

Keeping Up News

Our Community Connection For Preschool Parents On The Go

Volume 1 Apex and Holly Springs Edition JANUARY 2020



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WELCOME TO OUR FIRST EDITION!

Parenting is hard work! We've created our monthly newspaper as a way to Keep Up with the busy life of parenting preschoolers. You'll find our monthly newspaper is filled with rotating content, including: educational information, helpful hints and tips, featured community organizations, guest columnists, events, and even some discount offerings from businesses in our communities. You'll also find contributions from our favorite future readers-the kids!

Our newspaper is proudly teacher-owned and operated. We employ teachers in every facet of production, marketing and distribution of our paper. Our focus is on giving back to our community preschools and the teachers who work daily to nurture

our children's minds and spirits. As such, a portion of the profits of every newspaper will be given back to local preschools in the form of donations and incentives. We recognize the importance of providing a strong foundation for our young learners and appreciate the difference each teacher makes in their early education.

We want this newspaper to be valuable for you so please, please share your feedback and suggestions to help us improve.

Warmest Regards,
Amy
Amy J. Tomkins, MEd.
Publisher &
Self-Designated Adult-In-Charge
Amy@KeepingUpNews.com

COMMUNITY SPOTLIGHT

RONALD MCDONALD HOUSE OF DURHAM/WAKE

BY PAUL TOMKINS, CONTRIBUTOR

Six years ago, I drove my wife to the hospital after she began contractions. Everything seemed "normal". Our son, Charlie, was full-term and, as with his four older siblings, there were no pregnancy-related complications. Our lives were forever changed in an instant that day. After sustaining a massive birth injury, Charlie was born not breathing and with no detectable pulse. Resuscitation efforts took a very long time - and were nearly called off. A nurse actually called his time of death but was waived off by the emergency physician. Even after regaining a pulse, the attending doctor frankly told us we were likely looking at a "very poor outcome". After he was stabilized, the decision was made to transport Charlie to a Children's Hospital NICU ninety miles from our home for treatment. It felt hazy and surreal. I remember the agonizing discussion with my wife about whether I should go with Charlie or stay with her. First conversations with Charlie's NICU team that evening provided glimmers of hope but also the realization that Charlie's recovery would be a long process. I remember the pain and tears in my wife's eyes the following morning as I helped her to the car - her holding the empty car seat carrier on her lap as the nurse wheeled her to the car for our first trip to see Charlie.

Our son's older siblings, then 2-11, were starting school the next day and had been excited for the arrival of their new baby brother. Up until this point, our family life had been very busy but pretty typical. Four kids going in different directions involved in sports and school activities. I ran a small business to support our family and my wife and I volunteered



PHOTO PROVIDED BY RMH DURHAM/WAKE the NICU.

with our church and PTA. We had to navigate how to keep our other children's lives as normal as possible while focusing on Charlie's recovery at a NICU nearly two hours from home. We initially declined an offer of assistance from the Ronald McDonald House. We were used to giving, not receiving, help. We ultimately accepted after learning that Ronald McDonald House offered much more than a place to stay near the NICU. The volunteers and staff served as a liaison with NICU staff and provided emotional support to my wife - allowing her to focus on Charlie's recovery. I was able to take care of my family knowing that my wife was being supported. Playrooms and large family-style eating areas (teams of area businesses and college students regularly volunteered to make evening meals for residents) allowed my wife to spend time with Charlie's older siblings while I visited him every evening at

Mr. Rogers told us that, when life seems scary, to "look for the helpers. You will always find people helping". For my family, and the parents and siblings of the more than 500,000 kids in the United States battling life-threatening illnesses or injuries every year, life is very scary. Our family, dear friends and the Ronald McDonald House, and their staff of helpers, carried us through one of the most difficult times of our lives. There is so much more to our miracle story (Charlie made a full recovery) but the takeaway for us was that relatively small acts of kindness and support can make a very real and significant difference for families with sick children.

(See Be A Helper-RMH, 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



Be A Helper-RMH, continued from Page 1

Our own Ronald McDonald House of Durham and Wake provides a comforting “home-away-from-home” and a community of support for seriously ill children and their families. Their 55-bed facility (one mile from Duke Hospital), as well as their 5-beds within Wake Med Hospital, provide the comforts of “home” while families care for their seriously ill children. During their stay at RMH, families are provided with a room or long-term suite, food and prepared meals, shuttle service to the hospital and activities for kids. Most

importantly, RMH provides a support system of other families going through similar situations during this challenging time. Families staying at RMH of Durham and Wake are asked to make nominal payments (\$10-\$15/night) but are never turned away for their inability to pay. RMH of Durham/Wake relies on the surrounding community to continue supporting families of seriously ill children. There are numerous ways you can be a helper at Ronald McDonald House.

Donate-Individual, fundraising, corporate and planned giving.

Donations could include soda tabs, collecting loose change, purchasing wish list items or financial giving.

Volunteer-As an individual, family, business or school.

Volunteer opportunities within the House include welcoming families, preparing meals, assisting with children’s activities, internships or room adoption. Volunteer opportunities within the Hospitals include providing support for families, both emotional and by stocking

snacks/supplies, helping with laundry, organizing family room facilities. Volunteer for special events and fundraisers throughout the year.

For more information regarding giving and volunteer opportunities please visit: www.RMHDurhamWake.org or contact: Info@RMHDurhamWake.org

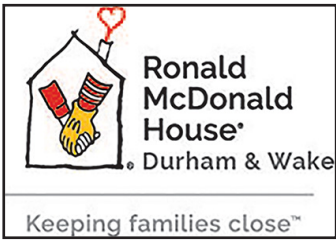


PHOTO PROVIDED BY RMH DURHAM/WAKE

Keeping Up News Staff & Contact Information

Publisher & Editor-in-Chief
Amy Tomkins

Brand Executive
Rachael Feinman-Nichols

Website
www.KeepingUpNews.com

Email
Amy@KeepingUpNews.com



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Amy@KeepingUpNews.com



RACHAEL FEINMAN-NICHOLS, BRAND EXECUTIVE AND AMY TOMKINS, PUBLISHER

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KEEPING UP WITH...

PEDIATRIC DENTAL HEALTH



Dr. Robert Elliott and Dr. Julie Molina of Cary Pediatric Dentistry respond to questions frequently asked by parents of infants and preschoolers.

Q-When should my child begin brushing their teeth?

A-Before the first tooth erupts or as soon as you are able, after each feeding, wipe the baby’s gums with a clean, damp gauze pad or washcloth. This will remove plaque and bits of food that can harm erupting teeth. When your child’s teeth begin to erupt, brush them gently with a child’s size toothbrush and water. (Consult with your child’s dentist or physician if you are considering using fluoride toothpaste before age two). When your child can be counted on to spit and not swallow toothpaste (usually not before age two), begin brushing the teeth with a pea-sized amount of toothpaste. The American Dental Association recommends fluoride toothpaste; ask your dentist about your child’s fluoride needs.

Q-At what age do you recommend my child first visit a dentist?

A-Your child should start seeing a dentist when the first tooth appears or no later than his/her first birthday. Why so early? This appointment gives us the opportunity to discuss diet/nutrition, proper oral hygiene care, take an adequate systemic fluoride history (city water versus well water) and prevent any dental problems that

can occur. Primary teeth are important! It’s true that they will fall out. Parents have to understand that baby teeth should remain in place until they are naturally lost. Baby teeth act as guides for the adult teeth. They have nerves just like the adult teeth. If decay is allowed to progress rapidly, kids will feel pain or discomfort just like the adult teeth. The general guideline is that front baby teeth fall out around age six, and primary molars (back teeth) usually fall out around age twelve. Healthy teeth allow children to chew food more easily, learn to speak clearly, and smile with confidence.

Q-How can I prepare my child for their first visit?

A-Before the first visit: Please discuss the positive aspects of dentistry with your child. Convey good feelings to your child about dental visits being a part of growing up. Explain that the dentist will look at and count all of his or her teeth. Please do not tell your child that the dentist will not hurt, as this may have never entered his or her mind. Rather, emphasize that the dentist will be gentle and friendly. Avoid using words like needle, drill, shot, pull or any other word suggesting unpleasantness. Expect your child to do well and enjoy the first visit to our office and chances are, they will.

A Note From Dr. Elliott & Dr. Molina: *During your first visit to Cary Pediatric Dentistry, you and your child will get to meet Dr. Elliott or Dr. Molina and their caring TEAM. We will encourage your child to explore their new dental environment! We invite you to be an active part of your child’s dental health. Our office has specific features geared toward making your child more comfortable at their dental visit. Televisions above the dental chairs for children to watch while having cleanings and operative work done are a great distraction for anxious patients. Kid-friendly-sized radiographs and dental instruments also help with the dental visit being an overall great experience. The Doctors and Team at CPD use our knowledge to make the dental visit a great success for kids as well as their parents.*

Dr. Elliott and Dr. Molina are both Board Certified in Pediatric Dentistry and have operated Cary Pediatric Dentistry since partnering in 2008. Drs. Elliott and Molina have graciously provided responses herein for informational purposes. This information should not be considered or relied upon as “medical advice”.



PHOTOS PROVIDED BY CARY PEDIATRIC DENTISTRY



CARY PEDIATRIC DENTISTRY

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

PLACES TO BE

ONGOING

11/22-1/12, 6-10 PM
NC CHINESE LANTERN FESTIVAL. Koka Booth Amphitheater transformed into a magnificent setting with the return of the NC Chinese Lantern Festival with all new displays! Venue concession stands open, as well as food trucks on-site select nights. Visit www.boothamphitheater.com for more info. KOKA BOOTH AMPHITHEATER, 8003 REGENCY PKWY CARY. Tickets \$10-20

JANUARY

1/4, 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

1/4, 12:30 PM
THREE KINGS DAY PARADE. In January, apart of the Star of Hope Campaign, the Three Kings arrive preceded by a parade of individuals, community groups, and businesses walking, driving vehicles, and/or riding floats to celebrate the end of the Holiday Season. PAGE-WALKER ART & HISTORY CENTER 119 AM-BASSADOR LOOP CARY. FREE

1/5, 2-3 PM
NATURE DISCOVERY HIKE. Winter is a great time to get outside and enjoy the natural world. Hone your observation skills as you search for signs of wildlife and other winter wonders. HARRIS LAKE PARK-EDUCATIONAL GARDEN 2112 COUNTY PARK DR NEW HILL. FREE

1/11, 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

1/11, 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

1/11, 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

1/11, 9:00 AM
MUTTS & MARSHMALLOWS. Fit & Able loves family fitness and whose four-legged furry friend isn't part of the family? Dog owners are welcome to run with their pups in the Doggie Dash! For only \$10 per pup it will be happy trails for both runners and their dogs. AND, the full \$10 dog fee goes to support the Wake County SPCA! There are 4 races to choose from! The signature event is the 5K Doggie Dash but there's also a regular 5K, 8K, and 1 Mile fun run. 201 SOCCER PARK DR., CARY. FEE STARTING AT \$5

1/13, 11-NOON
SPLENDID SNOWFLAKES. Are you hoping for snow this winter? We can have some snow-themed fun, either way! 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-CARDINAL SHELTER 4709 TEN-TEN RD APEX. FREE

1/14, 11-NOON
KIDS DISCOVER NATURE: TIME TO SLEEP. It's that time of year for some animals to prepare for winter. We will read Time to Sleep by Denise Fleming and learn what different animals do to make it through the cold months. Dress for outdoor fun. Free for ages 1-6 with accompanying adult (only the child is registered, but adult must attend) HARRIS LAKE PARK-CYPRESS SHELTER 2112 COUNTY PARK DR NEW HILL. FREE

1/15, 10 AM-12 PM
TUESDAY MORNING MOVIE. Call 919-249-1120 for movie details. Bring your own snacks! HALLE CULTURAL ARTS CENTER 237 N. SALEM ST APEX. FREE

1/15, 7-9 AM
EAGLE COUNT. Join park staff in

collecting data for the state and national count of Bald Eagles. Participants will be allowed in the park before it opens and will be staged at various locations around Lake Crabtree. No prior birding experience required. Enjoy a light breakfast after the count. Registration required. LAKE CRABTREE PARK 1400 AVIATION PKWY MORRISVILLE. FREE

1/18, 10 AM-NOON
TELLEBRATION: CELEBRATING DR. MARTIN LUTHER KING, JR.. Each year, we recognize and celebrate the life, work, and vision of Dr. Martin Luther King, Jr. Tellebration brings together two exceptional African-American storytellers, Willa Brigham and Linda Gorman. You and your children will enjoy a morning learning about Dr. King and his teachings through the art of story-telling. PAGE-WALKER ARTS & HISTORY CENTER, 119 AM-BASSADOR LOOP, CARY. FREE

1/18, 2:00 PM
AMAZING GRACE, A STAGED READING. Presented by Cary Youth Theater-In Grace's imagination, she can be anything she wants to be. When Grace is told she can't be Peter Pan in the school play because she's a girl and because she is black, Grace proves she can do anything she sets her mind to in real life, too. By Shay Youngblood; adapted from the book by Mary Hoffman. CARY THEATER, 122 E. CHATHAM ST., CARY. FREE

1/18, 9:30-NOON
HOLLY SPRINGS ARTISAN'S 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

1/18, 9:30-NOON
FARM DAY. You are invited to join us for a farm tour and an opportunity to get your hands a little dirty with the work of the farm. This is an ideal way to join us. Families are welcome. Sign up so we can have things ready for you. CORRAL 3620 KILDAIRE FARM RD. CARY. FREE

1/18, 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

1/18, 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

1/19, 10:30-12:30
SUPERFUN SATURDAY. Ages 4-12. 10:30am-12:30pm 1st & 3rd Saturday of the month FREE Join us for "super" fun with free arts & crafts for children. No registration required & Parents or guardian must accompany children. . FREE

1/19, 1-2 PM
FANTASTIC FOSSILS. Fossils tell scientists how animals and plants lived a long time ago. Join us as we become Junior Paleontologists! Play the rock cycle game and discover in which rocks fossils form. Learn and experiment with the four types of fossils, then excavate pretend reptiles from eggs! 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

1/20, 1-3 PM
SQUIRREL SPOTTERS. Head out to Lake Crabtree to celebrate "Squirrel Appreciation Day" and learn all about our most commonly seen mammal. We will spy on the always entertaining gray squirrels that abound in the park. Park staff will answer all your gnawing questions about squirrel habits, habitats, and the perils they face. Registration required. LAKE CRABTREE PARK 1400 AVIATION PKWY MORRISVILLE. FREE

1/24, 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)

1/25, 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

1/25, 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

1/25, 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

1/26, 2-3 PM
OH, DEER! Deer are a common sight in the park and perhaps in your own backyard. You'll get to see a fawn mount and deer skull up close, learn some interesting facts about these beautiful animals and make your own set of antlers. HARRIS LAKE PARK-CYPRESS SHELTER 2112 COUNTY PARK DR NEW HILL. FREE

1/28, 11-NOON
RAPTOR ROUND UP. Get a closer look at the birds of prey that call Crowder County Park home! Learn all about their adaptations through hands-on discovery centers, then warm up and practice your communication skills to locate your family and discover who is who high up in the sky. 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

1/29, 11-NOON
HAWKS, OWLS & EAGLES, OH MY!. What is our national bird? How many different hawks are there, and who goes whoooo in the night? Discover fun facts about these feathered hunters of the sky. Read a story, discover what makes a bird a bird, and play a birds of prey matching game, then make a fun craft to take home! 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

FEBRUARY

2/1, 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



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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

2/1, 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

2/8, 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 direct

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2/8, 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

2/8, 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

2/10, 11-NOON
BIRD BONANZA. Birds come in different shapes, sizes and patterns! Stop by to explore bird diversity and create a bird craft to take home. We will bring the materials if you bring the imagination! For all ages (adult accompaniment required for all children); FREE. Reg

istration is not required. CROWDER PARK-CARDINAL SHELTER 4709 TEN-TEN RD APEX. FREE

2/15, 9:30-NOON
HOLLY SPRINGS ARTISAN'S 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

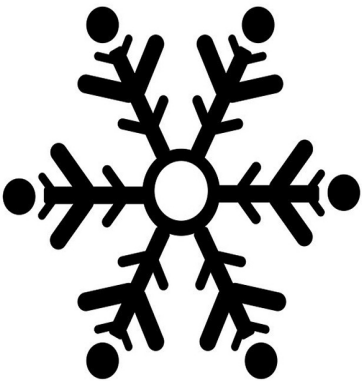
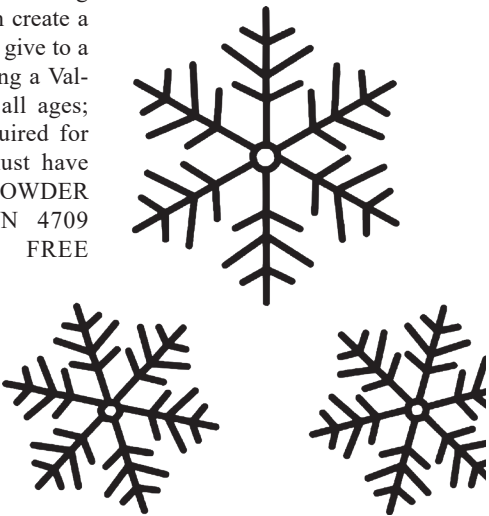
2/15, 9AM-NOON
CARY FARMERS MARKET. The Cary Downtown Farmers Market is a vibrant gathering place where the community has direct access to multiple farmers and unique craftsmen all in one place. DOWNTOWN CARY, 135 W. CHATHAM ST. CARY. FREE

2/15, 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

2/16, 1-2 PM
HAPPY VALENTINE'S DAY, MOTHER NATURE! Did you give a valentine to Mother Nature this year? Join us as we celebrate a day of love and kindness at the park! Make a few homemade valentine presents for our feathered friends including a nesting ball and a bird feeder. Then create a card from natural objects to give to a special someone while eating a Valentine-themed snack. 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

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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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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

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PROJECT

TAKE A BREAK

Sudoku

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

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!

KIDS CAN MAKE IT!

Playdough

Ingredients:

- 1 cup plain flour
- 1/4 cup salt
- 1 tablespoon cooking oil
- A few drops of food coloring

Instructions:

1. Mix the flour and salt together in a large bowl.
2. Make a well in the center of the dry ingredients and pour in the oil.
3. Add a few drops of food coloring to the 1/2 cup water and mix.
4. Add the colored liquid, a little at a time, to the flour and oil.
5. Knead until the mixture is smooth .



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 craft recommendation (with a photo of your child) including subject, ingredients and instructions at :

www.KeepingUpNews.com
(under the “RECOMMENDATIONS” tab.)



Advertise here!

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

KIDS HAVE READ IT!

KID RECOMMENDED BOOKS

KID APPROVED!

Mr. Tiger Goes Wild

By: Peter Brown

Approved by: Claire G-Goddard School-Apex



This book is great because...

Mr. Tiger gets to be himself and even convinces his friends to loosen up and enjoy themselves!

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
(under the “RECOMMENDATIONS” tab.)



Advertise here!

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(recent Peak Lab Rescue dogs)

TRIANGLE HOME TEAM REALTY

HELPING YOU AND THEM FIND THAT PERFECT HOME!

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

Martin J. Burke (919) 609-6842

KIDS WILL EAT IT!

KID RECOMMENDED RECIPES



Pasta Salad

Approved by: CJ B.- Grow Preschool, Apex



Ingredients:

- 1 pt. cherry tomatoes (quartered)
- 1 cucumber (diced)
- 1 bag broccoli (chopped)
- 1 box vegetable rigatoni (boiled according to box)
- Zesty Italian dressing (to taste)

Instructions:

- 1. Boil pasta according to box.
- 2. Mix cut vegetables, pasta and dressing together.
- 3. Refrigerate overnight & serve cold.

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 recipe recommendation (with a photo of your child) including subject, ingredients and recipe at :

www.KeepingUpNews.com
(under the “RECOMMENDATIONS” tab.)

A Note To Our Readers

As a parent to five growing kids, it seems every day is an adventure, centered around *Keeping Up* with **all the things**-schedules, friends, news, health, activities and community involvement. Our team created this newspaper in an effort to bring all those things to one place-or at least as many as we can fit into our pages!

Raising kids is such an amazing blessing, but it is not an easy job. There are always so many questions-theirs AND ours! We hope you will find some answers in these pages. Our questions change with each stage of parenting, so we will try to include a range of information and hope you’ll find content that fits your current or future needs.

Teachers and Educators play a huge role in shaping our children to become lifelong learners. Our *Keep-ing Up* “give back” programs will provide rewards and incentives to preschool classrooms and teachers. We are also thrilled to provide job opportunities to our team of current and former teachers in the production, marketing and distribution of our paper. Our *Community Spotlight* and other feature columns will raise awareness of the **amazing** local organizations that support educators, children and families in our area.

We hope you find this to be a helpful guide to *Keeping Up* with the busy of life of preschool parent-ing! If you have questions or topics that would be helpful to other preschool parents, let us know! Send to:



Amy@KeepingUpNews.com

Amy

Amy J. Tomkins, MEd.
Publisher & Self-Designated Adult-In-Charge