2022
CAPE MAY & ATLANTIC COUNTIES

FREE

SUMMER GUIDE





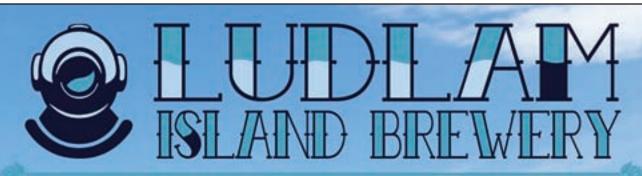
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JULY IS NATIONAL ICE CREAM MONTH

by "Joe" from Milky Way Ice Cream and Mini Golf

I scream, you scream, we all scream for ice cream!" Shout it from the rooftops, because July is national ice cream month, and what perfect time to cool off at the Jersey Cape with a scoop of your favorite flavor, or try what other crazy flavors that exist out there. Joint Resolution 298 originally introduced national Ice Cream Month and National Ice Cream Day on May 17th, 1984. Kentucky Senator Walter Dee Huddleston sponsored the resolution. The original Presidential Proclamation issued by President Ronald Reagan stated, "Ice cream is a nutritious and wholesome food, enjoyed by over ninety percent of the people in the United States."

Like with most food treats, the exact origin of ice cream is unknown. What is known, however, is that the origin of ice cream likely dates back a long time ago. For example, Nero of Rome was said to have enjoyed harvesting ice or snow, then flavoring it with honey or other flavorings. Alexander the Great supposedly enjoyed icy drinks that had flavoring such as honey or nectar. The first instance of ice cream being in the Unite States, however, was in a letter in 1744 (the author of the letter was a guest of Governor William Bladen.). Early presidents also had a liking towards ice cream. In the summer of 1790, George Washington spent approximately \$200 for ice cream (keep in mind that back then \$200 was a fairly good sum of money). Thomas Jefferson actually made his own recipe of ice cream too! Dolly Madison, wife of President James Madison, served ice cream at the second inaugural ball. For a while, ice cream was only an occasional special treat, mainly for the rich. In 1843, Nancy Johnson patented the hand crank ice cream

maker. About 8 years later, in 1851, Jacob Fussell built the first ice cream factory. The invention of mechanical refrigeration helped kept large amounts of ice cream cool. Improvements and new inventions in technology helped ice cream spread towards the public.

Some Ice Cream Fun Facts are: Vanilla is the most popular flavor of ice cream -The ice cream soda was invented in 1874 - California produces the most ice cream in the United States - Approximately nine percent of milk produced in the United States is used for making ice cream. - More ice cream is consumed in Long Beach, California than any other city in the United States.

Maybe you were already celebrating National Ice Cream Month, but are you celebrating your favorite flavor day? July 7th National Chocolate Ice Cream Day - July 15th National Strawberry Ice Cream Day - July 17th National Peach Ice Cream Day - July 20th National Ice Cream Day - July 23rd National Vanilla Ice Cream Day - July 25th National Hot Fudge Sundae Day.

Now that summer has officially begun at the Jersey Cape, plenty of nights will be ending with trips out for ice cream!

Located in Villas and established in 1965, Milky Way Ice Cream and Mini Golf is the oldest custard stand in the Jersey Cape serving soft-serve and real hand-dipped ice cream, milkshakes, Italian Water Ice, and Sundaes.

DAYS of OLDE ANTIQUES & COLLECTIBLES



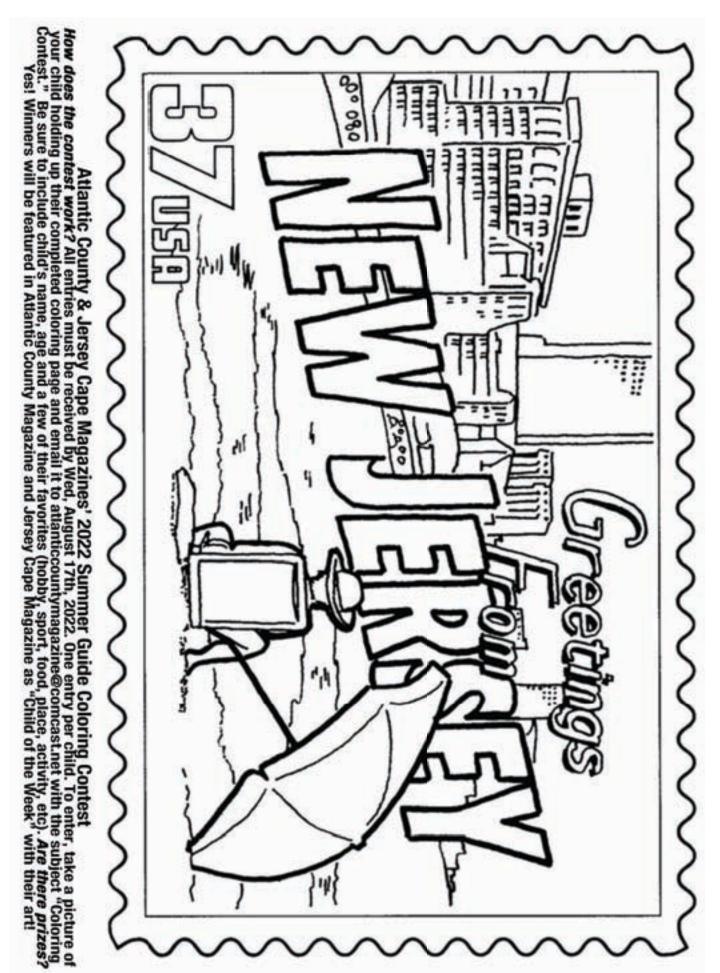




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Experience the BEST in Barbeque and Blues at this exciting three day festival held at 2nd and Olde New Jersey Avenues and surrounding pubs in North Wildwood. Event features live cooking demonstrations, incredible food and top regional and national blues acts on our FREE main stage. Friday: 4 p.m. – 11 p.m.; Saturday: 10 a.m. – 11 p.m.; Sunday: 10 a.m. – 6 p.m. For more information call 609.523.6565 or visit NJBBQ.com or AngleseaBlues.com for a detailed schedule of events.







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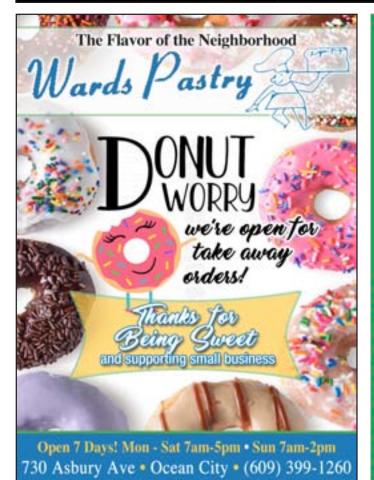


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Friday, Saturday and Sunday, September 23, 24 and 25

The largest Irish Festival on the East Coast celebrating Irish heritage with dancing, music, food and craft vendors. Held along Olde New Jersey Avenue and surrounding pubs in North Wildwood from 8 a.m. to 7 p.m. daily. Bus service is available throughout the event dates. Other festivities include a golf tournament, Irish dance lessons, 5K run and 1 mile walk, pipe exhibition, food court stage and beer garden, and Catholic Mass. The events conclude with a parade on Surf Avenue from 20th to Spruce and Olde New Jersey Avenues. For more info call 1.800.IRISH91 or 609.729.0075, or visit CMCAOH.com for a detailed schedule of events.

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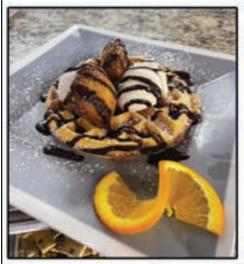
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WILDWOOD EVENTS

SUMMERTIME IS IN FULL SWING IN DOWNTOWN WILDWOOD!

Starting on June 20th, Downtown Wildwood will be hosting events that offer something for everyone, 6 days a week in Byrne Plaza and Beyond! Byrne Plaza is located smack dab in the middle of the 5 Mile Wildwoods Island, and just 2 blocks off the Wildwoods Boardwalk, at 3400 Pacific Avenue in Downtown Wildwood!

theyellowumbrellagiftshoppe@gmail.com

The weekly Downtown Wildwood Farmers Market is held every Saturday, through Labor Day Weekend, from 8 am to 12:30 pml You'll find 70+ quality vendor booths on both sides of Pacific Avenue, between Schellenger and Oak Avenues. Farm goods, baked goods, specialty foods, sandwiches and drinks, wine, beer, craft spirits, handmade soaps and candles, jewelry, gifts, crafts, clothing are some of the goods you'll find each week! The Farmer Market is also where you can pick up your free DOOWW magnets, and the place to purchase DOOWW tote bags, apparel and Christmas ornaments. Come and see what everyone is talking about! It is THE place to be on Saturday mornings and there's FREE PARKING too!

Beginning on June 20th, the full line up of activities and entertainment begins!

5 Fabulous Days of Fitness in the Plaza: On Mondays, Wednesdays and Fridays you can take an awesome Boot Camp Circuit Training class for \$10, from 8:30 to 9:30 am. On Tuesdays and Thursdays, it's Zumba time from 8:30 to 9:30 am for \$5. All fees are paid directly to the instructor.

Music in the Plaza: Beginning on June 23rd, Free Live Bands take over the Byrne Plaza stage on Thursday nights, from 7:30 to 9 pm. Come early for dinner at one of our Downtown Wildwood restaurants, then dance the night away under the stars with these great dance bands: June 23: Roundhouse Band June 30: Chicago 9

July 7: The Beat Tells

July 14: Jamison Celtic Rock July 21: Legacy Band

July 28: Animal House

August 4: A.M. Radio

August 11: Winslow an Evening of the Eagles

August 18: 40 North Country August 25: The Chatterband September 1: The Big House Band

Movies in the Plaza: Beginning June 28th, Tuesday Night is Free Family Movie Night in Downtown Wildwood! Bring your chairs and blankets and settle in for family movie night under the stars! Popcorn and candy will be sold at Byrne Plaza and there are lots of other food and drink options in Downtown Wildwood! These awesome movies start as soon as the sun sets!

June 28 @8:30pm; Bambi July 5 @8:30pm; Straight Outta

Nowhere Scooby Doo July 12 @ 8:25pm: Tinker Bell July 19 @ 8:20pm: Horton Hears July 26 @8:15pm: Luca August 9 @8pm: Rio 2

August 16 @7:50pm: Ron's Gone Wrong August 23 @7:40pm: Encanto

Fun Fridays: Live Music, Vendors & Yard Games will be at Byrne Plaza on 5 Friday evenings this summer from 6:30 to 8:30 pm! Kick off your weekend in Downtown Wildwood!

July 1: Love Affair Band August 5: The John Walter Band July 15: Just in Time Trio August 19: Cape Shore Jazz July 29: Cape Shore Jazz Orchestra Orchestra

Parking is always Free for Byme Plaza Events in the lots behind the shops; on the east side of Pacific Avenue, between Oak and Schellenger Avenues, and on the west side of Pacific, between Oak and Wildwood Avenues.

Stay in the know about all the great Byrne Plaza Events as well as everything happening in Downtown Wildwood! Find us online at www.DOOWW.com, on Facebook at Wildwood By The Sea, Instagram wildwood_by_the_sea and Twitter @DoWildwoodNJ.

What To Do on a Cloudy Day

Cloudy Day? Don't Fret! Have a Day You'll Never Forget.

People come to the Jersey Shore mainly to frolic in the Atlantic and catch some rays on the beach. Sometimes, Mother Nature doesn't cooperate and gives us gloomy

days. However, the Jersey Shore is full of great things to do with your family even when the skies are overcast. For some ideas, here's a sampling of a few things that cost a few dollars but offer your family unique fun and lasting memories.

The area is full of great miniature golf courses, each one offering its own special features. Island Miniature Golf at 4501 New Jersey Ave. in Wildwood is one of the area's newest miniature golf courses and has been voted the "best on the island" and was recently a finalist for Best Miniature Golf in South Jersey by the AC Press. Island Miniature Golf also invites all military, veterans, police and fire personnel to play for FREE!

Island Miniature Golf would like to show their true appreciation o those who heroically serve and protect us! We recognize yo dedication and would like to honor you by giving you a FREE round of Golf!! Thank you for your service!

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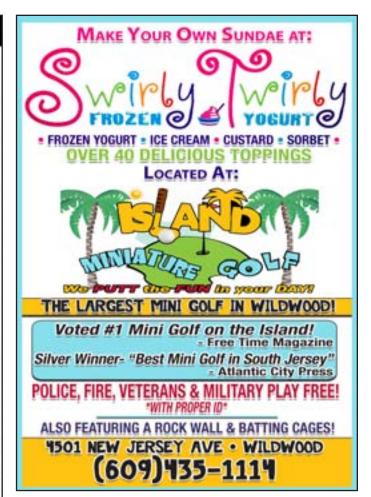
An 85 minute trip across the Delaware Bay is an enjoyable adventure. Whether An 85 minute trip across the Delaware Bay is an enjoyable adventure. Whether you're crossing the Delaware Bay for a fun day trip or as part of a long-distance trip on the Cape May-Lewes Ferry, your journey is sure to be a memorable one. Enjoy historic lighthouses, picturesque harbors, ocean-going vessels, unique seabirds and, just maybe, your very own dolphin escort! There are many ships that offer great fun on the water. The Dark Star, which is part of the Starlight Fleet at Sweet Briar and Park Blvd in Wildwood Crest offers a Pirate Adventure kids are sure to enjoy. The Starlight Fleet offers great fishing excitement. The Silver Bullet in Wildwood and the Cape May Whale Watcher and the Cape May Whale Watcher and the Cape May Whale water with a chance to view whales and dolphins. you a trip on the water with a chance to view whales and dolphins.

Cloudy days at the shore are a great way to try your hand at "thrifting". Cape May and Atlantic Counties are full of thrift stores that offer great products and discounted prices. You can start your day in Cape May checking out the great antique shops all over town. Head off the island to Et Cetera Thrift at 3845 Bayshore Road in North Cape May, and then just make a short trip to the Veterans and Patriots of Cape May County Thrift Store in the Bayshore Plaza at Bayshore and Breakwater Roads. On your way to Wildwood, stop in to St Mary's This & That in Rio Grande. In Wildwood, your way to Wildwood, stop in to St Mary's This & That in Rio Grande. In Wildwood, there are numerous thrifts you can browse. Check out Cheap Charlie's at 4724 Pacific Ave., for a great selection of clothing, housewares and much more. Jump on to Route 9 after leaving Wildwood and your day of thrifting can continue with a visit to Volunteers in Medicine Thrift's tore at 20 S. Main St. and Et Cetera Thrift's second location in Cape May Court House. Continue north on Route 9 and you will pass various antique and collectible shops along the way. When you hit Swainton on Route 9, you'll find Toys on Wheels and Coho Antiques at the intersection of Rt 9 and Goshen Swainton Rd. See the map on page 18 for some help with your day of thrifting.

Going to Cape May is a great way to spend a cloudy day. Here you will find the The Emlen Physick Estate, a Victorian house museum located at 1048 Washington Street. The 18-room mansion, attributed to acclaimed American architect Frank Furness, was built in 1879 for Dr. Emlen Physick Jr. (1855-1916), descendant of a well-known Philadelphia family, his widowed mother, Mrs. Ralston, and maiden Aunt Emilie. The mansion is closely related to Furness's Knowlton Mansion (1880–81) in Northeast Philadelphia.

A Favorite among locals and visitors is the Naval Air Station Wildwood (NASW) Aviation Museum, a non-profit museum located at the Cape May Airport just off of Breakwater Road in Lower Township, inside historic Hangar #1. Commissioned in April 1943, NASW served as an active dive-bomber squadron training facility during World War II. Today, Hangar #1 has been restored and transformed into an Aviation Museum that houses a number of aircraft, engines, special exhibits, and educational interactive displays. The museum invites visitors to explore aviation, New Jersey, military and WWII history through "hands-on," fun and educational activities for the entire family! Bring the kids and travel back in time to this 92,000 square foot sampling of the 1940's (and don't forget your camera)!

South Jersey is full of great wineries and breweries which make for a great way to spend a cloudy day. They offer indoor and outdoor seating, plus the breweries offer alcohol-free sodas for a kid-friendly environment. You can drop in to the Cape May Brewery at the Cape May Airport after checking out the Aviation Museum, or visit Natali Vineyards in Cape May Court House for a break from your day of thrifting. A great selection of beers are offered by 7 Mile Brewery in Rio Grande, and ash Ort trek northward will allow you to discover the awesome brews at Ludlam Island Brewery in Orang View. Whatever you choose to do and no matter what the weather please. in Ocean View. Whatever you choose to do, and no matter what the weather, please enjoy and make it a great day! Thanks for reading!!







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- Ž medium cooked chicken breas or chopped (rotisserie chicken works gre
 2 ripe avocados pitted and diced
 1/2 cup corn roasted, canned, or frozen
 1/4 cup red or green onion minced
- 2 tablespoons cilantro minced (or parsley or dill)
- 2 tablespoons lime or lemon juice
- 2 tablespoons olive oil
- · salt and peoper to taste

Instructions:

Ingredients:

In a large bowl, add the shredded chicken, avocado, onion, corn, and cilantro. Drizzle with the lime (or lemon) juice, olive oil and season with salt and pepper. Toss gently until all the ingredients are combined. Additional add-ins that go well with this salad include chopped tomato, chopped cucumber, bacon chopped and cooked, or black beans.





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CAPE MAY COUNTY FARMER'S MARKETS

New Jersey isn't known as "The Garden State" for no reason. Whether you're visiting for the day or week, or a seasonal or year-round resident, you'll want to take advantage of the locally sourced, deliciously fresh produce available at any of the local weekly markets listed below.



Sundays, 8am-12:30pm - Byrne Plaza, 3400 Pacific Ave - Info: 609.523.1602 or visit DOOWW.com

WEST CAPE MAY

Tuesdays, 8am-12:30pm, June 28-Aug. 30 - Backyard Park, 732 Broadway - Info: facebook.com/brigantinefarmersmarket

STONE HARBOR

Sundays, 4-7pm, May 30-Sept. 12 - Water Tower Plaza, 95th Street & Second Ave. Info: 609-368-5102 or shnj.org

OCEAN CITY

Wednesdays, 8am-1pm, June 15-Sept. 14-6th St & Asbury Ave, Tabernacle Grounds.

SEA ISLE CITY

Tuesdays, 8am—NOON, June 21—Aug. 30 - Excursion Park, 2 41st St. - Info: 609-263-9090 or seaislechamber.com





'ROUND THE REGION with Sharon



By Sharon Harris-Zlotnick

Hello South Jersey:

MUSIC IS EVERYWHERE

The music just keeps coming as local venues schedule multiple concerts.

MARGATE- Music Under the Tent Free Concert Series at the Margate Library Park

- Saturday, 6/18 at 2 p.m.-Opera to Broadway*- Four singers perform arias, duet and quartets, along with Rogers and Hammerstein favorites, accompanied by pianist Jeff Uhlig.
- Monday, 6/27 at 6 p.m.- Eddie Bruce & Dean Schneider-Two for the Road: The Romantic music of Henry Mancini, Johnny ATLANTIC CITY Mercer and Michel Legrand.
- Monday, 7/11 at 6 p.m.- The Fareed Simpson Quartet- a New **Orleans Celebration**
- Saturday, 7/23 at 6 p.m.-Dr. K's Motown Revue
- Monday, 7/25 at 6 p.m.-"An Evening in Paris" violin and piano with Margaret Dziekonski
- Monday, 8/8 at 6 p.m.- Arkai Duo*- Jonathan Miron and Philip Sheegog present classical virtuosity meets rock & roll.
- Monday, 8/22 at 6 p.m.- Rachel & Keve*- Rachel Handman (violin)and Keve Wilson (oboe) have performed on Broadway for years.

Seating is limited; bring chairs or blankets. Concerts marked with an * may be relocated to the Bloom Pavilion for bad weather.

NORTH CAPE MAY-FERRY PARK AT THE FERRY TERMINAL

Enjoy live music every Wednesday evening, from July 6 through August 31. Come for a barbeque, beer, wine, spirits and soft drinks. No outside alcohol THEATER permitted. Complementing great music will be food trucks, plus **SOMERS POINT GATEWAY** arts & crafts vendors on the lawn. Gates open at 4:30 p.m.; www.gatewaybythebay.org music starts at 5:30 p.m.

Bring chairs and blankets and treat yourself to dinner and hand-crafted cocktails at one of Ferry Park's new restaurants. Stay for a gorgeous Delaware Bay sunset panorama.

- 7/6 B Street Band
- 7/13 Danny V's 52nd Street Tribute to Billy Joel
- 7/20 AM Gold Yacht Rock
- 7/27 Independence Day
- 8/3 Englishtown Project
- 8/10 Fat Mezz
- 8/17 Legacy
- 8/24 Soul Cruisers
- 8/31 HunkaJunk



Once again hosted by "One Funny Mother" comedienne Dena Blizzard, Broadway on the Boardwalk-https://www.atlanticcitvni.com/events/broadwavontheboardwalk.aspx- returns after a hiatus due to Covid. The free weekly 8 p.m. concerts will take place at Kennedy Plaza on the Boardwalk in front of Boardwalk Hall. Broadway performers will promote their Broadway shows with their favorite songs:

- Friday, 7/8- Oklahoma, Chicago, Be More Chill and Waitress
- Friday, 7/15- Rock of Ages, Jersey Boys
- Friday, 7/22- Hadestown, Tootsie, King Kong and Beetlejuice
- Friday, 7/29- Beautiful, Hamilton

- Friday, 8/5- Wicked
- Friday, 8/12- Frozen
- Friday, 8/19- Broadway Sinas
- Friday, 8/26- Mean Girls, Ain't Too Proud to Beg, Come from Away and Apple Boys

PLAYHOUSE-

- **Saturday**, **6/25** Joe Conklin and the City Rhythm Orchestra
- Wednesday, 6/29- Lights out Tribute to Frankie Valli & The Four Season
- Saturday, 7/2- Lennon & Harrison Live- Presented by Beatlemania Now
- Saturday, 7/9- Sass & Brass, staring Nicole Sasser-Presented by Linda Gentile and the Jersey Shore Pops
- Wednesday, 7/27- The Golden Games- A Golden Girls Musical Game Show
- Saturday, 8/20- Eddie Bruce- A Celebration of Tony Bennett.
- The Music Never Ends Featuring The Dean Schnei-
- Friday/Saturday, 8/5 and 8/6- Chicago High School Edition
- Saturday/Sunday, 8/13 and 8/14- Bye Bye Birdie



BALLY'S ATLANTIC CITY

Bally's new ownership has expanded daily entertainment and dining options. Free parking is always an incentive to visit. Guests will enjoy free* self-parking and receive a free parking voucher when they purchase two show tickets or spend \$50 or more at any Bally's restaurant.

When Pro cardholders earn five Bally Bucks, they may

print their free self-park voucher at any kiosk on the casino floor. *Star, Superstar and Legend" cardholders receive free self-parking automatically.

BALLY'S GRAND BALLROOMall shows at 8 p.m.; doors open at 7 p.m.

Tickets available for \$39/49 at www.ticketweb.com or at the box office three hours before showtime. An adult must accompany anyone 17 or younger.

- Saturday, 7/2- EARTH, WIND & FIRE TRIBUTE- Experience all of the legendary R & B group's biggest hits.
- Saturday, 7/16- THE RAT PACK TRIBUTE SHOW- Swing along with the 1960s -era music and comedy of Frank Sinatra. Dean Martin and Sammy Davis Jr. They made "cool" cool.
- Saturday, 7/30- YELLOW BRICK ROAD, ELTON JOHN TRIBUTE- The iconic singer/ composer/pianist has entertained millions worldwide for more than 50 years. Come hear his enduring music from an exceptional tribute singer.

BALLY'S BEACH BAR- Open daily-weather permitting. Eniov favorite summertime cocktails, food specials, fire pits, cabanas and live entertainment.

Wednesday, 8/24- The Beach Bar is centrally located to enjoy a perfect view of the Atlantic City Airshow, A General Admission ticket includes admission to the Beach Bar, two beverages, a lunch entrée, free entertainment and guaranteed table seating at tables for four. Customers may have to share a table if they are a smaller party.

The Carousel Bar- Recently opened, the Carousel Bar offers 360-degree views of the casino and hotel lobby. The elevated 24-seat rotating bar simulates a moving carousel and is the first venue of its kind in New Jersey. The bar honors Atlantic City by creating many modern cocktails with hometown flavors like saltwater

& Espie*

taffy, cotton candy, funnel cake and more. Open 24/7 and customers must be 21.

Numerous room packages are available to complement shows, beach events and dining options. Book a room package at www.ballysac.com Discounts available to AAA/AARP members, employee and government workers, plus active members or veterans of the military.

HARD ROCK ATLANTIC CITY

- North Beach Premiere Ocean-Front Firework Spectacular- Friday, 6/25 at 9:30 p.m.- Start the summer by viewing a free fireworks extravaganza, created by Fireworks by Gucci. The Hard Rock's prime viewing location on the Boardwalk activates at 3 p.m.
- Music Row Mondays- 6/20 and on-Hard Rock, in collaboration with North Beach, will offer live entertainment and specials every Monday throughout the summer. Stop over at the Beach Bar and Balcony Bar for a \$30 domestic beer bucket from 5 p.m.-7 p.m.
- Island Time Thursdaysbeginning 6/23- Sway to the island vibes with \$14 perfect margaritas (Patron, Cointreau, Lime, Sweet & Sour) at the Beach Bar.
- Live Music at the Lobby Bar and Council Oak Steaks & Seafood- Local favorites play the Lobby Bar seven days a week, plus in the Council Oak Steaks & Seafood restaurant on Fridays/Saturdays from 5:30 p.m. to 11:00 p.m.
- Starbucks- The new location offers inside and Boardwalk access. Hours of operations are Sunday through Thursday, 6 a.m. to 10 p.m.; Friday/Saturday, 6 a.m. to 11 p.m.
- Kuro Happy Hour The Japanese Fusion concept restaurant continues its Friday Happy Hour of Zensai, tempura, robata, hand rolls, sake, beer, wine and cocktails.

- The Rock Spa- Enjoy unusual body and massage treatments that use watermelon sugar for facials, pedicures and exfoliation. To celebrate Hard Rock's third anniversary in late June, three express face, head and foot treatments will be available. Call 609-449-5380 or visit www. HardRockHotelAtlanticCity. com to book any service.
- The Hard Rock Sportsbook- No matter the time of year, sports dominate the news with millions of fans. Whatever your favorite sporting pastime, place your bets at the Sportsbook lounge, located at the casino's north next to Sugar Factory. The betting parlor operates Mondays through Thursdays, 12 p.m. to 10 p.m. Friday and Saturday from 11 a.m. to 11 p.m.; Sunday from 11 a.m. to 9 p.m. Odds are posted on boards at the Sportsbook. Odds sheets are also available.

SHOWBOAT HOTEL

The non-gaming Showboat entertains families and adults with two newly-opened venues.

- The Raceway at Lucky Snake, a 40,000 square foot, state-of-the-art indoor electric go-kart track, has opened to thrill racers of all ages. They drive through the theme of "Escaping Las Vegas" in go-karts custom manufactured in Italy. The Lucky Snake is the Showboat's 100,000-square-foot arcade, New Jersey's largest.
- The Circus has returned for entertainment every Thursday through Sunday through Labor Day. There are two daily shows-a family-friendly performance by day and a sensuous adult-themed show at night.
- The Super American Circus features dynamic international acts that include death defying aerialists, high-flying acrobats, wire walkers, superhero clowns and the fan favorite Wheel of Death. The new Globe of Danger features a motorcycle thrill team.

Families will enjoy pre-show and intermission face painting and photo opportunities. Feel like you are on the carnival fairway with snow cones, cotton candy and popcorn. www.superamericancircus.com for tickets, schedules and more information.

The Cirque Risqué tantalizes mature audiences at night. The sexy exhibitions of aerialists, silks performers, contortionists and global comedians make for perfect unique adult entertainment. www.cirquerisque.com for tickets, schedules and more information.

COMMUNITY EVENTS

• Margate, Monday, 8/1, from 11 a.m.-4 p.m. After a two-year absence, Jewish Family Services (JFS), along with Surroundings Interiors in Northfield, is once again hosting its 33rd Annual House Tour. This is among the area's most popular fundraising events as several very gracious Ventnor, Margate and Longport homeowners open their doors to hundreds of guests.

Participants will "ooh and ahh" the gorgeous décor as they tour several of the most beautiful Downbeach homes. They may also get some decorating ideas for their own homes. Popular amenities to view are state-of-the-art gourmet kitchens, custom woodworking, unique décor, lighting and fabulous landscaping.

Tickets are \$60 before June 30; \$75 from July 1 on. A \$100 VIP Tour ticket offers door-to-door transportation. Oasis Property Group is sponsoring a complimentary lunch for each ticket holder. Raffle tickets are \$20 each or six for \$100. Prizes include jewelry, restaurant and shopping gift cards, wine baskets and more. Tour attendance is not necessary to win a raffle prize.

House Tour proceeds benefit The Lynn Kramer Village by the Shore. This over-50 membership program provides intergenerational events, transportation, grocery shopping/delivery, and kosher Meals on Wheels.

More information www.jfsatlantic.org; purchase house
tour or raffle tickets at www.
jfshousetour.eventbrite.com.
Contact Beth Joseph at
bjoseph@jfsatlantic.org
for sponsorship details.

HAMMONTON EVENTS



- July 4 Independence Day Parade at 11 a.m.- Celebrate America's Independence at this patriotic downtown parade. Compete in the competition for the best decorated bike, scooter, wagon or stroller. Pets are eligible in the Patriotic Pet contest. The celebration also includes marchers, music and more.
- Hammonton Green Market -Third Thursdays,
 June- September, 5 p.m.-8
 p.m.- look for the market on Horton Street.
- Feast of Our Lady of Mt. Carmel Festival- Monday, 7/11-Saturday, 7/16. This is the longest running Italian-American festival nationwide. All week, visitors will enjoy Italian food stands, beer, wine gardens, live entertainment, carnival rides and games and fireworks. The grand procession of saints through Hammonton's streets will take place on Saturday, 7/16 at 4 p.m.
- Third Thursday Game Night- 8/18, from 5 p.m.-8 p.m. A family-fun evening of art, shopping, food and competition.

FEEDBACK FROM YOU I would love to hear your ideas/suggestions. Email atlanticcountymagazine@comcast.net. In the subject line, put FEEDBACK FOR SHARON and it will be forwarded.



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Watermelon Salad with Feta & Cucumber

Ingredients:

- 8 cups cubed ripe seedless watermelon (18-pound watermelon)
- *2 organic mini cucumbers or ½ English cucumber (1 cup sliced)
- · 2 ounces Feta
- Zest of 1/2 lemon
- 4 basil leaves
- · Sea salt, for garnish



Instructions:

Chop the watermelon into cubes. Slice the cucumbers (if using an English cucumber, slice it into half moons). Chop the basil. Zest the lemon. Arrange the watermelon and cucumbers on a platter. Sprinkle with feta crumbles, lemon zest, and sea salt. Taste and adjust flavors as desired. (If you'd like, you can add freshly ground black pepper or a drizzle of olive oil.) Serve immediately. If making ahead, refrigerate the cubed watermelon separately: it releases a lot of water after it is cut. Then assemble the salad directly before serving.



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Beaches in Atlantic County

ATLANTIC CITY - Lifeguards on duty, showers, changing rooms, food permitted, free admission. www.acbp.org/



BRIGANTINE – Lifeguards on duty, surfing beaches, showers, changing rooms, food permitted. Season tags are \$25; seniors 65 and over and children 12 and under free. Weekly tags are \$15, daily tags \$10. Seasonal parking permits are \$25. Purchase at the Brigantine Beach Community Center located at 265 42nd St. Call (609) 264-7350 or visit www.brigantinebeach.org

EGG HARBOR CITY - Lake Park, 2300 Philadelphia Ave. There are lifeguards on duty and restrooms. Seasonal badges are \$10; senior citizens \$4; daily wristbands sold at lake for \$5 per day. Picnic tables are \$15 daily. Children 4 years old and younger are free. Purchase at the EHC Tax and Utility Office at City Hall, 500 London Ave. Call (609) 965-0123 or visit www.eggharborcity.org

HAMILTON TOWNSHIP - Cove Beach at Lake Lenape Lifeguards on duty, open Thursday-Monday 11 a.m. to 6 p.m. June 18 - September 5. Seasonal beach tags are \$30; family 4-pack is \$100; daily wristbands are \$10 on weekdays, \$15 on weekends and holidays. Children 11 and younger are free but MUST be accompanied by an adult. Seasonal tags are available at the administration office in Town Hall in Mays Landing or for purchase at the Cove. Call (609) 625-4762 or visit www.townshipofhamilton.com

MARGATE – Lifeguards on duty from 10 a.m. to 6 p.m., restrooms, surfing beaches, food permitted. Seasonal tags are \$20;
tags also accepted in Ventnor. Beach badges are required every
day except Thursday. Badges are sold at the Martin Bloom Community Pavilion at Huntington Avenue and the beach from 10 a.m.
to 3 p.m. Monday-Sunday, and City Hall, 1 S. Washington Ave.
from 9 a.m. to 4 p.m. Monday through Friday. Beach restrooms
are located at Huntington Avenue (Bloom Pavilion), Rumson
Avenue, Benson Avenue (Greenhouse), and Adams Avenue
beach. Accessible beaches with mats for easier mobility are at
Andover, Barclay, Clermont, Douglas, Exeter, Huntington,
Kenyon, Osborne, Rumson, Vendome, Decatur, Madison, and
Coolidge avenues. Call (609) 822-2605 or visit www.margatenj.com. Margate City Beach Patrol Headquarters is located at
Decatur Avenue and the beach. Call (609) 822-2370.

LONGPORT - Lifeguards on duty from 10 a.m. to 6 p.m., surfing beaches, showers, food permitted. Seasonal tags are \$30; seniors \$10 children up to 12 free. Beach badges are available at Longport Borough Hall, 2305 Atlantic Ave.; and at Lifeguard Headquarters, 33rd and Atlantic avenues or reserve them over the phone. Restrooms are located at 33rd and Atlantic avenues in the Community Building-Lifeguard Headquarters. www.longport-nj.us

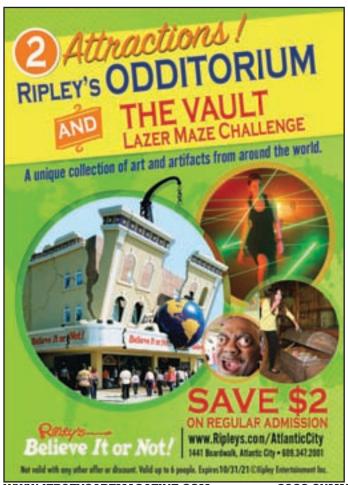
SOMERS POINT - William Morrow Beach, Higbee and Bay avenues - Lifeguard on duty, rates for large groups available. The free beach looks over the bay and across to Ocean City. William Morrow Beach features free live music all summer, every Friday evening at 7 p.m. until the first Friday of September. A schedule can be found at somerspointbeachconcerts.com. Bring your chairs and coolers and come down to watch the shows. Call (609) 927-9088 or visit www.somerspointgov.org

VENTNOR – Lifeguards on duty, 10 a.m. to 6 p.m. surfing beaches, fishing pier, food permitted. Seasonal tags are \$20. Tags also accepted in Margate. Purchase tags at Ventnor City Hall or from a beach tag checker. Ventnor City Beach Patrol Headquarters is located at the Suffolk Avenue beach. Call (609) 823-7948 or (609) 823-7953. Restrooms are located at the Ventnor Library and Cultural Arts Center, the beach side of Newport Avenue; Ventnor City Hall, 6201 Atlantic Avenue; Ventnor Municipal Fishing Pier; Ventnor Tennis Courts, Atlantic and Somerset Avenue; Cambridge Avenue and Boardwalk. Accessible beaches are at Suffolk and Newport avenues. In addition to ADA-approved access ramps and accessible parking, the beach patrol has accessible beach chairs for additional access to the beach. No dogs are allowed on the boardwalk at any time. Dogs are not allowed on the beach May 15 through Sept. 30. From Oct. 1 to May 15, leashed dogs may be walked in areas washed by the high tide line. www.ventnorcity.org

MALIBU BEACH WILDLIFE MANAGEMENT AREA - Malibu Beach is a free dog friendly beach located on the Egg Harbor Township end of the Ocean City-Longport Bridge. Dogs are welcomed year round, un-leashed and all. Parking is available right next to the beach. Only requirement is to clean up after your pup. No permits required, you can lie down and tan while your dog runs around and socializes with other dogs.











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ATLANTIC COUNTY FARMER'S MARKETS

New Jersey isn't known as "The Garden State" for no reason. Whether you're visiting for the day or week, or a seasonal or year-round resident, you'll want to take advantage of the locally sourced, deliciously fresh produce available at any of the local weekly markets listed below.



Saturdays, 10am—2pm - Chelsea Market @ O'Donnell Park -3501 Atlantic Ave - Info: cropsnj.org

BRIGANTINE

Saturdays, 8am—12pm, May 28—Sept. 3 - Brigantine Community School Parking Lot, Roosevelt & Sheridan - Info: facebook.com/brigantinefarmersmarket

GALLOWAY

Thursdays, 4-7pm, June 30-Sept. 8 - Historic Smithville Village Greene - 315 E. Moss Mill Rd. Info: gogreengalloway.org

MARGATE

Thursdays, 8:30—11:30am, June 16—Sept. 1 - 9700 Amherst Ave. - Info: facebook:.com/margate-communityfarmers-market

VENTNOR CITY

Fridays, 8:30am—12pm, May 27—Sept. 2 - Atlantic & Newport Aves. - Info: facebook.com/ventnorcityfarmersmarket





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Remember the Power of Powder

With summer upon us, the talk show gurus will be out in droves, sharing "insider" tips or little-known ways to best enjoy this season. What you probably won't hear them mention are the many uses of a product most of us already have in our homes.

Powder can be found in a variety of summertime sports and recreational activities. For many, it is a thing of ritual: the puff of powdered rosin that helps an All-Star pitcher gain the ideal grip on a baseball. The pre-game chalk toss in basketball, made even more popular by the sport's greatest player, LeBron James. It's even useful for billiards players and bowlers.

Powder-based products also are helpful for exercising and other common seasonal activities. Powder helps joggers avoid chafing, helps homeowners handling yard work keep their hands dry inside work gloves, and helps weekend warriors out there counteract foot and shoe odors and treat athlete's foot.

According to Pharma Tech Industries — the largest pharmaceutical contract manufacturer and packager of powder products in the world — powder products have a long list of other benefits during the warm weather season, including:

- * Airplane-friendly: Most powders are exempt from the airplane carry-on "3-ounce rule" limitations on liquids and gels.
- * Easily brush off sand: Savvy sun soakers keep powder in the same beach bag as their sunscreen for easy sand removal.
- * Natural ant repellent: Scatter powder around house foundations and common points of insect entry, such as doors and windows. The same trick is useful for the edges of picnic tables and blankets.
- * Stop floorboards from squeaking: For a quick fix, sprinkle powder between the boards that squeak.
- * Pet care: Dry shampoo your dog after a day of fun in the sun.

Beaches in Cape May County

AVALON - 2022 Beach access fees: \$8.00 Daily, \$16.00 weekly; \$33.00 Season; Children 11 and under free, Active duty military members and their immediately families also may enjoy the beaches without a beach tag. The beach tags are available either by stopping by the Avalon Tax Collector's Office at Avalon Borough Hall, or on-line with VIPLY, or during the season from any beach tag inspetor. Public rest rooms available at 30th Ave. and 1st Ave. Free parking lots available at most beaches. Surfing Beaches at 30th St & between 10th & 11th Streets. Bicycles are permitted on the boardwalk between 5am and 10am. Tennis courts are located on 8th Street and 39th Street. There are Bay front fishing piers at 8th, 23rd, 24th, 33rd, 37th 53rd & 57th Streets. Dogs are not permitted on the beach, boardwalk, or dunes anytime between March 1st and September 30th. (609) 967-8200 or avalonboro.net

CAPE MAY - 2022 Beach access fees: \$8.00 Daily; \$15.00 for 3-consecutive days; \$20.00 weekly; \$30.00 Season. Children 11, and under & Active Military & Veterans are free. Bech Tags are available weekdays at City Hall Tax Office (643 Washington Street), any beach entrance during the summer, and on-line with VIPLY. Cape May has four public restrooms along Beach Ave. and four in the mall area. There aren't any public lockers or showers in Cape May, Metered parking available along streets. There is free parking along the street north of the Peter Shields Inn. Bicycles are permitted on the Board-walk between 4am and 10am. The beach north of The Peter Shields Inn is less crowded. By city ordinance, fires are not permitted on Cape May City Beaches, nor may any portable device be used for cooking. By state law, fires are not permitted on Higbee Beach Wildlife Management Area. Restrictions in place against being on any beach or waters between the hours of 10:00 p.m. and 6:00 am. daily. Accessories, such as chairs, umbrellas, cabanas, sundries, and snacks/nonalcoholic beverages are available from licensed vendors stationed on most beaches, capemay.com

CAPE MAY POINT - Narrow beaches, but an excellent place to see schools of dolphins. Cape May Point Beaches are from the State Park (Lighthouse Avenue) up to and including the Alexander Avenue Jetty. Cape May Point Beach Tags are are not accepted on other area beaches. 2022 Beach access fees: \$10.00 Daily; \$25.00 weekly; \$45.00 Season. Children 11 and under free. Everyone 12 and over must have a beach tag to access any Cape May Point Beach from the 3rd Saturday in June through Labor Day. Beach tags are required while lifeguards are on duty and all tags can be purchased on the beaches from any Beach Tag Inspector once beaches open for the season, or the Beach Tag Booth located behind Borough Hall. Non-metered street parking is available. Surf fishing is permitted at all beaches after 5pm. Smoking on the beach is not permitted. Fines for breaking the ban during the day range from \$100 to \$2,000. The borough's two beaches, Cape May Point Borough Beach and Sunset Beach, are usually uncrowded. 609-884-8468 or www.capemaypoint.org

OCEAN CITY - 2022 Beach access fees: \$5.00 daily; \$10.00 weekly; \$25.00 season, 12 and under free. Free tags are offered to veterans (the veteran only) and to active military members (including spouse and dependent children over the age of 12). Proper military or veteran ID must be presented to receive a tag. Beach tags can be purchased at booths on the boardwalk, and Daily Tags from tag inspectors on the beach, and on-line. Ocean City has restrooms at 13th & Boardwalk. There are free parking lots at 5th and Asbury Ave, and 9th and New Haven Ave. All other parking is metered lots or pay as you enter. Surf Fishing is permitted anytime on unguarded beaches and on guarded beaches before and after lifeguards are on duty. Surf Fishing is also permitted anytime in Corson's Inlet State Park on the island's southern tip. Bicycles are permitted on the Boardwalk between 6am and Noon. There is a public boat ramp at Tennessee Avenue. Surfing is permitted at the Seventh Street Beach. Fishing Piers are located between 14th and 15th Street, 609-399-6111 or ocnj.us

SEA ISLE CITY - 2022 Beach access fees: Daily:\$5, Weekly (Sat.-Sat.) \$10, Season: \$25. Wednesdays are FREE BEACH DAYS, except on July 4. Beach Tags are required for all beaches from Memorial Day Weekend to Labor Day, 9am to 5pm. for everyone 12 years and older. Bech tags can be purchased inside the Welcome CenterTag Office (located inside the Welcome Center), or on the Beach from a beach tag Inspector, or with the Beach Tag Vending Machine located in the lobby of City Hall, 233 JFK Boulevard, or on-line from your mobile devise at VIPLY. Rest rooms and showers at: 32nd, 40th, 44th, & 85th Kayaking Beaches with rentals: 30th, 35th, 56th, 79th. Surfing Beaches: 26th, 37th, 42nd, 48th, 53rd, 63rd, 74th, & 82nd Beach Concessions: 38th, 42nd, & 56th. Beach chair rentals at 44th St Beach Patrol Headquarters. 609-263-8687 or seaislecitynj.us

STONE HARBOR - One of the best beaches on the Jersey Shore. It's a sparsely crowded beach-with powdery soft white sand, scenic sandbars, and without a commercialized boardwalk. 2022 Beach access fees: \$8.00 Daily; \$17.00 weekly; \$40.00 Season. 11 and under free, and active duty military members and their immediately families also may enjoy the beaches without a beach tag. Seasonal, weekly and daily tags may be purchased from inspectors on the beach or from the Beach Tag Office, 95th Street & the Beach, during the summer season. Parking at 97th St lot is free, Metered parking and free parking along side streets. 97th where lifeguard tower is. Surfing Beaches are located at 81st Street & 110th Street. Surf Fishing is at discretion of lifeguard captain - daily basis. Fishing Piers are located at 83rd and Bay. There is a public boat ramp at the 80th Street Marina. Stone Harbor prohibits: Picnics, Alcoholic Beverages, Fires, Glass Bottles, Sleeping from sunset to sunrise. Sailcrafts must be licensed and beached at designated areas only. Vehicles are permitted on the beach by permit only from October 1 through March 31st. For information regarding permits, call 368-5102. Permits are issued the day after Labor Day until March the following year, 609-368-6805 or stoneharbornj.org

UPPER TOWNSHIP/STRATHMERE - Free Beach - All beaches in Upper Township are free and do not require beach tags. Parking is available at Beesley's Point and free parking on the street is available in Strathmere. Public Restrooms (Port-o-pots) are located at Williams Rd, Putnam Rd, and 1400 Commonwealth. There is a restroom at Beesley's Point. On-street free parking on most streets. Surfing is permitted in designated areas (check with lifeguard on duty). Kayaking and Windsurfing are permitted in designated areas (check with lifeguard on duty). Handicap Access is provided at Williams Avenue. No dogs are permitted on any of Upper Township's beaches from May through September. Surfing is permitted south of Tecumseh and north of Sherman. Fishing is permitted south of Prescott and north of Seacliff. Lifeguards may allow fishing between other protected beaches pending the conditions of the given day. Beach Parties, Fires, Motor Vehicles, Alcoholic Beverages, and changing of clothes are not permitted on Upper Township beaches. (609) 628-2011 or uppertownship.com

Wildwoods (includes North Wildwood, Wildwood, and Wildwood Crest) - All Wildwood beaches are Free. Very wide, fine powdery, sand beaches, especially in the Wildwood Crest area. Metered street parking, and fee lots are available. Parking at 116 East Poplar Avenue, Wildwood Nomad Parking, 4320 Boardwalk, Wildwood. Public Bath Houses for changing and showers are available at: 116 East Poplar Ave. and 4320 Boardwalk There are no showers or changing rooms in Wildwood and Wildwood Crest. Bicycles and Roller Blades are permitted on the Boardwalk between dawn and 11am. Surfing is at the discretion of the Beach Patrol. Surf Fishing is permitted on all beaches from October through May. Check with the Beach Patrol during the summer months. Tennis courts are located at Fox Park — 4500 Atlantic Avenue. Food is permitted on each of the Wildwoods beaches. Glass containers, barbecues, and alcohol are prohibited. North Wildwood Beach is regarded as being one of the best sports beaches in the Northeast with two volley ball nets at 18th & 7th streets.

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GRILLED STEAK & PINEAPPLE SKEWERS

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- I pound steak
- 1/4 cup pineapple cut into cubes
- 1/2 cup cherry tomatoes
- 1/4 red onion cut into thick cubes
- 1 yellow bell pepper cut into cube
- 1 cup italian parsley rough chop
- 3 cloves garlic smashed
- · 1/2 cup cilantro rough chop
- · 1/2 cup olive oil.
- · 2 Tbsp red wine vinegar
- · I teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon red pepper flakes.

'Just one serving of pineapple contains 50% of the recommended daily amount of Vitamin C! It's also high in manganese, the mineral that helps form strong bones and connective tissue. One cup of pineapple only contains 82 calories, making it a great addition to summer recipes all season long."

Instructions

- 1. On a wooden or metal skewer, add pieces of the steak, cherry tomatoes, pineapple, bell pepper and red onion.
- 2. In a small food processor, blend the olive oil, parsley, cilantro, garlic, red wine vinegar, salt, pepper and red pepper flakes until well combined.
- 3. Pour half the chimichurri sauce over the skewers and marinade for at least 1 hour.
- 4. Then grill for about 10 minutes on each side, until the steak is cooked through.
- 5. Serve with the remaining chimichurri sauce on the side and enjoy!



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BEACH SAFETY BEACH WARNING FLAGS

During summer lifeguard stands will fly a beach warning flag indicating surf conditions.



 Only enter the water on protected beaches while lifeguards are on duty within the designated areas. Use caution whenever you enter the ocean, never turn your back on the waves and keep off the rock jetties. Never underestimate the ocean or overestimate your ability to swim in the ocean.

Don't leave umbrellas or tents unattended.
 The wind can easily carry away an umbrella or tent that is not properly secured and their poles can

injure other beachgoers.

 Keep an eye on your children. Parents should never leave their child unattended. Instruct your children to go to the lifeguard stand and ask the guard for help if they become lost.

 Do not feed the seagulls. Seagulls can become aggressive, especially when food is present. Also human food is not healthy for wildlife - and seagulls

can bite!

 Protect your skin. Wear sunblock with a minimum sun protection factor of 15 anytime you expect to be exposed to the sun. Reapply as often as you need it.

 Wear eye protection. UV rays can damage eyes. Wear sunglasses that absorb at least 90

percent of UV sunlight.

 Watch for signs of heat stroke. These include red, hot and dry skin, lethargy, nausea and vomiting, and weakness and dizziness. If you suspect someone is suffering from heat stroke, get the victim to a shady or cool area and call for assistance. Stay hydrated by drinking plenty of water, especially on days with excessive and oppressive heat.

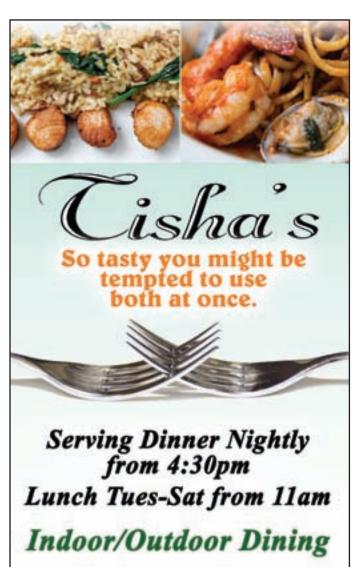




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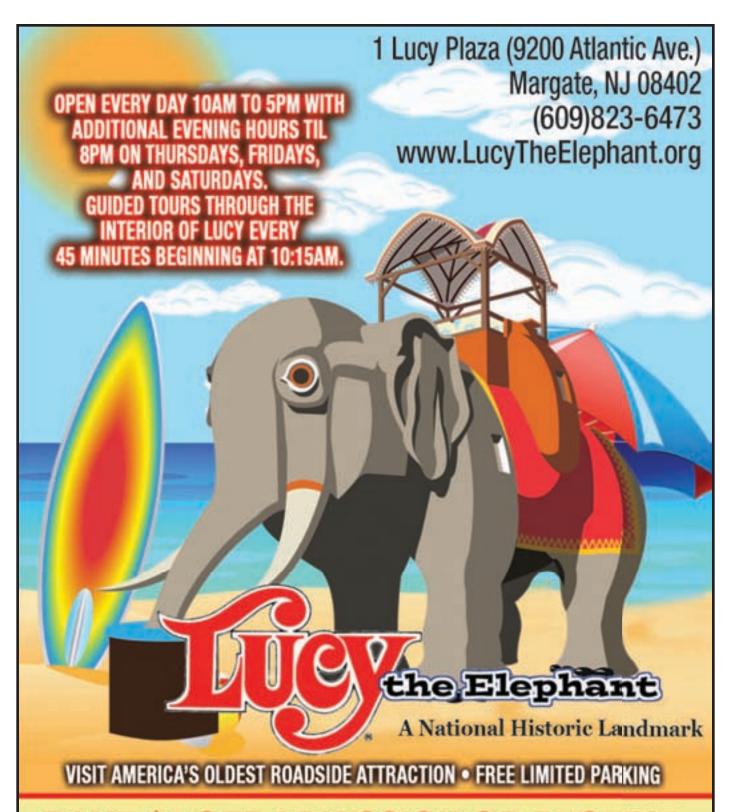


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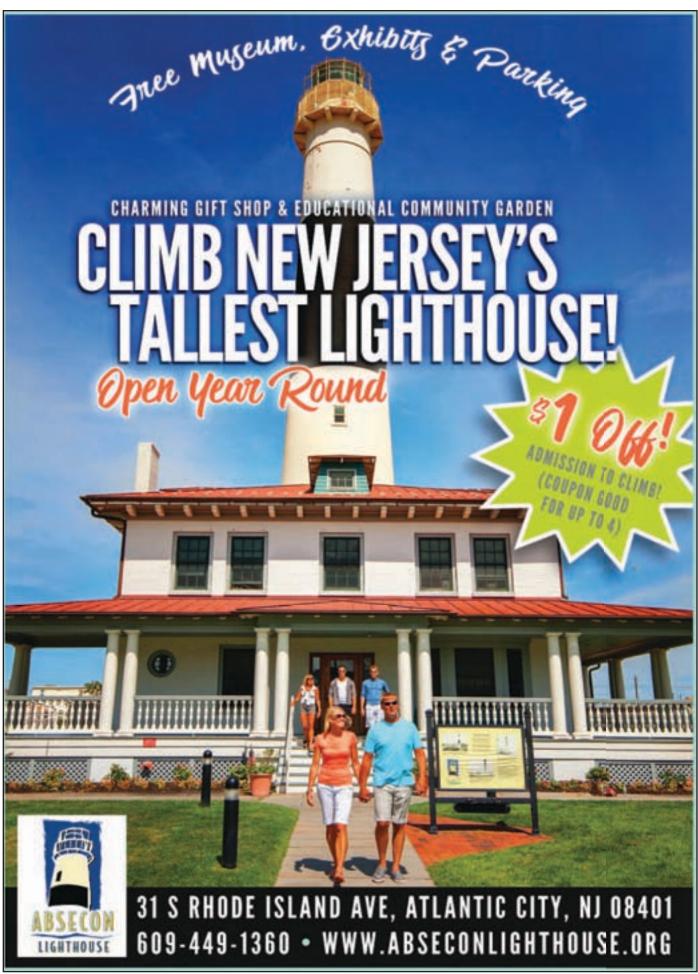
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HOMEMADE DOG TREAT RECIPE

Frozen Dog Treats

INGREDIENTS:

- 2 cups Strawberries
- 1 Banana
- 1 ½ cups Plain Greek Yogurt
- 34 cup Skim Milk



INSTRUCTIONS:

Blend all ingredients. Pour into an ice cube tray or mold and freeze for four hours. Add 3 tablespoons of honey for extra flavor.



PROTECTING OUR PETS IN THE HEAT

Submitted By Patsy Nelson from The Wagging Tail

A pet-loving concerned customer told me at the counter the other day how she saw pets being taken on the hot jetties by the Ferry, where it was harmful to the pets' pads and dangerous because of possible missteps. It assured her that it was my intention to notify pet owners about all pet safety in ghastly hot, humid temperatures.

I have addressed the problem with having pets in hot cars, even with the windows slightly open on all sides. I have a lease car now that allows for auto start, so I can leave Zoey in the AC as I run into the library, or the Produce Place, and yet I am still nervous that it may shut oft. The temperature in a car with the windows open slightly can reach 102 degrees in ten minutes. After 30 minutes, 120 degrees. Your pet may either die or suffer permanent organ damage.

According to Dr. Barry Kellogg, VMD of the Humane Society Veterinary Medical Association humidity is also a concern. "Animals pant to evaporate moisture from their lungs, which takes heat away from their body. If the humidity is too high, they are unable to cool themselves and their temperature will skyrocket to dangerous levels-very quickly." Yesterday I had to take Bob for his second cataract operation up in Somers Point. We took the dogs, as they each have a high-rise comfly car seat and I kept the AC on as I did some errands while Bob had his procedure. I made a pit stop for the pets in an abandoned diner parking lot behind which was some shady grass areas. I opened all the window as there was a nice cross breeze as we walked. After our walk I gave Ebby a drink. Zoey was panting but she would not drink even after I dabbed water on her lips. I think it was the humidity. I put the AC back on, closed the windows and after a bit she seemed comfortable. Zoey is a Maltese and has a short muzzle, like boxers, pugs, shih tzus bull dogs and others and it makes it even harder for them to breathe.

Exercise is great for dogs, but a parent must be aware of how much running your dog does to catch that ball or frisbee. Some dogs push themselves to excess and they can become in danger of heat stroke. It happened to Parker once, and it wasn't even hot. I carried him into the laundry sink and cooled his legs with tepid water and ran some over his body. Then let him lick on ice cubes. It was very scary. Exercise should be limited to early morning or evening hours when things have noticeably cooled down, especially hot roads. Asphalt can burn their paws so walk on grass as much as possible. Proper walking etiquette for dogs is to walk them on your left, facing traffic, and keeping the dog on the inside, preferably on the grass. Always carry water for the dog as well as for yourself. We have a supply of travel water holders, as well as treat bags. We also have cooling vests, and cooling scarves. There are cooling mats as well. Make popsicles for your pet or buy carryas bones like we have that can be put in the freezer. And some dogs would enjoy a cooling soak in a bathtub or pet pool.

Fans do not cool pets like they cool humans. If you use a fan have one that is ground level so it can keep your pets' feet cool as they sweat through their feet. If your pet spends time outside, confine them to shady areas, and provide cool water with added ice cubes. If you don't have trees, a tarp can be erected that will provide shade and still allow for air flow.

Thank you for reading and helping to keep a small local business in business. We have kittens.

Pennsylvania recently named an official state amphibian. Even weirder than that: its name is the eastern helibender salamander. Even weirder than that: its common nickname is the snot otter!





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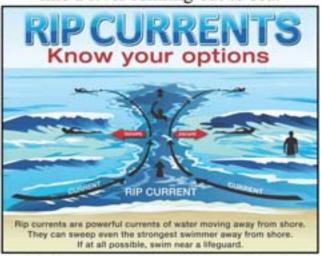






RIP CURRENTS HOW TO AVOID & SURVIVE

A rip current is a specific kind of water current that can occur near beaches with breaking waves. A rip curent is a strong, localized, and narrow current of water which moves directly away from the shore, cutting through the lines of breaking waves like a river running out to sea.



 Check water conditions before going in by looking at the local beach forecast before you leave for the beach and talking to the lifeguard at the beach.

 Only swim at a beach with lifeguards. The chances of drowning at a beach with lifeguards are 1 in 18 million (U.S. Lifesaving Association).

 Don't assume! Great weather for the beach does not always mean it's safe to swim or even play in the shallows. Rip currents often form on calm, sunny days.

 Moving at speeds of up to eight feet per second, rip currents can move faster than an Olympic swimmer.

swimmer.

 Panicked swimmers often try to counter a rip current by swimming straight back to shore—putting themselves at risk of drowning because of fatigue.
 Lifeguards rescue tens of thousands of people

 Lifeguards rescue tens of thousands of people from rip currents in the U.S. every year, but it is estimated that 100 people are killed by rip currents annually.

 If caught in a rip current, don't fight it! Swim parallel to the shore and swim back to land at an

angle.



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10 Fun Facts About Summer

- The first modern Olympic Games were held in the summer in 1896 in Athens, Greece.
- The first day of summer is between June 20th and June 22nd every year. The first day of summer is called the summer solstice, and the day varies due to the Earth's
- rotation not exactly reflecting our calendar year.

 3. The last day of summer is September 20th.

 4. Watermelon is one of summer's best summer treats.

 Did you know that watermelons are not a fruit, but a vegetable instead? They belong to the cucumber family
- 5. The Eiffel tower actually grows in the heat of the summer. Due to the iron expanding, the tower grows about 6 inches every summer.
- fl you love ice cream, the summer season should be your favorite. July is national ice cream month.
 Another interesting fact about summer is that relevision shows used to only be reruns during the summer months. The idea being that everyone was outside enjoying the
- 8. A June fun fact is that the month of June is named after the Roman goddess Juno.
- The first women's bathing suit was created in the 1800's.
- It came with a pair of bloomers.

 10. The "dog days of summer" refer to the dates from July 3rd to August 11th. They are named so after the Srius the Dog Star. This star is located in the constellation of Canis Major.

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A scavenger hunt at the beach is such fun, looking for things on the list in the sun...

- BEACHBALL
- **SURFER RIDING A WAVE**
- YOUR COLLECTION OF SEASHELLS
 - SELFIE WITH A LIFEGUARD
- FLIP FLOPS
 - BEACH VOLLEYBALL GAME
- TURTLE
- SAND CASTLE
- A KITE IN THE SKY
- BEACH BANNER PLANE
- FERRIS WHEEL
- **FUDGIE WUDGIE GUY**
- TOES IN THE SAND
 - YOUR FAVORITE SUNNIES

Do your best to find them all and the pictures you take will be a great memory of your time at the Jersey Shore for years to come! nail polish • cosmetics • clippers • curling irons • flat irons • brushes • hair setters • mirrors • fragrances bath products • hair dryers • shampoo • conditioner • hair accessories • manicure sets • electric razors

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