

# THE MONMOUTH FAMILY TIMES™

MONMOUTH COUNTY'S LARGEST PARENTING PUBLICATION

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News for Parents • Activities for Kids

FEBRUARY 2016



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Publishing Enterprises, Inc.

THE MILLSTONE TIMES  
THE MONMOUTH FAMILY TIMES

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# 10 Gifts to Give Your Children Today that Will Help Them Tomorrow

By Michael Ginsberg

Just because it's wrapped in pretty paper doesn't mean it's valuable. Sometimes the best gifts aren't appreciated until the child is older because they're not "hands-on" toys, clothes, or accessories.

Here are 10 gifts that are worthy of your financial or time investment today because they "pay off" (sometimes literally, sometimes figuratively) in the long run.

**Responsibility.** Have you ever met a teen that has no chores? Whose parents do everything for him with little or no appreciation? Or who gets everything she wants AND a brand new sports car for her birthday? Teaching your children responsibility is a gift! By coddling a child, you do them a disservice to be prepared for life outside the home. Encourage them to volunteer, help around the house, get a summer job, and take responsibility for their actions and their future. Teach them to balance a checkbook, pay their bills on time, keep commitments, and be punctual. Responsibility is as much about valuing yourself as it is about valuing others. It builds independence, which is crucial for relationships, college, work life, and mental health.

**A savings account or savings bonds.** Consider opening a savings account or purchasing savings bonds for your child. Although savings accounts don't typically earn a ton of interest, you've got time on your side because, depending on the state, your child can't touch the money until they're 18 or 21. A savings bond ([www.treasurydirect.gov](http://www.treasurydirect.gov)) earns interest over a period of time (from a year to 30 years) and start at just \$25.

**Brain training.** Unlike tutoring, which focuses on re-teaching subject matter, one-on-one brain training strengthens the underlying skills that help us think, learn, process, memorize, and recall information. Personal brain training differs from online and computer-based brain training in that its programs use intense, customized, game-like exercises to strengthen the student's cognitive skills. These include auditory and visual processing, logic & reasoning, processing speed, attention, and memory. "Brain training can help struggling students become better learners in ANY subject," says Tanya Mitchell, Vice President of Research & Development for LearningRx ([www.LearningRx.com](http://www.LearningRx.com)), a brain training company with 90+ centers across the United States. "On the flip side, it can strengthen the brain skills of gifted children, who want to better prepare for college-level classes, but might not otherwise be challenged enough at school."

**Memberships.** Teaching your children outside of school is a gift itself, and what better way to do that than with memberships to the local zoo, history museum, children's museum, or performing arts center?

**A love of reading.** Does your child have a library card? What about a subscription to "Highlights," "Ranger Rick's Nature Magazine," or "National Geographic"? Do they have access to e-books? Head to a used or new bookstore, create a local book

exchange with other parents, or find out when the library is having its next paperback sale. Few loves will take them further in life than a love of reading!

**Failure.** Watching your kid fail is hard, even heartbreaking. But it's a necessary part of life. How else do they learn from their mistakes? Part of the beauty of failure is that it encourages us to take risks (just think how many times successful entrepreneurs and inventors have failed!) and learn that we can survive the results, no matter what they may be. As Wayne Gretzky said, "You miss 100% of the shots you don't take."

**Health.** Put your kids on a track toward good physical, emotional, and mental health by staying active as a family, eating nutritious meals and snacks, and providing a supportive environment in which you're an active listener. Enroll her in sports, sign the family up for a healthy cooking class, buy him a gym membership, or let them attend a fun, active summer camp! What you do now can set the tone for a lifetime of health and wellness.

**A college fund.** Don't count on scholarships or financial aid to pay for college. Investing just a small amount of money each month can really add up when they're ready for college. Almost every state now offers 529 plans, which can offer special tax benefits.

**Purpose.** Whether through religion, faith, teaching, healing, or serving others, finding your purpose can be exciting and liberating. You can't tell your child what their purpose is, but you can help them understand how life-changing it is to discover it! Understanding what you're here to do can help you make difficult decisions. Dr. Ken Gibson, author of "The Purpose-Directed Business," ([www.purposedirectedbusiness.com](http://www.purposedirectedbusiness.com)) explains purpose this way. "A guiding purpose will unify your thoughts and make sense of all the competing voices calling you. A strong purpose will help you know which opportunities to avail yourself of and which ones it's OK to say no to." And since life is all about decisions, what better gift to give your child than to encourage them to find and live their purpose?

**Your time.** This is probably the most valuable gift of all. Eat dinner as a family. Read to them at bedtime (or have them read to you). Go camping together or just stargaze from your backyard. Teach them to bake, ride a bike, and write a thank-you note. Let them know through your words AND your actions that they are *your* greatest gifts!

Michael Ginsberg is the Executive Director and Owner of LearningRx Brain Training Centers in Marlboro and Red Bank, NJ. He became involved in the benefits of brain training after his own child was having difficulty staying attentive and reading at grade level at the completion of third grade. For more information or for a complete evaluation of your child's cognitive learning abilities you can contact the LearningRx center at 732-444-8579.





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## The Effects of Different Parenting Styles on Children

By Mia Ingui

**M**aking the decision to have children and start a family of your own is one that comes with many responsibilities, and the most important responsibility you will gain is being a parent. There aren't any special classes or rules on how to be a parent; everyone learns and develops their own parenting styles in their own way. But, if you've ever been concerned about your parenting and are thinking about ways to improve how you parent, here are some examples of different parenting styles, and their proven effects on your children.

**Authoritarian Parenting:** This is considered to be the strictest, least forgiving form of parenting, often described as demanding, but not responsive. Children are allowed little to no response about their discipline and are to respect their parents' authority. This form of parenting results in almost training children instead of teaching them about how to have respect for their parents and others. Children raised by authoritarian parents are often moody, have low self-esteem, and may struggle later in life with self-discipline and independence.

**Authoritative Parenting:** Not to be confused with authoritarian parenting, this form of parenting is labeled as demanding and responsive. Parents often discipline their children, but still allow their children to be independent and discuss their needs. Children who grow up with these types of parents are more likely to have a high self-esteem, self control, and success in the classroom and workplace. Parents and children in this parenting style, ideally, have a mutual respect for one another.

**Indulgent Parenting:** This style of parenting involves loosely enforced rules with lots of nurturing and love. Parents often are described as a friend to their children rather than a parent figure. Children with these kinds of parents have proven to be self-absorbed, disobedient, and demanding.

**Uninvolved Parenting:** The least successful of the four parenting styles and the one considered to be "undemanding and unresponsive." Uninvolved parenting has proven to lead children to struggle in nearly all aspects of their lives, including having low-self esteem, disciplinary issues in the classrooms, feelings of loneliness and unimportance, and a high risk of possible drug or alcohol use and abuse.



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## Valentine's Day Word Search Puzzle

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A	P	I	T	P	A	K	Z	O	E	P	Z	C	R	A
J	I	Z	G	X	Z	R	V	D	T	S	C	J	P	D
E	H	S	S	U	A	A	D	W	F	D	P	S	R	Q
G	S	E	C	S	M	I	S	S	A	A	R	R	O	W
L	D	S	H	Y	E	R	N	N	C	J	M	D	P	A
O	N	S	Y	S	E	N	C	S	T	T	G	I	N	K
V	E	I	T	W	T	E	I	F	G	Q	D	N	L	Y
E	I	K	O	R	S	F	E	T	N	N	P	N	L	Y
A	R	L	Q	D	A	B	I	L	N	D	I	E	X	E
Q	F	V	F	O	R	E	X	G	V	E	I	R	F	F
U	W	X	U	U	M	S	H	V	B	K	L	P	L	N
B	P	U	A	T	N	T	D	Z	X	W	R	A	U	Z
L	W	R	C	H	O	C	O	L	A	T	E	F	V	C
L	Y	I	J	W	O	B	H	U	G	S	E	S	O	R

ARROW	KISSES
BOW	LOVE
CARDS	RINGS
CHOCOLATE	ROSES
CUPID	TEDDIES
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DINNER	
FAMILY	
FEBRUARY	
FLOWERS	
FRIENDSHIP	
FUN	
GIFTS	
HEARTS	
HUGS	



# FEBRUARY

# 2016

## Keep Your Parents Busy

A special showing of Star Trek at the Count Basie theater in Red Bank, NJ tonight at 7pm.

Today is Groundhog Day - will we have a longer winter? Watch the groundhog to find out!

Today is National Carrot Cake Day!

The hit Broadway musical Once opens tonight at the State Theater in New Brunswick, NJ.

MOVIES: Pride and Prejudice and Zombies comes out today!



Valentine's for Nature: Enjoy a day of fun crafts, refreshments and fireside stories for you and your family, at Tulpehaking Nature Center, 157 Westcott Ave, Hamilton, NJ.

Super Bowl Sunday today!!



The Chinese New Year: Ring in the year of the sheep!

Mardi Gras is celebrated today!

National Umbrella Day! Give them some love.

The official Cry Over Spilled Milk Day and Make a New Friend Day!

MOVIES: How to be Single and Zoolander 2 come out in theaters today!



Valentine's Plunge in Manasquan, NJ: Take the plunge for ALS! \$100 donation fee to plunge, 12 pm.

Valentines Day! Enjoy spreading love to those around you.



The Very Hungry Caterpillar and other Eric Carle Favorites all day today at the State Theater, \$15-30.

National Do a Grouch a Favor Day - if you know one of those, help them out!

Today is Random Act of Kindness Day!

National Eat Ice Cream for Breakfast Day!!



Owl Prowl Moon Hike tonight at the Plainsboro Preserve in Cranbury, NJ, starting at 5:30 pm. \$7 for non-members.

Animal Tracking Class at the Plainsboro Preserve, today at 2pm!

The Mega Bubble Show today at 3pm, at the Count Basie Theater!

Today is George Washington's Birthday, as well as National Be Humble Day.

This week is Official Bisquick National Pancake Week.



Teen band R5 performs tonight at the Count Basie Theater at 7pm!

Today is the middle day of Texas Cowboy Poetry Week.

Chicago opens tonight at the Count Basie Theater.

Annual Winter Adventure Hike for Middlesex County.

The beloved musical Annie, on stage tonight at the State Theater!

**Annie**

Leap Day! This day only occurs once every four years, so make it a special one!

# New Year...New YOU!

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The desire for a fitter, slimmer body is one that many people share,  
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# PROTECT YOUR FAMILY AGAINST UNINSURED DRIVERS

By John Bazzurro

A lawsuit that I recently handled reminded me of the importance of informing my clients of how they can protect themselves against drivers who do not have any insurance or have very low policy limits. In New Jersey, as well as many other states, automobile insurance companies are obligated by statute to sell coverage called "underinsured motorist coverage" (typically known as "UIM") and "uninsured motorist coverage" (typically known as "UM"). Typically, this UM/UIM coverage is sold together and each of these coverages will have the same policy limits. Appropriate policy limits for these types of coverages on your automobile insurance policy should adequately protect you and your family for instances when you are injured by the driver of another vehicle that does not have automobile insurance or does not have adequate automobile insurance coverage. This article will explain how this coverage works.

When you purchase automobile insurance in the State of New Jersey, the "policy limits" that people generally are concerned with related to bodily injury coverage. That is the coverage that you are purchasing to protect your assets in the event you negligently injure someone in a motor vehicle accident. Unfortunately, for people injured in motor vehicle accident, the minimal bodily injury policy limits allowed by law in the State of New Jersey is \$15,000.00 per person, per accident. Unbelievably, there is also coverage available in the State of New Jersey that does not provide for any bodily injury coverage. If you or one of your family members are injured as result of the negligence of an individual that has one of these low limit policies or no insurance coverage at all, the chances are that you will not be properly compensated for your pain and suffering, disability and impairment and loss of enjoyment of life or for out-of-pocket lost wages. Accordingly, UM/UIM coverage is designed to protect you or your family in this instance and you will be monetarily protected up to the policy limit that you choose as opposed to the policy limit chosen by the negligent driver.

For instance, if your automobile insurance policy contains \$100,000.00 in UM/UIM coverage and you are involved in a motor vehicle accident with an individual who only has \$15,000.00 in bodily injury coverage, you will be able to collect up to \$100,000.00 to compensate you for your injuries. In the event your injuries are sufficient enough, you would receive \$15,000.00 from the insurance policy for the individual that caused your injuries and the remaining \$85,000.00 from your own insurance company under the UM/UIM coverage. Thus, even though you were injured by an individual with minimal insurance, you are able to obtain full compensation for your injuries up to the policy limits that you chose. Clearly, appropriate UM/UIM coverage is important for the protection of you and your family members against uninsured drivers and drivers who are financially irresponsible.

By having lower UM/UIM coverage, you are jeopardizing your family's ability to obtain appropriate compensation for personal injuries obtained in a motor vehicle accident where the other driver has minimal limits. In my practice, I often see insurance policies that have sufficient and significant bodily injury insurance coverage (for the benefit of people that you may injure in a motor vehicle accident) but have minimal UM/UIM coverage (which would be for the benefit of you and your family). Some insurance agents and brokers will, unknown to you, lower the UM/UIM coverage in order to lower the automobile insurance policy premium. Typically, my clients are not aware of this decrease in coverage until they or a family member suffers injuries at the hands of an uninsured or underinsured driver.

Accordingly, in light of the above, I suggest that you check your automobile insurance policy declaration page for the purpose of making sure that you have appropriate UM/UIM coverage. My suggestion is that you should have the same policy limits for your UM/UIM coverage as you have for bodily injury coverage. If you are not sure of your UM/UIM coverage after looking at your declaration page, my law firm would be happy to review your policy of insurance to determine your policy limits to ensure that your family is protected.

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Board Certified Civil Trial Attorney

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# 2016 SUMMERCAMP GUIDE

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[www.rollinghillsdaycamp.com](http://www.rollinghillsdaycamp.com)

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Contact Name: Sherri Paris  
Contact Email Address: [newlogic.edu@gmail.com](mailto:newlogic.edu@gmail.com)  
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## Summer Day Camp Expenses May Qualify for a Tax Credit

**The credit can be up to 35 percent of your qualifying expenses, depending on your income.**

**A**long with the lazy, hazy days of summer come some extra expenses, including summer day camp. But, the IRS has some good news for parents: those added expenses may help you qualify for a tax credit.

Many parents who work or are looking for work must arrange for care of their children under 13 years of age during the school vacation.

Here are five facts the IRS wants you to know about a tax credit available for child care expenses. The Child and Dependent Care Credit

is available for expenses incurred during the summer and throughout the rest of the year.

The cost of day camp may count as an expense towards the child and dependent care credit.

Expenses for overnight camps do not qualify.

Whether your childcare provider is a sitter at your home or a daycare facility outside the home, you'll get some tax benefit if you qualify for the credit.

The credit can be up to 35

percent of your qualifying expenses, depending on your income.

You may use up to \$3,000 of the unreimbursed expenses paid in a year for one qualifying individual or \$6,000 for two or more qualifying individuals to figure the credit. For more information check out IRS Publication 503, Child and Dependent Care Expenses. This publication is available at [www.irs.gov](http://www.irs.gov) or by calling 800-TAX-FORM (800-829-3676).

## Why the World Should Be Thankful for Summer Camp

*By Mia Ingui*

**W**e all remember it. Whether we ourselves waited in anxious anticipation for school to come to an end and for summer camp to begin, or if we have seen our children gather their crafts and snacks the morning before camp is to start, everyone knows the excitement of going to summer camp. A veteran summer camp counselor of three years, I have witness the many wonders of summer day camp, and especially the effect that camp has on its campers and staff. The effect is ridiculously positive, nothing short of a delightful experience for all involved. The summer air and the endless feelings of joy coming from all the campers is enough to give the staff a reason to wake up every morning and prepare for the adventure they'll have that day. The campground I worked at was truly its own little world, with forests and lakes and cabins galore, with splendors to satisfy every young kids mind. If you wanted to make pancakes, there was a cooking elective. If you wanted to ride horses, their was a horseback riding class. If you want to paddle a boat on the lake, and then when you're finished, jump on the water trampoline, then Outdoor Adventure is the elective for you. Ice cream was served at 1:30 every single day, (This I remember: my body definitely regretted the orange cremesicle I ate every day for two months), and for free swim, the kids had a choice of three pools with giant slides and clear blue water. It is a dream come true! The best part? The campers get to come to this paradise for the entire two months of summer, every single day, spent under the hot sun. Summer camp is a wonderful ideal for so many reasons, but above all, it allows these kids to finally let loose, relax, and enjoy their summer to the fullest rather than wasting the precious summer days away locked up in the house, sleeping until noon or playing Call of Duty. When I got a chance to speak to the parents of my campers in the middle of the season, I was honored to be thanked for taking such good care of their child. This is incredibly rewarding, to be praised for doing a job that I love, and knowing that the parents can rest easy with their kids under good care all day. I would not trade my camp experience for the world, and I hope that all kids will get the opportunity to know how truly totally awesome it is to go to summer camp.



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## Away at Camp

**T**aking part in an annual camp can be one of the most exciting parts of a child's summer.

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

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

## Research the Camp

As a responsible parent, you should get to know what medical and safety services are available at

the camp. According to recommendations from the American Academy of Pediatrics, a safe camp will make public its written health policies and protocols.

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

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

questions to ask camp officials before sending your child there.

## Homesickness

The stress of being away from home should be a serious consideration before enrolling your child in summer camp. Eight out of 10 campers report being homesick at least one day at camp, according to American Camping Association

statistics. Less than 10 percent of those cases result in the child becoming so anxious or depressed that he stops eating or sleeping, the ACA says.

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







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## Winter Weekend Getaways for Parents

*By Mia Ingui*

**T**he weather outside may be frightful, but that shouldn't stop you and your love from taking a romantic weekend getaway this winter! Here are some destinations inside and out of New Jersey that are perfect for a weekend vacation away from the kids.

### Cedars & Beeches B&B Country Inn, Long Branch NJ:

The most romantic winter getaway in New Jersey, Cedars & Beeches stops at nothing to make sure that you and your loved one are drenched in relaxation. Enjoy a king size bedroom suite to stay in with complementary wine, and a couples massage with trained spa professionals. For entertainment, Cedars and Beeches is conveniently located right by NJ Repertory Company, and guests received a 25% off discount to see a spectacular show. Room rates start at \$485 per couple per night. For more information, they can be reached at 732-571-6777.

### The Ocean Plaza Hotel, Ocean Grove, NJ:

This hotel has much to offer for the entire weekend, including complementary cheese platter and wine upon arrival, \$60 dinner for two Saturday nights, continental breakfast Saturday and Sunday morning, and in room couples massages upon request. For more information, visit their website: [www.theinnsofoceangrove.com](http://www.theinnsofoceangrove.com).

### SeaStreak, Atlantic Highlands, NJ:

A wonderful winter cruise getaway in NJ! This is an easier and fun way to see places like New York City, New York Harbor, ticket packages to Citi Field or Yankee Stadium, and Martha's Vineyard! SeaStreak boats are also available for private charter. For more information, call 1-800-BOATRIDE (800-262-8743) or visit [www.seastreak.com](http://www.seastreak.com).



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## Creamy Corn & Potato Chowder

*Serves 4*

### INGREDIENTS

- 1/2 teaspoon olive oil
- 1/3 cup chopped scallions
- 1 garlic clove, chopped
- 3 1/2 cups fresh corn kernels, cut from the cob (from 5-6 medium)
- 1 (6 oz) russet potato, peeled and diced
- 5 cups 1% milk
- 1 chicken bouillon cube
- 2 tablespoons chopped fresh cilantro, divided
- 1/4 cup low fat sour cream
- salt and fresh pepper, to taste
- 3 oz (6 tbsp) crumbled queso fresco (or cotija cheese)



### DIRECTIONS

Heat a medium heavy pot or Dutch oven on medium heat. Add oil and sauté scallions and garlic for 1 minute. Add the corn, potatoes, milk, bouillon, and 1 tablespoon of cilantro in a large pot and bring to a boil. Reduce heat to medium-low, cover and simmer for approximately 30 to 35 minutes or until the corn is tender, stirring occasionally.

Remove from heat and reserve 6 tablespoons of the corn kernels for topping. Add sour cream to the soup and purée in the blender in two batches, careful not to burn yourself; return to the pot.

Adjust salt and pepper, to taste and heat over low heat 2-3 minutes, stirring occasionally.

Pour into 4 bowls and garnish each bowl with 1 tablespoon each of corn kernels and cheese. Top with fresh cilantro.

## Easy Chicken Francese

*Tip: Make this pie recipe easy and accessible by using store-bought pie crust!  
This can be used for the top crust as well as the bottom.*

### FOR THE CHICKEN

- 1 pound boneless skinless chicken breast
- 1 cup flour

### FOR THE SAUCE

- 1 lemon, sliced
- 1/2 cup lemon juice
- 1 tbsp. butter
- 1 cup white wine
- 2 cups chicken stock
- Flour, for thickening



### DIRECTIONS

Coat the chicken in flour, and pan fry in butter. After they cook, take them out of the pan and set aside. Use the same pan to make the sauce. Melt butter and put the lemon slices in the pan, fry until browned and fragrant. Add chicken stock, white wine, lemon juice, and flour to thicken. Let cook for about 5 minutes, then add the chicken. Serve over pasta if desired.

## Choosing an Eye Doctor



**Everyone needs a trusted eye doctor for everyday healthcare and injuries that arise.**

**C**hoosing the eye doctor who is right for you is an important decision for your overall wellbeing.

Before you start asking your friends and family members for referrals, the first step is understanding the difference between optometrists and ophthalmologists.

### What Is an Optometrist?

Optometrists examine eyes for both vision and health problems. They

also correct vision issues by prescribing eyeglasses and contact lenses, or by providing care and therapy.

Optometrists also can prescribe medications to treat certain eye problems and diseases. Your state's board of optometry — which you can find online — will detail the scope of the medical care eye doctors can give, as it varies by state.

### What Is an Ophthalmologist?

An ophthalmologist is a medical doctor trained to perform eye exams, diagnose and treat disease, prescribe medications and perform eye surgery. They, like optometrists, also write prescriptions for eyeglasses and contact lenses.

According to the American Academy of Ophthalmology, ophthalmologists generally complete four years of college, four years of medical school, one year of internship, and a minimum of three years of hospital-based residency in ophthalmology.

## Choosing Your Doctor

So how do you know if you need to seek out the services of an optometrist or ophthalmologist? That depends on the issue you are dealing with. If your eyes are healthy and don't require specialized treatment, your local optometrist will fit your needs.

Most optometrists can medically treat common eye problems, including dry eyes and eye infections, as well as chronic diseases such as glaucoma. Ophthalmologists specialize in providing the entire scope of treatment options, including eye surgery.

If you already have a serious medical eye problem such as glaucoma or macular degeneration, you may require medical or surgical eye care by a specially trained ophthalmologist. Speak with the eye doctors in your area to find the right fit for your particular situation.

## Common Eye Problems

**S**ustaining an eye injury can be a scary experience, especially if blurring or vision obstruction occurs. Knowing what to do for different injuries can

make the difference between a full recovery and lasting repercussions.

One plan of action is consistent across all types of eye injuries: Do not touch, rub or apply pressure to the eye, as you can cause further damage. Avoid applying ointment or medication to the eye before having it looked at by an ophthalmologist, who

specializes in the anatomy, physiology and diseases of the eye.

The American Academy of Ophthalmology offers a full range of tips for addressing and dealing with specific eye injuries. Of course, consult with your physician before taking any action yourself.

Here are some of the most common eye injuries and steps you can take to avoid causing further harm to yourself.

### Cut to the Eye

If you suffer from a laceration to your eye, gently

place a shield over it. If you don't have a shield, use the bottom of a paper cup taped to the bones surrounding the eye until you get medical attention.

Remember to never rinse with water or try to remove an object stuck in your eye. Also avoid using aspirin or anti-inflammatory drugs that can thin the blood and increase bleeding.

### Foreign Materials

If you get a particle or foreign material in your eye, the main thing to avoid is rubbing your eye. Especially if you're not sure what the

material is, you could cause scratching or a laceration of the eyeball.

Instead, lift the upper eyelid over the lashes of your lower lid or try blinking several times. Your natural tears should be able to flush out the foreign object without you having to touch your eye.

Eye injuries are serious. If you feel a pain that is out of the ordinary or notice any visual disturbances after an injury, go the emergency room.

# The Power of Flossing



**B**rushing twice a day is recommended by all of the major dental organizations, but if you're not flossing, you are missing out on an opportunity to optimize your oral healthcare.

The American Dental Association urges people to floss at least once a day to help remove plaque from the areas between the teeth where the toothbrush simply cannot reach.

Flossing is important because it helps prevent

gum disease and cavities. And according to the ADA, it doesn't matter if you floss before or after brushing — as long as you're doing it. A 2015 poll by MouthHealthy.org found that 53 percent of its readers said they brush before, while 47 percent said after.

The key is finding the time to floss. Bring some floss with you to work to take care of it during your lunch break. Wake up a few minutes early or stay awake a few minutes later to give your teeth some

extra attention. With just a little effort, you can make a big difference in the present and future health of your teeth.

## Don't Forget the Kids

As an adult, it's up to us to be great role models. Proper dental care is a behavior we can easily pass on to our children by teaching them the importance of taking care of their mouths. You should be flossing your child's teeth as soon as you see two teeth touching.

The ADA recommends parents flossing their children's teeth until they are about 10 years old. By this age, children have the dexterity to effectively floss by themselves.

Encourage your children to floss by reassuring them that the experience is not a painful one. Flossing should be done in a firm yet gentle manner. If you're feeling pain while you're flossing, you're not doing it correctly.

## How to Floss

The ADA has found that only about half of Americans floss their teeth. Considering the ease of flossing, this number should be much higher. The process is simple and straightforward, as these tips from the ADA point out:

- Break off about 18 inches of floss and wind it around the middle fingers of each hand.
- Guide the floss between your teeth using a gentle rubbing motion.
- When the floss reaches the gum line, curve it into a C shape against one tooth; gently slide it into the space between the gum and the tooth.
- Bring the floss back toward the contact point between the teeth and move the floss up or down the other side.
- Hold the floss tightly against the tooth; gently rub the side of the tooth, moving the floss away from the gum with up-and-down motions.

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# When should I take my child for their first eye exam?



**Dr. Steven Linker, OD**

Most parents are diligent when it comes to routine well visits to the pediatrician. They understand about preventative medical treatment. What most parents don't realize is that the same applies to the health of the eye and vision.

During infancy, a baby's vision changes constantly. At first they can only focus on objects near-by and high contrast colors like black, white and red. By six months, their visual ability should be sharper. Most would be shocked to know that a six-month old should have an eye exam. At this age, your eye doctor can monitor the development of the eyes. In some cases, they are not working together, which will affect vision.

Another optical milestone is for the pre-kindergarten child. By ages 3 to 4, the eyes have done their developing and an eye exam is expected prior to school admission. Other exams should be in the 3 to 4-year-old range because the eyes have basically done their growing and developing by then. It is from this point that an annual eye exam is essential.

Early detection of vision issues can curtail bigger problems later. An eye exam can detect and identify nearsightedness, farsightedness, and astigmatism. These can be remedied with prescription glasses very easily. Conditions such as 'lazy eye' can be corrected with something as simple as an eye-patch.

To make a trip to the eye doctor less intimidating for your child, find one who has a great manner with children, one who will put them at ease.

Schedule your appointment with us. 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!

Check out our website for more information <http://monmouthvision.com/>. Dr. Steven Linker, OD Monmouth Vision Associates, 50 Route 9 North, Suite 206, Morganville, NJ, 07751 • Tel: 732-617-1717. ■



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# Creative Valentine's Day Ideas for the Classroom

By Mia Ingui

Valentine's Day only comes once a year, so here are some tips to throw the perfect Valentine's class party!

## Games:

**Giant Heart Tic Tac Toe** – Create a tic-tac-toe game board with a red poster and a few handmade heart bean bags. You could make a few of these so 4-6 kids could be playing all at the same time!!



## Valentine's Crafts:

**Paper Heart Lei** – this is fun to have each child create, simply with straws and hearts.



**Valentine's Coloring Pages** – download and print off free coloring pages. If you're done with a specific activity early, these are a great way to keep the kids focused at their station!

**Heart-Shaped Pipe Cleaner Rings** – just twisting pipe cleaners into heart shapes could make for some fun wearables!

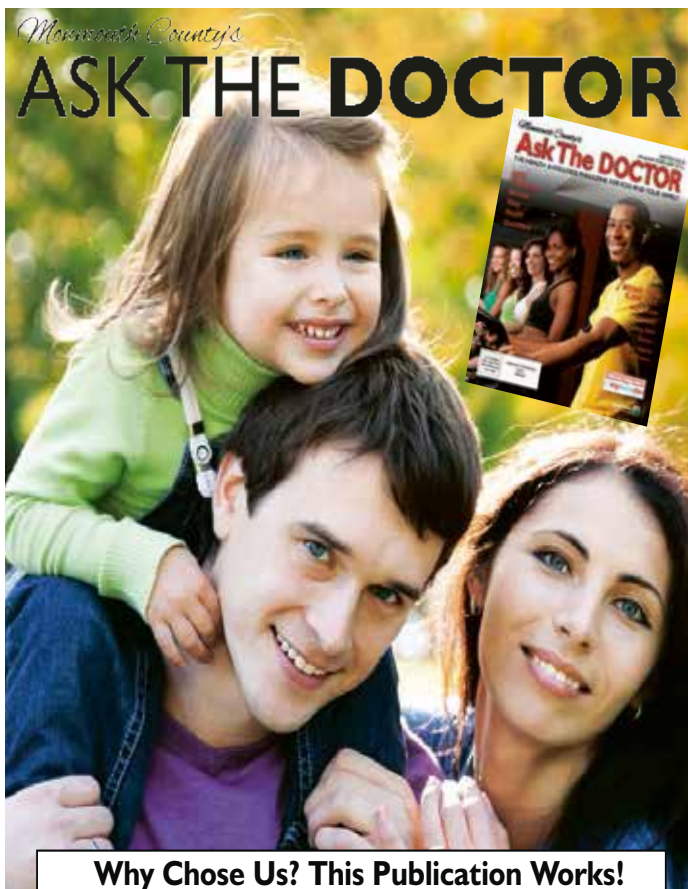


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**Heart Shaped Cookie Sandwiches:** Sandwiching two cute cookies together with icing, so simple!



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# Movies to catch in February

## (for the parents)

By: Joely Phenes

Admit it. No matter how much you love your kids, sometimes you need time away for yourself. With Valentines Day right around the corner, it's about time to find a babysitter and start planning your date night. Here are a few movies you'll definitely want to catch without the kids:

### Deadpool (R)

Release date: Friday, February 12, 2016

This movie tells the origin story of Marvel's antihero Deadpool. After undergoing a scientific experiment, former Special Forces operative Wade Wilson develops special abilities, and uses them to hunt down the man who almost ruined his life. This action/adventure stars Ryan Reynolds as Deadpool, whose twisted sense of humor makes the movie all the more entertaining.

### Hail, Caesar! (PG-13)

Release date: Friday, February 5, 2016

This time-period comedy set in 1950s Hollywood follows Hollywood "fixer" Eddie Manix as he tries to solve the mystery behind a missing cast member. This missing cast member is Baird Whitlock (George Clooney), of the film "Hail, Caesar!" Not only is this movie hysterical, but also it features many more of your favorite actors like Channing Tatum, Jonah Hill, and Scarlett Johansson.

### Misconduct (R)

Release date: Friday, February 5, 2016

This intriguing drama chronicles a young lawyer's case against a powerful and corrupt pharmaceutical company. The lawyer, Ben (Josh Duhamel), is then thrust into a dark world of blackmail, perversion, and murder. When a love triangle comes in to play, it gets all the more interesting.



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# Study Tips.....

By Mia Ingui

## Some surprising tips on how to ace your next exam!



### 1. Study when sleepy.

Try studying for a few minutes right before hitting the hay. Believe it or not, this is prime time to study, because during sleep, the brain strengthens

new memories, so we'll better remember whatever we review right before falling asleep!

### 2. Space out your studying.

There is a new proven learning technique called "spaced repetition," which involves breaking up information into small chunks and reviewing them consistently over a long period of time.

### 3. Create a song or story.

Although it sounds a little weird, but making the details you need to remember into a story or a song could help make the information more meaningful.

### 4. Switch it up.

Don't just stick to one topic when studying. Instead, it is more effective to study a bunch of different topics in one sitting.

This technique helps prepare us to use the right strategy for finding the solution to a problem, as well as giving our brains a rest.

### 5. Put yourself to the test!

Quizzing ourselves is one of the best ways to get ready for the real test. And if you're having a hard time answering a question, it could be a good thing, because think about it: the harder it is to remember a piece of information when practicing, the more likely we are to remember it in the future.

# Great Picture Books For Kids!

Please, Mr. Panda

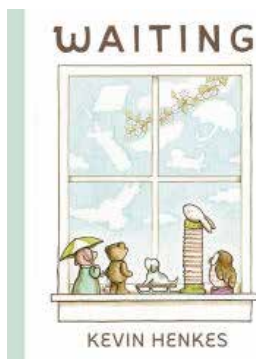
by Steve Antony



Mr. Panda has a box of doughnuts that he wants to share with his friends. With bold illustrations and spare prose that keep the mood light and playful, Antony offers a delightful primer on manners your children will ask for again and again. Your job is to make sure they ask politely!

## Waiting

by Kevin Henkes



As any parent can attest, patience is a difficult concept for children at any point in the year, but it's nearly impossible during this season of anticipation and joy. That's what makes Henkes' mellow, loving story an ambling alternative to the fast-paced season we're currently wrapped up in. In this classically illustrated tale, 5 friends sit atop a windowsill, and they're all anticipating different things— amazing things!—like a gust of wind, a drop of rain, or falling snow.


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2. evol \_\_\_\_\_
3. roclas \_\_\_\_\_
4. cthoaleoc \_\_\_\_\_
5. fsroewl \_\_\_\_\_
6. enmbie \_\_\_\_\_
7. clupic \_\_\_\_\_
8. weets \_\_\_\_\_



Answers: 1. candy, 2. love, 3. cards, 4. chocolate, 5. flowers, 6. be mine, 7. cupid, 8. sweet



# Health, Wellness & Regeneration

## Non-Invasive Pain Treatment, No Surgery — No Cortisone

*Dorota M. Gribbin, M.D.*



*Dorota M. Gribbin, MD*

Countless Americans endure debilitating pain every day. We live longer and therefore have much higher chance to experience painful conditions than our ancestors.

"Pain is a symptom," says Dorota M. Gribbin, M.D., Assistant Clinical Professor at Columbia University - College of Physicians and Surgeons, Chairman of Physical Medicine and Rehabilitation section at Robert Wood Johnson University Hospital at Hamilton and Medical Director of Comprehensive Pain and Regenerative Center. "In order to manage pain effectively, it is essential to pinpoint its cause." Named one of the best doctors in the New York Metro Area by Castle Connolly Medical Ltd. for 14 consecutive years between 1999 and 2013, the pain management specialist uses a minimally invasive approach to outsmart tough pain. Her first step is to obtain a global understanding of the patient, including

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

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Alex Rodriguez, of the NY Yankees received PRP injections after a recommendation from fellow professional athlete Kobe Bryant of the LA Lakers. The procedure is in complete compliance with major league baseball regulations and the pro athlete went on to finish out the season strong.

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Remember, you do not need to live with your pain. Pain treatment does not need to involve dangerous medications or surgery. You do not need plastic surgery or painful derma-abrasions to erase years from your face and body.

If you have been suffering from pain and want to improve your quality of life, please consider treatment by Dr. Gribbin who specializes in the comprehensive diagnosis and treatment of painful conditions, regenerative medicine, medical weight loss and the newest aesthetic medicine techniques of rejuvenation and anti-aging medicine.

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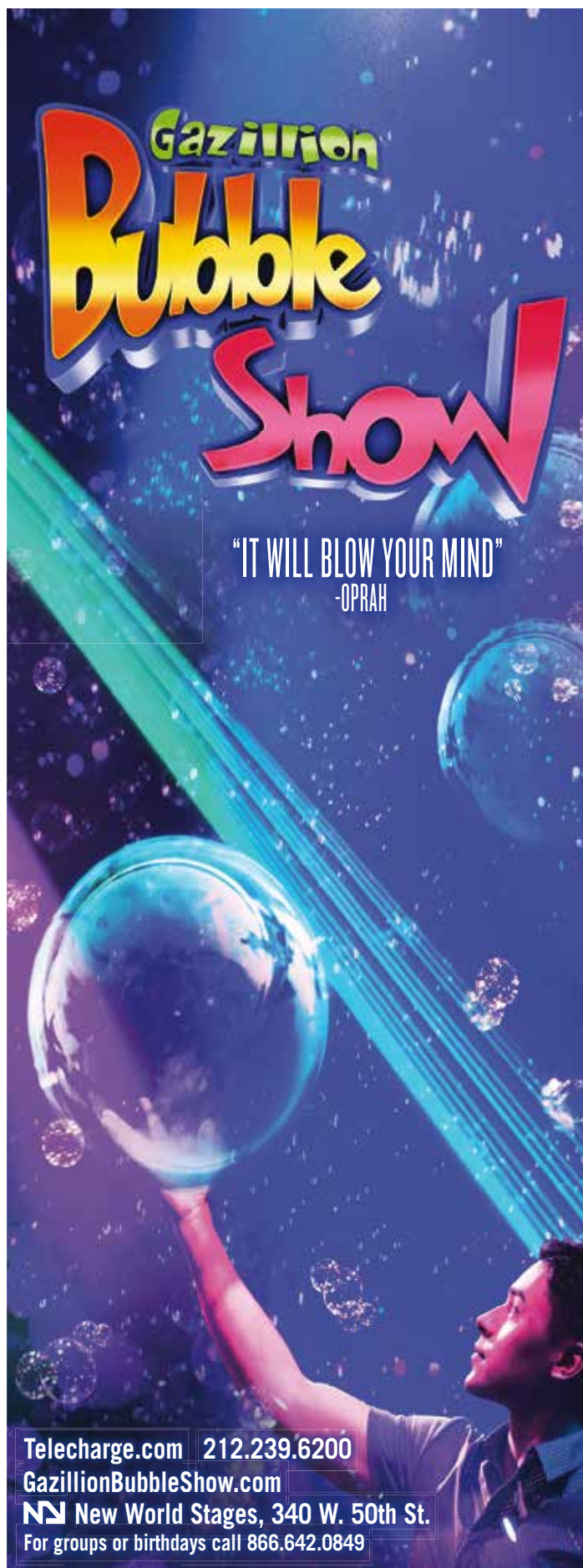


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## Should Your School-age Child Get a Job? .....

By Susan Heckler



**T**oday's teenagers have a lot of demands on them compared to the Baby Boom generation. They need to do homework, household chores, religious school, sports practice, babysit siblings as well as work on their social skills, and volunteer to give back to the community.

One of the most important things they need to learn, which will follow them their

entire life, is to have a good work ethic. A work ethic is essentially hard work and diligence in everything you do.

There are several schools of thought on this. Many parents feel their child's job is to go to school and work toward getting in to a good college. They apply excelling at sports toward this and a good scholarship. This would mean you are essentially

handing them everything they want and need until they graduate college. I see some pitfalls here.

I am among the believers that teens should have a part time job before they take off for higher education or adventure. In addition to putting some money (other than yours) in their pocket, they can also discover the value of time and talents they may not have previously detected. Learning about time management, working with authority figures (other than Mom), working as a team, deadlines, responsibility, accountability, and money management are great life lessons. Some jobs may teach you computer skills, how to work office equipment and a wealth of other possibilities. Call me old school...I have been working since I am old enough to babysit. With my

own three kids, I found it so interesting that they really really want something when I am paying but when faced with the option of their own money, the desire wanes. You may really want those cool shoes, but when you crunch the numbers of how many hours you have to work to take home the money to pay for them...do you really want them?

Think they don't have enough time? What is that old saying about wanting something done and asking a busy person? If you feel your child has too much time on their hands and should be more productive...bingo!

Whether it is a summer job, mother's helper, stock boy, sales clerk, burger flipper....anything they do will teach them a life's lesson and may even be fun.

# Healthy Friendships Are Ageless

By Susan Heckler

**A**re you a good friend? Are you happy with the people you have surrounded yourself with? Have you ever questioned what drew you to bring certain people into your life or why people incorporate you into theirs?

Others do judge us by who we hang with, but it should also cause some introspection on our behalf. Why do we choose them as friends and is the relationship a healthy one for you?

Feathered birds and like minds might be the company you keep, but how do you feel after spending the day with them. What qualities do they bring out in you? Do you feel guilty from the association?

A friendship, like any relationship, requires work, compatibility as well as trust, support and respect. Other than physical attraction, it is very much like an intimate relationship.

Let's see how you rate as a friend:

A good friend:

- ✓ Is very supportive of things that you do and encourages you to try new things
- ✓ Likes to listen when you have something on your mind
- ✓ Respects your boundaries
- ✓ May sometimes need your shoulder to cry on but are ready to return the favor
- ✓ Great friends will nurture your relationship yet still encourage you to meet people and try new things without them
- ✓ Is liked very well by my other friends
- ✓ Offers constructive help when you have a problem
- ✓ Doesn't insist on getting their own way in everything
- ✓ Feels free to ask you for small favors, lets you know your efforts are appreciated, and will return the favor
- ✓ Does not get jealous or possessive with my other friends
- ✓ Tries to be tactful and spare your feelings, even when they're telling you they disapprove of your choices
- ✓ Almost always answer your calls, show up, and makes time for you
- ✓ They argue with the intent of coming to a compromise in their friendship, which may mean that they agree to disagree sometimes
- ✓ Is trustworthy, which means that you feel comfortable sharing your feelings or the details of your life because you know your friend won't gossip behind your back or throw it back in your face

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# Divorce and Special Needs Children.....

By Mia Ingui



**D**ivorce is one of the hardest concepts to grasp for a child with special needs. The negotiable aspects of divorce, like visitation times, custody, and property division are difficult things to

understand for any child. If your child has special needs and you are now a single parent, you will have to plan out your future and take careful precaution. Before the divorce is through, make sure the terms of taking care of your special needs child

are set and understood, since legally, the terms of a divorce are as follows: With whom will the child live? How much contact will the parents, legal guardian or other parties be allowed to have? To whom and by whom will child support be paid and in what amount? This stresses the importance of addressing the extra attention a child of special needs will require. To do this, first explore what page you and your spouse are on concerning your child's disabilities and abilities. It is also essential that your family law attorney

work with a special needs attorney as well as an experienced financial adviser to eliminate the risk of losing your child's entitlements. The care of the child also comes into play. Since caring for your child with special needs may extend as they age, you need to tailor your divorce agreement for the long-term. Divorce is not easy, but it may work out better for you and your family by taking a practical look at what special needs exist and how they are appropriately addressed during the divorce.

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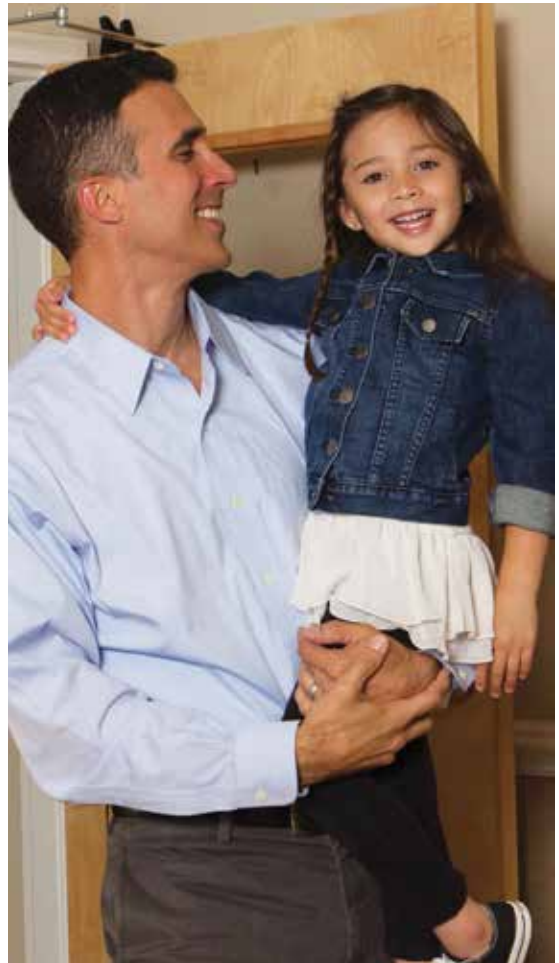
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