

# THE FAMILY TIMES™

MONMOUTH OCEAN MIDDLESEX

FREE

News for Parents • Activities for Kids

SEPTEMBER 2015



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- Home
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- Family
- Food
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- Stuff We Like
- Pets
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# ADHD Drugs: Big News From the Scientific Community

By Michael Ginsberg

September is National ADHD Awareness Month and neuroscientists have released some pretty startling news: A long-term study of nearly 4,000 students\* found that ADHD drugs, like Ritalin™ and Adderall™, don't help achievement scores or grade point averages. In fact, according to the research, boys who took medications for ADHD actually performed worse in school than boys with similar symptoms who took no stimulant medications. Likewise, girls who took ADHD drugs reported more emotional problems.

The same is true for intelligence; there seems to be no significant cognitive benefit from stimulant medications on IQ tests.

## Beyond the Label; Understanding the Root Cause

If you strip ADHD down to its smallest common denominator among any gender, age or symptoms, you'll find the root cause: weak attention skills. That could mean that the person's sustained, selective or divided attention skills are weak, but in most people with ADHD, all three are weak. In fact, cognitive skills testing confirms that most people with ADHD also have deficits in memory (working and long-term) and processing speed.

It's also important to note that ADHD can manifest differently in girls than in boys. When it comes to ADHD, boys are more prone to problems with impulse control, while girls' symptoms often manifest as inattention.

## Putting Neuroplasticity to Work

If weak attention and other cognitive skills are the root cause of ADHD, why would we expect stimulant medications to permanently cure a student's struggles? It's like giving a child a cough suppressant and expecting it to cure their pneumonia. ADHD drugs are a temporary solution to treating the symptoms of ADHD.

One of the best solutions to eliminate the cause, symptoms, and label of ADHD is to strengthen the attention, memory, and processing speed skills with personal brain training. Also known as cognitive skills training, one-on-one brain training harnesses the brain's plasticity to build new, faster or more efficient connections between neurons. It's the same "brain rehabilitation" used for stroke victims, seniors with age-related cognitive decline and dementia, those suffering memory loss from chemotherapy and anesthesia and those with traumatic brain injuries.

Unlike computer "brain games," personal brain training is customized for each person based on the results of a cognitive skills assessment. And unlike tutoring, which focuses on specific subjects, like history or math, cognitive skills training strengthens the fundamental brain skills needed to excel in ANY subject. Do your own research on personal brain training to see if the natural, permanent solution to ADHD is worthy of all the attention it's finally getting.

\* SOURCE: July 8, 2013 Wall Street Journal — "ADHD Drugs Don't Boost Kids' Grades"

SIDEBAR:  
To find out which weak cognitive skills may be contributing to your child's academic struggles, take this free five-minute learning skills discovery survey: <http://lsds.learningrx.com>.

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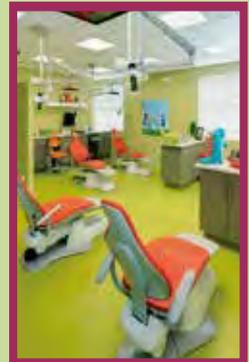
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# SOCCER SAFETY: Preparing for Play

*Soccer is the most popular sport on the planet, with athletes of all ages and physical abilities sharing a love for kicking the old round ball.*

Nothing is more important than your health and safety, because the last thing you want to do is miss playing time. Given the physical, fast-paced style of soccer, injuries such as concussions or broken bones are a natural part of the game.

How you prepare your body can make a big difference in how you physically hold up on the playing field.

## Before the Season

Do you play in a recreational league? Does your son or daughter play for the school team? Even if you play more for fun at your local park, it is important to ready your body for physical activity prior to the season.

Doing so a few months before play begins can help you prevent injuries. Your muscles will be more conditioned for game action and you will be better conditioned for sustained field activity.

## Before the Game

Coaches can have some of the greatest impacts on player health when it comes to preparing for games. They can be great motivators to help keep you on track with your exercise and diet regimen.

Their influence also can directly impact the field and equipment you are using. Here is a quick coach's checklist for helping players prepare for game time:

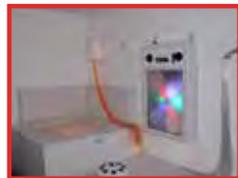
- Walk the sidelines and field once to look for holes or other obstacles that could cause injury;
- Store extra balls, cones, bags and water coolers away from the sidelines, well behind the bench so there is no tripping hazard for players; and
- Always have your players warm up and stretch before the first whistle is blown.



## Equipment Inspection

Before, during and after play, it is important to keep an eye on the equipment you're using. Properly functioning kneepads, cleats and goal posts can make the difference between safe play and hazardous on-field action.

Goal areas should not be overlooked. You should inspect them at each end of the field to make sure they're properly anchored to the ground and in safe playing condition. They also should be well padded to decrease the risk of injuries to players and goalies.



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## THE FIRST WEEK: Parents

*The first week of school can be one of the most crucial periods of the school year, especially for students who may be a little apprehensive about starting a new semester.*

There's the adjustment to the schedule, the new responsibilities and getting reacquainted with their peers and teachers. The cumulative impact of these factors can sometimes lead to student anxiety, according to the National Association of School Psychologists.

Parents have the power to play a crucial role in easing their child's nerves and ensuring a positive experience for all. Your love, support and attention can make a big difference in keeping your child positive and engaged during the first week of school.

### Clear Your Work Schedule

If at all possible, make yourself available for your child before and after school. This may mean postponing business trips, asking peers to cover later shifts or taking a week's vacation. Your availability can make a big difference in helping your child adjust to a new routine.

Urge your child to discuss any challenges



openly and honestly – then simply listen. The NASP says that parents can do more harm than good by reacting negatively to an issue their child may be facing. Take a positive approach and help your child talk through potential solutions.

### Extra Time

You don't want to start off the school year with a tardy note from your child's teacher.

Make sure your child has plenty of time to wake up, eat breakfast, get dressed and make it to school on time.

This may require setting the alarm clock a little earlier than normal. This can be a tough transition after a summer filled with late nights and sleeping in. The NASP recommends starting this new schedule two weeks before school starts to help smooth the transition.

### After School

Take some extra time after school and work to discuss your child's day. They may have homework in the first week, so offer to look it over when they're finished or make yourself available for questions.

If your child returns to an empty home after school, be sure to review emergency plans with them and leave a number of a neighbor who is home during the day. Have your child meet your neighbor contacts to avoid awkwardness in calling them if needed.

# Keep the Memories

*You know the cliché. Life passes by in the blink of an eye. For parents, this statement perfectly epitomizes the growth of their children.*

One minute you have a beautiful new baby. Before you know it, he or she is starting school, finding friends and growing into an independent person.

Your camera or video camera can be the greatest tool in capturing your child's youthful spirit as it evolves.

## Make Videos

An annual video is a great way to capture and share memories. Compile a slideshow with photos and videos from the past year of your child's life, and burn it onto a DVD.

You can even package the DVD by buying blank cases and printing a customized cover. These videos will constantly serve as reminders of just how much your baby has grown.

Share them with friends and family for great holiday presents.

## Maintain a Website

Social media is becoming the popular forum for sharing your child's growth with the world. But what if you want something a little more private?

Building a website can be the perfect solution. Many online companies offer affordable, customizable website templates that can have you set up in no time. Be sure to find a hosting site that offers top-notch security features to protect your child's identify.

Many online portfolio sites require passwords to enter, so you can ultimately decide who gets to visit the photos and videos you post.

## Scrapbooking

Of course you can always ditch the digital and focus on more old-fashioned methods of preserving your child's most memorable moments. Scrapbooking has become an obsession for many people as craft stores – both online and brick-and-mortar – have revolutionized the hobby. Brightly colored paper and unique emblems can adorn each page of your customized scrapbook, giving personality to your projects.



You can learn to handle stress and anxiety.

Start by trying to:

- ~ Face your fears
- ~ Let go of perfectionism
- ~ Look at problems from a new angle



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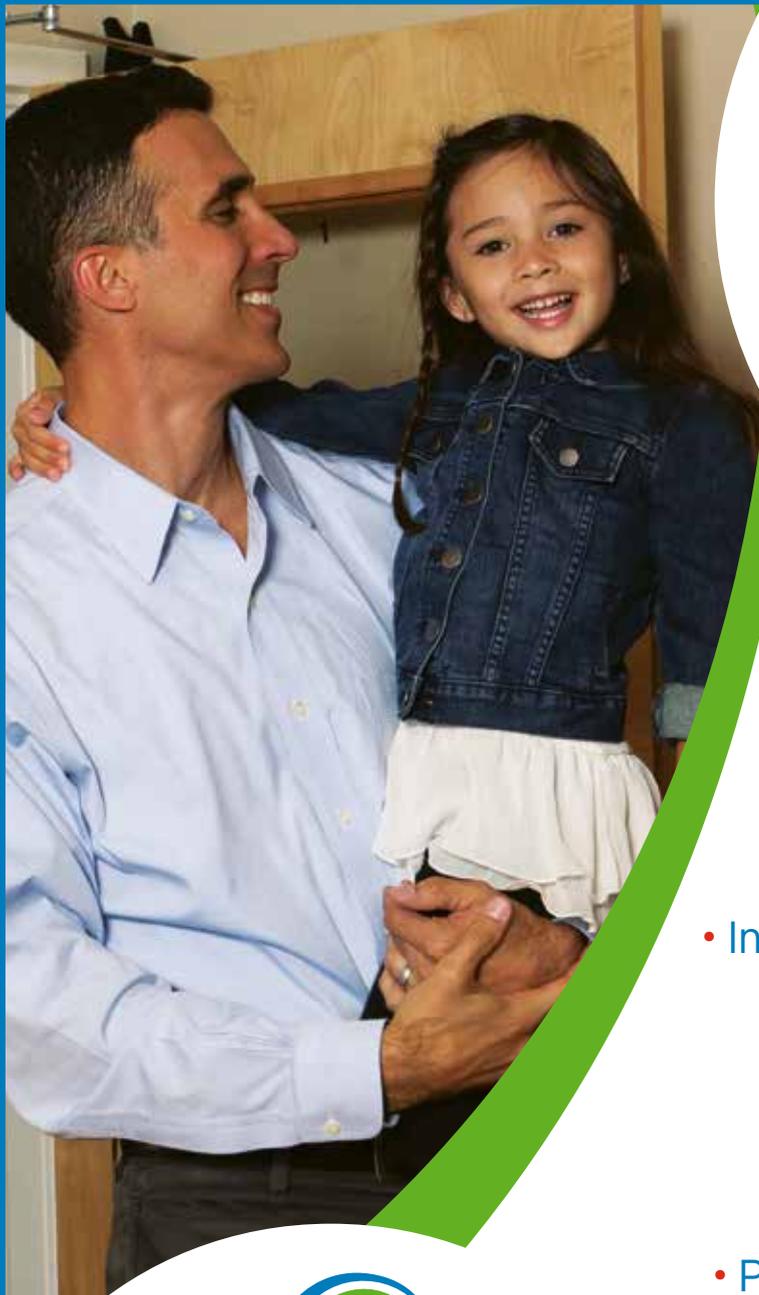
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# What's Your Style?

*There have been 999 billion parenting books written over the past decade alone. OK, that may be a slight exaggeration, but the act of parenting is a complex one that often leaves fully capable adults desperately seeking external guidance.*

The truth is this: There are no easy answers to the many questions that accompany parenting.

Many of the biggest lessons are learned "on the job" and through trial and error. During this process, you will develop your own parenting style that will be driven by your expectations, temperament and communication skills.

Child development researchers have pinned down three styles of parenting and how they affect children. What's your style?

## Authoritarian

This group of parents can be described as extremely strict and highly controlling of their child's behavior. There is not a lot of give-and-take exercised within this approach, as children are expected to remain obedient in all settings and situations.

Researchers have found that children raised by authoritarian parents are slow to develop their own sense of self and expression. They are generally well-behaved and reliant on the voice of authority to drive their life decisions.

## Authoritative

Described as a more moderate approach to parenting, authoritative adults still expect a lot out of their children, but are more willing to compromise on some issues.

They set limits but rely on natural consequences for children to learn from making their own mistakes. Authoritative parents foster more collaboration with their child, encouraging them to discuss their points of view and how they are feeling about certain situations.

Children raised by this style of parents have been found to be independent and respectful of others.

## Permissive

Also labeled indulgent, this set of parents treat their children like peers. They are warm and accepting of their child's feelings and needs and exert little or no control over their behavior.

They generally allow children to set their own limits, schedules, bedtimes and eating habits. They are submissive in nature, especially compared to authoritarian and authoritative parents, and depend more on their children to make and follow rules.



# BACK TO SCHOOL MATH PRACTICE

$$\begin{array}{r} 1: \quad 14 \\ + 8 \\ \hline \end{array}$$

$$\begin{array}{r} 4: \quad 50 \\ + 57 \\ \hline \end{array}$$

$$\begin{array}{r} 7: \quad 55 \\ + 6 \\ \hline \end{array}$$

$$\begin{array}{r} 10: 53 \\ + 31 \\ \hline \end{array}$$

$$\begin{array}{r} 2: \quad 31 \\ + 19 \\ \hline \end{array}$$

$$\begin{array}{r} 5: \quad 20 \\ + 25 \\ \hline \end{array}$$

$$\begin{array}{r} 8: \quad 26 \\ + 56 \\ \hline \end{array}$$

$$\begin{array}{r} 11: 6 \\ + 32 \\ \hline \end{array}$$

$$\begin{array}{r} 3: \quad 22 \\ + 27 \\ \hline \end{array}$$

$$\begin{array}{r} 6: \quad 48 \\ + 44 \\ \hline \end{array}$$

$$\begin{array}{r} 9: \quad 8 \\ + 54 \\ \hline \end{array}$$



ANSWERS: 1-22; 2-50; 3-49; 4-107; 5-45; 6-92; 7-61; 8-82; 9-62; 10-84; 11-38

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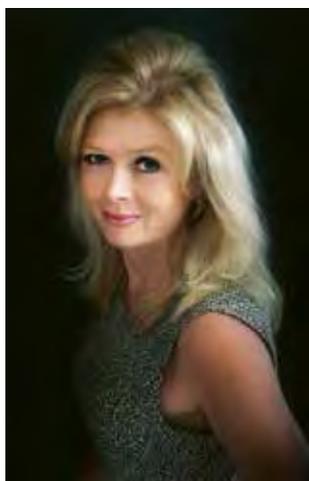
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specific complaints and past medical and social history. Next come diagnostic studies such as blood tests, xrays, MRI and electro diagnostic studies (EMG/NCV).

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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..."

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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.

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# MY SCHOOL

# & ME



My School Year and Grade: \_\_\_\_\_

My Name: \_\_\_\_\_

My School: \_\_\_\_\_

My Teacher: \_\_\_\_\_

My Favorite Subject: \_\_\_\_\_

My Favorite School Lunch: \_\_\_\_\_

This year, I made a new friend whose name is: \_\_\_\_\_

My favorite new book I read this year is: \_\_\_\_\_

I hope to learn about 3 new things this year in school.

They are: 1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_



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All party packages include 2.5 hours with a party host; a 15-guest minimum with the birthday guest FREE; VIP check in; coat check; secure gift storage; invitations; a private party suite; pizzas, soda, and a cupcake for each guest; and party supplies, iPlay America balloons and "Happy Birthday" displayed on a 40" monitor. The party hosts go through extensive training to ensure that each party runs seamlessly to deliver the most enjoyable and memorable party experience for everyone.

Families who book their parties now through Sept. 30 will receive a special iPlay America Fun Pack worth \$75 that includes 1,000 iTickets for the arcade, an iPlay America bucket, two unlimited ride passes, a pair of iPlay America sunglasses, an iPlay America beach ball, a coupon for a free kids pizza with the purchase of an adult entrée, and a buy one get one coupon for Mixx Frozen Yogurt.

New theme party upgrades add to the fun — Glow, Super Hero, and Princess. The Glow theme adds flashing cups, glow sticks, glow necklaces, black lights and more. The Super Hero theme adds masks, tattoos, certificates, balloons and more. The Princess theme adds a birthday princess sash, wands, princess tattoos, fairy dust, princess balloon and more.

When popular children's performer Laurie Berkner appeared at iPlay in June 2014, she had such a great time she decided to book her daughter's party there.

"Lucy's party was a huge success. All the kids loved it and Lucy proclaimed it her best party ever," Berkner said. "I'm sure we will come back soon, lots of great memories from this weekend."

For more information or to book a party, please contact a reservations specialist at 732-577-8200.

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Lets honor Mr. Appleseed with two amazing apple recipes:

## APPLE-STUFFED PORK CHOPS

**Ingredients:**  
 6 rib pork chops, 2 inches thick  
 1 tsp. salt  
 1/8 tsp. pepper  
 3 Tbsp. butter  
 5 Tbsp. chopped onion

1 1/2 cups dry bread crumbs  
 1 large green apple  
 5 Tbsp. seedless raisins  
 1/2 tsp. nutmeg  
 1/4 tsp. cinnamon  
 2-3 Tbsp. water

Split the chops through the middle from the outer edge toward the bone, leaving meat attached to the bone. Open like a book and pound both sides thin with a mallet. Season the chops with 1/2 of the salt and the pepper. Sauté the onion and bread crumbs in butter in a heavy skillet. Add the apple slices, raisins, remaining salt, nutmeg, cinnamon, and water. Mix together well and spread the dressing in even portions on the chops. Fold over and fasten with toothpicks. Heat oven to 350 degrees and bake for 1 1/2 hours or until tender. Turn once during baking time and drain off excess fat. Serves 6.

## EASY APPLE DELIGHTS

**Ingredients:**  
 1 pkg. Pillsbury Dinner Rolls  
 1Tbsp. applesauce  
 Pinch of cinnamon

Press out each roll into square shape, add 1 tablespoon applesauce, fold to turnover shape and bake at 400 degrees for 3 or 4 minutes.

## APPLE PORCUPINE

**Ingredients:**  
 1 1/2 cups sugar, 1 1/2 cups water, Jelly, marmalade or preserved fruit, 8 apples, almonds (blanched or split), Whipped Cream

Boil sugar and water 7 minutes. Wipe, pare and core apples. Cook in syrup to cover until soft, occasionally skimming. Drain, cool, fill with jelly, and stick with almonds. Served wiith whipped cream.



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# HIP JERSEY SHORE MOMS

By Stefanie Hilarczyk

It's that time of year! (Again) The countdown of the first day of school has turned to zero! If you're anything like me, you are crying on the inside but acting like you want those kids back in the classroom on the outside. I love my summers. The beach, mini trips, projects, picnics on the beach, endless walks and evenings that never end! I hate to see the kids go back. But, the idea of routines and getting back into the groove of September sounds so appealing. It's truly my favorite month. I loved the beginning of a new school year as a child and now I love it even more as a mom. All the new ideas, new crisp notebooks and pencils, backpacks and clothes. It screams "fresh start." So why not start the school year with some ideas to make your mornings and school week a little better.

## Morning and Lunch ideas;

I started making these egg muffins last year for my daughter and she loved them! It made my rushed mornings such a breeze!

**Egg Muffins** - ingredients: 8-10 eggs, milk, salt pepper diced ham or a veggie, shredded cheddar cheese

In a large bowl beat eggs, add a splash of milk, salt and pepper, beat very well. Add diced up ham or your child's favorite veggie (broccoli or asparagus work well)

Grab a muffin pan and grease well pour egg mixture into the muffin pan and bake at 375 degrees until you see the egg is fully cooked about a half hour. Cool and place each little muffin egg in a ziplock bag and refrigerate until needed. My daughter would grab one herself and pop into the microwave. Heat and enjoy!

For Lunch! The best invention made was the Bento Box!! These nifty Tupperware boxes are way to cool! They make packing lunch a breeze! You'll never see a ziplock bag again!

You can purchase them on Amazon in sets of 4.

Here are some ideas to get you started from my sisters' favorites to the kids favorites...

The Coco Box: turkey kabobs (roll up turkey and cherry tomatoes and skew on kabob sticks), chocolate raisins, pretzels.

The Timmy Box: Nutella and Apple Slices, a string cheese, pretzels, brownie.

The Go-To Box: Tuna Wrap, fresh fruit, fresh baked chocolate chip cookies (you can use the extra for after school snacks :-))

Sunday can be an intimidating day of the week. The depression starts around noon, when you realize the day is almost over and the week is about to begin. There's nothing worse than being out all day and coming home and having nothing ready! Here are some tips to help ease the week...

School organization: go to Staples Target, or Walmart and buy 5 drawer bins. Label them with the days of the week. In each bin lay out an outfit, underwear, socks etc. Anything they might need, you can even stick reminders for the week inside for older children. (example: math test Wednesday, don't forget gym clothes, band tomorrow etc.)

It's one less thing you have to do at the end of the day, after working and running them to after school activities.

I've also created a snack bin for after school that way they "grab and go" making it quick and painless. They don't wait staring at the fridge for

something to jump out at them and they aren't asking for "second lunches" on the way home. I have some juice boxes and waters in a basket along with snacks in the fridge so they just have to take it and eat. Making the transition to homework easy too.

Creating a work space that they want to do their homework in is so important. Place items they need to complete their homework in this spot. We have a dedicated cabinet at our house. They each grab their bins with supplies and get to work. It's filled with the same things they would need at school. I started this a few years ago when my daughter tried to be smart and say she couldn't do a certain homework assignment because she left colored pencils at school! Now there's no excuses.

I hope some of these quick hippy mom tips helped ease some stress! Write to me and tell me how they are working on Facebook @ "Hip Jersey Shore Moms". Enjoy September's new beginnings... the fresh fall smells...the crisp pencils and clothes, the new sneakers... The reminders of our youth... the anxiousness but excited feeling in the bottom of our stomachs...the newness of schedules but delightedness of familiarity. Thank you to all the teachers for making the transitions of our most precious belongs the very best hours of their day! Good luck everyone!

Oh, and moms don't cry too much!



Stefanie Hilarczyk - Owner and Center Director of Little Goose Music Time Licensee of Kids' MusicRound  
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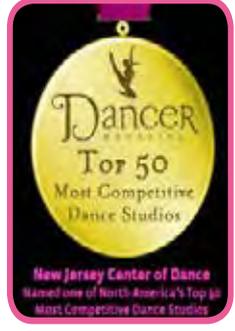
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## Re-Start Studying Habits

From pre-kindergarten to college, the back-to-school season is in full swing. This means a schedule packed with extra-curricular activities, playdates or social events.

And while school is meant to be a fun, interactive experience for students and teachers, it also means studying.

Neglecting studies is not the way to get the school year started on the right foot. Falling behind early could mean problems later in the semester. Luckily, there are plenty of great tips for parents and students to follow that will lead to a successful study strategy, even while balancing an active social life.

### Talk with Teachers

One of the most powerful ways to improve your study skills is to communicate with your teachers. They are there to help you in any way possible, so pick their brain on lessons that you're struggling to understand or need more information on.

The key to a great study session is first having knowledge of your subject, and your teacher can help make this possible.

### Taking Notes

Writing down copious, detailed notes is great, but what if your teacher is a fast talker or you find yourself falling behind in certain subjects? Developing a short-hand method of taking notes can help resolve these challenges.

Since you're likely to be the only one reviewing your notes, use short sentences and don't be a stickler for grammar – as long as you can read your thoughts when it's time to translate them into a paper or report.

### Create Mini-Deadlines

For the procrastinator in us all, mini-deadlines can help keep tasks on track and homework from piling up. As a student, once you get acclimated to how long you need to complete your homework, you should be able to estimate which classes take the most time. This will help you prioritize work and keep your schedule clear.



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**G**arage security is a crucial, yet often-overlooked aspect to the overall safety of your belongings and family. Some reports have shown that experienced burglars can open a locked, yet deficient garage door in only six seconds.

And once they're in your garage, they can get away with valuable tools and toys, not to mention having easier access to the inside your home.

And with the fall season full of trips to family members' homes and the shopping mall, it's time to check all of the doors, windows and other features of your garage to measure its security level when you're away from home.

### Service and Entry Doors

The side door on your garage is the most common point of entry for burglars. Why? Because many homeowners overlook the importance of have a dead-bolted door to the garage, which is just as important a feature on other exterior doors.

Install a dead bolt and heavy-duty strike plate to make forced entry a difficult task.

### Lighting - Inside and Out

Bright lighting can deter a burglar - especially motion-detector lighting that not only can spook a thief, but will also be more cost-efficient for you than lighting that stays on all night.

As for the interior of your garage, think on the opposite end of bright lighting when you are away or sleeping. Cover all of your windows to keep visibility from the outside to a minimum. A crook may be more likely to pass on trying to enter if he can't see inside.

### Keep the Clicker Close

If you leave your garage-door remote affixed to your sun visor, you are in danger of simply giving away access into your home. A thief who breaks in to your car - no matter where you are - can also swipe the remote for easy access into your garage.

Why not opt for a keychain remote that can be in your pocket or purse at all times? These small, handy clickers are perfect for ensuring garage security every time you leave the car. ■



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# College Bound? Reading List for Parents & Freshman

There are many books on the market for parents of college students. Just a few are listed below. All have good information for new and "seasoned" college parents.

**Don't Tell Me What to Do, Just Send Money** - Helen E. Johnson & Christine Schelhas-Miller

**The Happiest Kid on Campus: A Parent's Guide to the Very Best College Experience** (*for You and Your Child*) - Harlan Cohen

**You're On Your Own (But I'm Here If You Need Me): Mentoring Your Child During the College Years** - Marjorie Savage

**Letting Go: A Parent's Guide to Understanding the College Years** - Karen Levin Coburn & Madge Lawrence Treeger

**The iConnected Parent: Staying Close to Your Kids in College (and Beyond) While Letting Them Grow Up** - Barbara K. Hofer & Abigail Sullivan Moore

**The Naked Roommate (For Parents Only): A Guide to the New College Experience** - Harlan Cohen

**I'll Miss You Too: An Off-to-College Guide for Parents and Students** - Margo E. Bane Woodacre & Steffany Bane

**First in the Family: Advice About College From First-Generation Students** - Kathleen Cushman

**The Naked Roommate and 107 Other Issues You might Run Into** (student edition) - Harlan Cohen

**Been There, Should've Done That: 505 Tips for Making the Most of College** - Suzette Tyler

Check them out and see which ones are best for you and your son or daughter.



**Some books are helpful to parents and students.**



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**5**  
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**8**  
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**9**  
**Sounds of a Summer**  
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**10**  
**Elemental Fusion Fest**  
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**11**  
**Asbury Park**  
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**12**  
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**13**  
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**27**  
**Golden Dragons**  
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**28**  
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 Boyd Park, Rt. 18,  
 New Brunswick

**29**  
**Movie**  
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**30**  
**Tears For Fears**  
 Concert  
 at Count Basie  
 Theater

Please check with all venues to confirm dates and times in case changes were made after print.

# Kids and Television

**How much daily tube time do you give your kids? Two hours? Four? Six? The amount of time children spend watching television can have a direct impact on their sleeping habits, according to new research.**

The researchers, from Massachusetts General Hospital for Children and the Harvard School of Public Health, followed 1,800 children from infancy to almost 8 years old. The team asked their parents how much TV the kids watched when they were 6 months old, then every year after.

The result was clear: The more TV the kids watched, the less they slept. Children with a TV in the bedroom also lost sleep – sometimes up to half an hour less than those in TV-less rooms.

## TV-Sleep Connection

One of the main reasons TV can shift sleep patterns is its ability to stimulate a delay in the onset of sleep. Watching violent TV might also lead to interrupted sleep, according to the American Academy of Pediatrics, since it might create anxiety that could prevent sleep if awakened in the middle of the night.

So why is sleep so important to children? Sleep deprivation in children is linked to worse performance in school, along with depression, injury, and obesity, according to the sleep study authors. By cutting down on TV and spending more time enjoying other pastimes, children can improve their sleep quality.

## Family Media Plan

The AAP is concerned not only about children and TV, but also what it describes as new media spanning cell phones, social media, iPads and other devices capable of connecting online.

TV remains the most popular medium for children and adolescents, but these other options are providing more “screen time” across the board. The AAP encourages parents to establish and enforce family media plans that spell out clear guidelines for when and how often children can have access to media.



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# Smart Snacking Advice

*What your child eats and drinks for snacks can either propel them or hold them back, especially in terms of school performance. Serving healthy snacks to children has been shown to improve their study habits.*

The California After School Resource Center reports that healthy snacks lead to better focus in the classroom and better eating at home, as well.

Choosing plenty of fruits, vegetables and water during snack periods is important to provide good nutrition, supporting lifelong healthy eating habits and helping to prevent heart disease, cancer and obesity.

## Calories on the Rise

The number of calories that children consumed from snacks increased by 120 calories per day between 1977 and 1996, according to the Center for Science in the Public Interest.

It is up to teachers, caregivers and parents to curb this trend of increased caloric intake. Healthier options in the classroom, during after-school programs and on the sports field can go a long way toward improving energy levels and overall health for students.

## Fruits and Vegetables

The American Academy of Pediatrics recommends that fruits and vegetables comprise the majority of snacks served to students, since most kids do not eat the recommended amount of five to 13 servings per day.



Fruits and vegetables are crucial to increasing the amount of vitamins A and C and fiber in your child's diet – and are also less costly

than other less-healthy snacks. The average cost of a serving of fruit or vegetable (all types – fresh, frozen and canned) is 25 cents per serving, according to the U.S. Department of Agriculture. That's a steal of a deal compared to a \$1 candy bar or bag of chips.

## Drinks

Soda, sweetened tea, lemonade and juice drinks: all major no-no's according to the AAP. Children who drink more sweetened drinks consume more calories and are more likely to be overweight than kids who drink fewer soft drinks.

These drinks also work to displace healthful foods in kids' diets, says the AAP. Milk can help prevent osteoporosis, and 100-percent juice can help prevent heart disease. Both are recommended options for keeping kids as healthy as possible during snack time.

## Spicy Black Bean Chili

This hearty soup, delivers 17 grams of protein and 13 grams of fiber per serving, is a delicious way to keep you full and satisfied. What's more, this recipe features two types of hot pepper: chili powder and jalapeños. As with all spicy foods, eating these peppers lights a fire under your metabolism, increasing your calorie burn rate.

### INGREDIENTS

- 2 teaspoons olive oil
- 1 large chopped onion (about 1 1/2 cups)
- 1 cup jalapeno, seeded and chopped
- 1 large garlic clove, finely chopped
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 4 (32 ounces) boxed roasted red pepper and tomato soup
- 2 (15.5 ounce) cans black beans, rinsed and drained
- 1/4 cup reduced-fat sour cream
- 1/4 cup chopped fresh cilantro
- 1/2 cup firm-ripe diced peeled avocado Cilantro sprigs (optional)



### DIRECTIONS

Heat the oil in a large saucepan over medium-high heat; add the onion and jalapeño; cook, stirring until softened (about 3 minutes). Stir in the garlic, chili powder, and cumin; cook 1 minute. Stir in soup and black beans; simmer 5 minutes. Stir in the chopped cilantro. Ladle soup into bowls; top with 1 tablespoon of sour cream, avocado, and cilantro sprigs, if desired.

# Vaccinations Required

With the hustle and bustle of the back-to-school season, it is crucial to not overlook the vaccinations that your child needs.

All school-age children – from preschoolers to college students – need vaccines to keep them protected from serious diseases. The Centers for Disease Control and Prevention urges parents to check in with their child’s pediatrician to make sure they are up to date on recommended and required vaccines.

Parents can find out which vaccines their children need and when the doses should be administered by reviewing CDC’s recommended Childhood Immunization Schedule ([www.cdc.gov](http://www.cdc.gov)). Different states also have specific vaccine requirements for particular grade levels.

## Young Children

The CDC identifies 14 diseases that can become serious or even life-threatening to a child during the early years of life. Parents who choose not to vaccinate against them risk the disease not only for their children, but also for other children and adults throughout the entire community, the CDC says.

## Preteen and Teen

As children move into the teenage years, they are more at risk for catching certain diseases, like meningococcal meningitis, according to the CDC. HPV is a vaccine built to protect against certain cancers and is recommended to be given during the preteen years. Check the CDC list for a complete immunization schedule for people ages seven through 18.

For diseases such as whooping cough, the protection from vaccine doses can wear off in the preteen years. Kids ages 11 and 12 are recommended to get the booster shot Tdap, which is a version of the protective DTaP vaccine given to infants and young children.

## The Flu Vaccine

Flu vaccines are recommended for all children 6 months and older. This obviously includes kids in preschool and elementary school. If your child is afraid of shots, your family doctor may have the option of using a nasal spray instead.

The flu can be a potentially serious issue affecting your child’s overall health, as well as the school attendance record. The CDC recommends adding the flu shot to your back-to-school routine every year.



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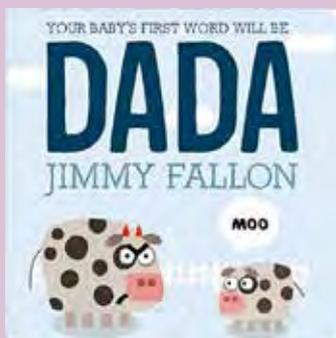
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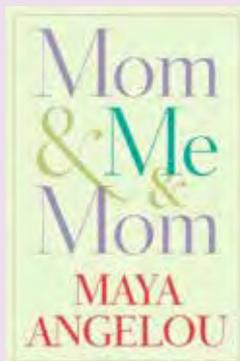
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Your pet will be greeted in the lobby by one of The Green Leaf Pet Resort receptionist and led into the spa. A warm, gentle shower integrated with only the finest, all natural, pet shampoos awaits all the guests of The Green Leaf's Groom Room. All baths include ear cleaning, and nail trimming at no additional cost. Nail filing and painting are also available options. Pet are towed off and blown dry while being brushed and combed by the staff. For pups who are receiving haircuts, trims, styles, and shaves, a separate styling room is at the ready. All dogs are taken on a relaxing walk on the lush, 56 acre grounds of The Green Leaf Pet Resort and are fitted with a seasonal bandana after grooming is complete.

The Green Leaf Pet Resort's Groom Room team consists of Sam, Liz, Britney, Ashley, and Alexis. Sam is the Grooming Department Manager and has over a decade of experience. Sam is a national award winning groomer known for her AKC pet show styling. Liz has more than 8 years of experience and is wonderful with smaller breeds. Britney has 6 years of experience and is especially great with high energy dogs. Ashley is a master of hand scissoring and has a special affinity for the geriatric and special needs pets that require more attention. Alexis is an expert bather who has an eye for detail. There is an expert groomer to suit all breeds and personalities.

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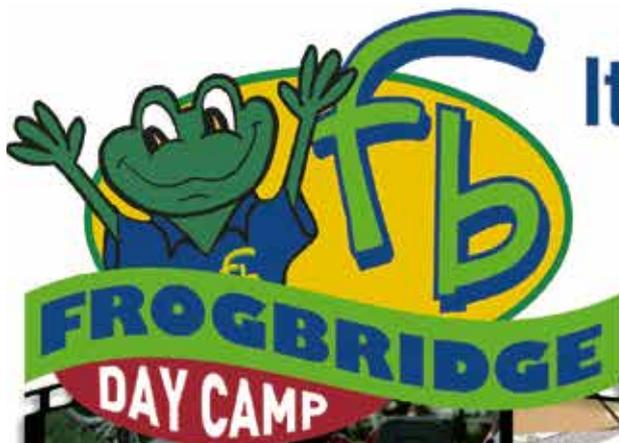
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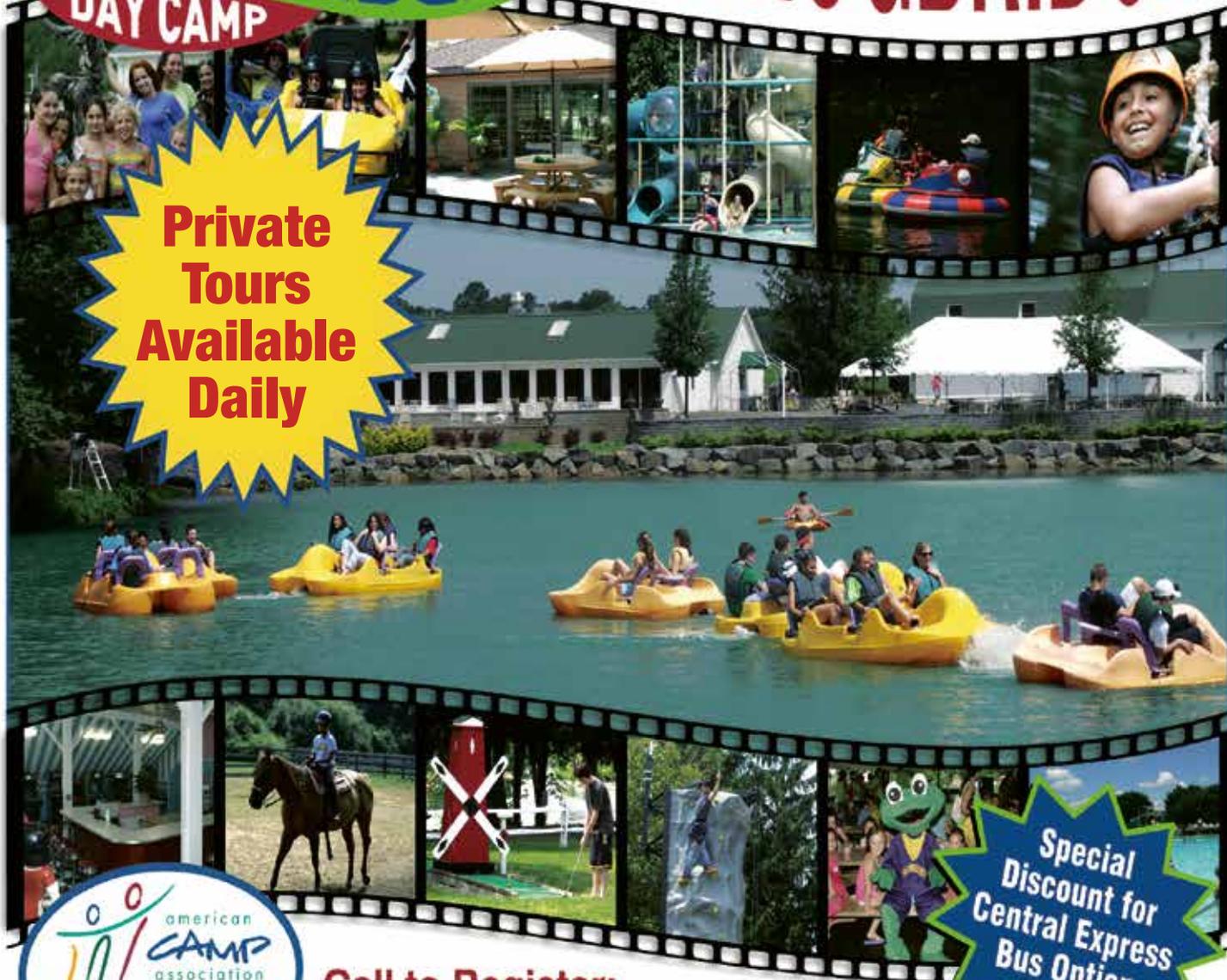


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# School Travel Safety

From the school bus to the neighborhood carpool, your child should have a safe, convenient way of getting to school. The American Academy of Pediatrics reminds parents to be the guiding force in ensuring optimal safety in all modes of transportation.

So whether your child arrives to school via school bus, car or their own feet, it is up to you to make sure their route is safe and their understanding of the rules is clear.

## School Bus Rules

- Encourage your child to wear the bus' lap or shoulder seat belts, if possible.
- Also teach your student to wait for the bus to stop before approaching it from the curb.
- Students should also understand the behavior rules on the bus and help keep the driver free from distractions.

## Car Travel

- Children should ride in a car seat with a harness as long as possible. They are ready for a booster seat when they have reached the top weight or height allowed for the seat.
- All children younger than 13 years old should ride in the rear seat of vehicles, if possible. If you are driving more children than will fit in the back seat, move the front-seat passenger's seat as far back as possible and have the child ride in a booster seat if the seat belts do not fit properly without it.
- Teen drivers should refrain from eating, drinking, phone calls and texting while driving. Many crashes occur due to driver distraction.

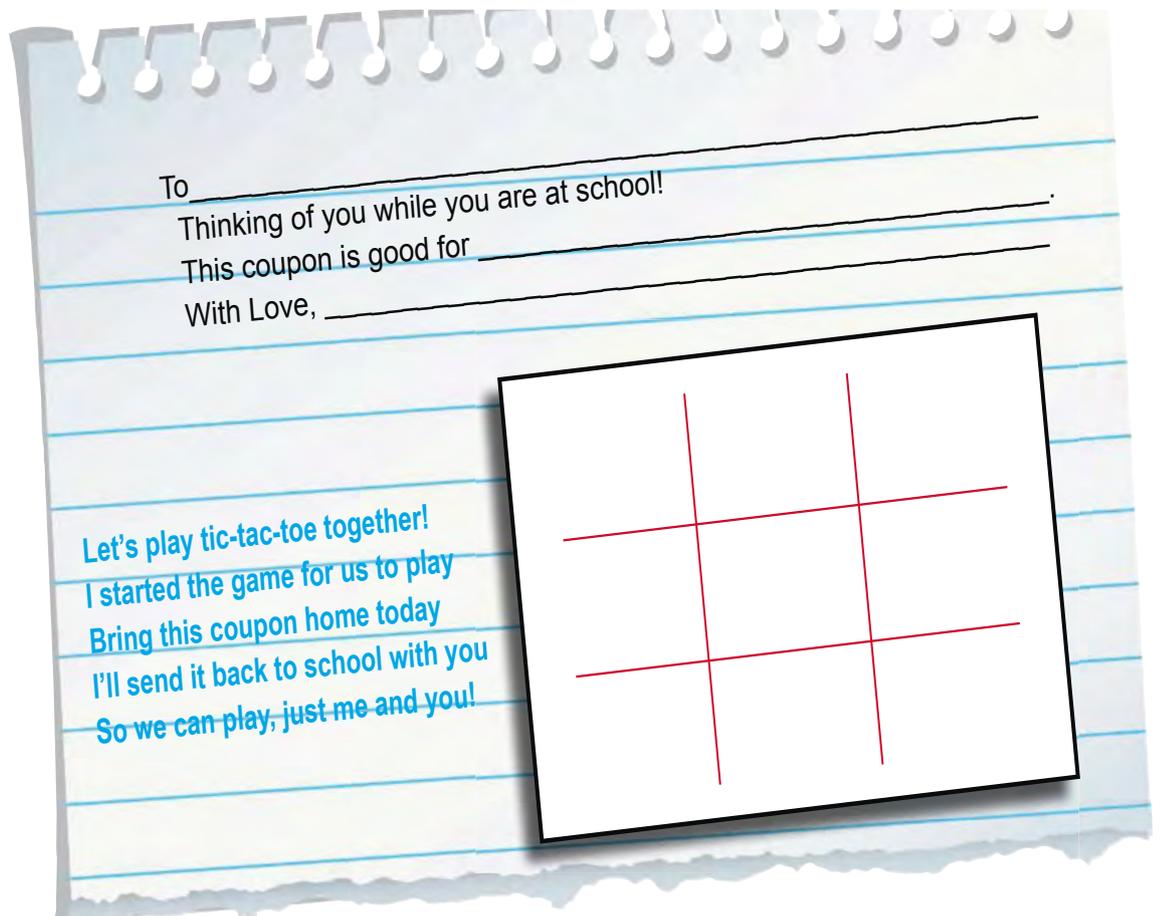
## Walking / Riding Bikes

- When riding a bicycle to school, always wear a helmet and ride on the right, in the same direction as car traffic.
- Wear bright-colored or white clothing to increase visibility. This is particularly important after dark, when your child may come late from a practice or event.
- Make sure your child's pathway to school, whether riding or walking, is well-lit and safe. Walk with them if at all possible until you feel confident in their pedestrian skills.



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# Do you have the right Automobile Insurance?

By John Bazzurro

In my day-to-day practice, I generally see two or three new clients per week that have been involved in automobile accidents. Unfortunately, about 90% of these people carry a policy of automobile insurance that does not allow them to sue for personal injury resulting from a motor vehicle accident. The purpose of this article is to educate the public with respect to its rights as they relate to automobile insurance policies and to inform the public of its options with regard to what type of car insurance they should obtain.

The State of New Jersey is one of many states that have a "no-fault" system of automobile insurance. This basically means that your own automobile insurance company pays your medical bills arising out of a motor vehicle accident regardless of who was at fault in causing the accident. In many states that have a "no-fault" system, there is generally a "tort threshold" in insurance policies or within the state's statutes. New Jersey is a state that contains a "tort threshold" in its statute. This is generally called the "verbal threshold" or the "limitation on lawsuit" threshold.

What does this "threshold" term mean as it relates to your rights as a citizen? Basically, because of this statute, in order to obtain damages for an injury from an injury sustained in a car accident, you must prove that your injury fits into one of several categories. Generally, in such cases which involve spinal injuries, an injured person must prove that they have a permanent injury to an organ or body part that "has not healed to function normally and will not heal to function normally with further medical treatment" before they will be entitled to money damages.

Insurance companies use the above statutory language in an attempt to convince a judge or jury that such injuries are not related to an accident and, even if such an injury was related to the accident, the spine now "functions normally." Oftentimes, juries "buy into" these arguments and refuse to find that a permanent injury has occurred. Once a jury reaches that conclusion, the injured party is not entitled to receive a monetary award even where the injured party has sustained rather significant life-changing injuries.

What can you do to protect yourself and your family against such an unfair outcome? Fortunately, in the State of New Jersey, you have a choice as to whether or not you want this "limitation on lawsuit" option to apply to your policy. Of course, it is better if this limitation does not apply to your policy. Unfortunately, you must pay an extra insurance premium to have this limitation taken off of your insurance policy. Once you pay the extra premium, the limitation described above will not apply to you or any family members living in your household.

If you do not know whether or not the "limitation on lawsuit" applies to your automobile insurance policy, please feel free to contact us so that we may advise you appropriately. If you do have this limiting option on your car insurance policy, we suggest that you immediately contact your insurance company or agent to have the limitation removed. Generally, the increased premium will be no more than a few dollars per month but will provide you with an unlimited right to sue in the event you are injured in an accident.

Should you have any questions with regard to the above or other questions concerning automobile insurance as it relates to personal injury law, please feel free to contact our office.



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# Making New Friends

Making new friends can be a challenging part of starting the school year – particularly for students who switch schools often because of their parents' work requirements.

Students sometimes come from across districts, state lines or even countries to join a new school, entering the environment not knowing anyone. This can be an intimidating venture for students at any age or education level.

Being the only source of continuity after moving away, parents must work diligently to create a sense of belonging and help their child overcome anxiety, the National Association of School Psychologists says.

## Jumping Right In

If your child is nervous or anxious about joining a new group of friends, tell them not to be. They will undoubtedly find fellow students who share the same interests as them, whether they be sports, music or a certain subject.

Teach your child to pay attention to what their peers are talking about and pipe in with their thoughts on the matter. Joining discussions at the lunch table or in the hallway before class can help your child get to know new friends.



## Parents; Take it Easy

If your child is anxious or upset about school, think of ways to let them know you are thinking of them. A little support can go a long way toward changing their attitude about school. Without prodding, talk often about their days and what they learned, but also about more

general topics like what they had for school lunch or if anyone said anything funny during the day.

Lessen the load on chores or extra responsibilities while they acclimate. Reduced pressure at home can lead to a more relaxed and comfortable entry into a new school environment. Offer to help with homework, school events or sports practices.

## Vowel and Consonant COLORING LESSON

**DIRECTIONS:**  
Color the **Vowels BLUE** and the  
**Consonants YELLOW**.

Name: \_\_\_\_\_

*BONUS: Which letter is not in a small box because it can be a vowel or a consonant?*

\_\_\_\_\_

p	s	d	f	l
k	u	g	i	j
q	w	e	r	t
h	z	a	x	m
b	n	o	v	c

# SCHOOL: By the Numbers

*Though the current cumulative state of the budget climate continues to challenge administrators across the country, there are some definite bright spots when delving deeper in the world of education statistics.*

**M**ore than 50 million students will attend public elementary and secondary schools in the fall, according to the National Center for Education Statistics. With population increases and high enrollment rates, this number could surpass last year's record-breaking numbers.

Nearly 22 million students attended college last year, which represented an increase of 6.5 million over the past decade. These numbers are enough to excite students, teachers, professors and staff, alike. Here are more to stoke your educational fire – all from the NCES:

- About 1.3 million children are expected to attend public prekindergarten this fall.
- Enrollment in public kindergarten is projected to reach approximately 3.8 million students.
- Expenditures for public elementary and secondary schools inched near \$600 billion last year and included salaries, student transportation, school books and energy costs. This put the average spending per student at \$11,810.
- The overall dropout rate has declined sharply across all races and age groups over the past decade or so – from 12.1 percent in 1990 to 7.1 percent in 2011.
- The percentage of students enrolling in college in the fall immediately following high school completion was 68.2 percent in 2011. Females (72 percent) enrolled at a higher rate than males (64 percent).
- Private schools continue to better equip themselves to handle their students' needs, as about 500,000 full-time teachers worked in them last year. This resulted in an estimated pupil-to-student ratio of 12.3.
- Every year, colleges and universities expect to award more than 900,000 associate's degrees, nearly two million bachelor's degrees and nearly 800,000 master's degrees.
- The median range of earnings for young adults with bachelor's degrees was \$45,000, while it was \$22,900 for those without a high school diploma or equivalent.



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# When I Grow Up...

When I grow up I want to be a/an \_\_\_\_\_ . People that



\_\_\_\_\_ have this job have to \_\_\_\_\_

\_\_\_\_\_. I want to do this because \_\_\_\_\_

\_\_\_\_\_. I hope that doing this will \_\_\_\_\_

\_\_\_\_\_. I think that this job

amazing because \_\_\_\_\_

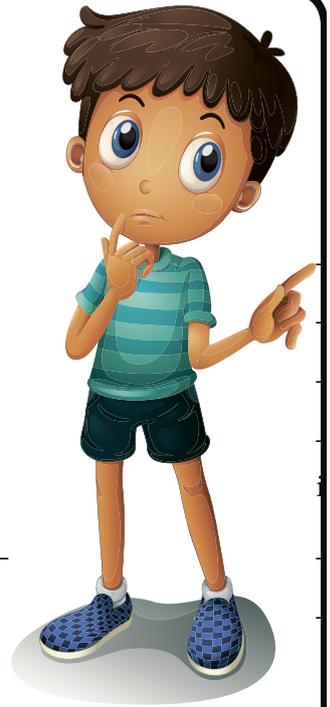
\_\_\_\_\_. To have this job I have to \_\_\_\_\_

\_\_\_\_\_.

Now that you know all about your job, try your hardest in

school and you are halfway there! Keep in mind that you can be anything

you want to be in life, as long as you always try your best!



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