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The Greater Princeton Area ASK THE DOCTOR

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TOT SHABBAT

For Pre-Readers

MAY 13 & JUNE 10, 9:15 AM
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Make Mothers Day Meaningful

By Susan Heckler

Everyone loves to receive gifts. The anticipation, the surprise and the warm feeling that someone loves you enough to make that gesture means so much. Not all gifts can be purchased; some of the best gifts come from the heart rather than the wallet. With everyone's budgets so squeezed these days, all the better to give her something meaningful that doesn't need to cost much at all, yet will be priceless to them.

Mother's Day is one of the 365 days of the year that you can make your own Mom feel loved and appreciated. Don't just stop there. Do you have ladies in your life who were very loving, maternal and nurturing to you? It could be a relative, a friend, or a mentor...any lady who has had a positive influence on your life or the lives of your children.

To make this year extra meaningful for Mom and the Mom-Like ladies, consider the following suggestions:

Express Yourself – This year, express your appreciation for moms with a handwritten card. Spell out, literally, the moments in your life that she touched your heart and how it made you feel. Tell her of the laughter she gave you, the comfort and all of those treasured times.

Put Aside You and DO – What are your mom's favorite things to do that you may share for the day? Put the smart phone down and give her all of you. Help in the garden, catch a museum, go for a stroll, or sift through photo albums. Put some emotion into the motion of Mother's Day.

Plant a Seed – Plants flowers or a manageable tree in Mom's garden so she can look back on the day and smile. Cut floral arrangements are beautiful but a garden lasts the whole summer and perennials come back every year.

Make Mealtime Mom Time – Keep the meal simple so you have time to spend together, make her favorites to show you care.

Memorialize the Day – Take photos, videos, have fun with snap chat and leave a trail of memories you can all look back on and smile.

Be Inclusive – Is there anyone you know that doesn't have children or their children do not live local? Include them and make them feel the love. There is nothing lonelier than being alone on a holiday.



What Is Memorial Day?

By Susan Heckler

What is Memorial Day? To many, it is the beginning of summer. Believe it or not, it isn't about the beach or the barbeques. It is a solemn day of remembrance.

Memorial Day is a day of commemoration for those who have died in service of the United States of America. It was born out of the Civil War and a need to honor our departed.

"Here at the Capitol, just weeks before the end of the Civil War, a weary President Lincoln pleaded with his fellow citizens, to 'bind up the nation's wounds, to care for him who shall have borne the battle, and for his widow, and his orphan.'" - Gen. Colin Powell, USA (Ret.)

The holiday was officially proclaimed on May 5, 1868 by General John Logan, national commander of the Grand Army of the Republic. "The 30th of May, 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land," he proclaimed.

Originally known as Decoration Day, it was chosen because it wasn't the anniversary of any particular battle, thereby honoring all equally. On the first Decoration Day, General James Garfield spoke at Arlington National Cemetery, and 5,000 attendees decorated the graves of the 20,000 Union and Confederate soldiers buried there.

By 1890, Memorial Day was recognized by all of the northern states. Unfortunately, the Southern States refused to acknowledge the day, honoring their dead on separate days until after World War I. It was at this point when the holiday was changed from honoring just those who died fighting in the Civil War to honoring Americans who died fighting in any war.

The passage of the National Holiday Act of 1971 has made this the Federal holiday. On this Memorial Day, we honor the sacrifices of prior generations. We should also honor the sacrifices of the men and women next door that have served or continue to serve our country.

It has become a custom to mark Memorial Day by visiting graveyards and war monuments. One of the biggest Memorial Day traditions is for the President or Vice President giving a speech and laying a wreath on soldiers' graves in the largest national cemetery, Arlington National Cemetery, in Virginia.

On the local level, you can mark the day by:

- Put flags or flowers on the graves of men and women who served in wars.
- Send a note of thanks to Veterans you know.
- Fly the U.S. flag at half-staff until noon.
- Visit monuments dedicated to soldiers, sailors and marines.
- Participate in a National Moment of Remembrance at 3 p.m. local time.
- March in a parade.

What is a Great Gift for a College Graduate?

By Susan Heckler

To many, graduating college is like stepping off of a cliff. Exciting, challenging, frightening, and a little like entering the abyss. Going out into the adult working world is a bit daunting and a little different than when Mom & Dad did it.

If you ask the grad what they want, they will probably say a life without college loans. If that isn't on your list, here are some things to consider:

Think about your relationship with the recipient –A generic gift is okay. Your relationship will determine the cost and how much effort you want to spend on this purchase. Just make sure it is easily returnable.

Something useful – it should make the graduate happy but also push them in a direction to improve and grow as an individual. After graduating, many students are now financially independent but may move out to a place of their own. Because they have lived at home until this point, these grads don't have everything they need to fully live on their own.

Gifts to Consider:

***Housewares** - they will need plenty of new things for their home or apartment. There are plenty of things you can purchase at all different price ranges.

***Electronics** – these are the must haves! Desktop computers, laptop, tablet, cameras, flat screen TV, streaming video boxes, headphones, and music players are just a few of the electronic devices a graduate craves.

***Interview Wardrobe** – when your grad steps into that interview, the first impression speaks loudly. Make sure they are dress to impress for success.

***Attaché Case** – depending on the type of career they chose, invest in a quality attaché case that will organize them and make a statement of success.

***Luggage** – if traveling is their passion or part of the job, a good set of luggage is a wise investment.

***Timepiece** – college kids tell time using a smart phone. Graduation seems to encourage the use of a good watch. There is a plethora of choices for every price range and every lifestyle.

You can also consider combining your gift with others to get one large gift. When in doubt, gift cards are a good option as long as the card comes from a place with lots of choices for them.





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A Year of Love in a Jar for Mother's Day

What You Will Need:

1. A jar- preferably clear, recycled is great
2. Plain paper
3. Clippings of inspirational words from books, magazines, sheet music
4. Tape
5. Crayons and other items to decorate your jar
6. Scissors
7. A Ruler

How To Do It:

1. Clean your jar!
2. Create a new label with your plain paper, writing "Daily reasons that I love you Mom!"
4. Decorate and personalize it for Mom! Tape the label on your jar.
5. Cut out 365 small pieces of paper.
6. Write down 365 things that you love about your mom or use the clipping of inspiration! Think about all the great things that makes your Mom the best!





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Happy Mother's Day

Create a
picture for
someone
you love for
Mother's Day

Our Postpartum Truth - In Her Words: The Importance of Family Support

By Michele Inzelbuch, LCSW, LCADC

There is an African Proverb that says, "It takes a village to raise a child" though in the U.S. many families are not structured for this kind of support system. Support is important when a woman is struggling from postpartum mood disorders and can have an immense impact on a women's recovery. Emotional support from family can be just as meaningful as family being physically present to help. Supportive words can be powerful words, but negative unsupportive statements have damaging effects.

L.O.M.'s family struggled with the stigma of PPD and lacked in providing family support. Her mother made an attempt to be supportive but was not able to verbalize it in a positive manner due to her own history of postpartum depression.

"My husband tried to help but was frequently frustrated with my inability to function like a normal wife and mother. At one point he recorded me during an outburst of rage and played it in front of my therapist...hearing myself that way was devastating and did nothing to advance my recovery. The only valuable support I received was from my PPD support group and the friends and professionals I met through that group."

N.D.'s husband and family supported her when she struggled with PPD after the

birth of her child. Family members came to the house daily and assisted her with the children, motivated her to shower and dress, and took her out.

"They encouraged my therapy process. I wanted to do things but I needed the push and the companionship. I always felt very loved."

Family support had a positive impact on N.D.'s recovery by decreasing daily stressors and providing a safe place to vent her worries without judgment.

J.D. suffered from depression since she was a teen. When her husband learned of her depression, he researched her illness to better understand his wife and has always been very supportive. When she experienced postpartum depression after both of her pregnancies, he researched postpartum mood disorders as well.

Her mother, who also had clinical depression, identified the postpartum depression J.D. was experiencing. "She was the one who knew what was going on and for that I was thankful."

Her mom shared what was happening with the rest of the extended family but none of them spoke to J.D. about it. People ignoring her feelings cause negative intrusive thoughts such as

what they may be thinking about her. Knowing you are being heard even if not understood allows someone to feel validated.

Mothers need support. Even if you do not understand what a new mother is going through, validate her feelings; make sure you have kind words for her. Negative words have so much more of an impact when someone is struggling with anxiety or depression. Be there be supportive and share kind words of hope and encouragement. Many mothers desire their family around when they have a new baby and the support they can provide is priceless. Watch the baby so she can take a shower, offer to sit with the sleeping baby so she can get a nap in without worry, cook her a meal or offer to help clean. Every bit of support and relief of daily responsibility stress can have a strong impact on her recovery by decreasing her stress and anxiety.

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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IMMEDIATE CARE

Announces Opening of their Newest Center in Brick

Immediate Care is proud to announce the opening of their newest urgent care in Brick Township. Located at 8 Brick Plaza, the facility opened on April 22 with a full staff of experienced physicians and nurse practitioners. This is the seventh urgent care center for Immediate Care, with other locations in Toms River, Lacey, Hazlet, Red Bank, Edison and East Windsor.

Immediate Care Medical Walk-In of Brick has partnered with Modern Medicine RX, to offer their first pharmacy on-site. Expanding on a current healthcare company collaboration, Advanced Physical Medicine and Rehabilitation will be available on premise to provide patients with ancillary services such as physical therapy and acupuncture. Advanced PMR is also available at the Edison and Red Bank locations.

Committed to providing convenient and affordable medical service, Immediate Care offers walk-in treatment for non-life-threatening illness and injury. Wellness services include pre-employment, sports and camp physicals, occupational health treatments and vaccinations/immunizations. Both x-ray and laboratory services are available on-site. Immediate Care is open seven days a week including most holidays, from 8am-8pm weekdays and 8am-4pm on weekends. All medical care is available with no appointment necessary.

For a full list of healthcare services or to learn more about Immediate Care, please visit www.immcare.com.

Signs of Vitamin Deficiencies

By Stefanie Maglio

Vitamin deficiencies are a lot more common than people seem to think. Serious health problems can stem from them and even lead to death in some cases. Vitamin D and Vitamin A deficiency have affected millions of people all over the world, and has been called an epidemic. When a person's body lacks the vitamins and other nutrients it needs to function, every part of the body can suffer. Here are some signs of vitamin deficiency you can see on your face:

Puffy Eyes - Puffy eyes don't only indicate a lack of sleep, but can also mean one has low iodine levels in the body.

Extremely Pale Skin - could be a sign that you are lacking Vitamin B12. If your body isn't getting enough B12, you'll start to feel fatigued and your skin can suffer.

Dry Hair - If your hair has felt dry lately, or if you've had an excess of dandruff you could be lacking biotin or Vitamin B7. However, a biotin deficiency can also be the result of using antibiotics.

Pale Lips - Pale lips could mean a lack of iron in the body. Iron deficiency can lead to weak immune systems. This means if you are getting sick often, it is possibly due to an iron deficiency.

Bleeding Gums - Bleeding gums could be caused by a lack of vitamin C. Without vitamin C your immune system can weaken, cause muscle pain, and therefore problems with teeth.

Although these can definitely be signs of vitamin deficiencies, it's important to remember that just because you may experience one of these signs it doesn't mean you have a deficiency. The best way to stay healthy is to drink plenty of water, keep a healthy and balanced diet, and to take vitamins daily. Multivitamins are also a beneficial, yet simple choice. As for diet, eat plenty of fruits and vegetables. They have all the right nutrients to keep you balanced and your immune system in check. Remember, the way your body reacts is all based on what you put into it and how you treat it.



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If You're Happy and You Know It: Satisfaction with Life Survey



By Susan Heckler

If you are happy and you know it take a bow, clap your hands, stamp your feet or however you would like to celebrate. Authors Ed Diener, Robert A. Emmons, Randy J. Larsen and Sharon Griffin wrote an article in the *Journal of Personality Assessment* in 1985 to measure global cognitive judgments of satisfaction with one's life.

In one minute's time after responding to 5 questions, you may have a new understanding of how satisfying you see your life to be. Using the 1 – 7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item.

Please be open and honest in your responding.

7 - Strongly agree

6 - Agree

5 - Slightly agree

4 - Neither agree nor disagree

3 - Slightly disagree

2 - Disagree

1 - Strongly disagree

_____ In most ways my life is close to my ideal.

_____ The conditions of my life are excellent.

_____ I am satisfied with my life.

_____ So far I have gotten the important things I want in life.

_____ If I could live my life over, I would change almost nothing.

Although this study is almost 30 years old, the questions are broad enough to encompass any time period and location, making it useful anywhere and everywhere.

Notice that you are answering the questions about your own life. It is your opinion of your own happiness that counts. If others perceive you as happy and you do not, in your heart and head you are not satisfied with your life.

The Satisfaction with Life Scale (SWLS) is a single scale that is used by UNESCO, the CIA, the New Economics Foundation, the WHO, the Veenhoven Database, the Latinbarometer, the Afrobarometer, and the UNHDR to measure how one views his or her self-esteem, well-being and overall happiness with life. The SWLS is a global measure of life satisfaction.

It has been determined that one of the most important influences on happiness is social relationships. People who score high on life satisfaction tend to have close and supportive family and friends, whereas those who do not have close friends and family are more likely to be dissatisfied.

According to *Live Happy Magazine*, another factor that influences the life satisfaction of most people is work or school, or performance is an important role such as homemaker or grandparent. This relates to your goals and your attempt to achieve them.

Many find satisfaction with the self, religious or spiritual life, learning and growth, and leisure are a big determining factor of happiness.

The explanation of your score was copyrighted by Ed Diener, February 13, 2006 as follows:

30–35: Very high score, highly satisfied

Respondents who score in this range love their lives and feel that things are going very well. Their lives are not perfect, but they feel that things are about as good as lives get. Furthermore, just because the person is satisfied does not mean she or he is complacent. In fact, growth and challenge might be part of the reason the respondent is satisfied. For most people in this high-scoring range, life is enjoyable, and the major domains of life are going well—work or school, family, friends, leisure and personal development.

25–29: High score

Individuals who score in this range like their lives and feel that things are going well. Of course their lives are not perfect, but they feel that things are mostly good. Furthermore, just because the person is satisfied does not mean she or he is complacent. In fact, growth and challenge might be part of the reason the respondent is satisfied. For most people in this high-scoring range, life is enjoyable, and the major domains of life are going well—work or school, family, friends, leisure and personal development. The person may draw motivation from the areas of dissatisfaction.

20–24: Average score

The average of life satisfaction in economically developed nations is in this range—the majority of people are generally satisfied, but have some areas where they very much would like some improvement. Some individuals score in this range because they are mostly satisfied with most areas of their lives but they see the need for some improvement in each area. Other respondents score in this range because they are satisfied with most domains of their lives, but have one or two areas where they would like to see large improvements. A person scoring in this range is normal in that they have areas of their lives that need improvement. However, an individual in this range would usually like to move to a higher level by making some life changes.

15–19: Slightly below average in life satisfaction

People who score in this range usually have small but significant problems in several areas of their lives, or have many areas that are doing fine but one area that represents a substantial problem for them. If a person has moved temporarily into this level of life satisfaction from a higher level because of some recent event, things will usually improve over time and satisfaction will generally move back up. On the other hand, if a person is chronically

slightly dissatisfied with many areas of life, some changes might be in order. Sometimes the person is simply expecting too much, and sometimes life changes are needed. Thus, although temporary dissatisfaction is common and normal, a chronic level of dissatisfaction across a number of areas of life calls for reflection. Some people can gain motivation from a small level dissatisfaction, but often dissatisfaction across a number of life domains is a distraction, and unpleasant as well.

10–14: Dissatisfied

People who score in this range are substantially dissatisfied with their lives. People in this range may have a number of domains that are not going well, or one or two domains that are doing very badly. If life dissatisfaction is a response to a recent event such as bereavement, divorce, or a significant problem at work, the person will probably return over time to his or her former level of higher satisfaction. However, if low levels of life satisfaction have been chronic for the person, some changes are in order—both in attitudes and patterns of thinking, and probably in life activities as well. Low levels of life satisfaction in this range, if they persist, can indicate that things are going badly and life alterations are needed. Furthermore, a person with low life satisfaction in this range is sometimes not functioning well because their unhappiness serves as a distraction. Talking to a friend, member of the clergy, counselor, or other specialist can often help the person get moving in the right direction, although positive change will be up to the person.

5–9: Extremely Dissatisfied

Individuals who score in this range are usually extremely unhappy with their current life. In some cases this is in reaction to some recent bad event such as widowhood or unemployment. In other cases, it is a response to a chronic problem such as alcoholism or addiction. In yet other cases the extreme dissatisfaction is a reaction due to something bad in life such as recently having lost a loved one. However, dissatisfaction at this level is often due to dissatisfaction in multiple areas of life. Whatever the reason for the low level of life satisfaction, it may be that the help of others are needed—a friend or family member, counseling with a member of the clergy, or help from a psychologist or other counselor. If the dissatisfaction is chronic, the person needs to change, and often others can help.

The Satisfaction with Life Index was created by Adrian G. White, in an attempt to show life satisfaction in different nations. The results are both surprising and fascinating, you would never believe where the grass may be greener.

Can I Protect My Child from Developing Swimmer's Ear?

By Brianna Siciliano

The weather is heating up, the sun is shining, and the bathing suits are out. Swimming season is here! Unfortunately, there can be a downside to swimming: ear infections. It is common for children who spend a lot of time in the water to develop swimmer's ear (medically known as otitis external), in which water sits in the ear canal and leads to irritation—and infection—of the child's outer ear. The difference between swimmer's ear and middle ear infections (medically known as otitis media) is that middle ear infections occur behind the eardrum, happening when bacteria and fluids from the child's nose and throat collect there. This happens after a child has a cold or flu during the winter. To summarize, middle ear infections occur in the winter because of a cold or flu, while swimmer's ear infections occur after water block up in the ears while swimming.

There are ways to prevent outer ear infections, including:

- Having your child tip head to the side and let the water drain out of ear once above water
- Having your child wear removable earplugs to keep ears dry
- Having your child wear a bathing cap that cover ears and hair



Do NOT clean your child's ears with cotton swabs, or put any other objects like bobby pins in your child's ears, if your child has swimmer's ear. Doing this can scratch the skin of the ears and allow bacteria or fungus to enter the ear. Ear wax is good for ears, often protecting ears from developing swimmer's ear.

If you suspect your child has developed swimmer's ear, have a doctor examine your child to confirm the diagnosis. Once diagnosed, your child will be most likely be prescribed antibiotic ear-drops for treatment. Keep your child out of the water until the infection has cleared (which usually takes around four to seven days).

When to Ditch Water Bottle

FIND ECO-FRIENDLY, HEALTHY ALTERNATIVES TO BOTTLED WATER

Staying hydrated is incredibly important. Most Americans are aware of the problems caused by dehydration, and as a result over the years we have developed a new love: bottled water. It's clean, safe and relatively inexpensive — and according to some it tastes better than tap water.

But, unfortunately, there is nothing green or sustainable about bottled water. Americans drink more than 30 billion bottles of water each year. That is a pretty hairy figure.

Even scarier is the fact that all of those bottles create around 1.5 billion tons of waste each year.

What is green about that? And there is no evidence that bottled water is safer or healthier than tap water, especially when it is combined with a water filtration system.



So, if you want to live a sustainable lifestyle, what are your options?

1. Buy larger containers of bottled water. If you absolutely must drink bottled water, use five-gallon jugs or larger. That way, you're still reducing the amount of plastic waste you create.
2. Use a reusable water bottle. Reusable bottles are made from a variety of materials, including stainless steel and BPA-free plastic. They are also available in many colors and styles. Attach a water filter to your sink if you're worried about the water quality.
3. Become more educated. What we're doing to our water sources is just as frightening as the amount of waste we create. Pollution is causing many of our water sources — and those that supply water to bottling companies — to become contaminated with bacteria, pollutants and even pharmaceutical residue.

So, become educated and do your part in helping keep our water safe for us and the rest of the planet. By making these changes you can help become part of the sustainable solution to our waste production problem.



Coach's Corner

By Jill Garaffa

Making Effective Life Changes

Dear Jill,

I understand that life coaching can sometimes help with transitions. I'm dealing with a big one right now and hoping you can provide some clarity: I'm in the middle of a divorce and can't seem to regain my balance. While I can admit I wasn't even happy for most of the time I was married, I am struggling to understand why this is happening to me.

Signed,
Dealing with Divorce

Dear Dealing with Divorce,

First, I am really sorry to hear you are going through this painful situation. Divorce is never an easy process as it can be filled with so much emotional turbulence. Divorce is listed in the #2 spot on the list of "most stressful life events" (right under #1, which is the death of a spouse).

In the early stages of a divorce (or any big life transition involving a loss), the main emotional issue is grief. There are several stages to grief, including denial, anger and depression. When you are still actively experiencing very powerful emotions and need to process them & heal, I strongly suggest seeking the support of a good therapist. Once you are past the initial emotional roller coaster and move into the acceptance stage, this is when a life coach can be very helpful. A life coach can help build your confidence, identify your strengths, and create a powerful mind-set in order to create a new life for yourself moving forward.

The first shift in perspective I'd like to offer is to consider that nothing happens "to you." This is victim thinking and will only end up making you feel worse. Consider instead, that things are happening "for you." Instead of asking, "Why is this happening to me?" ask yourself the question, "What will this situation provide for me?" Having an attitude that all things in the Universe happen FOR you is very empowering. All the things that feel good are there for your happiness. All the things that feel bad are there to help you learn and grow. With this thinking, you always win. You are never a victim of circumstances. You are the creator of your life, always learning.

The next step is to ask yourself different questions. Instead of asking "Why" questions, ask "What" questions. Trying to answer "Why is this happening?" or "Why did this happen" can send you down a rabbit hole of depression and analysis paralysis that can keep you stuck in the past. Instead, ask yourself future oriented questions, such as, "What future would I like to create for myself now that I have so much extra time and space in my life?" or "What can I do to bring more balance into my life right now?" Ask, "What can I do to help myself move forward?" or "What do I want?" Engaging the creative (right) side of your brain rather than the logical (left) side of your brain will provide answers that can get you unstuck.

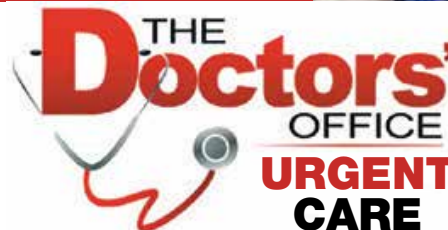
Learning to identify your strengths and help you shift your thinking to a more powerful mindset is something a life coach can support you through.

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 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 or visit www.seedsofchangeoaching.com and click "contact us" to be featured in a future column.

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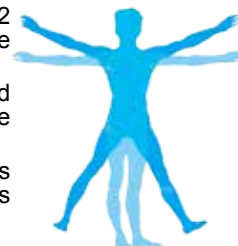
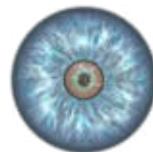
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10 Fascinating Facts About the Human Body

1. The cornea of the eye is the only part of the body that has no blood supply. It obtains oxygen directly from the air.
2. The human brain has a memory capability, which is the equivalent of over four terabytes on a hard drive.
3. A newborn baby can breathe and swallow at the same time only for up to seven months.
4. Your skull is comprised of 29 different bones.
5. Nerve impulses directed from the brain travel at a speed of 274 km/h.
6. One human brain produces more electrical impulses in one day than every telephone globally combined.
7. The average human body contains enough sulphur to kill all the fleas on the average dog, enough carbon to make 900 pencils, enough potassium to fire a toy cannon, enough fat to make seven bars of soap and enough water to fill a 50-litre barrel.
8. The human heart pumps 182 million liters of blood during the average lifetime.
9. 50,000 cells in your body died and were replaced by new ones while you were reading this sentence.
10. The human embryo acquires fingerprints within three months of conception.



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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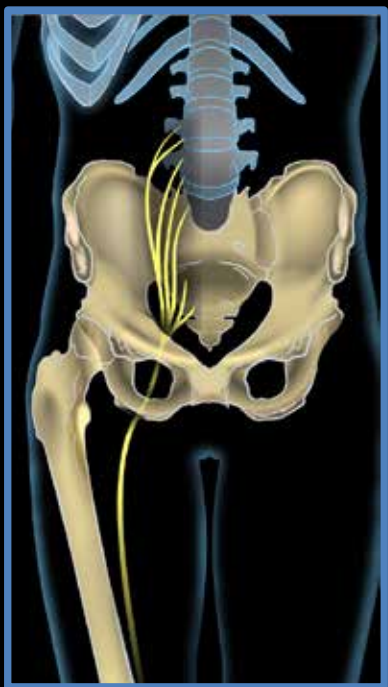
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Q: *What is Sciatica? How Can I Treat It?*

A: Sciatica is a condition that occurs when the sciatic nerve becomes compressed. The sciatic nerve is a large nerve that begins in the lower back and travels through the buttocks and lower limb. The sciatic nerve



can become inflamed due to: spinal subluxations, co-existing conditions, injuries, improper body mechanics, and more. Since the sciatic nerve runs from the hips down the legs, patients can feel radiating pain in their lower back, buttocks, hips or leg muscles. Some patients even report neurological symptoms like tingling sensations in their feet. Many feel restricted from everyday activities, unable to bend or in some cases sit and stand.

Sciatica symptoms do not go away until the root cause, sciatic nerve compression, is treated. In some circumstances, there is an underlying musculoskeletal issue that can also contribute to sciatica pain. Sciatica should be treated with appropriate rest, ice, and manual therapy (by a licensed professional) until symptoms subside enough to engage in further treatment. A stint of physical therapy should then be performed to strengthen core muscles that support the spine. We offer several avenues to relieve sciatica pain and correct the root cause of the compression including non-surgical spinal decompression. Contact us today for more information on how you can *GET BETTER FASTER*.



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Tick Time in NJ: Prevention

By Stefanie Maglio

Ticks are small and may seem harmless, but these creatures often carry disease that can ultimately be deadly to humans and even animals. Don't allow yourself to be bitten by a tick this season and learn how to prevent them.



Before going outdoors it is important to know where to expect ticks. Ticks live in moist and humid environments, particularly in or near wooded or grassy areas. Doing activities around your home, walking through leaves, or walking through shrubs can all put you at risk for being bitten by a tick. Products containing permethrin kills ticks. Boots and camping gear can be sterilized with it before going outdoors. Using a repellent with DEET on the skin is also effective.

After you come indoors it is crucial to check your body for ticks even if you think there is the slightest possibility you may have one. Remove your clothing and wash it in hot water to kill ticks that may have been on the material. Shower shortly after coming inside as well. Showering within two hours after coming indoors has been shown to reduce risk of Lyme disease. Plus, the shower is a perfect time to check your body for ticks. Make sure to check under the arms, in and around the ears, inside the belly button, back of the knees, in and around the hair, between the legs, and around the waist. Using a hand or full-length mirror may be helpful when checking the hard-to-reach places.

Modifying your landscape can help to prevent ticks as well. Make sure there is no long grass or stray bunches of leaves. These are ideal places for ticks. Considering using a chemical agent if you believe there is a serious tick problem. Remember, chemicals can be very strong and harmful. Lastly, discourage deer. They can carry specific kinds of ticks and deposit them in your property. This means any pets you have that spend time outside can carry ticks as well, so check your pets regularly.

If you happen to find a tick on your body, use tweezers to pull it straight out. Get as close to the skin as possible in order to remove the tick in its entirety. Watch for signs of illness such as rash and fever over the next few days and weeks. See a health care provider immediately if you have any concerns or notice any symptoms.



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QUESTION:

What are the benefits of group therapy?



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

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

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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When to Seek Medical Help for a Rash

By Stefanie Maglio

Not many people know that the skin is the largest organ of the human body. This is one of the most important reasons as to why it is so crucial that we do our best to take care of it. Keeping our skin clear, clean, and protected from harmful UV rays with topical products, soap, and sunscreen are just some of the many things we can do to help keep our skin healthy, along with drinking eight glasses of water a day. Although we try, problems as severe as skin cancer or as minor as a rash do occur. It may be difficult to know exactly when to seek medical attention. If you have a rash, keep these in mind:

If the rash covers a large portion, or the majority, of the body that could mean it is something more concerning. This could be a sign of an allergy or infection.

If a fever accompanies the rash go to your doctor or local emergency room right away. This can be triggered by a severe allergic reaction or infection. Rashes caused by infection include scarlet fever, measles, mononucleosis, and shingles.

If the rash is sudden and spreads rapidly it may be caused by an allergy.

If the rash begins to blister, or turn into open sores, this may be caused by an allergy, medication, or an internal cause. Seek medical attention if a rash affects the skin around the eye, mouth, or genitals.

If a rash is painful, seek help from a physician immediately.

If the rash is infected seek help. You will know its infected if the rash is itchy and scratched often, swelling, crusting, yellow or green fluid, pain and warmth in the area of the rash, or a red streak coming from the rash.



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THE BUYER'S SIDE OF A REAL ESTATE TRANSACTION

By John Bazzurro

The first step in a New Jersey residential real estate transaction is the signing of the contract. When a realtor is involved, a buyer may sign the contract prepared by the realtor and then immediately have it sent to their attorney for review. Both attorneys will then discuss the terms of the contract and make appropriate changes as required. However, it is important that a buyer ensure that the realtor prepared contract is immediately forwarded to their attorney because there is a three day deadline for the attorney review period.

One concern for a buyer is how and where they are going to get the money to purchase the home. Typically, buyers will obtain their purchase money either from the sale of their existing home, a mortgage, or a combination of both. If a buyer has an existing home to sell, it is important that there is a "home to sell" contingency in their purchase contract. This means that they will not be obligated to buy the new home until their existing home is sold and they have the money from that sale. Further, it is important that any purchase contract is contingent upon the buyer actually obtaining a mortgage. Without these contingencies, a buyer can be in breach of contract if they are unable to close on the new home because they do not yet have the proceeds of the sale of their existing home or were unable to get a mortgage.

Another issue that buyers must be concerned with is the home inspection. Typically, buyers will have between 10 and 14 days from the date of the contract to have a qualified home inspector perform an inspection on the home. The home inspectors generally look for system failures (i.e.-air conditioning systems, heating systems, hot water heaters, septic systems, wells, etc.). However, they also look for potential hidden defects that could signal the existence of a bigger problem such as past or present roof leaks, water infiltration, structural defects, termites, mold or the existence of underground oil tanks. Depending upon the severity of the issues found, the buyers may be able to obtain a credit or a reduction of the sale price or, alternatively, request that the sellers repair or replace the defective items prior to the time of closing.

Finally, prior to entering into a contract, buyers must be aware of the actual amount of money they will need to close. Although the buyers may have enough money to cover the purchase price of the home, they must also take into account closing fees that must be paid at the time of closing. These include title and title insurance costs, mortgage company charges, escrows for taxes and insurance, capital contributions to homeowners' associations, surveys and attorney's fees. In an average residential real estate transaction, I typically tell my clients that they should at least have an additional \$10,000.00 available for these closing costs in order to be on the safe side. However, this is just a guidepost and may differ in each transaction depending upon the cost of the home and issues involved.

Of course, the purchase of a home is the biggest single transaction and investment that people make during the course of their lifetime. Accordingly, it is important to obtain the right attorney to insure that all of their interests are protected and the above issues are properly addressed.

If you have any questions about the legal issues involved in the purchase of a home please feel free to contact my office and I would be happy to discuss these issues with you.

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Let Your Weekend End Your Week

By Susan Heckler

Do you ever measure what you manage to accomplish each day? Are you impressed or incredibly stressed? For most people, Monday through Friday is a tight schedule, cramming in the obligations at work with your responsibilities at home. Between your killer commute, long hours at the office, managing your home, shopping for the basics, caring for your kids, volunteer work for the schools or religious organizations, and managing the children's after-school activities... You barely got all of the fires under control so you can get a breather for the weekend.

Your work week is coming to an end; you successfully passed Hump Day and are closing in on TGIF. Can you look forward to a few days of R&R?

Weekends get slotted in for home-based projects. Clean-ups, clean-outs, projects for you or your kids... It never ends. Your children's after school activities spill into your weekend, especially if they are on sports teams. Your mind never stops and the body is in perpetual motion. All of this is a drain on your energy and takes a toll on your body.

There are certain shortcuts we can all take which will free up some time and let us transfer our energy to where it is needed most.

- **Prep work your prep work**—spend a little time throughout the week doing maintenance to avoid a bigger job on the weekend. Maybe throw a load of laundry in here and there so you don't have a massive pile up on Saturday. Sort the mail in as it comes so you don't have to sort it before doing the bills. Clean the kitchen after each meal to avoid a major cleanup.
- **Enlist the list**—have everyone in your family pitch in to their ability.
- **Make a plan and stick to it**—plan some leisure or social time and allow yourself a reward.
- **Delegate outside the box**—find things outside of your family that may save you time and sanity such as drop and fold laundry services, dry cleaning delivery, restaurants that deliver, websites with free delivery instead of going to get it yourself, and pet groomers.
- **Keep it real**—make your expectations realistic or there is no way you will get it all done.
- **Quality counts**—when it comes to your children it isn't just the quantity of time spent together, it is the quality that they crave.
- **Whether there is weather**—plan outdoor chores for the beautiful weather and do the indoor projects on the less desirable days.
- **Minimize the mind games**—If you don't need to be in touch with work on the weekends, minimize your stress and avoid contact. Try to stay in Me Mode.
- **Picky is good**—turn down invitations except the ones you really want or can't avoid.
- **Reboot**—plan activities that will invigorate you. You should have time to relax, rejuvenate and be able to start your work week in a better place.
- **Combine forces**—make use of friends and family; carpool and babysit for each other to free up everyone's load.
- **Centralize your errands**—find a place that has everything in one place instead of running from town to town.
- **Max out your Sunday**—this is the last day of your weekend and should leave you relaxed, refreshed and happy. Plan your Sunday evening to do all of this for you.

Life is good, now it is your job to keep it that way.



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Calling all Parents!!!

By Susan Heckler

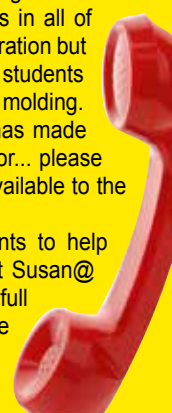
By now, we have all established that Central New Jersey is an amazing place to call home and raise a family. We live on fertile ground for farming, lush landscapes and the growth of our children and future leaders.

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 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!



Awareness Can Prevent Teen Suicide

By Susan Heckler

From the moment your child comes into this world, your life as an individual has changed, and you will forever be a parent. Your new responsibilities grow and morph as your child matures. Each phase of life brings different bumps and rewards as a parent. As you get over one hurdle, another one is right there in front of you.

One horrendous hurdle that looms in front of every parent seems to be Teen Suicide.

I can hear you thinking... "Not My Child"...please don't.

NO matter how well you parented and how amazing your feel your child is, no one is immune to this tragedy. Suicide is the third leading cause of death in adolescence and the second for college aged students. No one can imagine that your own child might become one of those statistics.

The Center for Disease Control study released in April 2016 looked at a 15-year spread beginning in 1999. They found that the suicide rate rose nationally by 24 percent, from 10.5 deaths per 100,000 people to 13 per 100,000.

Girls aged 10 to 14 saw the largest increase in suicide, climbing 200 percent.

One local school district is urging parents to preview the Netflix show "13 Reasons Why" before allowing your children to view it. There are concerns about the series glamorizing the issue of suicide and not sufficiently addressing the mental health issues.

One national study establishes that almost 20% of high school students admitted to thinking about suicide and almost 8% acknowledge actually making an attempt. Some children are more expressive of their feelings than others. Look...listen...and learn what is on your child's mind and what is in their heart. If they are not expressing it verbally, observe their actions or changes in behavior. It may save their life.

Warning Signs:

FEELINGS that seem different from the past, such as hopelessness, fear of losing control, helplessness, worthlessness, feeling anxious, worried or angry often.

ACTIONS which are different from the way your child acted in the past, especially things like talking about death or suicide, taking dangerous risks, withdrawing from activities or sports or using alcohol or drugs.

CHANGES in their personality, behavior, sleeping patterns, eating habits, loss of interest in friends or activities, or sudden improvement after a period of being down or withdrawn.

THREATS or hints can convey a sense of hopelessness, worthlessness, or preoccupation with death. Making plans like giving away favorite things, studying ways to die, obtaining a weapon or stash of pills; suicide attempts like overdosing or cutting.

SITUATIONS can serve as "trigger points" for suicidal behaviors. These include things like loss or death, humiliations, rejections, failures, getting in trouble at home, in school or with the law, a break-up, or impending changes for which your child feels scared or unprepared.

Acknowledging that suicide is as much a risk for your child as anyone else's child is the first step in prevention. Talking with your children about suicide opens up communication about a topic that is often kept a secret.

Nearly 60% of all suicides in the United States are completed with a gun. If you own one, is it unloaded, locked, and kept under lock and key?

Overdose using over-the-counter, prescription, and non-prescription medicine is also a very common method so careful monitoring all medications in your home is important.

Young people with mental health difficulties — such as anxiety, depression, bipolar disorder, or insomnia — are at higher risk for suicidal thoughts.

There is an excellent short video on the website of SPTS - SOCIETY FOR THE PREVENTION OF TEEN SUICIDE (110 West Main Street Freehold, NJ 07728, (732) 410-7900) called Not My Kid <http://www.sptsusa.org/not-my-kid/> that offers a wealth of knowledge to all parents. Watch it and spread the word because you never know who's life you may be saving.

Fortunately, New Jersey is among few states that provides ongoing youth suicide prevention and public awareness as a continued commitment to the reduction and ultimate elimination of suicide among youth. This means New Jersey residents have a lot of resources available to them.

The Traumatic Loss Coalition for Youth Program (TLC) at University Behavioral Healthcare at Rutgers (ubhc.rutgers.edu/tlc) is funded by the DCF. TLC is an interactive, statewide network that offers collaboration opportunities and support to professionals working with school-age youth. 151 Centennial Avenue Piscataway, NJ 08854 (732)235-2810

2ND Floor Youth Helpline (www.2ndfloor.org) at 180 Turning Lives Around is funded by the DCF. 2ND Floor serves youth and young adults (ages 10-24) in New Jersey. (888)222-2228

NJ Hopeline (www.njhopeline.com) is New Jersey's dedicated in-state peer support and suicide prevention hotline staffed by mental health professionals and peer support specialists 24 hours a day, seven days a week. The service is available to callers of all ages for confidential telephone support (except when a suicide attempt is in progress), assessment, and referral. Crisis chat is also accessible through the website and the service can be reached by texting njhopeline@ubhc.rutgers.edu or (855)654-6735.

The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7. (1-800-273-8255)

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2016 4th Annual Garden Tea Party

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- **July 17th - 24th Annual Golf Tournament at Trump National Golf Club, Colts Neck, NJ**
- **Sept. 8th - 8th Annual Wine Tasting at Deal Country Club, Deal, NJ**
- **Nov. 3rd - 30th Annual Gala Birthday Celebration at Battleground Country Club, Manalapan, NJ**
- **For more information on these events contact Jane Crupi, Events Coordinator at: 732-222-8755 or email Jcrupi@rmhc-nj.org**

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Strawberries Scream Spring

By Susan Heckler

The strawberry, *Fragaria*, is one of the most popular berry fruits consumed worldwide. Strawberries are native to regions of the earth known as “temperate” regions; these include most of Europe, Asia, North America, and the lower half of South America, including Chile. They grow wild but they are also cultivated.

Strawberries belong to the rose family of plants (Rosaceae). Not actually fruits as their seeds are on the outside, strawberry plants are runners, and are not produced by seeds. They have an average of 200 seeds per fruit and are actually a member of the rose (rosacea) family.

In the United States, which is the world’s largest commercial producer of strawberries grows approximately 3 billion pounds per year. Strawberry varieties are often divided by growers into categories like “early season,” “mid-season,” “late-season,” “June-bearing,” or “day neutral” (which typically produce during July, August, and September). The strawberry plant is unusual in its ability to flower in “flushes” during different seasons of the year, including spring, summer, and fall.

Nutritionally, strawberries provide us with a rich variety of phytonutrients, including dozens of polyphenolic antioxidants belonging to the following nutrient groups: flavonoids, phenolic acids, lignans, tannins, and stilbenes. Strawberries are an excellent source of vitamin C (and our 5th best source of vitamin C at WHFoods); an excellent source of the mineral manganese; a very good source of fiber, iodine, and folate; and a good source of copper, potassium, biotin, phosphorus, magnesium, vitamin B6, and omega-3 fats (in the form of alpha-linolenic acid).

Growing strawberries is easy once you decide on a variety and a method. Medium-sized strawberries are often more flavorful than those that are exceptionally large. Whether you buy them at the store or order them online, as soon as you get the strawberry plants to your garden, get them in the ground as quickly as possible. Strawberry plants have a thick section of material called the “crown” between the stems and roots. Your plants should be planted so that the crown is even with the soil. Too high and the roots dry out, too low or completely bury the crown under the soil and your plants will be much more likely to suffer injury or disease.

If you are limited with space, strawberries can be grown in pots and can be quite attractive. You can also plant them in a garden and let them go crazy. Strawberries are an easy to grow fruit crop that will reward the home gardener with ample harvests for many years as they are a perennial. With favorable conditions, each strawberry plant should produce one quart of strawberries per season.

Strawberries are one of the first plants to fruit in the spring. Once picked, they will not continue to ripen so pick them ready to eat. Be gentle, they bruise easily.

There is nothing quite like the taste of a fresh juicy strawberry. They also do well frozen for future use. The abundance of recipes is mind boggling. Essentially, there is no such thing as a bad strawberry recipe!



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You are Going to Love San Marzano!

By Susan Heckler

I am one of those picky pain-in-the-neck customers when I go in to a restaurant. I write about a lot of restaurants that I have visited so I laughingly envision local chefs shaking in their shoes when I walk in. Being a decent cook and a foodie, I have set my standards pretty high.

I recently visited San Marzano Trattoria with a group of friends. We meet monthly and like to taste-test our way around the area. Always being on a budget, BYOB instantly made them a hit. Armed with my pitcher of homemade sangria, we walked into the restaurant and were really pleasantly surprised. Don't let the strip mall facade fool you; you step down into a really nicely appointed room with ambiance.

Ms. Happy Waitress greeted us and explained the menu, pretty extensive with great specials. They have everything from basic pizza to gourmet meals. Prices were very reasonable. Deciding was difficult, it all sounded quite mouth-watering. That is one of the perks of traveling in a pack, you get to share dishes and sample them all!! They offer family-style dining options.

One of my pet peeves is the bread served at restaurants. Many local places serve you bread that tastes like the plastic bag it just came out of. San Marzano's bread is made fresh on sight daily and it tastes it. They serve artisan bread warm, right out of the brick oven. I could have made a meal out of the bread alone.

After much group negotiations, we decided on Portobello Siciliano (Portobello mushroom caps stuffed with spinach and grilled eggplant and topped with melted mozzarella and a balsamic glaze), Pork Osso Buco over risotto, Coriandolo Salmon (Honey garlic marinated salmon, pan-seared), Chicken Gregorio (Grilled and topped with our homemade pesto sauce and bruschetta, served with roasted potatoes and fresh spinach), Cremoso Scallops (Pan-seared scallops in a brandy mushroom cream sauce over linguini) and Ripieni Mussels (Mussels stuffed with Italian bread crumbs and minced Prosciutto in a white wine lemon sauce).

Had we realized the portions were so generous, we could have ordered less but I have to tell you... leftovers the next day were equally as delicious.

So when you go in to San Marzano Trattoria, located at 31 East Main Street in Freehold, tell them the lady who had thirds on the bread says, "Hello." They do large parties at their location or yours, so give them a call (732)845-5440 www.sanmarzanofreehold.com.



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Melanzane Rollatini - Thinly sliced grilled eggplant rolled with ricotta topped with our homemade filetto di pomodoro sauce and fresh mozzarella.

Bacca Pizette - 12" thin crispy crust topped with mozzarella, Parmesan, ricotta, fresh blackberries and basil, drizzled with EVOO.

Entrees:

Gamberetto Fettucini - Colossal grilled shrimp, fresh cherry tomatoes, sautéed spinach tossed in a garlic butter sauce over fresh fettuccini topped with shaved Parmesan.

Polo Miele - Grilled chicken breast marinated in a honey lime cilantro sauce paired with a fresh tomato salad.

Pollo Al Cocco - Coconut crusted chicken breast paired with a homemade mango salsa.

Agriuni Di Merluzzo - Pan seared cod in a citrus basil butter sauce paired with lemon infused potatoes.

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Most Filling Foods

By Stefanie Maglio

Food is a necessity for survival. However, people eat for more reasons than just one. Some eat for enjoyment or pleasure, while others are more conscientious about what they consume on a day-to-day basis. In attempt to lose weight, become healthier, or become more physically fit, people may eat foods that are likely to fill them up quickly and with eating as little as possible. Here are some foods that will fill up your stomach quickly:

- **Potatoes.** They are carb-heavy, but also a vegetable.
- **Apples and pears.** They are filled with multiple antioxidants, as well as appetite-suppressing fibers.
- **Almonds.** Not only are they perfect for an on-the-go snack, but they help you stay satiated throughout the day by snacking on them. Therefore, you are less likely to eat more meals. They also contain 6 grams of protein, which can cause you to feel full.
- **Lentils.** These contain 13 grams of protein and 11 grams of fiber. No surprise that people have been eating lentils for decades in order to stay full.
- **Greek Yogurt.** Dairy foods are great for keeping an appetite at bay, especially dairy products with a lot of protein such as Greek yogurt. Not only is there ample protein, but also acids produced during yogurt fermentation are known to increase satiety.
- **Eggs** are an excellent choice when trying to stay satisfied. Two hardboiled eggs contain 12 grams of complete protein, which means that they contain amino acids that our bodies need but can't on their own. Studies also show that eating eggs at breakfast helped dieters feel less hungry for a full 24 hours, while also stabilizing their blood sugar levels and helping them eat fewer calories throughout the duration of the day.
- **Lean beef.** Certain cuts such as sirloin, tenderloin, and top round are high in protein. This means they have complete amino acids, resulting in a "fuller" feeling after eating these cuts of beef. However, be careful with red meats as too much of it has been related to heart disease, cancer, and type two diabetes.
- **Avocado.** This rich and creamy food is highly satisfying as it is high in fat, but the good kind. This means avocado has plant-based fatty acids which have proven to have anti-inflammatory benefits.
- **Fish.** Most lean cuts of fish are high in protein, which again means that there are helpful amino acids to create a full feeling after eating.
- **Popcorn** is a grain, which surprisingly contains 3 grams of fiber and protein each in every four cups. This is a fun, yet healthy snack that will definitely satisfy your appetite.



CRAZY

For Cauliflower Fried Rice

INGREDIENTS:

- 1 medium head (about 24 oz) cauliflower, rinsed
- 1 tbsp sesame oil
- 2 egg whites
- 1 large egg
- pinch of salt
- cooking spray
- 1/2 small onion, diced fine
- 1/2 cup frozen peas and carrots
- 2 garlic cloves, minced
- 5 scallions, diced, whites and greens separated
- 3 tbsp soy sauce, or more to taste



DIRECTIONS:

1. Remove the core and let the cauliflower dry completely.
2. Coarsely chop into florets, then place half of the cauliflower in a food processor and pulse until the cauliflower is small and has the texture of rice or couscous – don't over process or it will get mushy. Set aside and repeat with the remaining cauliflower.
3. Combine egg and egg whites in a small bowl and beat with a fork. Season with salt.
4. Heat a large saute pan or wok over medium heat and spray with oil.
5. Add the eggs and cook, turning a few times until set; set aside.
6. Add the sesame oil and saute onions, scallion whites, peas and carrots and garlic about 3 to 4 minutes, or until soft. Raise the heat to medium-high.
7. Add the cauliflower "rice" to the saute pan along with soy sauce. Mix, cover and cook approximately 5 to 6 minutes, stirring frequently, until the cauliflower is slightly crispy on the outside but tender on the inside.
8. Add the egg then remove from heat and mix in scallion greens.



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Speedy Growers In The Garden

By Susan Heckler

If you got off to a late gardening start or like immediate gratification, these are the perfect vegetables to grow. Here are the 12 fastest growing vegetables to get your garden jump-started and great reasons to eat them.

RADISHES: Most varieties will be ready for harvest in just 25 to 30 days after planting. Radish is a root crop, and it is sharp-tasting or sweet in taste with a lot of juice. Radishes can be white, red, purple or black, and can be long and cylindrical, or round. They are eaten raw, cooked or pickled. The parts of radishes that are consumed are the leaves, flowers, pods and seeds.

GREEN ONIONS or SCALLIONS: Green onion stalks can be harvested after just 3 or 4 weeks. All of the Allium have hollow green leaves, but these are used while they lack a fully developed root bulb. Used as a vegetable, they are eaten either raw or cooked. Scallions have a milder taste than most onions.

LETTUCE: Leaf lettuce is at their best in spring and early summer before high heats and long days make them bolt and turn bitter....MORE There are hundreds of different types of lettuce, including iceberg, Boston butterhead, Bibb butterhead and green leaf lettuce. The type of lettuce used in cooking depends if it is to be used for a salad, sandwich or side dish. Romaine can begin to be harvested about 30 days after planting. Cut the leaves once they reach at least 3 inches.

BABY CARROTS: This is an immature carrot, grown in a small size as opposed to baby-cut carrot which is a small piece cut from a larger carrot often marketed as "baby carrots". Baby carrots can be harvested after about 30 days. Other carrot varieties may take between 50 and 80 days to mature.

SPINACH: Spinach is ready in as little as 4 to 6 weeks after planting. Spinach leaves are ready to harvest as soon as they are big enough to eat.

KALE & OTHER LEAFY GREENS: Dark leafy greens provide more nutrition per square foot than any other garden crop, and different greens can come and go as the season unfolds. You can start out with kale in early spring, plant heat-tolerant chard as a summer crop, and then grow more lettuce and kale for fall. Kale, mustard greens and watercress are just a few delicious, super healthy greens that are fast growers. Most take about 50 to 65 days to mature, but baby leaves can be picked as early as 25 days.

PEAS: There are your regular garden peas which are great either raw in salads or by themselves. Snap peas which are actually used as split peas, and then there are snow peas which are the pea pods you use in a stir fry. Snow peas take only about 10 days to germinate and are ready for harvest in about 60 days.

BUSH BEANS: There are many varieties of bush beans to choose from, Most are ready to harvest within 40 to 65 days from planting.

TURNIPS: Turnips don't always dress in purple-splashed white. You'll find round ones, finger-shaped ones, small ones and big ones, in an array of colors. Turnip roots are ready for harvest after about 60 days; however the highly edible leaves can be harvested in only 40 days.

CUCUMBER: These are in the gourd family. It is a creeping vine that bears cucumiform fruits that are used as vegetables. There are three main varieties of cucumber: slicing, pickling, and seedless. Most varieties of cucumbers can be harvested about 50 to 70 days after planting.

SQUASH: Summer squash is a prolific producer. 'Eight Ball' zucchini, Lebanese 'White Bush', a yellow crookneck called 'Sundance', 'condor' zucchini, and the yellow patty pan 'sunburst' are fun varieties. Many variations of squash, including zucchini, are usually ready after about 70 days. For best flavor, harvest squash when they are still small.

New Study Challenges Theory That Birth Order Determines Personality

Adult traits may not be preordained by place in the family hierarchy, researchers say. Forget what you have heard about birth order determining your adult personality, a new study suggests.

According to HealthDay News' October 2015 study, Birth order does not influence any of the "big five" personality traits -- extroversion, emotional stability, agreeableness, conscientiousness or openness to experience, said lead researcher Julia Rohrer, a graduate student at the University of Leipzig in Germany. She and her colleagues reviewed data on more than 20,000 adults from the United States, Great Britain and Germany to arrive at their conclusions.

Firstborns did score higher in intelligence, but Rohrer said she believes this stems more from social interactions within a family than from birth order.

"A firstborn can 'tutor' their younger siblings, explaining how the world works and so on," Rohrer said. "Teaching other people has high cognitive demands -- the children need to recall their own knowledge, structure it and think of a good way to explain it -- which could be a boost to intelligence for some firstborns."

Longstanding psychological theory holds that firstborns are privileged but also burdened with responsibility; middle children are attention-seekers who struggle to find their own identity; and the "baby" becomes spoiled from being showered with affection, Rohrer said.

To test this theory, Rohrer and colleagues reviewed personality and intelligence data on 5,240 Americans, 4,489 Britons, and 10,456 Germans, all gathered by national surveys conducted in each country.

The researchers report they were unable to find any pattern of personality traits based on where a person fell within the family. This finding held whether they lumped all the data together or examined each country separately.

"What is most striking about these findings is that they are in conflict with those of other large studies that have shown that birth order differences in personality definitely exist, even if they are rather modest in magnitude," said Frank Sulloway, an adjunct professor of psychology at the University of California, Berkeley, who specializes in birth order and personality.

Prior research may have mistaken the effect that kids' age has on their personality with some potential effect from the order of their birth, Rohrer said.

For example, Rohrer's own younger sister "often remarks that I act so grown up while she still considers herself immature," she said.

But is that because Rohrer is firstborn, or is it because she's grown out of a similar immaturity she had at that same age?

"We might wrongly confuse age effects with birth order effects," Rohrer said. "The relevant question for detecting a birth order effect would rather be: 'Will my younger sister be at my level of conscientiousness when she is as old as I am now?'"

However, the researchers did find that there are more sibling relationships in which the firstborn is smartest, rather than later-born children.

Rohrer said it's possible that later kids are affected by a lessening of the parent's focus.

"A first-born will enjoy full parental resources, including attention, the second-born will have to share with the firstborn from the start, and it gets even worse for the third-born," she said.

Sulloway believes that the study's reliance on survey data may have diluted the birth order effects that might otherwise have been observed.

The study also did not consider how birth order differences in personality might change with age, he added.

"The nature of these effects in 10-year olds is different from the nature of these effects among people in their 20s, 30s, and 40s," Sulloway said. "Thus, laterborns, who are expected to be more peer-oriented than firstborns, may be less conscientious than firstborns when they are relatively young, but as they become older and as they relate to people in peer relationships, they may actually be more conscientious than laterborns."

But Toni Falbo, a professor of educational psychology at the University of Texas at Austin, said the new study is "extremely well done." He added that "the results are consistent with those found by many, many other researchers."

Will psychologists and others give up the idea that birth order matters, in view of these results? "I don't think so," Falbo said. "Birth order theories make intuitive sense, and since most of us on planet Earth today grew up with siblings, some psychologists and the general public will continue to think that birth order really matters."

The study was published Oct. 19 in the Proceedings of the National Academy of Sciences.

For more on child development, visit the U.S. Centers for Disease Control and Prevention.



BBQ Must Haves

By Stefanie Maglio

When it comes to barbecue, there are so many options. There are so many places to eat excellent barbecue food, but there's nothing quite like cooking up a storm on the grill in your back yard. That being said, here are some top barbecue recipes to try:

Roasted strawberry BBQ sauce: Consists of sweet roasted strawberries mixed with tangy BBQ sauce. Great for the summertime!

BLT potato salad: Exactly what it sounds like. If you love BLT's and potato salad, why not combine them and create the perfect dish?

Grilled Pork Chops with Peach, Bourbon, Mustard Sauce: A white version of your traditional barbecue sauce.

Grilled Baby Romaine Lettuce with Parmesan Vinaigrette: Try grilling your lettuce for a fresh, new smoky flavor!

Grilled Corn on the cob: The fresh, sweet taste of corn on the cob mixed with a new smoky flavor. The perfect side dish!

Reuben Dogs: The classic hot dog with a delicious, tangy Reuben sauce as a topping!

Chicken Satay with spicy Peanut sauce: Bite-sized chicken marinated in creamy Greek yogurt and dipped in a spicy, delicious peanut sauce. This recipe may be ideal for those who don't eat red meat.

Spiced Coffee rubbed steak: Chile spice and

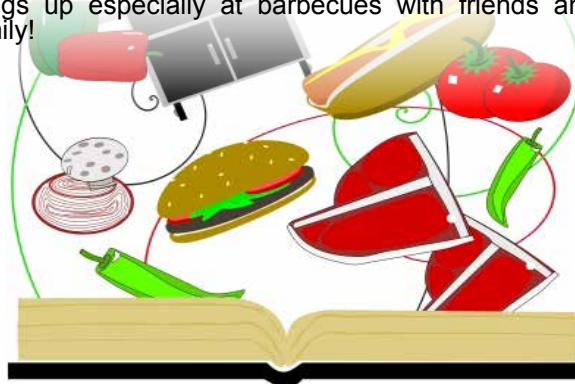
earthy coffee make the perfect twist on a traditional steak!

Spicy BBQ baked beans: Perfectly spiced baked beans could be the perfect side dish at your next barbecue. Beans are often underrated in the world of BBQ.

Classic Macaroni Salad: This is always the perfect side with any type of barbecue. It may not be the first dish you think of, but it is definitely a barbecue must have.

Hamburgers/Cheeseburgers: You can't go wrong with these classics, loved by most. Try spicing things up with some hot sauce or other condiments.

Of course there is nothing wrong with putting a traditional steak on the grill, but it can be fun to switch things up especially at barbecues with friends and family!



Sweet Potato And Chick Pea Vegan Treat

Delicious, healthy, and gluten free. This makes a meal or a great side dish.

INGREDIENTS:

- 4 medium sweet potatoes
- 1 15-ounce can chickpeas, rinsed and drained
- 1/2 Tbsp olive oil
- 1/2 tsp each cumin, coriander, cinnamon, paprika, pinch of salt

GARLIC HERB SAUCE:

- 1/4 cup hummus or tahini
- juice of 1/2 lemon
- 3/4 - 1 tsp dried dill
- 3 cloves garlic, minced
- Unsweetened almond milk
- Sea salt to taste

INSTRUCTIONS:

1. Preheat oven to 400 degrees and line a large baking sheet with foil.
2. Rinse and scrub potatoes and cut in half length wise.
3. Toss rinsed and drained chickpeas with olive oil and spices and place on a foil-lined baking sheet.
4. Rub the sweet potatoes with a bit of olive oil and place face down on the same baking sheet.
5. While the sweet potatoes and chickpeas are roasting, prepare your sauce by adding all ingredients to a mixing bowl and whisking to combine, only adding enough almond milk to thin so it's pourable. Taste and adjust seasonings as needed.
6. Prepare the parsley-tomato topping by tossing tomato and parsley with lemon juice and setting aside to marinate.
7. Once sweet potatoes are fork tender and the chickpeas are golden brown - roughly 25 minutes - remove from oven.
8. For serving, flip potatoes flesh-side up and smash down the insides a little bit. Then top with chickpeas, sauce and parsley-tomato garnish. Serve immediately.



family recipe eating together matters

Anytime Vegetable Egg & Cheese Bake

The cheeses and vegetable choices are suggestions; this crust-less quiche-like meal works with just about anything and great any time of day!

INGREDIENTS

- 5 eggs
- 2 cups egg substitute or 6 more eggs
- 1/2 cup cottage cheese (fat % your choice)
- 1/3 cup shredded pepper Jack cheese (can substitute your favorite semi-soft, open textured spicy cheese)
- 1/3 cup shredded cheddar cheese (your favorite sharpness)
- 1/4 cup grated Romano cheese (any variety)
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon tobasco type sauce
- 1 medium summer squash, chopped
- 2 cups fresh broccoli florets
- 2 cups coarsely chopped fresh baby spinach
- 1/2 cup shredded fresh carrots
- 1/2 cup chopped tomatoes

DIRECTIONS

1. Coat an 11 x 7 backing dish with cooking spray.
2. Preheat oven to 350°. In a large bowl, whisk eggs, egg substitute, cheeses, pepper and pepper sauce until consistent and fluffy.
3. Stir in the vegetables.
4. Transfer to baking dish.
5. Bake, uncovered, 45-50 minutes or until firm.
6. Let stand 10 minutes before cutting.



Nutty Chicken & Strawberry Spring Salad

INGREDIENTS

- 2 large boneless, skinless chicken breasts or thighs
- 2 tablespoons any olive oil
- 2 tablespoons your favorite balsamic vinaigrette salad dressing
- 1 bunch fresh baby spinach
- 1 pint fresh sliced strawberries
- 4 ounces goat cheese crumbled
- 5 ounces package candied pecans

DIRECTIONS

1. Place the whole chicken meat into 2 tablespoons of balsamic vinaigrette to marinate.
2. Place the marinated chicken into a skillet with 2 tablespoons of olive oil over medium heat.
3. Cook and stir until the chicken is browned and the juice has almost evaporated (about 10 minutes).
4. Remove the chicken and let cool, slice or cube.
5. Place the baby spinach into a large salad bowl.
6. Distribute the strawberries, goat cheese, and candied pecans over the spinach.
7. Sprinkle 2 tablespoons of olive oil and 2 tablespoons of balsamic vinaigrette over the salad and top with the chicken.
8. Great warm or cold!





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LISTEN UP FOR HEALTHY EARS

Children laughing, birds chirping and music ringing from the radio. These are the sweet sounds of healthy ears. It is crucial to ensure the ongoing health of the ears.

From otitis media (middle ear infection that causes hearing loss in children) to tinnitus (ringing in the ears caused by damage to the hearing nerve), many medical conditions can lead to irreversible hearing impairment or deafness.

If you suspect that you, a family member or friend have a problem with hearing, seek an immediate diagnosis from a physician. Prompt attention from a medical professional could lead to positive results from treatment or medication, rather than surgery.

Hearing Loss

The third most common physical condition after arthritis and heart disease, hearing loss is a major public health issue. About 48 million American adults report some degree of hearing loss, according to the Hearing Loss Association of America.

It also is important to know the warning signs of hearing loss, which can include difficulty hearing conversations, frequently asking others to repeat their statements or misunderstanding what other people say.

Ear Cleaning Tips

Cleaning your ears is a simple yet highly critical aspect of overall health. The Cleveland Clinic Foundation offers the following tips:

- Clean your ears with extra care by wiping the outer ear with a washcloth or tissue. Do not use bobby pins or sharp, pointed objects to clean your ears. These objects may injure the ear canal or eardrum.
- Earwax is the ear's mechanism for self-cleaning, so let it do its work. If you have a buildup of wax that is blocking your hearing, see your doctor to have it removed.
- If you experience itching or pain in your ears, consult with your primary care physician to determine the issue and appropriate treatment. He or she will determine if you need to see a specialist.
- If you have pierced ears, clean your earrings and earlobes regularly with rubbing alcohol.



Can Driving Contribute to Your Back Pain?

By Aylin Mahmut PT, DPT, MCMT

Correcting sitting posture and establishing good ergonomics in work place has been a hot topic for the past years. As we sit upright at our desks, we forget to apply this principle and habit to other settings such as driving. Many of us drive minimum of 1-2 hours a day. Once you observe other drivers when you are at a red light, you will see that many people drive with a jutted out neck or an extremely leaned back chair with one arm reaching across to hold the wheel. Both situations create asymmetry in our body and is carried out to other activities when we get out of the car. What does that mean? Let me explain more.

Our muscles get the orders from our brain. After we drive 2 hours with a forward head posture, once we get out of the car and stand up, due to tightening of neck muscles, we also end up with standing up forward head posture. If you have a desk job where you have to stare at a screen occasionally or all day long, that even strains your neck more. This is how we may end up with neck problems and/or muscle aches.

Driving with one arm, and trying to reach to turn the wheel may also cause tightening of trunk muscles on the opposite side. This will also lead to over stretching of the trunk and shoulder muscles on the same side. Due to increased tightness on one side, and over-stretching on the other side, we become lopsided. Over time, an unevenness may also cause spinal asymmetry and/or muscle aches in our shoulders, trunk or even pelvis.

Our pelvis is made up of three bones; two identical ones on each side that makes up the upper part of hip joint, and one bone in the back. On each side, hamstrings insert in the back and the hip flexor inserts to the front of our hip/ pelvis. Since many drive automatic cars, we really do not use our left foot. While our right leg is semi straight in order to reach the gas/pedal, we tend to bend our left knee to place our foot on the floor. That position may cause left hamstring and hip flexor to be tighter than right side, which creates an imbalance in pelvis as well as in low back.

What we can do improve our posture while driving is:

- Make sure your head is resting against the head rest
- Use both arms while driving
- Refrain from bending left knee at all times
- Keep symmetry in mind!



Family First

What do senior citizens rank as their highest priority as they age? Financial Security? Health? Family is actually the most important factor in maintaining a high quality of life in Americans' senior years, according to a recent survey.



Conducted by the National Council on Aging (NCOA), UnitedHealthcare and USA Today, the survey measured responses from 4,000 U.S. adults, including a nationally representative sample of seniors ages 60 and older.

It found that four out of 10 seniors rank connectivity to friends and family as their top priority, ahead of financial security (30 percent). Read the survey's other key findings to see what else seniors are concerned about as they age.

Health

- 65 percent of seniors report having at least two chronic health conditions.
- 60 percent of seniors expect their health to stay the same over the next 5-10 years.
- 84 percent say it is not very or not at all difficult to perform regular activities.

Community Services

- 71 percent of seniors say their community is responsive to the needs of seniors.
- 49 percent believe their community is doing enough to prepare for the growing senior population.

Financial Security

- 53 percent are very or somewhat concerned about their savings and income to last the rest of their life.
- 41 percent of working seniors indicate that social security will be their primary source of retirement income.

Technology

- 34 percent stated 'I don't understand how to use it' as a barrier preventing them from using more technology.
- 47 percent say cost prevents their use of technology.

Overall Outlook

- 57 percent of seniors state that overall, the past year of their life has been normal.
- 21 percent of seniors expect their lives to get much or somewhat better over the next 5-10 years.

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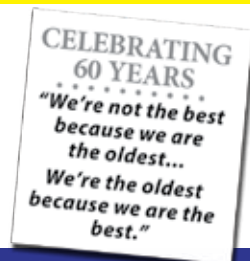


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Natural Weed Killers

By Stefanie Maglio

Weeds on your property, particularly in your landscaping, are often unsightly and a nuisance, especially when the weather gets warmer during spring. Unfortunately, weed killers often contain harsh chemicals that can be dangerous to breathe in or touch. There are safer ways to rid your property of weeds. For your family's health and the environment, consider these natural weed killers:

Pull them. Simple enough, and quite obvious, but it will get the job done. Just remember to pull from the root, or they will grow back. Also, try pulling them when the ground is wet from rain or watering. This will make the weeds come out of the ground easier.

Pour boiling water on them. This is a similar concept to pulling out the weeds while the ground is wet. Scalding hot water will shrivel even the toughest of weeds within a few days.

Smother them. Cover low-growing weeds with newspaper to cut them off from sunlight. This will help prevent growth. This can be used as a prevention tactic before weeds grow as well.

Salt them. Stock up on leftover rock salt from the winter and sprinkle it in your garden during the springtime. Salt can make a good weed barrier and leave the ground barren for a prolonged period of time.

Make simple and cheap edging out of scraps and pressure-treated decking boards. Cut them into 8-inch "pikes" and

hammer the pieces into the ground next to each other to form a continuous edge.

Outnumber them. In gardens, there is competition for resources such as water, soil, and sunlight. Plant ground covers, flowers, and garden crops that will naturally beat out weeds for resources and nutrients.

Douse weeds with vinegar and they will shrivel up a few days later.

You can always learn to love them. Some weeds such as dandelions are not complete eye-sores. Whatever you choose to do, avoid pesticides, as it is healthier for earth and your family.



Gardening Gear Must-Haves

By Stefanie Maglio

If you plan on growing your own garden this spring, it's important to know which gardening tools to have and know how to select them. The tools will certainly not do the work for you, but having the right supplies will make the task much easier and more enjoyable.

While shopping at your local hardware store, there are a few things to keep in mind. Spend time handling all of the tools you are considering to buy. Mimic the actions you would perform with it in your garden. Make sure the tool feels comfortable. If it is too heavy or long, look for shorter and lighter tools that will be easier on the wrist. Using a tool that you are comfortable with will end up being much more efficient when it comes to planting. Opting for tools with wood or metal-coated handles are a good choice. They are built the strongest usually. The stronger and sturdier the tool is, the less likely it is to break and cause an injury. Remember, it won't matter which tools you buy, if you don't know how to store them properly. Long tools should be placed in a peg rack, while short tools should be kept in a gardening bag that can be transported with the gardener as they work. Caring for your tools is the key to making them last for years. Keeping your tools clean and sharpening them regularly is a must.

Some of the best hand tools a gardener should have include: a hand rake, a water breaker (for gentle irrigation of new plantings), shears, scissors, and a hand pruner. Recommended long handled tools include: round-headed shovels, a bow rake, a digging fork, and a leaf rake. Gloves should also be worn while gardening to protect your hands. Some types of gloves include: washable synthetic, latex, and heavy-duty leather.

Specifically, spades and forks are crucial when it comes to gardening. These tools are used for digging, planting, and harvesting. Because of their many capabilities, these tools specifically are a great investment. Of course, make sure that the handle and shaft lengths are comfortable to avoid any pain or injury while gardening.

Also, when it comes to conserving space, a wheelbarrow is a great way to save space and storage. A traditional wheelbarrow is replaced with a collapsible model. When this tool is not in use it can be washed out, folded flat, and stored or hung against a wall. Easy, extra, and convenient storage is a great accessory to any gardener's collection.

It is so important to have all the equipment necessary when gardening in order for the process to go smoothly. Depending on what you are planting, more effort and work may be required. Having the right tools to make the job easier will make the whole process a lot more fun and enjoyable, as it should be.

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Leaving Bad Moods Behind-For Kids

By: Mia Ingui

Maybe your child woke up on the wrong side of the bed, or they had a rough day at school, but regardless of why, it's perfectly normal for your child to feel a little blue sometimes. As a parent, you can offer a helping hand so that your child can brush away the cloudy mood, and ultimately get them back on track. Here's how!

If they're feeling sad...Sadness is a perfectly normal emotion that we all feel from time to time! As a parent, you do not have to solve your child's problem, whatever it may be, but simply provide encouragement and support to help them work through their feelings.

If your child is feeling angry... First, find out what is making your child so mad, and then ask what would make him feel better. Don't tell your child that he or she shouldn't be mad; just show them ways to manage the anger. After you talk to them, encourage them to relax and chill out to release the angry feelings.

If your child is disappointed... Teaching your child early that things don't always come easy, and that you can't always have what you want is important for helping them cope with disappointment.

If your child is bored or hungry....Hey, bad moods strike all of the time, even in adults, because of boredom and hunger! If that is what is troubling your child, you know what to do!



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Fun Facts About Sneezing

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

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

A single sneeze can travel up to 20mph.

A single sneeze can produce 40,000 droplets.

A single sneeze has a spray radius of 5ft.

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

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

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

Positive Parenting Tips For Your Toddler

Following are some of the things you, as a parent, can do to help your toddler during this time:

- Read to your toddler daily.
- Ask her to find objects for you or name body parts and objects.
- Play matching games with your toddler, like shape sorting and simple puzzles.
- Encourage him to explore and try new things.
- Help to develop your toddler's language by talking with her and adding to words she starts. For example, if your toddler says "baba", you can respond, "Yes, you are right—that is a bottle."
- Encourage your child's growing independence by letting him help with dressing himself and feeding himself.
- Respond to wanted behaviors more than you punish unwanted behaviors (use only very brief time outs). Always tell or show your child what she should do instead.
- Encourage your toddler's curiosity and ability to recognize common objects by taking field trips together to the park or going on a bus ride.



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Cures for Your Child's Spring Fever

By Stefanie Maglio

It's that time of the year when the snow has finally gone away, and those colder temperatures are becoming much less frequent. Children of all ages are bound to get "Spring Fever" to some degree. With the weather changing and becoming nicer, it's hard to stay indoors and be focused on homework or other important tasks. Luckily, there are ways to get a taste of the spring weather without taking up too much time, but satisfying the spring fever.

Parents can have younger children play games or participate in activities outside for a certain amount of time that is appropriate. Some games and activities include:

- **Play "Follow the Leader"**
- **Make your own obstacle course**
- **Play in fields/on hills**
- **Jump in puddles**
- **Play hopscotch**
- **Build a fort**
- **Have a scavenger hunt.**
- **This can be in nature only, or include manmade items.**
- **Bird-watching**
- **Look for/admire spring time flowers**
- **Climb trees (safely of course)**
- **Jump rope (can be done with games or traditional style)**
- **Go for a bike ride with friends or family**
- **Blow bubbles**
- **Have racing competitions**
- **Play "Leapfrog"**
- **Play "Hide-and-seek"**
- **Fly a kite**
- **Have sword fights, and make your own swords with sticks you find outside.**
- **Build dams and rivers out of mud and puddles**

These activities are not a guaranteed cure for every child. However, they may help to an extent. Giving them a try could be beneficial for your child and their focus. Remember, although trying to satiate the craving for springtime fun, make sure to emphasize how important it is to finish the school year strong. Your child may begin to slack and their grades may suffer as it begins to get closer to summer. Discipline your children and keep them focused. Offer to help them with projects or homework if needed, or finding a tutor may be necessary in some cases. Keep pushing your child to focus on their responsibilities, specifically academic ones, and before they know it summer will be here!





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HALF DAY PROGRAM

AGES: 3-12
TIME: 9:00 am – 12:30 pm
OPTIONS: 2, 3, 4 or 5 days

AFTERNOON HALF DAY PROGRAM

AGES: 6 – 12
TIME: 1:00 pm – 4:00 pm
OPTIONS: 2, 3, 4, or 5 days

ACTIVITIES: Open Gym, Creative Arts, Cooperative Games

FULL DAY PROGRAM

AGES: 6 – 12
TIME: 9:00 am – 4:00 pm
OPTIONS: 2, 3, 4 or 5 days



SUMMER CAMP WEEKS

Week 1: July 10 – July 14
Week 2: July 17 – July 21
Week 3: July 24 – July 28
Week 4: July 31 – August 4
Week 5: August 7 – August 11
Week 6: August 14 – August 18
Week 7: August 21 – August 25



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PRICES

Registration for
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\$15 per child

HALF DAY CAMP:

2 days: \$100 per child
3 days: \$150 per child
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FULL DAY CAMP:

2 days: \$150 per child
3 days: \$225 per child
5 days: \$375 per child

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Having Happy Kids



You do not have to look very far to learn how to be happy. Happiness is one of the most valuable lessons parents can teach their kids. Do your kids see you as a happy person? If you are looking for happiness notice who around you seems to be happy all day? That's right- kids! Laughter is a natural thing with kids. If you spend some time playing with them, it is contagious!

While there are moments that kids get upset, you find that you can learn a thing or two from them about forgetting their anger and moving on. The saying "kids make us face ourselves" lives true in the art of happiness. It is also possible that you start to remember a time when you used to be a kid and how life seemed so easy and without responsibilities and worries. Living daily in each moment is a wonderful way to lead by example for your children. Explaining to your kids to enjoy what they are doing at the very moment they are doing it is the key to a happy lifestyle. Teaching our kids not to hold grudges and to get rid of negative emotions is a great tool for success in life. Talk to your kids often about what makes them happy or unhappy. Help them achieve the goals they set forth for themselves and help them conquer the discomforts in their life. Teaching your kids that every problem has a solution is a gift you can give them that will make them happy and healthy adults.

When we look at children we see that they are the happiest when they are doing and acting on what they love. Children are always happy because they find joy in little things. They get excited when they see a friend, jump over a puddle or get to go to the park. They do not over analyze situations and do not assume the worst in people or situations. They keep things simple. One way to remind yourself and your kids to stay happy is by keeping a journal. Use the journal to write down the many happy moments that you enjoy in your life. Make it a priority on a regular basis, do something small that makes you happy like reading one chapter of a book you like, exercising or spending time with friends. Simple acts that you do everyday show your children that you have faith and that everyone is responsible and has a choice for their own happiness or not. If your child sees you complaining about a bad part of your day tell them also about a good part of your day.

Make it a daily ritual to reconnect with your inner child. Spend time with your kids and pretend you are five again! Look at the world through the eyes of a child and gain some joyful and trusting qualities and happiness will be with you always as well as always with your children.



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May is National Water Safety Month

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Drowning is the second leading cause of death for children ages 5 to 14. With National Water Safety Month in May and summer around the corner, it's a great time for parents to remember the importance of ensuring their children are equipped with essential water safety skills. The Freehold YMCA offers youth swim lessons year round towards reducing the risk of childhood drowning, instilling a lifelong love of swimming and educating children on safety around different water environments.

Before letting your children hit the water this summer, the Y is offering these few tips to ensure it's an enjoyable and safe experience.

1. **Never swim alone.** Teach your children that they should only swim in locations where a lifeguard is on duty.
2. **Supervise your children whenever they're in water.** Whether it's bath time or taking a dip in a pool or lake, make sure your children are within arm's reach of you at all time.
3. **Don't engage in breath holding activities.** Children shouldn't hold their breath for a prolonged amount of time while swimming, as this can cause drowning and has several other severe physical side-effects.
4. **Wear a Life Jacket:** Inexperienced or non-swimmers should wear a Coast Guard-approved life jacket.
5. **Don't jump in the water to save a friend who is struggling in deep water.** If a child finds their friend in deep water unexpectedly, their natural reaction may be to jump in the water to try to save them. Even if a child is a great swimmer, a panicked person will overpower them, pulling them underwater with them. The Y's Safety Around Water program teaches the "reach, throw, don't go" concept of using a long object to reach for them and pull them to safety. By using these technique children can help their friend without compromising their own safety.
6. **Enroll your children in water safety or swim lessons.** Just like teaching your children to look both ways before they cross the street, having them participate in formal water safety lessons teaches them an important life skill.

Learning how to swim also has multiple benefits beyond the ability to enjoy water safely. It helps children strive for physical achievement, promotes healthy living and builds their confidence. To find out how to enroll your child in the Freehold Y's swim program, visit www.ymnancj.org.

Understanding Autism as a Family

By Susan Heckler

Navigate Autism was founded in 2016 by Jane Lynn Britton to help parents foster a deeper connection with children on the autism spectrum. Bonding with any child at various ages presents its own set of challenges. When you add the additional weight of Autism, many parents cannot get over the hurdle. They see the face of their beautiful child but are unable to reach them emotionally.



Children with autism experience specific social difficulties that are dissimilar to youngsters with other developmental disabilities. Understanding their own and others emotions, understanding how to communicate their feelings and recognize other's feelings, perceiving how to initiate and maintain interactions appropriately, and understanding other people's viewpoints effects their relationship with everyone, parents included.

"I can still feel, acutely, the pain of watching helplessly as my child seemed to slip away from me," says Ms. Britton, whose son, now in his teens, started showing signs of autism at 18 months.

Jane Lynn is the mom of a 16 year old boy with autism. She used her passion for helping and training to build a successful program that took her son from a withdrawn and exclusive child into a social and interactive young man. After spending over 18,000 hours in a playroom creating and leading games and activities with her son, and training over 30 people to create a connection and to play and teach him, she developed a simple 5-Step Process for Creating Connections.

Some of the greatest growth that she saw in her son was after healing his food allergies, boosting his immune system, and restoring balance to his body. His transformation was so great, that she includes natural healing as part of her 5-Step Process. Jane Lynn uses a wealth of healing tools, both traditional and holistic or natural. One of her favorite healing tools is called Sanjeevinis, an intention-based healing system for body balancing and overcoming colds, flu and other illnesses, naturally. She also uses crystals, essential oils and raw foods to support internal healing, to sharpen mental focus and clarity, and to create a calmer disposition.

"When I walk parents through this process they see how easy it is to build a strong relationship based on trust, respect, and love. And they experience so much more joy and happiness with their child." Using her years of experience with her own son has helped her become an autism relationship coach, parent advocate, and founder of Navigate Autism. "There is no judgment here, only total understanding. I am with clients through every step of their journey," says Ms. Britton.

Time and again she has seen that once you successfully create a strong bond with your child, it paves the way for a successful outcome. You have broken through a barrier so there's more trust, there's more engagement, and the child shows up in a bigger way with more clarity and follow through. It leads to following directions without opposition and growing more so tasks like meeting goals goes smoother.

In honor of April's Autism Awareness Month, through June 2017, parents of children with autism will receive a FREE "Breakthrough Session" with Ms. Britton, a \$175 value.

For more information on Navigate Autism, contact Jane Lynn. Janelynn@navig8autism.com • Tel 609-448-0123



NAVIGATE AUTISM

With Jane Lynn

5-Step Process for Creating Connections

Weekly tips on my Facebook page on topics such as:

- Inspiring eye contact
- How to identify and use your child's motivation to create a connection
- How to build trust
- How to create a calm environment for parent and child

Join me each Tuesday at 12:30pm EST on Facebook Live for Navigate Autism with Jane Lynn, where I share some of my best tips and strategies for 5 - 10 minutes.

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Tuesday Mornings

July 11, 18, 25 August 1, 8, 15

10:15-11:00am Intro. to Dance (2-3 yrs)

10:00-11:00am Ballet/Tap/Hip Hop (4-5 yrs)

10:45-11:30am Ballet/Acro (3-4 yrs)

11:00-12:00am Tap/Jazz/Hip Hop (4-5 yrs)

Tuesday Evenings

July 11, 18, 25 August 1, 8, 15

5:00-6:00pm Cheer/ Hip Hop (5-7 yrs)

5:00-6:00pm Jazz/Hip Hop (8-10 yrs)

8:00-9:00pm Hip Hop (10 & older)

Wednesday's

July 12, 19, 26 August 2, 9, 16

4:00-5:00pm Jazz/Hip Hop (5-8 yrs)

4:00-5:00pm Ballet/Acro (3-4 yrs)

5:00-6:00pm Tap/Jazz (5-7 yrs)

8:00-9:00pm Hip Hop/Tap/Jazz (10 yrs & up)

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Dazzler Dance Team

5-8 yrs old, **June 3rd** 11:30-12:30

9-11 yrs old, **May 24th** 6:00-7:00

10 yrs & older, **May 25th** 6:00-7:00



Fall registration opens May 22nd!

Monroe Township Chorus - FREE Concert, No Tickets Required

The Monroe Township Chorus will present a very unique and special program of songs and music honoring the Armed Forces for their service and sacrifices to our country and to the world.

“How Important It Is To Recognize And Celebrate Our Heroes And She-roes!” – Maya Angelou

The Monroe Township Chorus will present “A Salute To Our Veterans And Our Armed Forces” on Thursday evening, May 18th at the Richard P. Marasco Performing Arts Center, Monroe Township Middle School, 1629 Perrineville Rd., Monroe Township, NJ. Doors will open at 6:30 PM. The performance will begin at 7:30 PM.

The Chorus will pay tribute to the military service of men and women who proudly served, and to those who continue to serve our country. Through choral performance and sing-a-long songs, we will express our reverence, respect and gratitude to all branches of the Armed Forces. We ask that the veterans who attend, show their pride by wearing their military decorations, uniform, cap or jacket of their veteran organization.

As we think about giving thanks to our veterans, we reflect on who our veterans are today. We remember our deceased veterans who have served and have been laid to rest. We remember our living veterans who have served and continue to serve today with our current conflicts. The times have changed and warfare may have changed, but the veteran is still the same hero. We will ask all veterans to stand and accept the gratitude of our grateful community. We are all so proud of you.

For additional information:

Contact Sheila Werfel, Choral Director at: 609-619-3229 or sheila1120@gmail.com



Coming Attractions: Movies in May

By: Stefanie Maglio

The Wall (May 12th): When two soldiers are pinned down by an Iraqi sniper, with nothing but a crumbling wall between them, their fight becomes as much a battle of will and wits as it is of lethally accurate marksmanship (www.moviefone.com).

A Wimp Will Rise (May 19th): A family road trip to grandma’s 90th birthday celebration takes a wrong turn when a boy (Jason Ian Drucker) hatches his latest scheme to become famous (www.moviefone.com).



Everything, Everything (May 19th): Maddy (Amandla Stenberg) is a smart, curious and imaginative 18-year-old who is unable to leave the protection of the hermetically-sealed environment within her house because of an illness. Olly (Nick Robinson) is the boy next door who won’t let that stop them from being together. Gazing through windows and talking only through texts, Maddy and Olly form a deep bond that leads them to risk everything to be together, even if it means losing everything (www.moviefone.com).

Pirates of the Caribbean: Dead Men Tell No Tales (May 26th): Thrust into an all-new adventure, a down-on-his-luck Capt. Jack Sparrow (Johnny Depp) feels the winds of ill-fortune blowing even more strongly when deadly ghost sailors led by his old nemesis, the evil Capt. Salazar (Javier Bardem), escape from the Devil’s Triangle. Jack’s only hope of survival lies in seeking out the legendary Trident of Poseidon, but to find it, he must forge an uneasy alliance with a brilliant and beautiful astronomer and a headstrong young man in the British navy (www.moviefone.com).



Enjoy Paul Anka at Count Basie Theater in Redbank



Living off the Land in Early New Jersey, Museum of Early Trades & Crafts
9 Main St., Madison

NJ Seafood Festival 2017 (May 12-14)

Silver Lake Park, Ocean Ave & 5th Ave Belmar, NJ

AC Mother's Day Music Festival 2017 Boardwalk Hall

2301 Boardwalk



Mother's Day at iPlay America 10 AM- 9 PM *Moms can Ride FREE all day!*

110 Schanck Rd. Freehold

Ancients to Astronauts: How We Communicate at Monmouth Museum

765 Newman Springs Rd. Lincroft

Mayhem Poets Performance for Schools at the State Theater, New Brunswick

Taste test ice creams at your favorite ice cream parlor and learn a new favorite flavor



Charlotte's Web - Sensory-Friendly Performance Count Basie Theatre, Red Bank

Jersey Shore Festival (Music)

901 Ocean Boulevard Seaside Heights



Oasis Family Farm Honey and Strawberry Weekend 2017

3 Circle Dr., Robbinsville



Autism Speaks Walk 2017

3000 Leaden Hall Rd. Mount Laurel



Wimpy Kid movie is in theaters!!



Mercer Family and Friends 2017 Art Show at the Lawrenceville Library

2751 Brunswick Pike (Rt. 1) Lawrenceville

Open Forum for Parents of Children and Adults with Autism & Severe Behavioral Challenges 7 pm to 8:30pm Alpine Learning Group
777 Paramus Road, Paramus

Jersey Shore Food Truck Festival Monmouth Park

Oceanport Ave., Oceanport



Try one of the restaurants in this publication and tell them we say, "Hi!"



NJ Renaissance Faire 2017 Liberty Lake Day Camp

1195 Florence Columbus Rd Bordentown, NJ
May 27 - Jun 11

Bradley Beach Memorial Day Parade and Fair



Freehold Memorial Day Parade



Last day of Fleet Week



Lion's Strawberry Fair Monmouth Park Race Track

175 Oceanport Ave., Oceanport



Biscuit Thursday, 10AM & 11:45AM Algonquin Theatre

60 Abe Voorheen Drive, Manasquan

Enjoy Riverfest Red Bank June 2- June 4

Food & music festival with FREE admission. Riverview Rd. Red Bank

Michael Arnone's Crawfish Fest 2017 Sussex County Fairgrounds

37 Plains Rd Augusta

Appel Farm Music & Wine Festival 2017

457 Shirley Rd Elmer



Captain Underpants is in the theaters!!



Read & Pick: Strawberries Terhune Orchards

330 Cold Soil Rd. Princeton



The Way Back Home June 8th, - June 11th Two River Theater

21 Bridge Ave., Red Bank

See Remember Jones (music) in Downtown Freehold



Hands of Change IshtarFest SumerFaire 2017

Old Bridge Country Park
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Old Bridge



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The Hakeem Nicks Foundation provides disadvantaged, at-risk, and foster care youth with opportunities in the fields of fitness, mentorship, education, and overall wellness. The foundation offers the following programs: TouchDown For A's, The Hakeem Nicks Scholarship, Big Brother Mentorship Program, and a Back To School Drive.

JULY 1ST 2017
10:00AM - 12:00PM

\$50.00 PER CHILD

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EACH COACH WILL HAVE 15-20 KIDS PER STATION/GROUP

Space is limited so register soon!

9:30AM:

Camp Registration and Coaches Meeting

10:00AM:

Camp Starts and Hakeem Addresses Camp

10:05AM:

Stretching and Warm Up

10:10AM:

Camper Age breakdown and station selection

- Coaches will be assigned to each station by Hakeem Nicks
- We will rotate six (6) stations every 20 minutes + water breaks

10:15:

Station Work

(drills are subject to Coaching Staff changes)

- Station 1: Offensive Position Circuit
- Station 2: Defensive Position Circuit
- Station 3: Passing
- Station 4: Animal Drill
- Station 5: One on One Flag
- Station 6: Team Competitions

11:30PM:

Lunch/Gifting

12:00PM:

Autographs and Giveaways

12:00PM:

Camp ends and parent pick up



Register at: hakeemnicks.eventbrite.com

Email to: hakeemnicksfoundation@gmail.com

Hosted by Sportika Sports, 150 Woodward Rd, Manalapan, NJ 07728

Maximize Your FUN and Make Summer Sizzle at iPlay America

This summer take advantage of all the HOT deals that allow iPlay America's guests to get the most from their entertainment dollars all summer long. It's easy to Get Inside the Fun and maximize the iPlay America experience, just remember to take advantage of these awesome money-saving offers!

Summer Season Pass

A Summer Season Pass gives guests UNLIMITED RIDES on Freedom Rider, Kite Flyer, Sky Scraper, Pine Belt Speedway Go Karts, Spin Zone, Happy Swing, Jump Around, Dizzy Dragons, and Mini Carousel. Tickets for the Summer Season Pass go on sale Sunday, May 7. The Summer Season Pass is good every day from Memorial Day (Monday, May 29, 2017) through Labor Day (Monday, September 4, 2017), Monday through Thursday from 3 PM to close, Friday 3 PM to 9 PM for those under 21, and all day Saturday and Sunday. iPlay America's Summer Season Pass is just \$49.99 each and with every pass purchased, guests receive coupons valued at over \$100 – including vouchers to BYOF (Bring Your Own Friend!) for FREE! WOW! Want MORE? This year iPlay America offers Summer Season Pass Incentive Days on Sunday, May 7 and Sunday, May 21! When guests purchase their Summer Season Pass on an incentive day... They will receive FREE rides on that Sunday!

BOGO Fridays

BOGO Fridays are the latest and greatest in FANTASTIC DEALS from iPlay America! Every Friday from 4 PM – 9 PM, starting April 21, purchase a Regular Price UNLIMITED Ride Band and Get One Free*! That's unlimited rides on the Pine Belt Speedway Go Karts, Freedom Rider Spinning Coaster, Spin Zone Bumper Cars, and so much more! BOGO Fridays are for guests of all ages and will take place every Friday until 9 PM only.

*Free Ride Band must be of equal or lesser value. Promotion is valid on Friday nights from 4pm-9pm only.

Ten Dollar Tuesdays

Every Tuesday, iPlay America invites families to enjoy a delightful dining treat where families and kids enjoy delicious UNLIMITED Pizza, Pasta, and Salad at iPlay America's Game Time Bar & Grill. It's a tasty and fun evening out and guests get it all for the exceptional price of just \$10 for adults and \$5 for kids 12 & under. Bring the whole family and dine like royalty during Ten Dollar Tuesdays from 5 to 8 PM.

Tuesdays are even more amazing with Double Arcade Ticket Tuesdays! Every Tuesday get DOUBLE Arcade ticket redemptions at iPlay America! Twice the prizes and twice the fun for serious Arcade enthusiasts!

Plus, iPlay America now features UNLIMITED \$10 Video Game Tuesdays for ALL non-redemption video games! That's ALL the non-redemption video games you can play for just TEN BUCKS!

Deals this HOT are hard to pass up! iPlay America's Summer Season Pass, BOGO Fridays, and Ten Dollar Tuesdays make it easy to MAXIMIZE the FUN all summer long!

2017 SUMMER SEASON PASS



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- Private Instruction - Baseball and Softball
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- Group Classes
- CK's Cardinals Travel Team
- Varsity Jackets
- Parent's Night Out - Starting Friday's in May
- Birthday Parties
- CK's Fitness - Now offering yoga classes

CK'S CUSTOMER APPRECIATION MONTH

The entire month of May, each week has a special promotion!

SUMMER BASEBALL CAMPS
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Beginning the week of June 26th - August 22nd



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WANTED A LOVING FAMILY

By Pam Teel

There are still a lot of animals in shelters that need homes. Please consider adopting a pet there first. At Animal Assistance, there are still many cats and dogs up for adoption. All animals have been spayed/neutered and updated on all their shots. Please take a look at some of the ones below who need loving forever homes. You can find more on their website or call to ask about the animals that are available. Please open up your heart and your home and adopt a homeless pet before you turn to a puppy mill.

To view all the pets up for adoption at the shelter, please visit them at PetFinder.com: <http://www.petfinder.com/shelters/NJ538.html> or look under animalassistance.com

Please call Linda at 732.251.3210. The phones are answered during open doors hours. Call between 7-10am Monday through Thursday, Friday 7am to 4 pm, or Sunday 8:30-10:30am. You can make arrangements to come in and see the animals you might want to adopt. linda@animalassistance.org. 645 Old Stagecoach Road East Brunswick (not far from the Jamesburg area).

Many of these dogs and cats were born locally and brought to Animal Assistance. Some were even spared from being euthanized in hopes of finding a good home for them. Animal Assistance, located in East Brunswick, a 501c3 Organization, is a perpetual, lifetime animal care, pet adoption, and pet boarding facility in a peaceful country atmosphere. The family oriented animal center has a purpose to provide a home for animals whose guardians can no longer care for them, or animals down on their luck, on a case-to-case basis. They are one of the few animal facilities in the area that are actually located on a farm in a country setting with over 60 year's experience. They are all about the animals. You get an animal that is ready to go, crated, trained, and socialized. The facility welcomes and accepts donations. (A tax receipt can be provided.) All donations go towards the animal's medical treatments and care. The staff does not take salaries. Toys, blankets, pet food, etc, are also welcome.

You can also help out some more local pets. There is a small colony of Millstone cats that could use a home. There is a super friendly black cat we call Stewart. He is three years old. He just had his rabies shot and has tested negative for Feline Leukemia. He is used to being out door and would make a great barn cat. If you are interested in giving him a forever home, please email me at: crescent671@gmail.com.

Stewart- Cat in Millstone - Super friendly male 3 years old - negative for feline leukemia, recently had his rabies shot.

Jimmy Boy – Male domestic short hair - a real sweetheart.

Petunia Pig- Found abandoned - female pot bellied pig

Lemur – Male domestic short hair

Sadie – Female dachshund

Star Dust – Female domestic long hair - lost his family - super friendly.

YoYo – Male pot bellied pig

Fred & George- If you want cats that cuddle, love each other and are super friendly with kids, please consider adopting Fred and George together. They need more than a cubby hole to call home!!!!!!



Stewart



Jimmy Boy



Petunia



Lemur



Sadie



Star Dust



Yo Yo



Fred & George

BEST PET PHOTO CONTEST



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GINGER



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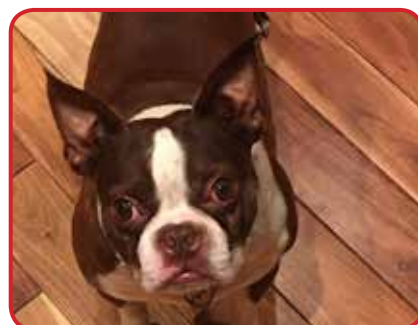
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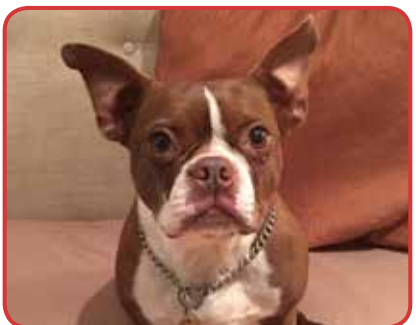
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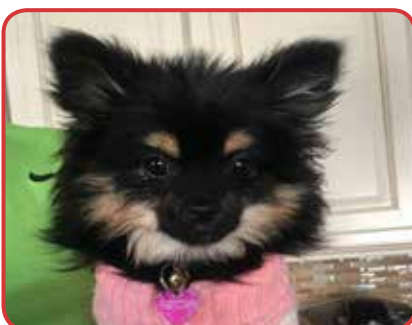
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Home Remedies for Dog Hair Loss

1. One of the best ways to reduce excessive shedding in dogs is to start with a healthy diet. Feed your dog with a homemade mix of fully-cooked rice, cooked vegetables and boiled chicken. This home food remedy may reduce the allergies caused by food to your dog and helps in reducing the hair fall.
2. Goldenseal is an excellent natural treatment for dog hair loss as long as it is not overdone. Make a weak mixture of goldenseal tea and apply it to the affected area. Goldenseal is powerful, so be sure not to make the tea too strong.
3. Another home remedy for hair shedding in dogs is to mix a small amount of flaxseed oil in your dog's food. Flaxseed oil contains high amounts of Omega 3, an excellent natural treatment for dog hair loss. After a few weeks you would see the change in your dog's hair fall. It is good for other health benefits too.
4. Olive oil is a good home remedy to apply on dog's coat and skin. It will help moisturize as well as pacify any pain caused by severe itching. Another benefit of olive oil is that it will choke mites, if those fleas are the cause of dog's hair loss. Olive oil is said to give the dog a fine and healthy coat with an amazing shine.
5. Lemon juice has natural antibacterial properties that can be used to treat excessive hair shedding in dogs. Introduce a slice of lemon in warm water and leave for five hours. Strain afterward and apply the lemon juice mixture as a rinse or as a spot treatment.
6. An additional home remedy to follow is to pat your dog in the backyard after the bath and then brush him down. By this way, all the unwanted hair on the dog's coat is removed. Regular baths encourage loose hair to fall out in the tub (or outside) instead of on your furniture. However over-bathing can cause dry skin, which causes fur to fall out.

For more information, ask your Veterinarian.



Training Your Dog



Millions of dog owners every year decide to have their pets professionally trained. The benefits to having a well-trained dog are endless. Better behavior, attention and overall health just to name a few. But with so many trainers claiming to be the best, how do you know you're choosing the right one?

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

PREPARING YOUR DOG

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

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

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

PREPARE YOURSELF

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

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

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

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

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Preventing Kennel Cough

According to the American Society for the Prevention of Cruelty to Animals, kennel cough is a term loosely used to describe a group of respiratory infections. These can be both viral and bacterial, and they generally cause inflammation of a dog's voice box and windpipe. Much like a chest cold in humans, it is a highly contagious infection that can spread quickly. Dogs that are in the company of other dogs frequently are at greatest risk, hence the term kennel cough. This is particularly true for dogs in enclosed or poorly ventilated areas.

PREVENTION & CAUSES Fortunately, preventing kennel cough is a relatively straightforward process. Making sure that your dog isn't exposed to the aforementioned conditions during any kennel stays is always best for both owner and dog. Vaccinations also are important for several of the agents known to be associated with kennel cough. Your veterinarian may suggest having your dog vaccinated to prevent them, especially if it will be around dogs in kennel environments.

SYMPTOMS What exactly are you looking for when it comes to identifying kennel cough? In most cases, dogs will appear healthy except for a persistent dry cough with that honking sound, according to the ASPCA, which also lists gagging, coughing up white phlegm, fever or nasal discharge as other symptoms. Your dog can catch kennel cough through direct or indirect contact. This can include germs on a food or water bowl.

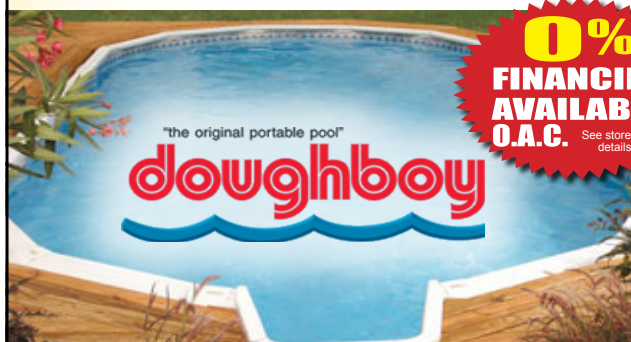
TREATMENT There are many treatment options when it comes to taking care of kennel cough. In many cases, your veterinarian may advise you to let the infection run its course as long as your dog is eating and drinking enough, while also remaining in a well-ventilated, safe environment. An antibiotic that targets the *Bordetella* bacteria can be given to support the recovery process and kill the infection. Talk with your veterinarian about your options to make sure you're treating the issue in the most effective way possible.



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