

Keeping Up News



Our Community Connection For Preschool Parents On The Go



Volume 3

Apex and Holly Springs Edition

MARCH 2020

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A Note to Our Readers:

SNOW!! It was just a brief moment. I hope you had a chance to make a snowball and enjoy the sparkly white backdrop while it lasted. We are so ready for Spring now and all the new growth it will bring.

Congratulations to our photo contest winner this month! See page 7 for the details.

We are always on the lookout for your child's recommendations to *"Kid Approved!"* (p.8). Published recommendations receive books & other fun prizes for their class and their family!

Amy

School & Community "Give Back" Total:

\$1350

COMMUNITY SPOTLIGHT

N.C. GUARDIAN AD LITEM PROGRAM

BY PAULA KERR, CONTRIBUTOR

Last fiscal year almost 15,000 children interacted with the child welfare system across the state of North Carolina. Parents in those situations were represented by attorneys. However, children in those situations were represented by the Guardians ad Litem Program. This representation is a legal team model, with a community volunteer and an attorney advocate. This team supports children as they navigate the dependency court system. The Guardian ad Litem gives a voice to abused and neglected children. This is captured in the program's mission statement, "Be A Voice For The Children In Our Community".

A Guardian ad Litem (GAL) volunteer advocate is recruited, screened, trained and sworn in by a district court judge. GAL's come from all walks of life and have a variety of professional, educational and ethnic backgrounds. Many volunteer advocates have full time jobs, taking time off work approximately every three to six months to attend court, depending on the case. All Guardians ad Litem are supervised by an experienced staff member

who provides help during case assignments. In addition, the attorney advocate attends all court sessions, and is available for legal guidance and support for the volunteer advocate.

The role of the volunteer advocate is to investigate and determine the needs of abused and neglected children and youth. They represent the child's best interest in court. Volunteer advocates also promote a safe and permanent home for children, amongst many other things. A Guardian ad Litem volunteer advocate focuses entirely on the child, advocating for services, recommending community resources, and being the child's voice in court. Other responsibilities of a volunteer advocate can be done on the weekend, in the evening or even on the phone or via email. Volunteer advocates are trained with a nationally accredited program which includes information on the juvenile court system, and a GAL's role in that system.

Although thousands of volunteer advocates are currently serving children across the state, many more volunteers are needed in various locations across the state – espe-



cially in rural areas. This will address the 2000 children still needing a volunteer.

The impact of a volunteer advocate is probably best articulated by a child in Wake County – "My Guardian ad Litem encouraged me to have the drive to keep going and I hope that my success gives her the drive to keep doing the wonderful work she does for future children she represents". Since its beginning, more than 18,000 children have been served by the Guardian ad Litem Program. Approximately 5,500 children and youth across the state achieve permanence each year with Guardian ad Litem advocacy. Research has shown that twenty-five percent of children and youth with a Guardian ad Litem advocate find a forever home faster; and those with a GAL advocate are proven to be less likely to re-enter the system.

(See Be A Helper-GAL, Page 2)

Community Spotlight focuses on organizations making a difference in our community. Do you know of a great non-profit or charity organization that deserves recognition? Tell us about it! Reach out to: Amy@KeepingUpNews.com

CARY PEDIATRIC DENTISTRY

Robert D. Elliott, D.M.D., M.S.
Julie R. Molina, D.D.S., M.S.
carypediatricdentistry.com
919-852-1322

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Be A Helper-GAL, continued from Page 1

It is easy to see why a child would benefit from having a GAL advocate, but there are many benefits also enjoyed by those in the community who stepped forward to give their voice for an abused or neglected child. Dorothy A. has been a volunteer since 2000 and shares that “As a volunteer, I feel more effective than at any other time in my life. I know that my work changes the world, one child at a time”. Harriet N. has served for the past six years and shares “Upon retirement, I was looking for something meaningful to do with my sixty years of life experience. I was pleased to discover my volunteer advocate duties draw upon my existing skills and give reason for obtaining new ones”.

Despite all of the great work carried out by thousands of Guardians ad Litem however, more work remains to be done, and many more volunteers are needed. “There’s always one more, that’s why I’m still here. That is why I still work for this tremendous cause”. ~ Judy K. (GAL volunteer in Rockingham County). To join those in the community providing such an important service complete the application at:

www.VolunteerForGAL.org

If you have questions, or need further assistance call 1-800-982-4041.

Be a voice for a child, be a Guardian ad Litem volunteer advocate!



RACHAEL FEINMAN-NICHOLS AND AMY TOMKINS

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Keeping Up News



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If you are a teacher (current or former) and are interested in joining a fun and friendly team, contact us at:

Amy@KeepingUpNews.com

PRODUCT RECALLS

Please Note Recalls have been issued for some popular Baby Gear Items:

- Summer Infant:** SwaddleMe By Your Bed Inclined Sleepers
- Graco:** Little Lounger Rocking Seats
- Delta Enterprise Corp:** Multiple Models of Inclined Sleepers
- Evenflo:** Pillo Portable Napper
- K-Apparel:** Children's Lounge Pants
- Baby Trend:** Tango Mini Strollers
- Thesaurus Global Marketing (Amazon.com):** Tricycles
- Infantino:** Go Forward 4-in-1 Evolved Ergonomic Carrier
- Infantino:** Flip Front2back Carrier
- Infantino:** Up Close Newborn Carrier
- Juratoys:** Sophie the Giraffe Bead Maze

Products listed in "Product Recalls" are printed according to most recently published information and those most relative to children. This is not intended to be an exhaustive list of all currently recalled products. For further information relating to recalled products, including reason for recall and follow-up instructions, please contact the manufacturer or store where item was purchased.

Product Recalls sources: Safekids & Consumer Affairs



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Kristen Moore
Pharmacy Owner &
Mom of 3



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KEEPING UP WITH...

FAMILY FINANCIAL AND COLLEGE PLANNING




PHOTO: JASON DESHAYES

Jason Deshayes, CPA, CGMA responds to questions frequently asked by parents of infants and preschoolers.

Q-I would like to start saving for my child's education and have heard commercials about a "529 Plan". Are these plans a good way to save for future college expenses?

A-A 529 Plan is a tax advantaged account -- earnings aren't counted as taxable income and withdrawals aren't subject to income tax if used for "qualified education expenses". The problem with 529 Plan accounts is their lack of flexibility. 529 Plan participants are limited to investing in funds approved by their plan. If any portion of the funds go unused (your child elects a vocational education, receives a scholarship, etc.), parents will face tax penalties, in addition to federal (and possibly state) taxes upon withdrawals not used for qualified educational expenses.

In many instances, the preferred option for parents is a combination of a Roth IRA and/or traditional IRA investment

accounts. Roth IRA contributions don't reduce your present taxable income. However, earnings on deposits aren't taxed and can be withdrawn by parents for qualified educational expenses or retirement expenses. (Roth IRA principal deposits can be withdrawn without taxes or penalties for any reason). Traditional IRA deposits will reduce your present taxable income -- resulting in immediate savings -- but will be subject to taxation upon withdrawal.

It's not too late to make a Roth IRA contribution for 2019! The deadline to make a ROTH IRA contribution for the 2019 tax year is April 15, 2020. Every family's financial and tax circumstances are unique. Parents considering a college savings account should speak to a qualified Financial Planner.

Q-Will a Health Care Savings Account save me money on my taxes?

A- Yes- A Health Care Savings Account ("HSA") can be a good way to reduce your family's taxable income. Families with "High Deductible Health Plans" (family deductible of at least \$2,800) can set aside up to \$7,000 in "pre-tax" income within an HSA account to cover health care costs not covered by insurance. HSA's don't have a "use it or lose it" provision. Unused plan funds can be rolled over indefinitely. Withdrawals for "qualified medical expenses" aren't taxed. Unused funds can be withdrawn after retirement age for any reason without penalty but will be subject to income taxes.

Jason received his BBA and MAcc in Accounting from UNM Anderson School of Accounting. Jason is a licensed CPA and serves as the Director of Tax Planning for the Cook Wealth Management Group. Jason resides in Cary, NC with his wife, Tina, and their three children.



Be a voice for the children in our community

For more information about this extraordinary and rewarding volunteer opportunity in North Carolina, visit volunteerforgal.org or call 1-800-982-4041.



North Carolina
GUARDIAN AD LITEM
A CHILD'S ADVOCATE IN COURT
volunteerforgal.org

PLACES TO BE

MARCH

3/2, 10 AM-NOON
MONDAY MORNING MOVIE. Beauty and the Beast HOLLY SPRINGS CULTURAL CENTER, 300 W. BALLENTINE ST. HOLLY SPRINGS. FREE

3/3, 10 AM-NOON
TUESDAY MORNING MOVIE. Grab the kids, snacks, blankets and visit us for your free, favorite movies on the big screen! Doors open at 9:30am and the show begins at 10am! Call 919-249-1120 one week prior to event for movie title or sign up to be on our email list at halleculturalartscenter@apexnc.org. HALLE CULTURAL ARTS CENTER, 237 N. SALEM ST., APEX. FREE

3/4, 1-2 PM
STORYTIME FOR TOTS-CAMOUFLAGE. Animals use many different types of camouflage to survive. Learn which animals at Lake Crabtree can change colors, look like leaves, and mimic other animals that taste terrible. See if you can find hidden animals along the trail, and create your own camouflaged critter to take home. LAKE CRABTREE PARK 1400 AVIATION PKWY MORRISVILLE. FREE

3/7, 9AM-NOON
CARY FARMERS MARKET. The Cary Downtown Farmers Market is a vibrant gathering place where the community has direct access to multiple farmers and unique craftsmen all in one place. DOWNTOWN CARY, 135 W. CHATHAM ST. CARY. FREE

3/7, 9:30-NOON
HOLLY SPRINGS FARMERS MARKET. Local food & local businesses! Our farmers market offers a wide variety of fresh local produce, pasture-raised meats, farm-fresh eggs, cheese, fresh NC seafood, mouth-watering baked goods (including gluten-free, keto-friendly, and paleo options), loads of artisanal foods, all-natural bath and body products, and SO MUCH MORE! You can enjoy live music every week, as well as Little Sprouts activity tents for the kids! HOLLY SPRINGS CULTURAL CENTER, 300 W. BALLENTINE ST. HOLLY SPRINGS. FREE

3/7, 10:30 AM-12:30 PM
SUPERFUN SATURDAYS. Join us for “super” fun with free arts &

crafts for children. Ages 4-12. HALLE CULTURAL ARTS CENTER, 237 N. SALEM ST., APEX. FREE

3/7, 2-3 PM
SECRETIVE SALAMANDERS. Harris Lake County Park is home to several species of salamanders. Join us as we learn about these elusive amphibians and see some up close. All ages. HARRIS LAKE PARK-EDUCATIONAL GARDEN-2112 COUNTY PARK DR NEW HILL. FREE

3/9, 10 AM-NOON
MONDAY MORNING MOVIE. Brave HOLLY SPRINGS CULTURAL CENTER, 300 W. BALLENTINE ST. HOLLY SPRINGS. FREE

3/9, 11 AM-NOON
RAINDROPS AND RAINBOWS. Spring is here, and the winter snow is melting away. Create a weather craft to celebrate the new season. We will bring the materials if you bring the imagination! For all ages (adult accompaniment required for all children); FREE Registration is not required. CROWDER PARK-UPPER PAVILION 4709 TEN-TEN RD APEX. FREE

3/10, 11 AM-NOON
KIDS DISCOVER NATURE: A TREE IS NICE. As we celebrate NC Arbor Day this month, we will learn how important trees are for us and wildlife. We will read Janice May Udry’s A Tree is Nice book and walk around to look at different trees around the shelter. Dress for outdoor fun. Free for ages 1–6 with accompanying adult (only the child is registered but the adult must attend) HARRIS LAKE PARK-CYPRESS SHELTER 2112 COUNTY PARK DR NEW HILL. FREE

3/13, 5-6 PM
SPRING HAS SPRUNG. Shake off the winter blues and join us as we spot the early signs of spring, from seasonal sights and smells to the varied sounds of wildlife. Go on a sensory hike around the pond, then make a toad abode for the spring peepers around your home. For all ages; FREE. Registration is required for everyone, and children must have adult accompaniment. CROWDER PARK-UPPER PAVILION 4709 TEN-TEN RD APEX. FREE

3/14, 10:00 AM
RALEIGH ST. PAT’S PARADE. For parade route information vis-

it www.raleighstpats.org DOWNTOWN RALEIGH. FREE

3/14, 9:30-NOON
WESTERN WAKE FARMERS MARKET. Our mission is for all people in our community to become educated about and benefit from locally grown food. 260 TOWN HALL DR. MORRISVILLE. FREE

3/14, 9AM-NOON
CARY FARMERS MARKET. The Cary Downtown Farmers Market is a vibrant gathering place where the community has direct access to multiple farmers and unique craftsmen all in one place. DOWNTOWN CARY, 135 W. CHATHAM ST. CARY. FREE

3/14, 9:30 AM-12:30 PM
APEX FARMERS MARKET. The Apex Farmers Market and Local Food Alliance is a not-for-profit dedicated to being a resource to the town of Apex and surrounding communities. Our Mission is to provide educational outreach regarding healthful living and the health and economic benefits of consuming locally grown food and supporting locally produced products, while providing farmers and local producers opportunities to directly market their goods and services. 220 N. SALEM ST., APEX. FREE

3/16, 10 AM-NOON
MONDAY MORNING MOVIE. The Cat in the Hat HOLLY SPRINGS CULTURAL CENTER, 300 W. BALLENTINE ST. HOLLY SPRINGS. FREE

3/17, 10 AM-NOON
TUESDAY MORNING MOVIE. Grab the kids, snacks, blankets and visit us for your free, favorite movies on the big screen! Doors open at 9:30am and the show begins at 10am! Call 919-249-1120 one week prior to event for movie title or sign up to be on our email list at halleculturalartscenter@apexnc.org. HALLE CULTURAL ARTS CENTER, 237 N. SALEM ST., APEX. FREE

3/17, 11 AM-NOON
MARSUPIAL MAYHEM. Did you know that opossums are the only marsupial located in North America? Come learn all about these fascinating animals and the important roles they play in maintaining healthy natural ecosystems. Play a fun game and take home a cute opossum craft. For all ages; FREE. Registration is required for everyone, and children must have adult accompaniment. CROWDER

PARK-UPPER PAVILION 4709 TEN-TEN RD APEX. FREE

3/18, 12 AM-NOON
OUTSTANDING OPOSSUMS. Learn all about these marsupials through hands-on discovery activities, stories and a fun craft! Then, learn how an opossum hides and all about their favorite snacks! For ages 3–5; FREE. Registration is required for everyone, and children must have adult accompaniment. CROWDER PARK-UPPER PAVILION 4709 TEN-TEN RD APEX. FREE

3/19, 6-8 PM
PIZZA & A MOVIE. View a film with pizza, water, fruit & dessert included! Call 919-249-1120 for movie details. HALLE CULTURAL ARTS CENTER 237 N. SALEM ST APEX. TICKETS \$5 (CHILDREN UNDER 2- \$2)

3/21, 1-3PM
ARBOR DAY CELEBRATION. A tree dedication ceremony opens the event, after which guests can enjoy free tree-themed crafts for kids, education, and entertainment. The event is free with local food and drink available for purchase. While supplies last, attendees can pick up a free tree to plant at home and enjoy time for Q&A with our certified arborist including tips for proper planting. Additional booths will be onsite representing other local environmentally focused groups. DOWNTOWN PARK, CARY. FREE

3/21, 3:00 PM
THE LORAX MOVIE. The 2012 film is adapted from the classic Dr. Seuss story about the importance of trees and how small actions have a big effect on our environment. Free tickets are available at the box office, starting one hour prior to the screening while supplies last. CARY THEATER, 122 E. CHATHAM ST., CARY. FREE

3/21, 9:30-NOON
HOLLY SPRINGS FARMERS MARKET. Local food & local businesses! Our farmers market offers a wide variety of fresh local produce, pasture-raised meats, farm-fresh eggs, cheese, fresh NC seafood, mouth-watering baked goods (including gluten-free, keto-friendly, and paleo options), loads of artisanal foods, all-natural bath and body products, and SO MUCH MORE! You can enjoy live music every week, as well as Little Sprouts activity tents for the kids! HOLLY SPRINGS CULTURAL CENTER, 300 W. BALLENTINE ST. HOLLY SPRINGS. FREE

TINE ST. HOLLY SPRINGS. FREE

3/21, 9AM-NOON
CARY FARMERS MARKET. The Cary Downtown Farmers Market is a vibrant gathering place where the community has direct access to multiple farmers and unique craftsmen all in one place. DOWNTOWN CARY, 135 W. CHATHAM ST. CARY. FREE

3/21, 9:30-NOON
WESTERN WAKE FARMERS MARKET. Our mission is for all people in our community to become educated about and benefit from locally grown food. 260 TOWN HALL DR. MORRISVILLE. FREE

3/21, 10:30 AM-12:30 PM
SUPERFUN SATURDAYS. Join us for “super” fun with free arts & crafts for children. Ages 4-12. HALLE CULTURAL ARTS CENTER, 237 N. SALEM ST., APEX. FREE

3/21, 2-3 PM
SIGNS OF SPRING. Spring is a magical time of year with birds returning, wildflowers in bloom and wildlife enjoying the warmer weather. Join us on a leisurely hike to discover what’s new in nature. There should be some great photo opportunities so bring your camera just in case! All ages. HARRIS LAKE PARK-EDUCATIONAL GARDEN 2112 COUNTY PARK DR NEW HILL. FREE

3/22, 4-5PM
ARBOR DAY TREE PLANTING. Join members of the Apex Town Council, the Tree Citizen Advisory Panel (Tree CAP) and the Apex Garden Club in celebrating Arbor Day! Four trees (2 river birch and 2 black gum) will be planted, one for each year the Town of Apex has been designated as a Tree City USA HUNTER ST. DOG PARK, 1250 AMBERGATE STATION, APEX. FREE

3/22, 1-2 PM
CRAZY CORVIDS!. Did you know crows, ravens and blue jays are super smart? Stop by the park and learn all about these fascinating birds! Play a fun game to see if you could outwit a raven, read a cute story, and create a corvid-themed craft to take home. We will also practice our crow calls and go on a corvid hike. For all ages; FREE. Registration is required for all family members and children must have adult accompaniment. CROWDER PARK-UPPER PAVILION 4709 TEN-TEN RD APEX. FREE

3/23, 10 AM-NOON
MONDAY MORNING MOVIE. Beethoven HOLLY SPRINGS CULTURAL CENTER, 300 W. BALLENTINE ST. HOLLY SPRINGS. FREE

3/28, 9AM-NOON
CARY FARMERS MARKET. The Cary Downtown Farmers Market is a vibrant gathering place where the community has direct access to multiple farmers and unique craftsmen all in one place. DOWNTOWN CARY, 135 W. CHATHAM ST. CARY. FREE

3/28, 9:30 AM-12:30 PM
APEX FARMERS MARKET. The Apex Farmers Market and Local Food Alliance is a not-for-profit dedicated to being a resource to the town of Apex and surrounding communities. Our Mission is to provide educational outreach regarding healthful living and the health and economic benefits of consuming locally grown food and supporting locally produced products, while providing farmers and local producers opportunities to directly market their goods and services. 220 N. SALEM ST., APEX. FREE



Culver's

Welcome to

DELICIOUS

VISIT YOUR LOCAL CULVER'S RESTAURANT:

Culver's of Apex
1401 Kelly Rd.
Apex, NC 27502
919-372-5610

3/28, 9:30-NOON
WESTERN WAKE FARMERS MARKET. Our mission is for all people in our community to become educated about and benefit from locally grown food. 260 TOWN HALL DR. MORRISVILLE. FREE

3/30, 10 AM-NOON
MONDAY MORNING MOVIE. Ed HOLLY SPRINGS CULTURAL CENTER, 300 W. BALLENTINE ST. HOLLY SPRINGS. FREE

3/30, 10:30-11 AM
COLORS IN NATURE. Practice your colors by sorting natural objects found in the park! Then, go on a nature hunt to find plants and animals of different colors! For ages 18 months–3 years (with an accompanying adult); FREE. Registration is required. Meet at the Upper Pavilion. CROWDER PARK-UPPER PAVILION 4709 TEN-TEN RD APEX. FREE

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*Our events listings are compiled monthly and may change without notice. Please verify event with venue. If you have information regarding upcoming events or would like to place an ad promoting your event, please contact us at:

Amy@KeepingUpNews.com



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PLAY IT AGAIN
SPORTS

\$5 off
\$20 purchase

446 Crossroads Blvd.
Cary

(919) 851-1851

UPCOMING APRIL EASTER EVENTS

4/4, 9:00 AM
TOWN OF APEX EGG HUNT. Egg Hunt starts promptly at 9am. Bring your own baskets and be sure to arrive on time! Bring your camera and take pictures with the Easter Bunny! (No pets allowed). Apex Community Park, 2200 Laura Duncan Rd. Field #3. FREE

4/4, 9-10 AM
BREAKFAST WITH THE BUNNY. Join the Easter Bunny for a delicious continental breakfast provided by the Cary Teen Council at Herb Young Community Center. Muffins, donuts, fresh fruit and more will be served. Be sure to bring your Easter smiles as the Bunny will be available for photos and videos for ticket holders. There will be a private egg hunt immediately after breakfast exclusively for ticket holders. The egg hunt will be held indoors if there

is inclement weather. Tickets are required for this Cary Teen Council fundraiser. Tickets are limited and must be purchased in advance. Tickets go on sale Monday, March 2 at Herbert C. Young Community Center. No tickets will be sold the morning of the breakfast. For more, call (919) 460-4965. Herbert C. Young Community Center, 101 WILKINSON AVE., CARY. \$5 for Ages 10 & Up; \$4 for Ages 3-9; Free for Age 2 & Under

4/4, 10 AM-NOON
SPRING FLING. Festivities include: Inflatables, DJ, Vendors (Activities and Games) & the Easter Bunny. Egg Hunt begins promptly at noon on the baseball field. TING STADIUM, 1151 NORTH MAIN ST., HOLLY SPRINGS. FREE



4/4, 10:00 AM
EASTER EGG HUNT. Meet the Easter bunny and hunt for plastic eggs filled with goodies and very special prizes. The Easter Egg Hunt will be held at Field #1. Strollers and animals will not be allowed on the field at any time. Please arrive early as there may be heavy traffic and delays with parking. Make sure to bring your own baskets! MORRISVILLE COMMUNITY PARK, 1520 MORRISVILLE PKWY., MORRISVILLE. FREE

4/7, 6-7 PM
POP-UP EASTER EGG SCRAMBLES. Join your friends, neighbors, and the Easter Bunny as you search for eggs at a park near you! Three separate egg hunts will be hosted throughout Cary on Tuesday, April 7 from 6-7 p.m. The locations of these pop-up egg hunts will be announced via social me-

dia on the morning of Tuesday, April 7. Be sure to follow Cary NC on Instagram, Facebook & Twitter for location information and announcements! TOWN OF CARY PARKS-TBD. FREE

4/8, 5:30-7:30 PM
EGG HUNT FOR SPECIAL NEEDS. Join us for an Eggstravaganza, a very special hunt for children 12 years of age and younger with special needs, developmental and/or physical disabilities. Bring a buddy to help if needed. Bring your basket and get ready to scout the park for lots of colorful eggs. This event is free and registration is encouraged. KIDS TOGETHER PARK, 111 THURSTON DR., CARY. FREE



See photo contest on Page 7



Brian Calabrese
Photography

www.BrianCalabrese.com
Info@BrianCalabrese.com



Advertise here!

Contact a staff member to find out how you can advertise in this spot!

LIBRARY STORYTIMES

CARY COMMUNITY LIBRARY	HOLLY SPRINGS LIBRARY	WEST REGIONAL LIBRARY
MONDAYS 9:30-9:55 AM TODDLER 10:30-11 AM PRESCHOOL 11:30-11:50 AM BABY	MONDAYS 10:30-10:55 AM TODDLER 11:30-11:50 AM BABY	MONDAYS 10-10:30 AM PRESCHOOL 11-11:30 AM PRESCHOOL 4:30-5:30 PM PRESCHOOL/EARLY ELEMENTARY
TUESDAYS 9:30-9:55 AM TODDLER 10:30-10:55 AM TODDLER 1:30-2 PM PRESCHOOL	TUESDAYS 10:30-10:55 AM TODDLER 11:30-NOON PRESCHOOL	TUESDAYS 9:30-9:55 AM TODDLER 10:30-10:55 AM TODDLER 11:30-11:50 AM BABY
WEDNESDAYS 9:30-9:55 AM TODDLER 10:30-10:55 AM TODDLER 11:30-NOON PRESCHOOL 6:30-7 PM FAMILY	WEDNESDAYS 10:30-10:55 AM TODDLER 11:30-NOON PRESCHOOL	WEDNESDAYS 9:30-9:55 AM TODDLER 10:30-10:55 AM TODDLER 7-7:30 PM FAMILY
THURSDAYS 9:30-9:55 AM TODDLER 10:30-11 AM PRESCHOOL	THURSDAYS 10:30-10:55 AM TODDLER 11:30-11:50 AM BABY 4:30-5:15 PM PRESCHOOL/EARLY ELEMENTARY	THURSDAYS 10-10:30 AM PRESCHOOL 11-11:30 AM PRESCHOOL 7-7:30 PM FAMILY
FRIDAYS 9:30-9:55 AM TODDLER 10:30-11 AM PRESCHOOL	SATURDAYS 11-11:30 AM FAMILY	FRIDAYS 10:30-10:55 AM TODDLER 11:30-11:55 AM BABY
SATURDAYS 10-10:30 AM FAMILY 11-11:20 AM BABY		SATURDAYS 10:30-11 AM FAMILY 11:30-NOON FAMILY



BABY-Babies and their caregivers are invited to participate in a lapsit program that incorporates age appropriate books, music, rhymes and movement. No registration required.

TODDLER-Children from walkers to age 3 and their caregivers are invited to participate in an interactive program that incorporates age appropriate books, music, rhymes and movement. No registration required.

PRESCHOOL-Children ages 3-5 and their caregivers are invited to participate in an interactive program with books, songs and movement to nurture pre-reading skills.

FAMILY-Young children and their families are invited to participate in an interactive program that incorporates age appropriate books, songs and movement to nurture pre-read-ing skills. No registration necessary.

Please note that the Eva Perry Regional Library at 2100 Shephard’s Vineyard Drive, Apex is undergoing renovations and is currently closed.



DINING DISCOUNTS

FREE (UNLESS OTHERWISE NOTED)KIDS MEALS WITH PURCHASE OF ADULT ENTREE WHO DOESN’T LOVE FREE?

- MONDAYS**
- *Your Pie-685 Cary Towne Blvd., Cary (\$.99)
 - *Remington Grill-208 Crossroads Plaza, Cary
- TUESDAYS**
- *Sassool-1347 Kildaire Farm Rd., Cary
 - *BurgerFi-2052 Renaissance Park Pl., Cary
 - *Moe’s-280 Meeting St., Cary
 - 127 Weston Pkwy., Cary
 - 5020 Arco St., Cary
 - 700 W. Williams St., Apex
 - *Doherty’s-5490 Apex Pkwy., Apex
 - *Carolina Ale House-2240 Walnut St., Cary
 - *Neomonde-10235 Chapel Hill Rd. #400, Morrisville
 - *B.Good-1000 Market Center Dr., Morrisville
- WEDNESDAYS**
- *Buffalo Wild Wings-121 Grand Hill Pl., Holly Springs(1.99)
 - *Zaxby’s-1171 Plaza Dr., Apex
- THURSDAYS**
- *Rudy’s Pub-780 W. Williams St., Apex
- SUNDAYS**
- *Jersey Mike’s-3490 Kildaire Farm Rd., Cary
 - *Dickey’s BBQ-1102 Parkside Main St., Cary
 - *Jason’s Deli-210 Crossroads Blvd., Cary
 - *Abbey Road-1195 W. Chatham St., Cary
 - 1700 Center St., Apex (\$1.99)
- DAILY**
- *O’Charley’s-101 Ashville Ave., Cary
 - *IHOP-7304 GB Alford Hwy., Holly Springs

*Our listings are compiled monthly and may change without notice. Please verify discount and time restrictions with establishment prior to dining.

Reach out with updated information or additional discounts at: Amy@KeepingUpNews.com

TAKE A BREAK

Sudoku

7	9			5	2	4	1
6	5	8	1	2		7	
2	4			9		5	
	3		7	9		5	
	8			5		4	3
		6	2				7
8		9			2	3	7
	2		4	3	7	8	6
		4		8	6		2
							5

Fill all the blank squares with the correct numbers. In a 9 by 9 square Sudoku game:

- * Every row of 9 numbers must include all digits 1 through 9 in any order
- * Every column of 9 numbers must include all digits 1 through 9 in any order
- * Every 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9



Advertise here!

Contact a staff member to find out how you can advertise in this spot!

EPIC FAMILY PHOTO FAIL CONTEST WINNER

CONGRATULATIONS TO
LAURA G.!

(Though we think for 4 adults, 6 kids and a dog, this is pretty impressive!)

Laura wins a FREE family portrait session by

Brian Calabrese
Photography



Advertise here!

Contact a staff member to find out
how you can advertise in this spot!

WHAT'S THAT WORD

CAN YOU MATCH THESE WORDS
WITH THE CORRECT DEFINITION?

- 1) Ogdoad ____
- 2) Sternutator ____
- 3) Mimp ____
- 4) Hebdomadal ____

- A. PURSING OF THE LIPS
- B. A GROUP OR SET OF EIGHT
- C. WEEKLY
- D. SOMETHING THAT CAUSES SNEEZING



Advertise here!

Contact a staff member to find out how you can advertise in this spot!

KIDS HAVE READ IT!

KID RECOMMENDED BOOKS



“Thelma the Unicorn”

By: Aaron Blabey

Approved by: Charlotte D, Bright Horizons, Apex



This book is great because...

It has such a positive message for kids. Great illustrations, cute rhymes and a wonderful lesson on true friendship.

For a chance to appear in a future edition of Keeping Up News and a prize for your child’s classroom, submit your child’s book recommendation (with a photo of your child) including title, author and why the book is great at :

www.KeepingUpNews.com/Recommendations



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HOME TEAM
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HELPING YOU AND THEM FIND THAT PERFECT HOME!

Call me at the home of the \$999 Listing today!

Martin J. Burke (919) 609-6842

HOW TO CATCH A LEPRECHAUN...

- BY CASEY D., GROW PRESCHOOL (CO-DESIGNER, KIERAN D., NARRATED BY MOM)**
- STEP 1:** Build some cool LEGO creations to lure the leprechaun to your room.
- STEP 2:** Put one of these creations in a bowl of water to trap the leprechaun (if he presumably couldn’t swim).
- STEP 3:** If he was able to escape that trap, he’d be enticed to approach this treasure chest by Casey’s bed because it was full of AND surrounded by more appealing legos.

- STEP 4:** Upon entering the trap, the leprechaun would be stuck. BUT! Only momentarily, because the treasure chest is propped open with a toothbrush just so the leprechaun can eventually get out. (Casey was concerned that Santa would have to send out a search party if his leprechaun didn’t come back.)

