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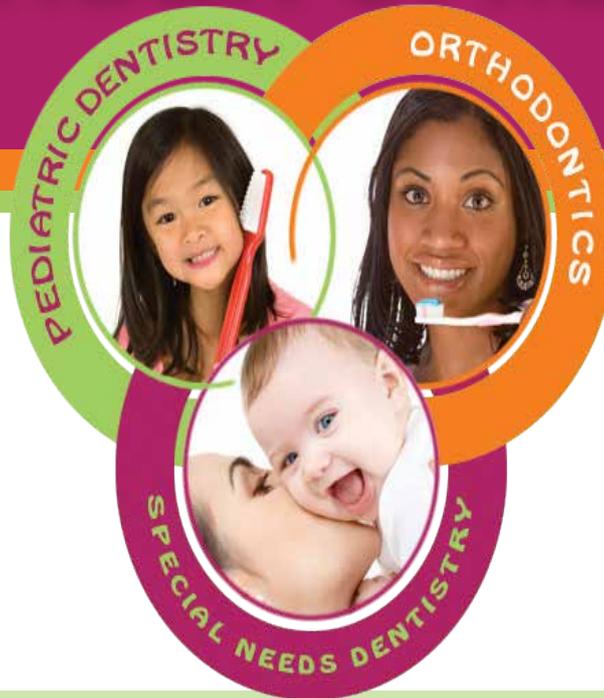
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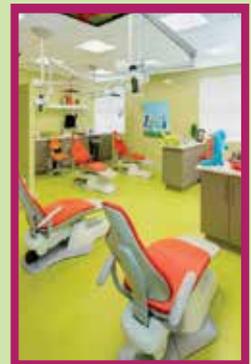
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**FAMILY TIMES**  
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# April is Autism Awareness Month,

which was declared by the Autism Society in April 1970.

In the United States, autism affects 1 in 68 children and 1 in 42 boys. It is one of the fastest-growing developmental disorders in the United States. With better awareness, a better informed public will be more empathetic and supportive towards people with autism.

People with autism are categorized as having Autism Spectrum Disorder (ASD). Both terms autism and ASD are often used interchangeably. It is wide spectrum disorder, meaning people with autism have a set of symptoms unique to themselves with no two people being the same. They do share the same characteristics, difficulties in areas of their lives, although at different levels of severity:

- **Social Skills**
- **Empathy**
- **Physical Contact**
- **Sudden Changes To Their Environment**
- **Speech**
- **Changes to Behavior and Routine**



Children do not “outgrow” autism, but studies show that early diagnosis and intervention lead to significantly improved outcomes.

Interesting is the fact that rates of ASD are anywhere from two to five times higher among boys than they are among girls. In a report published in JAMA Psychiatry, scientists point to one possible explanation for the discrepancy. Brain scientists know that some structures in the brain differ between the sexes; one is the thickness of the cortex. The brain’s outer layer is embedded with nerves involved in memory, thinking, language and other higher cognitive functions. Males tend to have thinner cortex measurements, while females tend to have thicker ones. The thinner the cortex, regardless of gender, the more likely the person was to have ASD.

In June 2014, researchers estimated the lifetime cost of caring for a child with autism is as great as \$2.4 million. The Autism Society estimates that the United States is facing almost \$90 billion annually in costs for autism, including research, insurance costs and non-covered expenses, Medicaid waivers for autism, educational spending, housing, transportation, employment, related therapeutic services and caregiver costs.

The financial cost is nothing compared to the emotional drain on the entire family. If you look at your normal daily parenting routine with your children, very little of it can apply to a parent of an autistic child.

There are many ways to get involved in the autism community. You can donate your time or money toward research, support or awareness. You can spread the word to promote tolerance and understanding. If you know someone with ASD, give a little love... be a friend.

## QUESTION:

### What are the benefits of group therapy?



Depending on the nature of your problem, group therapy can be an ideal choice for addressing your concerns and making positive changes in your life. Joining a group of strangers may sound intimidating at first, but

group therapy provides benefits that individual therapy may not. Other therapists and I find that group members are almost always surprised by how rewarding the group experience can be.

Groups can act as a support network and a sounding board. Other members of the group often help you come up with specific ideas for improving a difficult situation or life challenge, and hold you accountable along the way.

Regularly talking and listening to others also helps you put your own problems in perspective. Many people experience mental health difficulties, but few speak openly about them to people they don’t know well. Oftentimes, you may feel like you are the only one struggling — but you’re

not. It can be a relief to hear others discuss what they’re going through, and realize you’re not alone. By seeing how other people tackle problems and make positive changes, you can discover a whole range of strategies for facing your own concerns. Group therapy sessions are led by one or more therapists with specialized training, who teach group members proven strategies for managing specific problems. Many people find it’s helpful to participate in both group therapy and individual psychotherapy. Participating in both types of psychotherapy can boost your chances of making valuable, lasting changes. If you’ve been involved in individual psychotherapy and your progress has stalled, joining a group may jump-start your personal growth.



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# Our Postpartum Truth - In Her Words: The Symptoms

By Michele Inzelbuch, LCSW, LCADC

Women have babies every day, but not every woman has the same joyous experience. A dramatic decrease in hormones can trigger postpartum depression (PPD) or anxiety (PPA) when hormone levels do not return to normal. According to the Center for Disease Control (CDC), one in seven women develop the disease due to this fluctuation, but only 15 percent seek treatment. Difficult pregnancies, traumatic births, lack of support and medical complications can add to the severity of the illness. Struggling both internally and externally, these women work hard to overcome obstacles. Each woman's experience is different but the need to heal is strong for themselves and their families.

What was your experience when you first started having symptoms of PPD/PPA?

N.D. had no symptoms until a few weeks after the baby's birth.

"Then the anxiety kicked in," she said. "I would wake up almost every hour, in extreme paralyzing panic."

The anxiety brought on a fear of being alone. Depression can be draining and left N.D. feeling fatigued making it difficult to shower, get dressed and leaving her home only happened with family assistance.

M.D. had multiple symptoms immediately after her second daughter's birth. Describing her experience as "never ending anxiety attacks, shortness of breath, inability to sit down, pacing for hours. [I] Could not concentrate on anything besides the thoughts swirling in my head."

M.D.'s anxiety triggered racing thoughts and insomnia progressing into obsessive-compulsive disorder (OCD).

"Fearing for my own safety, I couldn't take care of the kids," M.D. said about her fear of being alone. She tried to cope by taking multiple showers daily in hopes of washing "it all away" to escape overwhelming anxiety.

L.O.'s symptoms began immediately after the birth of her daughter. Depression caused her to struggle with self-care.

"It was so incredibly difficult to motivate myself to do it [shower] because I was convinced I could hear my baby crying every time I ran the water," L.O. explained.

Like many other women with PPD, she rarely dressed and avoided leaving the house.

In an effort to decrease anxiety, she tried walking but struggled with negatively intrusive thoughts that developed into panic attacks and she stopped going out.

L.M. experienced extreme anxiety after the premature birth of her second child. "I can't count the times my husband would find me crying with my daughter in my arms," she said. "There was no part of my brain that would be quiet." She felt crippled by anxiety and reacted with uncontrollable tears if she did something "wrong."

PPD/PPA does not care if you are rich or poor, the color of your skin or your age. It is hormonal imbalances that can be exasperated by a traumatic birth, a change in birth plan, life stressors, or have no clear cause.

It is a disease that is treatable and curable, but will not go away on its own. Do not suffer any longer, speak out and get help.

A survivor's advice says reach out to other moms who have been there. Talk to your doctor, obstetrician, child's pediatrician, a trusted friend or family member. Go to therapy and take prescribed medications.

*If you or someone you know has concerns regarding PPD or is showing symptoms, do not ignore them. You are not alone and there is help out there. Please reach out to the Central Jersey Family Health Consortium at 732-937-5437, the Perinatal Mood and Anxiety Disorder Program at Monmouth Medical Center at 732-923-5573, or Michele Inzelbuch, LCSW, LCADC at 732-704-4331.*

## Michele D. Inzelbuch LCSW, LCADC

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# EASTER CRAFTS FOR KIDS

By Jordan Tinitigan

## GLOW EGGS



With Easter Sunday right around the corner, why not get together with your kids and make a fun Easter-themed craft? And what's more festive than dying Easter eggs? Dying unique, colorful, and non-traditional Easter eggs! Instead of dying your eggs one boring old color with the craft-packs, why not try these fun new ways?

### For Glow-in-the-Dark Eggs (in two easy steps):

#### What you will need:

- Fluorescent or Glow in the Dark paint
- Eggs
- Bowls
- Water
- Vinegar
- (Optional for fluorescent paint) lacklight

**STEP ONE** - Add a dollop of any colored glowing paint to a bowl, then mix in water until paint is dissolved

**STEP TWO**- Add about 1/4 cups vinegar and mix well.

**STEP THREE** - Repeat with as many different colors as you want

And that's it! From here on out, you and your children can dip each of their (preferably white) eggs into each colorful and glow-in-the-dark dye!



### For Shaving Cream Eggs:

#### What you will need:

- Food Coloring
- One or Two cans of shaving cream (Must be foam!)
- A glass pan or flat bottom bowl or dish to roll the eggs in
- Eggs
- Toothpick

**STEP ONE**- Spread the shaving cream very smoothly in the pan/bowl.

**STEP TWO**- Place small drops of different colored food coloring all over the shaving cream.

**STEP THREE**- Drag the toothpick through the shaving cream in random lines. Large swirls and loops will give a cool layering effect.

**STEP FOUR**- Place the egg in and roll it around in the shaving cream.

**STEP FIVE**- Take it out and set it to dry for 5-10 minutes. Then, wipe it off gently with a paper towel.



### For Toddler Friendly Crayon Resist Decorated Eggs:

#### What you will need:

- Eggs
- Plastic Cups
- Liquid Watercolors
- White Crayons
- Vinegar

**STEP ONE**- Have your child draw, scribble, or write whatever they want on the egg with the white crayon. This works the best when done right after the eggs are hard-boiled. (The warmer the egg, the easier to write).

**STEP TWO**- After coloring, put the eggs in the refrigerator for 10-15 minutes, or until the crayon design is no longer liquid-like.

**STEP THREE**- Rinse the eggs with vinegar, and while still wet with vinegar, place the eggs in a clean cup and squirt them with the color(s) of liquid watercolor of your choice. Voila!





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## What Is Swimmer's Teeth?

By Joely Phenes

**C**ompetitive 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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## Handling Summer Camp Homesickness

By Susan Heckler

Separation Anxiety can happen for any length of time. Whether it is for a short morning, full day or sleep away; your child may be feeling it and so may you. It is a parenting hurdle worth leaping as it helps campers learn to believe in themselves and cultivate alternate support systems away from home.

Let's face it, you have done your very best to provide a great home and family to surround your child. This is what they are familiar with. You take them out of their comfort zone and send them somewhere new, be it day camp or sleep away, and adjustments need to be made.



### How can you help your child in this process?

- **Watch your words before the camp experience begins.** Some parents say things unknowingly that gives a feeling of guilt. "Your little sister will sure miss you," or "The house will feel so empty" and that type of speaking can be a negative to a young mind. Talk about their summer with excitement and positivity. Camp staff understands the transition period may be hard on some kids and are prepared to handle it.
- **Don't give your child an impression that they can come home at any time and you will rescue them.** They will never give it a chance if you do this. They need to understand that this is their home away from home for a period of time and they will make friends, try new things, have a great time, and come back to their loving families with great stories to share.
- **Let go and give it some time.** Many camps will not allow calls from home for the first week to two to give your child some adjustment time. That doesn't stop you from touching base with the camp to inquire. When you do speak with them, stay upbeat and ask about their experience. Don't discuss missing them or dwell on the happenings at home. Make the call about them and their time at camp.

And if you happen to be one of the lucky parents who don't experience a homesick child, don't take it personally. They love you and miss you but feel like they are on a solid foundation and can practice some independence.

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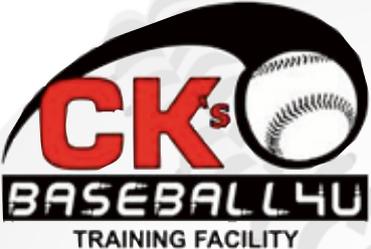


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## Away at Camp

*Taking part in an annual camp can be one of the most exciting parts of a child's summer.*

There are nature walks, cookouts and up-all-night summer fun. Camp has long provided many staples of American childhood and should be experienced by any child seeking some adventure and camaraderie.

But before you pack a bag and send your child off to summer camp, you should take some precautions to ensure that the trip is both fun and safe.

### Research the Camp

As a responsible parent, you should get to know what medical and safety services are available at the camp. According to recommendations from the American Academy of Pediatrics, a safe camp will make public its written health policies and protocols.

All children attending a quality camp should be required to have had a complete exam by a doctor in the past year and be up to date on all childhood shots. Before camp starts, parents should make sure camp officials understand any health issues the child has, as well as past significant illnesses, operations, injuries and allergies.



It also is important to find out if the camp has nurses or other medical personnel on site. Is there a place your child will be able to go if she doesn't feel well? What are the caregiver's credentials and background in treating children? These are critical questions to ask camp officials before sending your child there.

### Homesickness

The stress of being away from home should be a serious consideration before enrolling your child in summer camp. Eight out of 10 campers report being homesick at least one day at camp, according to American Camping Association statistics. Less than 10 percent of those cases result in the child becoming so anxious or depressed that he stops eating or sleeping, the ACA says.

You know your child best, so if she has struggled with leaving your company in the past, maybe a short day camp is good way of testing readiness for the overnight variety.

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## Can Tonsils Grow Back?

By Brianna Siciliano

**T**onsils, two lumps of tissue that fight germs for your body, can be prone to infections, causing individuals to feel ill very often. If this is the case for you (or a family member), a tonsillectomy may be the best option. Tonsils are surgically removed during a tonsillectomy, and individuals are usually less prone to sore throats or breathing issues at night once the procedure is done. Is it possible for tonsils to grow back after this surgery? Unfortunately, yes!

During a tonsillectomy, most of the tonsils are removed (keyword: most). There is a chance that tissue will remain in an individual's throat after surgery, and that tissue can regenerate (even if there is only a small amount of remaining tissue). Tonsils growing back are not very common. It will take a long time for tissue to grow, therefore if tonsils do begin to grow back, it is very unlikely they will ever grow back to their original size.

Tonsils regrowing are very uncommon, but getting strep infections or sore throats after removing your tonsils are not as uncommon. Do not be under the impression that because an individual has had his or her tonsils removed, he or she will never suffer from a throat infection again. That is false. It is still possible to get throat infections once tonsils are removed, but usually, these infections are not as severe as they could have been before the tonsils were removed. If you (or your child) begin having chronic throat infections, or notice symptoms of sleep apnea, talk to your doctor about the possibility of your (or your child's) tonsils regrowing.



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# In the Kitchen with Mom



## Baked Peanut Butter Jelly Sandwich for Picky Eaters

*This recipe is also the perfect go-to healthy snack for play dates in your home!*  
Serves 4

### Ingredients:

2 tablespoons sugar  
1 ½ tablespoons ground cinnamon  
1/2 stick unsalted butter

8 slices whole wheat bread  
6 tablespoons favorite jam or jelly  
6 tablespoons creamy peanut butter

### Directions:

Preheat broiler to low.

Combine the sugar and cinnamon in a small bowl.

Spread the butter on one side of each bread slice. Flip the remaining slices over and spread them with the jam. Flip the remaining slices over and spread them with the peanut butter. Sandwich together the jam slices and the peanut butter slices, keeping the buttered sides of the bread facing out.

Place sandwiches on a warm cookie sheet and place in oven until top side is golden brown. Flip sandwich over and remove from oven when second side is golden brown.

Remove from oven and sprinkle the cinnamon sugar over the tops. Cut in triangles and serve warm.

Remove the sandwiches from the skillet and cut into quarters. Serve, with the crusts on or off, depending on your child's preference.

## Pesto Chicken Roll and Gluten Free Pasta

*Dinner as a family made easy!*

### Ingredients:

1 lb. chicken breasts sliced Thin  
3 cups prepared pesto sauce  
1 cup shredded mozzarella  
1 box gluten free pasta

### Directions:

Preheat the oven to 350 degrees F. Spray a baking dish with cooking spray.

Spread 2 to 3 tablespoons of the pesto sauce onto each flattened chicken breast. Sprinkle cheese over the pesto. Roll up tightly, and secure with toothpicks. Place in a lightly greased baking dish.

Bake uncovered for 45 to 50 minutes in the preheated oven, until chicken is nicely browned and juices run clear.

Cook Gluten free pasta according to directions. Drain water and toss with 2 cups pesto sauce.

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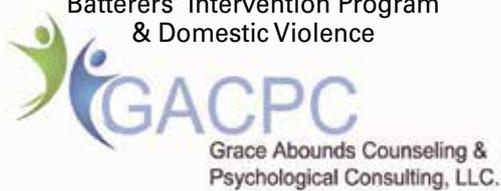
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## Show and Tell for Parents— Take Our Daughters and Sons to Work Day

By Susan Heckler

**M**ark your calendars for April 27th because you don't want to miss this year's Take Our Daughters and Sons to Work Day. In its 25th year, this organization strives to expose girls and boys to what a parent or mentor in their lives does during the work day by showing them the value of their education, helping them discover the power and possibilities associated with a balanced work and family life, providing them an opportunity to share how they envision the future, and allowing them to begin steps toward their end goals in a hands-on and interactive environment.

Recommended for the age range of 8-18, more than 37 million youth and adults have participated at over 3.5 million workplaces each year. The theme for 2017 is "Count on Me." The National Association of State Foresters (NASF) joined the Take Our Daughters and Sons to Work Foundation in a partnership to inform children nationwide on the importance of forests and forestry jobs. This year's theme was chosen because our forests are a valuable resource, which requires continuous efforts to preserve them for future generations.

For more information on how you can be involved as a parent, educator, or employer, check out their website at [www.daughtersandsonstowork.org](http://www.daughtersandsonstowork.org).





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## STAY HEALTHY BY BIKING

Bicycles Can Make Fitness Fun For the Family

Although there's nothing quite like a picturesque bike ride on a pleasant summer day, research shows that biking regularly is actually a great form of exercise that promotes many health benefits.

A summer of biking is a fantastic way to enhance fitness and health in both children and adults. It's an enjoyable activity that can be done independently or with family and friends.

### EXERCISE

Once you've got a bike, and possibly some protective gear, you are ready to roll into one of the easiest forms of exercise. Cycling does not require advanced skill levels to achieve its many health benefits.

A half hour anytime throughout the day and some chosen terrain has all the makings of a great work-out session without any health club fees.

Burning calories is one of the most important health benefits of cycling. One hour of biking can allow a person to burn as many as three hundred calories.

Although the cycling should be steady in order to achieve the maximum calorie-burning benefit, it can be at your own comfortable pace.

Moreover, most people who bike become so caught up in the scenery and their

destination that they may barely notice that they are, indeed, shedding some unwanted pounds.

### BUILDING MUSCLE

Biking is an excellent way to strengthen muscle tone, increase endurance and improve overall physical strength.

Many people might think that the legs get all the benefits of the cycling workout, but truth be told, many parts of the body are busy doing something whether it's pushing pedals or swiveling hips.

That being said, biking certainly increases muscle strength and promotes mobility of knee and hip joints.

Biking is excellent fitness for the body's cardiovascular system too. Research has demonstrated that biking 20 miles per week can decrease the risk for heart attack by as much as 50 percent.

Biking helps to raise the heart rate and provides many of the same benefits that aerobic exercise can provide. Additionally, biking on a regular basis increases a person's endurance so that fitness levels

actually get better over time.

### MENTAL BENEFITS

Research suggests that biking, as well as other forms of regular exercise, is actually good for the mind.

Biking can help reduce stress levels and even decrease depression naturally and safely. The combination of exercise with the summertime beauty of the great outdoors can be an emotionally uplifting part of each day.



# Spring Skills – Interjections

Interjections are exclamation words that show expression. An interjection word is often followed by an exclamation point, but not always.

**Ouch! That really hurt!**

**Hey, that was mean!**

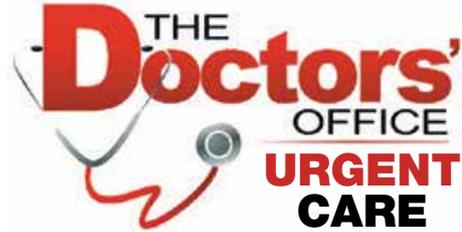
**Wow! What a great invention!**

Complete the sentences below by placing an interjection from the word bank in each blank. Brainstorm examples of interjections with a partner before beginning.

**Ouch   Congratulations   Ahchoo   Shhhhh   Ugh**

1. \_\_\_\_\_, the doogy sneezed!
2. \_\_\_\_\_, it's your birthday!
3. \_\_\_\_\_, we are in a movie!
4. \_\_\_\_\_, the bee stung me!
5. \_\_\_\_\_, more homework!

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## Flame Retardant Chemicals in the Home

By Susan Heckler

The average American home contains multiple sources of toxic flame-retardant chemicals. They're widely used in carpets and textiles, foam insulation, polyurethane foam furnishings, electronics and plastics and motor vehicles.

These outgas into your home regularly. The chemical industry maintains that these chemicals are necessary to keep flames from engulfing your home as quickly, allowing you valuable time to escape. The other opinion is that they have questionable effectiveness, while exposing you and your children to indisputably toxic substances.

Polybrominated diphenyl ethers (PBDE) bear a resemblance to the molecular structure of PCBs, which have been linked to cancer, reproductive problems and diminished fetal brain development. Like PCBs, they persist in the environment and accumulate in your body.

Globally, flame-retardant chemicals gross more than \$4 billion a year. The industry has a potential loss financially so they are fighting a ban despite the growing proof of health risks.

Brominated vegetable oil (BVO) was first patented by chemical companies as a flame retardant. The chemical is currently forbidden in food throughout Europe and Japan, but BVO has been added to about 10 percent of sodas in North America for decades. It's added as an emulsifier, to prevent the flavoring from separating and floating to the surface.

It's quite difficult to avoid these toxic chemicals because of their abundant use in household goods and even in the foam insulation used in your walls.

Frighteningly, a study also detected flame-retardant chemicals in **80 percent** of the following children's products tested:

- Nursing pillows
- Baby carriers
- Car seats
- Changing table pads
- High chairs
- Strollers
- Bassinets
- Portable cribs
- Walkers
- Baby tub inserts & bath slings
- Glider rockers
- Sleeping wedges

Since these toxins are not chemically bound to the plastics, foam, fabrics and other materials to which they're added, they easily seep out into your home where they accumulate in household dust. They are also contaminating air, soil and waterways during their manufacture, use and degradation in landfills.

Until these chemicals are removed from use entirely, tips you can use to reduce your exposure to PBDEs around your home include:

- Be particularly cautious with polyurethane foam products factory-made prior to 2005, such as upholstered furniture, mattresses and pillows, as these are most likely to contain PBDEs.
- Older carpet padding is another major source of PBDEs. Take safety measures when removing old carpet. You'll want to use a HEPA filter vacuum to clean up.
- You probably also have older sources of the PBDEs known as Deca which can be found in electronics like TVs, cell phones, kitchen appliances, fans, toner cartridges and more. It's a good idea to wash your hands after handling such items.
- As you substitute PBDE-containing items around your home, handpick those that contain naturally less flammable materials, such as leather, wool and cotton.
- Look for organic and "green" building materials, carpeting, baby items, mattresses and upholstery, which will be free from these toxic chemicals and help reduce your overall exposure. Furniture products filled with cotton, wool or polyester tend to be safer than chemical-treated foam; some products also state that they are "flame-retardant free."
- PBDEs are often found in household dust, so clean up with a HEPA-filter vacuum and/or a wet mop often.

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# CAN YOUR NEIGHBOR TAKE YOUR LAND?

By John Bazzurro

Pursuant to New Jersey law, the short answer to this question is yes. Depending on the circumstances, your neighbor may be able to claim title to a portion of your property. This doctrine is called Adverse Possession.

Under the doctrine of adverse possession, a person who openly, notoriously, continuously and exclusively utilizes another person's property for a certain period of time may be a cause of action with the Superior Court in the county in which the property is located seeking a declaration from the court that they are the properly titled owner to such property. The basis of such a claim under New Jersey law is the failure of the true property owner to file an action for ejectment of the "adverse possessor" within the period of time designated by statute.

Typically, these cases arise when a landowner's fence encroaches onto their neighbor's property or when one landowner builds and continuously uses a structure (such as a driveway, walkway, etc.) which is situated either totally or partially on the neighbor's property. The requirement that the use of the land be open and notorious is to give the rightful landowner the opportunity become aware of the improper use and take action to correct it. Thus, where a fence or driveway only encroach upon the neighbor's property by an inch or two, such an encroachment may not be considered "open and notorious" because such a minor encroachment would not put a reasonable landowner on notice that its property is being encumbered. Other factors which relate to the "open and notorious" requirement include whether or not the adverse possessor consistently acted as if it were the owner of the land in question.

The present statutory timeframe for which the adverse possessor must "occupy" the subject property in order to achieve adverse possession is generally 30 years for developed land and 60 years for undeveloped land. As indicated above, such possession of another's property must be "continuous and exclusive" for these statutory periods. Thus, any attempt by the rightful landowner to exert control over the subject property or any abandonment by the adverse possessor during the applicable time frame will generally defeat a claim for adverse possession. It should be noted, however, that the applicable time frame may be satisfied by the "adverse possession" of more than one titled owner. Thus, if four successive owners openly, notoriously, continuously, and exclusively use their neighbor's land for the applicable time frame, the last titled owner may seek adverse possession based on the time accrued by three prior owners' adverse use. This is called "tacking."

What does all of this mean in practical terms? Basically, if you own real property, you should regularly check your property boundaries to ensure that none of your neighbors are improperly asserting any type of control over it. If you believe one of your neighbors is doing so, we would suggest seeking legal advice as soon as possible and potentially obtaining a survey to determine the nature and extent of the encroachment or use. Similarly, when you purchase a home, you should go over the survey with the surveyor in order to determine whether or not any of your neighbors' fences or improvements (driveways, etc.) do not exist within your property lines. If such condition exists, you should immediately discuss this issue with the attorney who is representing you in that real estate transaction so that your rights may be fully protected.

The bottom line is that, in the event you believe any of these issues potentially affect you, you should seek legal advice as soon as possible given the legal nuances involved.

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# Spring Break SPRINGS into ACTION with Extended Hours at iPlay America

iPlay America knows how important Spring Break is to kids! That's why this Spring Break, iPlay America is inviting kids to PLAY MORE with EXTENDED HOURS April, 10 – 17! Starting Monday, April 10 and happening every day through Monday, April 17, iPlay America will be opening its doors at 10 AM, to give their guests MORE time to enjoy everything iPlay America has to offer!

That's MORE time to ride the rides! That's MORE time to spin like crazy on the Freedom Rider Spinning Coaster and MORE time to climb to new heights on the Sky Trail® High Ropes Course (the largest indoor ropes course in New Jersey). Think of all the amazing FUN kids can have testing their skills on rope bridges, zig-zag beams, cargo nets, walk across beams, and vertical ladders!

MORE time to enjoy the awesome selection of video, skill, and crane games in iPlay America's Arcade! More time means more FUN playing over 250 of the hottest cutting edge games and traditional video favorites! Plus, iPlay America's Arcade features more crane games that anywhere else in New Jersey!

For those who LOVE action, iPlay America has go karts, bumper cars, Laser Frenzy, and the Cosmic Battle Laser Tag Arena! That's two levels and 6,500 square feet of pure Laser Tag excitement! Imagine the FUN kids can have with MORE time to careen around the track in one of iPlay America's super-exciting electric go karts, ALL that extra-time to blast and battle in the arena and to BUMP on the bumper cars!

Younger kids will thrill to the fantastic selection of rides especially for them at iPlay America! There is FUN in abundance for our younger Spring Breakers and they will have the time of their lives twirling on the Dizzy Dragons, flying high on the Happy Swing, taking a majestic turn on the beautiful Carousel, or setting sail on the Jump Around!

There is so much FUN to be had over this Spring Break and iPlay America's extended hours gives everyone a chance to enjoy it ALL! So make plans NOW to get here early and catch Glacier Race and Time Chasers in the 4-D Theater! Go wild playing Whac-A-Mole, cast their sights on a good time down at Bob's Fishin' Hole, or shoot like the stars with Hot Shot Basketball!

So much to do and great food too! Because guests who are hungry for MORE than just a good time during Spring Break can enjoy lots of delicious and delightful taste treats at Game Time Bar & Grill, Rob's Pizza, Sonny's, Mixx, The Grind Coffee Co., Boardwalk Bites, and Broadway Sweets, one of largest candy stores in Monmouth county!

Spring Break is the BEST time to spend MORE time at iPlay America! Make plans NOW to come and enjoy all the fabulous family fun to be had in iPlay America's nearly four acres of rides, games, and attractions! This Spring Break Get Inside MORE Fun at iPlay America!



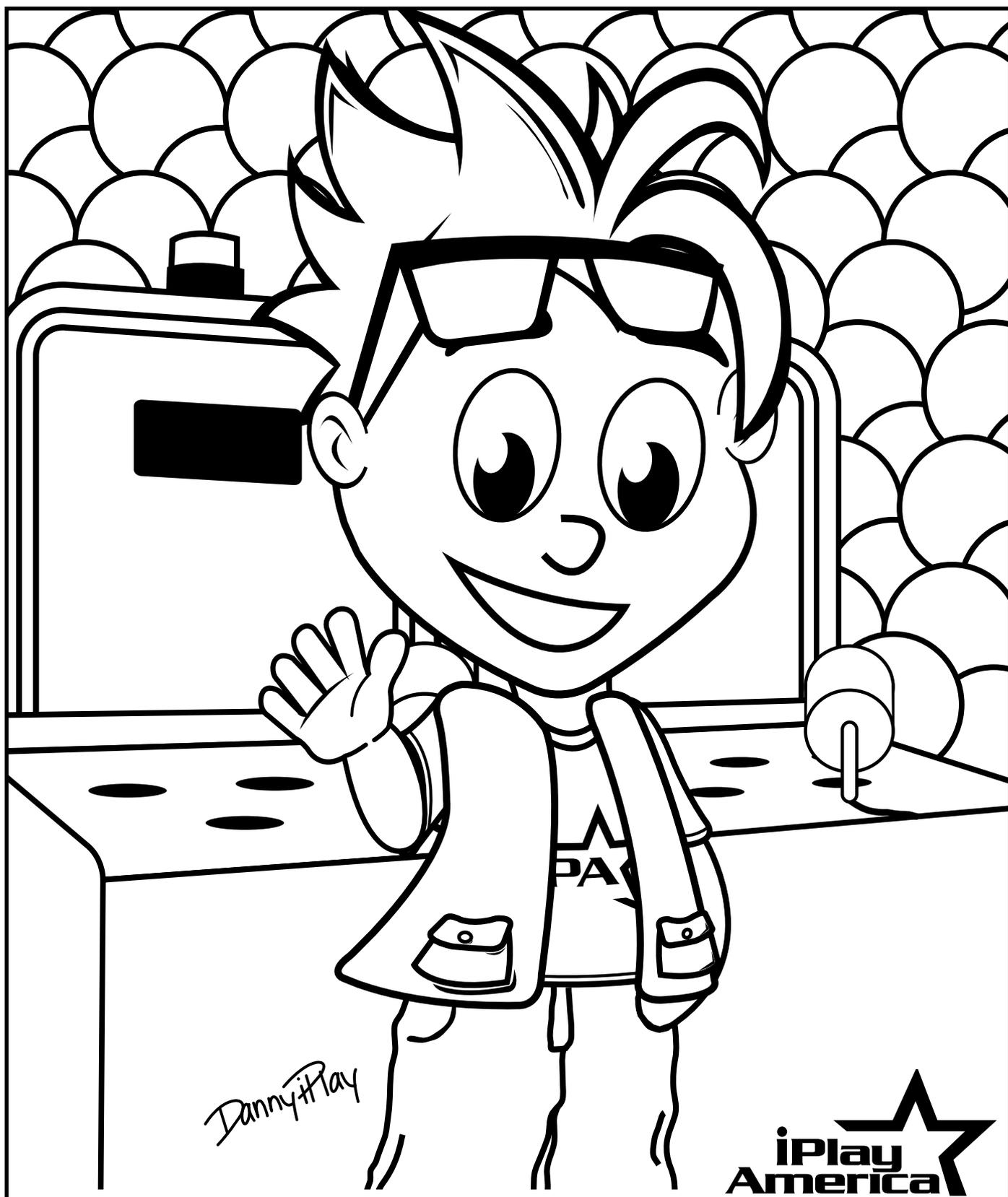
## Health Lesson

Being healthy is knowing that your body needs a balanced diet to grow up strong and healthy. A balanced diet means eating the right amount of daily servings from each of the five food groups. Unscramble the words below and then write the food group they belong to next to the unscrambled word.

	FOOD	FOOD GROUP
1.	cbolcroi	_____
2.	uyektr	_____
3.	tlaoaem	_____
4.	slevio	_____
5.	ysrtreawb	_____
6.	reghmabru	_____
7.	sithtepag	_____
8.	euetltc	_____



Answers: 1. broccoli;vegetable 2. turkey;protein 3. oatmeal, grains 4. olive;fat 5. strawberry; fruit 6. hamburger;protein 7. spaghetti; grains 8. lettuce; vegetable



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The NJ Chapter of Room to Read is excited to welcome Cory Heyman, Chief Innovation Officer and Executive Director of Room to Read to Princeton April 20th. The afternoon begins with an open house at the Princeton Public Library from 3-5 pm in the Community Room. Cory will share details from his recent trip to South Africa and Rwanda. Cory is the featured speaker at Startup Grind beginning at 6pm on 4/20. Tickets can be purchased here. Room to Read began in 2000 when John Wood was inspired to tackle the issue of global literacy following a trekking trip to Nepal. He left his prominent position with Microsoft to become one of the first social entrepreneurs. His journey is chronicled in the book *Leaving Microsoft to Change the World* by John Wood. There are 50 volunteer chapters around the globe hosting fundraising and awareness events to support Room to Read programs. Room to Read focuses on literacy and gender equality in education in 10 countries in Africa and Asia. [www.roomtoread.org](http://www.roomtoread.org) The NJ chapter originated in 2010 near Basking Ridge following a speech John Wood gave in NYC. The group has grown steadily through speaker events, scout troop visits, and local partner projects. The NJ chapter released a community cookbook in 2016: *Recipes Worth Reading*. The book contains 150 recipes from NJ chefs, shops and home cooks. Every one dozen cookbooks sold covers funding for a girls' education scholarship for one year. Room to Read has put nearly 40,000 girls through scholarship. The NJ chapter of Room to Read facilitates fundraising projects that create awareness for literacy and gender equality in education worldwide, while promoting local businesses, connecting our local and global economies for good. Room to Read NJ partnered with Ed Ventura of The Grape Escape to publish the cookbook and ensure all proceeds benefit Room to Read programs. [www.gograpes.com](http://www.gograpes.com) The cookbooks are available for a \$25 donation at Savory Spice Shop in Princeton. Our volunteer model encourages people to turn their passion into purpose by creating an event to benefit Room to Read. Whether it be a book swap, a bake sale or a bike ride, there are so many ways to contribute. Our volunteer engagement allows students to conceptualize, organize, publicize and supervise an event to benefit their less fortunate peers on the other side of the planet. Kids today are academically advanced, but lack the soft skills necessary for our future work force in an ever expanding global economy; public speaking, leadership and teamwork to name a few. Please contact Volunteer Chapter Leader Nicole Smith to learn how you can help, [rtrnicolesmith@gmail.com](mailto:rtrnicolesmith@gmail.com).



# QUESTION:

## Do my glasses really need UV Protection?

# ANSWER:

YES! Both your sunglasses and regular glasses should have UV protection.

Ultraviolet (UV) is a type of electromagnetic radiation which constitutes about 10% of the total light output of the Sun. Most of it is filtered out by the Earth's atmosphere, although enough comes through to have implications. There are three types of UV radiation. UV-C is absorbed by the ozone layer and does not present any threat. However, UV-A and UV-B radiation can have long- and short-term negative effects.

Long-wavelength ultraviolet radiation can cause chemical reactions and causes many substances to glow or fluoresce. This includes the biological effects from its interactions with organic molecules. The UV spectrum has both beneficial and harmful effects to human health. On the positive side, Ultraviolet is responsible for the formation of bone-strengthening vitamin D in humans, your suntan and cute freckling. These and sunburn are familiar effects of over-exposure, along with higher risk of skin cancer.

Just as we have learned to protect our skin from the harmful rays, we must also protect our eyes. If your eyes are exposed to excessive amounts of UV radiation over a short period of time, you will likely experience Photokeratitis. This is equivalent to a "sunburn of the eye," and can be painful. Its symptoms include red eyes, a foreign body feeling or gritty feeling in the eyes, extreme sensitivity to light and excessive tearing. The symptoms are usually temporary and rarely cause permanent damage to the eyes.

The longer your eyes are exposed to solar radiation, the greater the risk of developing cataracts or macular degeneration later in life. As a precaution, whenever you spend time outdoors, wear

Dr. Steven Linker, OD



quality sunglasses that offer UV protection and a wide brim hat.

Not all sunglasses protect you equally. The color and degree of darkness sunglasses provide have nothing to do with their ability to block UV rays. You can also opt for wraparound sunglasses or close-fitting sunglasses with wide lenses that protect your eyes from every angle. Some contact lenses also offer UV protection, but should be worn in combination with sunglasses to maximize protection. The larger the lenses, the more of your eye and soft tissue around it get protection.

In purchasing sunglasses, keep in mind:

- Block out 99 to 100 percent of both UV-A and UV-B radiation
- Screen out 75 to 90 percent of visible light
- Lenses should be perfectly matched in color and free of distortion and imperfection
- Lenses should be gray for proper color recognition

Chronic exposure to shorter-wavelength visible light (blue and violet light) may also be harmful to the retina. Many digital devices emit this shorter-wavelength visible light. Blue light is part of the visible light spectrum. The sun emits blue light, as do artificial light sources, such as LEDs, computers and smartphones.

Blue-violet light can be harmful to the eyes, specifically the retina. It is a risk factor for the onset of age-related macular degeneration, a deterioration of the part of the retina responsible for sharp, central vision. A recent study found that Americans spend almost 2 ½ hours on their tablets and smartphones every day. In addition, most offices and stores use fluorescent light bulbs, and LED lights are becoming increasingly popular. There are lenses and coating for non-sunglasses to protect from this.

The first step in getting help is a visit to your Optometrist to determine your eye health and vision. I invite you to visit my office for an exam to discuss your eye care health and the same for your family. We take most medical insurances and have a wonderful selection of frames should you need glasses. A visit to us may be your first line of ocular defense!

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Saturday	May 20	9:30a-12:30p
Tuesday	June 6	5:30p-7:00p



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## Family Trees & Earth Day

By Stefanie Maglio

A family tree is a record of a family's lineage. They help us to know where we came from and what a future for the family could look like. Learning about your family's lineage should be a group effort. Get the kids involved, as it is good for them to know about their ancestors too. Family trees can also help medical professionals answer questions and make more accurate predictions about one's health. Knowing about family trees may help medical professionals find cures to different diseases sooner. This may be more helpful if there is a specific, genetic disease within the family.

There are multiple ways to put together a family tree. For example, you can trace a male line or a surname. You can start from the present and trace back to as far as you can possibly go. Doing this may take quite a lot of research and some extra help. There are genealogy software programs, which can help you make any kind of family tree electronically. These programs can help make the process easier, although you're only likely to trace back a few generations before it becomes too difficult. Note-taking and consulting professionals may help, however you may not always find exactly what you're looking for. The key is having a willingness to fail. Learning more about your ancestry and attempting to put together a family tree will be a great bonding experience for the whole family and you're bound to learn something no matter what.

This Earth Day, spend time with your family and go out and plant a real "family tree"! It is a great way to give back to the environment while having fun with the ones you love. The tree will last years to come and will be something deep and meaningful for the entire family.

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## LEARNING ACTIVITY

### Fill in the Words

Use the list below to fill in the blanks in each sentence:

<b>organisms</b>	<b>fur</b>
<b>lungs</b>	<b>wings</b>
<b>fins</b>	<b>plants</b>
<b>swim</b>	<b>teeth</b>

Animals share certain characteristics that make them different from plants.

Animals can move; they can run, jump and \_\_\_\_\_. They eat both \_\_\_\_\_ and \_\_\_\_\_.

Animals have many of the same body parts that humans have such as \_\_\_\_\_ for biting and \_\_\_\_\_ for breathing.

Some animals have \_\_\_\_\_ to fly.  
Some animals have \_\_\_\_\_ and gills to move them through the water.

Some animals have \_\_\_\_\_ to keep them warm in the winter.

Answers:  
1. swim 2. plants 3. organisms 4. teeth  
5. lungs 6. wings 7. fins 8. fur

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By Jill Garaffa

## How to Have Freedom around Finances

Dear Jill,

I have read your column for a while and know you coach a lot around health & wellness, but what about finances? Can you help me get organized around money? I don't know what it is, but I find myself so scattered and disorganized in this area of my life and it causes me a lot of stress. I have this whole "avoidance" thing when it comes to money, investing and even paying my bills on time. How do I move through this?

Signed,  
Frozen around Finances

Dear Frozen around Finances,

Wellness, or feeling vibrant in all life areas, encompasses physical, emotional, spiritual, mental and financial well being. Not surprisingly financial health is often linked with other life areas. Financial strain can lead to emotional and physical illness, so it's a great idea to work on having freedom in this area as it has the potential to impact your quality of life in other areas.

Norman Vincent Peale once said, "People become really remarkable when they start thinking they can do things. When they believe in themselves they have the first secret of success." Believing in your self, whether it is your physical health or finances doesn't happen from trying to talk yourself into it (or beat yourself up about it). It starts from having an emotional experience that ignites a little, tiny spark of genuine self confidence. Once you have the first small victory, it lays the ground work for more victories.

The first question for you to consider is: what previous victories have you had in your life? Look back. What are some of your greatest accomplishments? Everyone has at least a few things that they feel quite proud. Did you graduate school? Raise a great child? Are you really good at a few things? Consider the internal strengths & qualities that made you succeed with those other accomplishments and reflect on your own awesomeness! Then, ask yourself, how you can apply those same qualities to your financial life.

The next question for you to consider is: what is the smallest action you can take today to begin to have order around your financial life? For many people, it comes down to organizing their piles of bills and paperwork. If you have months of unopened mail or overstuffed bins filled with papers, consider taking a small block of time (like 15 minutes) and just start working. Do something. Clear one pile. Clear one folder. It's not about finishing the whole job. It's about starting and feeling a sense of accomplishment, however small.

There is a saying "How you do anything, is how you do everything." A life coach can support you with identifying your natural internal strengths & qualities and help you apply them to overcome current challenges to create the life you want.

Wishing you peace, clarity and purpose!  
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.seedsofchangeoaching.com](http://www.seedsofchangeoaching.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@seedsofchangeoaching.com](mailto:jill@seedsofchangeoaching.com) or visit [www.seedsofchangeoaching.com](http://www.seedsofchangeoaching.com) and click "contact us" to be featured in a future column.*

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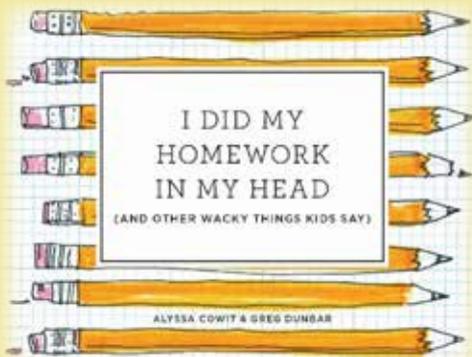
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## I DID MY HOMEWORK IN MY HEAD (And Other Wacky Things Kids Say)

By Alyssa Cowit & Greg Dunbar



NYC school teacher Alyssa Cowit was so fascinated by the questions and comments from her Kindergarteners that she started an Instagram account, @livefromsnacktime, to chronicle them. Alyssa believes children are honest and curious, and while often perplexed, they're brilliant – and that it's a teacher's job to take what children say seriously. Alyssa wants to help adults understand that children are not always acting outrageous to seek attention, but instead thinking out loud, soaking up new information, and solving problems 24/7!

I Did My Homework in My Head (Clarkson Potter; on sale April 4, 2017; \$9.99) is a collection of Cowit's favorite lines—with 175 brand-new quotes exclusive to the book—that celebrates the innocent (and sometimes not-so-innocent) revelations of children.

From friends, siblings, and pets to lying, love, and homework, the wisdom and witticisms on Live from Snack Time have been picked up by Today, Huffington Post, Good Housekeeping, BuzzFeed, and more.

### ABOUT THE AUTHOR

A graduate of Ithaca College, ALYSSA COWIT teaches at an elementary school in New York City. In May 2015, she started the Instagram account Live from Snack Time with GREG DUNBAR, now a digital marketing manager with Walt Disney Studios. Together they have grown Live from Snack Time to more than 56K followers with accolades from Hello Giggles, Cosmopolitan, Babble, ABC News, and Ashton Kutcher. Cowit lives in New York City and Dunbar lives in Los Angeles.

# PASSOVER CRAFTS FOR KIDS

By Jordan Tinitigan

Passover is here, so why not celebrate by creating and coloring some awesome Passover-themed crafts with your kids? Here are some foolproof ways to make colorful and useful Kiddush, Miriam, and Elijah Cups for Passover!

## For a Yarn Cup:

What you'll need:

- Plastic (or glass) goblet
- Colorful Twine/Yarn
- Mod Podge and a Paintbrush

**STEP ONE-** Paint a small section of the glass with Mod Podge

**STEP TWO-** Twirl the first (or only) color twine around the cup on top of the Mod Podged area.

**STEP THREE -**Move down the cup and repeat steps one and two until the entire glass is covered with twine (For a rainbow effect, cut and attach a long strand of red/pink twine, then orange, yellow, green, blue, and purple in that order.)

**STEP FOUR-** (Optional) Glue some decorative jewels/beads on top of the twine



## For a Tissue Paper Cup:

What you will need:

- Assorted color tissue paper
- Plastic (or glass) goblet
- Mod Podge
- (Optional) Jewels

**STEP ONE-** Cut the sheets of tissue paper into little scars or rectangles

**STEP TWO-** Mod Podge the entire goblet

**STEP THREE-** Place multiple colors on the goblet. Make sure there are no negative spaces. (Overlap the tissue paper)

**STEP FOUR-** Add another layer of Mod Podge to seal everything in place

**STEP FIVE-** (Optional) Use tacky glue to glue the jewels on for more decoration.



## For a Jeweled Cup:

What you will need:

- Plastic (or glass) goblet
- Jewels
- Mod Podge or tacky glue
- (Optional) Paint

**STEP ONE-** (Optional) Paint the goblet and let it dry

**Step Two-** Glue the jewels on the goblet and let it dry



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Children's book



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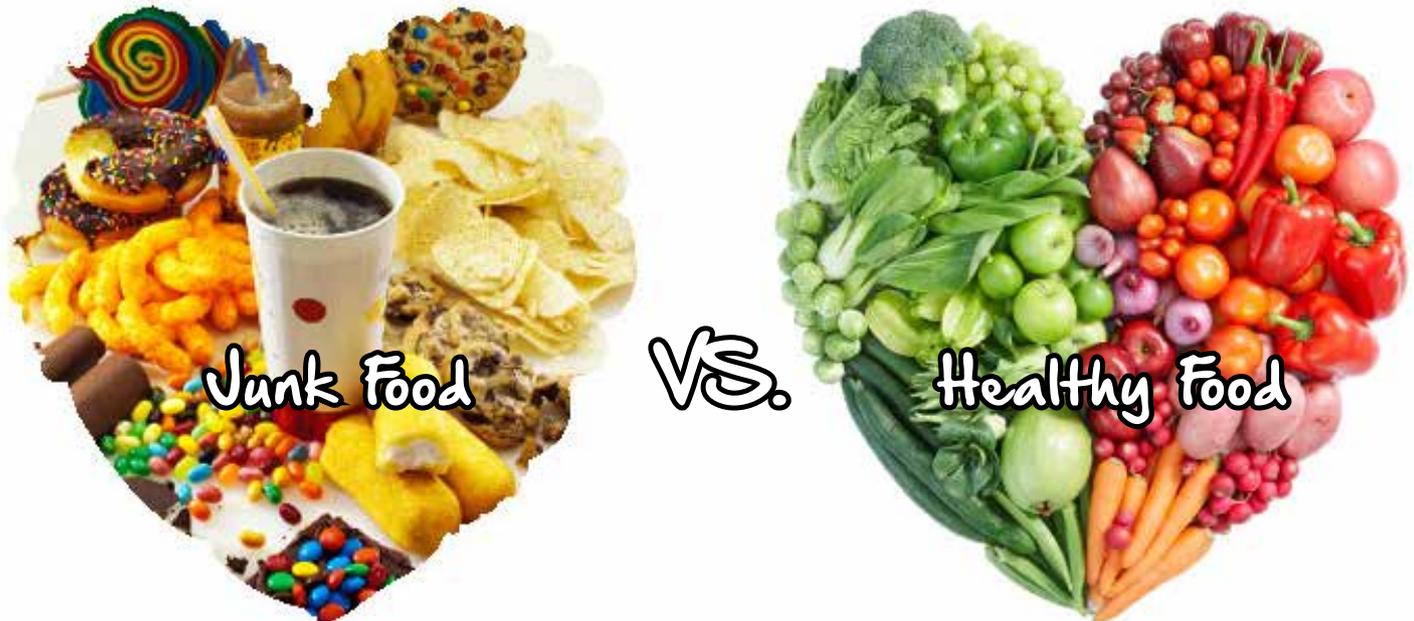
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MEDIA | MARKETING

# Junk Food...is it Kid Food?

By Susan Heckler

When you think of the term Junk Food, what comes to mind? My definition is high calorie, nutrient poor convenient food loaded with sodium, sugar and fat which all generations seem to love. Apparently 25% of the population now consumes predominantly junk food diets, which is concurrent with the rising list of chronic disease.



Junk food isn't really kid food, since not only kids are consuming it. The problem is kids are the target market for the advertising. Look at the packaging with cartoon and movie characters on it. Observe the time slot and channels for the television advertising of these types of products.

The report by the Federal Trade Commission "Review of Food Marketing to Children and Adolescents" highlighted the problem and for a while, it looked like action was going to be taken. The report, which was created in 2008 and 2012, exposed how much money America's 44 biggest food and beverage companies were spending to promote their products. In the 2008 report, the FTC's study revealed that these companies spent an amazing \$1.6 billion to push these junk foods to kids. The good news is that highlighting this information to policy makers and politicians created a minor improvement in advertising strategies. In the updated 2012 report, the FTC cited that these company's spending on junk-food marketing had fallen by 20 percent from the 2008 report. Additionally, these same businesses were spending more to encourage healthier options to youngsters.

There is a question as to whether or not an updated report is forthcoming and if not, will the companies lapse into the same bad behavior.

As a parent, what can you do? You can start by setting an example. If your kids see you munching on no-no's; "don't do as I do, do as I say" won't get you far. Mixed messages are confusing for kids.

Keep your home stocked with healthy alternatives. Be gone candy, processed snacks, sweetened beverages, and deep fried crunchiness. Say hello to fresh fruits and vegetables that go crunch.

## Food for thought:

- Junk food in children's diets accounts for 187 extra calories per day, leading to 6 additional pounds of weight gain per year.
- Eating junk foods throughout the day causes chronically high insulin levels, which eventually prompts your cells to begin to ignore this important hormone, resulting in a condition known as insulin resistance.
- Consuming trans-fats, saturated fats and processed food is associated with up to 58 percent increase in risk of depression.
- Children who eat a lot of junk foods may develop nutritional deficiencies that lead to low energy, mood swings, sleep disturbance and poor academic achievement, among other health conditions.
- High sodium levels are a contributing factor to the over-consumption of salt that contributes to high blood pressure and heart, liver and kidney diseases

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## International Dance Day, April 29<sup>th</sup>

By Stefanie Maglio

International Dance Day was founded in 1982. Its main purpose is to promote the art of dance around the world. Every year, the International Dance Committee of the International Theatre Institute selects an individual to create an International Dance Day message. This message is then shared around the world.

Professionals as well as amateurs celebrate International Dance Day. It is enjoyed and celebrated in many theaters throughout the world. It is a great opportunity to not only promote dance, but physical activity and a healthy lifestyle as well. Dance is a fun way to stay active and in shape. The holiday gives you the perfect opportunity to learn a new dance, or sign up for that dance class you have always wanted to try. Make it a fun experience with friends and family.

Dance is a form of art, but it is also a means of communication in specific cultures throughout the world. It is practiced by millions of people. International Dance Day is a great way to celebrate many different cultures in a unified way and learn about the history of it. Dance is a universal language, which makes it capable of being part of many cultures. This April 29th celebrate International Dance Day by getting out and having fun, while being active with your friends and family!

Visit [www.international-dance-day.org](http://www.international-dance-day.org) for more information!

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## Compulsive Disorders Impact Quality of Life for Pets & Their Owners

Obsessive-compulsive disorder is a well-known diagnosis in human medicine, but did you know that animals can also develop a form of this disorder?

This doesn't mean there are dogs out there that count their steps or triple-check the light switches. In fact, the first thing to understand, according to veterinary behaviorist Dr. Kelly Ballantyne, is that dogs are not considered to have obsessive-compulsive disorders, but rather compulsive disorders in general.

Dr. Ballantyne, who practices at Veterinary Behavior at Illinois, a Chicago-based service of the University of Illinois College of Veterinary Medicine, says the reasoning behind this distinction is that the word "obsession" means there are intrusive and repetitive thoughts, which can't be confirmed in dogs. Beyond this, the compulsive aspect of the disorder is very similar in dogs and humans; in both species the behavior interferes with normal activity or routine.

"Certain breeds are predisposed to some repetitive behaviors," says Dr. Ballantyne. "Spinning and tail chasing can be seen in German shepherds and bull terriers, while border collies are known for shadow or light chasing. Dobermans are known for flank sucking, which is when they grab their flank or upper thigh with their mouth."

Although these behaviors are seen more commonly in specific breeds, any breed may exhibit them.

Compulsive disorders may have either a medical or behavioral basis. For example, Dr. Ballantyne says that many dogs that excessively lick themselves may have an underlying dermatologic or orthopedic issue. Dogs that spin in circles or constantly lick the base of their tail might have anal sacculitis (inflammation of the anal glands).

Compulsive disorders with a behavioral basis are often triggered by stress.

"If a dog wants to greet a stranger but is also scared of approaching the person, the dog experiences conflict and may start spinning in circles because of these competing motivations," Dr. Ballantyne explains.

For dogs that are highly anxious, even circumstances involving only minor stress may trigger compulsive behaviors. Besides a stressful experience, inconsistent interactions with other dogs and humans or lack of enrichment may contribute to compulsive behaviors in dogs.

Whether the compulsive disorder arises from a medical or behavior basis, Dr. Ballantyne says that one pet's disorder is unlikely to bring about compulsive disorders in other household pets.

Compulsive disorders often have a huge impact on the dog's quality of life as well as the owner's quality of life, such as when the dog is unable to sleep properly through the night. Some dogs will play less and even eat less because they are constantly engaged in these behaviors.

Recognizing your pet's compulsive behavior and seeking treatment as soon as possible is crucial.

"Compulsive disorders usually start off as acute conflict disorders that are shown only in stressful situations. Without treatment they may be displayed in more and more situations and interfere with normal activities," says Dr. Ballantyne.

Treatment approaches include medication, management, and behavioral modifications. Medication prescribed for compulsive disorders in dogs will be a type of antidepressant, either a selective serotonin reuptake inhibitor (SSRI), such as fluoxetine, or a tricyclic antidepressant, such as clomipramine.

Owners must also play an active role in managing the dog's condition. They can anticipate and reduce the triggers that cause the behavior. Recognizing the behavior and redirecting the dog's attention to a different action, such as sitting or lying down, is another way to manage the behavior.

As with dogs, cats exhibiting these behaviors may have underlying medical conditions, so it is important to consult your veterinarian regarding any of these issues.

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## Calling all Parents!!!

By Susan Heckler

By now, we have all established that Central New Jersey is an amazing place to call home and raise a family. We live on fertile ground for farming, lush landscapes and the growth of our children and future leaders.

Our school districts are putting forth an amazing effort to give your children the best education and school experience. They have opened a world of opportunities to the students.

The dilemma is finding out about all of the great news and programs available throughout all of the schools in all of the districts. We are in touch with school administration but would like to hear from the parents of the great students the schools are privileged to be educating and molding. If you have or know of a special student who has made an impact to the community or awarded an honor... please share with me! If you hear of a great program available to the students, spread the word through us.

I welcome contact from parents and students to help keep our readers informed. Please email me at [Susan@guntherpublications.com](mailto:Susan@guntherpublications.com) with your news and full contact information. Sometimes it takes a village to inform a village.

Thanks and I look forward to hearing from you!



## Kid-friendly Passover Recipe

By Stefanie Maglio

**Kosher Grain-Free Banana Bread** is the perfect Passover recipe for not only kids, but also everyone to enjoy. Using almond flour instead of wheat flour makes it a safe option. Unbleached paper loaf pans found at Whole Foods or your local grocery store are recommended for preparation.

### You'll need:

- 2 cups blanched almonds flour (*Digestive Wellness has the best almond flour out there and it's kosher for Passover!*)
- 1/2 teaspoon fine sea salt.
- 1 teaspoon baking soda
- 3 medium ripe bananas
- 3 eggs (*room temp so they don't solidify the coconut oil*)
- 1 tablespoon vanilla extract
- 1 tablespoon honey
- 1/4 cup extra virgin coconut oil

**Directions:** Preheat the oven to 350 degrees. Combine the dry ingredients and set aside. Pulse the bananas in the food processor till smooth (it should only take a few pulses). Add the eggs, vanilla, honey and oil to the food processor and pulse to combine. Holding on to the top of the blade pour the batter in to a greased and floured with tapioca or potato starch. Bake for 50 to 60 minutes or until it is firm in the middle of the pan. The bread will be darker than banana bread made with wheat flour so don't be put off by the darker color.



# Coming Attractions: New Movies this Month

By: Stefanie Maglio

Get ready because this April a lot of new movies are coming out. You'll definitely want to get your hands on movie tickets and some popcorn for these:



**The Fate of the Furious (April 14th)** - (The eighth movie in the Fast and Furious series) "Now that Dom (Vin Diesel) and Letty (Michelle Rodriguez) are on their honeymoon, Brian and Mia have retired from the game, and the rest of the crew has been exonerated, the globetrotting team has found a semblance of a normal life. But when a mysterious woman seduces Dom back into a world of crime that he can't seem to escape, the crew will face trials that will test them as never before." [www.moviefone.com](http://www.moviefone.com)

**Smurfs: The Lost Village (April 7th)** - "Smurfette (Demi Lovato), Brainy (Danny Pudi), Clumsy (Jack McBrayer) and Hefty (Joe Manganiello) use a special map that guides them through the Forbidden Forest, an enchanted wonderland that's filled with magical creatures. The best friends must race against time and the evil wizard Gargamel (Raiin Wilson) to find a mysterious village. Their adventure leads them on a course to discover the biggest secret in Smurf history." [www.moviefone.com](http://www.moviefone.com)



**The Void (April 7th)** - "Cloaked, cult-like figures trap a police officer (Aaron Poole), patients and staffers inside a hospital that is a gateway to evil." [www.moviefone.com](http://www.moviefone.com)

**Ozzy (April 21st)** - "A lovable dog must rely on some new friends to help it break out of canine prison and get back home to his owners." [www.moviefone.com](http://www.moviefone.com)



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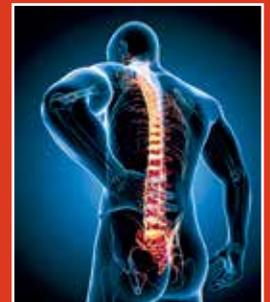
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# Cancer Causing Products

By Jordan Tinitigan

**W**ith cancer being one of the number one causes of death in our nation, it's safe to say we're all a little bit afraid of getting diagnosed. However, studies show that many of the products that we use everyday can actually be causes of cancer. (And no, I'm not just talking about cigarettes). These items are very common, so common actually that there is no age restriction on who can and cannot buy them! Crazy right?



To start things off, the first product that increases the risk of cancer is **AIR FRESHENERS**. Typically, air fresheners are used to sweeten the smell of your house, car, or public office. They come in all shapes and sizes and are advertised at least one hundred times a day on TV. (Yes, the Febreze commercials we all know and love). However, there is nothing really natural about these air fresheners. Actually, they're mostly made from chemicals, and some of them have been found to increase the risk of cancer. These chemicals, according to Natural Living Ideas claim to "assault the olfactory receptors in our nostrils, rendering them incapable of recognizing other smells." In other words, when we inhale these chemicals, we're hurting the air around us, as well as our nostrils.

Like I mentioned before, the big difference between these items and the more "popular" cancer causing products are that they can be sold to absolute anyone. Generally, and I'm talking from experience, a child can go to a store like Bath and Body Works and come out with a new scented air freshener for their car. Isn't that scary?

The next one might come as a surprise, but in fact, a product that we use on a day-to-day (but in this case seasonal) basis that increases the risk of cancer is **SUNSCREEN**. This may come to you as a shock, considering the fact that we've been told to put sunscreen on our entire lives to avoid getting skin cancer. However, many sunscreens contains Retinyl Palmitate, which is said to support the growth of cancerous skin tumors and lesions. In fact, according to [healthycaregroup.com](http://healthycaregroup.com), "The majority of sunscreens are harmful, do not protect the skin from cancer, and are loaded with toxins." Likewise, recent studies have actually come out to prove that the appropriate amount of time in the sun not only gives your body a great amount of vitamin D, but also prevents skin cancer! That may sound insane, but it's true. An article on [mercola.com](http://mercola.com) states, "Sunlight causes your skin to produce vitamin D -- a fact that, ironically, means that sunscreen campaigns may have made millions of people chronically short of this critical nutrient, and put them at a greater risk of skin cancer, rather than reducing their risk." Not only is this product potentially dangerous, but the major companies are totally skewing what we thought we knew about skin cancer all along!



The final product that I am going to mention that can cause cancer is **SODA**. Yes, along with the thousands of other reasons why soda is unhealthy, it is said the increase the risk of cancer. Soda contains artificial colorings and food chemicals, which has been one of the common denominators when it comes to cancer causing foods. Likewise, it is one of the factors that contributes to the nationwide obesity epidemic, and according to [naturalon.com](http://naturalon.com), "drinking large amounts of this rapidly digested sugar causes your blood sugar to spike which can lead to both inflammation and insulin resistance." Although, it is not a direct cause of ulcers, it can irritate and give more pain to those with already existing ulcers. I know, soda tastes great, but in the long run it is terrible!

Although I've only given three examples of cancer causing products, there are many more than you think, and most of them involve chemicals. We all know this disease is no laughing matter, so why put yourself at risk? There will always be a natural alternative to any product on that market, some you could even make at home. In the long run, it might just benefit you. Studies show that in 2013, about 7.6 million people died from cancer. Don't contribute to the growth of that number because of false advertising or a cool beverage. Stay safe!

# APRIL

Keep Your Parents Busy!

Delaware River Railroad Excursions' Easter Bunny Train Ride & Egg Hunt



Happy Easter Sunday!



Bergen County Zoo- FREE Admission (11AM-1PM)



Library Magic Show with Magician Steve Woyce 3:00pm-3:45pm

185 Bellevue Ave, Upper Montclair, NJ

Wyckoff Family Swim at Goldfish Swim School 12:00-1:00pm



National High Five Day!



Somerset Patriots vs. Lancaster Barnstormers 7:00pm-10:00pm

Earth Day at NJ Botanical Garden Ringwood, Passaic County



2017 Seventh Annual Edison Earth Day Celebration 9:00am - 3:00pm

100 Municipal Boulevard, Edison, NJ

Pig in a Blanket Day



Washington Township Library Mother Goose & Me Children up to 24 months old & parents



Oasis Day Camp 2017 Information Session at Drew University (Union County) 6:00pm-7:30pm

Washington Township Library Rock N Read Story Time 10:30am-11am



Ultimate Dodgeball on Friday and Saturday Nights at Rebounderz 10:00pm-12:00am

The Little Mermaid The Jay & Linda Grunin Center for the Arts 1-2pm

Maywood Street Fair 9:00-3:00pm

# MAY

National School Principals' Day



Story Time at Chester Library in NJ 10:30-11:15AM



Park Bench at the Montclair Art Museum 2nd Wednesday of the Month 1:00pm-04:00am

May the Fourth Be With You! Star Wars Day



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LITTLE BLUE PENGUINS @ Camden Aquarium



New Ramsey Street Fair 9:00am-4:00pm

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Jillian has enjoyed doing modeling and print advertising for a few years and is building her portfolio.

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This busy little girl loves dance, fashion, makeup and cooking. She is a student at Asher Holmes Elementary in the 4th grade and a dance student locally.

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