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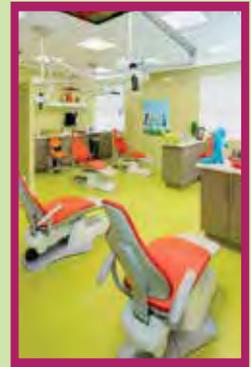
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This isn't a type of diet that is geared towards helping you lose weight, nor is it a type of crash diet. It is a simple diet of bland foods that are easy for the body to process.

The BRAT diet is a bland-food diet that is often recommended for adults and children. BRAT stands for Bananas, Rice, Applesauce and Toast. The BRAT diet can help you recover from an upset stomach or diarrhea for the following reasons: It includes "binding" foods.

Alternate forms of the diet might include tea such as Chamomile and yogurt, forming the BRATTY diet. The BRAT was commonly prescribed to anyone dealing with gastrointestinal issues because of its low fiber content.

The most common use for the BRAT diet is when a person is suffering from diarrhea. Because of the issues with bowel movements associated with diarrhea, the BRAT diet can help appease associated symptoms while replacing any nutrients lost due to diarrhea and even vomiting. The BRAT and BRATTY diet is meant to be used while the patient is still suffering gastrointestinal problems, and allows people to ease back into their regular diet once their stomach issues have subsided.

The key is to avoid foods that are difficult for your body to digest and breakdown. When dealing with a gastrointestinal problem, like diarrhea, stick with bland, simple foods that are easier to process. Avoid foods high in complex sugars and grease.

THE MONMOUTH FAMILY TIMES™

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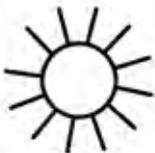
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se_s h e _ l



s _ n



be _ ch



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Back to School Business Cards for Kids

By Susan Heckler

Yes, it is only August, but it is never too early to get yourself organized for the coming school year...even if it is only in your head. Mental notes go a long way, especially if you write them down for future reference.

One mental note that many don't think about until the school year is over and the 'damage' is done is making "business cards" for your children for the start of the school year. BUSINESS CARDS? Yes!

A business card is simply a fun name for a label or card which goes inside ALL of your child's belongings that may get misplaced outside the home. It will help keep your student organized and keep your hard earned money out of the Lost and Found.

The cards can get artsy and crafty and let your child be creative and show their personality, or you can simply print them. He or she will use them to label all of their materials, including her backpack, folders, notebooks and binders and they should be durable enough to last through the school year. Many kids get a thrill out of handing the business cards out to their friends to exchange contact information too.

Your child should write all pertinent information. You can go over what is essential and what else they would like to put on the cards. Important information may include name, school, grade, teacher, bus number, phone number and email address. Some parents add allergies and health information. When this part is finished, they can personalize the business cards with stickers, stamps, or hand-drawn designs.

You also have the option of having cards printed using stock designs from web sites or creating your own. A sticker is best for belongings so you can have both stickers and cards done.

For the Stay-at-Home Moms, a business card is a great idea when exchanging information with your children's new friend's parents. You don't have to have a career to have a business card, just a life!

STUDENT OF THE MONTH Taylor Kinsey

By Pam Teel

Congratulations to Millstone resident, Taylor Kinsey, who recently graduated from Syracuse University in New York. Taylor majored in Architecture and received a "Bachelors of Architecture Degree" in May with a minor in "Environment and Society." Taylor chose to go to Syracuse because the Architectural School was ranked #2 in the nation. She found the campus and surrounding area quite beautiful and was thrilled when she found out that she would be attending college there. Being four and a half hours away from home, Taylor got to experience what it was like living on her own, but still, she was close enough to be able to drive home for school breaks and special events.

Taylor's biggest fear about going away to school was leaving her friends behind and wondering if she would make new ones while at college, which she laughs at now because she made some of her closet and best friends while there.

The architectural program was a five year accredited degree program. In order to take the licensing exams to become an architect, one had to go to an accredit program. Taylor didn't mind the extra year. It gave her even more time to bond with the close friends that she made. Taylor found that Architecture was a very demanding major, which meant a lot of late nights in the studio; a building on campus where students had their own desks for drafting and keeping supplies. It was there that she further bonded with the same group of students throughout her five years, helping each other struggle through the highs and lows.

Aside from her busy school schedule, Taylor was a member of the Student Liaison Team and gave tours and answered questions to incoming/potential students. She also served as a peer advisor to a group of students helping them make the transition to the college a little easier. In her last year, she was chosen to be part of a group called the "Student Mentor Squad." Her role was to help increase the connections between upper classmen and lower classmen within the school of Architecture. Holding many forums and presentations, she gave advice and answered questions about specific things within the school program.

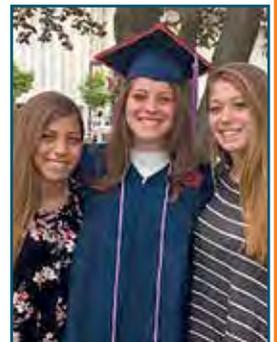
Taylor also got to travel abroad in her third year, where she studied in Florence, Italy. Syracuse University has its own school in Florence and the best part of that experience was that she got to go with her friends. She had her own apartment, which she shared with two other girls. Taylor loved Florence because the city is so full of history and is small enough that she could easily navigate her way around. She loved studying architecture by actually getting out and looking at buildings in person and not studying them from a picture in a book. She also got to visit Barcelona, London, Paris, and Dublin. She was very appreciative to have been able to have all of those experiences.

Taylor has a lot of pride and school spirit for the University and was happy when her younger sister joined her there when she was in her junior year. It was nice to have some family around.

The University has also helped her with some great connections. Taylor interned two summers and winters at an architectural firm in Morristown and last winter she had an internship in Princeton. After Graduation, she started a full time permanent position with Joshua Zinder Architecture & Design in Princeton. Her title right now is Intern Architect. Taylor now has to log a certain number of hours, and study to pass 5 exams to become a licensed architect in New Jersey. Right now she is enjoying being home, saving money, and enjoying her mother's home cooking!

Knowing Taylor for some time now, there is no doubt that she will accomplish all that she sets out to do.

Stay the sweet, personable, young woman that you are, Taylor. We wish you the best of luck with all your future endeavors.



Taylor Kinsey (middle) with her two sisters at her May Graduation from Syracuse University.



ALL ABOUT YOUR BODY: Questions & Answers



- Question:** How many bones does an adult have?
Answer: **206**
- Question:** Which part of your digestive system is like a mixer?
Answer: **The stomach**
- Question:** What digestive juice from your liver helps to absorb fats in the bloodstream?
Answer: **Bile**
- Question:** How many hairs does the average person have on their head?
Answer: **About 100,000**
- Question:** Where can you find your pulse?
Answer: **Anywhere an artery comes close to the surface of your skin, such as the inside of your wrist (just below your thumb or the side of your neck)**
- Question:** How fast is a sneeze?
Answer: **Up to 100 miles per hour**
- Question:** What happens to your skin to make it wrinkled and soggy in water?
Answer: **Your skin gets pruned when it absorbs water. If you stay in the water for a long time, your protective layer of sebum and sweat get washed away, allowing the water to get through.**
- Question:** Which piece of computer equipment is about the size of a kidney?
Answer: **A computer mouse**



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What is Charitable Immunity?

I have had a number of recent cases where my clients were unable to obtain monetary damages for their personal injuries because of something called "charitable immunity." Unfortunately for people that are seriously injured as result of someone else's negligence, a New Jersey statute prevents the recovery of money for personal injury when the responsible party is a charitable entity and the injured party is a beneficiary of the charitable works of that entity.

Specifically, N.J.S.A. 2A: 53-7, which was enacted in 1959, states that a nonprofit corporation, society or association which is organized for religious, charitable or educational purposes and its employees shall not be responsible for damages suffered by someone who is a beneficiary of the charity's works. Importantly, however, the statute does not grant such immunity to a health care provider or their employees in the practice of their medical professions. Of course, there are numerous cases which discuss what types of entities qualify as "charities" under the language of this statute and also clarify who is considered a "beneficiary" of the charity's works.

In light of the statutory language, most churches and religious institutions will be considered charities. However, various legal and factual questions will arise with other types of "charitable" entities such as schools, athletic associations, educational associations and schools. In this regard, in order to determine whether or not such entities qualify for charitable immunity under the statute, the focus will be on the original purpose of the entity, the not-for-profit status as well as whether or not state or federal aid is provided and the ultimate operation of the entity. However, once an entity qualifies as a "charitable" entity pursuant to the terms of the statute, that does not necessarily mean they are completely immune from having to pay damages.

The next part of the analysis is whether or not the injured person in any way benefited from the charitable works of the organization. Of course, if you are receiving a direct benefit from the charity, you will clearly be considered a beneficiary of same. However, there are other scenarios where the existence of the beneficiary status is more complex. For instance, it has been held that where a pedestrian, just walking along the sidewalk next to a church, is not considered a "beneficiary" of the church's good works if the pedestrian had no intention of entering the church or otherwise utilizing its facilities. On the other hand, however, even if the injured person derives a small benefit from the charitable good works, they will be considered a beneficiary. As an example, it has been held that a parent bringing their child to a parochial school was a beneficiary of the school's good works despite the fact that the mother's presence on the school property was solely for the purposes of picking up her child. Similarly, it was held that a parent bringing her child to a local fundraiser was also a beneficiary of the fundraiser's charitable purpose.

Based on the foregoing, it is not only important for the public to realize that such immunities exist under state law, but also to understand that the existence of such immunity does not necessarily foreclose their right to obtain money damages if they are injured. Importantly, the only way to determine whether or not such an immunity applies is to have a qualified attorney review the facts of each individual case and perform an investigation into both the basis of the charity's nonprofit status and, further, to perform an analysis of whether or not the injured party is actually a beneficiary of the charity's good works pursuant to the case law.

Should you have any questions concerning charitable immunity or to discuss the facts related to your particular case, please do not hesitate to contact my office for a free consultation.

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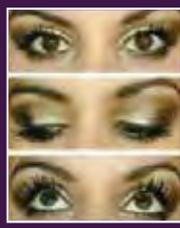
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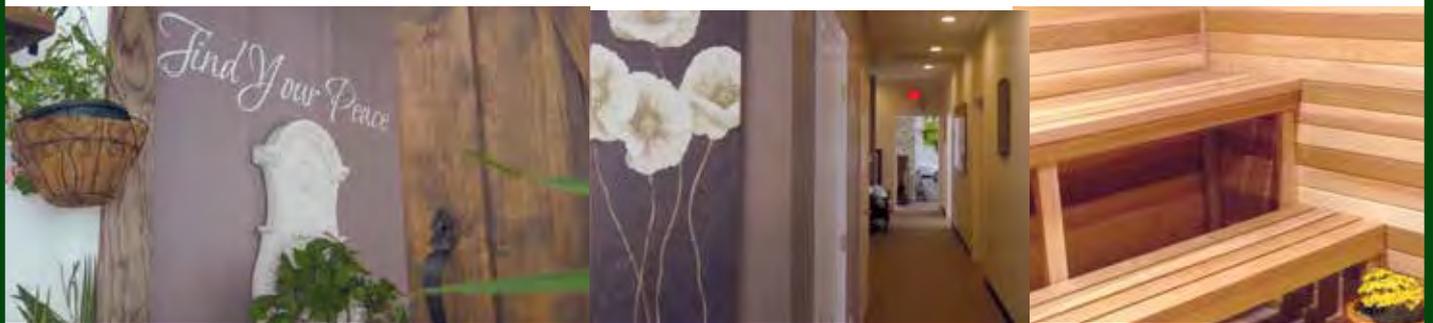
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Local Fertility Clinic Announces Exceedingly High IVF Success Rates

Morgan Fertility and Reproductive Medicine (formerly Shore Institute for Reproductive Medicine), a premier private concierge-infertility practice, announces exceedingly high in vitro fertilization success rates.

Since 1992 infertility specialists have been required to report In Vitro Fertilization (IVF) rates to the Centers for Disease Control and Prevention (CDC) and Society for Assisted Reproductive Technologies (SART). The outcomes are released to the public 18 months later to help illustrate individual fertility centers' success in the field. The latest report shows stellar outcomes for patients who underwent IVF at Morgan Fertility in 2014.

For example, a new patient under age 35 using her own eggs had a 70% chance of giving birth to a baby after only one IVF cycle at Morgan Fertility in 2014.

Also notable is the primary outcome per intended retrieval for women under age 35 using their own eggs to complete IVF treatment cycles at Morgan Fertility and Reproductive Medicine (formerly Shore Institute for Reproductive Medicine) in 2014. The live birth rate was 60%, considerably higher than the national average of 42.6%.

"We're very excited to share the latest IVF success rates with the public. Behind every statistic is a person or couple struggling for parenthood", states Dr. Allen Morgan. "Exceptionally high IVF success rates means we've helped more patients overcome their struggle with infertility."

SART's new yearly report structure now includes genetic testing, egg and embryo cryopreservation and elective single embryo transfer (eSET). These procedures have improved live birth rates over the past decade and drastically reduced the occurrence of high-order multiple gestations.

"In recent decades we've been able to help more patients achieve success – the birth of a healthy child – faster than ever before, with less chances at twins and multiples," says Dr. Morgan. "The future is bright in our field. And, we're proud to lead the way."

Dr Morgan advises potential patients to also consider proximity to home or work, reputation for individualized care and ample financial assistance options when choosing a reproductive endocrinologist since the annual SART report numbers reflect varied patient selection criteria, treatment approaches, and cycle reporting practices that may inflate or lower pregnancy rates.

About Dr Allen Morgan:

Dr Morgan is recognized for his minimal use of fertility drugs where appropriate, with exceptionally high success rates, and for his advocacy efforts for infertility awareness across the United States. After completing his bachelor's degree at Columbia University, Allen attended medical school at Far Eastern University in Manila while a Captain in the US Army Reserves. He then completed his residency in Obstetrics and Gynecology at Long Island Jewish Medical Center in New York and Jersey City Medical Center here in New Jersey. Dr Morgan completed his fellowship in Reproductive Endocrinology and Infertility at The University of Kentucky before opening his own practice on the Jersey shore in 1993. Dr Morgan is also a clinical professor at Jersey Shore Medical College, teaching OB-GYN residents since 1993. His expertise also encompasses advanced laparoscopic and hysteroscopic surgery to preserve and enhance female fertility, treating conditions such as endometriosis, ovarian cysts, and uterine fibroids and polyps.

*reported to and published by Society for Assisted Reproductive Technology (SART) for the year 2014

Did You Know that...

By Pam Teel

Did you know that if it were up to Benjamin Franklin, our National symbol for the United States would have been a turkey and not the Bald Eagle? In fact, Mr. Franklin hated the idea of the bald eagle representing the pride of America. In an excerpt taken from a letter to his daughter, he stated the following, "For my own part I wish the Bald Eagle had not been chosen the representative of our Country. He is a bird of bad moral character. He does not get his living honestly. You may have seen him perched on some dead tree near the river, where, too lazy to fish for himself, he watches the Labor of the Fishing Hawk; and when that diligent bird has at length taken a fish, and is bearing it to his nest for the support of his Mate and young Ones, the Bald Eagle pursues him and takes it from him. Besides he is a rank coward: The little King Bird, not bigger than a Sparrow, attacks him boldly and drives him out of the District. He is therefore by no means a proper Emblem for the brave and honest Cincinnati of America who have driven all the King birds from our Country. For the Truth, the Turkey is in Comparison, a much more respectable Bird, and withal a true original Native of America. He is besides, though a little vain & silly, a Bird of Courage, and would not hesitate to attack a Grenadier of the British Guards who should presume to invade his Farm Yard with a red Coat on."

It was a Philadelphia artist named William Barton, who in 1782 suggested the majestic bird to become America's symbol standing for strength, courage and freedom. It became the National emblem when the Great Seal of the United States was adopted during that year. It is the Bald Eagle that we look up to with great pride, especially as we celebrate our Independence Day in July and our outright pride for being an American. One of the most recognizable birds in the US, the eagle is shown on gold and silver coins, on the back of a quarter and holding an olive branch and arrows on a one-dollar bill.

These large predatory raptors are dark brown on their bodies and wings and white on their head and tails. Young juvenile eagles have brown heads that don't turn white until they reach the maturity of about five years old. Young eagles are often mistaken for falcons and hawks before they morph into adulthood. Their bill will eventually turn from dark brownish black to yellow and their head and tail will eventually turn to a brilliant white. They grow about 2 ½- 3 feet in height with a wingspan about 6 ½ feet. Both the male and female bald eagle have white heads. They are not really bald. The females grow larger than the males. Their wingspan can reach up to 8 feet. They build large nests very high up where nothing can get to them. During nesting season, they are almost always on their nests protecting their eggs.

Bald eagles love fish and when fish aren't available they hunt for small birds, rodents, and dead meat. They have also been known to take small dogs and kittens as prey. They can live about 20-30 years in the wild and longer in captivity. They love to nest around big lakes and will swoop down and float on top of the water in order to catch a fish. They use their wings as oars so they can get to the side of the lake if the fish that they caught is too big for them to fly with. They were once on the brink of extinction thanks to DDT and other pesticides. Since DDT was banned in 1972, the Bald Eagle has made a remarkable comeback. There are over 10,000 nesting pairs alone in the US with many more in Canada; though certain pesticide usage still poses problems for them.

They can be seen from the Mexican border, throughout the U.S. and into Canada. We usually see them during the winter and the migration period on the east coast. They communicate with each other with a high-pitched chirp. America's symbol of strength, pride, and freedom is truly a majestic creature and has served us well as America's National Emblem. I couldn't imagine a turkey ever taking its place!

"It is said the eagle was used as a national emblem because, at one of the first battles of the Revolution (which occurred early in the morning) the noise of the struggle awoke the sleeping eagles on the heights and they flew from their nests and circled about over the heads of the fighting men, all the while giving vent to their raucous cries. "They are shrieking for Freedom," said the patriots.

Thus the eagle, full of the boundless spirit of freedom, living above the valleys, strong and powerful in his might, has become the national emblem of a country that offers freedom in word and thought and an opportunity for a full and free expansion into the boundless space of the future. (Maude M. Grant)

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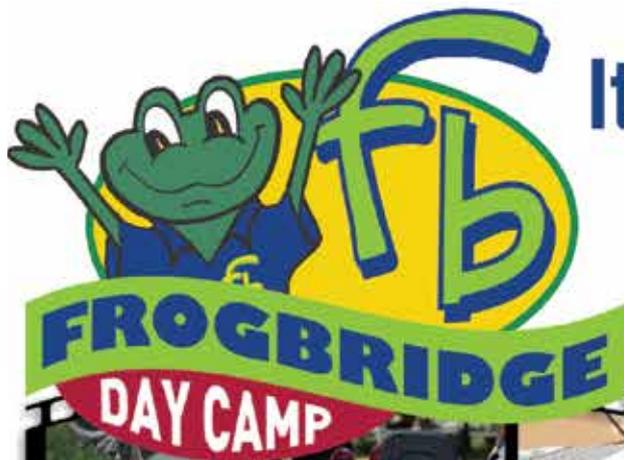
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Texting and Driving Aps Can Save Lives

By Susan Heckler

Got teens? Got texters! It's a given. Even the grown-ups can't help but look at their phones, without hesitation, even while speeding down the highway.

The adults in the situation need to stop this dangerous behavior immediately. Even the most experienced drivers should never take their eyes and attention off the roads. Texting in front of your children while driving gives them free license to do the same. Let's face it, what is so important in that text that is worth risking a life over?

Some thinking points:

- It takes 4.6 seconds to type two words; this is the amount of time it takes your car to travel the length of a football field, traveling at 55 MPH,
- Driver distraction was the cause of 18 percent of all fatal crashes – with 3,328 people killed and 421,000 people wounded.
- Insurance does not cover damages or liability for accidents caused by texting and driving.
- Civil lawsuits for damages can be pursued in accidents involving texting.
- 14 youths a day die from texting behind the wheel
- The average cost of a single crash with injuries is more than \$120,000.

Our teens are not experienced and texting is their conversation method of choice so that makes them even more vulnerable to the bad decision.

Parents, check out some of the many aps out there that can stop your new driver from endangering lives:

- Textecution cuts off texting ability if the device is moving faster than 10 MPH. Any attempt to send a text message at more than 10mph brings up a window that simply says "you are moving too fast to use this application".
- OneProtect provides even more control for parents. Once the app is installed on a teen's phone the parent can turn the app on remotely, making it impossible for a teen to turn the app off without the parents finding out.
- AT&T DriveMode automatically sends a customized reply to incoming texts, just like an "out-of-office" autoreply. It also disables all ingoing and outgoing calls and web browsing.
- DriveSafe.ly reads text messages and emails out loud in real time, including shortcuts like LOL, and sends an autoreply. You can even pick whether to have texts read to you with a male or female voice, or based upon the gender of the text sender.
- SafeCell aims to curb distracted driving in a couple of ways with a message letting the caller/texter know that you're driving and can't be reached.
- Cellcontrol is a subscription-based service that features a device inserted under the dashboard and an accompanying app that blocks your teen from sending or receiving texts while driving.
- Drive Safe Mode prevents texting and emailing while driving.
- Live2Txt lets you block incoming texts and calls while driving.

You can also check with your cellphone provider as some of them have aps or services built in to the phone.

That text or email may have contained something really important...or not. In either case, you should all live to tell about it.

family recipe eating together matters

BBQ Turkey Burgers

INGREDIENTS

- 1 pound ground dark-meat turkey
- 1 garlic clove, minced
- 1/2 teaspoon paprika
- Pinch of kosher salt
- 1/4 teaspoon freshly ground black pepper
- 4 slices sweet onion, grilled
- 1/4 cup barbecue sauce

DIRECTIONS

In medium bowl, gently mix together the turkey, garlic, and paprika. Form turkey into 4 (4-inch) patties; season with salt and pepper. Heat your grill to medium-high and cook the burgers, turning once, until burgers are just cooked through (about 7 minutes per side). Serve with desired toppings and buns.



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Coach's Corner

By Jill Garaffa

How to Break Out of a Career Rut

Dear Jill,

I noticed on your website that you provide life coaching in the area of careers. What suggestions can you offer to get out of a career rut? I am very bored with my profession. I have been doing the same thing for years and have lost my passion for my work. I also feel stuck because it's the only thing I know how to do, so I feel like I can't change careers at this point in my life.

Signed,

Bored in Brielle, NJ

Dear Bored,

A relationship with your job or career---no matter what the profession---is similar to relationships with people. In order to be healthy & fulfilling and go the distance, our career requires commitment, attention, love and a lot of self awareness. Careers, like relationships, go through natural cycles of ups and downs. And, like relationships with people, we can occasionally become checked out and just go through the motions or consider leaving altogether if something doesn't shift.

First, to get the spark back, consider what it was that drew you to your career in the first place? What got you excited? What did you look forward to each day? The sense of novelty and possibility of a new job releases a real chemical rush in the brain (dopamine) that fuels our passion. What was it for you? How can you bring it back?

Next, how can you challenge yourself to learn something new? Early in our career, we are often learning at a rapid rate. When we stop learning, we can quickly become bored. What opportunities are there for you to take a class? Take on a new project? Read a book? Get a mentor or become a mentor?

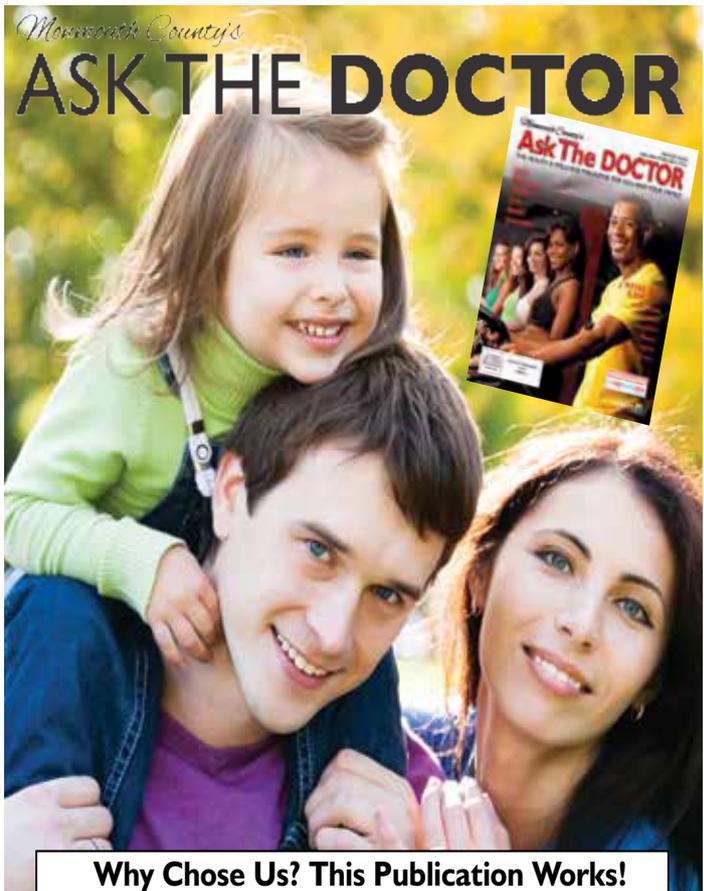
Last, taking a few days off or enjoying a well-earned vacation can work wonders to reframe your career perspective, provide clarity and restore emotional & physical wellbeing. When we feel drained of mental or physical energy it can impact our viewpoint on all areas of our life, personally and professionally. Taking a break can give our brain, body and spirit the rest we need to bring back a fresh outlook.

Most of us want to use our natural skills, gifts & talent to make a difference in the world. We want to know that our life matters in the lives of others. A life coach can provide clarity and support for you to explore your values, interests and passions as it relates to your current career and discovering alternative career options. Most importantly, a life coach can help position you to overcome the natural fear of change that can keep you stuck in a career that no longer serves you.

Wishing you peace, purpose and clarity,
Jill

Jill Garaffa, OTR/L, PCC, ELI-MP is a Licensed Occupational Therapist and Professional Certified Life Coach providing Health & Wellness Coaching for individuals and organizations. For more information, please visit www.seedsofchange coaching.com or call 732-859-6962.

If you have a life situation where you feel stuck or stalled, and would like coaching, please email jill@seedsofchange coaching.com or visit www.seedsofchange coaching.com and click "contact us" to be featured in a future column.



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We have always heard of UV protection from the sun but now they are talking about harmful blue lights. What does this mean to me and my health?



Dr. Steven Linker, OD

UV is short for ultraviolet, a color on the light spectrum. This light is electromagnetic radiation, which is present in sunlight (even through cloud cover), and also produced by electric arcs, and specialized lights such as mercury-vapor lamps, tanning lamps, and black lights. UV light is associated with suntan, freckles and sunburn on skin which are the familiar effects of over-exposure to it, along with higher risk of skin cancer. It has similar effects to your eye and is known to be responsible for cornea burns and cataracts.

Less known is the effect blue lights have on your health. Blue lights are found inside and outside in your environment. It is naturally emitted by the sun but also comes from fluorescent bulbs, and LED screens like your computer and phone. Blue or Blue-violet is very close to Ultraviolet and is penetrating and harmful to your eyes. It has been linked to damage to the retina, causing long term visual impairment such as Macular Degeneration. It has been estimated that without protection, by the year 2050 over 265 million people could suffer with this condition.

While we are all susceptible to these rays, children are particularly vulnerable. Their eyes are developing and they are exposed more-so due to their lifestyle. They are three times more exposed, spending more time outdoors. Their pupils are larger, letting more harmful rays in and a younger lens is more crystalline and transparent, letting in more light than an adult.

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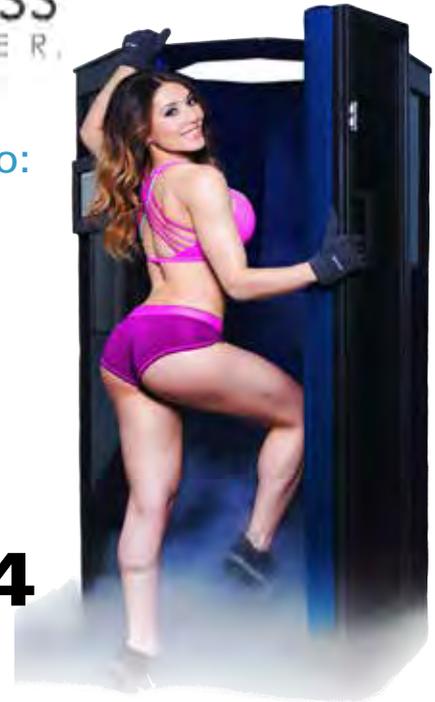
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Why I Chose Health Fusion Wellness

By Susan Heckler

My saga began in a different era (I am 57) in a land far away (Long Island). Due to my posture and a lifestyle of inactivity, I have been plagued with neck and back issues my entire life to the point of surgery three years ago to remove three discs from my neck. And how can I forget the flat feet and tendonitis in both knees.

Eight months ago, I pulled a hamstring doing something routine in the shower, which caused a chain of painful events. The hamstring led to a change of gait, which stressed my hip, which strained my foot, which led to tendonitis, which led to a stress fracture, which led to intense muscle spasms in my hips and thighs. I had trouble standing on my feet at work, pain sitting at my computer, couldn't sleep and was a miserable excuse for a human being.

My 28 year old daughter told me to go to the practice she had been to when she dislocated her knee for the third time. She said they have a very different type of practice than I am expecting. I told her I had been there, done that and it was of minor help in the long run. Persistent as ever, she hounded me into calling.

Right from the start, the simplicity of getting an appointment was outstanding. I got an appointment the same day!! I came in for an evaluation/consultation with Dr. DiMarco. The environment was clean, relaxing, full of warm and inviting faces that immediately put me at ease and made me feel like part of the family. We discussed my health history, issues and goals to uncover the layers of past damage done and to help determine what may be the cause prior to my exam. Next, a short physical

exam by the doctor which included taking an actual picture of me and objectively evaluating my posture and the problems it was causing me.

I have been to approximately 10 chiropractors in my life and thought I knew everything there was to know about an adjustment. Dr. DiMarco explained they use the EAT PRINCIPLE (Exercises, Adjustments, and Traction) which helps to move the patient toward a healthier, more normal alignment. Gentle adjustments are performed utilizing a range of techniques to improve range of motion, provide pain relief, and improve posture and function of the spine and other joints. Their doctors have been trained with the latest, state of the art techniques.

As I assumed, my achy body was in need of physical therapy, which is done in the same room. I have been to 5+ physical therapy offices in the last 10 years in a more gym-like setting several times a week for months and always left a sweaty mess with a slight degree of progress each appointment. They gave you a circuit to do and sat at a desk giving little supervision. At HFW they work with you in a smarter, more effective way, which gave me better results without the sweaty mess. I was able to go straight to work.... standing up straight and walking straight.

Something new for me, was they work on Trigger Points with Myofascial release. Trigger points can occur as a result of muscle trauma, muscle strain from repetitive movements at work or play, postural strain from standing or sitting improperly for long periods at the computer, emotional stress, anxiety, allergies, nutritional deficiencies, inflammation, and toxins in the environment. I checked off "all

the above". As they worked on the trigger points, my bunched body released, similar to acupuncture, allowing for increased blood flow, a reduction in muscle spasm, and the break-up of scar tissue. It will also help remove any build-up of toxic metabolic waste.

At the end of the session, I was taped with Ninja Tape, which they developed themselves with patients and athletes using trial and error. They use this to reinforce the weakened muscles to add stability, as well as to help your body to acclimate to the way it was supposed to be moving all along. Typically used by acupuncturists and chiropractors in Japan, today is used by practitioners throughout the world to treat injuries and improve sports performance. I had heard about this from Israeli athletes I know.

To reduce inflammation, they use cold compression therapy called Game Ready and the compression only system called Normatech Recovery in a dual-action treatment system that sets a new standard of care in injury and post-op recovery. All the while I am sitting in a reclining chair nice and comfy. I also tried Whole Body Cryotherapy, which was wonderful for pain management as well as injury recovery (and is also unique to their office).

So when all was said and done, the treatment that began May 26 is winding down to once a week in mid-July. My foot is pain free 100%, my hips are 80% better (I am still on my feet way too much, which is why it is still an issue) and I am back to enjoying life as it should be! For more information contact them at 732 665-6334.

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Text Neck Help For Kids

By Mia Inqui

Text neck is the term used to describe the neck pain and damage sustained from looking down at your cell phone, tablet, or other wireless devices too frequently and for too long. Children and teens are especially at risk for suffering symptoms of text neck.

According to the Mayo Clinic Health Letter Vol. 18, #3 March 2000 , the effects of long term forward neck posture leads to "long term muscle strain, disc herniations and pinched nerves."

Here are some simple neck stretches, exercises and posture adjustments that should help relieve some of the pain.

The first thing that will help with text neck is to change your posture. When you are bending over at your neck and hunching your upper back, your neck muscles get tight in the front of the neck and overstretched in the back of the neck and upper back.

So the first exercise is a simple chin tuck. You don't want to tuck it down to your chest, but take your chin, and pull it backwards. You can put your finger on your chin, as a target or starting point, and then tuck it in. Hold it for about 3-5 seconds, and then relax. Do this about 3-5 times.

The next one is to open up the chest area with a scapular squeeze. You want to imagine that someone has their hand on your spine in the middle of your back. Squeeze your shoulder blades back towards your spine and hold, and then come back. Hold it for about 3-5 seconds, and do it about 10 times to start.

The next stretch is going to be a chin tuck lying down. Roll up a towel and put it right in the curve of your neck on the ground. Push down towards the floor. Hold that for about 3-5 seconds. Do this 3-5 times. The towel is there to give you a target, so you're pushing those muscles in towards the towel.

For the last stretch, grab a pillow, turn over onto your stomach, and put the pillow right at your stomach and chest area. Now you are going to exercise your upper back muscles. Put your hands on your lower back. Keep your neck in a neutral position, and lift your upper body up off the floor. Hold it for about 1-2 seconds, and then come back down. Start with 10 times.



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The ABC's of School Year on a Budget

By Susan Heckler

School supplies, uniforms, fall wardrobe, sports gear...YIKES the new school year is going to be expensive. How can you curb the price tag and bang those bucks? First thing you need to do is to take inventory! You certainly didn't buy just enough last year and have some excess school supplies. You will be amazed at what you find that you don't need to purchase again. Once done, follow the ABC's of school supplies"

- AVOID impulsive purchasing
- BORROW from a friend or check out garage sales for expensive sports equipment. Invest when you know your child is serious.
- COUPONS are your friend.
- DON'T wait until the first day of school, buy now. You may have to fill in here and there but you don't want to be waiting on lines for the basics and paying a premium.
- ENJOY free delivery PRICE SHOP, you don't need to go personally, surf the web
- FOR goodness sake, think BULK. Office supply and big box wholesalers sell in boxed quantities that may be a good savings. If you don't use the pencil this year, someone will use it next year.
- GROUP SHOP with friends and neighbors. Share in the bulk savings
- HAVE something useable? REUSE when possible, something like a 3 ringed binder may still be serviceable.
- INVEST in a good backpack; it will last a few years versus those with skimpy materials.
- JUST use what you have, Johnny has no use for that clipboard but Janie needs one this year RECYCLE
- KNOW that convenience stores are typically much more money
- LET it go, if you don't need it immediately, wait until the prices drop after the rush is over
- MAKE sure to save receipts for returns
- NEVER let your kids shop for their own supplies until you know they are bargain conscience.
- OPEN packages only when you know it is what you need
- PUT things away where you will find them later, a special shelf or cabinet for supplies is best
- QUENCH their thirst with healthy choices of drinks and keep them cold for hot summer days
- REBATES require receipts and possible UPC symbols, keep in mind when unwrapping purchase
- SHOP sales for big ticket items early.
- TAKE note of what you need, MAKE A LIST
- UNDERSTAND what the future needs will be with big purchases like laptops and calculators
- VERIFY that you can't make do with what you have
- WASTE not want not
- XEROX your list and split it up to save time
- ZOO week will be over soon

Streamline Your Back to School

By Susan Heckler

What?? Summer is ending? So soon? Yes!

Here is how you can get a jump on Back to School with less stress and still enjoy what remains of summer time. As a parent, we all hate the feeling of sending your child off to school unprepared. For those with multiple children in multiple schools, it is even more difficult. The sooner you get started, the better it is for all concerned.

Your school website may be a great resource for what you need, especially reprinting the papers that your child may have brought home and lost.

SHIFT your schedule: The start of school is not a great time to shift your child's schedule around. You may want to ease them in to earlier bed and earlier wake-up in the last 2 weeks before school. Laid Back Summer needs to transition into Full Speed Ahead Fall.

TAKE command. You are the parent, thus, Command Central. You are everyone's go-to on where they are going, what time, what they need etc... The best way to manage that is to have a killer calendar. Make use of your Smart Phone but also have one that the family can refer to in plain sight. Anything that you can do to foster independence is a plus; they can refer to the calendar on their own. You can color code it per child, use erasable pen, post-it or whatever you find works best in your world. School functions, after school activities, playdates, doctor appointments, back to school night, daycare and anything else you need to remember. This you can start immediately!

AUGUST is a great time to go through wardrobes and sort the fit and not fit. Looking at the give-away pile will give you a list of the need to replace items. August is the second-biggest sales month for clothing retailers. You can also sort through the left over school supplies to get a jump on staples every student will need.

REACT to school notices. If your kids need physicals, get them in so paperwork is set for the start of school.

TEACH your kids good organizational skills. Help them organize their rooms and backpacks for greater success for the school year. Help them to streamline their routines as it will also help you. It is also a great time to clean up rooms, organize desks and get your child off to a good start.

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Mom & Dad's End of Summer Reading List

By Susan Heckler

September is around the corner and so is the start of the school year. There is a lot you can do in the relaxation of your summer days to get ready for the onslaught.

Your child is a year older; the next school year will present new challenges to them, thus you. How can you prepare yourself without killing the rest of the summer vacation time?

Many parents get a jump on their child's school year reading by reading the books themselves. I don't know about you, but I don't remember much of what I read in my school years. Get the reading list from the school and get started. It is a great way to be able to help your child through their English reading and can start some meaningful conversations as you discuss what you both have read.

For the little ones just starting out their school career, there are age appropriate books about beginning school like those pictured below. They will ease the child in to their new routine and hopefully remove the anxiety some experience.

There is a plethora of great parenting books out there to prepare you for the grooming of your child's mind. Teachers do part of the job but the bulk of it is still on Mom & Dad. Some great advice is printed in these books on what type of parenting your type of child needs and responds to. You want to be hands

on but not hovering, yet you want them to get the most out of their school year as possible to better their future. We all know parental hovering comes from the heart, but what are the consequences to your child. Do they feel you don't have faith in them and will this undermine their success? There are lessons to be learned from failure.

Below are interesting suggestions but do not reflect the opinions of the newspaper or writer.



For those with older and possibly wiser kids, the problems can get a little trickier.



Sit back, relax and expand your mind for a few more weeks before Implementation Autumn begins!



Keep Mosquitoes and Ticks From Bugging You This Summer:

Take Steps to Prevent Bites Summer allows more time for children to play outdoors, but when kids are covered with bug bites after spending time outside, parents may start to worry about disease spread by ticks, such as Lyme disease, or by mosquitoes, such as West Nile virus. Luckily, parents can take simple steps to prevent bites and diseases spread by bugs. Think-stock Image Use an effective insect repellent Parents may feel overwhelmed by the many bug protection products in the grocery aisle, wondering which ones are best. CDC recommends a variety of effective products. Check the label for one of the following active ingredients: - DEET - Picaridin - IR 3535 - Oil of lemon eucalyptus. Most pediatricians recommend using products with 30 percent or less of these ingredients on kids. Once you've bought an insect repellent, use it whenever you and your children are outdoors. Put a few bottles or packets of repellent anywhere you might need them— in the car, by the door, in your bag. Make it easy so you'll remember. As hard as it may be to think about, any single bug bite has the potential to bring illness, so it's worth taking a moment for prevention. Make your backyard a tick-safe zone While you may think that ticks only live in the woods, ticks can also lurk in backyards. You can take some simple steps to make your backyard more tick-safe. Keep patios, play areas, and playground equipment away from shrubs, bushes, and other

vegetation. Also, tick control chemicals are available for use by homeowners, or can be applied by a professional pest control expert. Check for ticks After playing outside, don't make ticks an uninvited guest in your home. Ticks can ride in on parents, kids, and even the family pet, so check your gear and pets as soon as you get inside, even if your outdoor adventures were only in the backyard. Parents should check themselves and their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist and especially in the hair. If you find a tick, remove it using fine-tipped tweezers as soon as you notice it. If a tick is attached to your skin for less than 24 hours, your chance of getting Lyme disease is extremely small. But to be safe, watch for signs or symptoms of Lyme disease such as rash or fever, and see a doctor if they develop. Bathing when you get inside can also help you find ticks and remove them. Additionally, you can tumble clothes in a dryer on high heat for an hour to kill any remaining ticks. By following simple prevention steps, parents and kids can keep pests away so they can focus on fun outdoor activities like gardening, camping, hiking and just playing outdoors. For more information, please visit www.cdc.gov/westnile or www.cdc.gov/lyme, or call CDC Info at 1-800-CDC-INFO.

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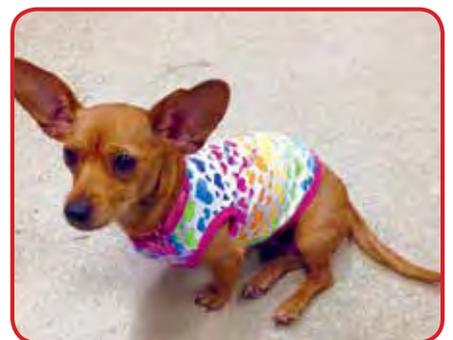
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Five Ways To Handle Cat Behavior Problems

By Steven Tucker

Quite a few people who get a cat as a family pet at some time might notice a variety of cat behavior problems. These are behaviors that you don't want your cat doing for example consuming other cats' food, jumping on furnishings, hostility, cat litter box problems, along with scratching. There are generally five intriguing things that you'll be able to do that will certainly assist you to deal with these types of behaviors.

Cats consuming other cats' food

Occasionally moving a single cat away from the remainder of the group will be a remedy. This might be feeding the problem one in another room. Other times it might mean feeding those who are not getting enough at a distinct time.

Cats jumping on home furniture.

Use water to your advantage. Water is something that almost all cats do not like. If perhaps your cat is jumping on furnishings for instance, spraying a little bit of water on the cat will certainly be quite effective. This is a tool that you need to use in moderation to help along with improper habits.

Cats becoming way too aggressive

There are generally numerous problems such as aggression that are caused by the cat becoming way too lonely. If perhaps the animal is at home all day long alone, it seems sensible that the kitty is acting out. Sometimes having other cats at home might help. Additionally stopping aggression as soon as you observe it, particularly in a kitty is critical.

Cats not using the litter box.

Sometimes you may observe that a cat isn't using the litter box. This may be for a wide array of reasons. Often you have to keep the litter box cleaner because this specific cat might be much more fussy. In other cases you will need to supply a second cat litter box which is closer to be able to keep away from this problem.

Cats scratching home furniture

Giving your cats something to scratch on at times may help limit this problem. Often times utilizing distraction will be a great tactic to use whenever your cat is being bad. If perhaps your cat is doing something you dislike, distracting using a toy is one thing that you should consider. Often this can help keep the cat from continuing doing things that you do not like. Keep at it and your cat's behavior will change.

Pets Can Play, Inc. is focused on creating some of the highest quality cat toys available on the market. Quality and fun go hand and hand to bring great memories to both owners and their pets.

Advice on Caring for Senior Cats

Sooner or later, your beloved cat will start to get old and experience physical changes. This typically occurs between the ages of seven and ten. However, some are fortunate enough to stave off major changes until approximately 12 years old. Whenever the time finally comes though, you will need to make a few changes in how you care for your pet. Keep reading for useful advice on caring for senior cats.

Most owners take their cats to the vet for an annual exam. Older cats need to be seen by the vet more often than their younger counterparts since the risk of problems has increased. It's best to schedule a wellness exam every six months.

You will also need to change what you feed your senior cat somewhat. Seniors who become less active but are still fed the same amount of calories will more than likely become overweight. Obesity is particularly a problem for seniors, so a veterinarian-approved diet would definitely be in order.

When caring for senior cats, always ensure that they always have access to fresh drinking water. Dehydration more easily sets in as cats advance in age. Their organs won't respond very well to chronic dehydration either. The kidneys usually give seniors the most problem, and frequent dehydration certainly won't do these vital organs any good.

Just like with humans, arthritis becomes a problem for older cats. Once arthritis sets in, your cat won't be as physically active as he used to be. Don't be surprised if he stops climbing the stairs or hopping up onto the windowsill. Arthritic cats may even have problems getting into their litter boxes. If you notice yours has an issue with this, you can accommodate him by getting a shorter box or even putting a set of stairs beside it.

Dental care is important for cats of all ages. For older cats, it becomes increasingly important. The risk of developing dental disease only increases with age. This disease can cause enough pain to keep your cat from eating.

Your cat may also lose the energy to keep himself groomed properly. You don't want him to develop a dry or excessively dirty coat. Matting can also become a problem if you have a long-haired breed. You can help your senior cat out by brushing him yourself on a daily basis, or at least a few times each week.

The changes that occur in your senior cat aren't just physical. He may also display mental issues much like elderly humans. He may wander around occasionally or even appear disoriented. Some cats become much more vocal and meow too much for their owner's liking. When caring for senior cats, also keep in mind they may not respond well to changes. Try to keep everything in the household the same as they do best with familiar routines.

There are quite a few diseases that are common in older cats. Hypertension, kidney issues, hyperthyroidism, and diabetes mellitus are among some of the most common. Different types of cancer are also more prevalent for aged cats.

With the increase in risk of these diseases, it's important to monitor your cat closely for changes. If you notice anything out of the ordinary, you may want to let a vet give his opinion of it. Examinations conducted twice a year will hopefully catch any diseases early on, which would hopefully make it easier to deal with.

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iPhone Secrets You Must Know

Top Tip: Your iPhone will recharge about 25 percent faster if you put it in Airplane Mode and plug it into a wall outlet.

1. Make text bigger and bolder

Despite the iPhone's large screen size and the iPad's larger displays, it's not always easy to read the tiny print on websites and menus. Fortunately, you can make your Apple display easier to read.

If you'd like to make your text bigger, and bolder, go to Settings > General > Accessibility.

To bold the text, tap on the Bold Text button.

To make the text bigger, tap Larger Text > Larger Accessibility Sizes and move the slider to adjust the size of the font.

2. Zoom in for bigger text

There's another trick for making text bigger. Go to Settings > General > Accessibility, and turn on Zoom.

Use three fingers to double tap on the screen to zoom in and out of applications like Mail, Safari and your Home and Lock screens. Try it with other apps, too. Do this in Facebook, for example, to zoom in on a photo.

By the way, to zoom in while watching videos, just pinch in and out with two fingers, like you do with photos.

3. Keyboard alternatives

If you'd prefer to use a standard keyboard rather than type directly onto your touch screen, Apple lets you use keyboards made by other companies or by third-party providers, as long as you're using iOS 9.3.2. Go to Settings > General > Keyboard > Keyboards > Add a New Keyboard.

4. Add button shapes

Another handy feature is Button Shapes. To enable them, go to Settings > General > Accessibility, and turn on Button Shapes. This setting will add outlines and shapes to an app's buttons so you have a better idea of exactly where to press.

5. Enable captioning

Closed captioning is extremely useful if you're hard of hearing, or if you want to enjoy a show or movie while everyone else is trying to sleep.

Captioning, or Subtitles, is available on most Apple devices using iOS 9.3.2. It's easy to set up. Go to Settings > General > Accessibility, and turn on Subtitles & Captioning. You can also customize the caption's font, size, type and color.

6. Have your gadget read to you

VoiceOver reads the words on your Apple device out loud. It will read each letter as you're typing a text or email. It will tell you which app button you're touching, who's calling you, how much battery life is left, and more.

VoiceOver will also read directions to you in maps, have your camera tell you how many people are in your shot and get spoken photo descriptions. You can write notes and letters on the screen and have VoiceOver translate your messages into text for email and other apps.

To turn it on, go to Settings > General > Accessibility, and turn on VoiceOver. You have the option to practice with VoiceOver, including setting a speaking rate. Once enabled, to use VoiceOver from your iOS device, press the Home button three times.

7. Get better alerts

Do you miss calls or texts? There are ways to get your attention, especially if you have trouble hearing.

Try using your iPhone's LED light to alert you. To set up LED flashing lights, go to Settings > General > Accessibility, and turn on LED Flash for Alerts.

There's another way to get alerts: You can set custom vibrations for incoming calls and messages. It's actually quite clever.

Go to Settings > Sounds > Ringtone > Vibration. Or from your contacts list, press Edit and select the Vibration option for each of your contacts. This way, even if your phone is muted for calls, you can know who is calling by the contact's vibration pattern.



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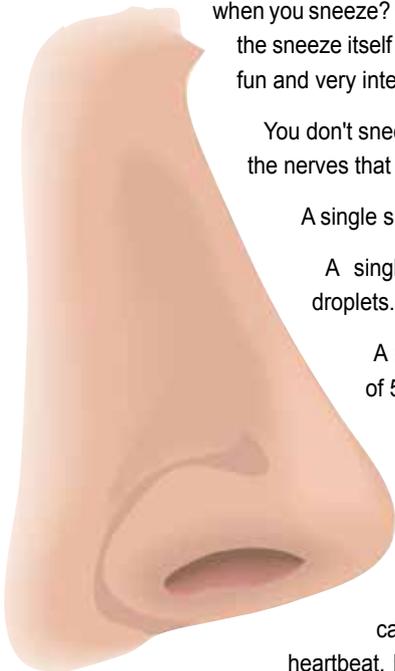
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FUN FACTS ABOUT SNEEZING

Sneezing is something we all do time to time, but how often do you pause to think about what's actually happening in your body when you sneeze? While the causes of sneezing vary, the sneeze itself remains the same. Here are some fun and very interesting facts about sneezing.



You don't sneeze when you are asleep because the nerves that trigger sneezing are asleep too.

A single sneeze can travel up to 20mph.

A single sneeze can produce 40,000 droplets.

A single sneeze has a spray radius of 5ft.

A single sneeze is a full body work out. It includes the chest, diaphragm, throat and abdomen.

The force of one sneeze can change the rhythm of your heartbeat, but your heart never stops during a sneeze.

When you sneeze, you are not capable of keeping your eyes open.

Buying Medicine Online Is Not Your Best Option

Buying from your local pharmacy is your safest option and also helps out your community.

While there are legitimate online pharmacies, there are also some fraudulent ones that advertise prescription drugs at low prices. Understand the dangers of buying from a fake online pharmacy, identify the warning signs, and find resources to help you safely buy medicine online:

Health and Financial Risks

Buying from fake online pharmacies can be dangerous, or even deadly. It can also hurt your wallet.

You could receive counterfeit or substandard drugs.

Slight differences in your medicine can make a big difference and cause further health complications.

You could put your personal and financial information at risk.

Warning Signs

It is important to be able to identify the warning signs of a fake online pharmacy. You should be suspicious if an online pharmacy:

Allows you to buy medication without a prescription from your doctor.

Offers medications at deep discounts that seem too good to be true.

Is not licensed and has no physical address in the U.S.

Sends unsolicited e-mails (spam) offering cheap drugs.

Does not have a licensed pharmacist available to answer your questions.

File a Complaint If you suspect that an online pharmacy is fake, report it to the U.S. Food and Drug Administration (FDA) and the Drug Enforcement Administration (DEA).

Last summer, my mom and dad took me and _____
(person)
 on a trip to _____. The weather there is very
(place)
 _____! Northern _____ has many
(adjective) (same place)
 _____, and they make _____ there.
(plural noun) (adjective) (plural noun)
 Many people also go to _____ to _____ or
(place) (action verb)
 see the _____. The people that live there love to
(plural noun)
 eat _____ and are very proud of their big
(plural noun)
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(noun) (action verb)
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(action verb)
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Protecting Our Youth in the Digital Age

By Susan Heckler

We live in a wonderful era with modern conveniences at our finger tips. We have all noticed by now that this is a double edged sword. There are certain things we don't want our children to have any access to, much less easy access.

Technology has opened up many exciting benefits and opportunities for children and young people, but they can also present some risks. When used wisely, technology and media can support learning and relationships. Technology, for whatever good it does is becoming all pervasive, touching all areas of our society. Our youngsters have increasing access to personal technology such as web-enabled phones, tablets, watches and all sorts of gadgets. These items are not toys, they are tools which can help or harm.

Even if your child doesn't have his or her own computer, iPod, smartphone or tablet, many parents routinely hand over their own device for their children to use. Is there a way to allow them limited access? YES!

GUIDELINES TO LIVE BY:

- Start setting some boundaries and set time limits for activities such as using the Internet and games consoles.
- Make sure devices like your mobile, tablet or laptop are out of reach.
- Set up passwords/PINs and make sure you keep these details to yourself.
- Set the parental controls to the appropriate age and enable access to only appropriate content.
- The big four Internet Service Providers (ISPs) give their customers free parental controls, which can be activated at any time.
- Buy or download only apps, games, online TV and films, which have age ratings.
- When using public Wi-Fi – for example in cafés or hotels – remember that it might not include parental controls.
- Share your technology rules with grandparents, babysitters and your child's friends' parents so that they know what to do when looking after your child.

Buy or download parental control software, switch it on and keep it updated. Here's a list of a few free or low-cost parental control apps that are worth a look:

- Kidzui is a child-friendly browser for Windows PCs that limits kids' usage to the child-friendly games and content on its network. (Paid)
- Gube for iPhone, iPad, and iPod touch limits which YouTube videos your child can access. (Paid)
- Kido'z for Android phones & tablets and Windows PCs, allows kids to access only age-appropriate content. (Free)
- Kid Mode for Android automatically locks kids into educational games and videos. There's an iOS version too, but it doesn't have the lock feature. (Free)
- Kid's Place is another Android app that only allows access to parent-approved apps, etc. It also includes time limit settings and other features. (Free)
- Net Nanny provides loads of features to protect children on almost any device, including: Internet content filters, time limit management, social media monitoring, IM & Chat room monitoring, alerts/reports & remote management. Pricing varies by device.

Our children of any age are certainly at a vulnerable stage in their lives. They are by nature more trusting than adults and at the same time more curious. Some of these potential issues which can arise from use of the web may be:

- Inappropriate contact from people who may wish to abuse, exploit or bully them, inappropriate conduct because of their own and others' online behavior,
- Inappropriate content being able to access or being sexually explicit, racist, violent, extremist or other harmful material, either through choice or in error.
- Commercialism: being the targets of aggressive advertising and marketing messages.
- Gaining access to your personal information stored on your computer, mobile device or games console, and passing it on to others ... or using your financial details such as payment card information.
- Enabling viruses and spyware by careless or misinformed use of their or your computer, smartphone, tablet or games console.

Let's face it, kids don't come with instruction manuals for parents and, even if they did, have they been updated for the digital age? Be a smarter parent and have a safer kid!

What Is Swimmer's Teeth?

By Joely Phenes

Competitive swimmers and people who spend a lot of time in a chlorinated pool may be at risk for developing yellowish-brown or dark-brown stains on their teeth, reports the Academy of General Dentistry (AGD).

Chlorine is an antimicrobial agent used in drinking water and swimming pools to kill harmful bacteria, as defined by the Centers for Disease Control and Prevention (CDC). And although it's a necessary chemical disinfectant, the effects of chlorine on your teeth can be a cause for concern.

The chlorine included in your tap water is generally not enough to cause a dental problem, but soaking in a backyard jacuzzi or doing laps at your local swimming pool could expose you to water that's too harsh on your enamel.

Pools with too much chlorine contain pH levels that can cause enamel erosion as water occasionally seeps into your mouth during your swim session. And in recent years, more and more evidence shows the connection between improperly chlorinated pools and tooth damage.

New York University's College of Dentistry collected data in 2010 from a male patient who reported extremely sensitive teeth, dark staining and rapid enamel loss during the five-month period he began a 90-minute swimming routine in his backyard pool. Having found improper chlorination to be the cause of his enamel erosion, Dr. Leila Jahangiri, who authored the report, noted that pool water does become a threat to your teeth when its pH level falls below 7.

When your enamel wears down, your teeth may become discolored, the edges of your front teeth may look transparent and, in later stages, you may feel extreme dental sensitivity when consuming hot or cold foods. Once this enamel erodes, chips or even cracks, the body can't repair it.

When in a public pool or on a tropical vacation, take notice of pool linings, railings and ladders. Pool water that's too acidic will eat away at these surfaces. If you notice spots of erosion, the water may do the same to your teeth, so consider skipping your swim or pursuing a natural (but supervised) body of water. Pool pH strips are also common to local recreational supply stores, and allow you to test the water before wading in. According to the CDC, pool water should register between 7.2 and 7.8 on the pH scale.

If you're a homeowner, you might attempt to save money by maintaining your own backyard pool – but this can be tricky. Check your pool's pH balance once a week at a minimum, and budget permitting, hire a specialist to examine it upon your first use.

Ultimately, brushing with a soft-bristled toothbrush, having regular teeth cleanings and using a toothpaste specifically designed for the health of your enamel can keep your teeth strong and help modulate the effects of chlorine.



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Talking to Children about Tragedy

By Susan Heckler

We all watch the nightly news with a feeling of dread, especially if our children are within ear shot. There is a fine line of what we can do to protect them from the evils of the world and how we can prepare them to deal with it in a healthy way. As a parent, it is natural for you to try and insulate your child from the negatives in life. Unfortunately, with social media and the digital age we live in, it is nearly impossible unless you moved off the grid. It is a balance to prepare your child for real life without instilling fear of it.

Explaining any tragedy in terms that a young child will comprehend is difficult, especially when it is an extreme like what transpired in Orlando. Can you really explain the irrational rationally?

Any discussion you have needs to be age appropriate. You can't get into the history of terrorism, gun control, sexual preferences and politics with a preschooler. Actually, The American Psychiatric Association and the American Academy of Pediatrics recommend avoiding the topic with children until they reach a certain age - around 8, but again, it depends on the child. Prior to this age, children struggle to process it.

When to speak to them is almost as important as what you say. Find times when conversation is conducive, such as when riding in the car or before dinner. It is best if you start the conversation so you are prepared for it and don't interrupt them- allow them to express their ideas and understanding before you respond. Of course, always reinforce that you are there for them to provide safety, comfort and support. A hug can't hurt.

With young children; preschool to kindergarten, its recommended parents keep their stories simple, and reinforcing of the parents' beliefs. Some recommend that an analogy to a movie or cartoon that the child can relate to may help. Try to focus on the positives, such as the heroes of the story. Conceivably, parents want their children to know that a bad man hurt people or to know that someone with a serious illness felt angry and hurt people.

Elementary school kids are very inquisitive and will ask many more interrogative questions. As a parent, you need to decide how much you want to share. It is suggested to avoid children from seeing pictures or the news. These images will stick with children longer than words.

Once your child is a "tween", chances are they heard about it before you did. With their smart phones in hand, the world is at their fingertips. With them, it may be better to listen to them, let them vent their fears and anxieties and then respond.

It is normal to experience a wide range of emotions, including fearfulness, shock, anger, grief and anxiety. You may notice your child's behaviors responding to the event...trouble sleeping, difficulty with concentrating on school work or changes in appetite. This is normal for everyone and should begin to disappear in a few months.

Unfortunately, we all need to stress the ability to communicate at all times. Be approachable to all subjects, it is okay to show your own vulnerability and sadness when tragedy occurs, but you need to show your child that you are in control of yourself and manage such events emotionally. It is okay to be upset and it is okay to reach out for help.

Your child should have their phone with them when they are not with you. You need to remain reachable at all times. Your child needs to know that if something doesn't feel right, they should bring it to the attention of an adult. This is a good time to reassure them that all safety measures are taken by you and their school to ensure their well-being.

When your child walks away from the conversation, they should have the feeling that life is good, people are good and that events like these are terrible but rare. The conversation can even expand into how we can all make the world a better place.



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CONCUSSIONS

Take Them Seriously and Test

By Susan Heckler

Concussions are very common with active children. Any hit in the head or body that causes a jar to the head should be taken seriously because a concussion is a mild form of traumatic brain injury. When the head receives a blow, the violent shaking makes the brain slosh back and forth. The brain is like Jell-O, soft, and there is movement of the brain within the skull. Often the blow involves the brain hitting the front and back of the skull. That movement can damage the brain's connective tissues and disrupt normal cognitive function.

It is a good idea to show caution and have your child examined after taking a blow to the head. Get them off the playing field immediately. It is not true that you have to lose consciousness to have a concussion. You may not even realize you have a concussion if you have a mild case. Concussion management begins the moment a concussion is suspected. The very first decisions made on the playing/practice field when a concussion is suspected can make the difference between a good outcome and a disaster.

In most cases, there's no treatment beyond physical and mental rest. The brain needs time to heal like any other body part. Physical, cognitive, and social rest is recommended. About 10% of concussions take more than ten days to heal.

In addition to concussion, a hard impact can cause an epidural hematoma, which is bleeding between the skull and the brain. This can occur when a trauma causes a blood clot to form between the skull and the brain's protective covering (the dura). The seriousness of an epidural hematoma became clear when actress Natasha Richardson died from what appeared to be a mild head injury during a skiing accident.

Common physical symptoms include: headache, nausea, dizziness, fatigue and sensitivity to noise and light. More serious concussions may be accompanied by vomiting. They may experience confusion, trouble concentrating, slowed thinking and short term memory problems. Psychological symptoms can include irritability and mood changes such as depression.

The New Jersey Concussion Law and the New Jersey Department

of Education Model Policy for Concussion provides directions for concussion management on school district property. Whenever a concussion is suspected the student playing interscholastic sports in New Jersey must be immediately removed from play and cannot return to play until evaluated by a physician knowledgeable in the identification and management of concussion to determine if a concussion has occurred. If the physician rules out the diagnosis of concussion the student can return to play. If the physician diagnosis a concussion is present then the student must follow the return-to-play protocol established in the Model Policy. This is a good policy to observe outside of school property to protect the young athlete.

Studies continue to find a cumulative effect of concussions that indicates the neurological consequences of mild traumatic brain injuries may be greater than previously thought, including an increased risk of depression, problems with memory, and other cognitive deficits. The Chicago College of Medicine reported finding structural changes in the white matter of the brains of patients with reported head injuries that correlate with cognitive deficits in thinking, memory and attention.

If problems linger, there may be a need of neuropsychological testing. A clinical neuropsychologist is a licensed psychologist with expertise in the relationship between behavior and skills with the brain structures and systems. Neurocognitive testing measures and defines behavior and thinking skills in individuals.

For most sports-related concussions, a screening battery of tests is utilized. There are also computerized assessment programs. This testing may take two to three hours to complete and be reviewed by the neuropsychologist. Longer evaluation is generally not indicated, but may be used in some cases.

We love our children! Make sure to properly outfit them with the latest sports safety equipment to reduce the chance of injuries. When an injury does occur, take it seriously and follow it up with observation and a doctor's visit.

STARLAND BALLROOM

CALENDAR

MOTION CITY SOUNDTRACK	8/6/16 7PM
BOYS LIKE GIRLS	8/7/16 7PM
BAYSIDE	8/20/16 7PM
THE MACHINE (TRIBUTE TO PINK FLOYD)	9/16/16 7PM
LEE BRICE	9/29/16 7PM
JERSEY SHORE GUITAR SHOW	10/9/16 7PM
SKILLET	10/12/16 7PM
GAVIN DEGRAW AND ANDY GRAMMER	10/17/16 7PM
STREETLIGHT MANIFESTO	10/29/16 7PM
YELLOWCARD	11/13/16 7PM

A Book for the Summer

By Jordan Tinitigan

If you're a fan of poetry, then the perfect end-of-summer read to add to your list of beach books would be *Milk and Honey* by Rupi Kaur. While this book touches upon serious issues a woman may have to go through, it expresses them in a way that is truly artistic. It has been exploding all over social media, some even saying that it "truly hits home." The book includes beautiful poetry and doodle-like drawings on every page, showing Kaur's creative personality. Check it out!



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How to Motivate Your Child to Get Excited about Going Back to School

By Jessica Lane

With everyone's mind in "back to school" mode, parents, teachers and students are gearing up for a new school year with all kinds of new supplies and clothes. Students of all ages, whether in first grade, high school or in college, all need similar supplies to get them through the school year.

If you have a student heading back to school soon and are looking for items to inspire them to do well this year, here are a few ideas to get them excited to learn again.

1. School Supplies

If you have a younger student entering elementary school or junior high for the first time, you'll need some rudimentary items to get them ready for classes. For example, lined paper, binders, folders, pens, pencils, calculators and erasers are the fundamentals, but look for a more personalized touch when it comes to buying the standards. These items can be personalized with your child's name, school colors and more. Find out what interests your kids, and get them a whole package of items tailored to them.

2. Computer Accessories

If your high school student is getting ready to tackle college applications, find a computer and all of its accessories to make sure that they're prepared for the transition into university life. Great deals on computers can be found throughout the year, and make sure to look for personalized computer bags to keep their laptops protected to and from the campus. Look for a quality online retailer that can embroider their college logo or mascot onto the bag, along with their name and contact information in the event that the computer becomes lost.

3. Backpacks

Backpacks and over-the-shoulder personalized tote bags are another popular item on the back to school shopping list. If you have a younger student, look for a lightweight backpack that is easy to clean. Often times, your student will come home with a bundle of books, papers and projects, so make sure that they don't experience any neck or back pain when toting around a large load. Older students enjoy trendier, over-the-shoulder bags, which are usually made of fabric, polyester or leather, so keep an eye out for what would be best for your child's unique sense of style.

Shopping for school supplies for your student may get a bit tedious each year, but it will help to bring focus and success in and out of the classroom. If your student seems a bit resistant in getting back to the swing of things at school, look for some customized and personalized items to get them excited for class again. Paying attention to their interests will help you when you begin shopping. Shop with them online, and you can even make it a fun, family event, right in the comfort of your own home!

Smart Health Habits

A strong body makes a strong mind, so think healthy today

The back-to-school season is all about getting a strong start for the upcoming year. Decisions that are made now will shape the entire school year.

That makes it an ideal time to focus on healthy living. Studies have shown a link between a healthy lifestyle and success in the classroom, so making improvements to your family's eating and exercise habits could improve everyone's mental health at just the right time.

Here are some simple but important steps for setting up the right habits for the school year.

GET ENOUGH SLEEP

Many studies have been conducted about how sleep affects students' grades, and a clear pattern has emerged: students who get enough hours of quality sleep consistently perform better at school.

While you're setting up your new patterns for the school year, make sure that bedtime — even for older children — is a big, clear part of the plan. Students should go to bed early enough that they get plenty of sleep at night, and they should eliminate any distractions — such as computers, TV or cell phones — that could keep them awake at night.

EAT HEALTHY FOODS

Whether you pick meals from the school cafeteria or use lunches packed at home, you should decide now to make this a healthier eating year.

Most schools have taken big strides toward offering healthier meals in recent years, but parents should still know what's offered and what their child is choosing to eat. Older students should decide to make their own healthy decisions in the lunch line — drinking skim milk instead of chocolate milk, for example, and perhaps skipping dessert if it's offered.

When students bring their own lunch to school, that gives them more flexibility, which can be a good or bad thing. You can decide to bring foods that are either much healthier or much less healthy than the options available from the lunch line, so choose carefully and try to pack lots of fruits, vegetables and healthy grains.

EXERCISE REGULARLY

Finally, since students will be re-setting their alarm clocks at the end of the summer break, it's the perfect time to schedule regular exercise.

It can be a good idea to wake up an hour early for a morning jog or just some vigorous play time for younger children. Anything that gets your body moving will be a good thing, and the exact activity isn't as important as making it a regular part of your daily routine.

STUDY TIP: Eliminate distractions, eat right

Students of all ages face distractions in today's world. From must-watch TV shows to games, Facebook and cell phones, there's no shortage of things to keep you from hitting the books. To be able to focus, you've got to take time to simply turn off all the distractions so you can get intense about what you're studying. Make it a habit to "go off the grid" while you're studying, and make sure you eat healthy meals ahead of time. Nutritious food helps you feel better and focus your energy.





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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.

