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June 28, 2012

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## Author to discuss parenting at events in Temecula and Riverside

Nationally renowned author Gerald Newmark, who has dispensed words of wisdom about raising children in his bestselling book, will offer up his expertise at gatherings in Temecula and Riverside.

Newmark, whose book "How to Raise Emotionally Healthy Children" is used by Riverside County health officials in parenting classes, is scheduled to speak July 2 at 11 a.m. at the Grace Mellman Library in Temecula and July 3 at 1 p.m. at the Riverside Neighborhood Health Center. There is no cost to attend the events.

"We are honored to have a visitor of Dr. Newmark's caliber," said Susan Harrington, director of the Riverside County Department of Public Health. "His book has influenced and supported an untold number of parents facing the challenges of raising children.

Newmark will donate and sign 10 of his books at the Temecula library, which is located 41002 County Center, Building B, and will meet with the community. Newmark will also talk with community members and others at the Riverside Neighborhood Health Center, which is located at 7140 Indiana Ave.

Health officials have described Newmark's book, which has sold hundreds of thousands of copies, as the "backbone" of the curriculum offered by the nutrition program to new mothers.

Newmark, touching on key points of his book, said that families that adopt the five critical emotional needs as a core value will be on their way to a more happy, healthy and productive future.

"For too long the country has been handicapped by leaving our children behind emotionally," he said.

Newmark also plans to recognize the county's Sistah Connection program, which is a partner with The Children's Project that was recently honored by the U.S. Department of Agriculture as one of its "Best Practice" programs nationally. Sistah Connection is a peer-counseling program that promotes breast feeding with a focus on the African-American community.