

# THE MONMOUTH FAMILY TIMES™

MONMOUTH COUNTY'S LARGEST PARENTING PUBLICATION

FREE

News for Parents • Activities for Kids

MARCH 2016



## CHECK OUT OUR SPECIAL SECTIONS

Keep Your Parents Busy  
Summer Camp Guide  
Home Food Health  
Education Pet Pages  
Activities

# Are you asking enough questions about the way your wealth is managed?

In life, you question everything. The same should be true when it comes to managing your wealth. Do you know what your broker is basing their recommendations on? Do they stand by their word? Do you know how much you're paying in fees? And how those fees affect your returns? Ask your broker, and if you don't like their answers, ask again at Schwab. We think you'll like what our Financial Consultants have to say. Talk to us today about a more modern approach to investing.



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# TENDER SMILES



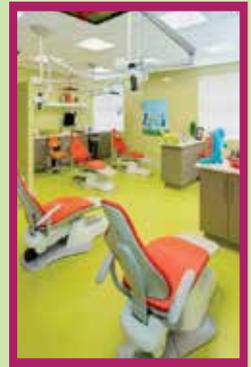
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**CARROT ADVENTURE!**

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**March 19**  
**10 AM – Noon**

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**2 NEW Events!**



**NEW**  
**Bunny Trail** **FREE!**

Get a **FREE** Easter Bucket to collect prize-filled eggs, and get a **FREE** photo\* with Sonny the Bunny.

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**2**

**Be a VIB (Very Important Bunny) at Breakfast with Sonny the Bunny!** • Just \$14.95 for children 2-12 • Kids under 2 **FREE** • \$24.95 for adults

- VIB Photo Opp with Sonny the Bunny!
- **FREE** frame and **FREE\*** digital photo!
- Special table visit from Sonny the Bunny!
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Limited availability

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iPlayAmerica.com | Freehold, NJ | 732-577-8200

\* FREE photo is in form of a digital download. One per child only, please.

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**THE MILLSTONE TIMES**  
**THE MONMOUTH FAMILY TIMES**

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# Homemade Easter Candy at The Chocolate Factory In Freehold

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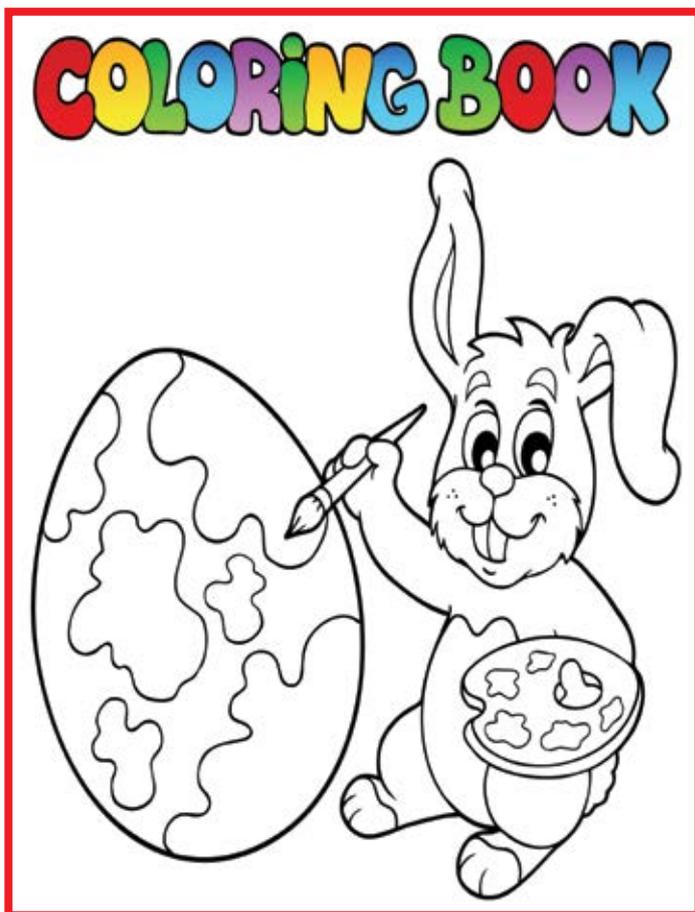


627 Park Avenue (Business 33) Freehold, NJ • 732-462-1311 • [www.OldMonmouthCandies.com](http://www.OldMonmouthCandies.com)

## Children with Special Needs and Bullying

By Mia Ingui

Children with disabilities, such as physical, developmental, intellectual, and emotional disabilities, are at an increased risk of being bullied. Any amount of factors including physical vulnerability, social skill challenges, or intolerant environments may increase the risk of these children being exposed to intolerance from others. Another issue stems from recent research, which also suggests that some children with disabilities may bully others as well. It is imperative to create a safe environment for these children, and all children, to prevent unnecessary intolerance and bullying. Special considerations are needed when addressing bullying in youth with disabilities. Disability harassment has many different forms, including verbal harassment, physical threats or threatening written statements. If the bullying occurs in school and the school learns of the disability harassment, the school MUST investigate the incident promptly and respond appropriately, by law. Bullying behavior is considered, "disability harassment," which is prohibited under Section 504 of the Rehabilitation Act of 1973 and Title II of the Americans with Disabilities Act of 1990. This is reassurance that children with special needs are protected against those who may harass or bully them. There are also many other resources to help kids with disabilities who are bullied or who bully others, and there are Individualized Education Programs (IEPs) or Section 504 plans that can be useful in creating specialized approaches for preventing and responding to bullying.



# Brain Training 101

**Neuroplasticity. Brain training. Cognitive skills. Are you already in a mental fog? No worries – here’s the lowdown on brain training: A revolutionary system that is clearing minds and changing lives all across the nation. Despite the vocabulary.**

*By Michael Ginsberg*

What exactly is brain training? If you're thinking electrodes, hypnotic trances and brain scans, think again. Brain training is basically a system of exercises and challenges that strengthens mental abilities. Simply put: brain exercises that make you smarter.

The idea of brain training is relatively new, because until recently, scientists believed IQ and intelligence were fixed at birth. However, modern brain science revealed the brain's neuroplasticity — its ability to build new pathways, memory, and reasoning “power centers.” This plasticity means the brain can be strengthened, IQ can be increased, and quite often learning disabilities can be eliminated.

That revelation has led to a booming business of brain training tools: online exercises, computer programs, video games, and pocket gizmos. According to market-research firm SharpBrains, sales of “neurobics” (workouts for the brain) are estimated to jump from \$265 million to \$5 billion by the year 2016. Some focus on specific skills, some target seniors’ age-related cognitive decline, and others aim specifically at enhancing sports performance. Do they work? The jury’s still out on many of them, but some brain training methods are proven to bring profound improvement, and the best results come from one-one-one personalized brain training with immediate human feedback.

During a one-on-one brain training session, personal brain trainers focus on strengthening the weakest cognitive skills. Cognitive skills are the underlying mental skills that allow us all to think, learn, reason, remember and pay attention. They include skills such as memory, attention, processing speed, logic and reasoning,

and visual and auditory processing. After testing to determine which skills are weak, personalized brain trainers will target those weak areas with brain-building exercises. They quickly push their student onto faster, harder, more intense exercises, with lots of quick corrections, immediate feedback, and extensive distractions. For the students, it’s a heavy mental workout, but since they’re not learning academic material, it’s more invigorating than a homework load or tutoring session.

Brain training differs from tutoring in another way. Tutoring is a short-term fix. It addresses the symptoms of learning struggles by simply re-teaching academic information that the child should have already learned. Brain training is a lifetime fix. It attacks the source of learning problems by strengthening core learning skills, and eliminating the problem.

For example, consider a student diagnosed with Attention Deficit Hyperactivity Disorder (ADHD). Cognitive skill testing will likely determine that student has deficits in several areas, including the three types of attention. Brain trainers will target the cognitive weaknesses and focus on building up the three different types of attention to strengthen them to the point where there is no longer a deficit of attention skills. When attention skills are strong, quite often the symptoms go away, the need for medication is eliminated, and the label no longer fits.

Reading struggles are another example of how brain training can revolutionize learning. Studies show that more than 80% of reading problems are caused by weak auditory processing skills, more specifically phonemic awareness. That’s the ability to analyze, blend and dissect sounds. Once

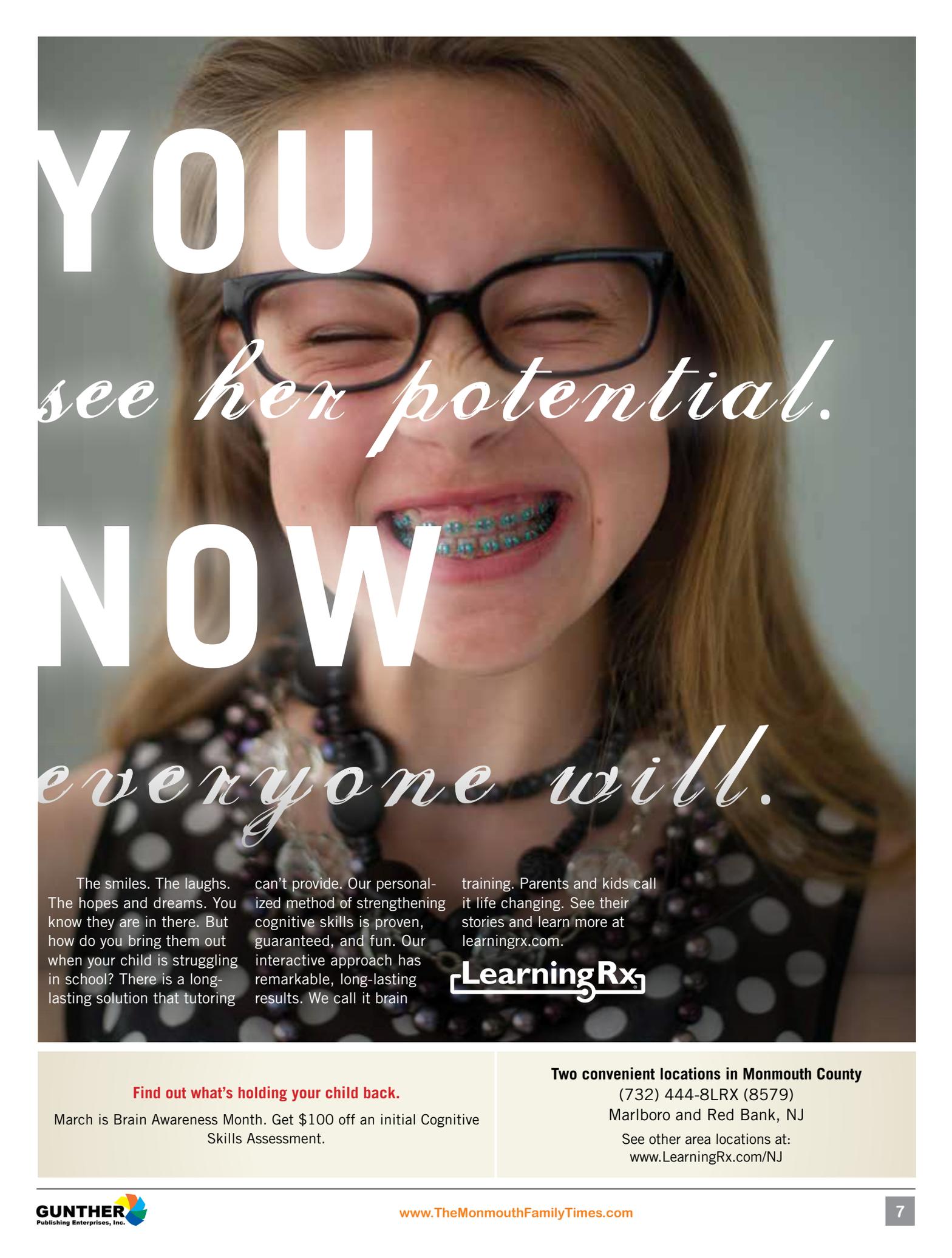
that skill is successfully trained, reading and learning become much easier and faster.

But brain training isn’t just for struggling learners. Across the country, people are hiring professional brain trainers to slow age-related cognitive decline, get a mental edge at school or at work, and reverse the effects of stroke. In many areas, U.S. soldiers enroll in brain training programs to help recover from traumatic brain injury. And they’re seeing amazing success.

The 2014 Report of LearningRx Training Results shows impressive gains for students of all ages and levels of academic abilities, including adults and “gifted” children, and those diagnosed with TBI, dyslexia, ADHD, speech and language disorders, autism spectrum disorders, and general learning disabilities. That study of more than 6,000 students showed LearningRx brain training programs resulted in an average IQ increase of 14.9 points.

If that’s the type of impressive results you’re looking for, you’re not going to get it from a \$10 pocket gizmo or Sunday morning crossword puzzle. Look for a brain training program with a proven record of value and effectiveness. And before you spend money on any brain training product, ask for referrals, results, and testimonials – sort of a no brainer.

Michael Ginsberg is the executive director of LearningRx in Marlboro and Red Bank, NJ. LearningRx brain training specializes in addressing the cause—not the symptoms—of learning struggles. In 2015, LearningRx celebrated its 90,000th student completing the cognitive skills training program. [www.learningrx.com](http://www.learningrx.com)



YOU

*see her potential.*

NOW

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The smiles. The laughs. The hopes and dreams. You know they are in there. But how do you bring them out when your child is struggling in school? There is a long-lasting solution that tutoring

can't provide. Our personalized method of strengthening cognitive skills is proven, guaranteed, and fun. Our interactive approach has remarkable, long-lasting results. We call it brain

training. Parents and kids call it life changing. See their stories and learn more at [learningrx.com](http://learningrx.com).

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March is Brain Awareness Month. Get \$100 off an initial Cognitive Skills Assessment.

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[www.LearningRx.com/NJ](http://www.LearningRx.com/NJ)



**Perrineville Jewish Center**  
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## **Purim FUN FOR EVERYONE**

**Join us for Hamentashen Baking  
and Mishloach Manot Making**

**Sunday, March 20, 2016 11:00 AM**



**PJC Does Disney: A Purim Shpiel**

*Performed by our  
Hebrew School Students*

**Thursday, March 24, 2016**

**6:15 PM**

**All welcome to join!**

**Full Megillah Reading, Groggers, Masks, Fun,  
Laughter & Lite-Bite**



**For more  
information contact  
joinpjc@gmail.com  
or 732-334-8774**



# Science Fair Project Ideas

Spring is the time of year when many schools hold their science fairs. Here are some great ideas that you can share with your child.

Remember that your science fair project may do one of three things:

- Test an idea (or hypothesis)
- Answer a question
- Show how nature works

## Space topics:

How do the constellations change in the night sky over different periods of time?

How does the number of stars visible in the sky change from place to place because of light pollution?

Learn about and demonstrate the ancient method of parallax to measure the distance to an object, such as stars and planets.

Study different types of stars and explain different ways they end their life cycle.

## Earth topics:

How do the phases of the Moon correspond to the changing tides?

Demonstrate what causes the phases of the Moon?

How does the tilt of Earth's axis create seasons throughout the year?

How do weather conditions (temperature, humidity) affect how fast a puddle evaporates?

How salty is the ocean?

## Solar system topics:

How does the size of a meteorite relate to the size of the crater it makes when it hits Earth?

How does the phase of the Moon affect the number of stars visible in the sky?

Show how a planet's distance from the Sun affects its temperature.

## Sun topics:

Observe and record changes in the number and placement of sun spots over several days. DO NOT look directly at the Sun!

Make a sundial and explain how it works.

Show why the Moon and the Sun appear to be the same size in the sky.

How effective are automobile sunshades?

Study and explain the life space of the sun relative to other star.

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# MARCH

# Keep Your Parents Busy

# 2016

**Art After Hours: 5 pm to 9 pm, at the Zimmerli Art Museum at Rutgers University, in New Brunswick, NJ.**

**Pay What You Wish Day at the Philadelphia Museum of Art. Today from 12 pm to 3pm.**

**National "I Want You to be Happy" Day- :)**



**MOVIE: Disney's Zootopia comes out to theaters today!**



**The Harlem Globetrotters come to the Sun National Bank Center in Trenton, NJ! Ticket prices vary, at 2pm and 7pm.**

**Today is National Oreo Cookie Day! Dunk them, split them, whatever you please.**



**Monday Dollar Mania at East Windsor Bowl: Play all you want for just \$10.**

**National Pancake Day!! Run to IHOP today, because they give out free pancakes, no charge!**

**National "Get Over It" day-self-explanatory.**

**Howie Mandel at The State Theater tonight in New Brunswick, NJ.**

**The Shining Star Players Teen Ensemble presents the Addams Family! Opens tonight at 7:30 pm. \$15 for admission, at the Oaks Center, 120 Morris Ave, Summit, NJ.**

**Seaside's and Sea Isle's St. Patrick's Day Parade is today! Take a trip down the shore for loads of fun.**

**Spring ahead! Daylight savings returns today.**



**National Potato Chip Day!**



**National Everything You Do is Wrong Day...**

**...and National Everything You Do is Right Day!**

**Happy St. Patrick's Day!**



**MOVIE: The Divergent Series: Allegiant comes out today!**



**spEGGtacular Egg Hunt at the Bergen County Zoo all day today!**

**The Annual Easter Egg Hunt takes place today at Jenkinson's Aquarium in Point Pleasant, NJ.**

**Today is National Corn Dog Day!!**



**It's officially spring, go outside and enjoy the weather today!**



**National Chip and Dip Day, get dippin'!**

**Shakespeare's As You Like It takes the stage tonight at the Pollak Theater in West Long Branch, NJ.**

**iPlay America hosts iPlay After Dark on Friday nights, starting at 8pm!**

**The Great Ocean City Egg Hunt is afoot today, at 11th-14th Street beach.**

**Happy Easter!**



**National Something on a Stick day- try fruit kabobs dipped in chocolate or anything else you can stick on a stick!**

**American Diabetes Association Awareness Day.**

**National Take a Walk in the Park Day!**

**National Bunsen Burner Day- for the chemistry nerds in your life :)**



2016  
**SUMMERCAMP**  
GUIDE

## Brookside Summer Camp

### ALL-INCLUSIVE

Infants through 14 years  
2-Week Minimum, 2-5 Days, Half or Full Day  
Before and Aftercare Available, 6:30am-6pm

### 5 ACRES • 3 POOLS

### TRANSPORTATION

We include lunch and snack, instructional & recreational swim, pony rides, arts & crafts, day trips, music, computers, team sports, talent show, special events, and so much more!

Available for an additional fee:  
Private and small group swim lessons,  
academic tutoring, and sleepover adventures.

In addition to our low rates we also offer family discounts.

**Have your next party at Brookside!**  
**We offer private facility rental during summer weekends at a great rate!**



## The Brookside School

### Now Enrolling for 2016-2017 School Year

Infants, Pre-School, Kindergarten, Grades 1-8  
Quality Education & Care for All Ages

#### Infants – Kindergarten

- Full Day Kindergarten
- Transitional Kindergarten (Pre-K5)
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- 20% sibling tuition discount
- Transportation available
- Caring Staff
- Full or Part Time Programs

#### Grades 1-8

- Small classes
- Individualized curriculum
- Daily Physical Education Classes
- We challenge the bored students and help the ones who are struggling to improve
- 5 Acre Campus with farm animals
- Field Trips

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tuition rates.**

**2135 Hwy 35, Sea Girt • 732-449-4747 • [www.brooksidesschool.com](http://www.brooksidesschool.com)**

# MORE THAN SUMMER ART CAMP... Winter & Spring Camps too!

Half and full day programs are available for kids ages 4-14 as they spend their days creatively enjoying the company of other campers who share in the love, appreciation and excitement of making art, all in a well supervised, clean and inspiring environment.

## Our Summer Art Camp is fun, friendly and flexible

We offer weekly camp sessions to suit your schedule and needs. Choose a single week or multiple weeks (multi-week discounts available) or add them on as needed, we're here for you. Days are spent inside the historic and beautiful Hobart House in the heart of Marlboro Village, where we have artwork everywhere: the ceilings, walls, floors and displays. We are told that everyone feels the creative energy as soon as they walk in! These artworks inspire and excite the campers as they get ready to create their own works. We have four large classrooms to enjoy creative experiences with techniques, materials and subject. Our campers of all ages will gain confidence and skills as they enjoy the varied projects.

## Art Classes at Artisan Studio are offered to adults and children of all ages, working in almost all mediums

Celebrating our 12th year in Hobart House, where we have maintained a reputation for providing a very inspiring and nurturing environment. Our instructors love to share their passion for art as well as their expertise. Our studio has been known for it's innovative selection of classes: we were the first local art school to include Fashion Design & Illustration, Famous Artists, Sewing, and Papier Maché classes in Monmouth County. Also available are the popular drawing, painting, anime & cartooning classes. Papier Maché classes teach students to create

3-dimensional artworks using recycled materials and found objects, literally thinking outside the box. Papier Maché is very popular for all ages, creating just about anything imaginable, while working 'green' using recycled bottles, cartons, newspapers and more.

## Art Parties at Artisan are fun and inspiring, offering many choices for kids ages 4 & up

Looking for a creative change of the usual party activity? Our spacious and inspiring facility has a separate room for eating and another for the chosen activity. The party guests all leave with a very original piece of art, a great party favor! Scouts also may choose 'mini -parties' so that they can learn a new skill and earn their badges! Need a 'nite out' activity for the girls? Choose a Wine & Dezine party where the girls get together for fun and creative art making while enjoying refreshments of their choice, great for fundraisers too! There is a separate area for you to enjoy your food and refreshments. Fridge and freezer are available if needed.

## Workshops run through the year, a great opportunity to give us a try!

We offer creative 3 hour sessions of fun and learning new skills and ways to be inspired: NJEA's November days of school closings; Sunday Art Workshops are held on the last Sunday of the month from October to March, with some exceptions due to holidays. Schedules are on our website along with additional info and galleries of artwork. Please visit us @ [www.artisanstudio9.com](http://www.artisanstudio9.com).

\*The staff at Artisan has expertise in many fields: portfolio prep, graphic design, illustration, fashion design, sewing, drawing, painting portraits & murals, cartooning, origami, clay and mosaics. *In addition we are certified providers for Easter Seals, participating in their Real Life Choices program for Adults with Developmental Disabilities.*

**Artisan Studio**  
Located in historic **Hobart House**  
9 North Main Street (Route 79), Marlboro  
**732 - 294 - 0234**

**SUMMER ART CAMP**  
**June 27th August 26th**  
A creative alternative to traditional summer day camps!  
ages 4 -14

Not all kids love the outdoors and the heat and humidity that accompany the activities. They would rather stay inside to have fun and enjoy creativity at it's best in our cool & comfy studio!

**WEEKLY RATES**  
Choose a single week or multiple weeks





Campers and Nite Class students have the opportunities to explore working with many different materials as they create artworks to express themselves. No experience or talent required, all levels of ability are welcome!

Does your child have that flair for color and fashion or interested in designing clothes & accessories?

**Fashion Design & Illustration**  
**Saturdays**  
**12:00 - 1:30 pm**  
**Ages 8 - 14**

Students learn how to design and illustrate!

**Fashion Design & Sewing**  
**Saturdays 10 - 11:30**  
**Ages 8 - 11**  
**Saturdays 12 - 1:30**  
**Ages 10 - 16**  
Students learn how to design, create patterns and sew their own creations!

**SPRING BREAK CAMP**  
**March 28th - April 1st**  
Daily Rates  
Half Day \$40 9:00 am -12:00 pm  
or 12:30 - 3:30 pm  
Full Day \$80 9:00 am - 3:30 p.m.  
Great Projects and lots of fun sharing ideas with like minded campers who enjoy discovering their creativity!

**Wine & 'Dezine'!**  
Get the gals together to paint & take home a finished artwork! Bring the wine and desserts! Great for fundraisers!



**Scout Parties!**  
Kids earn their badges as they create and learn new skills!



**Birthday Parties!**  
Unique Projects - Creative Fun!

**SUMMER NITE CLASSES**  
**Wednesdays 7:00 - 8:30** Ages 8 & up

Please visit us @ [artisanstudio9.com](http://artisanstudio9.com) and FB @[artisanstudioNJ](https://www.facebook.com/artisanstudioNJ)

# 2016 SUMMER CAMP IS HERE!

• The Perfect First Summer Camp Experience •

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Innovators in Educational Child Care

FOSTERING CREATIVITY



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EXPLORING THE OUTDOORS



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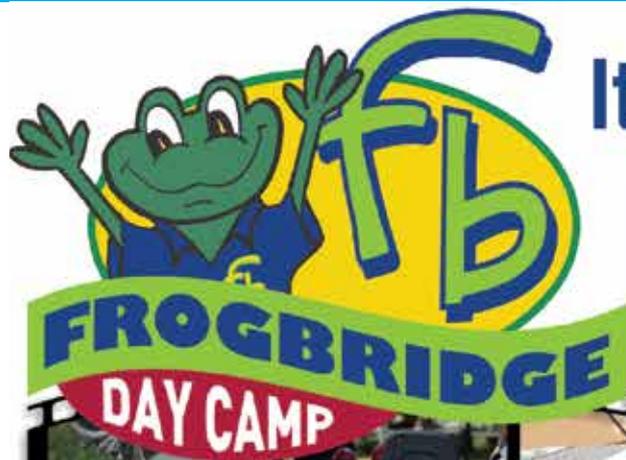


- |  |                     |
|--|---------------------|
| June 27 <sup>th</sup> – July 1 <sup>st</sup> | Fabulous Fairytales |
| July 5 <sup>th</sup> – 8 <sup>th</sup>       | Cool Cooking        |
| July 11 <sup>th</sup> – 15 <sup>th</sup>     | Olympics            |
| July 18 <sup>th</sup> – 22 <sup>nd</sup>     | Weird Science       |
| July 25 <sup>th</sup> – 29 <sup>th</sup>     | Prehistoric Week    |
| August 1 <sup>st</sup> – 5 <sup>th</sup>     | Ocean Quest         |
| August 8 <sup>th</sup> – 12 <sup>th</sup>    | Carnival/Circus     |
| August 15 <sup>th</sup> – 19 <sup>th</sup>   | Wild, Wild West     |
| August 22 <sup>nd</sup> – 26 <sup>th</sup>   | Mystery Week        |
| August 29 <sup>th</sup> – 31 <sup>st</sup>   | Island Hopper       |

## WHAT'S INCLUDED!

- Arts & Crafts
- Water Play
- Ice Cream Socials
- Pizza Parlor Fridays
- Guest Visitors & Entertainers
- Camp Shirt, Water Bottle & Backpack

Call now to register for weekly or monthly tuition rates



It's not just day camp...  
**IT'S FROGBRIDGE!**

**OPEN HOUSE**  
**Saturday,**  
**March 19<sup>th</sup>**  
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**7 Yellow Meeting House Road, Millstone Township, NJ 08510 ~ [www.frogbridge.com](http://www.frogbridge.com)**



# SUMMER EXPERIENCES FOR LIFE

Day, Sports, and Specialty camps for boys and girls, ages 4-16

JUNE 20 - AUGUST 19

AT THE RANNEY SCHOOL IN TINTON FALLS, NJ



### MINI CAMP

AGE 3

A fun-filled first camp experience!

### DAY CAMP

AGE 4-8

Way more than a typical day at camp!

### SPORTS CAMP

AGE 6-14

The best multi-sports experience around!

### SENIOR CAMP

AGE 9-15

Experiences they'll never outgrow!

### LEADERSHIP EXPLORATION AND DEVELOPMENT PROGRAM

(LEaD) AGE 15-17

Discover your unique leadership abilities and prepare to be a part of the next generation of ESF leaders!

### SPECIALTY MAJOR CAMPS

GRADES PREK-10

Choose from a variety of hands-on experiences!

### TECH CAMPS

GRADES K-10

Camps ranging from Game Design to Robotics!



### CLUB OT & SPECIALTY CLINICS

AGE 3-15

The fun and learning continues!



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# Summer Camps in Monmouth, Ocean, Middlesex, and Mercer

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www.sacajaweadaycamp.com

## Allaire Country Day Summer Camp

At GoodSports  
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732-681-4651  
www.allairecountrydaycamp.com

## Frogbridge Day Camp

7 Yellow Meeting House Road  
Millstone Township, NJ 08510  
609-208-9050  
www.frogbridge.com

## Rolling Hills Country Day Camp

Camp Address:  
14 Dittmar Road  
Freehold NJ, 07728  
Mailing Address:  
PO Box 172  
Marlboro, NJ 07746  
732-308-0405  
www.rollinghillsdaycamp.com

## Camp Oakhurst (Special Needs Camp)

111 Monmouth Road  
Oakhurst, NJ 07755  
732-531-0215  
www.nysh.org

## Taubenslag Productions Theater Camp

Mailing Address:  
496 Taylor Place  
North Brunswick, New Jersey 08902  
Camp Address (Middlesex County College):  
2600 Woodbridge Avenue  
Edison, NJ 08818  
(732) 422-7071  
www.taubenslagproductions.com

## Princeton's School of Rock

3570 Quakerbridge Road  
Hamilton, NJ 08619  
609-890-7090  
www.princeton.schoolofrock.com

## Ranney School Summer Camps & Programs

(There are various programs and camps)  
253 Hope Road  
Tinton Falls, NJ 07724  
732-542-4777  
http://pantherpress.ranneyschool.org/summerprograms/ AND http://www.ranneyschool.org/summer\_camps

## Camp Riverbend

116 Hillcrest Road  
Warren Township NJ, 07059  
908-647-0664 or 908-580-2267  
www.campriverbend.com

## Ocean County YMCA Summer Camp

1088 W Whitty Road  
Toms River, NJ 08755

732-341-9622  
www.ocymca.org/programs/child-care/camp

## Freehold Borough YMCA Camps

41 Center Street  
Freehold, NJ 07728  
732-845-5273  
http://www.ymcanj.org/content/locations/freehold\_borough\_camps.asp

## Lakeview Day Camp

505 Riva Avenue  
East Brunswick, NJ 08816  
732-821-8933  
www.lakeviewdaycamp.com

## Hoop Group Basketball Camp

(Various Different Camps/Programs to sign up for)  
1930 Heck Avenue, Building 3  
Neptune, NJ 07753  
732-502-2255  
www.hoopgroup.com

## Princeton University Sports Camps

(all kinds of sports for variety of ages and both genders!)  
Frist Campus Center, Room 304A  
Princeton, NJ 08544  
609-258-3369  
www.princeton.sports.camps.com

## Ivy League Day Camp

140 Gordon's Corner Rd  
Manalapan, NJ 07726  
732-446-7035  
www.ivyleaguedaycamp.com

## Camp Excel (Specialized Programs for Children with ADHD, Asperger's, & Social Skills Challenges)

Business office:  
2517 Highway 35, Building H- Suite 205  
Manasquan, NJ 08736  
Monmouth County Location:  
(Located in Holy Innocents School)  
3455 West Bangs Ave  
Neptune Twp, NJ 07753  
732-282-0150  
www.campexcel.com

## Black Bear Lake Day Camp

457 Stage Coach Road  
Millstone NJ, 08510  
609-259-1777  
www.blackbearlake.com

## Camp Gan Israel (A Jewish Day Camp)

Administrative Address:  
170 College Ave. , New Brunswick, NJ 08901  
Summer Camp Address:  
1690 Stelton Road, Piscataway, NJ 08854  
Administrative Office Number: 732-296-1800  
Summer Office Number: 732-777-9848 ext. 6255  
www.ganisraelnj.com

## Eagles Landing Day Camp

74 Davidson Mill Road

North Brunswick, NJ 08902  
732-821-9155  
www.eagleslandingdaycamp.com

## Princeton Summer Camps at Stuart

1200 Stuart Road  
Princeton, NJ 08540  
609-921-2330  
http://www.stuartschool.org/academics/summer\_camps

## Seashore Day Camp

345 Second Avenue  
Long Branch, NJ 07740  
732-222-6464  
http://www.seashorecampandschool.com/camp.html

## Country Roads Day Camp

139 Pinebrook Road  
Manalapan NJ, 07726  
732-446-4100  
http://www.countryroadsdaycamp.com

## Center Stage Dance & Theatre School Camp Programs

(There are more than one option)  
10 Alvin Court, Suite 104  
East Brunswick, NJ 08816  
732-238-7890  
http://centerstagenj.com/east-brunswick/summer-camp/

## Marine Academy of Technology & Environmental Science: Summer Research Experience 2015

Ocean County Vocational Technical School  
195 Cedar Bridge Road  
Manahawkin, NJ 08050  
609-978-8439 ext. 4002  
http://www.ocvts.org

## Marine Science Camp

Multiple Locations including Toms River, Manahawkin, Manasquan, etc  
Contact Name: Sherri Paris  
Contact Email Address: newlogic.edu@gmail.com  
Contact Phone Number: 732-250-8124  
http://www.marinesciencecamp.com/  
Summer Camps in Monmouth, Ocean, Middlesex

## Cinematique Acting & Film Classes/Workshops

174 Main Street, Eatontown, NJ 07724  
732-977-1297  
www.cinemanj.com  
cinematiquefilmclass@gmail.com

## ESF Summer Camps at Ranney School

235 Hope Road  
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**Saturday, March 5th  
Sunday, March 20th  
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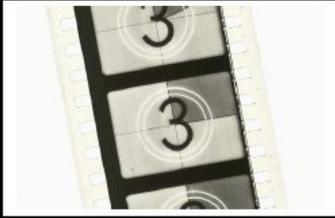
140 Gordon's Corner Road  
Manalapan, NJ 07726

**732-446-7035**

ivyleaguecamp.com



## Cinematique Film Classes



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July 5- 16, 2016

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14 years old and up  
Full Day Program  
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## For Your Creative Kid: Benefits Of Arts & Music Summer Camp

By Joely Phenes

Going to camp is a great way for a child to spend their summer. It allows them to stay active, make new friends, and try out many different activities and games. Specialized arts and music camps can be very beneficial experiences for children who are especially skilled in these areas or who just want to explore their passions.

Experience with the arts has often been linked with academic success. For example, the reading of dramatic plays improves a child's reading skills, especially when introduced at a young age. Research also shows that children with this type of experience do better on standardized tests such as the SATs.

Because art is a form of expression, it helps to develop children's communication skills. It also helps them work better in groups, as many of the projects are collaborative.

Art is a therapeutic form of self-expression. It allows you to express yourself, use your imagination, have fun, and feel accomplished. Unfortunately, school can be quite demanding and many children do not get to take the time to focus on artistic endeavors. Arts and music summer camps give children that time.

Arts and music camps are not for every child. Some children simply do not take an interest in the arts—and that's okay. But for children who love to write, paint, play the piano, and act, arts and music summer camp is the perfect way to spend the summer!

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### CHOOSE YOUR ADVENTURE

YMCA of Western Monmouth County

# SUMMER CAMPS



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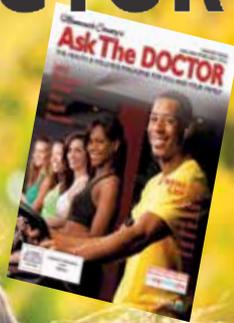
**Swim/Multi Sport Camp**  
@ Freehold Branch  
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**Camp Topanemus**  
380 Monmouth Rd., Millstone  
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470 E. Freehold Rd., Freehold, NJ 07728

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**What Is Sportika and What Should I Know About It?**

Sportika is an all-encompassing sports complex built in Manalapan and Freehold to satisfy the demands of the athletes at any level. The developers are building a state of the art indoor facility, which caters to both the sports enthusiast and participants and fulfills a void in the thriving sports complex industry. Better yet, it is in your own back yard.

When completed, it is comprised of 170,000 square feet of astounding sports and non-sports elements that cater to both parents and children. Traditional facilities are geared to the athlete, with little concern for the chauffeur or spectators. Each field or court will provide comfortable seating so you can remain in your seats for the duration of each event. No more bored, whiny siblings with nothing to do; they will be able to enjoy the state of the art arcade while their siblings are playing in games or participating in practice. Parents will have the option of training in the personal training center or conducting business in our Wi-Fi lounge or meeting rooms.

Essentially, they have taken everything you disliked about indoor sporting facilities and fixed it, added to it and perfected it!

- 25,000 sq. foot state of the art indoor baseball training center with 7 Batting Cages and a full size baseball/softball indoor infield
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- Food Vending Area
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This facility is one of those 'see it to believe it' places. Check out their website [www.SportikaSports.com](http://www.SportikaSports.com) or call 732-577-1745





# Register Today!

Register Online

[www.sportikasports.com/soccer/select-programs/summer-programs](http://www.sportikasports.com/soccer/select-programs/summer-programs)

# Summer Select 2016



## Program Information

**12 Sessions (Additional 2 sessions from last year)**

**Two (2) Tournaments** (announced after teams are formed) **Game Jersey included**

**Tryouts will be March 13, 2016.** Location to be announced. Check web site.

U8 Boys & Girls 8am

U10 Boys & Girls 9am

U12 Boys & Girls 10am

U14 Boys & Girls 11am

U9 Boys & Girls 8am

U11 Boys & Girls 9am

U13 Boys & Girls 10am

High School (U15 & above) 12pm

**Cost  
\$499**

**Practice Locations** Taylor Mills School, Manalapan Recreation Center and other local facilities

### COACHING STAFF

**Wayne Price** DoC FC SPORTIKA and NSCAA Premier Licensed Coach

**Daniel Lawson** Asst. DoC FC SPORTIKA and NSCAA Advanced National Licensed Coach

**Rodrigo Castro** Director of Training Sportika Soccer and NSCAA National Licensed Coach

**Roni Villatoro** Staff Coach FC SPORTIKA and NSCAA National Licensed Coach

**For more information and to pre-register for tryouts contact**

**Wayne Price** Director of Soccer Operations | [wprice@sportikasports.com](mailto:wprice@sportikasports.com) | office: 732-577-1745, ext. 3

**FC SPORTIKA**

[sportikasports.com](http://sportikasports.com)

323 Fairfield Rd., Ste. 10, Freehold, NJ 07728



All Sportika Soccer programs are designed with NSCAA Standards and directed by Wayne Price, NSCAA Premier Licensed Coach.

# Everything You Need To Know About Technology Camps

By Joely Phenes

## What are technology camps?

Summer camps have been around forever. But have you ever heard of a technology camp? In this digital day and age, technology camps were created to give tech-savvy kids the summer of their dreams!

The first ever technology camp, National Computer Camps, was created in the late 1970s by Michael Zabinski. Since then, technology camps have popped up all across the country, and all over the globe.

Technology camps center around computers and video games, and they offer tons of technologically based activities. Some of the most popular activities at these camps are...

- Designing video games, webpages, and applications
- Robotics
- Graphic design
- 3D animation
- Film

## Are there any technology camps in my area?

iD Tech Camps are America's number one technology camps, and can be found in 150 locations across the country. This coming summer, they will be held at a variety of local New Jersey colleges: Fairleigh Dickinson University (Madison, NJ), Ramapo College (Mahwah, NJ), Rider University (Lawrenceville, NJ), Kean University (Union, NJ), Princeton University (Princeton, NJ), and Monmouth University (Long Branch, NJ)

These camps focus on enhancing your child's STEM skills. STEM stands for Science, Technology, Engineering, and Math. These skills will be useful not only in the classroom but all throughout life.

iD Tech Camps are for children ages 7-17, offer overnight or day sessions, and are available to all genders.




### Sneak Peak at our Summer Program:

- Full time and Part time Summer camp options
- Many options to meet your budget from \$65 - \$299
- **Exciting Outdoor Field Trips:** Storybook Land, Sky Zone, iPlay America, Garden State Discovery Museum and more...
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Register Before April 30th for Early Bird Special  
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# family recipe *eating together matters*

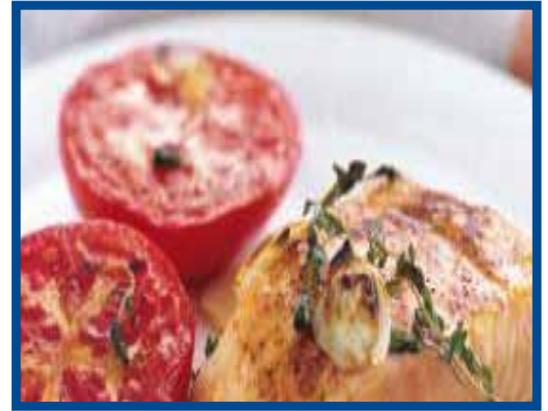
*If you and your family are tired of eating pizza and Chinese food for dinner five nights a week, but haven't got much time to prepare a gourmet meal, there is a solution! These two recipes are quick, easy, and delicious to make for your family in less than 30 minutes.*

## Garlic Broiled Salmon with Tomatoes

COOKING TIME: 15 MIN

### INGREDIENTS

- 4 6oz pieces of skinless salmon fillets
- 4 medium tomatoes, halved
- 2 tbsp. olive oil
- 4 cloves of garlic, sliced
- Sprig of thyme
- 1/4 tsp paprika
- Salt and pepper



### DIRECTIONS

Heat broiler. Lay the salmon and sliced tomatoes on a sheet pan.

Drizzle with olive oil, salt, pepper, and sprinkle paprika over the salmon. Scatter thyme and garlic over tomatoes and salmon.

Broil until salmon is opaque and brown, about 8-10 minutes.

Pour into 4 bowls and garnish each bowl with 1 tablespoon each of corn kernels and cheese. Top with fresh cilantro.

## Easy Chicken Francese

COOKING TIME: 120 MIN.

### FOR THE CHICKEN

- 2 cups broccoli florets
- Kosher salt
- Freshly ground black pepper
- 1 bunch fresh basil
- 2 clove garlic
- 1/4 cup olive oil
- 2 tsp. lemon zest
- 3 oz. Parmesan
- 4 oz. mascarpone or cream cheese
- 2 cups shredded rotisserie chicken
- 1 cup chopped toasted pecans (optional)

### DIRECTIONS

Cook the broccoli in boiling salted water until tender, 5 minutes; remove to a bowl with a slotted spoon. Add pasta to water and cook according to package directions; drain.

Process basil, garlic, oil, lemon zest, red pepper, and Parmesan in a food processor until finely chopped. Add broccoli and pulse until coarsely chopped, 4 to 6 times. Season with salt and black pepper.

Stir broccoli pesto and mascarpone into pasta until well coated; fold in chicken.



# Health, Wellness & Regeneration

## Non-Invasive Pain Treatment, No Surgery – No Cortisone

*Dorota M. Gribbin, M.D.*



*Dorota M. Gribbin, MD*

Countless Americans endure debilitating pain every day. We live longer and therefore have much higher chance to experience painful conditions than our ancestors.

“Pain is a symptom,” says Dorota M. Gribbin, M.D., Assistant Clinical Professor at Columbia University - College of Physicians and Surgeons, Chairman of Physical Medicine and Rehabilitation section at Robert Wood Johnson University Hospital at Hamilton and Medical Director of Comprehensive Pain and Regenerative Center. “In order to manage pain effectively, it is essential to pinpoint its cause.” Named one of the best doctors in the New York Metro Area by Castle Connolly Medical Ltd. for 14 consecutive years between 1999 and 2013, the pain management specialist uses a minimally invasive approach to outsmart tough pain. Her first step is to obtain a global understanding of the patient, including

specific complaints and past medical and social history. Next come diagnostic studies such as blood tests, x-rays, MRI and electro diagnostic studies (EMG/NCV).

### REGENERATE RATHER THAN REPLACE!

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#### AND PLATELETS POOR PLASMA (PPP)

Regenerate rather than replace your joints, tendons, muscles, skin, and wounds with Regenerative Injection Therapy with Growth Factors in Platelets Rich Plasma (PRP) and Kinines in Platelets Poor Plasma (PPP). PRP therapy strengthens and heals arthritic and strained joints, tendons, ligaments, muscles, and skin – including nonhealing wounds and aging skin of your face. PRP injections can be performed all over the body. It is a natural regenerative method of treatment of sports injuries, arthritic joints, lower back pain, disc disease, tennis elbow, carpal tunnel syndrome, ACL and meniscal tears, shin splints, rotator cuff tears, plantar fasciitis, iliotibial band syndrome, piriformis syndrome, tennis/golfer's elbow, sprained or torn muscles and neck/back pain including disc disease (herniated nucleus pulposus).

PRP/PPP is also used in aesthetic medicine to erase scarring, reduce fine lines, and heal sunspots, alopecia, balding, and even premature aging. This regenerative healing process lasts longer than traditional fillers and is the patient's own blood platelets, which stimulates the body to heal more effectively and naturally.

When PRP is injected into the damaged area it stimulates the tendon or ligament causing mild inflammation that triggers the healing cascade. As a result new collagen begins to develop. As this collagen matures it begins to shrink causing the tightening and strengthening of the tendons or ligaments of the damaged area.

Alex Rodriguez, of the NY Yankees received PRP injections after a recommendation from fellow professional athlete Kobe Bryant of the LA Lakers. The procedure is in complete compliance with major league baseball regulations and the pro athlete went on to finish out the season strong.

### PROLOTHERAPY

Prolotherapy is a method of injection treatment designed to stimulate healing. Various irritant solutions are injected into the ligaments, tendons, and joints to encourage

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repair of damaged tissue. Hackett describes prolotherapy as strengthening “the weld of disabled ligaments and tendons to bone by stimulating the production of new bone and fibrous tissue cells...”

25% Dextrose (Solution of sugar with a local anesthetic). Is injected to tendon/ligament area this method heals the ligaments and tendons by making them stronger and thicker. No corticosteroids are used. This is an effective treatment for all joints and ligaments and all age patients. Depending on the body part ultrasound and or fluoroscopy guidance may be used. Three to six sessions every 1-2 weeks are required.

### RADIOFREQUENCY:

A Revolutionary Modality in the Treatment of Painful Conditions and in Body Regeneration & Rejuvenation.

Surgery should be the last resort. Most painful conditions are treated conservatively with a nonsurgical approach. In addition to medications, physical modalities (ultrasound, TENS, massage, exercise) and injection techniques RADIOFREQUENCY is a revolutionary technology which incapacitates the conduction of pain and also treats cellulite, tightens the subcutaneous tissue and erases scars and wrinkles.

Radiofrequency ablation of the median branch sensory nerve “turns off” a small nerve, which conducts pain. It is used for effective treatment of pain with long lasting results. The outcomes are amazing: years of pain relief, lowering or eliminating the need for pain medications. Skin tightening, nonsurgical face-lift and smoothing of the skin surface have proven to be effective in the treatment of acne scars and sun damaged skin as well as cellulite and excessive fatty tissue.

Remember, you do not need to live with your pain. Pain treatment does not need to involve dangerous medications or surgery. You do not need plastic surgery or painful derma-abrasions to erase years from your face and body.

If you have been suffering from pain and want to improve your quality of life, please consider treatment by Dr. Gribbin who specializes in the comprehensive diagnosis and treatment of painful conditions, regenerative medicine, medical weight loss and the newest aesthetic medicine techniques of rejuvenation and anti-aging medicine.

### FALL PREVENTION AND BALANCE DISORDERS TREATMENT:

More than 90 million Americans have experienced a balance disorder. 30% of people over age of 65 will fall each year. That number increases to 50% for people over age of 85! Falls account for more than half of accidental deaths among the elderly. 30% of falls in population over 65 year result in hip fracture. 30% of surgery for hip fracture result in heart attack, stroke or pulmonary embolism. 50% of patients after hip fracture and hip surgery don't survive first year. According to the American Academy of Orthopedic Surgeons 30-40% of all falls can be prevented. Diagnosis and treatment of dizziness and disequilibrium are now available. State of the art diagnostic studies: posturography and VNG testing are followed with customized balance and gait retraining with safety and vestibular adaptation training.

# When should I take my child for their first eye exam?



**Dr. Steven Linker, OD**

Most parents are diligent when it comes to routine well visits to the pediatrician. They understand about preventative medical treatment. What most parents don't realize is that the same applies to the health of the eye and vision.

During infancy, a baby's vision changes constantly. At first they can only focus on objects near-by and high contrast colors like black, white and red. By six months, their visual ability should be sharper. Most would be shocked to know that a six-month old should have an eye exam. At this age, your eye doctor can monitor the development of the eyes. In some cases, they are not working together, which will affect vision.

Another optical milestone is for the pre-kindergarten child. By ages 3 to 4, the eyes have done their developing and an eye exam is expected prior to school admission. Other exams should be in the 3 to 4-year-old range because the eyes have basically done their growing and developing by then. It is from this point that an annual eye exam is essential.

Early detection of vision issues can curtail bigger problems later. An eye exam can detect and identify nearsightedness, farsightedness, and astigmatism. These can be remedied with prescription glasses very easily. Conditions such as 'lazy eye' can be corrected with something as simple as an eye-patch.

To make a trip to the eye doctor less intimidating for your child, find one who has a great manner with children, one who will put them at ease.

Schedule your appointment with us. I invite you to visit my office for an exam to discuss your eye care health and the same for your family. We take most medical insurances and have a wonderful selection of frames should you need glasses. A visit to us may be your first line of ocular defense!

Check out our website for more information <http://monmouthvision.com/>. Dr. Steven Linker, OD Monmouth Vision Associates, 50 Route 9 North, Suite 206, Morganville, NJ, 07751 • Tel: 732-617-1717. ■



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# MyPlate Plan for Nursing Moms and Moms-to-Be



When a woman is pregnant or breastfeeding, she has special nutritional needs that can have a huge impact on the health of her baby. The Choose MyPlate Plan for Moms at [www.letsmove.gov](http://www.letsmove.gov) shows the foods and amounts that are right during pregnancy and when you are breastfeeding. Enter personal information for a quick estimate of what and how much you need to eat. Or, go to the MyPlate Super Tracker at [www.choosemyplate.gov](http://www.choosemyplate.gov) to see how food choices compare to nutritional needs and get tips and support to help you make healthier choices and plan ahead.



# Organic Moms

The benefits of being an "organic mom" are too numerous to list. This lifestyle choice may be made for a baby at first, but it ultimately impacts the entire family.

When it comes to baby and mom, however, perhaps breastfeeding is the most obvious place to start. Older new moms still remember stories about the taboos surrounding the practice even 40 years ago. Today not only are women breastfeeding in overwhelming numbers because it is acceptable socially, if not regarded as being healthier for babies, but it also appears to be better for moms, too.

A study conducted by researchers at the University of North Carolina at Chapel Hill, published in 2009, found that women who breastfed their children were 59 percent less likely to develop breast cancer, even if genetically predisposed to the disease.

Today, with a wider acceptance of environmental practices, using cloth diapers is lauded as an earth friendly and economical option rather than being dismissed as a nuisance. The high cost of healthcare has highlighted the importance of creating a healthy environment for families from the start.

Even sticking to a completely organic diet is no longer dismissed as impractical, particularly as more adults are adopting an organic diet themselves.

As "green" choices become more mainstream, America's food chains are also responding. Not only are many starting to carry a wider selection of organic food — and not just on the baby aisle — but they also provide a discount from the sky-high premiums that the organic label has historically carried.

And where retailers fall short, some Web sites devoted to green family living offer tips on going organic and a wide selection of coupons for green products for the entire family.

At a time when Americans are adopting sustainable and healthy lifestyles, it has never been easier to be an "organic mom." And not only is the entire family benefitting, but it appears that going green with the baby is proving to be a strong catalyst in making green lifestyles as American as apple pie.

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## Daily Bit of Chocolate in Pregnancy May Help Mom, Baby

Pregnant women who nibble just a small piece of chocolate each day may improve the circulatory health of their unborn child, a new study suggests.

The tiny treat may also reduce the risk for preeclampsia, a potentially deadly condition in which a pregnant woman with normal blood pressure suddenly develops dangerously high blood pressure, the researchers said.

The findings held up regardless of whether the chocolate consumed contained high or low amounts of so-called flavanols. Some experts believe these compounds -- found in certain plant-based food items -- may confer a number of health benefits.

But the association seen in the study did not prove that eating chocolate during pregnancy caused better circulatory health in pregnant women and their babies.

"Our observations suggest that a regular small consumption of dark chocolate -- whether or not the level of flavanol is high -- from the first trimester of pregnancy, could lead to an improvement of placental function," said study author Dr. Emmanuel Bujold. He is a professor of obstetrics and gynecology at Universite Laval in Quebec City, Canada.

And at least one nutritionist said she wasn't ready to embrace the study's findings.

Flavanols are naturally present in large quantities in unprocessed cocoa. However, they have a somewhat bitter taste and some of the techniques used to turn natural cocoa into tasty cocoa powder or chocolate (such as fermentation) can result in a significant loss of flavanols, experts say.

For consumers, knowing when a piece of chocolate does or does not have a high amount of flavanols can be tricky.

That said, Bujold's team decided to see whether differences in flavanol content had any effect on the pregnancies of nearly 130 women.

All of the women in the study were at the 11- to 14-week mark of their pregnancy, and carrying one child.

All were instructed to consume 30 grams of chocolate (a little more than one ounce) each day over a 12-week period. That's equivalent to about one small square of chocolate per day, Bujold said.

Half of the women consumed high-flavanol chocolate, while the other half were given low-flavanol chocolate. All were then tracked until their delivery date.

Regardless of which type of chocolate was consumed, the women faced the same risk for both preeclampsia and routine high blood pressure. Placental weight and birth weight was also the same in both groups, the investigators found.

Similarly, fetal and placental blood circulation levels, as well as in-utero blood velocity, did not appear to be affected by shifting flavanol levels.

However, simply consuming a small amount of chocolate -- no matter what the flavanol content -- was associated with notable improvements in all blood circulation and velocity measures compared to the general population, the researchers said.

Bujold said this suggests that there's something about chocolate, apart from flavanol levels, that may exert a positive influence on the course of pregnancy. Finding out exactly what that is "could lead to improvement of women's and children's health, along with a significant reduction of treatment cost," he said.

However, he added that the "consumption of chocolate must remain reasonable during pregnancy, and caloric input has to be considered in the equation."

That point was seconded by Lona Sandon, an assistant professor in the department of clinical nutrition at the University of Texas Southwestern Medical Center at Dallas.

"This is not a license to go wild with chocolate," she said. "Keep in mind the amount of chocolate was only 30 grams, or one ounce. That is just a few bites. Piling on the chocolate bars may pile on the pounds beyond what pregnant women would be advised to gain," Sandon warned.

"Also, there are plenty of other nutrients that pregnant women would be better off focusing on for proper growth and development of the baby," Sandon said, "such as folate, calcium, protein and iron from quality food sources."

Her bottom-line?

"Enjoy a little good chocolate from time to time," Sandon said. "But I am not recommending it yet for a healthy pregnancy."

For more information on this study and findings visit [www.healthfinder.gov](http://www.healthfinder.gov).



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## BEST OF NETFLIX THIS SPRING

By Joely Phenex

Spring is a time when you want to be outside appreciating the beauty of nature. However, you'll need something to do while you're stuck inside during springtime showers. To pass the time, try watching one of these excellent Netflix features:

### A Father Horse (2015)

New to Netflix, this TV-PG documentary celebrates the classic Ford Mustang in honor of its 50th anniversary. It is directed by David Gelb, who also directed the popular documentary Jiro Dreams of Sushi. Featuring interviews with designers, Mustang lovers, and collectors, as well as tons of footage from the last 50 years, this documentary is perfect for car-lovers or anyone interested in learning a little something new.

### Moonrise Kingdom (2012)

*Moonrise Kingdom* is an innocent and nostalgic coming-of-age drama/comedy set in the New England town of New Penzance in the year 1965. It tells the story of two 12-year-olds who fall in love and run away to a secluded part of the island to go camping together. The movie is eccentric and weird and has beautiful cinematography. It is rated PG-13 for some sexually suggestive material, smoking, drinking, and sparse swear-words.

### The Wonder Years

*The Wonder Years* is a wholesome comedy series that has been beloved since its release in 1988. Set in the late 1960s, the series follows Kevin Arnold as he navigates through teenage life and comes of age. Whether you've never seen it before or you know every word from every episode, you'll definitely want to watch *The Wonder Years* while it's still available on Netflix!



# Training Your Dog

Millions of dog owners every year decide to have their pets professionally trained. The benefits to having a well-trained dog are endless. Better behavior, attention and overall health just to name a few.

But with so many trainers claiming to be the best, how do you know you're choosing the right one?

Doing your homework is critical to finding the perfect dog-trainer situation. Start by asking friends and family members, and search online for certified trainers in your local areas. Many K-9 police officers spend their weekends training dogs and can be excellent sources for quickly improving an errant dog's behavior.

## Preparing Your Dog

Before you even walk into the doors at your local dog-training facility, there are a few things that Fido should do:

- Eat only a light meal before training to ensure maximum energy and mobility.
- Make sure he is wearing the type of collar and leash specified by the trainer.
- Take care of any potty breaks so he doesn't need one during his course.

If you choose a group class instead of a private one, take the time to prepare your dog for interaction with peers and people. One of the most valuable aspects of working in groups is that doing so will help strengthen your dog's focus and ability to overcome distractions.

## Prepare Yourself

Be ready to answer basic questions about your dog and what you hope to accomplish during the training sessions. Are you simply seeking a better-behaved dog or do you have more advanced goals such as competitive obedience or therapy work?

Knowing this information before you start the vetting process will tell you if trainers have the professional experience specific to your needs.

Be sure to understand the training fees and payment, as well as any documentation or proof of vaccinations you may have to provide prior to the classes.

What you wear to a training class is also important to consider. Go with tennis shoes and comfortable clothing instead of sandals or high heels.



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# Movies to catch in March

By Joely Phenes

As spring finally arrives this March, so do countless new movies. Many of the movies being released are new takes on stories you know and love; others are stories you've never heard but are sure to enjoy!

## Batman v. Superman: Dawn of Justice (PG-13)

Release date: March 25, 2016

Superhero fans everywhere are patiently awaiting Marvel's star-studded new movie Batman v. Superman: Dawn of Justice. The movie's storyline is a continuation of that of Man of Steel. When it begins, there is a rivalry between Batman (Ben Affleck) and Superman (Henry Cavill), but soon the two must unite as an evil, outside threat forms. The movie also features Gal Gadot as Wonder Woman, Jesse Eisenberg as Lex Luther, Amy Adams as Lois Lane, and Jason Momoa as Aquaman.

## The Little Prince

Release date: March 18, 2016

From Mark Osbourne, the creator of Kung Fu Panda, comes a creative take on Antoine de Saint-Exupéry's famous 1943 novella The Little Prince. This animated film begins with an original storyline: a little girl's mother is putting too much pressure on her, when she is befriended by her neighbor, a kind, old man called The Aviator. The story of The a Little Prince is then told to The Little Girl by The Aviator. This beloved tale is the most translated book in the world, and is sure to be a hit with audiences on the big screen.

## Zootopia (G)

Release date: March 4, 2016

This animated film takes place in the animal-run city of Zootopia. Here you can find animals of every kind interacting with one another. Officer Judy Hopps, the new bunny in town, joins the police force and finds that she isn't quite intimidating enough to compete with the other, tougher animals. The movie follows Hopps on her exciting, first case as she tries to solve a mystery and prove herself!



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### Welcome our new Events Coordinator

Alyson Sheehan was born and raised in Middletown, NJ and graduated from Middletown High School South. At the young age of 15 Alyson starting working at The Clam Hut where she developed her love of working with the public in the service industry. From there she went to Fort Monmouth Officers Club to further her experience and learn more about events and their planning process.



Alyson resides in Middletown with her husband Brian and four children; Meghan, Shannon, Gavin & Brayden. Together with her family Alyson has supported local organizations by volunteering. Alyson is an active member in her children's PTA at Navesink Elementary. Alyson thrives on being involved with events from planning to just being on the committees. Alyson's first love is her precious family who provide her with pride and challenges every day. She looks forward to working on the RMHCNJ Events.

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# Homework Tips for Kids with ADHD

By Mia Ingui

Sitting down to focus and complete your homework is no easy task, but add having ADHD, and doing homework can become a near impossible task. Children with attention deficit hyperactive disorder, or ADHD, should have special care when it comes to completing their homework in order to keep them focused and productive. Here are some tips to help keep your child with ADHD on track with their homework.

**1. Start off strong:** At the beginning of the school year, meet with your child's teacher (or teachers) to find out what the expectations are regarding homework. Try to work out a system where they can let you know in advance what homework will be assigned either on a week-to-week basis or for the whole year. This will help to stay organized!

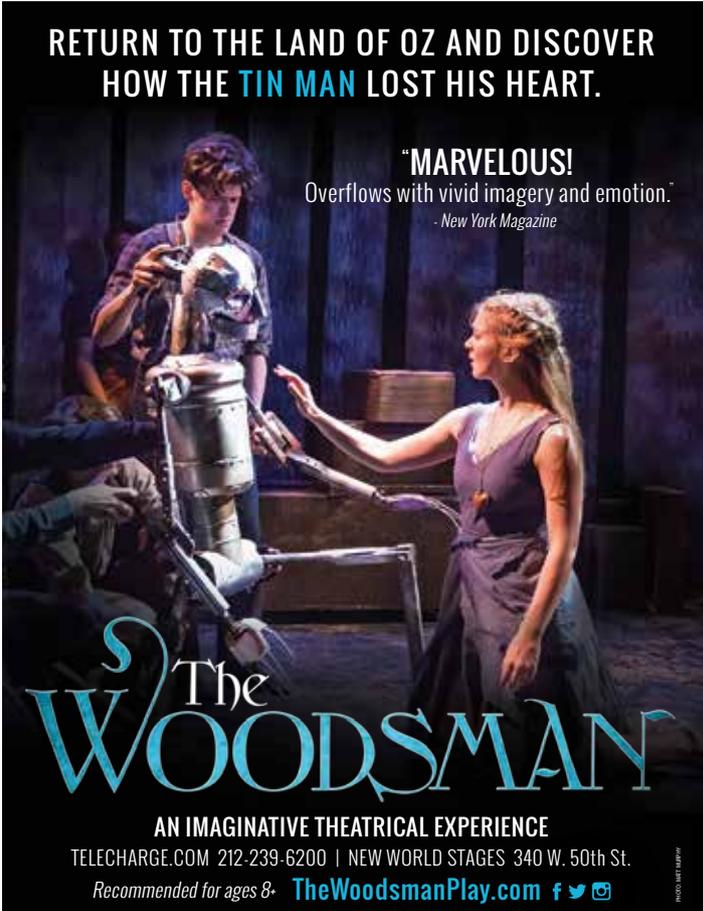
**2. Break time!** The National Education Association and the Parent Teacher Association recommend 10 minutes of homework per subject per day, and so breaking up the time your child spends doing homework will aid in keeping their attention on their goal.

**3. A set time and place:** It's best to have a scheduled time for homework and a quiet place for your child to do it. A space where your child can regularly do their homework will help them to actually sit down and do it.

**4. Don't forget!** A big problem for kids with ADHD is that even when they complete their homework, they might forget to turn it in to the teacher. A good tactic to prevent this is to have a separate folder for homework for your child. Remind him or her to check the folder at school for each class to be sure that they turned in all the work!

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## Peer Pressure in Kids vs. in Adults

By Mia Ingui

**P**eer pressure is one of those unavoidable social problems that unfortunately never truly go away. Even adults face peer pressure, whether it be at home, in the office or out at the bar. Peer pressure amongst teens is at an all time high nowadays: ninety percent of teens admit to being influenced or pressured by peers, and nearly three-quarters say that giving in to peer pressure has boosted their social standing. While teens typically are searching for social acceptance, at bottom, adults still feel that same longing for acceptance and desire to be liked, and this sometimes leads to adults giving in to peer pressure. As an adult, there are steps to take to avoid giving in to pressure from others. If you're faced with a decision on how to proceed, whether it's purchasing a new house, taking a new job, or trying to keep up good habits, the best thing to do is to stay true to yourself. Think about what YOU really want, and all of the stepping-stones that YOU took to lead you up to this point. But, not all forms of peer pressure amongst teens and adults alike are negative. Peer pressure can motivate positive personal changes, such as meeting a weight-loss goal, along with large-scale, social movements, such as civil rights and gender equality. Standing up

to peer pressure as a child or an adult is simple: recognize that it is all around you, and have the confidence to be who you are and not who everyone else wants you to be.



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|-----------|----------|-----------|
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| Bloom     | Daffodil | Daisy     |
| Dandelion | Flowers  | Garden    |
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| March     | May      | Picnic    |
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## More 'Selfies' Mean More Relationship Woes?

Posting too many "selfies" on social media might lead to serious problems with your romantic partner, according to a new study.

**R**esearchers conducted an online survey of 420 users of the social media site Instagram. The users were aged 18 to 62. The investigators found that those who believed they were good-looking were more likely to post selfies, which are photographic self-portraits.

But the more selfies someone posted, the more likely the behavior was tied to jealousy and arguments in their romantic relationship, along with emotional or physical infidelity, breakups and divorces, the findings showed.

"Although we cannot directly assume cause-and-effect due to the [study's design], the results here show that body-image satisfaction can be detrimental to Instagram users' romantic relationships, especially when users' body-image satisfaction

is promoted in the form of Instagram selfie posts," study co-author Russell Clayton, an assistant professor at Florida State University in Tallahassee, said in a school news release.

The study was published recently in the journal *Cyberpsychology, Behavior, and*

*Social Networking*. According study author Jessica Ridgway, "the results from this study provide an avenue for future body-image research." Ridgway is a visiting professor of retail merchandising and product development at Florida State.

"For instance," she said in the news release, "future research could examine whether social media users post images of their actual selves or their virtual ideal selves, and whether such online behaviors are associated with similar negative outcomes found in our study."

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# LEGAL PREPARATION FOR THE SALE OF YOUR HOME

By John Bazzurro

As the warmer weather arrives, I often see an increase in the number of residential real estate transactions that come into my office. Accordingly, I am writing this article to provide an overview of what actually occurs in a residential real estate transaction in the State of New Jersey from both the buyer's and the seller's perspective.

In New Jersey, typically the contract is prepared by one of the real estate agents. This is a little different than New York real estate practice and, as such, there is often confusion amongst New York residents purchasing real estate in New Jersey. They should understand this distinction. Importantly, however, the contract allows for a three-day "attorney review" period within which both the buyer's and seller's attorney's confer with their clients and make appropriate changes to the contract as they see fit. Although the attorney review period is only three days, it is automatically extended so long as one of the parties to the contract reject the contract's terms within the three day timeframe. Thereafter, the attorneys are free to negotiate on behalf of their clients for as long as it takes to obtain agreed upon contract terms.

The remainder of this article will relate only to the seller's side of the transaction as many individuals prepare for the springtime sale of their homes. Next month, I will address issues related to the buyer's side.

As a seller, there are number of things to do to prepare for the sale of your home even prior to entering into a contract. First and foremost is to ensure that your house is listed for a fair price that will be supported by the market and, more importantly, will support an appraisal by the buyer's mortgage company. I have seen a number of transactions fail or, alternatively, sellers having to reduce the contract price after the buyer's mortgage appraisal comes in significantly less than the agreed-upon contract price.

Another potential issue that sellers can address pre-sale is the home inspection. In this regard, I typically advise people who are selling their homes to obtain a home inspection by a reputable home inspection company prior to placing the house on the market. In this regard, many small items may be repaired prior to the buyer's home inspection so they do not become an issue or a "bargaining chip" in an attempt to renegotiate the price. Similarly, and perhaps more importantly, sellers will also know if there are any issues with larger items such as the roof, water infiltration, termites, water heaters, furnaces, air conditioners, etc. If there are issues with these larger items, it may be advisable to inform the buyers of these issues prior to entering into contract and agreeing on an adjusted price based on any deficiencies.

As the transaction progresses, other issues that the sellers should be aware of relate to potential title issues. Such title issues may relate to old mortgages on the property (where the mortgage discharge documents were not properly recorded), liens or judgments against the sellers personally, tax liens or municipal liens against the property and known boundary line issues with neighbors. Oftentimes, attorneys do not find out about these issues until very close to the anticipated date of closing. Providing your attorney with any such information early on in the process will make the transaction run smoother.

Finally, sellers need to understand that there are certain taxes associated with the sale of their home. The first is New Jersey's Real Estate Transfer Tax. This tax is typically paid by all sellers of real estate in a State of New Jersey. A reduced rate is given to those individuals over the age of 65 or those suffering from disabilities. Additionally, I have often been asked about an "exit tax." In reality, there is no such thing. What actually occurs for those individuals that are moving out of the State of New Jersey is that New Jersey's Division of Taxation will actually hold money back out of the closing for purposes of satisfying any taxes that may be due on the capital gains related to the sale of your home. The principle is similar to income tax withholding. However, once you file a tax return in the State of New Jersey for the year in which you have sold your home, any portion of this withholding that is not needed to pay taxes will be returned. Typically, there is no capital gain tax due on the sale of a principal residence.

As we move closer to "selling" season, please feel free to contact my office with any questions you may have concerning legal issues related to the sale of your home.

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# Dealing with Speech Impediments

By Mia Ingui

When you are a young child and first begin to speak, a small impediment may make your family laugh or smile. They may think it's cute, innocent, and certainly not a concern. But what if that stutter, lisp, or stammer follows you into your teens and young adulthood? Suddenly, you are teased and feel ostracized. Over 3 million Americans live with speech impediments, learn to cope with their speech and finding ways to improve upon it every day of their lives. Many are simply born with a speech problem, or have developed it due to brain damage or hearing problems. Genetics also come into play. If a speech impediment runs in your family, there is a higher possibility that the children born into the family will have some form of a speech impediment. Although normal speech might seem effortless and easy, it's actually a complex process that is produced by the nerves and vocal cords. When we are speaking, we actually are coordinating many muscles from various body parts and systems, including the larynx, which contains the vocal cords, the teeth, lips, tongue, and mouth, and the respiratory system. Having a speech impediment stems from an abnormality within this process. So, how can these speech problems be treated? Speech therapy treatments are available to those of all ages affected by issues with their speech, and over time, the issues can be corrected with the help of a speech language pathologist. A speech-language pathologist is trained to observe people as they speak and to identify their speech problems. Although it may be difficult to deal with a speech impediment, seek treatment and in due time it will improve.

## Best Group Games

By Mia Ingui

All of us, young and old alike, have fallen into the trap of relying on our technology to replace socializing with others, even when we're in a group setting, such as a party or just a fun night spent with friends. What happened to real, quality time spent together and bonding over a game of Monopoly? Although times have changed and board games have evolved, there are new great ways to have fun in a group and great new games to play with each other.

### For the kiddos...

Apples To Apples: Players put in a response word (red apple card) to describe the word drawn (green apple card). This game can be serious, funny, silly or whatever the players please! If the topic word is fabulous, and you want to answer with chocolate chip cookies, you have that power. What's not to love?

### For the whole family...

The Game of Things: Things is a party game that has also transformed into a board game! This game can be played with a huge group of people. Players write categories starting with the phrase, "things..." The rest of the players will put in responses to one of these categories every round anonymously, and the group gets to guess who said what!



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Dr. Michael Chung attended New York University, Columbia University School of Dental Medicine, and Saint Louis University Center for Advanced Dental Education. He has served as an assistant dental instructor at Columbia University, and Southern Illinois University dental schools. Dr. Chung is an Invisalign Preferred Provider and a PROPEL system provider.



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