

Kitchen singer

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ed to give back to his community because he felt he should, to be a better person, he said. His wife suggested he volunteer at Toni's. So he called Feire, a family friend, to ask what he could provide.

"She said, 'We need meat,'" Kenny said. "I said, 'How 'bout I come and play there?'"

Kenny helps create a welcoming, warm community at Toni's Kitchen, which kitchen coordinator Mary Ann Renn said is one of her goals. Some people who eat there are homeless, some have low-paying jobs, and all struggle to get by, she said. She worries how and where they eat outside the kitchen. So when they're there, she and others do their best to feed them well, Renn said.

Kenny sipped on coffee while Feire announced to the diners the day's menu: cream of asparagus soup, parmesan-crusted chicken cutlet and fresh papaya. All of the kitchen's food is donated by local stores, other churches and individuals in the area, Feire said. Then Renn led the mealtime prayer.

"All right, time to get busy!" Boykins boomed once conversation began again.

As a dozen or so apron-clad volunteers came around with carts of food, Kenny schmoozed with the men, who come to the kitchen as often as they can. Then back at the piano, he began another round of songs, his eyes narrowed on his song book.

Every once in a while, guests sing and clap along with him, he said. By the end of the summer, he plans to begin karaoke at the kitchen. He posted an advertisement in February to Baristanet.com, a Montclair-area community blog, seeking a karaoke machine. Then a Toni's Kitchen volunteer offered the new one she had received as a gift.

The music's nice but too loud, said Joyce Nankervis, a diner from Belleville who sat arm's-length from the piano. But she doesn't come for the music.

"Sometimes you need company a little bit," she said, "and I think that's why a lot of people come here."

By the end of the lunchtime meal, the diners brushed crumbs from their laps and readied them-

FREE MEALS

Looking for a soup kitchen? Try these:

Toni's Kitchen
73 South Fullerton Ave., Montclair
Open 11:30 a.m. to 12:30 p.m. Thursday, Friday and Saturday
973-744-6220

Emmanuel Baptist Church Pantry and Soup Kitchen
251-253 River St., Paterson
Open 10 a.m. to 1 p.m. Saturday and Sunday
973-279-2580

Eva's Kitchen
96 Hamilton Ave., Paterson
201-526-6220

Salvation Army
550 Main Ave., Passaic
Open 8:30 a.m. to 1 p.m. Monday and Friday
973-779-1155

Bethel Rehoboth Meal Center
55 Lawrence St., Bloomfield
5 to 7 p.m. Thursdays (although under construction until future notice), bagged meals from 11 a.m. to 1 p.m. every second and fourth Saturday
973-566-9100

Salvation Army Citadel
46 Park St., Montclair
Open 12 p.m. Monday, Tuesday and Wednesdays
973-744-3312 x221
www.montclaircitadel.org

selves to go. Near the door, some helped themselves to rolls and leftovers from the kitchen's "take-away" bins.

As several volunteers tidied up for the next day's meal, Kenny sang and played, the piano man for one last song.

Reach Jean Stevens at 973-569-7131 or stevens@northjersey.com.

Summer dangers: Watch where you step

Continued from D1

don't endanger yourself. ... No ER doctor's going to want to take a look at a live snake."

Relax, walk slowly to your car and drive to the nearest ER. Don't try to cut yourself and suck out the venom. The immediate fear isn't death; it's loss of limb. Venom can destroy arteries and nerves. A nonpoisonous bite is typically treated with a tetanus shot and antibiotics.

Prevention: If you see a snake, walk away. Some snakes that look nonpoisonous might be poisonous, and vice versa.

Statistics: There are 8,000 cases of venomous snake bites a year. Fifteen of them are fatal.
On the Web: www.cdc.gov (Search for snake bites.)

SPIDERS

Most spiders are not dangerous, but the brown recluse and the black widow are and will bite out

fear. A black widow bite can cause severe nausea, vomiting, abdominal cramps and muscle cramps.

"Brown recluse bites pose a bigger threat. It has an enzyme that is poisonous. It destroys the tissue of the skin." A large incision is sometimes required to cut out the poison, but antibiotics usually will cure the problem, Spengler says.

Prevention: Be careful while cleaning your closet or garage.

Statistics: About four deaths a year result from spider bites.
On the Web: www.nlm.nih.gov (Search for spider bite.)

BEEES

If you get stung by a bee, scrape the stinger off. Call 911 if you have chest pressure, your heart starts racing, you feel a tingling in the back of your throat, your hands and feet start tingling, or you have shortness of breath. "You're quickly moving into anaphylactic shock," Spengler says. "You could have an upper airway

obstruction or complete vascular collapse."

If you know you're allergic, keep an EpiPen near you at all times.

Prevention: Stay out of their way. Bees don't hunt; we walk into them.

Statistics: Between 30 and 120 people die from bee stings yearly.

On the Web: www.webmd.com (Search for insect stings.)

PLANTS

After you weed your garden, you'll take a shower, but your shoes could still have poison ivy or poison sumac on them. A week or so later when you put those shoes back on, the resin still will be there.

"Steroids and antihistamines will take care of poison ivy and poison sumac," Spengler says. Other plants to watch out for are cactus, sharp sawgrass and deadly mushrooms.

Prevention: Don't eat mushrooms found outdoors and learn how to identify poisonous plants. If you are exposed to them, wash your hands, shoes and clothing.

Statistics: Poison ivy causes 350,000 reported cases of human contact dermatitis annually.

On the Web: www.fda.gov (Search for poison ivy.)

PORTUGUESE MAN-OF-WAR

"When you get hit by man-of-war, don't try to rub it off," Spengler warns. "You will spread it all over and have a real disaster."

The antidote, he says, is warm ammonia, that is, something besides cleaning fluid that has ammonia in it. Apply it with a towel and then stand in the shower and let the ammonia wash off, or call 911.

The sting can cause headaches, nausea, palpitations.
Prevention: You're assuming a risk whenever you go into the ocean. Be very aware of your environment.

Statistics: Thousands of people are stung yearly, mostly during the summer.

On the Web: www.healthbanks.com (Search for Portuguese man-of-war.)

Sun: Protect your skin

Continued from D1

croscope, sun-damaged skin looks like a glob compared to the smoothness of undamaged skin.

"The architecture of sun-damaged skin is completely different," Mayoral says. "Skin in covered areas is just as old as the skin on your hands, but the appearance is different when there has been no exposure to UV radiation. The difference is the number of times outside without protecting your skin."

Here, then, are tips on protecting your skin:

Slather it on: Use sunscreen with an SPF of 30 or more, Mayoral advises. SPF 15 will do a nice job, she says, but people do not apply it as thickly and as often as they should, "so I always tell patients to use 30 SPF broad spectrum." Don't forget to use it on cloudy days or when you're in the car.

Protect your children: There's a higher incidence of skin cancer in people who had sunburn as children, Mayoral says. Make sure your children wear sunscreen to school. If PE class is outside at noon, you want them to be protected.

Skip the tan: "When the body gets a tan it's trying to protect itself from something that would otherwise burn it," Mayoral says. The body is making pigment to block UV rays, to protect itself from the injury you're inflicting. "Tanning is a horrible thing."

Know your risks: You are at increased risk for developing skin cancer if your body is unable to tan; you get sunburned, red and

blistered; you have freckles, green eyes or red hair; you work outdoors; or you have a family history of melanoma, the most serious form of skin cancer.

Check yourself: You can get skin cancer anywhere on your body. Common areas are the face, back and back of your legs. Although unusual, it can also develop in the genital area. On the scalp, it can go undetected. If you have a mole or lesion that changes color, see a medical professional.

See a doctor: Melanoma is most easy to diagnose, Mayoral says. "Rarely do you see a melanoma that doesn't look like melanoma." See your doctor if you have a mole with: irregular bor-

ders that seem to fade into the rest of the skin; striking colors - black or purple in some areas, red or brown in other areas; and a diameter larger than a pencil eraser.

Sun spots on the Web

Visit www.mayoclinic.com/health/skin-cancer/DS00190/DSECTION=2 for information on skin cancer, including pictures of basal cell carcinoma, which is easily treated; squamous cell carcinoma, which is easily treated if detected early; and melanoma, the deadliest form of skin cancer.

Sun savvy?

To gauge your sun smarts, go to www.aad.org and take the "Rays Your Grade" survey. After you complete it, you'll receive a personalized sun-smart profile with lifestyle tips.

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