

NEW JERSEY HILLS MEDIA GROUP

August 10, 2017

# Back to SCHOOL



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# FROM STUDENTS TO LEADERS: HOW TODAY'S YOUTH ARE PREPARING FOR THE FUTURE

The following article is provided by Brandpoint.

You don't have to grow crops or raise livestock in order to understand the vital role both play within society, nor do you have to reside in rural America to understand the value of the farmers and ranchers that do. From the food we eat to the health of the local environment, the importance of agriculture is boundless.

But for agriculture to continue to advance, it's essential to educate and inspire young minds, invest in the next generation, and turn today's youth into tomorrow's agricultural leaders.

That's where youth agricultural organizations come in.

According to Phil Reiter, vice president of marketing at Tractor Supply Company, the nation's largest rural lifestyle retailer and a longtime supporter of AG-centric programs like 4-H and FFA, members of these organizations are not only learning invaluable life skills but they're also having a great time while doing it.

"These programs were designed to be a fun and effective way for students to explore a critically important industry," said Reiter. "Aside from learning about responsibility and leadership, members also have the ability to form strong, long-lasting relationships with peers that share similar interests and passions."

Through involvement in youth agricul-

tural programs, students can look forward to the following:

**Good Friends:** Agricultural organizations give students the opportunity to be actively engaged in projects and events that involve socializing with friends and meeting new people from across the country. From attending local fairs to competing in contests and career development events, members have the opportunity to travel and work alongside classmates that have similar interests as them.

**Growing Confidence:** Group meetings provide a fun setting for members to interact with both peers and adults. Throughout the year and during fair season, members are often required to address large crowds. Whether it's presenting animals to a panel of judges or giving a speech, high-pressure situations like these teach students about preparation, poise and public speaking.

**Leadership Opportunities:** Both 4-H and FFA focus on empowering young people to take on leadership positions within their respective organizations. While in FFA, members elect their own officers and are responsible for planning and conducting activities throughout the year.

**Civic Responsibility:** Giving back is a primary component of 4-H and FFA, and throughout the year members spend ample time coordinating various fundraising campaigns to benefit their communities.

**Recognition:** Participating in youth agricultural organizations means being surrounded by a variety of adult role models. Throughout the year, members attend events and meet executives from some of the country's top corporations, through which many members form connections and receive recognition for their hard work.

Tractor Supply frequently recognizes individuals who have displayed exemplary service and commitment to their community. Last year, the retailer presented dozens of hardworking 4-H and FFA members with commemorative certificates during special ceremonies at state and county fairs.

From June 8 to October 22, the company will send its Mobile Fair Tour to 19 fairs across the country where they will continue to acknowledge members of

both organizations. This year, honorees have been selected as winners of Tractor Supply's first ever "Great Neighbor" Essay Contest, which encouraged 4-H and FFA youth to submit a short essay detailing how their participation in these organizations has empowered them to be a better neighbor.

Tractor Supply's Mobile Fair Tour will offer visitors the "Out Here" experience. Attendees will have the opportunity to lasso a "runaway pig," test their strength on the high striker bell-ringing game, and attend the special recognition ceremonies.

To stay up to date on the tour or learn more about the interactive experience, follow Tractor Supply Company on Facebook and visit [www.TractorSupply.com/FairTour](http://www.TractorSupply.com/FairTour).



From the food we eat to the health of the local environment, the importance of agriculture is boundless.

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## BACK TO SCHOOL

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# BACK-TO-SCHOOL TIPS FOR UPGRADING STUDENTS' DEVICES

*The following article is provided by StatePoint.*

Back-to-school season is a popular time to replace tablets, smartphones and other mobile devices. However, while you're busy paying for books, student fees and other education-related expenses, tech costs don't have to be a burden.

Today, refurbished devices and accessories can provide a quality, reliable alternative at often less than half of what it costs to buy a new device. Indeed, more consumers are coming to that conclusion. Demand for used smartphones is forecast to grow considerably, according to several industry analyst reports.

While there's a lingering belief among many consumers that refurbished devices are those that were broken or have had problems, the truth is that many refurbished devices come from trade-in and upgrade programs. Through these programs, owners trade in a per-

fectly good device so that they can get a newer model.

Whether traded in or repaired, if you do consider purchasing a refurbished device, check out reliable sources such as MyWit.com, where all devices undergo an extensive 65-point inspection of cosmetics and performance to ensure full functionality. These tests verify that every possible function — camera, audio, SIM, WiFi, Bluetooth, etc. — is in excellent working order, and only devices that score 100 percent on these tests are made available to purchase.

What's more, purchasing refurbished devices is an eco-friendly alternative, keeping used devices from ending up in a landfill and reducing the demand for new devices.

Whether you are purchasing a device as a gift or for yourself, this back-to-school season, consider upgrading devices in a smart way that's affordable and sustainable.



Costs don't have to be a burden as back-to-school tech upgrades loom.

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Winner of 19 Paper Mill Playhouse Rising Star Awards since 2007, including two for Outstanding Overall Production of a Musical.



# THREE REASONS TO STUDY ABROAD DURING HIGH SCHOOL

*The following article is provided by Brandpoint.*

Think about how your teenager will spend their next summer vacation.

What if their months off from school could include something much bigger than the usual lineup of part-time jobs, sports practices and hanging out with friends?

Picture this: Your teenager wakes up in a different bedroom in a different country, far from home. After eating a breakfast that may consist of new and different foods and flavors, served by a caring host family, your student heads out to have amazing experiences in a new land. Whatever the day brings, your teenager will remember it for a lifetime.

What surprises many is a summer of studying abroad is not just for college students. What's also surprising: going abroad is not just for families of means. For all high school students, there is ample opportunity to spend their summer in a new country, having an experience of a lifetime that just isn't available at home.

Every year, more than 300,000 U.S. students study abroad, according to the NAFSA: Association of International Educators. If your high school student were among them, how would the adventure transform their lives and futures?

## They Stretch And Grow

A summer abroad is the ultimate "stretch" experience a student could have. That is, learning to communicate in a foreign language and adapting to daily life



Some programs offer interaction with local people, local language lessons and a chance to live and engage with the community.

in a different culture makes students who study abroad in high school more resourceful, and helps them develop their interpersonal skills and discover new solutions to

obstacles.

"Many parents see a change in their students when they return from the experience of studying abroad," says Matt Redman, vice president of Global Navigator High School Study Abroad programs at CIEE: Council on International Educational Exchange, a nonprofit that operates more than 300 study abroad programs. "They just carry themselves differently because of that boost in maturity and confidence they gain from living in a new place during their summer break."

## Bigger Ideas And Experiences

If going abroad is an opportunity your student wants to pursue, it's important to understand the options and to identify goals for the program so your teenager has the experience he or she is looking for. Some programs offer daily itineraries where students visit multiple cities and see the major sites. Others are more focused and offer interaction with local people, local language lessons and a chance to live and engage with the community. While both approaches offer valuable life experiences, learning can be balanced with fun.

For example, CIEE's Global Navigators high school programs give students an opportunity to learn and work in a field of study, such as marine science, filmmaking

or global entrepreneurship in places like China, Spain or Peru. At the same time, there's room in the schedule for exploration and fun, where students sightsee, try new activities and participate in community events.

## Next Steps

After their time in a different country, the feedback from the students is nothing short of inspiring.

"Our students often talk about the new things they've discovered about themselves just from having these new experiences far from home," Redman says. "Along with becoming more independent, many talk about their plans for the future. With very few exceptions, they see college as an essential part of their futures. These teens are not only excited about going to college, they know what they want from life. In having these experiences, they find their focus, and they set goals."

It's easy to see how focus and passion can fuel a student's drive to excel academically. Beyond college, research suggests studying abroad also has positive effects on career prospects.

Villanova University found that graduates who spent time in a different country as



Villanova University found that graduates who spent time in a different country as part of their studies had better opportunities and a higher job placement after graduation than those who did not.



# ABROAD: Take A Chance To Explore

FROM PAGE 4

part of their studies had better opportunities and a higher job placement after graduation than those who did not.

In addition to that, businesses are increasingly seeking employees who can contribute a global perspective. According to the Association of American Colleges and Universities, 78 percent of 400 employers surveyed in 2015 said students should gain the "intercultural skills and understanding of societies and countries outside the U.S." Yet only 15 percent of employers find these qualities in recent college graduates.

Thinking about it? The opportunity is closer than you think.

Studying abroad is long associated with families of means. Look for scholarship opportunities and doors can start opening for your teenager. For example, CIEE's Global Navigator Scholarships are based on financial need and cover anywhere from 20 to 100 percent of their tuition costs, making the opportunity to study abroad and experience a new culture within reach for even more families.

Since 2013, these scholarships have made international study a reality for more than 3,000 students. To learn more about CIEE's Global Navigator High School Study Abroad program and the scholarships, visit [ciee.org/globalnavigators](http://ciee.org/globalnavigators).

# UPS STORE IN MENDHAM SHIPS COLLEGE STUDENT NEEDS

The Mendham UPS Store is welcoming the families of recent high school graduates, as it offers to ship college items.

The Mendham UPS Store offers the lowest UPS shipping rates: the same as the UPS hubs in Parsippany and Mount Olive Township.

The UPS Store is located in the Mendham Village (King's) Shopping Center. Customers can call for a free price estimate or check rates at [www.theupsstorelocal.com/1243](http://www.theupsstorelocal.com/1243). Or, email us at [store1243@theupsstore.com](mailto:store1243@theupsstore.com) and we guarantee a quick reply. The Mendham UPS Store is open from 8 a.m. to 6 p.m. weekdays and from 8:30 a.m. to 4 p.m. Saturdays.

Cynthia and Chuck Rodgers have been serving the Mendham/Chester/Morristown area since 1992. An owner is always on site.

"If you have older children who have already been away at college, we are sure you have received a college-bound letter from us in the past," said Rodgers, "and you have probably sent the traditional food filled care packages."

We would like to remind you, as you think about packing for college at this hectic time of year that the UPS Store in Mendham's Village Shopping Center has sent hundreds of college-bound student items during the last 25 years. We ship to colleges in the United States and internationally to students studying abroad.

Shipping options include: Packages and envelopes can

be shipped via United States Postal Service and Fed Ex Express from this location. Of course we also offer a variety of UPS services, including UPS Ground, UPS 3rd Day Select, UPS 2nd Day Air, UPS Next Day Air Saver, UPS Next Day Air and UPS Early AM. Emergency paperwork, passports, medicine and the like can be sent overnight guaranteed. We also offer Saturday delivery. Expect your college student to leave their driver's license or room keys home at least once after coming home for a weekend visit.

A notary public is always on premises. No appointment is needed.

Digital Passport photos are always available – also with no appointment needed.

The Mendham UPS Store prides itself in being a distinguished large item shipper – some items are too big for UPS – furniture, artwork, antiques, estates, auctions, vehicles, bikes, skis, golf clubs, etc.

So, ease your mind, enjoy the rest of the summer and don't stuff the station wagon until you see what The UPS Store in Mendham can pack and ship for you.

The UPS Store in Mendham serves Mendham, Chester, Brookside, Long Valley, Peapack-Gladstone, Flanders, Far Hills, Bernardsville, Morristown, Morris Plains and Randolph.

For more information, call (973) 543-5577 or visit us in the King's Shopping Center in Mendham.

## BACK-TO-

# COLLEGE

## Corner

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# NEW WAYS CLASSROOMS ARE CHANGING

*The following article is provided by StatePoint.*

Today's classroom are in flux. And these changes, rooted in technological innovation, are making it easier for students to become more engaged and collaborative.

Here are several areas where technology is changing the way lessons are taught and information is absorbed.

- **Collaborative Apps.** While in the past, group study sessions and group projects could become logistical headaches, today, there are a wealth of free apps that allow students to share, collaborate, edit and provide feedback simultaneously and in real-time, from the comfort of home or while on-the-go using mobile devices. Teachers and students are also using these same technologies to share homework and receive feedback. With so much communication taking place among students and teachers at their convenience outside the classroom, class time is becoming more productive and efficient as a result.

- **Modern Mathematics.** The latest graphing calculators are a far cry from the kind you may remember. Certain models today feature the ability to draw 3D graphs and view them from various angles in order to better understand their shapes, as well as offer picture-plot function, for plotting graphs over real-life scenes. In the past, students may have felt isolated working out problems on their own, however, with the latest models, such as the fx-CG50 from Casio's PRIZM line, teachers can now eas-

ily display and share lessons with the entire classroom thanks to full-color textbook-style LCD display, and direct projector and USB connectivity.

- **Modern Music.** In many classrooms today, students are learning to read, write and play music on the most up-to-date digital pianos. Many such models offer the performance and playing comfort of acoustic pianos, but with the benefits of modern tech, such as split and layer capabilities, multiple audio outputs and two-track recording. To learn more, visit [CasioMusicGear.com](http://CasioMusicGear.com).

- **Smart Gaming.** Many students find traditional lectures a bit dry. But cutting edge educational gaming is more dynamic and exciting than ever before, with some classrooms using immersive virtual reality experiences to help students understand history in new ways.

- **Connected Projections.** The modern lesson plan has nothing to do with chalk and chalkboard. Today, teachers are using the latest projectors to connect students with the material. For example, Casio's XJ-UT351WN not only enables projection from data files stored on a USB memory device, but also allows wireless connection to smartphones with a downloadable app. The ability to display and annotate presentations as well as open an Internet browser and display content in real-time, makes for dynamic delivery of lessons.

Classrooms that keep up with the pace of technological innovation offer their students more opportunities to connect and collaborate with each other and engage with the material.



A new Post-it Brand productivity study found that more than 1 in 4 Americans feel completing everything in their weekly to-do list is harder than running a marathon.

## CONQUER YOUR TO-DO LIST WITH FOUR SIMPLE TIPS

*The following article is provided by Brandpoint*

Did you know that in an average week, 75 percent of Americans skip doing something for themselves because they didn't adequately plan or allow enough time for it? Does looking at your to-do list feel so daunting that it discourages you from making any progress at all?

You're not alone. A new Post-it Brand productivity study found that more than 1 in 4 Americans feel completing everything in their weekly to-do list is harder than running a marathon.

Juggling multiple tasks at one time, along with a never-ending to-do list, is a common challenge for everyone – even those at the top of their game. Two professionals in the culinary and fitness industries share some of their tips to help you take control of your to-do list and increase your productivity.

### The 'Write' Way

You're 42 percent more likely to get something done if you write it down, according to research from the Dominican University of California. Creating a to-do list is an efficient way to visualize and prioritize your tasks, both short-term and long-term. Celebrity chef Russell Jackson is always looking for ways to be more productive and stay inspired. "Writing items down helps me feel that I've taken the first step in conquering the task," he says. "I like to think of lists as a roadmap to help me visualize what I need to achieve." Post-it Super Sticky Notes, 4 inches x 6 inches, are a per-

fect tool for jotting down tasks, goals and to-dos, and when paired with flags and tabs, it's easy to keep important information at your fingertips, stay organized and take your to-do list wherever you go!

### Break It Down

Too often people attempt to improve their productivity by tackling large projects in a single session. The results may be disappointing and, in many cases, the project is left unfinished. Instead of getting bogged down in the entire scope of a project, take time to break down to-dos into digestible actions, and goals into specific, manageable categories and tasks. This allows you to focus on handling each of these smaller objectives so you can transition some goals from to-do to done.

### Toss Your Tech

"Technology isn't always the answer to checking things off your to-do list," says Jackson, adding that even a tech lover such as himself needs a tactile method to spark creativity. Without a screen limiting you to seeing only the small tasks at hand, take advantage of a large surface and use Easel Pads to move big ideas around so you can see everything you are trying to accomplish. Seeing how fluid tasks can be can relieve some stress.

### Clear Your Mind

If you find your current strategy isn't



Technology is changing the way lessons are taught and information is absorbed, making it easier for students to become more engaged and collaborative.

PLEASE SEE PRODUCTIVE, PAGE 7



# FIGHTING THE MORNING CLOCK? NINE WAYS TO GET OUT THE DOOR ON TIME

*The following article is provided by Brandpoint.*

As the sun shines through the curtains, you hit the snooze button again. Suddenly you bolt up, realizing you're running late. You skip breakfast, grab your bag and rush out the door. Stress levels skyrocket and your day has barely begun.

The race against the clock at the start of the day is a common problem. Mornings shouldn't be difficult and certainly not something you dread. To get out the door on time and with a grin on your face, consider these nine no-fail tips.

Bedtimes aren't just for kids: A great morning starts the night before. A regular bedtime is as important for adults as it is for children. Go to bed with the goal of getting seven to nine hours of sleep, as is recommended for adults by the National Sleep Foundation.

Use the night prior to your advantage: Mornings flow smoothly when you do a lot of prep work the evening before. That means select outfits, pack bags and backpacks, and organize any paperwork before you hit the hay.

Stock the fridge for health and convenience: It's always smart to have delicious and nutritious ingredients in your fridge like fresh fruits, veggies and eggs. Eggs are especially versatile and packed with nutrition. Look for eggs with added nutritional benefits like Eggland's Best eggs. In a hurry? Try Eggland's Best Hard-Cooked Peeled Eggs for a ready-to-eat lunch or snack.

Meal prep on Sunday: Another fridge-friendly tip is to do Sunday prep for the week. For example, chop up veggie spears or fruits and place in individual containers for easy grab-and-go snack options to pair with your hard-cooked eggs.

Learn to love the alarm: Rather than just setting one alarm for waking up, try setting several to keep your morning rou-



Make Ahead Breakfast Bowls will fuel your family throughout the day with superior nutrition.

time on track. For example, set one for when it's time for breakfast and another as a five-minute warning for departure.

Eliminate distractions: The fewer distractions you have, the better your chances of meeting the morning clock. That means resist the urge to check your smartphone or have a rule that the TV remains off until all morning tasks are complete.

Check it and forget it: It can be highly effective to make a specific list with morning to-do's for you and your family members. As each task is complete, you get the satisfaction of marking it off your list, plus it keeps the morning moving quickly.

Adjust your attitude: A positive attitude doesn't only start your day out on the right

foot, it can also help you stay focused so when you're racing against the clock, you win every time (and with a smile on your face).

Don't forgo breakfast: The most important meal of the day doesn't have to take a lot of time. Make-ahead breakfasts and easy recipes are your key to a delicious morning without running late.

These delicious Make Ahead Breakfast Bowls will fuel your family throughout the day with superior nutrition. By choosing Eggland's Best eggs, you get six times more vitamin D, 25 percent less saturated fat, more than double the omega-3s and vitamin B12, and 10 times more vitamin E than ordinary eggs.

## MAKE AHEAD BREAKFAST BOWLS

- 2 pounds Yukon gold potatoes, chopped into 1-inch cubes**
- 1 green pepper, seeded then chopped into 1-inch chunks**
- 1 onion, chopped**
- ¼ cup extra virgin olive oil**
- 1 tablespoon seasoned salt**
- salt and freshly ground black pepper, to taste**
- 12 large Eggland's Best Eggs**
- 2 cups shredded cheddar cheese**
- 3 green onions, chopped**
- optional toppings: tortilla chips, salsa, avocado**
- 6 individual-sized containers with lids**

Preheat oven to 425 degrees. On a large baking sheet, place potatoes, peppers and onions in a single layer. Drizzle with olive oil and sprinkle with seasoned salt and ground black pepper. Toss until evenly coated. Roast for about 30-40 minutes or until potatoes are golden brown and tender, stirring and rotating pan halfway through cooking.

Meanwhile, crack Eggland's Best eggs into a large bowl, then season with salt and pepper and whisk until smooth. Heat a large skillet over medium heat, then spray with nonstick spray and add eggs. Scramble until the eggs are just barely cooked through and still slightly glossy, then scoop onto a plate and set aside.

Divide the potatoes and scrambled eggs evenly between the containers, then set aside to cool. Once cool, sprinkle with cheese and green onions, then cover and refrigerate. Freeze any portions that aren't eaten within three days.

To reheat from frozen: microwave each container for 1½ minutes, then stir and continue microwaving until food is reheated, stirring between intervals. Top with optional toppings, then serve.

## PRODUCTIVE: Four simple ways to conquer your to-do list

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working, don't be afraid to switch it up. Go for a walk or clear your head by taking 15 minutes to do something you enjoy. For world-renowned fitness artist and celebrity trainer Nicole Winhoffer, even a 10-minute

jog can help bring fresh ideas. She uses Post-it List Notes to write down her post-workout inspirational thoughts. "When you come back to your task after that quick sweat session, write down the first things that come to mind – those can spark ideas that you might never have thought of."

Post-it Brand created a quiz to help you learn more about your list-making style and to find solutions and tools to help you be productive, tackle your to-do lists and achieve your goals. Visit [www.post-it.com/quiz](http://www.post-it.com/quiz) to take the short quiz and find solutions tailored for you to boost your productivity.

Survey details: The Post-it Brand Productivity Survey was conducted by Wakefield Research ([www.wakefieldresearch.com](http://www.wakefieldresearch.com)) among 1,021 nationally representative U.S. adults ages 18 and up, between March 30 and April 5, 2017, using an email invitation and an online survey.

# It's Time to Go... Back To School

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