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APRIL 2016



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### THE MILLSTONE TIMES THE MONMOUTH FAMILY TIMES

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# Effective vs. Ineffective Consequences for Kids

By Joely Phenes

When a child acts inappropriately, it is important for their parents to create consequences for their actions. The most effective consequences are ones that make sense with the action committed. For example, if your child comes home too late one night, you would set a curfew in the future.

The best consequences are those that are behavior oriented rather than time oriented. Time oriented consequences, like time outs, do nothing but bore the child. No lesson is being learned. Grounding a teen is a very common punishment among parents, but this is also ineffective. It is better to give them a task like doing dishes or folding laundry.

Money-based consequences have also proven effective because they teach children for the future. As an adult, you can be fined for your irresponsible actions. Taking away a child's allowance gives them a glimpse at the consequences they could be subject to in the future.

The most ineffective consequences are punishments. The word punishment literally means, "to inflict pain," which is not the right thing to teach our children. Physical punishments, like hitting or spanking, are not effective and only provide temporary solutions to the problem. They do not show the child why they should not behave that way again. Not to mention that teaching a child to act violently is another bad way to solve the problem at hand.



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# APRIL Keep Your Parents Busy

# 2016

Happy April Fools Day!



Sing Along with the Muppets Movie, at McCarter Theater in Princeton, NJ!

Passport to Art: an interactive workshop for parents and kids, 1pm to 2:30 pm, and the Zimmerli Art Museum at Rutgers University.

Today is National Walk to Work Day! (yeah, right.)

The male acapella group Straight No Chaser performs at the Count Basie Theater in Red Bank, NJ, tonight at 8pm!

The Drawing Club for Kids meets tonight at the Zimmerli Art Museum, at 5:45 pm.

National No Housework Day!!



Charlie Puth performs live tonight, 8 pm, Count Basie Theater!!

NY/ NJ Mineral, Gem, Jewelry, and Fossil Show at the NJ Expo Center, Edison, NJ.

Love on Broadway: A concert of great theater performers and conductors at the State Theater in New Brunswick, NJ.

Bluebird Box Nest Watchers at the Plainsboro Preserve, times to be announced.

Toddler Tuesday's at the Chapin School in Princeton, NJ.

Today is National Scrabble Day!



National Look Up at the Sky Day, take time to appreciate nature today.

MOVIE: The Jungle Book in 3D premieres today!



Mary Poppins opens tonight at the Kelsey Theater at Mercer County Community College, West Windsor, NJ, \$20 for all!

National Blah, Blah, Blah Day. For real.



The World's Greatest Pink Floyd Show returns to the State Theater tonight, 8 pm.

National Garlic Day! Maybe make some garlic bread to celebrate.

Food Network star Alton Brown puts on a show tonight at the Count Basie Theater, 8pm.

Clifford the Big Red Dog tonight at the Count Basie Theater!!



MOVIE: The Huntsman: Winter's War comes out today!



National Lover's Day. Xoxo.

The 2016 MyGoal Bowling for Autism event at Stelton Lanes in Piscataway, NJ, at 2 pm! Support a great cause and have fun with your family.

ArtJam pop-up gallery opens today in Princeton, NJ, to benefit HomeFront families.

National Pretzel Day!



National Tell A Story Day!

Tonight is opening night of the musical, Dirty Rotten Scoundrels, Monroe Township High School! \$10 to see an amazing production with a grade A cast.

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# Tender Smiles for Kids has Tender Hearts

By Susan Heckler

**N**ot all dentists are equal; there is a difference in training. For example, a Pediatric Dentist is a specialist dedicated to the oral health of children. In addition to the traditional dental school training, Pediatric Dentists complete two to three years of additional specialized training.

But the difference doesn't stop there with Tender Smiles for Kids. In a recent conversation with Dr. Max Sulla, he explained he is a member of multiple accredited organizations. Dr. Max is the President of NJ Academy of Pediatric Dentistry & AAPD Council member. He oversees the continuing education of New Jersey dentists. Additionally, Dr. Max and his associates were recognized among the "Top Dentists" in New Jersey Monthly magazines for multiple years.

Their practice has seen patients as young as 3 days old, a newborn having difficulty nursing who they were able to help through dentistry. Patients stay through college age as they specialize in special needs and disabilities. In many

cases, arrangements are made through privileges in local hospitals for cases that require a hospital environment. They have sedation and dental techniques for patients of varying difficulties.

Tender Smiles for Kids offers orthodontics for children and adults alike.

Being a part of the community and giving back is very back with their practice. They recently participated in GKAS, New Jersey's largest, single-day program in the state providing free dental care to children ages 12 and younger. GKAS is meant to provide services to children who could not otherwise afford dental treatment and do not have a "dental home."

They have also worked with Stomp the Monster (provides financial and other support to cancer patients, their families, and caregivers when they need it most – during their fight with the disease), Autism New Jersey, and other charities and events.

**For more information, check out their website at [www.tendersmiles4kids.com](http://www.tendersmiles4kids.com) or call their offices:**

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# Dealing with Speech Impediments

By Mia Ingui

When you are a young child and first begin to speak, a small impediment may make your family laugh or smile. They may think it's cute, innocent, and certainly not a concern. But what if that stutter, lisp, or stammer follows you into your teens and young adulthood? Suddenly, you are teased and feel ostracized. Over 3 million Americans live with speech impediments, learn to cope with their speech and finding ways to improve upon it every day of their lives. Many are simply born with a speech problem, or have developed it due to brain damage or hearing problems. Genetics also come into play. If a speech impediment runs in your family, there is a higher possibility that the children born into the family will have some form of a speech impediment. Although normal speech might seem effortless and easy, it's actually a complex process that is produced by the nerves and vocal cords. When we are speaking, we actually are coordinating many muscles from various body parts and systems, including the larynx, which contains the vocal cords, the teeth, lips, tongue, and mouth, and the respiratory system. Having a speech impediment stems from an abnormality within this process. So, how can these speech problems be treated? Speech therapy treatments are available to those of all ages affected by issues with their speech, and over time, the issues can be corrected with the help of a speech language pathologist. A speech-language pathologist is trained to observe people as they speak and to identify their speech problems. Although it may be difficult to deal with a speech impediment, seek treatment and in due time it will improve.

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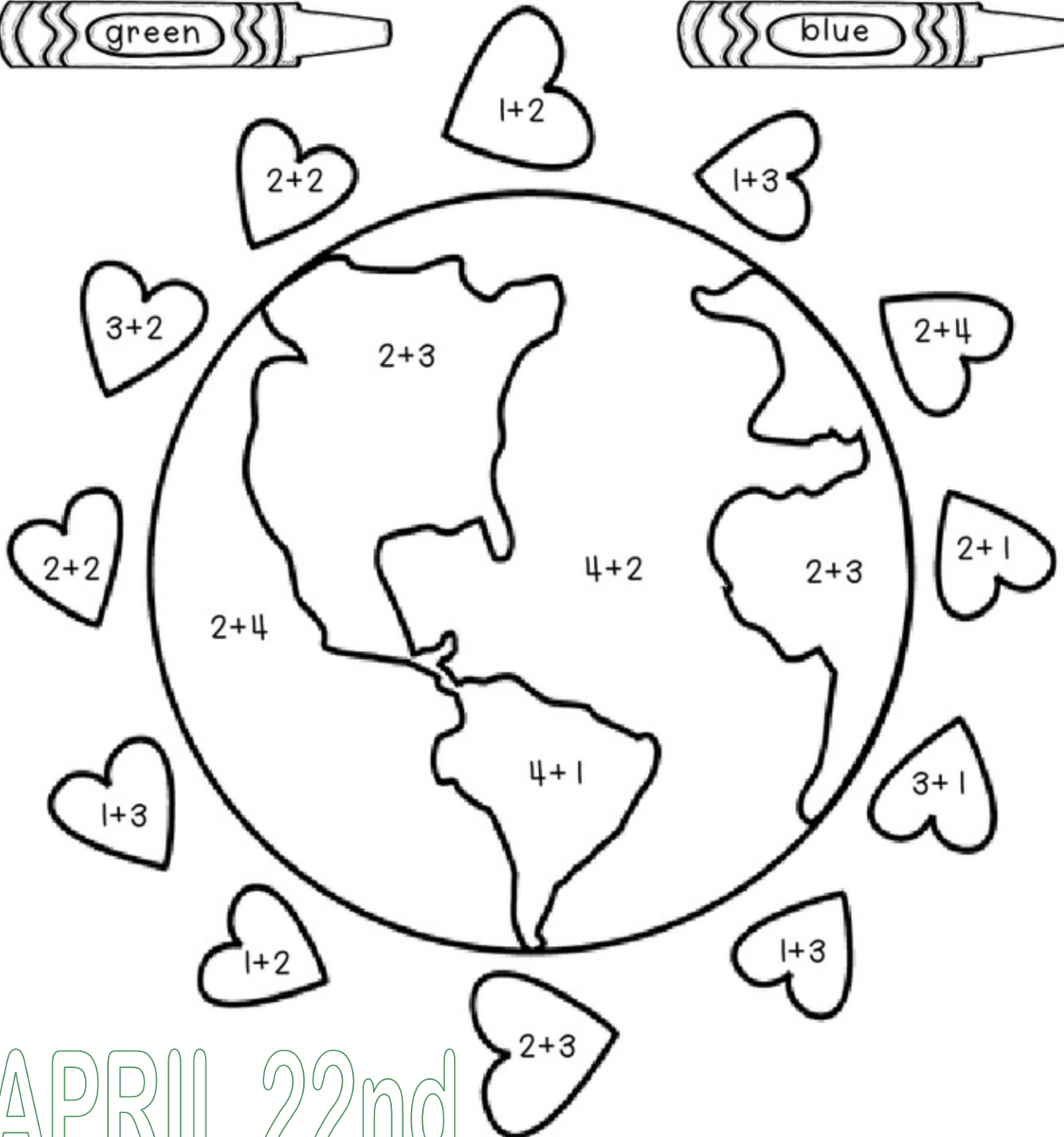
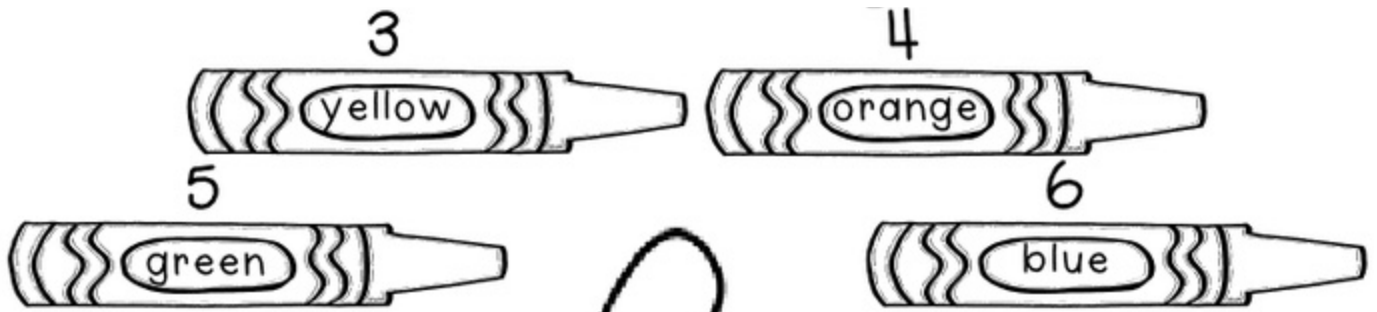
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# EARTH DAY



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# Early Milestones

Unfortunately, the bustle, cheer and excitement of bringing home baby doesn't last forever. Between all of the feedings, baths, cries and laughs, the first few months of your baby's life will fly by.

Baby's weight generally doubles within the first six months, while rolling over, sitting up and standing are some of the most exciting development milestones that will take place. While physicians are able to predict when your baby will start experiencing some of these critical events, it is important to remember that no two babies are the same.

Below are some of the most important developmental milestones, as defined by the American Academy of Pediatrics. Again, these are general guidelines that are not guaranteed to be universal for all children. Pay attention to when your child begins displaying certain behaviors to make sure they are in the general vicinity of the guidelines.

## First Month

- Make jerky, quivering arm movements
- Bring hands near face
- Keep hands in tight fists
- Move head from side to side while lying on stomach
- Focus on objects 8 to 12 inches away
- Recognize some sounds, including parents' voices

## Third Month

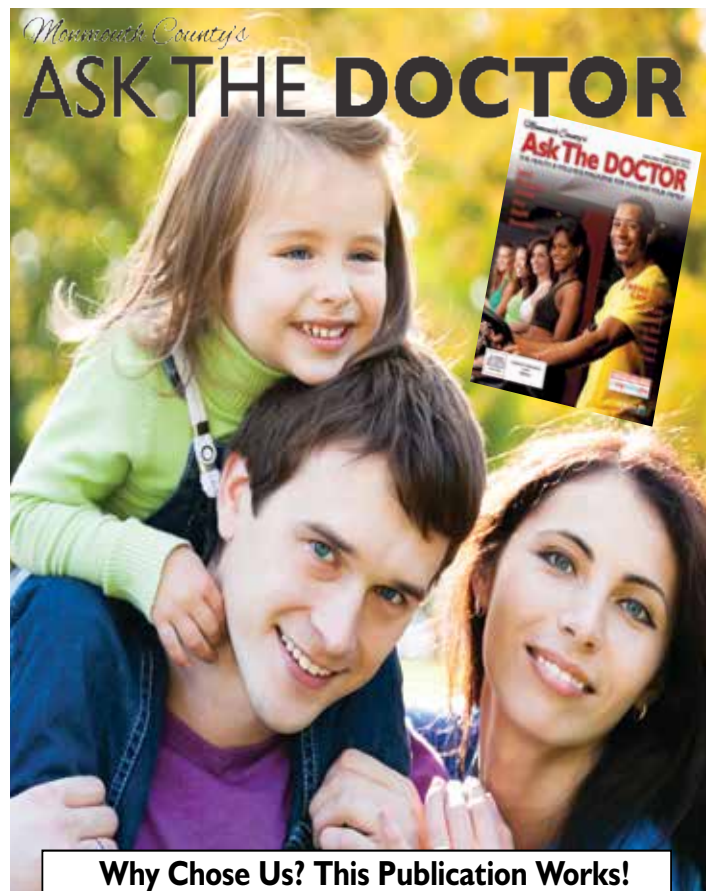
- Raise head and chest when lying on stomach
- Support upper body with arms when lying on stomach
- Stretch legs out and kick when lying on stomach or back
- Bring hands to mouth
- Follow moving object with eyes
- Begin to babble and imitate some sounds

## Seventh Month

- Roll over both ways
- Sit up
- Reach for objects with hand
- Transfer objects from one hand to the other
- Respond to own name
- Struggle to get objects that are out of reach

## One Year

- Sit without assistance
- Get into hands-and-knees position
- Crawl or walk
- Pull self up to stand
- Use simple gestures, such as shaking head or waving
- Find hidden objects easily



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# Bad Report Card? There's Hope for Struggling Learners

## Report cards.

Seldom have two words caused such anxiety for both students and parents. For some, poor grades can reflect feelings of inadequacy (as a student or a parent), worries about being held back a grade, or fears of not getting into a good college.

## Who's to blame for learning struggles?

For parents, these fears often manifest as blame; blame on the student, the teacher, or themselves. And while the assumptions that less-than-stellar grades are a reflection of poor teaching, lack of intelligence, laziness on the part of the student, or poor parenting, these assumptions are almost always untrue.

The truth is that bad report cards are not a reflection of IQ. In fact, many struggling learners have higher-than-average IQ scores. IQ assessments measure an average of the combined strength of all our cognitive skills—the underlying tools we need to successfully focus, think, prioritize, plan, understand, visualize, remember, solve problems, and create useful association. These skills include things like attention, visual and auditory processing, memory, logic & reasoning, and processing speed.

It's very common for a student to have an average or above-average IQ score and a learning problem at the same time. For example, a child who struggles with reading may have a severe deficiency in the sound blending and phonemic awareness (two subskills of auditory processing), and be well above average in other cognitive abilities. When you lump it all together and average it out, it'll look like there's no problem because the IQ score is average. In fact, that score is masking what could be a serious problem.

## What about genetics?

It's not surprising that parents who struggled in school often experience anxiety over their children's report cards. While it's likely that most of the concerns stem from parents' hope that children get better grades than *they* did, another fear is that they've somehow genetically passed on their learning struggles.

Certainly, genetics can contribute to a small part of learning struggles (like reading difficulties); but the majority of learning struggles are simply the result of weak cognitive skills. Students with ADHD, for example, tend to have weak selective, divided, and/or sustained attention. Even learning struggles that are inherited don't need to be lifelong labels or diagnoses; strong cognitive skills have a huge positive impact on learning.

## So how do you target weak cognitive skills?

Cognitive skills training (also known as "personal brain training") incorporates immediate feedback, intensity and loading, among other features, to target brain skills. Effective brain training customizes programs based on the results of an initial cognitive skills assessment and uses exercises founded on years of clinical and scientific research.

Unlike tutoring, which is academics-based, brain training is skills-based. While tutoring can be effective when a student has fallen behind in specific subjects (such as history) due to an illness, injury, or family move, cognitive skills training targets the underlying skills needed to perform tasks (like reading) that make learning easier in *any* subject.

If your child is struggling in school, take the first step toward helping your child become a more confident learner by having his or her cognitive skills assessed. Cognitive testing usually takes an about an hour, and can pinpoint the weak skills that are making learning (and life!) harder than it needs to be.

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# Peer Pressure in Kids vs. in Adults

By Mia Ingui

Peer pressure is one of those unavoidable social problems that unfortunately never truly go away. Even adults face peer pressure, whether it be at home, in the office or out at the bar. Peer pressure amongst teens is at an all time high nowadays: ninety percent of teens admit to being influenced or pressured by peers, and nearly three-quarters say that giving in to peer pressure has boosted their social standing. While teens typically are searching for social acceptance, at bottom, adults still feel that same longing for acceptance and desire to be liked, and this sometimes leads to adults giving in to peer pressure. As an adult, there are steps to take to avoid giving in to pressure from others. If you're faced with a decision on how to proceed, whether it's purchasing a new house, taking a new job, or trying to keep up good habits, the best thing to do is to stay true to yourself. Think about what YOU really want, and all of the stepping-stones that YOU took to lead you up to this point. But, not all forms of peer pressure amongst teens and adults alike are negative. Peer pressure can motivate positive personal changes, such as meeting a weight-loss goal, along with large-scale, social movements, such as civil rights and gender equality. Standing up to peer pressure as a child or an adult is simple: recognize that it is all around you, and have the confidence to be who you are and not who everyone else wants you to be.

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## Sun Protection at School

By Mia Ingui

On those sunny days where your kids are running around the playground at recess, or outside after school at practice, sun protection is of utmost importance. Often overlooked by children and parents alike, protecting your skin from the sun is so important to add to your daily routine. Using sunscreen even on days when the sun isn't that bright protects against overexposure to UV radiation, which causes sunburn, pain, and in severe cases, blistering of the skin, and skin cancers, such as melanoma. Children are particularly at risk, as sun exposure during childhood and adolescence appears to set the stage for the development of both melanoma and non-melanoma skin cancers later in life. So how can we be sure our kids will be protected from the sun when they go to school? Schools in New Jersey do allow children to bring sunscreen to school, and so your best bet is to send your child with sunscreen, but have them apply it before they even got to school, and reapply at recess or if they are going outside. Unfortunately, peak hours for sun exposure is between 11 A.M. and 3 P.M., the prime time for kids to be outside playing at school. Remind your children of the importance of applying and reapplying, until they become accustomed to it and remember to wear sunscreen every day.



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# family recipe *eating together matters*

## Eggplant Parm Cheesy Caserole

*This quick and easy take on eggplant Parmigiana skips breading and frying and makes a tasteful clean eating meal at only 165 calories per serving!*

Serves 6

### INGREDIENTS

- 1 oz Parmesan cheese, grated
- 1 cup reduced-fat or whole-milk ricotta cheese
- 1 cup reduced-fat or whole-milk cottage cheese
- 3 cloves garlic, peeled
- 1 egg
- 1/2 cup packed fresh basil leaves, plus additional basil leaves for garnish
- 1/4 tsp ground black pepper
- 3 cups all-natural jarred marinara sauce



### DIRECTIONS

In a food processor, process cheeses, garlic, egg, 1/2 cup basil and pepper until combined and smooth.

Mist a 5- to 6-qt slow cooker with cooking spray. Spread a thin layer of marinara (about 1/3 cup) over bottom of slow cooker. Arrange one-third of eggplant slices over sauce, overlapping edges. Spread half of cheese mixture over eggplant and then spoon one-third of remaining marinara evenly over top. Repeat with another one-third of eggplant, half of cheese mixture and one-third of sauce, and finish with remaining one-third of eggplant and sauce.

Cover and cook on low for 6 to 8 hours.

(TIP: If casserole is still watery, cook on high, uncovered, for an additional 10 minutes.)

Garnish with additional basil.

## Light Guacamole and Quesadillas

Serves 6

### INGREDIENTS

#### Quesadillas:

- 2 pounds boneless, skinless chicken breasts
- 2 1/2 cups of skim mozzarella, shredded

#### Guacamole:

- 2 avocados, ripened
- 1/4 red onion, chopped
- Juice of half a lemon
- Juice of half a lime
- Salt and pepper



### DIRECTIONS

Place the chicken breasts on the grill, and grill until they are cooked through and browned. Cut into strips and set aside. Spray a medium sized pan with light cooking spray, and place the bottom tortilla, chicken, cheese, and the top tortilla in the pan. Let brown for about 5 minutes, then flip the quesadilla over to brown the other side. Repeat for the rest of the quesadillas.

#### To make the guacamole:

Mash two avocados in a medium sized brown. Add the chopped onion, lemon and lime juice, and thoroughly season with salt and pepper. Serve with the quesadilla and enjoy!



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# Child Obesity

By Mia Ingui



**T**here are 3 million cases per year of child obesity, affecting one out of every six children in the United States. Obesity among children is now a serious issue in this country, with rates increasing daily of children who are either overweight or obese. Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years. These statistics account for all children between the ages of 6-11 and adolescents, which proves that this is a lingering problem that isn't easily resolved as children grow older. Obese youth are more likely to have risk factors for cardiovascular disease, such as high cholesterol or

high blood pressure, and children and adolescents who are obese are at greater risk for bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem.

The worst part? Children and adolescents who are obese are likely to be obese as adults, and therefore are more at risk for adult health problems such as heart disease, type 2 diabetes, stroke, several types of cancer, and osteoarthritis. Now, just because your child may be carrying extra pounds of body fat does not mean they are overweight or obese. Some children have larger than average body frames, and children normally carry different amounts of body fat at the various stages of development. Consult your child's doctor to find out if your child's weight could pose health problems using growth charts and, if necessary, other tests. What child obesity teaches us parents is that the importance of installing good eating and exercising habits in our children is unsurpassable. The greatest gift you can give your child is teaching them how to care for themselves, that way when they grow into adults, you can sleep soundly knowing that you have done your job.



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*Dorota M. Gribbin, M.D.*



*Dorota M. Gribbin, MD*

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“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, x-rays, MRI and electro diagnostic studies (EMG/NCV).

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PRP/PPP is also used in aesthetic medicine to erase scarring, reduce fine lines, and heal sunspots, alopecia, balding, and even premature aging. This regenerative healing process lasts longer than traditional fillers and is the patient's own blood platelets, which stimulates the body to heal more effectively and naturally.

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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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repair of damaged tissue. Hackett describes prolotherapy as strengthening “the weld of disabled ligaments and tendons to bone by stimulating the production of new bone and fibrous tissue cells...”

25% Dextrose (Solution of sugar with a local anesthetic). Is injected to tendon/ligament area this method heals the ligaments and tendons by making them stronger and thicker. No corticosteroids are used. This is an effective treatment for all joints and ligaments and all age patients. Depending on the body part ultrasound and or fluoroscopy guidance may be used. Three to six sessions every 1-2 weeks are required.

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Surgery should be the last resort. Most painful conditions are treated conservatively with a nonsurgical approach. In addition to medications, physical modalities (ultrasound, TENS, massage, exercise) and injection techniques RADIOFREQUENCY is a revolutionary technology which incapacitates the conduction of pain and also treats cellulite, tightens the subcutaneous tissue and erases scars and wrinkles.

Radiofrequency ablation of the median branch sensory nerve “turns off” a small nerve, which conducts pain. It is used for effective treatment of pain with long lasting results. The outcomes are amazing: years of pain relief, lowering or eliminating the need for pain medications. Skin tightening, nonsurgical face-lift and smoothing of the skin surface have proven to be effective in the treatment of acne scars and sun damaged skin as well as cellulite and excessive fatty tissue.

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.

### FALL PREVENTION AND BALANCE DISORDERS TREATMENT:

More than 90 million Americans have experienced a balance disorder. 30% of people over age of 65 will fall each year. That number increases to 50% for people over age of 85! Falls account for more than half of accidental deaths among the elderly. 30% of falls in population over 65 year result in hip fracture. 30% of surgery for hip fracture result in heart attack, stroke or pulmonary embolism. 50% of patients after hip fracture and hip surgery don't survive first year. According to the American Academy of Orthopedic Surgeons 30-40% of all falls can be prevented. Diagnosis and treatment of dizziness and disequilibrium are now available. State of the art diagnostic studies: posturography and VNG testing are followed with customized balance and gait retraining with safety and vestibular adaptation training.

# I just had my vision screened; I see just fine. Why should I bother going to an eye doctor for a full exam?



**Dr. Steven Linker, OD**

Vision screenings are very limited eye tests that help identify people who are at risk for vision problems. These can be brief vision tests performed by a school nurse, a pediatrician, or other health care providers or even at Motor

Vehicles. A vision screening may include tests for blurriness, muscle coordination and/or common eye diseases. It may even indicate that you need to get your eyes thoroughly examined.

A visit to the eye doctor will get you a comprehensive eye examination, where careful testing of all aspects of your vision will occur. Based on the results of your exam, your eye doctor will then recommend a treatment plan for your individual needs. Only an optometrist or ophthalmologist can provide a comprehensive eye exam — family physicians and pediatricians are not fully trained to do this.

During a comprehensive eye exam, your eye doctor will do more than just determine your prescription for eyeglasses or contact lenses. Your eyes will be checked for common eye diseases, assess how your eyes work together as a team and evaluate your eyes as an indicator of your overall health, all of which can threaten your vision in years to come. You should begin yearly exams for children, as vision is closely linked to the learning process. Children may not actually know what normal vision is, and may not complain of problems. Kids with undetected vision problems often have trouble with their schoolwork. Can they see the board? Can they read the book?

- Refractive error - refers to nearsightedness, farsightedness and astigmatism

- Amblyopia - one eye has a much different prescription than the other
- Strabismus - crossed or turned eyes
- Eye teaming problems - they do not work together efficiently as a team
- Focusing problems
- Eye diseases
- Other diseases - Eye doctors can detect early signs of some conditions and diseases by looking at your eye's blood vessels and retinas

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# What is Batten Disease and Can We Find a Cure?

By Mia Ingui

Any disease that is diagnosed onto your child is not an easy occurrence, but a varying and mysterious disease like Batten's treatment can seem unbearable. Batten disease is one of approximately 50 diseases called lysosomal storage disorders (LSD), meaning that genetic mutations disrupt the cells ability to dispose of wastes. With Batten disease, cells are thrown out of balance with the build-up of proteins and lipids (fats). Because of these damaged cells, patients with Batten disease suffer different neurological impairments, which include:

- Seizures
- Visual impairment/blindness
- Personality and behavior changes
- Dementia
- Loss of motor skills and the ability to walk, talk and communicate

Because of widely varying genetic mutations, the realm of Batten disease can vary tremendously for each person. Unfortunately, until more strides are made in the research, treatments and cures of this disease, often results in an early death of our children and adults. Though recent improvements in genetic testing have made diagnosing Batten disease much quicker and more reliable, some receive a vague and discomfoting diagnosis that often don't tell the root of the problem. Batten disease is also tragically a fatal disease that someone is just born with, and there is no known cure.



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# GESTATIONAL DIABETES SCREENING: Questions for the doctor

Gestational (“jes-TAY-shon-al”) diabetes is a type of diabetes that some women develop during pregnancy. When you have diabetes, there is too much sugar (called glucose) in your blood.

If you develop gestational diabetes, it can lead to health problems for you and your baby during and after pregnancy. For example:

Before birth, your baby is likely to grow bigger than usual. This could make giving birth more difficult – and make it more likely that you will have a caesarian delivery (C-section).

After your baby is born, your baby may be at risk for childhood obesity.

You will be at risk for developing type 2 diabetes after pregnancy. After your baby is born, you'll need to get tested regularly for type 2 diabetes.

If you have gestational diabetes, you and your doctor or midwife can work together to protect your health and your baby's health. You can reduce your risk for gestational diabetes by eating healthy and staying active during your pregnancy.

Getting tested for gestational diabetes is part of regular prenatal care (health care during pregnancy). The test is usually done between 24 and 28 weeks of pregnancy.

## What do I ask the doctor?

Visiting the doctor can be stressful. It helps to have questions written down before your appointment. Print this list of questions, and take it with you the next time you visit your doctor or midwife.

What puts me at risk for gestational (“jes-TAY-shon-al”) diabetes?

What can I do to lower my risk?

How will you test me for gestational diabetes?

How could gestational diabetes affect my baby's health?

How could gestational diabetes affect my health?

If I have gestational diabetes, what happens next?

These questions are important.



## Daily Bit of Chocolate in Pregnancy May Help Mom, Baby



Pregnant women who nibble just a small piece of chocolate each day may improve the circulatory health of their unborn child, a new study suggests.

The tiny treat may also reduce the risk for preeclampsia, a potentially deadly condition in which a pregnant woman with normal blood pressure suddenly develops dangerously high blood pressure, the researchers said.

The findings held up regardless of whether the chocolate consumed contained high or low amounts of so-called flavanols. Some experts believe these compounds -- found in certain plant-based food items -- may confer a number of health benefits.

But the association seen in the study did not prove that eating chocolate during pregnancy caused better circulatory health in pregnant women and their babies.

"Our observations suggest that a regular small consumption of dark chocolate -- whether or not the level of flavanol is high -- from the first trimester of pregnancy, could lead to an improvement of placental function," said study author Dr. Emmanuel Bujold. He is a professor of obstetrics and gynecology at Université Laval in Quebec City, Canada.

And at least one nutritionist said she wasn't ready to embrace the study's findings.

Flavanols are naturally present in large quantities in unprocessed cocoa. However, they have a somewhat bitter taste and some of the techniques used to turn natural cocoa into tasty cocoa powder or chocolate (such as fermentation) can result in a significant loss of flavanols, experts say.

For consumers, knowing when a piece of chocolate does or does not have a high amount of flavanols can be tricky.

That said, Bujold's team decided to see whether differences in flavanol content had any effect on the pregnancies of nearly 130 women.

All of the women in the study were at the 11- to 14-week mark of their pregnancy, and carrying one child.

All were instructed to consume 30 grams of chocolate (a little more than one ounce) each day over a 12-week period. That's equivalent to about one small square of chocolate per day, Bujold said.

Half of the women consumed high-flavanol chocolate, while the other half

were given low-flavanol chocolate. All were then tracked until their delivery date.

Regardless of which type of chocolate was consumed, the women faced the same risk for both preeclampsia and routine high blood pressure. Placental weight and birth weight was also the same in both groups, the investigators found.

Similarly, fetal and placental blood circulation levels, as well as in-utero blood velocity, did not appear to be affected by shifting flavanol levels.

However, simply consuming a small amount of chocolate -- no matter what the flavanol content -- was associated with notable improvements in all blood circulation and velocity measures compared to the general population, the researchers said.

Bujold said this suggests that there's something about chocolate, apart from flavanol levels, that may exert a positive influence on the course of pregnancy. Finding out exactly what that is "could lead to improvement of women's and children's health, along with a significant reduction of treatment cost," he said.

However, he added that the "consumption of chocolate must remain reasonable during pregnancy, and caloric input has to be considered in the equation."

That point was seconded by Lona Sandon, an assistant professor in the department of clinical nutrition at the University of Texas Southwestern Medical Center at Dallas.

"This is not a license to go wild with chocolate," she said. "Keep in mind the amount of chocolate was only 30 grams, or one ounce. That is just a few bites. Piling on the chocolate bars may pile on the pounds beyond what pregnant women would be advised to gain," Sandon warned.

"Also, there are plenty of other nutrients that pregnant women would be better off focusing on for proper growth and development of the baby," Sandon said, "such as folate, calcium, protein and iron from quality food sources."

Her bottom-line?

"Enjoy a little good chocolate from time to time," Sandon said. "But I am not recommending it yet for a healthy pregnancy."

For more information on this study and findings visit [www.healthfinder.gov](http://www.healthfinder.gov).

# QUESTION:

**Stan Hish, R.Ph.**  
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## Pharmaceutical compounding. How do compounded medications benefit you?

**P**harmaceutical compounding is the art and science of medicine preparation. Compounding is a process of making medications from “scratch” by mixing individual ingredients together in the exact strength and dosage form prescribed by a physician.

In old times, nearly all prescriptions were compounded by chemists who were trained and skilled in the arts of formal medicine. As mass drug manufacturing began in 1950s, a “one-size-fits-all” approach was widely adapted in the industry with pharmacists becoming dispensers of pre-manufactured medications. Within the last decade, however, many physicians realized that this approach does not work for all patients, and they are turning more and more to compounded medications as an alternative treatment option.

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# Spay and Neuter

Did you now that the cost of spaying or neutering a pet is less than the cost of raising puppies or kittens for a year? The decision to go through with this procedure for your beloved pet is a smart one.

Spaying and neutering pets is the only permanent, fully effective method of birth control for dogs and cats.

Research has shown that having your pet spayed or neutered can have many positive effects, including a reduction in the number of homeless pets killed, an improvement in bad behavior and an overall boost to your pet's health.

According to a 2013 article in USA Today, pets who live in the states with the highest rates of spaying and neutering also live the longest. Researchers found that neutered male dogs lived 18 percent longer than unaltered male dogs and spayed female dogs live 23 percent longer than unaltered female dogs.

## Reducing Pet Homelessness

The number of homeless animals is a result of so many pets not being spayed or neutered. In the U.S., there are an estimated 6 to 8 million homeless animals entering animal shelters every year, according to the American Society for the Prevention of Cruelty for Animals.

Further ASPCA research has found that as many as 300,000 homeless animals are euthanized in animal shelters every year in some states. Nationwide, more than 2.7 million healthy, adoptable cats and dogs are euthanized in shelters annually.

## Improving Your Pet's Health

Choosing to spay or neuter your pets can decrease their urge to roam, which reduces their chance of fighting with other animals, getting struck by cars and getting into other dangerous situations.

According to the ASPCA, un-spayed female cats and dogs have a far greater chance of developing fatal uterine infections, uterine cancer and other cancers of the reproductive system.

Consider all of the aforementioned facts, as well as any guidance your veterinarian gives you, when making the best decision for you and your pet.



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# SMELLY SITUATIONS: Best Bets For Eliminating Household Odors

By Joely Phenes

## Cooking odor

Although spicy or fried dishes may be delicious, the smells they leave behind can be far from it. To prevent lingering odors, close your closet and bedroom doors before you begin cooking so the smell will not stick to the fabric of your clothes and sheets. You should also be sure to ventilate properly by using the vent above your stove or opening up the windows while cooking. Afterwards, you can get rid of the smell by simmering cinnamon sticks or citrus peels in some water on the stove. Another method is to leave a bowl of coffee grounds, baking soda or vinegar out overnight.

## Carpet odor

Sometimes Fido can't wait until his walk to go number one, and uses the carpet instead. Luckily, there's an easy fix. Sprinkle the affected area with a healthy amount of baking soda and let it set for a day or two. Then, sweep up as much baking soda as possible before vacuuming whatever remains. If this doesn't do the job, blot the area with vinegar and let it set for about 15 minutes. Then, blot the area with a clean cloth, and rinse it thoroughly with water.

## A few more quick fixes

- To clean out the smell in your garbage disposal, turn it on and throw lemon or lime rinds in followed by a lot of cold water
- To deodorize your freezer, put in a clean sock filled with coffee grounds and leave it until it has absorbed the stench
- To freshen up the litter box, mix some dried tea leaves in with the kitty litter



# Why Kids Need Their Dad To Help Parent Them

By Joely Phenes

Both the mother and father are important in their own ways, but the combination of both parents is really what's best for a child. Recently, there have been scientific studies that have proven how crucial a father's role is in their child's growth and development.

For one, a child's ability to connect and bond with their father, especially during their younger years, influences their ability to form other stable, healthy relationships later in life. Children that have strong bonds with their fathers are more likely to be emotionally secure, social, and academically successful.

A study by the U.S. Department of Education revealed that children with involved fathers are 43% more likely to get mainly A's, and are 33% less likely to repeat a grade than children without involved fathers.

Positive father-child relationships have different effects on boys and girls. For boys, the effect is more behavioral, in that boys with good relationships with their fathers are generally less aggressive and less impulsive. For girls, the effect is psychological, so they normally have higher self-esteem and are less likely to become pregnant as teenagers.

So, the ultimate question is, how do I become more involved as a dad? The most important thing is to take part in everyday activities such as dinner, television, and homework. You should also remember to have fun with your children, comfort them when they need you, and express your affection openly.

# What Behaviors Can Parents Ignore?

By Joely Phenes

When your children are causing trouble, the natural response is to scold them and punish them for doing so. You may not realize that there is a much easier way to discourage inappropriate behavior, and it requires little to no effort: just ignore it!

Kids love attention from their parents, and they will do just about anything to get it. In a child's mind, negative attention from Mom or Dad is better than no attention at all. By humoring your children's bad behavior, you are in a sense rewarding them.

So, what kind of behavior should you ignore? In general, it is okay ignore behavior with the following criteria:

- It is not a threat to your child, another person, or one's property
- It is not specifically breaking a rule
- It can be safely repeated

For example, if your son wants you to buy him a new video game at the store, and throws a tantrum when you say no, you should ignore this. When he realizes that he is not going to change your mind or get any sort of reaction out of you, he will probably give up. Just remember to always stick to your guns, because the behavior may get worse before it gets better.

You should not, by any means, ignore all of your child's negative behaviors. You should be able to distinguish between harmful and harmless actions. This method has proven successful among many parents and is definitely worth a shot if you have a troublemaker of your own.

## April Fools Word Search

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2015 Third Annual Garden Tea Party

### Welcome our new Events Coordinator

Alyson Sheehan was born and raised in Middletown, NJ and graduated from Middletown High School South. At the young age of 15 Alyson starting working at The Clam Hut where she developed her love of working with the public in the service industry. From there she went to Fort Monmouth Officers Club to further her experience and learn more about events and their planning process.



Alyson resides in Middletown with her husband Brian and four children; Meghan, Shannon, Gavin & Brayden. Together with her family Alyson has supported local organizations by volunteering. Alyson is an active member in her children's PTA at Navesink Elementary. Alyson thrives on being involved with events from planning to just being on the committees. Alyson's first love is her precious family who provide her with pride and challenges every day. She looks forward to working on the RMHCNJ Events.

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### QUESTION:

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Catching issues early such as flatfeet or high arched feet, in-toe gait, or many of the other gait problems that can occur is of paramount importance to your child's skeletal growth and stability. Arch problems can lead to short-term problems such as pain, slowed gait, fatigue, lack of concentration at school, and bullying. Long-term problems such as knee pain, hip pain, back pain, neck aches, and even headaches can occur. Often these issues go unidentified until early adulthood and then it is too late to correct the problem as skeletal maturity has occurred.

I can't tell you how many times parents have brought their kids into my office saying "I knew there was something wrong" but the pediatrician said "Not to worry, it's just growing pains". There are some conditions that will not be outgrown and that end up causing a lot of grief for the child, parents, and the wallet.

I recommend early evaluations, as soon as the child starts walking. A few times, genetics will overpower any condition's treatment options. But if the condition can't be corrected, at least improving the quality of your child's feet will lead to many more smiles as you watch them grow in front of your eyes!!!



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# Movies to catch in April

By Joely Phenex

Everyone is patiently awaiting the return of spring and beautiful weather. But you know what they say: April showers bring May flowers. This means you'll first have to make it through all the rainy days! Thankfully, there are tons of great movies coming out this month to keep yourself occupied:

## Sing Street (PG-13)

Release date: Friday, April 15, 2016

Inspired by the life of the film's writer and director John Carney, Sing Street is set in 1980's Dublin and tells the story of a young boy and his love for music. The main character, Cosmo, tries to get closer to a beautiful girl by asking her to be in a music video for his band. The only problem is that he doesn't have one. Him and his friends soon form a rock and roll band to help him win over the girl, and in the process he falls in love with music.

## The Jungle Book (PG)

Release date: Friday, April 15, 2016

In 3D, 2D, and IMAX 3D, comes this epic live action remake of the classic Rudyard Kipling tale, featuring actors like Bill Murray and Scarlett Johansson. Join Mowgli, Bagheera, and Baloo in their jungle adventure!

## Ratchet & Clank (PG)

Release date: Friday, April 29, 2016

In this 3D sci-fi animation adventure, two unexpected heroes "kick some asteroid" in a fight to save their galaxy. Ratchet, an outspoken "lombax," and his sidekick, a little robot named Clank, must prevent the evil Chairman Drek from destroying all of the planets in the galaxy. This movie is exciting, hilarious, and great for every age!



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## What Is Passover?

Passover is a seven-day Jewish festival that commemorates the release of the Hebrew people from slavery in the land of Egypt. Passover is celebrated today by having a special dinner called a seder. At the seder, the Passover story is read in a special order from a book called a haggadah. Haggadah means "to tell," and it recounts the story of the Hebrew people's journey to freedom.

During the seder, traditional and symbolic foods are eaten to remember the Jewish people and their adversity. The Seder Plate is the central focus of the Passover table. It contains:

**Charoset** A mixture of chopped apples, nuts and sweet wine, to represent the mortar used to assemble Egyptian stonehouses.

**Karpas** A green vegetable or herb (such as parsley) for spring. It is often dipped in salt water to symbolize tears.

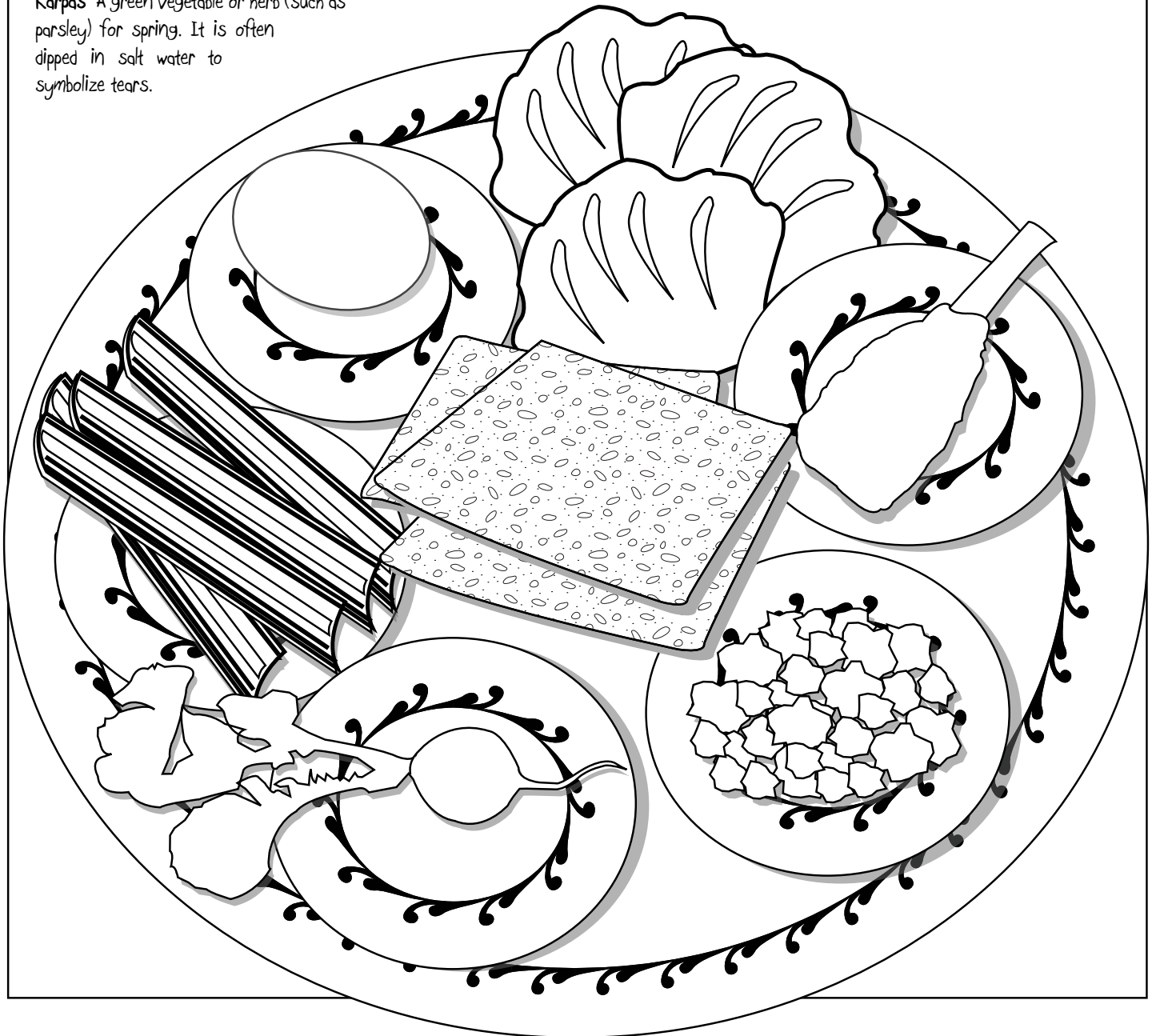
**Beitzah** A roasted hard-boiled egg, representing the cycle of life and the temple sacrifice.

**Zeroah** A roasted lamb or veal shankbone commemorating the ancient Passover sacrifice.

**Mar'or** A bitter herb (like horseradish) representing the bitterness of slavery.

**Chazeret** A second bitter herb, such as lettuce, occasionally fills the sixth place on the Seder plate.

**Three pieces of Matzoh** Unleavened bread, covered or wrapped in cloth to be used at certain points in the Seder.



# THE BUYER'S SIDE OF A REAL ESTATE TRANSACTION

By John Bazzurro

As you may recall, last month's article addressed what a seller needs to do to legally prepare for the sale of their home. This is a follow-up to last month's article and relates to the concerns that a buyer should have in a New Jersey residential real estate transaction.

As indicated last month's article, 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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# 529 College Savings Plans

The cost of tuition, textbooks, transportation and supplies are all at an all-time high. It's no wonder parents are adding 529 college savings plans to their financial strategies.

Data from the College Savings Plan Network show there are roughly 12 million 529 accounts, with an aggregate value of \$250 billion, an average account size of \$21,000.

## Why Save for College?

Maybe you're expecting your child to pay for his or her own college. For a student with limited time to work off loans, that may not be the ideal plan.

According to College Board, the average yearly cost for tuition and fees at a public college for in-state residents is more than \$9,000. For out-of-state residents, that average cost jumps to nearly \$23,000. These figures underscore the importance of having a solid plan in place for handling college costs.

## How 529 Plans Work

You can start a portfolio in a 529 plan by picking one based on your child's age or the year the money will be needed. The portfolio moves gradually to less risky investments as the draw date gets closer.

Just like traditional investing, this allows you to build the portfolio aggressively at the beginning of its lifespan and then back off when it's time to put it to work for you.

Earnings and interest on the money grow tax-free in 529 plans, although contributions are not tax deductible on federal tax returns. Distributions of the funds are tax exempt as long as the beneficiary

uses the money for college-related expenses. Check with your financial planner for other details of 529 plans and how you can adjust them as the years pass.

## Static or Aggressive Portfolio?

Most 529 plans offer a choice between static and aggressive portfolios. Static portfolios mean that the allocation in them does not change. Aggressive portfolios are focused mainly on stocks.

In most cases, changes to a 529 account can only be made twice a year. That means you cannot suddenly react to market conditions without taking into account your limit on changes.

Keeping a close relationship with your financial planner will help you make the smartest decisions on your plan.



## Tax Free Savings info For Families With Special Needs

Thanks to the Achieving a Better Life Experience (ABLE) Act, parents will soon be able to open up a tax-advantaged savings account for a child with Autism or any other disability. A form of a 529 account, ABLE accounts can be used to pay for expenses including education, housing, transportation and employment training. Parents can deposit up to \$14,000 a year, which will not effect a child's eligibility for public benefits unless the account exceeds \$100,000. ABLE legislation has passed in 35 states and the District of Columbia. Some more states will have applications online coming soon. For more info visit: [www.realeconomicimpact.org/public-policy/able-act](http://www.realeconomicimpact.org/public-policy/able-act).

## Get Your 2015 Tax Returns Done Now



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## START THE DAY RIGHT Morning exercise jump starts your day

The positive effect that exercise has on our lives has been well documented in trade journals, magazines and television shows around the world.

A question that often arises, however, is when the best time of the day is to burn the maximum amount of calories. Most people who exercise regularly choose to do it in the morning when the threat of outside interference is at its lowest. Morning exercisers like the fact that it makes them feel more awake and alert throughout the day without the sluggish feeling that plagues so many people.

### Daily energy boost

Renowned diet and fitness coach Jorge Cruz said that "your brain craves oxygen in the morning, which is why early day exercising is so beneficial."

Your brain needs this oxygen to help you begin your normal daily activities, and when you feed it with coffee, there are little to no benefits that can be derived from roasted coffee grounds. The body will eventually crash because the brain has not received the nutrients that it needs to guide you through the day.

MSNBC recently did an experiment in which they found that early morning exercise can actually help insomnia as well. The body will need to be in a restful state after a day of exercise and hard labor, so you want to get in your workout as quickly as you can before you expend all your energy throughout the day.

This will help you to burn additional calories that you might not have been able to burn had you simply waited to do your exercise after work. You will also feel more energized at work because your body is now receiving the extra supply of oxygen that it needs to handle the rigors of your workday.

People debate this next benefit, but it should be a point that is at least brought to the surface. Some people believe morning exercise has

the capability to burn extra calories because there is no food in your stomach, but there has been no concrete evidence to support this.

While this idea does seem to have some merit, you want to remember that you don't want to burn up protein as well, because protein is what muscle is primarily made of.

Burning protein is simply like losing muscle from your skeletal structure. Therefore, it becomes essential that you are careful when starting an exercise program in the morning, as you want to gauge how well your body will react.

### Less mental fatigue

Bangor University in the United Kingdom recently did a study in which it found that people with high-stress jobs should consider exercise in the morning rather than at night after work. The reason underlying these findings is that physiologists have determined that a stressful day at work can leave one feeling an overriding sense of mental fatigue, which leads to lesser amounts of exercise in terms of both time and intensity.

If you are regularly tired after a long day at work, think about exercising in the morning so you can get in bed and get the recovery sleep that you need at night.

If you are looking for a quick morning pick-me-up, search no further than your local streets and sidewalks. These provide the perfect setting to not only get in your workout but also give you the energy that you need to make it through a long, tough day. While it is important that you do not use 100 percent intensity while exercising in the morning, there are just too many benefits that morning exercise can provide for you not to use it to your advantage.

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August 1 <sup>st</sup> – 5 <sup>th</sup>	Ocean Quest
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Dr. Michael Chung attended New York University, Columbia University School of Dental Medicine, and Saint Louis University Center for Advanced Dental Education. He has served as an assistant dental instructor at Columbia University, and Southern Illinois University dental schools. Dr. Chung is an Invisalign Preferred Provider and a PROPEL system provider.



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