

July 2026

# Carteret Press

Latin Fest Is Hot, Hot, Hot in Carteret!

Everything you need to know  
about the annual Latin Fest  
on July 25  
in Civic Center Park  
See pages 16 & 17



A Publication Presented by The Carteret Business Partnership Inc.



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July 2026

Volume 24, No. 7

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*Carteret Business Partnership is a nonprofit corporation that promotes economic development, business retention and recruitment through a variety of programs and incentives.*

Follow @MyCarteret



Dear Friends,

Carteret has many, many things of which it can be extremely proud. One of them is producing and presenting the best attended Latin Fest in New Jersey. Carteret Latin Fest is another shining example of how the most culturally diverse town in Central Jersey celebrates that diversity. Look on pages 16 and 17 for a preview of Latin Fest's return July 25 to Civic Center Park.

Also in this issue:

- An update on and new rendering of Pershing Estates, the multi-use project under construction across from Borough Hall next to Noes Street Park
- A photo gallery of the waterfront construction of the ferry terminal and Pier Pavilion
- Coverage of the Mayor's Charity Trust Fund awarding scholarships to 70 academic achievers who then graduated with the Class of 2026 at Carteret High School, Middlesex County Magnet Schools and nearby parochial schools. A total of \$52,500 raised by our charity was distributed.
- CPAC Spotlight on Hallmark's "Christmas in July" production coming July 22 to URSB Carteret Performing Arts & Events Center
- An Events Calendar
- Notices about CPAC's schedule, our free Recycle Coach app, OEM tips on how to beat

the heat, a call for vendors at the Borough's many festivals, including Latin Fest and Ethnic Day, recruitment notices from the Borough police and fire departments, Concerts in the Park, Movies in the Park, World Cup Watches in Civic Center Park, National Night Out on Aug. 4 in Carteret Park, the Granny Squares senior crochet group, Carteret Public Library's Summer Reader and Food Distribution programs, Central Jersey Arts Council's Summer Yoga & Breathwork program, the Middlesex County Prosecutor Office's outreach program for disabled residents, Art in the Park, Carteret Municipal Marina, and a free produce giveaway on July 21 at Central Jersey Medical Center.

A reminder to promote your business or event to all Carteret residents and businesses by advertising in Carteret Press or at least submitting to the Events Calendar. Each issue is delivered to every local home and business. For more about advertising and/or a calendar listing, contact the Public Information Office at 732-541-3835 or [makinb@carteret.net](mailto:makinb@carteret.net).

Sincerely,

Mayor Daniel J. Reiman

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# ***New Rendering Issued for Pershing Estates Multi-Use Project Across from Borough Hall***



A rendering has been issued by developers of Pershing Estates, a six-story multi-use building across the street from Borough Hall. The project calls for luxury apartments and 1,595 square feet of ground-floor medical/retail space.

A new rendering has been released for the six-story mixed-use building with luxury apartments and a 1,595-square-foot ground-floor medical space currently under construction on Pershing Avenue across from Borough Hall next to Noes Street Park.

Pershing Estates Urban Renewal is building 35 one-bedroom units that are about 700 square feet and 43 two-bedroom units that are 1,100 square feet.

Seven one- and seven two-bedroom units will be on the second floor, while seven one- and nine two-bedroom units will be built on the third, fourth, fifth and sixth floors.

Mayor Daniel J. Reiman sang the praises of a 3,000-square-foot rooftop terrace.

“The rooftop amenities and views of Pershing Estates are going to be gorgeous, much like The Botanic before it,” Reiman said. “Carteret is booming with progress, rebuilding block by block.”

Pershing Estates is expected to be completed by year’s end and will be leasing commercial and residential space beforehand.

Prior to the construction of Pershing Estates, the project included the demolition four existing homes at 235 and 243 Pershing Ave.

For updates about Pershing Estates, visit Carteret.net or @MyCarteret on social media.

**PUBLIC SERVICE ANNOUNCEMENT**

**Central Jersey Medical Center**

**Healthy Food Giveaway**  
**Alimentos Saludables de Regalo**

**FREE PRODUCE GIVEAWAY**

Join Central Jersey Medical Center on a healthy eating initiative to provide free fruits and vegetables to the community.

Acompaña a Central Jersey Medical Center en esta iniciativa de alimentación saludable en la que se entregarán frutas y verduras gratis a la comunidad.

**Where / Dónde:** Central Jersey Medical Center - Carteret (Parking Lot) / (Entrada Estacionamiento)  
1540 Roosevelt Ave  
Carteret, NJ 07008

**When / Cuando:** Tuesday, July 21, 2026  
Martes, 21 de julio de 2026  
10am-12pm

**What / Qué:** Produce distribution to 200 families, while supplies last  
Distribución de frutas y verduras a 150 familias, hasta agotar existencias

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aetnabetterhealth.com/nj

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# **PHOTO GALLERY: Waterfront Construction of Northern Boardwalk, Ferry Terminal & Pier Pavilion Restaurant**



Construction of the \$48 million, four-story Carteret Multimodal Ferry Terminal is underway. The Pier Pavilion on Veteran's Pier is nearly complete. Pictured from left to right and top to bottom: Mayor Reiman looks at the interior of the ferry landing where two boats will pick up passengers three to four times per day and transport them to the World Financial Center Pier in Lower Manhattan, as well as the Midtown Terminal at 39th Street; the Mayor points out the pilings that will elevate the foundation of the terminal; construction crews work on the terminal foundation; a look at the exterior of the ferry landing, and the interior and exterior of the Pier Pavilion. Several other improvements include a gazebo, mobile kitchen and bathrooms at Waterfront Park. 7

**FREE**

# Concerts in the Park

## Live **MUSIC**

### at Carteret Park 7:00 p.m. Fridays

PUBLIC SERVICE  
ANNOUNCEMENT

**JULY 10TH**

**PARTY OF FIVE**



**AUGUST 7TH**

**MANGO MAN**

*Jimmy Buffet Tribute*



**JULY 17TH**

**MEMPHIS RAIN**



**AUGUST 14TH**

**LENNY DAVIS BAND**



**JULY 24TH**

**STRICTLY 60'S**



**AUGUST 21ST**

**EXODUS SUPREME**

*Reggae, Soca, R&B, Latin, Pop Duo*



**JULY 31ST**

**MARC SICA**

*Country Music Tribute*



**AUGUST 28TH**

**DANNY V**

*Billy Joel Tribute*



IN THE EVENT OF RAIN OR BAD WEATHER THE  
CONCERTS WILL BE RELOCATED TO THE  
COMMUNITY CENTER AT 100 COOKE AVENUE,  
CARTERET, NEW JERSEY, 07008.



Mayor Dan Reiman's

# Movies In the Park

**Bishop  
Andrews  
Park**



**July 8<sup>th</sup>**

**Carteret  
Park**



**July 11<sup>th</sup>**

**Carteret  
Park**



**July 15<sup>th</sup>**

**Carteret  
Park**



**July 18<sup>th</sup>**

**Bishop  
Andrews  
Park**



**July 22<sup>nd</sup>**

**Carteret  
Park**



**July 29<sup>th</sup>**

**Bishop  
Andrews  
Park**



**Aug. 5<sup>th</sup>**

**Carteret  
Park**



**Aug. 8<sup>th</sup>**

**Carteret  
Park**



**Aug. 12<sup>th</sup>**

**Carteret  
Park**



**Aug. 15<sup>th</sup>**

**Bishop  
Andrews  
Park**



**Aug. 19<sup>th</sup>**

**Carteret  
Park**



**Aug. 22<sup>nd</sup>**

All movies are scheduled to begin at 8:30 PM. Start times may vary based on daylight and permitting conditions.

All movies and dates are subject to change based on licensing availability and distribution rights.

Events cancelled due to inclement weather may be rescheduled.

**PUBLIC SERVICE ANNOUNCEMENTS**

# CARTERET SUMMER SOCCER WATCH

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**JULY 3, 2026**

FRIDAY

ROUND OF 32

2:00 PM • 9:30 PM

**JULY 5, 2026**

SUNDAY

ROUND OF 16

4:00 PM • 8:00 PM

**JULY 9, 2026**

THURSDAY

QUARTERFINAL

4:00 PM

**JULY 10, 2026**

FRIDAY

QUARTERFINAL

3:00 PM

**JULY 11, 2026**

SATURDAY

QUARTERFINAL

5:00 PM • 9:00 PM

**JULY 18, 2026**

SATURDAY

THIRD PLACE

5:00 PM

**JULY 19, 2026**

SUNDAY

FINAL

3:00 PM



**CIVIC CENTER PARK**

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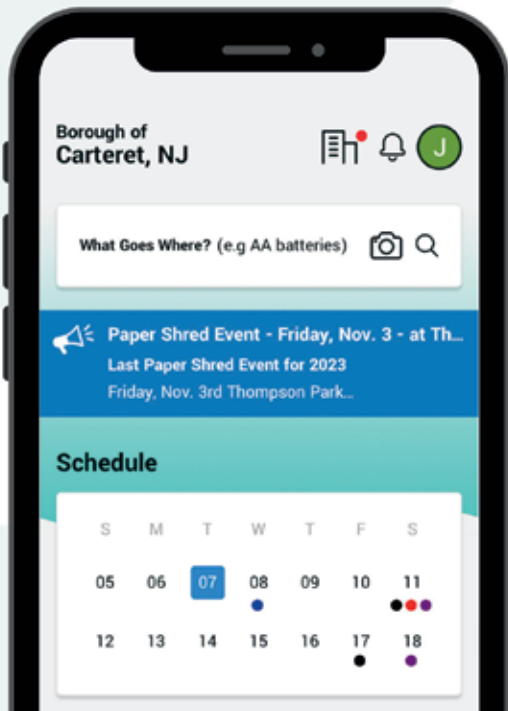
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 ANNOUNCEMENT

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# **Mayor's Charity Trust Fund Awards Scholarships to 70 Carteret Students**

The Mayor's Charity Trust Fund has awarded \$750 scholarships to 70 academic achievers who recently graduated with the Class of 2026, Mayor Daniel J. Reiman announced.

The Charity Trust Fund distributed \$52,500, giving \$750 awards to graduating students from Carteret High School, Middlesex County Magnet Schools, and local parochial schools. Mayor Reiman presented those scholarships on June 6 at an awards dinner at URSB Carteret Performing Arts & Events Center.

"Congratulations to all of this year's scholarship recipients," the Mayor said. "You earned this recognition through your hard work and commitment, and we are proud to support you as you take the next step in furthering your education."

The Mayor's Charity Trust Fund is a nonprofit 501(c)3 charitable organization established in 2003 to provide Carteret people, families and students with financial resources for education, athletics, healthcare, arts and cultural programs, emergency relief and other charitable causes for youth and their families in need.



**Mayor Daniel J. Reiman took pictures with all 70 of the recipients of the Mayor's Charity Trust Fund Scholarship during an awards dinner on June 6 at URSB Carteret Performing Arts & Events Center. Pictured above are three.**

Each year, the charity raises tens of thousands of dollars with the Children's Charity Carnival, a Charity Ball, and a golf tournament.

For more info about the Charity Trust, visit [carteret.net](http://carteret.net) and @DanReiman on social media.

## **Carteret Graduates Win Clean Communities PSA Contest by Targeting Single-Use Plastic**

Three recent Carteret High School graduates are winners of the state Clean Communities Council's third annual public service announcement contest.

Graduating seniors Ron Roberts, Jacqueline Lara and Sanya Shaikh produced a 60-second video about the environmental harm of single-use plastics. The graduates were awarded second place honors in the statewide PSA competition, NJCCC Executive Director JoAnn Gemenden said.

The Carteret student trio is Middlesex County's only 2026 competition winners.

Mayor Reiman congratulated the students: "Carteret's gorgeous waterfront and many beautiful parks will benefit greatly from your efforts. Thank you very much for making Carteret proud!"

In partnership with NJDEP, Clean Communities Council hosts the annual PSA video contest for all New Jersey middle and high school students in to raise awareness about how single-use plastics harm the environment.

The PSA contest challenges students to create an original 60-second video in English and/or Spanish, to promote awareness of how single-use plastic bags, straws and polystyrene containers contribute to litter and marine debris, harm the environment, and negatively impact marine wildlife.

The Carteret graduates won second place in a category for students in 10th to 12th grades.

The PSA allowed the students to combine their creative and performance skills, said faculty advisor Nicole Caldarola, a high school English teacher.

"It's a collective effort that involves all of us," Caldarola said

High School Principal Dr. Joanna Joaquin brought NJCCC's contest to her attention in 2025, Caldarola said. That inspired the recently named student newspaper faculty advisor – to propose a podcast and enlist students to participate in the competition.

Caldarola told her English classes about the idea at the start of the 2025-26 school year, seeking students who "would be okay with being in front of the camera, filming skits, editing and more." She found Roberts, the podcast and video host and "our all-around number one asset," who also came up with the "CHS Insider" podcast title.

They soon added Lara and Shaikh. Caldarola describes Lara "as a go-getter and a creative performer," and Shaikh, an active, well-rounded player in the school's podcast and PSA video.

Caldarola has taught English at CHS since 2016. This year, she was named faculty advisor to the high school's student newspaper, "Anne Scott's Blue Press News," and its new podcast, "CHS Insider." Caldarola is also a Drama Club advisor for theater production graphics and photography.

See the PSA at [youtu.be/KJrOZB17Hk4?si=2nbTc4lgfLMKU1C2](https://youtu.be/KJrOZB17Hk4?si=2nbTc4lgfLMKU1C2).



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# ★ 2026 ★ NATIONAL NIGHT OUT

★ ★ ★  
BUILDING STRONGER  
NEIGHBORHOODS  
THROUGH COMMUNITY  
PARTNERSHIPS  
★



**TUESDAY,  
AUGUST 4, 2026**



**6:00 PM – 8:00 PM**



**CARTERET PARK**  
Carteret, New Jersey

## ★ EVENT FEATURES ★



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INFORMATION BOOTHS**



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**COMMUNITY  
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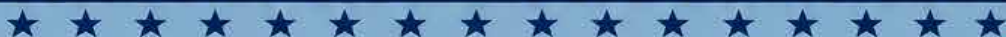
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# NJ's most popular Latin Fest returns

**Headlined by merengue star El Jeffrey, Latin Fest also will feature fireworks**



**Carteret Latin Fest will be headlined by Dominican merengue star El Jeffrey on Saturday, July 25 at Civic Center Park.**

**N**ew Jersey's most popular Latin Fest will return on Saturday, July 25 to Civic Center Park at 272 Pershing Ave.

Presented by Mayor Daniel J. Reiman, the Borough Council and Carteret Business Partnership since 2018, Carteret Latin Fest will be headlined this year by Dominican merengue superstar **El Jeffrey**, whose hits include "Mi Vida," "Mi Tierra" and "Si Yo Me Vuelvo a Enamorar." Highlights also will include other live music, as well as popular DJs, a feast of Latin food, a beer & sangria garden, fireworks, and cultural dances thanks in large part to Gold Sponsors **Xfinity, P.C. Richard & Son, The Botanic** and **Levinson Axelrod**.

"Carteret is the most culturally diverse town in Central Jersey and the third most diverse town in all of New Jersey with a large percentage of our community being of Hispanic descent," Mayor Reiman said. "Our annual Latin Fest is one of many

celebrations of Carteret's diversity. It has become one of the best attended Latin festivals in the state and is a fantastic opportunity to educate our community through food, music and cultural dances."

Considered to be one of the strongest voices in merengue today, El Jeffrey has churned out solid gold hits, which also include "Palabritas," "La Noche" and "Cuentale a El." Born José Gabriel Severino in Santiago de los Caballeros, Dominican Republic, El Jeffrey came to prominence as a teen in the 1980s merengue group La Artilleria.

Other Latin Fest performers will include:

- Colombian cumbia greats **La Sonora Pura Dinamita** performing favorites, such as "Que Bello" and "Escándalo"

- **Las Voces Originales de Los Adelescentes**, a reunited group of the primary lead singers from the famous 1990s Venezuelan salsa band **Adolescentes Orquesta**

# Turns July 25 to Civic Center Park

works, Latin food, a beer & sangria garden, cultural dances & much more



**Las Voces Originales de Los Adolescentes**, a reunited group of the primary lead singers from the famous 1990s Venezuelan salsa band **Adolescentes Orquesta**, will perform at Carteret Latin Fest on Saturday, July 25 at Civic Center Park.

• **Liza + Willie**, Central Jersey-based husband-and-wife duo, who are high school sweethearts from Queens, NY, redefining bachata with heartfelt songwriting and a sophisticated sound.

In addition to the music, attendees will be able to enjoy cultural dances in a variety of Latin styles, including salsa, merengue, bachata, cumbia, and musica tipica. A variety of Latin-style dishes also can be enjoyed, along with a beer & sangria garden.

The fiesta will be from 4 to 11 p.m. with fireworks scheduled for 9:15 p.m. at Civic Center Park. Because of the popularity of Latin Fest, additional parking will be located and buses will run from 4 p.m. to midnight at the following locations:

- Carteret Middle School at Carteret Park on Carteret Avenue
- Minue School, 83 Post Blvd.

Gold sponsors are:

• Xfinity, which is proud to support the Carteret Latin Fest. Xfinity keeps you connected to more of what you love with fast, reliable internet at a great value. With Xfinity Mobile, connect to the most reliable 5G network nationwide and save hundreds a year with the best price for two lines of Unlimited.

• The Botanic, where city living meets the suburban dream with stunning views, inspired



**Liza + Willie**, a Central Jersey-based husband-and-wife bachata duo, will perform at Carteret Latin Fest on Saturday, July 25 at Civic Center Park.

design and spacious floor plans. Located just steps away from the Carteret Performing Arts Center, The Botanic is the perfect blend of urban convenience and artistic inspiration.

• Levinson Alexrod, which for 85 years, has been perfecting the art of personal injury litigation, creating a reputation as the firm ready to take each case to trial. Insurance companies, judges and opposing counsel alike all know Levinson Axelrod's name. Their motto is "Your story deserves our legacy. Your future deserves our fight."

• P.C. Richard & Son, the largest family-owned appliance, electronics and mattress retailer in the United States. Founded in 1909 as a small hardware store in Brooklyn, P.C. Richard & Son has grown to encompass dozens of showrooms and distribution centers across New York, New Jersey, Connecticut and Pennsylvania.

Latin Fest Silver Sponsors are **Berje** and **CMG Home Loans**, and Bronze Sponsors are **Aspiris**, **Artheon**, **Corona Extra**, **French & Parello Associates (FPA)**, **ID Entertainment**, **Porky Products**, **Race Star**, and **ShopRite of Carteret**.

Updates about Latin Fest will be available at Carteret.net or by following @MyCarteret on Facebook, Instagram, and X.

# YOUR DESTINATION, HOME.

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Don't worry—we've thought of everything. For some, it's dining at our on-site restaurant, transported by the rich, unexpected flavors. For others, it's our 10,000 sq ft rooftop terrace, enjoying greenery and good cheer. And for others, it's the little things, like coming home after a long day. Enjoy high-speed internet; a fitness center; a game room; terraces, and the boardwalk, a few minutes away.

 THE BOTANIC



*Ask about our exclusive  
leasing specials!*

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# *The Municipal Marina*

at CARTERET WATERFRONT PARK

The Borough of Carteret, New Jersey, is now offering registration for slips at the Carteret Municipal Marina, which just opened this past spring. The Marina, located along the Arthur Kill River at Carteret's beautiful Waterfront Park, 200 Middlesex Avenue, features 185 slips, 38,000 square feet of floating docks, gas and diesel fueling stations, sanitary pump out, deepwater port, and a 17-foot draft.

Slips are offered at competitive pricing - the lowest along the channel in the region. Carteret residents are offered even lower rates. Slip contracts and registration are available online for seasonal, annual, or short-term rentals at [Carteret.net/Marina](http://Carteret.net/Marina).



- Nestled along the Arthur Kill, adjacent to Staten Island with immediate access to the Raritan Bay, Upper & Lower Bays, and Sandy Hook, protected in a man-made cove
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# Hallmark STARS Live

PRESENTED BY Michaels



HOST NIKKI DELOACH



ANDREW WALKER



ASHLEY WILLIAMS



JONATHAN BENNETT



TAMERA MOWRY-HOUSLEY



## JULY 22

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### Upcoming Performances and Events



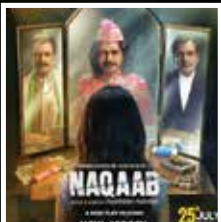
**July 11**  
Bingo Loco  
The Worlds  
Largest Bingo  
Party!



**July 22**  
Hallmark Stars  
Live



**July 24**  
Jamaican Me  
Dancehall  
Night



**July 25**  
Nawazuddin  
Siddiqui  
starring in  
Naqaab



**August 8**  
Murder Mystery  
Dinner Theatre  
The  
Underground



**August 16**  
Sagar Wali  
Qawwali  
with  
Sagar Bhatia



**August 21**  
R&B Comedy  
Experience



**August 23**  
Ugly Kid Joe w/  
Wheatus



**August 29**  
Bingo Loco:  
SECOND DATE  
ADDED!



**September 12**  
Magic Men



**September 18**  
Trace Adkins  
30th  
Anniversary  
Tour



**September 20**  
Laurie Berkner



**CARTERET**  
PERFORMING ARTS  
& EVENTS CENTER

#### FOR TICKETS, INFO AND MORE SHOWS:

Online 24/7  
visit [carteretpac.com](http://carteretpac.com)  
Box Office: (877) 849-2722  
Box Office Window: Cooke Avenue  
Monday-Friday: 10am to 4pm  
excluding holidays



#### SCAN FOR DINING OPTIONS:

Pre-show buffet dining on  
site in addition to diverse  
restaurants nearby!



# ***CPAC Spotlight: Hallmark Stars Live in 'Christmas in July'***



**Hallmark Channel stars Nikki DeLoach and Andrew Walker, pictured above from left to right, will participate in Hallmark Stars Live: “Christmas in July” on July 22 at URSB Carteret Performing Arts & Events. Also appearing will be fellow Hallmark favorites Ashley Williams, Jonathan Bennett and Tamera Mowry-Housley.**

**H**osted by fan-favorite Nikki DeLoach is an interactive event where you can trade the summer sun for holiday fun and spend an exclusive evening with some of your favorite Hallmark leading men and ladies, including Andrew Walker, Ashley Williams, Jonathan Bennett, and Tamera Mowry-Housley.

In a living room-style setting, they will answer questions, tell stories from behind the scenes, and share a glimpse into who they are when the cameras stop rolling.

You’ll laugh, cry, and experience joy with the stars who bring you the most popular Christmas movies in the world!

Tickets are \$43-\$128. Two VIP packages were available, but the VIP 1 Hallmark Stars Live Photo & Merch Package is sold out. However, for an additional \$197.50, the VIP 2 Hallmark Stars Live Merch Package includes a premium reserved ticket, early entry into the venue, a Hallmark Merch Pack,

a commemorative Hallmark Stars Live laminate and lanyard, and priority merch shopping. A ticket is required for the add-on.

**TICKETS AVAILABLE!**  
[carteretpac.com/events/hallmark-stars-live/](http://carteretpac.com/events/hallmark-stars-live/)



# CARTERET EVENTS CALENDAR

**Submit items to Carteret Events Calendar by the 1st of each month to [makinb@carteret.net](mailto:makinb@carteret.net).  
For more info call 732-541-3835.**

## JULY

**6**  
**The Granny Squares: Crochet with Seniors,** 12:30-2:30 pm, Carteret Community Center (also every Monday in July & August, except July 27)

**Art in the Park: Game Building: Jenga,** 2-4 pm, McGreevey Park

**7**  
**55+ Gentle Yoga & Breathwork,** 10 am to noon, Carteret Community Center (also Aug. 5)

**Art in the Park: DIY Jellyfish Light,** 2-4 pm, Carteret Park

**8**  
**Plays in the Park: "1776,"** various times through July 18, Stephen J. Capestro Theatre, Roosevelt Park, Edison (732-548-2884, [middlesexcountynj.gov/PIP](http://middlesexcountynj.gov/PIP))

**Art in the Park: Movie Night Art Pairing: "Zootopia 2,"** 7-8 pm, Bishop Andrews Park

**Movies in the Park: "Zootopia 2,"** 8:30 pm, Bishop Andrews Park

**9**  
**Art in the Park: DIY Mini Clay Creations,** 2-4 pm, Carteret Park

**10**  
**DIY Squishy Workshop,** 2-4 pm, Civic Center Park  
**Concerts in the Park: Party of Five,** 7 pm, Carteret Park

**11**  
**Bingo Loco,** 7 pm, URSB Carteret Performing Arts & Events Center (also Aug. 29)

**Movies in the Park: "Elio,"** 8:30 pm, Carteret Park

**13**  
**Art in the Park: Handmade Photo Frames,** 2-4 pm, McGreevey Park

**14**  
**Art in the Park: DIY Minecraft Flower,** 2-4 pm, Carteret Park

**Sunset Yoga & Breathwork,** 8 p.m., Blazing Star Cultural Center Outdoor Patio (also July 21)

**15**  
**Art in the Park: Movie Night Art Pairing: "Smurfs,"** 7-8 pm, Carteret Park

**Movies in the Park: "Smurfs,"** 8:30 pm, Carteret Park

**16**  
**Learn About Technology (for seniors),** 11 a.m., Carteret Public Library (also July 30 & Aug. 13)

**Art in the Park: DIY Name Banner,** 2-4 pm, Carteret Park

**17**  
**Art in the Park: Flower Pipe Cleaner Art,** 2-4 pm, Civic Center Park

**Concerts in the Park: Memphis Rain,** 7 pm, Carteret Park

**22**

**18**  
**Movies in the Park: "Pokemon: Detective Pikachu,"** 8:30 pm, Carteret Park

**20**  
**Art in the Park: DIY Lava Lamp,** 2-4 pm, McGreevey Park

**21**  
**Healthy Food Giveaway,** 10 am-noon, Central Jersey Medical Center

**Art in the Park: DIY Charms,** 2-4 pm, Carteret Park

**22**  
**"Christmas in July" with Hallmark Stars Live,** 7:30 p.m., Carteret Performing Arts & Events Center

**23**  
**Art in the Park: Movie Night Pairing: "Mufasa,"** 7-8 pm, Bishop Andrews Park

**Movies in the Park: "Mufasa,"** 8:30 pm, Bishop Andrews Park

**24**  
**Art in the Park: DIY Bubble Wands,** 2-4 pm, Civic Center Park

**Concerts in the Park: Strictly 60's,** 7 pm, Carteret Park

**Jamaican Me Dancehall Night,** 9 pm, The Underground@Carteret PAC

**25**  
**"NAQAAB," new Hindi play starring Nawazuddin Siddiqui,** 8 p.m., URSB Carteret Performing Arts & Events Center

**26**  
**Yoga in the Park,** 2 p.m., John Sitar Memorial Pond, Carteret Park (also 8 p.m. Aug. 22)

**27**  
**Art in the Park: Beaded Bracelets,** 2-4 pm, McGreevey Park

**28**  
**Art in Park: Wind Chimes,** 2-4 pm, Carteret Park

**29**  
**Plays in the Park: "Guys and Dolls,"** various times to Aug. 8, Stephen J. Capestro Theatre, Roosevelt Park, Edison (732-548-2884, [middlesexcountynj.gov/PIP](http://middlesexcountynj.gov/PIP))

**Art in the Park: Movie Night Pairing: "Lilo & Stitch,"** 7-8 pm, Carteret Park

**Movies in the Park: "Lilo & Stitch,"** 8:30 pm, Carteret Park

**31**  
**Art in the Park: DIY Sun Catchers,** 2-4 pm, Civic Center Park

**Concerts in the Park: Marc Sica Country Music Tribute,** 7 pm, Carteret Park

# AUGUST

**4 National Night Out with inflatable rides, free giveaways, meet local first responders, community information booths, emergency vehicles & demonstrations, community organizations, family activities & more, 6-8 pm, Carteret Park**

**Sunset Yoga at the Rooftop, 8 p.m., URSB Carteret Performing Arts & Events Center Rooftop (also Aug. 11 & 18)**

**5 Movies in the Park: "Hoppers," 8:30 pm, Bishop Andrews Park**

**7 Concerts in the Park: Jimmy Buffett Tribute w/ Mango Man, 7 pm, Carteret Park**

**8 "A Dance with Death": A 1950s Prom Murder Mystery Dinner Theatre, 6:30 pm, The Underground@Carteret PAC**

**Movies in the Park: "Wicked," 8:30 pm, Carteret Park**

**12 Movies in the Park: "Minecraft Movie," 8:30 pm, Carteret Park**

**14 Concerts in the Park: Lenny Davis Band, 7 pm, Carteret Park**

**A Totally 200s Party: Y2K Night, 9 pm, The Underground@Carteret PAC**

**15 Movies in the Park: "Superman," 8:30 pm, Carteret Park**

**17 SAT Prep Class by Princeton Review, 10 a.m. to 12:30 p.m., Carteret Public Library (six sessions through Aug. 28)**

**18 Sagar Bhaia, 8 pm, URSB Carteret Performing Arts & Events Center**

**19 Movies in the Park: "The Bad Guys 2," 8:30 pm, Bishop Andrews Park**

**21 Concerts in the Park: Exodus Supreme, 7 pm, Carteret Park**

**R&B Comedy Experience w/DJ Antoine Qua, Q Parker, Koffee Brown, Sean Jones & A-Train, 7 pm, URSB Carteret Performing Arts & Events Center**

**22 Movies in the Park: "Cars," 8:30 pm, Carteret Park**

**23 Ugly Kid Joe/Wheatus/Platinum Moon, 7:30 pm, URSB Carteret Performing Arts & Events Center**

**28 Concerts in the Park: Billy Joel Tribute w/Danny V, 7 pm, Carteret Park**

**30 Jones Martial Arts Tournament, 9 am doors, 10 am to noon, registration, noon to 3 pm tournament, Saint Joseph School (info: Sensei Jones, 908-296-7984; Kyoshi Nunez Jr., 908-342-1185)**

*Editor's Note: See Carteret Public Library's Summer Reading Program on page 24*



## The Granny Squares

**"Crochet with Seniors"**  
**JOIN US**  
**Every Monday**  
**In July\* and August**  
**\*Excluding July 27th**  
**12:30 - 2:30 pm**

**Carteret Community Center**  
**100 Cooke Avenue**

*Beginners of all ages are welcome*

*Crochet hooks and yarn are available*

*Yarn donations are appreciated*



## CALLING FOR VENDORS

THREE POPULAR TOWNSHIP FESTIVALS HOSTED BY THE BOROUGH OF CARTERET

**DATES AND TIMES VARY BY FESTIVAL**

**CARTERET, NEW JERSEY**

**BE A VENDOR!  
CONTACT US FOR  
MORE INFO**

**EMAIL:  
EVENTS@CARTERET.NET**



**CARTERETHEALTHANDRECREATION**



# July 2026 Summer Reading Program

Monday	Tuesday	Wednesday	Thursday	Friday
Join us in the childrens room for movie day! <i>All Ages</i>	Stop by the library to complete the craft of the day! <i>Ages 2 - 5</i>	Join us in the childrens room for game day! <i>All Ages</i>	Stop by the library to complete the craft of the day! <i>Ages 6 - 12</i>	Dont forget to register for summer reading at: <b>carteretlibrary.beanstack.com</b>
6. <b>The Good Dinosaur</b> 2 PM	7. <b>Craft</b> Dino Resist Painting Limit: 20 Children 2 PM <i>Ages 2 - 5</i>	8. <b>Lego Day</b> Limit: 20 Children 2 PM	9. <b>Craft</b> Clay Petroglyphs Limit: 20 Children 2 PM <i>Ages 6 - 12</i>	10. <b>Program</b> Dinosaurs Arise 2 PM
13. Super Mario Bros. Movie 2 PM	14. <b>Craft</b> Pasta Paleontology Limit: 20 Children 2 PM <i>Ages 2 - 5</i>	15. Switch Games Limit: 20 Children 2 PM	16. <b>Craft</b> Diffuser Discs Limit: 20 Children 2 PM <i>Ages 6 - 12</i>	17. <b>Program</b> Bugs On The Go 2 PM
20. Ice Age: Dawn Of The Dinosaurs 2 PM	21. <b>Craft</b> Family Fingerprints Limit: 20 Children 2 PM <i>Ages 2 - 5</i>	22. <b>Lego Day</b> Limit: 20 Children 2 PM	23. <b>Craft</b> Plantersaurus Limit: 20 Children 2 PM <i>Ages 6 - 12</i>	24. <b>Program</b> General Wildlife Program 2 PM
27. Night At The Museum 2 PM	28. <b>Craft</b> Fizzy Eggs Limit: 20 Children 2 PM <i>Ages 2 - 5</i>	29. Switch Games Limit: 20 Children 2 PM	30. <b>Craft</b> Volcano Eruption Limit: 20 Children 2 PM <i>Ages 6 - 12</i>	31. <b>Program</b> Digging It! 2 PM



Carteret Public Library

100 Cooke Ave | Carteretlibrary.org | (732) 541-3830

# August 2026 Summer Reading Program

Monday	Tuesday	Wednesday	Thursday	Friday
Join us in the childrens room for movie day! <i>All Ages</i>	Stop by the library to complete the craft of the day! <i>Ages 2 - 5</i>	Join us in the childrens room for game day! <i>All Ages</i>	Stop by the library to complete the craft of the day! <i>Ages 6 - 12</i>	Dont forget to register for summer reading at: <b>carteretlibrary.beanstack.com</b>
3. <b>The Croods</b> 2 PM	4. <b>Craft</b> Stone Mosaics Limit: 20 Children 2 PM <i>Ages 2 - 5</i>	5. <b>Lego Day</b> Limit: 20 Children 2 PM	6. <b>Craft</b> Amber Sensory Bottle Limit: 20 Children 2 PM <i>Ages 6 - 12</i>	7. <b>Program</b> Dino Magic Show 2 PM
10. Journey To The Center Of The Earth 2 PM	11. <b>Craft</b> Dinosaur Lamp Limit: 20 Children 2 PM <i>Ages 2 - 5</i>	12. Switch Games Limit: 20 Children 2 PM	13. <b>Craft</b> Build-A-Dino Limit: 20 Children 2 PM <i>Ages 6 - 12</i>	14. <b>Scream Truck</b> <small>FOR BEANSTACK REGISTERED READERS ONLY!</small> 2 PM



beanstack



Scan the QR code above to register for summer reading and earn a chance to win a prize!



All Tuesday, Thursday & Friday events require registration!

Scan the QR code above to stay up to date and register for all events and programs!



Carteret Public Library

PUBLIC SERVICE ANNOUNCEMENT

100 Cooke Ave | Carteretlibrary.org | (732) 541-3830



**Carteret Public Library**

# 2026 SUMMER FOOD SERVICE PROGRAM

**July 6 - August 14**

A Federal Service Program of the Food and Nutrition Services, under the US Department of Agriculture, The 2026 Summer Food Service Program will run at the following sites in Carteret from July 6th until August 14th. Free nutritious lunches will be provided to anyone under the age of 18. Please note that supplies are limited and will be available on a first come, first serve basis.

**Thomas J. Deverin  
Community Center**

**100 Cooke Ave.**

**12:30 p.m. - 1:30 p.m.**

**Carteret park**

**Carteret Ave.  
& Cypress St.**

**12:30 p.m. - 1:30 p.m.**

**Sgt. Jack McGreevy  
Memorial Park**

**Orchard St.  
West Carteret**

**12:30 p.m. - 1:30 p.m.**



**Reigning In  
Life Center**

**33 Terminal Ave.**

**12:30 p.m. - 1:30 p.m.**



More summer food options for  
more summer smiles



Mayor Dan Reiman, The Borough Council,  
Central Jersey Arts Council &  
Carteret Health and Recreation

# SUMMER YOGA & BREATHWORK

*Breathe. Move. Connect.*



Join us all summer long for yoga and breathwork  
in beautiful spaces throughout Carteret.

**MOVE. BREATHE.  
CONNECT.**  
Support your body,  
mind, and community

**COMMUNITY  
WELLNESS**  
Come as you are.  
Leave feeling renewed.

**ALL LEVELS  
WELCOME**  
No experience  
necessary

Participants are  
recommended to bring  
their own yoga mats.  
Towels if they wish.  
Mats will be available if  
you do not have one.

For more information please call 732 341 3879 | Email: [info@centraljerseyartsCouncil.org](mailto:info@centraljerseyartsCouncil.org)  
Website: [www.CentraljerseyartsCouncil.org](http://www.CentraljerseyartsCouncil.org)



*Your Summer. Your Practice. Your Sanctuary.*



## 55+ GENTLE YOGA & BREATHWORK

Carteret Community Center  
100 Cooke Ave, Carteret, NJ 07008

A supportive and calming yoga class designed  
for the 55+ community. This class focuses on gentle  
movement, breathing techniques, flexibility, balance,  
and mindfulness—all from the comfort of a chair.

July 7  
10 - 12 PM  
August 5  
10 - 12 PM



## SUNSET YOGA & BREATHWORK

Blazing Star Cultural Arts Center  
Outdoor Patio  
63 Carteret Ave, Carteret, NJ 07008

Practice outdoors as the sun sets in a peaceful  
atmosphere designed to help you unwind,  
recharge, and reconnect.

July 14  
Sunset Session  
Approx. 8:00 PM  
July 21  
Sunset Session  
Approx. 8:00 PM



## YOGA IN THE PARK

Carteret Park - By the Pond  
Carteret, NJ 07008

Connect with nature through movement and  
breath in an all-levels outdoor yoga  
experience beside the pond.

July 26  
2:00 PM  
August 22  
Sunset Session  
Approx. 8:00 PM



## SUNSET YOGA AT THE ROOFTOP

Carteret Performing Arts Center Rooftop  
46 Washington St, Carteret, NJ 07008

Experience rooftop sunset yoga overlooking  
the city skyline with guided breathwork and  
grounding movement practices.  
*In case of rain, rooftop sessions will be  
conducted on the Upper Concourse of the  
Carteret Performing Arts Center.*

August 4  
Approx. 8:00 PM  
August 11  
Approx. 8:00 PM  
August 18  
Approx. 8:00 PM

Sunset class start times may slightly adjust throughout  
the summer based on the changing sunset schedule.

For updates, weather announcements, and more information, follow us on

### PUBLIC SERVICE ANNOUNCEMENTS

**Get Started!**

# WE HAVE THE POWER TO IMPACT OUR FUTURE

## The Middlesex County Prosecutor's Office

The only 100% voluntary program, providing public safety officials  
with the needed resources to better assist community members  
with disabilities during an encounter or interaction.

[www.middlesexcountynj.gov/specialneeds](http://www.middlesexcountynj.gov/specialneeds)



Mental Health Issues • Mobility Issues • Dementia or Alzheimer's Disease • Cognitive Impairments • Autism  
Asperger Syndrome • Oxygen Dependency • Hearing, Vision, or Speech Deficits • Post-Traumatic Stress Disorder  
Dialysis Dependent • Paralysis/Stroke Patients • Guillain-Barre' syndrome (GBS) • Chronic Inflammatory  
Demyelinating Polyneuropathy (CIPD) • Developmental/ Intellectual Disabilities • Life Threatening Allergies • More

Mayor Daniel J. Reiman,  
The Borough Council &  
Central Jersey Arts Council  
Present

Welcome to  
*Art in the Park!*

# ART IN THE PARK

July 2026

Summer Creative Series

Join us all summer long for free hands-on arts, crafts, and creative activities in Carteret's parks.



**ALL PARK ACTIVITIES  
(EXCEPT MOVIE NIGHT  
ART PAIRINGS AND FRIDAYS):  
2:00 PM – 4:00 PM**

## WHAT TO EXPECT

- Creative Crafts
- Painting Activities
- Nature-Inspired Art
- Jewelry & Accessory Making
- Family-Friendly Projects
- Movie Night Art Pairings

## JULY CALENDAR HIGHLIGHTS

### WEEK ONE

- WED 1** Tie-Dye  
Carteret Park  
Carteret Ave / Cypress St  
2:00 PM – 4:00 PM
- THU 2** Cardboard Ragdoll  
Carteret Park  
Carteret Ave / Cypress St  
2:00 PM – 4:00 PM
- FRI 3** Youth Tote Bags  
Civic Park  
Pershing / Cooke Avenue  
10:00 AM – 12:00 PM

### WEEK TWO

- MON 6** Game Building: Jenga  
West Carteret Park  
55 Orchard St, Carteret, NJ  
2:00 PM – 4:00 PM
- TUE 7** DIY Jellyfish Light  
Carteret Park  
Carteret Ave / Cypress St  
2:00 PM – 4:00 PM
- WED 8** Movie Night Art Pairing  
ZOOTOPIA 2  
Designated Parks  
7:00 PM – 8:00 PM
- THU 9** DIY Mini Clay Creations  
Carteret Park  
Carteret Ave / Cypress St  
2:00 PM – 4:00 PM
- FRI 10** DIY Squishy Workshop  
Civic Park  
Pershing / Cooke Avenue  
10:00 AM – 12:00 PM

### WEEK THREE

- MON 13** Handmade Photo Frames  
West Carteret Park  
55 Orchard St, Carteret, NJ  
2:00 PM – 4:00 PM
- TUE 14** DIY Minecraft Flower  
Carteret Park  
Carteret Ave / Cypress St  
2:00 PM – 4:00 PM
- WED 15** Movie Night Art Pairing  
SMURFS  
Designated Parks  
7:00 PM – 8:00 PM
- THU 16** DIY Name Banner  
Carteret Park  
Carteret Ave / Cypress St  
2:00 PM – 4:00 PM
- FRI 17** Flower Pipe Cleaner Art  
Civic Park  
Pershing / Cooke Avenue  
10:00 AM – 12:00 PM

### WEEK FOUR

- MON 20** DIY Lava Lamp  
West Carteret Park  
55 Orchard St, Carteret, NJ  
2:00 PM – 4:00 PM
- TUE 21** DIY Charms  
Carteret Park  
Carteret Ave / Cypress St  
2:00 PM – 4:00 PM
- WED 23** Movie Night Art Pairing  
MUFASA  
Designated Parks  
7:00 PM – 8:00 PM
- FRI 24** DIY Bubble Wands  
Civic Park  
Pershing / Cooke Avenue  
10:00 AM – 12:00 PM

### WEEK FIVE

- MON 27** Beaded Bracelets  
West Carteret Park  
55 Orchard St, Carteret, NJ  
2:00 PM – 4:00 PM
- TUE 28** Wind Chimes  
Carteret Park  
Carteret Ave / Cypress St  
2:00 PM – 4:00 PM
- WED 29** Movie Night Art Pairing  
LILO & STITCH  
Designated Parks  
7:00 PM – 8:00 PM
- FRI 31** DIY Sun Catchers  
Civic Park  
Pershing / Cooke Avenue  
10:00 AM – 12:00 PM

## PUBLIC SERVICE ANNOUNCEMENT

All park activities (except movie night art pairings and Fridays):  
**2:00 PM – 4:00 PM**

## PARK LOCATIONS & SCHEDULE

All park activities (except movie night art pairings and Fridays):  
2:00 PM – 4:00 PM

### MONDAY

Sgt. Jack McGREEVEY  
MEMORIAL PARK  
55 Orchard St, Carteret, NJ



### TUESDAY

Carteret Park  
Carteret Ave / Cypress St  
The Gazebo by the Pond



### WEDNESDAY

Designated Parks  
for Movie Nights



### THURSDAY

Carteret Park  
Carteret Ave / Cypress St  
The Gazebo by the Pond



### FRIDAY

Civic Park  
272 Pershing Ave,  
Carteret, NJ



SGT. JACK McGREEVEY  
MEMORIAL PARK  
55 Orchard St, Carteret, NJ



WEST CARTERET PARK  
55 Orchard St, Carteret, NJ



CARTERET PARK  
Carteret Ave / Cypress St  
The Gazebo by the Pond



BISHOP ANDREWS PARK  
40 Pershing Ave,  
Carteret, NJ



CIVIC PARK  
272 Pershing Ave,  
Carteret, NJ



## Stay Connected!

- WEBSITE  
[www.centraljerseyartsCouncil.org](http://www.centraljerseyartsCouncil.org)
- FACEBOOK  
Central Jersey Arts Council
- INSTAGRAM  
@centraljerseyartsCouncil
- EMAIL  
[info@centraljerseyartsCouncil.org](mailto:info@centraljerseyartsCouncil.org)
- PHONE  
732-541-3879



Grant funding has been provided by the Middlesex County Board of County Commissioners through a grant award from the Middlesex County Cultural and Arts Trust Fund.

For information on events, go to [MiddlesexCountyCulture.com](http://MiddlesexCountyCulture.com)

The CARTERET POLICE DEPARTMENT is seeking dedicated individuals with a passion for community service. Embrace a rewarding career that challenges you, offers growth, & allows you to make a real difference in the lives of our residents.



**Minimum Qualifications**

- ▶ U.S. Citizen & NJ Resident
- ▶ 18-35 Years old at Appointment.
- ▶ Valid NJ Drivers License
- ▶ Sound Moral Character & Good Physical Condition
- ▶ No Disqualifying Criminal Convictions

**Salary & Benefits**

- ▶ Top Salary \$134,242.78 + Overtime
- ▶ 19 Holidays/Paid Sick Leave & Vacation
- ▶ Pension (PFRS) 30 years for Full Pension
- ▶ Patrol Schedule 4 on 4 off (Straight 10 Hour Shifts)
- ▶ Extra Duty Jobs: \$85/Hr. \$127.50 after 8 Hrs. & Emergency Work
- ▶ Specialized Units



Now Hiring SLEO I, SLEO II (Waivers Accepted), SLEO III, Full-time Officers & Lateral transfers

For more information contact:

DSG Luis Maldonado at (732) 561-3868

PUBLIC SERVICE ANNOUNCEMENTS

# NOW HIRING!

Certified Emergency Medical Technicians  
Full-Time & Per Diem



- Full Time Benefits
- NJ PERS Pension
- Yearly Contractual Raises
- In-House Training
- Comp-Time for outside Training

Contact: Chief Eric Wahl - [wahle@carteret.net](mailto:wahle@carteret.net)



# NEW NJ E-BIKE LAWS

NOW IN EFFECT



## WHAT IS REQUIRED?

- ✓ **Valid License:** Age 17+ (Driver's License) or Age 15-16 (Motorized Bicycle License).
- ✓ **State Registration:** All e-bikes must be registered with the NJ MVC.
- ✓ **Insurance:** Liability insurance coverage is now required.

**Note:** License and registration fees are waived for the first first year.

## IMPORTANT RESTRICTIONS:

- ✓ **Age Limit:** Children under 15 are prohibited from operating e-bikes.
- ✓ **Speed & Power:** The new law applies to all e-bike classes (Pedal-assist, Throttle, and High-powered).
- ✓ **Sales & Mods:** Online e-bike sales are **banned statewide** for one year. Modification kits to increase bike speed are now **illegal**.

# HEAT EXHAUSTION

- Heavy sweating
- Weakness
- Cold, pale, clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Fainting

## WATCH FOR THE SIGNS

Seek medical care **immediately** if you have or someone you know has symptoms of heat-related illness. Warning signs and symptoms vary but may include:

- High body temperature (above 103°F)\*
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

# HEAT STROKE

\*104°F taken rectally is the most accurate

## IT'S HOT OUTSIDE!

Extremely hot weather can cause sickness or even death.

**STAY COOL.** Stay in air-conditioned buildings as much as possible and avoid direct sunlight.

**STAY HYDRATED.** Drink plenty of water and don't wait until you're thirsty to drink.

**STAY INFORMED.** Stay updated on local weather forecasts so you can plan activities safely when it's hot outside.

**KNOW WHEN IT'S HOT!** Check local news for extreme heat alerts and safety tips.

### PUBLIC SERVICE ANNOUNCEMENT

[www.cdc.gov/nceh/extremeheat](http://www.cdc.gov/nceh/extremeheat)

# IT'S HOT OUTSIDE!

**STAY COOL.**  
**STAY HYDRATED.**  
**STAY INFORMED.**



Centers for Disease Control and Prevention  
National Center for Environmental Health

Check on the **elderly**, or people aged 65 years or older, to make sure they are safe by staying cool, hydrated, and informed.

**People with a chronic medical condition** are less likely to sense and respond to changes in temperature. Also, they may be taking medications that can intensify the effects of extreme heat.

During an extreme heat event, check on at-risk friends, family, and neighbors at least twice a day. Encourage them to:

- Check on a friend or neighbor, and have someone do the same for you.
- Avoid using the stove or oven to cook.
- Wear loose, lightweight, light-colored clothing.

### FOR MORE INFORMATION

[www.cdc.gov/nceh/extremeheat](http://www.cdc.gov/nceh/extremeheat)

## WHO NEEDS SPECIAL CARE?

The elderly, people with a chronic medical condition, children, homeless or poor, outdoor workers, and athletes are most at-risk to heat sickness.



Most cities offer cooling centers or other air-conditioned shelter to the **homeless or poor** during times of extreme heat.

Never leave **infants or children** in a parked car.

Nor should **pets** be left in parked cars—they can suffer heat sickness too.



**Athletes and people who exercise** in extreme heat are more likely to become dehydrated and are more likely to get heat sickness.

- Limit outdoor activity, especially mid-day when it is the hottest part of the day.
- Schedule workouts and practices earlier or later in the day to avoid mid-day heat.
- Pace activity. Start activities slowly and pick up the pace gradually.
- Drink from two to four cups of water every hour while exercising. Muscle cramping may be an early sign of heat sickness.

**STOP**  
all activity and get to a cool environment if you feel faint or weak.

- Drink from two to four cups of water every hour while working. Don't wait until you are thirsty to drink.
- Avoid alcohol or liquids containing large amounts of sugar.
- Wear and reapply sunscreen as indicated on the package.
- Ask if tasks can be scheduled for earlier or later in the day to avoid midday heat.

**People who work outdoors** are more likely to become dehydrated and are more likely to get heat sickness.

## HEAT-RELATED ILLNESSES

### WHAT TO LOOK FOR

### WHAT TO DO

#### HEAT STROKE

- High body temperature (102°F or higher)
- Hot, red, dry or clammy skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

- Call 911 right away—heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

#### HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water
- Get medical help right away if:
  - You are throwing up
  - Your symptoms get worse
  - Your symptoms last longer than 1 hour

#### HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:
  - Cramps last longer than 1 hour
  - You're on a low-sodium diet
  - You have heart problems

#### SUNBURN

- Painful, red, and warm skin
- Blisters on the skin

- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

#### HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in armpit creases)

- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash



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