with rocks or those near busy roads.

Sledding injuries can be very serious, resulting in broken bones and trauma to the abdomen, head, and neck. So it's wise to supervise your kids when they go sledding. Experts also suggest having kids wear helmets to help prevent head injuries.

Ice hockey and ice skating are great cold-weather activities, but require safety smarts, too. Make sure your kids avoid sports injuries by wearing helmets during ice hockey games and properly fitted skates whenever on the ice. Ice skaters should also consider wearing helmets. Rinks are always safer than ponds for skating. If you only have access to a pond, check the thickness of the ice yourself to prevent falls through it and supervise your kids while they skate.

Before they hit the slopes with a snowboard or ski, make sure your kids are wearing helmets and protective goggles. Skiers' safety bindings (the attachment that secures the ski boot to the ski) should be checked yearly, and snowboarders should wear gloves with built-in wrist guards. All equipment should fit well.



## Reach Your Weight Loss Goals with our Effective Medical Approach: An Explanation of the HCG Hormone

If you're like most Americans, you've probably got a few extra pounds you can live without. Unfortunately, after what seems like hundreds of diets and workouts, those unwanted pounds hang on for dear life. Soon the frustration sets in and you are wondering what went wrong and why the pounds aren't melting off like you thought they would.

You are not alone, and the answer is a little simpler than you think. The problem can be found in metabolism. For those unsure, metabolism is defined as the transformation of food into energy. In theory, if the amount of food or calories you need amounts exactly to the amount of calories you consume, your weight will remain unchanged or even increase. When the amount of calories consumed exceed the amount of calories needed, the excess is stored as fat. Judging from the pattern, one might conclude that less calorie intake will result in painless weight loss. However, it doesn't always work that way and it's evident when listening to diet sob stories from patients.

The most common story I hear goes something like this, "I starved myself for weeks and lost some

weight initially. Then my weight seemed to plateau. I got frustrated and ended my diet. As soon as I went off the diet, I gained all the weight back very quickly." What happens to most in these situations is the

loss of water weight during the first few days and then you start breaking down muscle. The muscle mass loss reduces your metabolism. As a result, your lower calorie intake doesn't assist in dropping the weight. Once the diet ends, your weight increases coinciding with your low metabolism and diminished muscle mass. However, that doesn't mean you should give up on diets entirely. You just need to find the right diet.

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the diet is safe for men and women, according to doctors. Our programs are done under medical supervision and the injections are 100% HCG that are mixed in our office so we know it is pure. Since you raise your metabolism, most on HCG keep the weight off after diet and keep losing. The drops on the Internet often are not effective and some do not even contain the hormone. Our programs are either a 23 day program for \$375 or 40 day for \$475.



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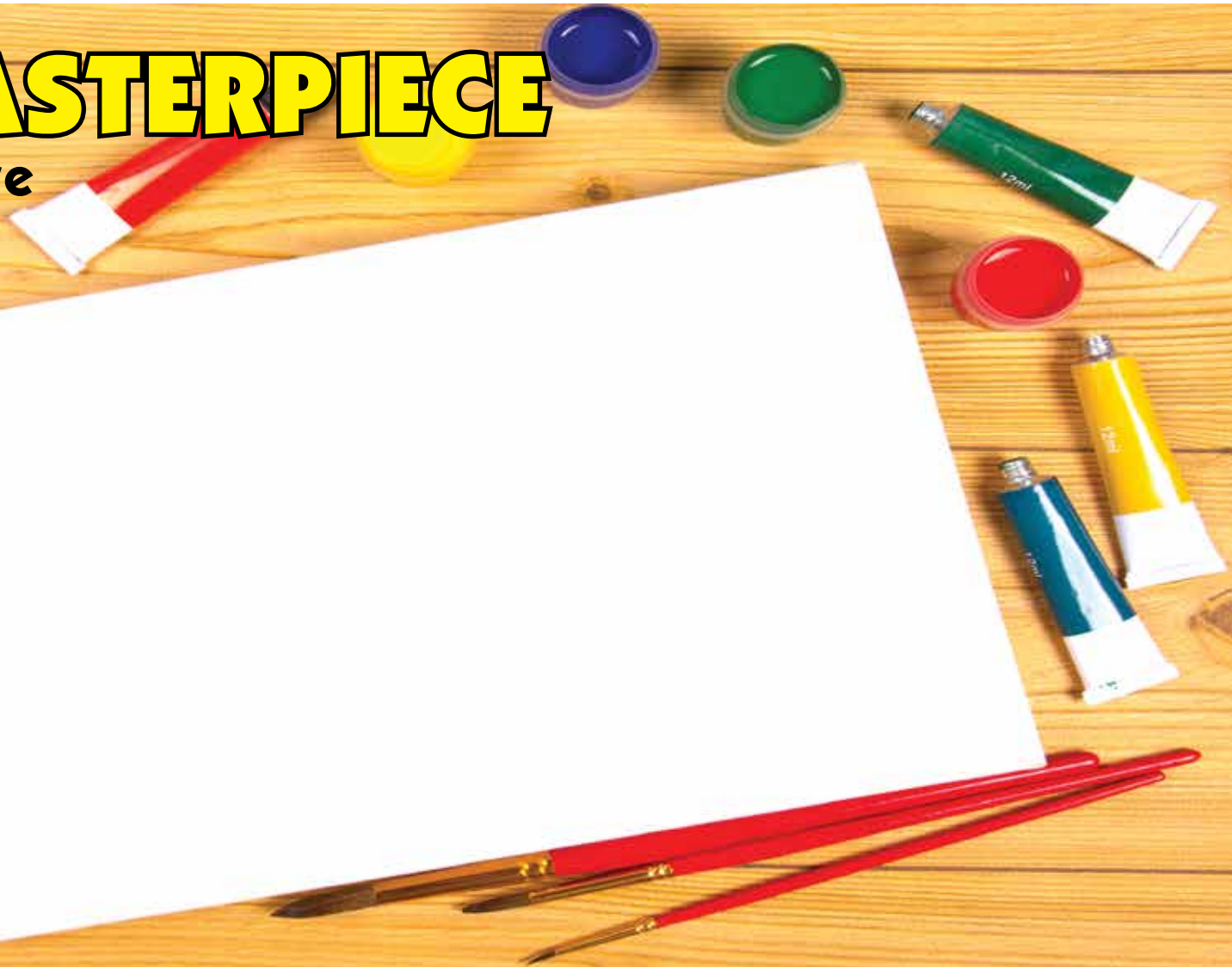
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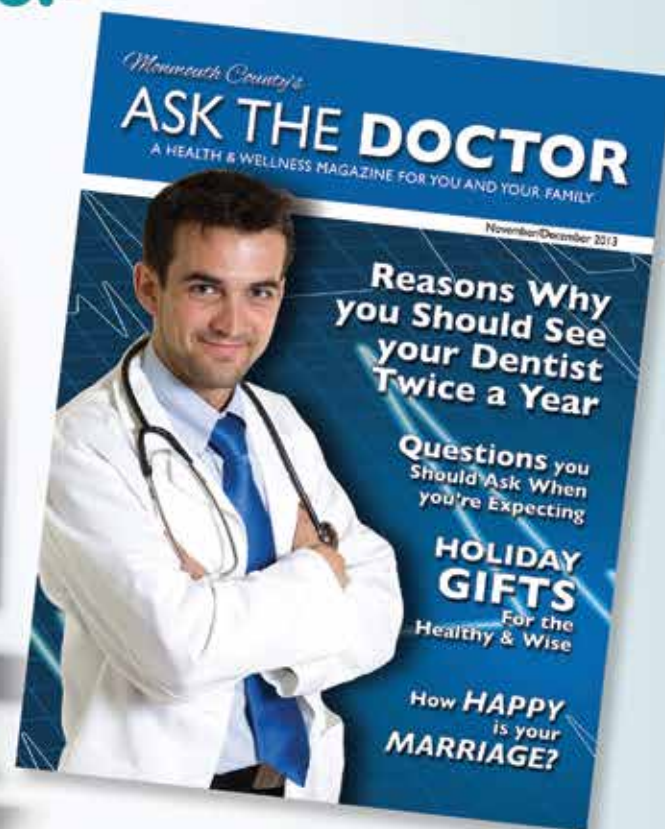
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