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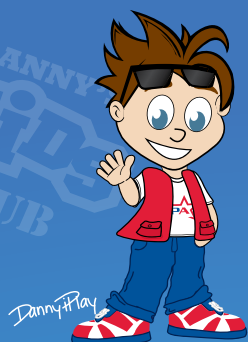
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FAMILY TIMES

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# Local Englishtown Teen Crowned Miss Teen New Jersey USA 2017

By Pam Teel

16-year-old Briahna Reinstein lives in Englishtown. A junior at Manalapan High School, Briahna was crowned as Miss New Jersey Teen USA for 2017. She will go on to represent New Jersey at Miss Teen USA.

Briahna has a busy schedule and many leadership roles both academically and in extracurricular activities. Briahna is a section editor in the yearbook club, a member of the Manalapan Chapter of Students against Destructive Decisions (SADD), a part of Braves against Diabetes, and one of the founding members of Students without Borders. Briahna has helped to raise thousands of dollars for Doctors without Borders, an organization that helps people worldwide, where the need is the greatest, delivering emergency medical aid to people affected by conflict, epidemics, disasters, or exclusion from health care.

Briahna remains on the high honor roll list, and has been on that list all throughout her academic career. An accomplished artist, Briahna received a place in her school's permanent art collection along with various other placement ribbons in art shows.

When she is not busy with schoolwork, Briahna models part time and has been in the industry for three years. She began her career at the Barbizon School of Modeling and Personal Development in Red Bank, New Jersey where she gained experience in runway and informal modeling. She has modeled in local runway shows for Nordstrom, Lord & Taylor, and Macy's, but her favorite memory is modeling in the Best of Monmouth. She has also modeled and shot with various designers including Lainy Gold.

Currently she works as a dental assistant in her hometown. She has learned an incredible amount about what it takes to be in a "hands on" medical environment.

Briahna has participated in many fundraising events such as the Walk for Mile for a Special Child event, which was organized by the Friendship Circle, and also a walk-a-thon for the Central New Jersey chapter of the Juvenile Diabetes Research Foundation. Other organizations she has helped raise funds for include Autism Speaks, Special Strides, and Big Brothers, Big Sisters of America. She is also active in the Susan G. Komen Breast Cancer Foundation fundraising events.

The Miss Universe Organization (MUO), a WME/IMG company creates and advances opportunities for women around the world through its network of relationships across entertainment fashion and philanthropy. MUO encourages every woman to challenge herself, find her unique voice and embody the organization's mission of being confidently beautiful. The 10,000 women who participate in Miss Universe programs annually inspire others to pursue their personal and professional goals while making an impact in their communities. The MISS UNIVERSE®, MISS USA® and MISS TEEN USA® competitions provide contestants and titleholders an international platform through dedicated partnerships with global charities, sponsors, and brands. For more information, and to learn more about The Miss Universe Organization's official global causes, please visit: [www.missuniverse.com](http://www.missuniverse.com)

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Briahna is overjoyed and honored to be able to represent New Jersey at the 2017 Miss Teen USA pageant. She looks forward to bringing attention to education about substance and alcohol abuse. Her goal is to reach as many people as possible through fundraising events, speaking engagements, and information distribution. She is very excited about making lifelong friendships and for the journey that lies ahead.

We wish you all the best Briahna.





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Children of all ages may get to sleep easier with these innovative products.



## 1. LUNE

by Cielux Lighting | [cielux.com](http://cielux.com) | \$160

A touch-sensitive, LED light that can add a bit of colorful hue to a room with the touch of a finger — without knobs or buttons. It's so easy for kids to use and there's no fumbling around at night if they want to turn it on.



## 2. 3D DECO LIGHT

by 3DlightFX | [3dlightfx.com](http://3dlightfx.com) | \$29.99

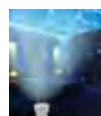
Choose from a variety of characters or sports to put on your child's wall for a soft light during the night. They're fun and exciting to have and your child will love the extra light that he gets from the cool, wall decor. It's as if they're busting right through the wall, too!



## 3. BRIGHT TIME BUDDIES

by APG | [brighttimebuddies.com](http://brighttimebuddies.com) | \$14.95

Playful characters provide a soft glow while slowly rotating blue to yellow to green. Their press the top of their head to turn the light on. There are no wires to worry about, so your child can keep this glowing friend close and as a take-along.



## 4. MULTICOLOR OCEAN WAVE LIGHT PROJECTOR

by Abco Tech | [abcotechbrand.com](http://abcotechbrand.com) | \$59.99 on Amazon

Creates a mesmerizing, color-changing ocean feel on your ceiling. If the ocean calms you and makes you feel relaxed, just imagine what the sight of rippling water moving about your ceiling could do for you — and it doesn't have to be blue! It might take a few minutes to find the right position in your room for the best looking projection, but once you've got it, lie back and relax.



## 5. BABY SHUSHER

by pNeo | [babyshusher.com](http://babyshusher.com) | \$34.99

Doctor tested and approved, the shusher provides a rhythmic "shush" sound to soothe Baby to sleep. Just watch the videos online! You wouldn't believe how quickly a baby can be soothed by the sound. This will help a lot of parents getting out of breathe from doing it themselves. -Chad Young



## 6. SOUNDSPA GLOW GIRAFFE SOUNDS & NIGHT LIGHT

by HoMedics | [homedics.com](http://homedics.com) | \$39.99

The little guy's glowing tummy features four gentle sounds and four lullabies. He's soft and cuddly, too. You can click through to choose the sound of your liking on the buttons on his feet while the glow illuminates from his belly.



## 7. SWEET SLUMBER SOUND MACHINE

by Graco | [gracobaby.com](http://gracobaby.com) | \$44.99

Twelve tender sounds and songs as well as a built-in night light. You can also attach your MP3 — which is a great thing to have if your little one has grown to love a particular song. -Chad Young



## 8. GLO

by Boon | [booninc.com](http://booninc.com) | \$84.99

All ages will love these removable color-changing orbs that you can travel to the bathroom at night — they turn off after 30 minutes. The whimsical stand adds to the fun in a child's room. Not to mention that the orbs just sit right in it and are easy to just pick up and go.



## 9. DREAMSCIENCE

by Oregon Scientific | [oregonscientific.com](http://oregonscientific.com) | \$99.99

A brainwave-oriented sleep-sound maker and alarm clock featuring six light colors and 20 nature-themed soundscapes to help you get to sleep easy. It's a little difficult to get it going — setting the correct clock time and picking your sound. Although it's rather small with a thin area where the light comes from, the light really illuminates the room more than you would think. You can pick a color for it to stay on or have it loop through the colors. It can also be your alarm clock, setting the time and waking sound that you prefer.

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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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# Medicines Babies Should Never Take

By Stefanie Maglio

No parent wants to see their child in pain. This is why many parents feel the urge to give their baby whichever medicine necessary. However, it's important to make sure the medicine that the baby is getting is actually safe for them. There are medicines that people should avoid giving their child. Here are a few to steer clear of:

- Over the counter cough and cold medicines should be avoided according to the American Academy of Pediatrics since it can actually do the opposite of relieving symptoms, and cause them rapid heart rate, convulsions, or even death can be results in extreme cases.
- Any medication that is expired should not be given to a baby. This may seem self explanatory, but people may do this in the heat of the moment. It is not worth it. It is safer to avoid giving medicine, than an expired one. Throw away anything that has expired.
- Anti-nausea medication should be avoided as well. If your child is vomiting it shouldn't last long, and they should be fine without medication. If dehydration is beginning to occur, call your doctor right away.
- Sedatives such as Benadryl should typically be avoided. They actually do not help make babies sleep any sooner.

Always visit or call your pediatrician if you are unsure about what medicine, if any, to should give your child. For all extreme cases, call 911.



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# Local Freehold Dance Gallery In 2016 Finale of TV Show Dance Moms

*By Pam Teel*



Members of the Gallery of Dance in Freehold, NJ, were so excited to have participated in the 2016 season Finale of Dance Moms, the American Reality TV Series that debuted on the Lifetime channel in 2011.

The show follows the training and careers of children in dance and show business under the direction of one Abby Lee Miller, an outspoken, tough, dance coach who pushes her girls to the limits, and on more than one occasion, butts heads with some of the mothers. The show focused on Abby's junior elite competition team, which consisted of mostly preteen girls. Original production of the show moved in 2015 from Pittsburgh, Pennsylvania to Los Angeles, California.

The Gallery girls brought two numbers to the Starbound National Dance Competition, which was held in Asbury Park, NJ on December 11th, at the historic Paramount Theatre.

Gallery of Dance went up against the well-known dance studios of the Abby Lee Miller Dance Company, as well as their rivals, Candy Apples Dance Center, and others Dance companies that were competing.

The choreography was created by one of the Galleries newest teachers, Ms. Amy Cowley, and executed by their Dazzler Dancers, Rachel Falcone,

Isabella Federico, Charlotte Fucarino, Caitlin Holley, Mackenzie Katz, Michelle Lobocchiaro, Grace McCool, Sofia Murray, Julianna Powers, Ashley Rodriguez, Grace Tempest, Rebecca Tobenkin, and Brooke Zolezi.

"The excitement and camaraderie was felt throughout the Gallery of Dance Studio," stated Gallery owner Karen Dolan.

Gallery Dance is located at 231 Throckmorton Street in Freehold. The longevity of the studio is a testament to the quality of instruction given at The Gallery of Dance, as well as the owners Pay it Forward leadership.

Karen Dolan teaches her students the importance of giving back to the community, which is why she was so excited to bring her dancers to the Starbound National Dance Competition. What made it even better was that the competition sent all of its proceeds collected from that day to the well known Dancers Care Cancer Foundation which represents the unified voice of the dance community and the most powerful active awareness movement built by dancers who are passionate about raising funds for cancer. 100 percent of profits raised at their performances go to cancer research. To donate, go to: [dancerscare.org/donate](http://dancerscare.org/donate).



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## MOVIE OF THE MONTH

By Jordan Tinitigan

**Grab your family and some popcorn, enjoy this parent-approved movie.**

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Three brilliant African-American women at NASA -- Katherine Johnson (Taraji P. Henson), Dorothy Vaughan (Octavia Spencer) and Mary Jackson (Janelle Monáe) -- serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn (Glen Powell) into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race and galvanized the world.

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## Don't Worry About College

By Jordan Tinitigan

Parents, I know you're all worried about your child leaving for school, but have no fear. College isn't that scary. Yes, it's their first time living on their own and taking care of themselves, but it's a transition into the adult world. It prepares them for what the world may throw at them, whether it be good or bad, and it gives them a taste of freedom. They learn from their own mistakes and fight for their own success. It is an amazing experience overall. Finances, on the other hand, are slightly scarier. However, it is encouraged to apply to FAFSA and other ways to receive aid. Likewise, have your child look for scholarships. (They have one for almost everything!) It may only take a few hundred dollars off, but it's still something! All in all, college is not as scary as it seems. Yes, it's a change but a good one.





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# HEARING LOSS:

## How can I start communicating with my baby right now?

**P**arents of young babies are experts at communicating with their babies long before their babies learn to talk or to understand what their parents are saying to them! All of us have seen parents making funny faces for their babies. When a father makes a silly face for his baby, at first the baby might look surprised, but then will break into a wide smile, or giggle and wiggle his or her arms or legs. In the same way, communication also happens when a mother rocks her baby after a feeding, holds the baby close and gazes into her little one's eyes.

Communication can include touch (such as rocking and holding your baby), vision (facial expressions, eye contact), gestures, and sound. Extending your arms to your infant shows that you are about to pick him or her up. Other ways of communicating include smiling, laughing, hugging, kissing, and letting your baby keep you in sight. Your physical and visual contact with your baby tells him or her that you are there and everything is safe.

Many babies with hearing loss have some hearing (residual hearing) and can partially hear voices, especially if the person talking is very close. So try speaking to your baby while holding him or her close. But don't shout. Simply talk the same way you would talk to other babies. Your baby might be very interested in looking at faces and will begin to understand that your face and mouth are sending important messages. So make sure that you often talk to your baby when he or she is able to see your face.

Some things to remember when communicating with your baby:

Hold your baby close so that he or she can focus on your face.

Position your baby so that you are often within sight.

Try to minimize background noises so that your child can use the hearing he or she has to the best of his or her ability.

Use good lighting. Be sure that the room is not too dark or the lights too bright. You don't want your baby to be squinting into the light.

Make eye contact often.

Imitate the movements and sounds your baby makes, then wait for him or her to repeat them.

Work on communicating with your child during activities that you both enjoy.

Take time to communicate with your child many times throughout the day.

Give you and your child some quiet time. If your child becomes fussy, he or she may be overwhelmed by all of the communication!

And most importantly, ENJOY the time you and your child spend together.

These are some suggestions for you while you are exploring and beginning to build communication and language for your baby. Please, talk with your baby's health care professionals for more communication ideas.

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## BREASTFEEDING SUCCESS: What Dads Can Do

**B**e a Learner. Learn all you can about breastfeeding before baby is born. Help the mom remember the things you learned. Remind her that she makes more milk by feeding more often. Discourage the use of water or formula supplements, as this will decrease her milk supply. Check to see if she and the baby are positioned correctly. Help to make her comfortable. Bring her a glass of water or juice as she will be thirsty when breastfeeding.

Be a Cheerleader. Mom may need encouragement at first. Even if things don't get off to a good start, be optimistic and positive. You'll be a hero forever. Get help for her if breastfeeding is not going well.

Be patient. It takes time to learn a new process. Don't expect mom and baby to be able to immediately succeed at breastfeeding. Don't be quick to offer a bottle of formula because mom is tired, you want to help, or you are worried about how much the baby is really getting. Your intentions are good, but they may cause her milk supply to decrease. Your baby is getting enough breastmilk if he is steadily gaining weight and has five or more very wet diapers a day and three or more stools each day - a stool after every feeding is ideal for the first month, then the number of stools per day may decrease.

Be a protector. Protect mom and baby from being overwhelmed by visitors and well-meaning relatives. Protect mom from any people who may upset her. Protect both from anything in your life that is overwhelming or negative. That's one of the reasons why dads are so important.

Be a helper. Giving birth is a major life event. Mom needs help getting back into the swing of things. Assume responsibility for most household and cooking chores or find someone else who can help. Entertain older children and meet their needs so mom can focus on the new baby.

Be a friend. Mom needs more love and support now than at any other time in her life. Be there for her. Entertain her, comfort her, love her. Mom will think you are wonderful!

Be a father. Hold and love your new baby. Change his diaper. Bathe your baby. Play with him. Take baby with you on a walk. Sing and talk to him. You are so special to your new baby. Look at how his face lights up when you come into the room!

Be a part of the breastfeeding process. Bring baby to mom when he's hungry. Sometimes, sit and relax with mom and baby while they breastfeed. Tell mom and baby how much you love them. Tell mom what a good mother she is and what a wonderful thing she is doing for your little one. Think about what a wonderful thing you are doing in supporting breastfeeding.

Be a breastfeeding advocate. Tell all of your friends and relatives how wonderful breastfeeding is and how wonderful mom is to care for your child in such a special way.

Be proud of your efforts. You are being a man. You are protecting and supporting mom and baby. How special you are! How loved you are! What a wonderful father you are to your baby!



# What are Attachment Behaviors in Babies?

Attachment behaviors are when babies and toddlers try to get comfort and protection from the people they feel attached to.

This can be by smiling and cooing, crawling and following, holding out their arms, crying and many other signals that parents and caretakers learn to know.

When the child gets an appropriate response, such as eye contact, a smile, a touch or a quick cuddle, and feels safe, the child is free to relax, play, explore and learn again.

If the response is not sensitive to the baby's needs, for example if the baby feels ignored or punished, the baby continues to feel anxious or afraid and continues the attachment behavior. So, for example, if the parent thinks a toddler should be brave and urges her to leave the safety of being close before she is ready, the child is likely to respond by feeling more afraid and clinging more. Some babies or toddlers who are very afraid eventually give up trying.

Helping children to feel safe first is the best way to encourage them to be brave.



# Why Do Children Lie?

## Children might lie because they:

Are not old enough to understand the difference between truth and untruth, and right or wrong.

Fear of punishment or fear of losing their parents' affection.

Have low self-esteem and wanting to make themselves to sound better.

Want to impress their friends and to fit in with the group.

They really believe that what they are saying is true - it is how things seem to them.

Are copying other people. Parents might say that lying is wrong but not always tell the truth themselves, i.e. when someone is at the door and a parent says to the child, "Tell them I am not at home."

Are saying what they wish was true. For example, "My dad always takes me to the football".

Older children and teenagers may tell lies because:

They fear that if they tell the truth they will not be allowed to do something they really want to do.

They have a need to keep some parts of their lives private and not share them with parents.

If you notice when your child lies it may help you understand why, i.e. is it when they are with friends, just to one person, or when they are upset?

Try to understand why your child is not telling the truth. There may be something you can help with.

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# How do I know if my child has Learning Related Vision Problems?



**Dr. Steven Linker, OD**

People learn three ways; auditory, tactile/kinesthetic, and visual. 65% of the population learns best visually. Did you know 80% of what a child learns in school is information that is presented visually?

If your child's vision is not at its best, they may not be seeing a large percentage of the information being offered for them to learn. Their minds may be churning, trying to clarify a blurred image rather than trying to learn what that image means. Without good vision, children will never be able to reach their learning potential.

The best way to approach this is through a team approach, which may include the child's teachers, the school psychologist, an eye doctor with experience in children's vision and learning-related vision problems and perhaps other professionals. Your eye doctor is the first line of defense.

Moms and Dads need to make sure their little student is visually ready for school. Step one is a trip to your local optometrist. It is essential to rule out simple refractive errors. But understand that nearsightedness, farsightedness and astigmatism are not the only visual disorders that can make learning more difficult. There are less obvious vision problems which relate to the way the eyes function and how the brain will process visual information which can also limit your child's ability to learn. These are called "learning-related vision problems."

Learning-related vision problems are not considered learning disabilities. According to Individuals with Disabilities Education Act (IDEA), learning disabilities do not include learning problems that are primarily due to visual, hearing or motor disabilities.

## **Symptoms of learning-related vision problems include:**

- Blurred vision or double vision
- Crossed eyes or eyes that appear to move independently of each other
- Difficulty retaining what was read
- Difficulty recalling, recognizing or replicating shapes
- Dislike or avoidance of reading and close work
- Evidence of developmental immaturity
- Excessive blinking or rubbing the eyes

Headaches or eye strain

Losing place while reading, or using a finger as a guide

Omitting, repeating, or confusing similar words

Persistent reversal of words or letters

(after second grade)

Placing the book very close to your face

Poor eye-hand coordination

Short attention span during visual tasks

Slow reading speed or poor reading comprehension

Turning or tilting the head to use one eye only, or closing or covering one eye

If your child shows one or more of the above symptoms, it is time to look a little further into what is going on. If no vision problem is detected, it's possible your child's symptoms are caused by a non-visual dysfunction, such as dyslexia or a learning disability.

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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## Coach's Corner

By Jill Garaffa

### How to Out-Smart Your Brain to Achieve Health

Dear Jill,

I know what I need to do intellectually, but I can't seem to get myself to do it. For example, I know that ordering pizza is an unhealthy choice; yet, I order it anyway in lieu of cooking a healthy meal. I know it's good to exercise; yet, I lay on the couch and can't seem to move or I over schedule myself so I don't have the time or energy to exercise. Am I crazy?

Signed, Good Intentions

Dear Good Intentions,

You're definitely not crazy. In fact, you are far from it: your brain is in top working order if this is your experience. Let me explain....

First, a quick brain anatomy lesson: Inside your brain, you actually have three separate brains, not just one: your cerebellum & brain stem are in charge of keeping you alive: breathing, heartbeat and anything out of your conscious control. Your neocortex is your logical, or conscious brain—you do all your thinking, reasoning and creative thought here. Your conscious brain is what makes New Year's resolutions and promises to make healthy choices. It has great intentions. The limbic system, which is your emotional, or unconscious brain, is where the good intentions get stuck. The unconscious brain runs purely on survival instincts. Very simply: it moves us toward pleasure and away from pain. It moves us toward safety and away from danger. If your limbic system senses danger or discomfort, it will propel you in the opposite direction.

If you are making sudden, drastic changes to your diet or exercise regime (which is what most people do around January 1st), you might only get a few days into your routine before your limbic system detects a serious threat to your survival. Suddenly, your string of positive, healthy choices comes to a screeching halt and you find yourself back on the couch or sitting with a bag of potato chips asking yourself, "how did I do this again?"

The way to over-ride the emotional brain from taking over is to make very small changes. Like, really, really small changes—so small that your unconscious brain does not detect a threat. How do you know if your changes are small enough? You have consistency. If you become inconsistent, then, chances are you are taking on too big of a change and you need to bring it down a notch or two.

Some questions for exploration & discovery: Ask yourself: What is the smallest change I can make to my eating that I am willing to make right now? What is the smallest action I can take right now to get my body to move more? What is one thing I can do to take care of myself today? What is something I can do today that will be fun & enjoyable to me?

Change is not easy. A life coach can support you with moving from where you are now to where you want to be. As a life coach, I am trained to support you through the internal emotional & psychological change that must come first before you can make lasting physical change.

Wishing you peace, clarity and power, Jill

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

If you have a life situation where you feel stuck or stalled, and would like coaching, please email [jill@seedsofchangeoaching.com](mailto:jill@seedsofchangeoaching.com) or visit [www.seedsofchangeoaching.com](http://www.seedsofchangeoaching.com) and click "contact us" to be featured in a future column.

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# DAD TIP: Bonding with Your New Baby

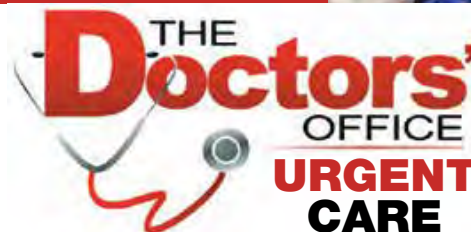
By Stefanie Maglio

As a new father, bonding with the baby can be a daunting task. It may not come as naturally as it may to the mother. However, there are little things that a dad can do to begin building a great relationship with their child from the very start. Here are some tips to help with father-baby bonding:

- Cradle your baby close, especially while feeding him or her. This allows for smiling and eye contact.
- Take care of the baby when they wake up crying in the middle of the night. Let mom get rest and go change the diaper or give them a bottle. Show your child you are there for them.
- Comfort your baby when they are crying. Hold the child and rock back and forth gently until they are calm. Being able to calm your child is a major part of having a strong relationship.
- Make silly faces to make your baby smile and laugh
- Take your child for a walk and allow them to experience the outdoors with you for the first time
- Take on Diaper duty. This is just another way to show your baby that you are there for them and can take care of them.
- Take a day off from work to spend extra time with your child during the day
- Be a part of the bedtime routine and allow yourself to be one of the last things your baby sees before they close their eyes and fall asleep.



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## Best Exercise Tips for Busy Moms and Dads

By Stefanie Maglio

Busy moms and dads are constantly on the go, whether it be for their kids, work, or errands. They often don't have time to focus on themselves. This includes exercise. However, there are ways to get in some daily exercise without having to carve an hour out of your day to go to the gym. Follow these tips to get in shape while going about your regular daily routine. Purchase some five-pound Dumbbells. When you wake up in the morning, do a set or two of lateral raises. This will strengthen your triceps and biceps. Then at the end of the day before bed, do alternating lunges while holding the Dumbbells at your sides to exercise your quadriceps and calve muscles. During the day, find every chance you can to be moving. If your child's school is a few blocks a way, take a walk or light jog to pick them up. You will incorporate cardio into your daily routine and save on gas! If your job is local, or if your bus stop is local, walk there as well. As you become more comfortable with this, maybe you can fit in a morning jog before work as well. While exercising, it's important to push yourself but never to the point where you are putting yourself in danger. Always remember that exercising alone isn't enough to keep up a healthy lifestyle either. Eat healthy and incorporate vegetables, lean meats, and organic foods into family dinners. Soon enough, you're bound to see a great difference in your lifestyle.



## Crock Pot Recipe For Winter **SWEET POTATO, CHICKEN, AND QUINOA SOUP**

*Attention Soup Lovers! This Recipe Is For You*

### INGREDIENTS

- 1 and 1/2 pounds boneless skinless chicken breasts
- 1 cup quinoa (or black bean quinoa package)
- 2 large sweet potatoes (1 pound or ~3-1/2 cups)
- 1 can (15.25 ounces) black beans
- 1 can (14.5 ounces) petite diced tomatoes
- 1 teaspoon minced garlic
- 1 packet (1.25 ounces) chili seasoning mix
- 5 cups chicken broth\*
- Optional: fresh parsley

### DIRECTIONS

Spray the slow cooker with nonstick spray. Remove the fat from the chicken breasts and put them into the slow cooker along with the rinsed quinoa.

Remove the skins and chop the sweet potatoes into cubes adding them into the slow cooker.

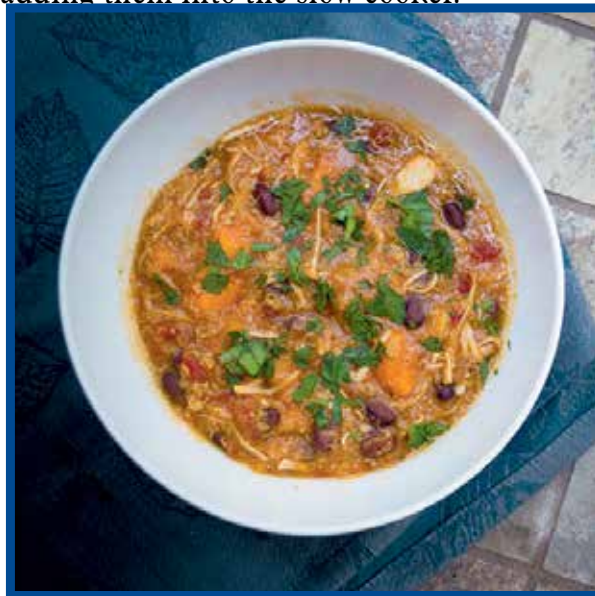
Drain and rinse the black beans and add those in. Add in the undrained petite diced tomatoes, minced garlic, chili seasoning mix, and chicken broth.

Place on high for 3-5 hours

Using two forks, shred the chicken and stir all the ingredients together.

Add salt and pepper and if desired fresh parsley.

Serve immediately.



# When Your Child Stutters

Experts agree that most children who stutter benefit from taking time to speak at a rate that promotes fluency. These guidelines represent a number of ways that adults around that child can help promote the child's fluency.

1. Reduce the pace. Speak with your child in an unhurried way, pausing frequently. Wait a few seconds after your child finishes before you begin to speak. Your own easy relaxed speech will be far more effective than any advice such as "slow down" or "try it again slowly. For some children, it is also helpful to introduce a more relaxed pace of life for awhile.
2. Full listening. Try to increase those times that you give your child your undivided attention and are really listening. This does not mean dropping everything every time she speaks.
3. Asking questions. Asking questions is a normal part of life – but try to resist asking one after the other. Sometimes it is more helpful to comment on what your child has said and wait.
4. Turn taking. Help all members of the family take turns talking and listening. Children find it much easier to talk when there are fewer interruptions.
5. Building confidence. Use descriptive praise to build confidence. An example would be "I like the way you picked up your toys. You're so helpful," instead of "that's great." Praise strengths unrelated to talking as well such as athletic skills, being organized, independent, or careful.
6. Special times. Set aside a few minutes at a regular time each day when you can give your undivided attention to your child. This quiet calm time – no TV, iPad or phones - can be a confidence builder for young children. As little as five minutes a day can make a difference.
7. Normal rules apply. Discipline the child who stutters just as you do your other children and just as you would if he didn't stutter.

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## How to Calm Your Angry Child

Jordan Tinitigan

All parents face a time in their lives where their child is not in such a good mood. Whether it is because of a mean kid at school, having a toy taken away from them, or just not being understood, children tend to get angry. I know what you're thinking, sometimes it's just too hard to handle them, and you're completely right. However, there is a great strategy to deal with your angry or upset child. That is to stay completely calm. Unless they are physically harming another person or intentionally causing chaos in their rage, take a breath and talk to them. Children aren't always good with words and they may not be mad for an extremely valid reason, but listen to what they



have to say. Giving them room to react in a calm manor will teach them to react in an appropriate way when they get angry. Set an example for them and don't result in yelling too quickly because chances are they'll mirror your reactions as well.





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# Coping With Homesickness At Sleep-Away-Camp



This summer, millions of children will get their first taste of independence at a summer resident camp. For many, it will also be their first experience with homesickness. But parents don't have to feel helpless when homesickness strikes. The prescription for camper homesickness is a simple solution of preparation and patience.

Phillips Exeter Academy psychologist Dr. Christopher Thurber studied homesickness in 329 boys between the ages of 8 and 16 at resident camp. According to his results, homesickness is the norm rather than the exception. A whopping 83 percent of the campers studied reported homesickness on at least one day of camp.

Thurber and the American Camp Association (ACA) suggest the following tips for parents to help their child deal with homesickness at camp:

Encourage your child's independence throughout the year. Practice separations, such as sleepovers at a friend's house, can simulate the camp environment.

Involve your child in the process of choosing a camp. The more that the child owns the decision, the more comfortable the child will feel being at camp.

Discuss what camp will be like before your child leaves. Consider role-playing anticipated situations, such as using a flashlight to find the bathroom.

Reach an agreement ahead of time on calling each other. If your child's camp has a no-phone-calls policy, honor it.

Send a note or care package ahead of time to arrive the first day of camp. Acknowledge, in a positive way, that you will miss your child. For example, you can say "I am going to miss you, but I know that you will have a good time at camp."

Don't bribe. Linking a successful stay at camp to a material object sends the wrong message. The reward should be your child's new found confidence and independence.

Pack a personal item from home, such as a stuffed animal.

When a "rescue call" comes from the child, offer calm reassurance and put the time frame into perspective. Avoid the temptation to take the child home early.

Talk candidly with the camp director to obtain his/her perspective on your child's adjustment.

Don't feel guilty about encouraging your child to stay at camp. For many children, camp is a first step toward independence and plays an important role in their growth and development.

Trust your instincts. While most incidents of homesickness will pass in a day or two, Thurber's research shows that approximately seven percent of the cases are severe. If your child is not eating or sleeping because of anxiety or depression, it is time to go home. However, don't make your child feel like a failure if their stay at camp is cut short. Focus on the positive and encourage your child to try camp again next year.

## Is Your Child Ready For Camp?

Answering these questions will help you determine when your child is ready for camp.

What is your child's age? Children under age 7 may not adjust easily to being away from home. Consider the day camp experience to prepare them for future overnight camp.

How did your child become interested in camp? Does your child talk about camp and camp activities on a sustained basis? How much persuasion is necessary from you?

Has your child had positive overnight experiences away from home? Visiting relatives or friends? Were these separations easy or difficult?

What does your child expect to do at camp? Learning about the camp experience ahead of time allows you to create positive expectations.

Are you able to share consistent and positive messages about camp? Your confidence in a positive experience will be contagious.



## What Do Parents Think About Camp?



According to ACA's (America's Camp Association) Directions: Youth Outcomes of the Camp Experience report, parents cite the following as the most important reasons for sending their children to camp:

- Camp helps build self-confidence and self-esteem
- Camp is a safe environment
- Camp is a place to build social skills and make friends

Parents also reported that the camp experience helped their child:

- feel good about themselves
- gain more self-confidence or self-esteem
- increase in independence and show more leadership skills
- increase their friendship skills and feel more socially comfortable
- gain in their adventurousness and willingness to try new things

*\*Projected estimates based on survey results.*





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# FROGBRIDGE DAY CAMP

## The Camp that Keeps on Giving

By Pam Teel

**F**rogbridge Day Camp is not just a camp that cares for its children that attend their programs but an outreach to help others in need, whether those in need have health issues or are too poor to afford every day qualities of life. The owners and staff at the Camp have been working effortlessly for years hosting fundraisers and food drives throughout the summer to aid various organizations.

At the camp, owner Frank Pugliese and his son Frank Jr., affectionately known as J.R., feel it is their job to not only teach the children to swim, dance and play, they also feel it is their responsibility to teach their campers important social skills in order to become successful in life. Some of those skills include how to make friendships that will last a lifetime, how to be respectful of others, and how to help out when needed and give back to those in need. Together, J.R., his father, the staff, and their extended camp family have found ways to reach out and help the needy and the sick. The campers learn hands on experience by helping to host fundraisers and food drives throughout the summer for groups such as the Pediatric Cancer Foundation, the Juvenile Diabetes Research Foundation, the Leukemia and Lymphoma Society, the Food Bank of Monmouth and Ocean County, the Jar of Hope Organization for Duchenne Muscular Dystrophy, Jason's Dreams for Kids, and the Manalapan Good Samaritan Center, among others.

The children have also been busy this past year making and writing birthday cards and decorating birthday boxes that will go to children they have never met. With the help of their parents and word of mouth, they have been able to collect food, supplies, and funds for presents so that they can fill the boxes up and help out those families that can't even afford to have a simple birthday party for their child. The camp also provides cake mix, birthday candles and gift cards for the needy. The parents of the campers have been instrumental in helping to collect food, supplies, and funds throughout the past summers, all of which have been and will continue to be handed out to an array of organizations in need.

One big event in October that Frogbridge throws is a family themed fun day called Frogtoberfest. This one-day event brings in thousands of guests, all of which are campers, their families, and friends. The day features, a not so haunted hayride, magic shows, pumpkin picking and decorating, carnival rides, bumper cars, face painting, a haunted house, and more. Children can also come in costume. The event includes a whole assortment of food, from your all American barbeque, to various meats, steaks, chicken, pizza, pasta dishes, salads, and more. After the buffet spread in the Lakeside, "Windows on the Water" Ballroom, guests get to enjoy dessert at the Ribbits Ice Cream Parlor. The price of admission to Frogtoberfest is free to campers and their families. It is not open to the general public. (The whole expense of the event is paid for by the Pugliese's. It is their way of giving back to the community.) All that they ever asked in return was for guests to bring with them one

new unwrapped toy per household. The toys are then divided up and delivered to different organizations in need. Some of the toys go to the Asbury Park Police Department, some to Millstone's Township Municipal Building for our own children in need, some go to hospitals and other places throughout the state. The satisfaction for the Pugliese's is seeing the frowns on the children's faces turn into smiles when they are handed a new toy; those same children who come to expect little during the Holiday Season. For J.R. and Frank Sr., to be able to wipe away the sadness for a while, is a gift in itself.

The toy drive is one event that is near to J.R.'s heart. Years ago, after spending seven days at Robert Wood Johnson Hospital in New Brunswick for treatment for Bells Palsey, J.R. noticed that the Pediatric Department was lacking toys for the patients to play with. He felt compelled to do something and with the help of the campers, they started raising money to replace old dirty broken toys with new ones to keep the children in the hospital occupied.

J.R. and some members of his staff enjoy going room to room delivering toys to the children at Robert Wood Johnson Hospital and seeing firsthand the joy on their faces as they are given a present. They have distributed more than 100 toys to the children and stacked the playroom with new toys at the hospital.

Thanks to this past Frogtoberfest, J.R. has already gotten his Santa sleigh out delivering toys in time for the Holidays and he set aside a very special day, May 27th, to deliver more toys to those in need. This was the birthday of a close friend of his whom recently passed away from pancreatic cancer. She wanted so much to be by his side helping him collect toys and passing them out to the children, but unfortunately it was not meant to be. J.R. will be distributing the toys on her birthday in her honor and will be taking some of them to the Jersey Shore Hospital's Children's Center, the same hospital that his friend was in.

The love and support that the Puglieses get from their campers and their families truly shows the mutual respect they all have for each other and their compassion to help others. The lessons these young campers take with them will hopefully help teach them that it is not all about the getting, but the giving; a lesson that they will hopefully carry with them throughout their lifetime.

Frogtoberfest will be held on Saturday, October 22nd next year. Please note, it is only open to registered families and their guests. There will also be an open house the same day from 9-1. If you register that day, you may stay for the activities. For more information about the camp, please visit [www.frogbridge.com](http://www.frogbridge.com) or call 609- 208 -9050. Frogbridge is located at 7 Yellow Meeting House Road in Millstone Township.

Thank You Frogbridge for all your generosity!



# How do I reduce the risk of Salmonella infection from pets that are reptiles and amphibians?

## DO

- Wash your hands thoroughly with soap and warm water immediately after touching a reptile or amphibian, or anything in the area where they live and roam. Use hand sanitizer if soap and water are not readily available.
- Adults should always supervise hand washing for young children.
- Hand washing is also especially important for older adults, or people with weakened immune systems
- Keep reptiles and amphibians out of homes with children younger than 5 years old or people with weakened immune systems.
- Habitats and their contents should be carefully cleaned outside of the home.

## DON'T

- Don't let children younger than 5 years of age, older adults, or people with weak immune systems handle or touch amphibians or reptiles, or anything in the area where they live and roam, including water from containers or aquariums.
- Don't keep reptiles and amphibians in child care centers, nursery schools, or other facilities with children younger than 5 years old and other high-risk individuals.

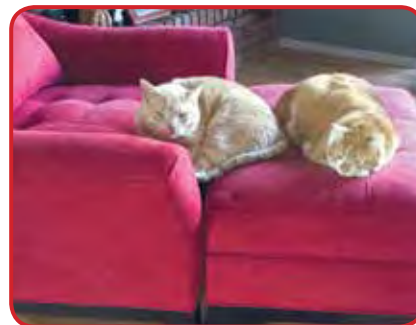
- Don't let reptiles or amphibians roam freely throughout the house or in areas where food or drink is prepared, served, or stored, such as kitchens, pantries, or outdoor patios.
- Don't bathe animals or clean their habitats in your kitchen sink, bathroom sink, or bathtub. To prevent cross-contamination, animals should be bathed in a small plastic tub or bin that is dedicated for animal use only.
- Don't buy turtles less than 4 inches in length. The little glassy-eyed creatures may look cute and harmless, but turtles can make people sick. The most common germ spread from turtles is called Salmonella. People can get Salmonella by coming in contact with turtles or their habitats. Small turtles are especially a problem because kids are more likely to put these animals in their mouths, kiss them, and not wash their hands after handling them. Because of this health risk, since 1975, the U.S. Food and Drug Administration (FDA) has banned the sale of small turtles with a shell less than 4 inches long.



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## Preventing Kennel Cough

**A**ccording 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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## Ease the Family Freeze this Winter

By Stefanie Maglio

Winter is usually a fun and happy time for many families, but the cold temperatures and inclement weather isn't always convenient. Even with the heat on inside the house, it can still be chilly. There are other ways to keep your family staying extra warm this winter. Make sure everyone has long sleeve shirts and long pants. Clothing with fleece is a good choice. Extra sweatshirts and jackets can come in handy as well. Long johns and other undergarments are good for sleeping. Also, instead of wearing normal socks, pick up a pair of fuzzy socks at the dollar store. They are definitely worth it. Other ways to crank up the heat include using an electric blanket. These are better than just normal blankets, since they can help ease body aches and pains. Making a fire in the fireplace can help everyone keep warm as well. Make it a fun activity by roasting marshmallows with the family. Warming up can be as simple as making hot chocolate for everyone as well. Drinking tea or coffee is another option for those who don't like hot chocolate. It'll help warm you up from the inside out. When it's a cold winter night, get the whole family together and cuddle up on the couch for a holiday movie. Focus on each other and enjoying the time together. Before you know it you'll be feeling happier and warmer in no time.



## Why Babies Get Gas

By Stefanie Maglio

Gas pain is a common thing for babies to experience. It is uncomfortable for them and therefore they cry. However, new parents may not recognize that their baby has gas, making the situation more stressful. Understanding what causes gas for babies and what to do to help treat it and ease the pain will give parents peace of mind. Not to mention, the baby will feel better. Gas is often caused by the maturing of the child's intestines. While they are trying new foods, their bodies are learning to adapt and that can result in gas. Other common causes include ingesting certain proteins from breast milk or formula, drinking juice, eating certain vegetables, or not drinking enough water. In order to ease the pain, try a few different things. While feeding the baby a bottle, make sure they aren't gulping and taking in too much air to create gas bubbles. Also, feed them upright. Everything will travel much more smoothly to the stomach and won't get trapped with the food. Also, sometimes something as simple as gently massaging the baby's stomach can help. Burp the baby often to help get out gas bubbles as well. However if the child seems to be experiencing pain for more than three consecutive days and you have been having to treat it, then it is important to call your pediatrician to see what could be the issue.



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# 2017

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**Afternoon**  
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**@ Brunswick**  
**Square Mall**

**Parent/Tot Yoga~Om**  
**- Clinton Yoga @**  
**Hunterdon Art Museum**

**Friday Night Story Time**  
**- Eatontown @ Barnes**  
**& Noble**



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**CURIOUS GEORGE**  
**EXHIBITION @ Liberty**  
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**Lego Club @ Ferry Ave.**  
**Library**



**Grandparent Tuesdays**  
**at iPlay America @**  
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**National Milk Day**



**STORY BOOK PUZZLE**  
**@ Morris Museum**

**National Sticker Day**



**Snowflakes - Upper**  
**Freehold @ Historic**  
**Wainford**

**National Hat Day**



**Martin Luther**  
**King Jr. Day**



**Garden State Plaza**  
**Toddler Tuesday @**  
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**The Pop Shop's**  
**Balloony Toony**  
**Wednesday Nights @**  
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**National Popcorn**  
**Day**



**Mommy & Me Tea**  
**Party Luncheon With**  
**Princessmommy & Me**  
**Tea Party Luncheon**  
**With Princess @Parteaz**

**Geoffrey's Birthday**  
**Club - Toys R Us Stores**  
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**Tours on the**  
**Farm~Bobolink Farm @**  
**Bobolink Farm**

**Lego Club @ Ferry Ave.**  
**Library**



**Grandparent Tuesdays**  
**at iPlay America @**  
**iPlay America**



**Musical Storytime at**  
**Bogota Library~Bergen**  
**@ Bogota Library**

**Book Babies-**  
**Bloomington Public**  
**Library @ Bloomington**  
**Public Library**

**National Chocolate**  
**Cake Day**



**Rutgers Geology**  
**Museum 49th Annual**  
**Open House @ Scott**  
**Hall, Rutgers University**

**National Puzzle Day**



**National Bubble**  
**Wrap Appreciation**  
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# Pizza Night Done Right

By Jordan Tinitigan

Nowadays, many families don't have enough time to have a family dinner. Whether it be sports, work, or extracurriculars, families are less likely to spend a night in together. With the clock ticking until the days your child moves out, five years can go by extremely fast. So, spend the time you have with each other. Do a family game night, watch the newest movie, or even make a pizza from scratch! No matter what it is, you and your family will appreciate it.

The most unique and fun idea is to make a pizza from scratch! It's actually easier than you think. All you need is Pizza dough, tomato sauce, mozzarella and Parmesan cheese, and some spices (oregano and basil). There are several youtube videos and websites that show step-by-step directions on how to make this perfectly, but here's an easier alternative. Mini pizzas! Use every ingredient listed above, except substitute pizza dough with a baguette. Combine all the ingredients and bake them in the oven and voila!



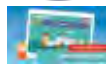
# Must-have apps for the busy Mom

By Stefanie Maglio

Moms these days are always on the go, running from place to place to keep up with the busy lives of their children. This is no easy task, yet they miraculously are able to do it. Luckily, there are apps out there to make it easier for moms to go about their daily routine.



**ContinuousCare** is a health related app where you can store scheduled appointments, as well as medical records. Medical questions can be answered, and depending on the doctor, communication can occur through the app as well.



**Happy Kids Timer** is an app that allows younger children to begin developing an efficient morning routine with less supervision from mom. With cute animations, the app keeps your child motivated as it walks them through the daily steps off making the bed and brushing your teeth.



**VarageSale** is an app that allows you to sell unwanted items to your local community straight from your phone. Clothing, toys, and baby gear can be listed quickly and easily. This app was actually created by a busy mom herself, which can only mean good things.



**Playground Buddy** is a locator app that allows you to see local playgrounds and parks nearest you while doing errands and on the go, just in case your children need to burn off some energy.



**Trekaroo** is similar to VarageSale in which it locates kid-friendly activities such as zoos and museums, as well as restaurants and hotels. This app makes it easier to find all the places you need to go with just the touch of a finger.

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# How to Make “Snow Dough”

By Jordan Tinitigan

New Jersey winter weather is something crazy. While it may be freezing some days, it can be warm others. However, a common similarity between these temperatures is that it may not snow. Even though we may not encounter a white holiday season, we can still have the joy of snowmen and snow angels with snow dough! Snow dough is a manmade substance that feels and resembles snow! Here's how you make it...

Mix 3 cups of baking soda with 1 cup of WHITE hair conditioner.

That's it! I know, easy right? Also, this is something that can be used over and over again. It may dry, but that's just fine! Just add more conditioner to it to make is snow again.



## The Art of Sleepovers

By Jordan Tinitigan

Sleepovers are a tough topic to tackle. They truly are an art form in themselves. There are several things to keep in mind when you are hosting a sleepover. First of all, make sure there are snacks, and good ones too. Believe it or not, kids tend to complain when they don't have anything to munch on when they're hanging out or watching TV. Next, give them an area where they can sleep. Whether it be the living room, basement, or playroom, allow them to have their own area to have fun and not have to worry about disturbing the rest of the family. Finally, give them space! Don't be checking up on them every half hour and don't make them turn the lights off at a certain time. Kids want to do crazy things and stay up all night with their friends. Let them! If it's a weekend and they don't have any obligations, let them enjoy themselves.

## Old Fashioned Baby Names that Make You Smile

By Stefanie Maglio

As the years go by, all sorts of changes in culture, media, technology, and the way of life in general occur. Peoples' names, specifically popular names during a certain period in time, are constantly changing. Common names during the mid 1900s are different than the common names that are out there today. However, some names that were common back then should be considered when naming children today, due to their timeless beauty and class. Here are some old-fashioned boy and girl names that should be brought back:

Boys: Albert, Arthur, Bernard, Clyde, Gerald, Leroy, Ralph, Randall, Reuban, Vincent, Henry

Girls: Beth, Clara, Edith, Irene, Josephine, Olive, Nellie, Pearl, Rose, Wanda, Zelda, Ruby, Tillie

Not only these names, but many others from previous years have a nice ring to them. Meeting someone young with one of these names in today's day and age would be unique and refreshing. Maybe old fashioned is the newest trend when it comes to names.



## Making Your Child's Birthday Party Stress Free

By Stefanie Maglio



No parent wants to let their child down when it comes to putting a birthday party together. Depending on the age of the child, planning an event like this can be a challenge. In order to make the task a bit more stress free, it is important to organize and prioritize.

Start by planning ahead, so this way if anything goes wrong there is plenty of time to correct it. Create lists. Make sure the date and time is set up. This is especially important when the party is not in your home. If a party place is running the child's party, make sure the time and date is reserved and made clear early. Then decide who will be attending and send out invitations. Keep track of who is coming by making a checklist. You can do this right on your phone. Figure out what food there will be. Pizza is always an easy choice for kids, but have a backup just in case. As you complete these tasks cross it off your lists. The note pad and reminder apps on the iPhone can help you keep track of everything. Nothing ever goes one hundred percent how it was planned. However, when you take something like planning a party one step at a time, it will go fairly smoothly with minimum stress involved. Remember, it is your child's party and it is a celebration, so do your best to have a good time as well.





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# Concerned About Your Toddler's Development?

If you're concerned about your child's development, don't wait. Acting early can make a real difference! Talk with your child's doctor. You know your child best. If your child is not meeting the milestones for his or her age, or if you, your child's teacher, or another care provider is concerned about how your child plays, learns, speaks, acts, or moves, talk with your child's doctor and share your concerns.

Use a milestone checklist at [www.cdc.gov/Milestones](http://www.cdc.gov/Milestones) to find the milestone checklist for your child's age. Use it to track your child's development. When it's time to talk with the doctor, write down the questions you have and show the doctor the milestones your child has reached and the ones that concern you. Talk with the doctor about developmental screening. Developmental screening happens when the doctor asks you to complete a formal checklist or questionnaire about how your child plays, learns, speaks, acts, or moves. It gives the doctor more information to figure out how best to help your child. Developmental screening is recommended for all children at certain ages or whenever there is a concern. You may also ask the doctor to connect you with your state's early childhood program for a free evaluation to find out if your child can get free or low-cost services that can help. If your doctor isn't able to connect you, you can reach out yourself. Go to [www.cdc.gov/FindEI](http://www.cdc.gov/FindEI) or call 1-800-CDC-INFO (1-800-232-4636). Ask for the phone number for the early intervention provider in your area. If your child is 3 years or older, call any local, public elementary school and ask to speak with someone who can help you have your child evaluated—even if your child does not go to that school. Ask the doctor if you need to take your child to a specialist who can take a closer look at your child's development. If you do, ask the doctor for a referral and contact the specialist right away. Find more information, including what to say when you make these important calls, what to do while you wait to have your child seen, and how to get support for your family, at [www.cdc.gov/Concerned](http://www.cdc.gov/Concerned).



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## Must-See Family Movies this January

By Stefanie Maglio

Wintertime is the perfect time to go see a movie with the family. Watching at home can be fun, but when it gets a little too stuffy indoors, venture out to your nearest movie theater and keep an eye out for these films:

**Monster Trucks (January 13th, 2017):** Tripp, a high school senior is looking for a way to leave town. He decides to build a monster truck from spare parts, but after an accident at a nearby oil drilling site, a strange and subterranean creature with a taste and a talent for speed comes into the picture giving Tripp a possible way out and a new friend.

**A Dog's Purpose (January 27th 2017):** A dog helps humans to laugh and love again while discovering the true purpose of his existence throughout several lifetimes.



## Let it Snow!

Let's build a snowman! First we need to have a really \_\_\_\_\_ snowstorm, of course on a \_\_\_\_\_ day. Watching all that \_\_\_\_\_ snow fall makes me \_\_\_\_\_ for a bowl of \_\_\_\_\_! It's still \_\_\_\_\_ and there's a lot of it! Let's go! Next is \_\_\_\_\_ to go out in the cold. Once that is done, we need to get busy. We make a \_\_\_\_\_ and \_\_\_\_\_ it in the \_\_\_\_\_. It gets so \_\_\_\_\_ we can't roll it anymore. Then we do \_\_\_\_\_ more and stack them on top of each other. We \_\_\_\_\_ for \_\_\_\_\_ in the driveway for the \_\_\_\_\_, eyes and \_\_\_\_\_. Mom gives us a scarf, hat and \_\_\_\_\_ to complete Mr. \_\_\_\_\_. \_\_\_\_\_! He's done! Finally, Now the best part, \_\_\_\_\_!

(adjective) (adjective) (color) (verb) (adjective) (verb/ing) (noun) (verb) (place) (adjective) (number) (verb) (noun) (noun) (vegetable) (noun) (exclamation) (noun) (exclamation)



## Dr. Martin Luther King Jr.

Jan. 17, 1929 - April 4, 1968

**"I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character."**

Dr. Martin Luther King is best known for his "I Have A Dream" speech and his struggle for peace and equal rights through non-violent protest.

Martin Luther King Day - January 17th 2011

Dr. Martin Luther King Jr. was a leader of the civil rights movement in 1960s America, which meant that he hoped that black people and white people would begin to live together peacefully, with equal rights. He was assassinated in 1968.

### Vocabulary Lesson:

1. What does the definition of discrimination mean to you?

2. Have you ever experienced a situation where you were discriminated? Describe how you felt.

3. If you could speak to Dr. Martin Luther King today, what would you say to him?



National  
Civil Rights Museum  
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The Civil Rights Museum, located at the Lorraine Motel, the assassination site of Dr. Martin Luther King, Jr., chronicles key episodes of the American civil rights movement and the legacy of this movement to inspire participation in civil and human rights efforts globally.

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## THINKING OF SELLING?

Please accept this letter of wholehearted recommendation for Carol Fleres.

I met Carol because my elderly parents, 88 and 89 years old, had engaged her to help them sell their home. I have bought and sold several homes myself, and am familiar with the process and challenges of selling a home, particularly in this market. I am also an attorney admitted to practice in the New York and California bars, and was a Senior Vice President for more than a decade at The Walt Disney Company; my Disney experience taught me the importance of great service, and that it should be cherished when you find someone who understands it. Simply put, Carol meets the highest standards of excellence I have ever seen; indeed, she of ten surpasses those standards.

My parents are lovely people, but their age and the challenges in the real estate market made selling their home a real project. Carol was unbelievably professional throughout, incredibly astute in her understanding of the market in which she worked, completely unflappable in the face of all of those challenges that arise when selling a home (in our case, a surprise septic problem oil tank problem), and perseverant beyond belief. She got the home sold at about the asking price in less than a month. That was amazing enough. What was even more so to me was how she handled my folks (they are ready to adopt her themselves). At their ages, the stress of selling their family home for 50 years and moving was particularly tough; but whatever was happening, Carol always had a smile, was incredibly patient with them, and just did what was right and good. I cannot praise her highly enough, and I am so grateful; if she has not been there, I am not sure the house would be sold. Carol has my highest recommendation.

*Very truly yours,*

**Valerie A. Cohen**

**Attorney for Michael Eisner**





**SPORTIKA and Manalapan Mighty Braves are Partnering  
To Host SPORTIKA'S First Competitive**

# **WINTER FLAG FOOTBALL LEAGUE**

**Start Date**

**SUNDAY, FEBRUARY 5, 2017**

**Sundays from 9am to 5pm**

**1st/2nd Grade League 3rd/4th Grade League**

**5th/6th Grade League**

**7th/8th Grade League**



**Fee \$150.00**  
per player

Plus \$20.00 Referee fee per team per game

**Volunteer coaches with child  
on team are needed.  
Call or email SPORTIKA.**

## **COMPETITIVE DIVISION**

- Eight (8) Games plus Playoffs and Championship (February 5 through April 9, 2017)
- Grade Specific All Youth Levels
- Official Flag Rules—7 Players on the Field. Maximum of ten (10) players on a team.
- Team or Individual Sign-Ups

## **NON-COMPETITIVE DIVISION**

- Eight (8) Games (February 5 through March 26, 2017)
- Grade Specific All Youth Levels • Modified Flag Rules—7 Players on the Field. Maximum of ten (10) players on a team.
- Team or Individual Sign-Ups • One (1) Coach allowed on field on both offense and defense if desired.

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- Passing/Catching while under pressure—Timing Preparation.
- Hone Blocking/Snapping Techniques—Engage player with proper technique then Mirror Block up front and at perimeter. NO pushing player to the ground blocking.
- Getting edge on using Fall Playbook and Coaching to keep sharp.
- One coach allowed on the field if desired or practice play calling from the sideline.
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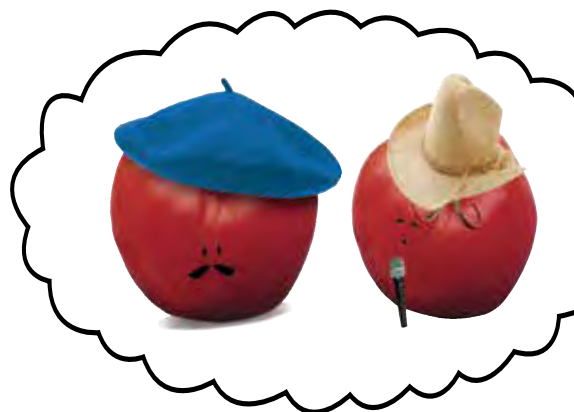
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