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Why “Free Play” Is Great For Your Kid’s Brain

Lots of activities are good for your kid's brain: music lessons, board games, learning a second language, puzzles, and personal brain training.

But unstructured play has taken a back seat in our ever-busy, high-tech world. Remember hide-and-seek, dress-up, restaurant, bike rides, roller skating, building snowmen and making up dance routines? That's "unstructured." (And fun!)

And here's some good news: several studies have shown that this type of activity is beneficial not only for physical health and emotional maturity (think sharing, compromise, dealing with disappointment), but also cognitive skills.

In one recent study from the University of Colorado, psychologists studied the play habits of 70 six-year-olds. They kept track of how much time the kids spent doing spontaneous activities (in other words, not structured or organized by an adult), like imaginative play and self-selected reading. They also kept track of how much time the kids spent in "structured" activities (organized and supervised by adults), such as homework, community service, sports practice or music lessons. The results?

- The kids who spent more time in "free play" had more highly developed self-directed executive function.
- The kids who engaged in more structured activities had less self-directed control.

Why is this important? For starters, when asked to rank the most vital skill for school readiness, kindergarten teachers said "self-regulation." Early self-regulation levels are also linked to academic achievement later. This high level of executive function helps kids stay focused and independent in the classroom and when doing homework.

When kids get to make their own decisions about what they'll play, who they'll be, where they'll stand in the hierarchy of bullies, bosses and shy kids, they build self-confidence. They learn other important skills, like problem-solving, making decisions based on consequences, calculating risk, creative thinking, visual processing (reading treasure maps) and auditory processing ("Simon Says"), among others.

This isn't to say you're doing your child a disservice by enrolling them in soccer camp or an art workshop. Just don't aim to fill every moment of every day with a planned activity. They'll have plenty of structure when school starts up in the fall. For now, let summer be about fun. Don't try to dictate the play time, but if you happen to be invited to join in on the roller skating dance routine, lace up!

LearningRx specializes in one-on-one brain training. We train cognitive skills through game-like exercises that are both fun and challenging—and we do it with a unique personal trainer approach. LearningRx's customer satisfaction speaks for itself with an average rating of 9.5 out of 10. With 80 centers across the country, LearningRx is a pioneer in the one-on-one brain training industry. Learn more at www.learningrx.com

SPORTIKA

Special Needs Soccer Program

For Ages 8 to 21 years old



Sportika's Special Needs Soccer Program Levels the Playing Field Further

By Susan Heckler

Parents and their kids have been enjoying team sports, especially soccer, for years. Parents love to watch their children learn, grow and achieve while having fun with peers and it is also a lot of fun and social to be a parent on the sidelines.

Special needs parents and children have a hard time finding a like experience. Their children typically do not meet the requirements or just feel like they won't fit in. Whether it's Autism, Asperger's, Down Syndrome or physical handicap, there is a need and a place for your child. It is for this reason that Sportika is reaching out to the community and forming a **Special Needs Soccer Program**. They feel that every single child, teen and adult has the right to enjoy the fun of playing sports.

The program is open to 8-21 year olds. Sportika has set up a buddy system where your special needs athlete-in-training is paired with one of their players to provide a unique social environment with peer interaction. Your child will learn skills, develop self-confidence, coordination, flexibility, muscle strength, body awareness, and build relationships. This program is as much a plus for the non-special needs

children who will also benefit from helping their peers, and building relationships and understanding of those who have challenges.

Sportika is hoping to inspire these children that they can participate in all sports as well. Their ultimate goal is to host a Special Olympics in their facility. Sportika, now and in the future, will provide engagement of different sports to these special children while making sure they are part of the community.

Join Us! JUNE 25 + 26, 2016 1pm to 3pm

Saturday, June 25 Meet your team and learn the game of soccer. Socialize and get everyone all enthused and educated on the game.

Sunday, June 26 3v3 tournament with their buddies on the field. Three special needs kids partnered with three soccer players challenging a similar team. Fifteen minute games to get the feel of soccer.

\$20.00 for both days! Includes tee shirt and snacks

For more information, contact Jenny at 732-577-1745
or email jsarf@sportikasports.com

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Kickin' It Kids Learning Academy Recognized by Manalapan Mayor

By Pam Teel



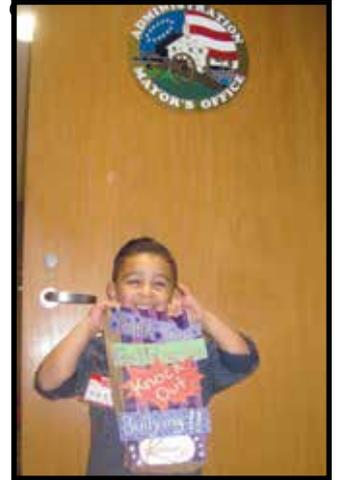
Student, Alexio Digiovanni (4 years old), holds up certificate given by Mayor Musich to Learning Center

Kickin' It Kids Learning Academy Antibullying & Leadership Center was recently recognized by Manalapan Mayor, Mary Ann Musich. The Center was honored for bringing the first and only antibullying and leadership center in the country to the community. The Center is a 5013c nonprofit that educates and supports children throughout their

programs to create peaceful classrooms and also provide educators of all grade levels with seminars and certificate workshops that allow them to meet the requirements of the NJ state anti-bullying laws.

Stephanie Digiovanni's son, Alexio, has been attending the center since he was two and a half. She has seen such a big difference in him. He's well mannered and shares everything and is very polite. His mom is always getting compliments is constantly recommending the school to others. She likes how the focus is on the child and how they are preparing him for kindergarten. Alexio loves his teachers and comes home daily telling his mom all the new things he learned. She will continue doing afterschool care after he is in kindergarten.

According to Gina Marie, "Our learning process will improve overall school and social climate by providing a myriad of services that help reduce bullying behavior. This unique model will effectively reduce bullying at its core and the detrimental effects it is having on our youth." For more information about the program, go to: kickinit.org or call 732-446-3636.



Alexio Digiovanni holding up sign "Thank You for helping us knock out Bullying"

entire school and social journey.

The program begins at age two. In addition to academics, children are taught character education, respectful social behaviors, positive intervention, youth empowerment, tolerance, acceptance, accountability, cultural and diversity appreciation, positive outlet programs and life skills, ensuring that all children can develop into responsible, respectful, independent members of society. Kickin' It Kids provides youth with the tools to develop self-confidence, self-control, self-awareness and teaching each student to take responsibility for their own actions.

Owner, Gina Marie, has been named a New Jersey Hero by Mary Pat Christie. Her school offers pre-school programs, home school alternatives, after school workshops, summer camps, guardian workshops, and more. The Center combats negativity by also supporting public schools with

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Rosh Hashanah Children's Service at Marlboro High School on 10/3/16 at 2:30pm

LIABILITY FOR ALCOHOL SERVED IN YOUR HOME?

Summer is typically the time for barbecues, get-togethers and parties. Around this time, a lot of my clients ask me whether or not they can be responsible for serving alcohol to their guests. The short answer in the State of New Jersey is "yes." New Jersey has a "social host" liability statute (N.J.S.A. 2A: 15-5.6) which allows people to sue for property damage or personal injury caused by an intoxicated individual who was served alcohol at your home. Accordingly, we all must be aware of this law, its parameters and when to stop serving alcohol to our friends, relatives and guests.

Pursuant to the above referenced statute, a "social host" will be responsible for injuries or property damage caused by an intoxicated person's operation of a vehicle after the intoxicated person was served alcohol by the "social host." However, a "social host" will only be responsible for that intoxicated person's actions if it can be proven that the "social host" served alcohol to that intoxicated person at a time when that person was "visibly intoxicated." Thus, if, at one of your parties, you serve alcohol or allow the consumption of alcohol by a person who is "visibly intoxicated," you will be responsible for any injuries and/or property damage caused by that intoxicated person resulting from their operation of a motor vehicle. Accordingly, it is important to try to more readily define "visible intoxication."

Unfortunately, the term "visible intoxication" is somewhat subjective in nature and may differ from person to person. However, some signs of visible intoxication that may be offered as proof at the time of a lawsuit will include, but are not limited to, the slurring of speech, staggering, loud boisterous behavior, bloodshot eyes, inappropriate behavior, strong odor of alcohol, etc. Therefore, it is suggested that, in the event one of your guests begin exhibiting one or all of these signs at your home, you immediately stop serving them alcohol. Further, to protect yourself from liability and for the safety of the public in general, it is also recommended that any such individuals exhibiting these signs not be allowed to drive.

It should be pointed out that, although "visible intoxication" is rather subjective, the statute provides some guidance. If it is determined that an individual's blood alcohol content was less than .10% at the time you served them their last alcoholic beverage, you cannot be responsible for their behavior. Further, the statute indicates that if an individual's blood alcohol content was between .10% and .15%, there is a presumption that the "social host" did serve that person at a time that they were visibly intoxicated. However, this presumption may be overcome by the "social host" by competent evidence (i.e.-witnesses, etc.).

Please note, however, that the analysis set forth above is with respect to the service of alcohol to adults (individuals over the age of 21 years old) and does not apply to the service of alcohol to minors. The service of alcohol to minors should never be undertaken in a social setting due to the fact that it could give rise to criminal liability as well as civil liability for instances where that minor may injure someone else regardless of whether or not the use of a motor vehicle is involved.

The bottom line is that we all must pay attention to our guests when we are serving alcohol at a social event to ensure that alcohol is not provided to those who may fit one of the above referenced criteria.

JOHN T. BAZZURRO, Esq.

Board Certified Civil Trial Attorney

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DAD

My daddy's name is _____

He is _____ years old, _____ tall and weighs _____ pounds.

His favorite food is _____

My daddy is really good at _____

He loves to _____

My favorite thing(s) to do with my dad is _____

I'm just like my dad because I _____

What I love most about my dad _____

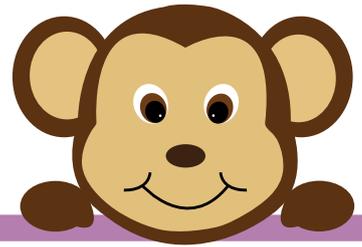
It makes Dad happy when I _____

I drew a picture of my daddy...

Dear Daddy,

Love, _____

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JUNE

2016

KEEP YOUR PARENTS BUSY

National Dare Day!



The St. Michael School's Italian Festival begins today, free admission, Waterloo Concert Field in Stanhope, NJ.

Junie B's Essential School Survival Guide today at the Kesley Theater in Mercer County College in West Windsor, NJ. Two performances: 9:45 and 11:30 am.

4th Annual Helmetta Strawberry Festival, St. George's Anglican Church, Helmetta, NJ

Bond and Beyond with the NJSO, 3:00 pm, at The State Theater in New Brunswick, NJ.

Happy Ramadan!



The Feast of St. Anthony Festival begins today in South Plainfield, NJ. Free admission!

National Best Friends Day!



Family Frogging Day at Kateri Environmental Center, in Wickatunk, NJ!

MOVIE RELEASE: Independence Day: Resurgence



Lighthouse International Film Festival in Long Beach Island this weekend!

The PAL Pet Show is today, at Summit's Village Green in Summit, NJ.

Night Moves: Visit the Turtle Back Zoo and discover the creatures of the night! In West Orange, NJ.

Happy Flag Day!



National Lobster day!



National Fudge Day!



MOVIE: FINDING DORY COMES OUT TODAY!!!



Disney Channel Star Jake Short is doing a meet and greet today at iPlay America in Freehold NJ.

Happy Father's Day!



The Summer Solstice- or rather, it's finally summer day!!



Terhune Orchard: Read and Pick Cherries! At Terhune Orchards in Princeton, NJ.

National Onion Ring Day!



National Pink Day!

Head to iPlay After Dark tonight!

11th Annual Long Beach Island Open Gallery and Studio Tour in LBI.

Firefly Festival at Terhune Orchards! Free admission.

Harry Potter Week-Full Day Camp: Hogwarts-related science, engineering math and reading! Heroes Academy in New Brunswick, NJ

National Insurance Awareness Day.

National Hug Day!



Emblem3 will be LIVE at iPlay America!

Please check with all venues to confirm dates and times in case changes were made after print.

10 Roller Coaster Rides in New Jersey that you must Experience

Whether you're visiting a Jersey Shore boardwalk or the mountains this summer, we've got a roller coaster you've got to ride. Check out our lineup of the best rides at amusement parks throughout the state, and get ready for a thrill you'll never forget!

The Joker

Six Flags Great Adventure & Safari, Jackson

New in 2016, The Joker might be known to DC Comics fans as one of the most devious Super Villains of all time, but now, this scream-machine of the same name will be spreading its own version of total mayhem. This 4-D, free-fly roller coaster features special wing vehicles that give riders the sensation of flying, as there is no conventional track above or below, making those drops, falls and turns all the more thrilling.

GaleForce!

Playland's Castaway Cove, Ocean City

Another new addition in 2016, this thrilling roller coaster will blow you away with its impressive features. Get launched upward at 64 miles per hour as you fly 125 feet into the sky, and feel the excitement as you plummet during the in the beyond-90-degree drop.

Shore Shot

Casino Pier & Breakwater Beach Waterpark, Seaside Heights

Shoot straight up into the air at thrilling speeds when you ride the Shore Shot, a vertical ride that propels you 125 feet up at 45 miles per hour, then dropping you back down for that signature positive and negative G-force experience.

Runaway Train Coaster

Gillian's Wonderland Pier, Ocean City

Riding a locomotive has never been this exhilarating. Hop aboard this train and ride around winding loops, then all the way to the top of the hill for a fun drop down.

Looping Star

Keansburg Amusement Park & Runaway Rapids Water Park, Keansburg

Fast turns, thrilling drops and scream-inducing loops—it's all on this exciting roller coaster at Keansburg Amusement Park.

Fly – The Great Nor'Easter

Morey's Piers & Beachfront Waterparks, Wildwood

Make your way to one of the largest amusement piers in the world to fly through the air at 50 miles per hour on this twisting, winding, looping roller coaster that takes you high above the Ocean Oasis waterpark.

Crazy Mouse

Steel Pier, Atlantic City

Overlooking the ocean and Jersey Shore beaches, this classic roller coaster offers dramatic views with its winding turns and sloping drops—but the biggest surprise is that the cars spin, adding a whole new dimension of dizzying fun to this rolling ride. .

Flitzer

Jenkinson's Boardwalk, Point Pleasant Beach

With a long track, steep dips and winding turns, this roller coaster offers plenty of action for thrill-seekers on the Jersey Shore.

Bubbles the Coaster

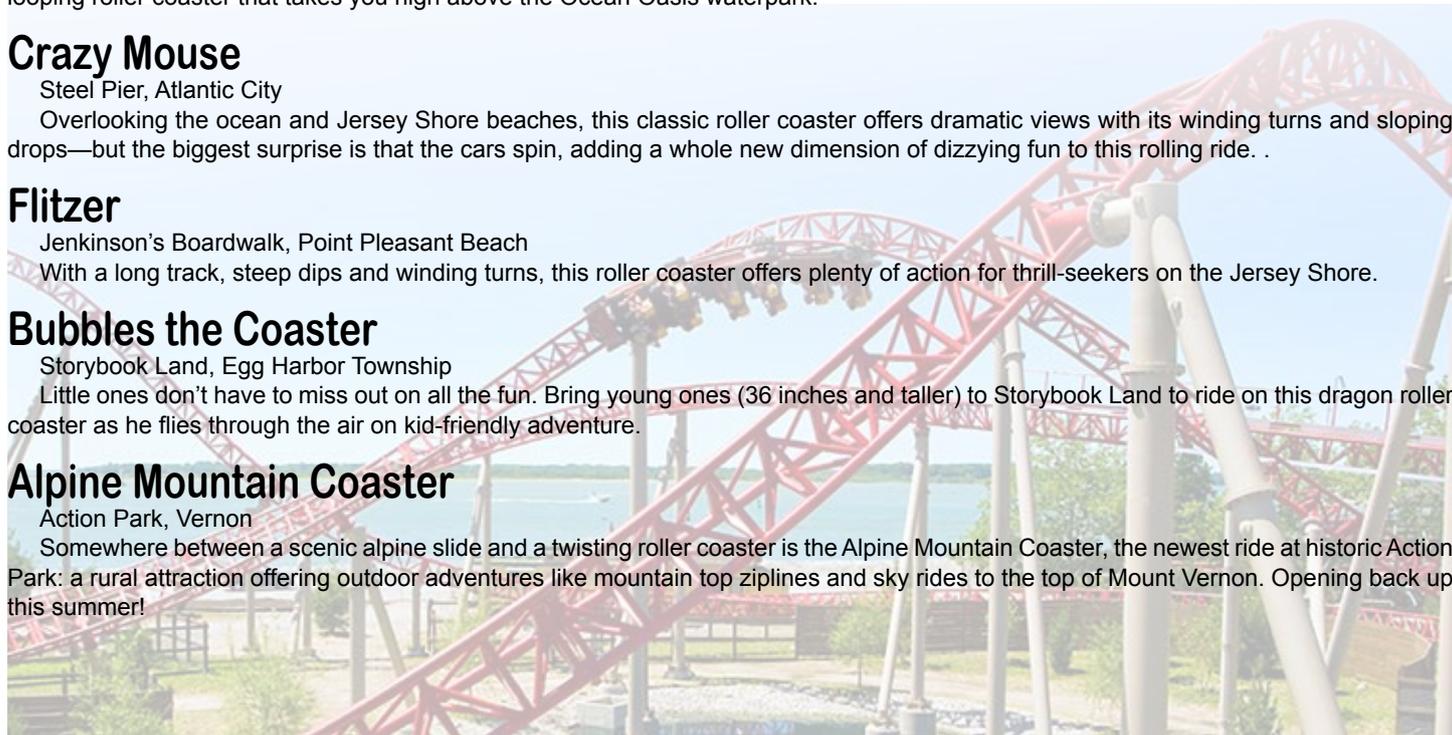
Storybook Land, Egg Harbor Township

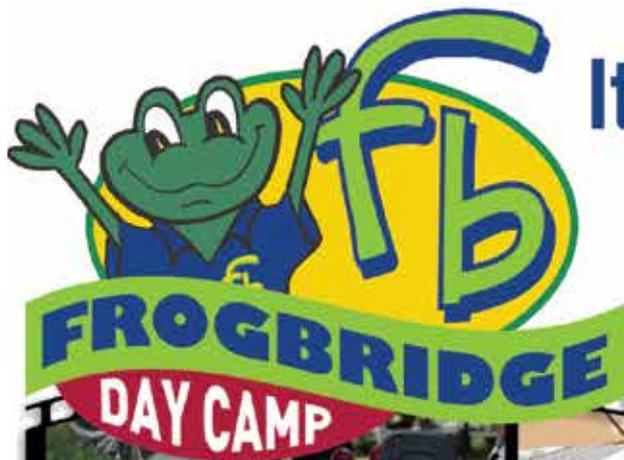
Little ones don't have to miss out on all the fun. Bring young ones (36 inches and taller) to Storybook Land to ride on this dragon roller coaster as he flies through the air on kid-friendly adventure.

Alpine Mountain Coaster

Action Park, Vernon

Somewhere between a scenic alpine slide and a twisting roller coaster is the Alpine Mountain Coaster, the newest ride at historic Action Park: a rural attraction offering outdoor adventures like mountain top ziplines and sky rides to the top of Mount Vernon. Opening back up this summer!





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Shark Safety While Swimming At The Beach This Summer

By Joely Phenes

You may have seen news reports about increased shark attacks this past summer. If you're taking a family vacation to the beach in the coming weeks, and you're worried about letting your children swim in the ocean, check this advice from Florida's Fish and Wildlife Service before you go. This organization has a lot of important facts and tips. Don't go alone in the water. People swimming by themselves are more at risk.

Sharks feed during the pre-dawn and twilight hours. Stay out of the water then so you aren't mistaken for food.

Check for scrapes and cuts before entering the water. Sharks can detect the scent of blood from far away.

Take off the bling. Sharks perceive shiny jewelry and clothes the same way they perceive fish scales that glisten in the water. You don't want to look like a shark's main source of food.

Visit designated beaches - not every shore is appropriate for swimming. If you see diving seabirds or bait fishes there is most likely feeding activity in that area.

Don't let your pets in the water. Their erratic movements can be mistaken for bait fish.

Be careful around sandbars and steep drop-offs. These are popular spots for sharks.

Swim when lifeguards are present- they are trained to deal with water related emergencies.

Do not enter the water if sharks have been spotted - just don't.

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How to Keep Your Newborn Baby Happy

By Joely Phenex

As adorable as newborn babies are, we all know that they can be a handful. Because they can't communicate yet, sometimes it's tough to know what they want or how to make them happy. If you are parents who struggle with this, we have some tips on how to keep your beloved baby smiling!

Sing a special song: When babies are crying, one well-known way to calm them down is by singing. Singing soft songs like nursery rhymes, lullabies, or any other calming tune while rocking them back a forth is a good way to stop the sobbing. If your newborn seems to like a certain song, sing it whenever your baby is sad.

Go for a walk or a ride: Sometimes, all you need when you're feeling blue is some fresh air. Taking a walk is a great way to calm down for people of any age, including newborns. If your baby is unhappy, take them out for a stroll through the neighborhood or park. And when the weather isn't so great, going for a car ride is another option.

Story time: Even if your baby cannot understand you yet, telling them a story is a great way to soothe them. Just hearing mommy's voice is calming for a newborn, so they're bound to enjoy the story even if they don't understand it.

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family recipe *eating together matters*

Fish Tacos with Watermelon Salsa

Tip: How healthy is this recipe? Fish with omega-3, watermelon full of antioxidants, and lots of other fruits and veggies. Feel free to add other veggies that you like to the tacos as well.

INGREDIENTS

For the watermelon salsa:

- 4 cups cubed seedless watermelon
- 1/2 small onion, diced
- 1/2 cup roughly chopped cilantro
- Juice of 2 limes

For the fish tacos:

- 2 pounds of white striped bass filets
(cod, tilapia, and almost any kind of fish works well too!)
- 8 corn tortillas
- 1 romaine heart, shredded
- 1 sliced avocado
- Salt
- 1 tsp. olive oil



DIRECTIONS

In a medium sized pan, drizzle about a tsp. of olive oil. When that heats up, add the sliced zucchini and chopped onion. Cook until golden brown. Set aside. Heat up your grill, brush the pizza dough with a bit of olive oil, and roll it out flat. Grill until crispy. Put the cooked zucchini and onions on the pizza with a sprinkle of Parmesan cheese, and serve.

SUMMER SQUASH FROM YOUR GARDEN RECIPE

Squash The Gluten Mac & Cheese

This recipe takes only 20 minutes of prep! It is carb-free and can make a great dinner or side dish to any summer BBQ
Serves 5

INGREDIENTS

- 1 pound gluten free pasta or brown rice pasta macaroni (Suggest a elbow or penne)
- Salt to taste
- 1 tablespoon extra-virgin olive oil, 1 turn of the pan
- 2 tablespoons butter
- 1/2 medium onion
- 2 tablespoons chopped fresh thyme leaves, plus a few sprigs for garnish
- 3 tablespoons all-purpose flour
- 2 cups chicken stock
- 1 (10 ounce) box frozen cooked butter nut squash, defrosted
- 1 cup cream
- 2 cups (8 ounces) sharp Cheddar, grated
- 1/2 cup grated Parmigiano-Reggiano, a couple of handfuls
- 1/4 teaspoon ground nutmeg, eyeball it
- Black pepper to taste



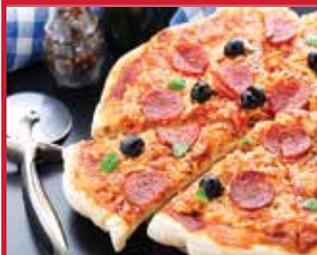
DIRECTIONS

Heat a pot of water to boil for the pasta. Salt the water then add the pasta and cook to al dente. While pasta cooks, heat a medium heavy bottomed pot over medium heat. Add the extra-virgin olive oil and butter. When the butter melts into the oil add the thyme and grate the onion directly into the pot. Cook the grated onion in butter and oil 1 to 2 minutes, Add flour and cook together 1 to 2 more minutes. Whisk in stock and then combine with butternut squash until warmed through and smooth. Stir in cream and bring sauce to a bubble. Stir in cheeses in a figure 8 motion and season the completed sauce with salt, nutmeg and pepper. Drain cooked pasta well and combine with sauce.

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Focus on the benefits of siblings, even the fighting.

Teach your children that fair does not mean equal.

Do not favor one of your children over others.

Spend one-on-one time with each child.

Treat children as individuals.

Do not compare them.

Teach skills to resolve conflicts peacefully.

Model how you want your children to treat others.

Intervene only when someone is being (or about to be) hurt.

Create a home environment of respect and empathy.





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LAWN CARE

Summer has arrived, which means it's time for hitting the beach, driving off to the mountains or setting out on that cross-country adventure.

Oh yes, and taking care of the lawn.

Maybe it doesn't sound like a Disney-like world of fun, but you can turn working in your yard into one of those low-cost stay-cations with just a little preparation.

Making those neat patterns in the grass and looking out over a manicured lawn can bring on that feeling of satisfaction — and even if it isn't as exciting a vacation to Yellowstone, at least you'll get a workout.

But as we noted, preparation is the key.

For example, pushing the mower and the edger might be a workout, but trying to start a balky one — or trying to keep a balky one running — is just drudgery.

A gas-powered lawn mower that has sat unused for months more than likely is in need of a professional tune-up. Sometimes, all it takes is a little cleaning and a new spark plug. But, especially in the case of mowers that have had gasoline in them for long periods, a little more work usually is in order.

Rebuilding the carburetor usually will solve a world of problems, since it has parts that are most susceptible to the corrosive effects of gasoline. A cleaned-up and rebuilt carburetor, combined with a new spark plug, will make a mower much easier to start — and much more economical to operate.

Gasoline also has a nasty effect on the rubber hoses used for fuel lines in most yard equipment. If the hoses don't fail, they might lose enough gunk to clog the rest of the engine.

There are a few parts on pieces of power equipment that also may need maintenance, chief among them the rope-pull system for starting. Rewinding a broken rope on a lot of power tools is a job best left to the people who do it all the time, and so is adjusting the throttle linkage/speed control.

Even though they don't use a lot of it, it doesn't hurt to have the motor oil changed regularly. Just like in cars, nothing wears out engines quicker than dirty oil.

So even if working in the yard isn't your idea of the perfect vacation, at least the weekends can be a little more enjoyable with properly maintained equipment.

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Swimming with Injuries

By Mia Ingui

As one of the most widely practiced low-impacts sports, swimming is practiced competitively and recreationally among over a million people in the United States. Elite competitive swimmers who practice year round could be swimming five or more miles a day, making them more susceptible to swimming related injuries. Most swimming injuries affect either the shoulders, joints, knees, hips, or back, depending on the stroke. Here are common swimming injuries, and how to continue practicing the sport while treating an injury.

SWIMMING INJURIES:

Swimmer's Shoulder: The shoulder is the joint most commonly affected by swimming injuries, due to strain and overuse.

Lower Body Injuries: Injuries in knee ligaments are common, especially in those who often breaststroke, or hip pain due to hip inflammation. Strain in the back or pelvis is common as well, due to strokes such as the dolphin kick.

HOW TO PREVENT:

Tips to prevent swimming injuries:

- Use good stroke technique
- Lessen repetitive strokes that are causing the overuse injury
- Perform core strengthening and cross-training exercises as part of pre and early season routines
- Consider alternative training techniques rather than training through an injury
- Use periods of rest to recover

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 preventive 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!

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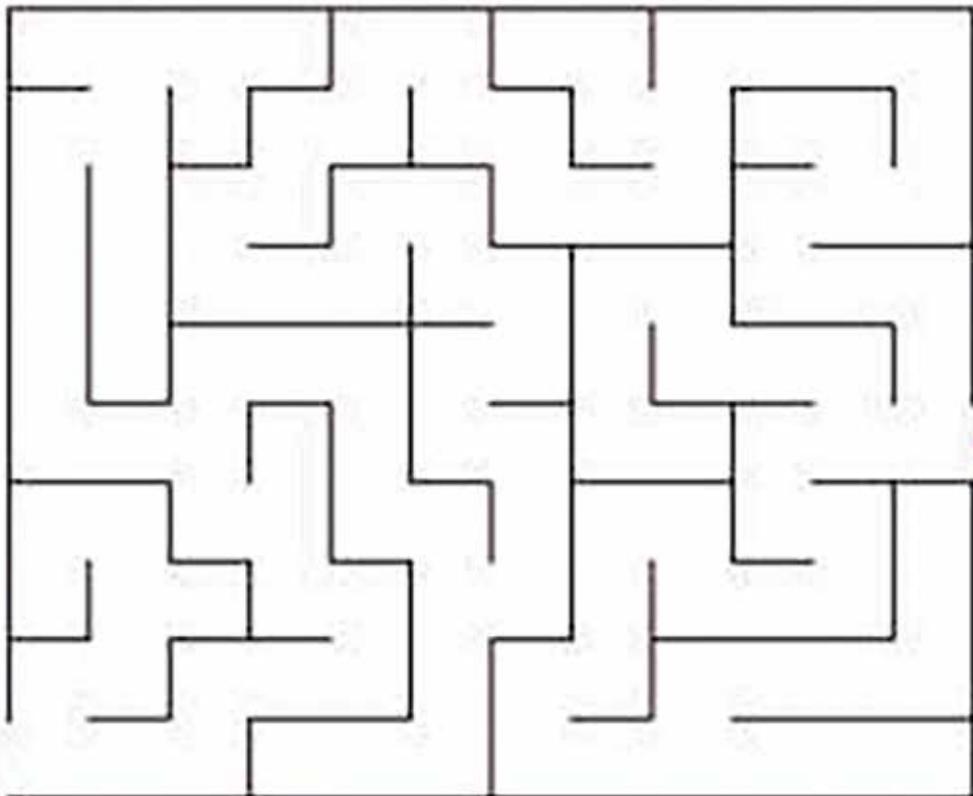
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Best Books for Kids

By Mia Ingui

If your child is a budding bookworm and loves to read, here is a list of all the literature they should get their hands on! It definitely can keep them busy and reading this summer.

KIDS 4+:

The Cat in the Hat by Dr. Seuss: A classic.
Frog and Toad are Friends by Arnold Lobel: Short relatable stories on friendship.

KIDS 7+:

Charlotte's Web by E. B White: A classic that delights all ages.
Ramona Quimby, Age 8 by Beverly Cleary: Ramona helps young kids build empathy.

KIDS 9+:

Harry Potter and the Sorcerer's Stone by J.K Rowling: READ HARRY POTTER. JUST DO IT.

Percy Jackson and the Lightning Thief by Rick Roradan: Funny, clever, and a nod to Greek mythology.

The Hobbit by J. R. R Tolkien: The prelude to the Lord of The Rings series.

KIDS 12+:

The Hunger Games by Suzanne Collins: Katniss is just too cool not to read about.

The Outsiders: Stay gold, Ponyboy.

To Kill A Mockingbird: A classic in American literature that studies racism and justice.



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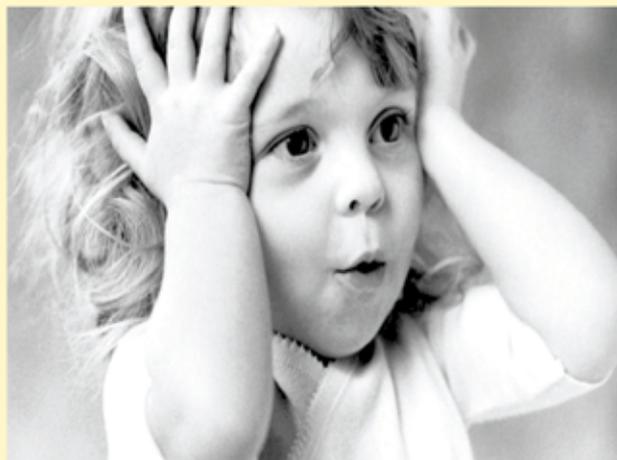


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What are some pets that produce less allergens and animal dander?

By Mia Ingui

Hypoallergenic dogs can be a great option for dog lovers who suffer from allergies or asthma. They shed little to no hair, and thus shed less dander than typical dogs. Dogs without hair or with continuously growing hair tend to be the most hypoallergenic. However, many people are allergic to dog saliva, and there are no breeds of dogs that have hypoallergenic saliva. Pet dander is the protein in skin flakes, urine, feces, saliva, and hair, and it can trigger asthma symptoms. These proteins are tiny, and they travel through the air and can land on a body part. They can then easily be transferred to the nose or the mouth and thus inhaled. Symptoms may occur immediately, or they may not develop until 8 to 12 hours later.

The following are some hypoallergenic breeds of dogs:

- Basenji
- Bedlington Terrier
- Bichon Frise
- Border Terrier
- Chinese Crested
- Coton de Tulear
- Havanese
- Irish Water Spaniel
- Maltese
- Poodle
- Portuguese Water Dog
- Puli
- Schnauzer
- Shih Tzu
- Soft Coated Wheaten Terrier
- Yorkshire Terrier

What are some of the symptoms of asthma from pet dander?

- Wheezing
- Long term shortness of breath with episodes of increased shortness of breath
- Coughing
- Chest Pain
- Nasal Flaring
- Tightness in the Chest
- Eczema or rashes
- Congestion
- Itchy Eyes
- Runny Nose
- Scratchy Throat

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Home Remedies for Dog Hair Loss

By Joely Phenes

1. One of the best ways to reduce excessive shedding in dogs is to start with a healthy diet. Feed your dog with a homemade mix of fully-cooked rice, cooked vegetables and boiled chicken. This home food remedy may reduce the allergies caused by food to your dog and helps in reducing the hair fall.

2. Goldenseal is an excellent natural treatment for dog hair loss as long as it is not overdone. Make a weak mixture of goldenseal tea and apply it to the affected area. Goldenseal is powerful, so be sure not to make the tea too strong.

3. Another home remedy for hair shedding in dogs is to mix a small amount of flaxseed oil in your dog's food. Flaxseed oil contains high amounts of Omega 3, an excellent natural treatment for dog hair loss. After a few weeks you would see the change in your dog's hair fall. It is good for other health benefits too.

4. Olive oil is a good home remedy to apply on dog's coat and skin. It will help moisturize as well as pacify any pain caused by severe itching. Another benefit of olive oil is that it will choke mites, if those fleas are the cause of dog's hair loss. Olive oil is said to give the dog a fine and healthy coat with an amazing shine.

5. Lemon juice has natural antibacterial properties that can be used to treat excessive hair shedding in dogs. Introduce a slice of lemon in warm water and leave for five hours. Strain afterward and apply the lemon juice mixture as a rinse or as a spot treatment.

6. An additional home remedy to follow is to pat your dog in the backyard after the bath and then brush him down. By this way, all the unwanted hair on the dog's coat is removed. Regular baths encourage loose hair to fall out in the tub (or outside) instead of on your furniture. However over-bathing can cause dry skin, which causes fur to fall out.

For more information, ask your Veterinarian.



A Guide To Treatment And Prevention For Your Dog's Skin Allergies

By Mia Ingui

Your dog's body has a remarkable immune system of antibodies, which are protein substances produced by cells called lymphocytes. They destroy antigens that invade the body such as viruses and bacteria.

This system can become supersensitive to such foreign particles as flea saliva, pollen, house dust, and wool. This super sensitivity can produce chemicals that cause an allergy, a severe inflammatory reaction. Allergic inhalant dermatitis has been well documented in dogs. It is caused by a super sensitivity to certain particles in the air, such as pollen from trees, ragweed, grass, and other plants, house dust, feathers, and wool.

The allergy follows a predictable history:

1. It is inherited, so if the parents had it, the offspring probably will too.
2. It is seasonal - the signs appear about the same time every year.
3. The signs begin between six months and three years of age.
4. The signs include severe biting and scratching, licking the paws, sneezing, rubbing the face, and generalized redness of the skin.

Home treatment is directed toward symptomatic relief and avoiding the foreign particle, or allergen. Bathing your dog with a mild shampoo, (such as baby shampoo) will soothe any skin inflammation and remove any allergens on the hair coat. Calamine lotion can be applied to the irritated skin, and hydrogen peroxide (3 percent), and antibiotic ointments are also helpful.

Your veterinarian will take time to get a good history. He or she may be able to identify the allergen in your pet's environment. If allergic inhalant dermatitis is the problem, most veterinarians at this time use a low dose of steroids to relieve the signs. However, steroids, even in low dose, should not be given for long-term treatment because they have some very serious side effects.

As always, if you have any questions or concerns do not be afraid to contact your veterinarian.

For The Love Of Birds

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ZOOIE

20 year old male Moluccan Cockatoo steps up, cuddles, gives kisses, and has never met someone he hasn't liked.

He can get very loud, as most Cockatoo's can, so not good for Condo's, apartments, or Townhouses. He is a special needs bird due being diagnosed with PDD and needs to be in home with NO other birds, or home with an already PDD positive bird.



RUDY

3 -1/2 year old Green Cheek Conure has become a pretty good flyer of late. Seems to like interaction with different types of people but might prefer men over women for his primary care giver. Should probably be with adults and not small children. He is looking for his forever home, could it be with you?

MR. FIRKIS

14 year old Male Eclectus Parrot ONLY prefers men in his life.

Needs to be in a men only household without small children. Has some plucking issues, but is stress related. He doesn't fly, but prefers to walk around on the floor, so not ideal for home with cats and dogs. He has a special diet, and will need daily interaction. He talks, but can also get loud at times.



SKY & DAVEY

Pair of young male Parakeets will come out and sit on top of their cage. Love to be out and about, and are very good flyers. Will let you hold them, but only after they are tired out. Little chatter boxes, would love to find their forever home.



MOVIES TO CATCH IN JUNE

By Joely Phenes

On a rainy day this summer, in between trips to the beach, take a family trip to the movies! There are a bunch of great, family-friendly movies coming out this June that the whole group is sure to enjoy.

Teenage Mutant Ninja Turtles: Out of the Shadows

Release date: Friday, June 3, 2016

Donatello, Michaelangelo, Leonardo, and Raphael, or the Teenage Mutant Ninja Turtles, are characters that kids of all ages love. In this modern-version of the classic cartoon, turtles fight crime like never before! This sequel to the box-office hit Teenage Mutant Ninja Turtles of 2014 is bound to be a blast!

Finding Dory

Release date: Friday, June 17, 2016

This long-awaited sequel to the beloved Pixar classic Finding Nemo, follows the hilarious Dory (voiced by the hilarious Ellen Degeneres), in an adventure across the sea to find her family. Dory, Marlin, and Nemo travel to California's Marine Life Institute to find her mom and dad. If you loved Finding Nemo, you're sure to love Finding Dory!

Independence Day Resurgence

Release date: Friday, June 24, 2016

Alien's return to Earth in the sequel to Will Smith's hit sci-fi film, Independence Day. The next generation of heroes, including Captain Steven Hiller's stepson, fight back against strong intergalactic forces and try to save our planet once again!



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5 Free Attractions in New Jersey

Save money on your next New Jersey vacation with these free things to do.

By Joely Phenes

It's undeniable: one of the easiest ways to save money on your New Jersey vacation is to take advantage of free attractions. From wooded parks and hiking trails to sunny beaches and boardwalks, there are plenty of free outdoor things to do in New Jersey, but there are also notable museums and indoor attractions that won't cost a penny. The next time you visit New Jersey, try this roundup of free attractions.

Cape May County Park & Zoo

707 Route 9 N., Cape May Court House, NJ

Explore more than 85 acres of lush country gardens at this county park, or bring the whole family to the Cape May County Zoo, a free attraction featuring more than 550 animals, representing more than 250 species. You can find lions, tigers and bears (plus much more!) at this exciting kid-friendly destination.

Princeton University Art Museum

Princeton University, Princeton, NJ

Admission is always free at Princeton University Art Museum, where 92,000 works of art showcase an array of styles, from ancient to contemporary. The Princeton University campus also is home to one of the country's most significant collections of 20th and 21st century sculpture, presented as public artwork dispersed throughout the walkways and green spaces.

Atlantic City Historical Museum

Garden Pier, S. New Jersey Ave. and Boardwalk, Atlantic City, NJ

Presented by the Atlantic City Free Public Library, the Atlantic City Historical Museum is the perfect place to learn about the rich history and fascinating stories behind this one-of-a-kind seaside resort town. The museum is located on Garden Pier at the south New Jersey Avenue and Boardwalk, so after you visit to this free museum, walk along the boardwalk to see the iconic sights.

Heritage Glass Museum

25 E. High St., Glassboro, NJ

From antique glassworker tools and hand-blown glass to vintage bottles and paperweights, the Heritage Glass Museum in Glassboro features more than 200 years of South Jersey glass, and it won't cost you anything to visit. The museum is located in the stately Hollybush Mansion, built in 1847.

Howell's Living History Farm

70 Wooden's Lane, Lambertville, NJ

Visit this early 1900s horse-powered farm for a glimpse into a bygone era. Admission is free to the Howell Living History Farm in Lambertville and activities such as summer camp, corn maze trips and hayrides require an additional cost.

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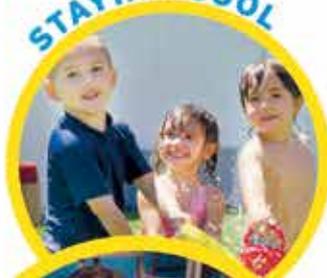


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Dr. Michael Chung attended New York University, Columbia University School of Dental Medicine, and Saint Louis University Center for Advanced Dental Education. He has served as an assistant dental instructor at Columbia University, and Southern Illinois University dental schools. Dr. Chung is an Invisalign Preferred Provider and a PROPEL system provider.



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