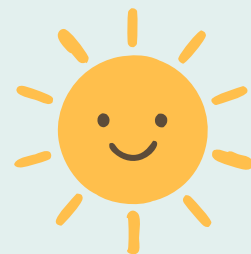




July
2026

Cape Atlantic INK

Summer Newsletter



Free & Low Cost Summer Activities

Stone Harbor Farmers Market

Sundays Memorial Day weekend through Labor Day
8:00 AM to 12:30 PM

A weekly summer tradition featuring produce baked goods local vendors, specialty foods flowers, and family-friendly browsing.

Wildwood farmers market

Saturdays through the summer season
8am- 12:30pm

families can explore fresh produce crafts baked goods, local products and rotating vendors each week

Cape May lighthouse family fun

Wednesdays July 1st through August 26th

9:00 AM- 2 PM

weekly family craft activities where kids can make projects

Cape May Movies on the beach

Thursdays during the summer begin at dusk

Bring blankets or beach chairs and enjoy free family movie nights on the beach

Ocean City Wacky Wednesday

Wednesdays July through August 10:30 AM – 11:30am
a different family activity including games, contests ,crafts and kid centered interactive fun

Creative Community writing & art club.

Every 3rd Sunday at SP senior and Community Center
22 in Ambler Ave, Somers point NJ.

Upcoming date July 19th.

10:00 AM to 11:30 AM writing group.

Bring a notebook and pen.

12:00 PM to 2:00 PM art club

Bring paper and favorite tools such as pens, markers pastels or charcoal.

Supplies are also available at the center.

This is a free and inclusive community program for teens and adults of all experience levels.

Presented by the Somers point arts Commission with support from the Atlantic County office of cultural and heritage affairs at the New Jersey State council on the arts. Free-Donations are appreciated.

Kids bowl free- 810 Vineland

May 25th through August 31st
Monday through Friday 11:00 AM to 6:00 PM.
Shoe rental not included

Reading Corner

Books help children develop empathy and emotional regulation by providing opportunities to discuss feelings and coping strategies.

Pizza Hut has teamed up with Book It to reward youth pre-k to 6th grade with a free personal pan pizza for reading 15 days each month this summer! More information can be found here: As we explore and enjoy the summer, let's remember to stay safe. Keep in mind our community tips for sun protection, water safety, and staying healthy during your adventures. Let's have a fun and safe summer!

To motivate your youth to read, try a bingo grid that encourages them to read something new.

(See attached bingo board on last page)

Summer Salad

Ingredients

- 1-pint cherry tomatoes, halved
- 1 medium cucumber, chopped
- 1 bell pepper, diced
- 1 cup sliced snap peas
- 1 cup fresh corn kernels
- ½ small red onion, sliced or diced
- ¾ cup (4 ounces) crumbled soft goat cheese
- ½ cup roasted sunflower seed kernels
- ½ cup finely chopped fresh parsley or fresh basil
- 3 tablespoons extra-virgin olive or avocado oil
- 3 tablespoons red wine vinegar
- 1 garlic clove, finely minced
- ½ teaspoon fine salt
- ¼ teaspoon black pepper
- ¼ teaspoon red pepper flakes

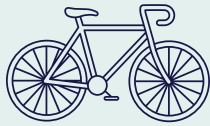
Instructions

1. In a large bowl, place piles of the tomatoes, cucumber, bell pepper, snap peas, corn, red onion, goat cheese, and sunflower seeds.
2. Whisk or shake together the olive oil, red wine vinegar, minced garlic, salt, pepper, and optional red pepper flakes.
3. Pour the dressing over the salad ingredients and toss to combine ingredients.



Human Trafficking Awareness

NJ E-Bike Guide



Know the Rules • Ride Safely • Stay Legal

Low-Speed Electric Bicycle

Maximum Assisted Speed: 20 MPH

- ✓ Pedals required
- ✓ Motor assists only while pedaling
- ✓ Motor stops assisting at 20 MPH
-  Motorized Bicycle (Moped)

Maximum Assisted Speed: 28 MPH

- ✓ Pedals required
- ✓ Throttle capable
- ✓ Motor assistance up to 28 MPH

E-BIKE REQUIREMENTS

 Minimum Age- at least 15 years old

 License or Permit

Valid Driver License

E-Bike License

E-Bike Permit

 Helmet Required

Mandatory for ALL riders, regardless of age

REGISTRATION & INSURANCE

 Motorized Bicycle (Moped)

✓ Registration Required ✓ Insurance Required

 Low-Speed Electric Bicycle

✓ Registration Required

✗ Insurance Not Required

HOW TO GET AN E-BIKE LICENSE

1 Schedule an E-Bike Permit Appointment

2 Pass Required Tests- Vision Test & Knowledge Test

3 Schedule Your Road Test

4 Practice for 45 Days- Daylight Hours Only, Unsupervised Riding Permitted

5 Pass the Road Test

6 Obtain Your E-Bike License

Visit an NJMVC Licensing Center

 HOW TO REGISTER YOUR E-BIKE

Bring the Following:

 Valid Identification

 Proof of Ownership

Bill of Sale

Ownership Documents

Affidavit of Ownership

Major sporting events bring massive crowds and are known to increase trafficking, such as the World Cup happening in Philadelphia this summer. If you suspect a youth is being trafficked, you can report anonymously to the national hotline at 1-888-373-7888.

Some signs could be:

- bruises or other signs of physical trauma, withdrawn behavior, depression, anxiety, or fear
- inappropriate dress (based on weather conditions or surroundings)
- signs of drug addiction
- coached or rehearsed responses to questions
- a sudden change in attire, behavior, relationships, or material possessions (e.g., expensive items)
- a "boyfriend" or "girlfriend" who is noticeably older and/or controlling
- an attempt to conceal scars, tattoos, or bruises
- a sudden change in attention to personal hygiene
- tattoos (a form of branding) displaying the name or moniker of a trafficker, such as "daddy"
- hyperarousal or symptoms of anger, panic, phobia, irritability, hyperactivity, frequent crying
- temper tantrums, regressive behavior, and/or clinging behavior
- secretive about online activity or protective of their devices
- receives gifts, money, or packages from unknown people met online
- increasingly isolated from family and friends
- sudden changes in behavior, friend groups, interests, or school performance
- symptoms of daydreaming, inability to bond with others, inattention, forgetfulness

What Can Parents Do:

- discuss online safety, set rules and monitor your child's internet use
- be involved and build trust so your child feels comfortable talking to you
- learn the signs of grooming and exploitation
- use parental controls and privacy setting on devices and accounts
- check your child's social media connections and watch for suspicious people
- encourage healthy friendships and activities offline

Hydration

Lets talk about summer hydration.

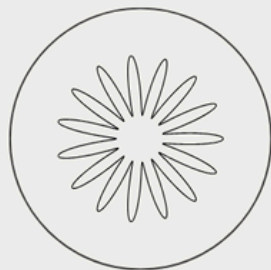
From a walk on the boardwalk, tanning on the beach or seeing families on a 90+ degree day, staying hydrated in the summer is important!!!

This is because hot weather makes you sweat more, which means you lose fluids faster than you realize. When you don't replace that water, you can start feeling tired, dizzy or foggy.

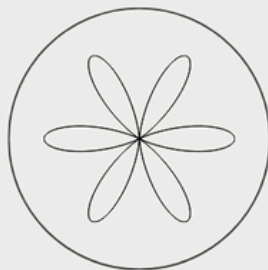
In more serious cases you can end up with heat exhaustion or even heat stroke. These signs can pass you by on a busy day with 3+ meetings. Drinking water regularly throughout the day rather than waiting until you're thirsty helps your body regulate temperature. This keeps your energy up and support things like digestion and circulation. Simple habits like carrying a water bottle, choosing water over sugary drinks, eating water-rich foods, and taking breaks in the shade can make a big difference in keeping you feeling good and avoiding dehydration when the temperatures climb. So while you're in the field, please remember to carry a bottle or hydrate as often as possible to avoid the above symptoms coming down on you.



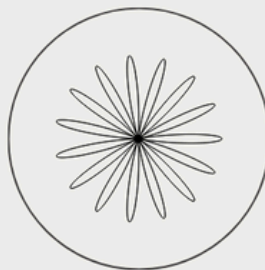
Summer Book Bingo.



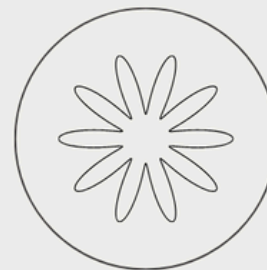
Over 100 Pages



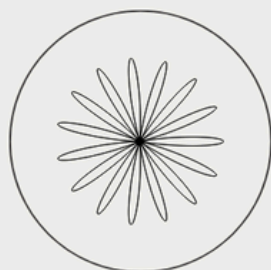
Bestseller



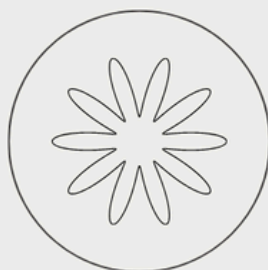
Made into a Movie



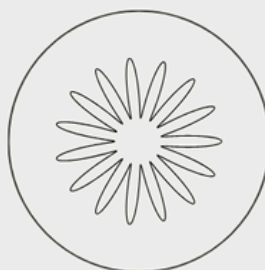
About an Animal



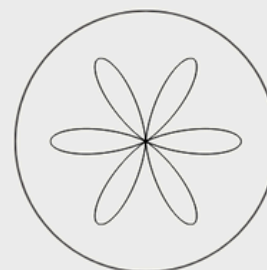
Part of a Series



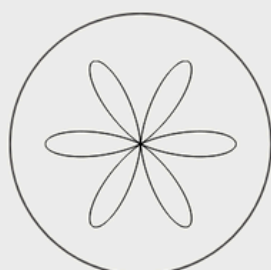
Song Lyrics in Title



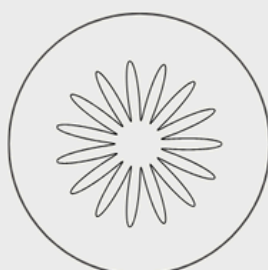
Fantasy



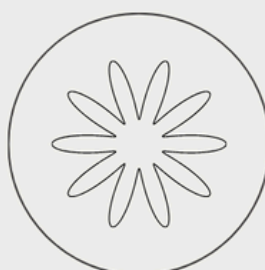
Borrowed



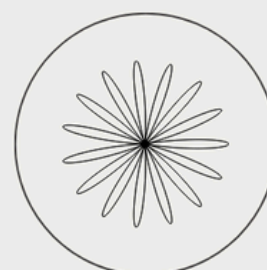
A Classic Novel



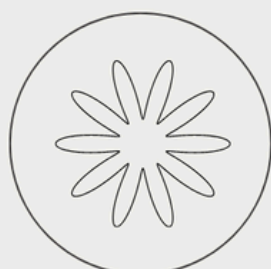
Historical Fiction



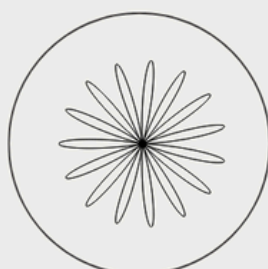
Thriller or Mystery



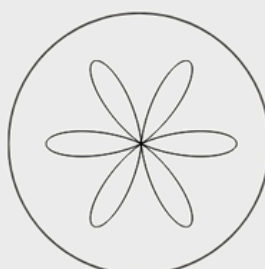
Set in High School



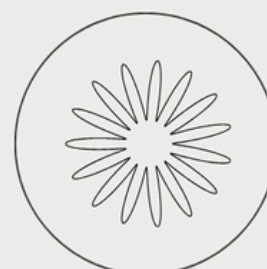
Non-Fiction



Set in New Jersey



Your favorite book



Title Starts with W